

**gBETA and
Local Roots**

SHEFFIELD – Bank Independent is proud to partner with gener8tor to bring gBETA Shoals to the area. Gener8tor is a nationally recognized startup accelerator connecting creative economies. gBETA Shoals is part of an innovative program that provides a free, seven-week accelerator for early-stage companies with local roots.

gBETA Shoals will select five local start-ups to join a cohort running from October 21-January 13, 2022. Each startup will be provided individualized coaching, mentorship and networking opportunities over the 7-week program. gBETA Shoals will conclude with an exclusive Pitch Night in front of investors and community leaders.

The application deadline to be considered for gBETA Shoals is October 6, 2021. Interested applicants can apply at gbetastartups.com/shoals.

A collaboration between Bank Independent, the Shoals Chamber, Shoals Shift, and First Metro Bank has been instrumental in bringing the gBETA program to the Shoals area to help them better engage the investment community.

**Tishomingo
Guided Walk**

TISHOMINGO, MS. - The Friends of Tishomingo State Park invite you on a guided

See SHORTS.... on Page 2

Volume 137 Number 49

September 29, 2021

POSTAL PATRON

Courier Journal

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CIRCULATION
VERIFICATION
COUNCIL

\$30 Million Boost



Northwest-Shoals Community College Interim President, Dr. Chris Cox, speaks last week on the campus in Muscle Shoals. NW-SCC photo

Upgrades and Enhancements to Both Campuses of Northwest Shoals

MUSCLE SHOALS –Northwest-Shoals Community College and the Alabama Community College System announced that they will invest up to \$30 million over the next two years on capital improvement projects. Upgrades to current facilities on both the Shoals and Phil Campbell campuses are included in the budget.

“Our students are our number one priority and these capital projects will ensure that every classroom offers NW-SCC students a state-of-the-art learning environment,” said Northwest-Shoals Interim President, Dr. Chris Cox. “These campus upgrades will expand and enhance our ability to provide our students greater opportunities to pursue educational and workforce development programs that will support the needs of the businesses and industry in our area. The improvements will also ensure that our facilities and educational

“I am a proud product of Northwest Shoals Community College, because the opportunities opened up a door for me to start my collegiate life...”

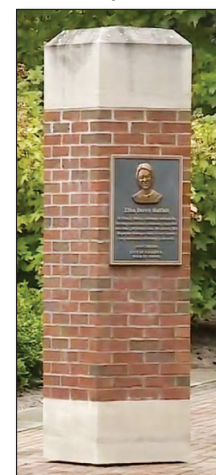
Roderick Sheppard, Ed.D.
Principal Florence High School

See \$30 MILLION... on Page 14

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Four Inductees into the Walk of Honor

FLORENCE–The Marriott Shoals Conference Center recently played host to the annual ceremony for the 2019 Walk of Honor Inductees.



The ceremony recognized individuals from Florence and Lauderdale County who have achieved national or international acclaim. The Walk of Honor is located in the beautiful River Heritage Park, adjacent to the Marriott Hotel and Conference Center.

This is a means of giving honor and perpetuating the name and achievements of deserving individuals, either current or former citizens, through a form of civic recognition. Areas of

See HONOR... on Page 17

GAME DAY SCORE CARD 2021

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Shorts...

Tishomingo Guided Walk

Continued from Page 1

nature trail hike during weekends in October. The guided walks begin at 2pm on Sundays, October 3, 10, 17, and 24 and vary from 1.5 miles to 3 or 4 miles. There is no cost for this activity although the usual day-use park entrance fee of \$4/car applies.

Meet at the swinging bridge at Tishomingo State Park at 2pm.

Trail maps are available at http://www.mdwfp.com/media/2495/tishomingo_trails_brochure_for_web_201506.pdf or can be picked up at the park.

Nestled in the beautiful foothills of the Appalachians, Tishomingo State Park is a natural treasure and one of the most highly rated state parks in the USA. Rated along with over 3,000 other state parks, Tishomingo State Park has received the following awards: Top 100 Family Campgrounds; Top 25 Canoeing Spots; Top 25 Bird watching Spots; Top 25 Educational & Historical Facilities; Top 50 Fishing Spots; Top 50 Hiking Trails; Top 25 Kid Friendly Parks; Top 25 Romantic Spots; Top 50 Scenic Views; Top 25 Tours and Events; Top 25 Amazing Locations; and Top 25 Unique Cabins.

Tishomingo State Park was voted the most popular outdoor recreation destination in Mississippi in 2016.

For more information, contact Tishomingo State Park at 662-438-6914.

Visit Friends of Tishomingo State Park on Facebook.

New Software for the Fall

MUSCLE SHOALS -- Northwest-Shoals Community College began the 2021 fall semester using a new software system, *Blackboard Learn with the Ultra Experience*. This will make the student experience more seamless and engaging whether students are taking courses online or on campus.

"We are always looking for ways that we can enhance our students' experience inside the classroom and around

campus," stated NW-SCC Interim President, Dr. Chris Cox. "We feel the Ultra Experience of Blackboard Learn will make it even easier for our students to stay engaged with faculty and each other while learning through online classes or in a traditional format."

Blackboard Learn with the Ultra Experience offers a seamless integration with the student information system, MY NW-SCC. As students registered or made changes to their schedules, those changes automatically populated in Blackboard.

"Whether students are working on their phone, laptop, or desktop computer, it will be very easy for them to navigate their courses, message other students in their class, or communicate with their instructor," said NW-SCC Executive Director of Distance Education, April Cookson.

"We have learned through the pandemic how important it is for our students to stay engaged with their instructors and each other. We believe this is another upgraded resource that will help them succeed."

NW-SCC, Chattahoochee Valley Community College, and Marion Military are the three schools in the Alabama Community College System (ACCS) that implemented the Ultra Experience of Blackboard Learn this fall. Additional ACCS schools are scheduled to upgrade to the *Blackboard Learn Ultra Experience* for the spring 2022 semester.

Sides' Magical Realism is Out

FLORENCE-- Bradley Sides, a Florence native and MA graduate from UNA, is set to have an exciting fall. His debut collection of magical realism short stories, *Those Fantastic Lives: And Other Strange Stories*, will be released on October 1. Early reviews from writers such as Josh Denslow, Fred Leebron, Jen McConnell, and Shaun Hamill have widely praised the book, with Hamill comparing Sides' stories to "the best of Joe Hill and Ray Bradbury."

Sides' writing has been

See SHORTS... on Pg 6

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<p>Country Style Ribs or Sirloin Pork Chops \$1.39 Lb.</p>	<p>Chicken Drumsticks or Thighs 99¢ Lb.</p>	<p>Split Chicken Breast \$1.39 Lb.</p>	<p>Shrimp (Head & Tail On) \$4.49 Lb.</p>
<p>Chicken Wings (Drumette or Flaps) \$2.99 Lb.</p>	<p>Chicken Leg Quarters (10 Lb. Bag) \$4.99</p>		



Yard Sales

FLORENCE MULTIPLE FAMILY YARD SALE
740 Co. Rd. 200
Sat. 7am-1pm

Lots of misc. household, Adult and child sized clothes, and seasonal items. All must go!

FLORENCE YARD SALE, 103 Wheaton Court, Fri. & Sat. 7am-3pm, Beautiful custom drapes & curtains, lamps, framed mirror 2x3, matching king bedspread, curtains & pillows, and more!

FLORENCE YARD SALE, 208 Westmeade Court (Cedar Townhomes) Sat. 7am-noon, Fall & Christmas items, Duraflame Heater (white) like new, Dog clothes (med) and toys, Cabbage Patch doll clothes and more!

TUSCUMBIA: 200 FAYETTE STREET Sat. 8AM-4PM, 10/2. Trampoline, dinette, iron bed, full wood bed! 256-415-1046

MUSCLE SHOALS: 403 RICH-TON Ave. W (behind Taco Bell) Thurs. Fri., and Sat. 7AM-Late, HUGE Yard Sale. Good, clean items! Name-brand boys/girls up to size 12 clothes. Men/Women's Plus sizes, toys, gigsaw puzzles, furniture, tools, jewelry, Harley boots (12) + Leathers (2X). Too much to list!
MAP ID # 225

FLORENCE: 1827 W. TANNE-HILL Dr. Sat. 7:00AM, **Back-yard Sale!** Tools, furniture, Christmas decor, clothes, glassware + more etc. **Gates Opens at 7AM!**

FLORENCE 2nd HUGE MOVING SALE!
2113 Berry Ave. Sat., Oct. 2nd 9:30 am-until?
Pie Safe, Welsh Cupboard, Home Decor of all sorts, Washer, Dryer, Everything is negotiable. *Bring help to load.

MUSCLE SHOALS HUGE MULTI-FAMILY YARD SALE, 699 Brandon Dr., Cedar Place Sub. off Firestone, Fri. & Sat., 8am-2pm, Lots of misc.

FLORENCE: 117 S ECLIPSE ST Sat. 7:00 AM - 2:00 PM, OCT. 2 OFF HUNTSVILLE ROAD, RAIN OR SHINE, LuLaRoe Dresses, Shirts, Leggings. New Kids items.

FLORENCE INDOOR YARD SALE
1300 SkyPark Rd.
Hwy. 72E to Skypark Rd.
5th right turn - large rock building.
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Furniture, Knives, Tools, Toys & more!

RUSSELLVILLE ANNUAL YARD SALE
Union Community Center
5988 Hwy. 93

Part of 15 mile sale, including Pebble Community Center and Highways 81, 93 and 79. **Fri. & Sat., 7 am-until?** Huge Assortment & Great Prices! A variety of Craft Items. **10x10 spaces available for rent** 1st space Free, second \$10 per day. For more info. or to donate sale items, call Stanley Champion 256-436-5296 or Mac Harris 205-486-4387

ST. FLORIAN: 4301 CO. Rd. 30 Sat. 7AM-Noon, Indoor Sale! Doors open at 7AM. No early sales. Masks required. Furniture, antiques, jewelry, tools, TVs, kitchen, washer/dryer + MORE!
MAP ID #230

MUSCLE SHOALS: 108 FAIR-LANE Ave. (River Rd.) Fri. and Sat. 7AM, Furniture, little girl's clothes, small appliances + toys.

WHITE OAK MULTI-FAMILY MOVING SALE 3720 County Line Road
Fri. & Sat., 7am-until? Glassware, Christmas items, clothing and more! Map ID # 215

MUSCLE SHOALS YARD SALE, 1916 Crescent Dr., Sat. 7am-noon, Household goods, Some Vintage items, Jewelry, Christmas items, Books, etc.

FLORENCE YARD SALE
318 Wright Dr.
Sherwood Forest Sub.
Sat., 8 am-until? Household items, some furniture and more!

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Community Notes

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

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

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

The Shoals Writers Guild has finalized the remainder of its 2021 Schedule. Update your calendars.

All meetings at Florence-Lauderdale Public Library, 350 N. Wood Avenue, Florence unless otherwise indicated.

Friday October 1: 11am-2pm, Community Room, Reservation Required-- Speaker: Author Chervis Isom, "Memoir Writing" Honorary Member and Member Appreciation Luncheon

Saturday October 2: 11am-2pm, Reservation Required (BBQ Lunch at noon) McFarland Park Pavilion 1. Event: Writers Round-up and Membership Drive
For more information, please email, shoalswritersguild@gmail.com

"From These Threads: Cotton Culture," will be on display October 1- November 12 at Tennessee Valley Museum of Art, 511 N Water St in Tusculumbia. Dozens of beautiful quilts will be on display at the TVMA for this exhibition. Cotton in the South has a long, rich, and complicated past. "From These Threads: Cotton Culture" will offer visitors the opportunity to travel through some of

the history of cotton, its production, and its use in the creation of quilts over the past 190 years. The exhibit will feature historical quilts dating from the 1830s through contemporary pieces created by today's quilt artists. The quilts are drawn from private collections in the area. For more information, call 256-383-0533 or visit www.tennesseevalleyarts.org

All families and friends who have been touched by Down Syndrome are welcomed and encouraged to attend. There will be a fun, casual walk around the track with the chance to celebrate everyone. All proceeds benefit for the UCP Center and the National Down Syndrome Society.

Shoals Fest takes place October 2-3 in McFarland Park, Florence. The two-day music festival, started by Jason Isbell & the 400 Unit, Lucinda Williams, Candi Staton, Amanda Shires, Cedric Burnside, and armer Jason. Sunday features Jason Isbell & the 400 Unit, Drive-By Truckers, Centro-Matic, Slobberbone, The Pine Hill Haints, and Farmer Jason. Single day and 2-day festival tickets are available. Admission also requires proof of Covid-19 vaccination or a negative Covid test within 72 hours of the event. For more information, visit www.shoalsfest.net

The Foster Grandparent Program is now taking applications for senior citizens in Colbert and Lauderdale County to work 15-40 hours a week with special needs children in the school systems, head starts, and daycares. You will be tutoring and mentoring children with their school work and helping to learn.

The Shoals Area Buddy Walk takes place Sunday, October 3 at 2710 Darby Drive in Florence at 3pm. (on the track behind Riverhill School.) The event is registered with the National Down Syndrome Society and is part of the National Buddy Walk Program Rachel, Martha, and Ruthie Mitchener organized the walk in honor of their cousin, Walter who has Down Syndrome. We look forward to seeing everyone at the Walk with Walter-Shoals Area Buddy Walk. It is not primarily about raising money; it is about Awareness - Educating - Advocating, and Celebrating the little triumphs and big steps forward in the treatment of Down Syndrome.

If you are 55 years or older and live on a fixed income, then this is the program for you. You will receive a small non-taxed stipend 2 times a month, mileage reimbursement, and lunch for each day of service. This stipend does not count as income according to Public Law 93-113 under Older Americans Act. It will not affect any other federal or state assistance that you are already receiving. You will also be covered with accidental and personal liability insurance while working with the program.

This need in our area is great! If you are interested please contact our office at 256-332-6800.

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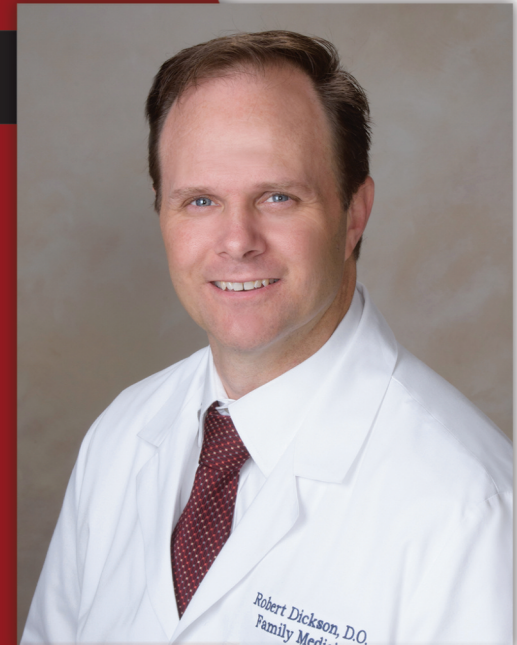
Robert Dickson, D.O.

Medical Degree:
Lincoln Memorial University, Harrogate, Tennessee

Residency:
North Mississippi Medical Center, Family Medicine Residency Program, Tupelo, Mississippi

Dr. Dickson, his wife, Alisa, and their children live in Florence.

Dr. Dickson is now seeing patients at the Greenhill Clinic.



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Shorts...

Sides' Magical Realism is Out

Continued from Page 2

published by *Chapter 16*, *Chicago Review of Books*, *Electric Literature*, *Los Angeles Review of Books*, *The Millions*, *Southern Review of Books*, and others. He is a current MFA candidate at Queens University of Charlotte, where he serves as Fiction Editor of the literary magazine *Qu*.



Sides



Sides has events planned throughout the fall, including local engagements and

nationally-recognized festivals.

He's one of the official panelists at the 33rd Annual Southern Festival of Books and will speak on a virtual panel on Sunday, October 10 at 1:30pm.

Loretto High School is hosting a reading, Q&A, and signing that will take place on Sunday, October 17 from 2-3:30pm in the school's theatre.

Those Fantastic Lives will receive national distribution and is available for preorder now at bookstores.

Burrell Slater Nominations

FLORENCE- The Burrell Slater Athletic Hall of Fame induction dinner is set for February 4, 2022. Nominations for honorees are presently being accepted. Athletes who excelled in sports at historic Burrell Slater High School in Florence are eligible for this prestigious honor. Applications may be obtained from any Hall of Fame committee member or by calling 256-710-9057. All nominations are due by Tuesday, October 5, 2021.

Additional information is available from David Smith, Samuel Brewer, or John Humes.

5,000 at Owens CC Classic

OAKVILLE- Close to 5,000 high school athletes will make their way to Lawrence County to compete in the prestigious Jesse Owens Cross Country Classic Invitational on Saturday, October 2. The Jesse Owens Runners' Club hosts the event on the championship course located on the grounds of the Oakville Indian Mounds Education Center. The meet gets underway at 8:15am.

Now in its 22nd year, the Jesse Owens Cross Country Classic brings junior high and high school students from Alabama, Tennessee, Georgia, Kentucky, and Mississippi for a competitive race honoring one of Alabama's greatest athletes. Born in 1913 in Oakville, AL, Owens captured four gold medals at the 1936 Olympics in Berlin overcoming racial and socioeconomic barriers. In 1955, he was named Ambassador of Sports by President Eisenhower

and toured the world promoting the virtues of amateur programs.

The championship course is also great for spectators who want to witness competitive racing from the sidelines. Oakville Indian Mounds Education Center is located approximately 8 miles south of Moulton on Alabama Highway 157 and 1/2 mile from the Jesse Owens Memorial Park. Admission is free. Parking is \$5 per vehicle with proceeds benefiting the Oakville Indian Mounds Park and Educational Center. AHSAA does not allow pets or bicycles at the Oakville Indian Mounds on race days.

Simple Wills for Veterans

MUSCLE SHOALS- Local attorney, **Mary Baschab-Haslacker**, is preparing simple wills for veterans residing in Colbert County free of charge.

"Each of us needs to do all we can to serve the men and women who have served our nation. We need to honor them and restore their hope in the country for which they fought and sacrificed," Baschab-Haslacker said. "I owe my liberty, my law career, and my business to those who answered our country's call and

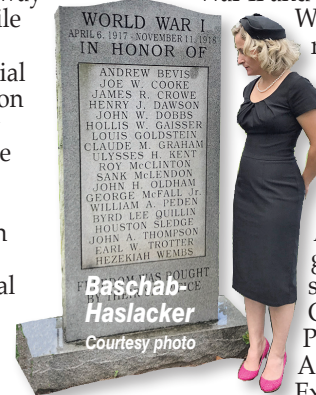
stood against the enemies of peace and freedom. It is my duty to use these blessings to give back."

Baschab-Haslacker has a family history of military service. Her father, **Roger Baschab**, a disabled veteran, is a retired United States Air Force officer. Her grandfather, **Russell Willis**, served in World War II and the Korean

War and retired 100% disabled after 27 years in the US Army and USAF. A great-grandfather served with General Pershing's Allied Expeditionary Force in World War I. Her great-great uncle, **Hollis Gaisser**, who was born and raised in Margerum, Alabama, sacrificed his life in a machine gun battle in France in World War I. His name is one of 19 inscribed on the World War I memorial on the courthouse lawn in Tusculumbia (pictured).

Any Colbert County resident veteran interested in having a simple will drawn up may contact Baschab-Haslacker's law office at 256-483-2704 or visit her website at BaschabHaslackerLaw.com to schedule an appointment. The number of pro bono wills will be limited each month. Veterans will be served on a first come basis.

See SHORTS... on Pg 8



Baschab-Haslacker
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UNA Basketball Announces '21-'22 Slate for Men and Women

FLORENCE – University of North Alabama men's and women's Basketball team schedules were announced last week for the coming season 2021-2022 season.



This is the fourth-and-final season of the transition to the Division I level for UNA athletic.

Men's Schedule is Intense

Coach Tony Pujol said the men's schedule, includes 13 home dates, along with challenging road trips to Mississippi State, Auburn, Central Florida and Gonzaga as well as a spot in the 2021 ASUN/MAAC Challenge against Manhattan and Iona November 19-20 at Walt Disney World's Wide World of Sports Complex in Kissimmee, Florida.

"The opportunity to challenge our student-athletes against some of the top Power 5 programs in the country has become a staple of our program. The challenges that those programs will present will help us prepare for an extremely challenging ASUN schedule.

UNA will open the season on November 10 at Mississippi State.

North Alabama's 2021 home opener is set for Nov. 23 when the Lions host Oakwood at in Flowers Hall. Alabama A&M comes to town December 8.

This East Division of the ASUN consists of Florida Gulf Coast, Jacksonville, Kennesaw State, Liberty, North Florida and Stetson. Bellarmine, Central Arkansas, Eastern Kentucky, Jacksonville State, Lipscomb, and North Alabama make up the West Division.

Each program is scheduled to face the five schools in their respective division twice as well as one matchup against each team in the opposite division.

Women: 14 Games at Flowers

UNA Women's basketball coach, Missy Tiber, enters her ninth season with a 14-game home slate, a pair of road matchups against Power 5 opponents and a full league schedule against an expanded ASUN Conference.

The season begins with a home game at 11am on November 9 against Blackburn College.

"We have a good mix of games that will give our youthful team the chance to grow, learn, and play basketball at a very high level," Tiber said.

Following the season-opener, UNA will hit the road for two games, including a showdown at Kentucky on Nov. 11. The Lions are 1-1 against schools from the SEC since making the move to the Division I level prior to the 2018-19 season. They defeated Vanderbilt in their first season and fell to Missouri last year.

December will wrap up with five straight road games, including a trip to Purdue for the second straight season. UNA lost an 11-point decision at Purdue a year ago. Following the trip to West Lafayette, Ind., the UNA women will play two games in Philadelphia at the Hawk Classic on the campus of Saint Joseph's University.

The ASUN conference set up mirrors the men with the East Division consisting of FGCU, Jacksonville, Kennesaw State, Liberty, North Florida and Stetson. Bellarmine, Central Arkansas, Eastern Kentucky, Jacksonville State, Lipscomb and North Alabama make up the West Division.

Each program is scheduled to face the five schools in their respective division twice as well as one matchup against each team in the opposite division during two crossover weekends.

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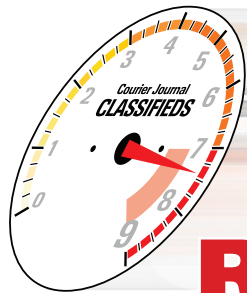
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Shorts...

Continued from Page 6

A Study for Veteran's Dr.

FLORENCE- The Florence Council last week approved a contract with Ross/Fowler P.C. to provide a study of the Veterans Drive Corridor. The project will address transportation, land use, and urban design components for the portion of the corridor beginning at the Helton Drive overpass by North Alabama Medical Center to the intersection of Cox Creek Parkway just north of the Marriott Shoals Hotel.

The Veterans Drive corridor serves a multitude of roles including a gateway into the city, access to NAMC, adjacent recreation, and access to heavily residential areas. The area also encompasses River Heritage Park and Patton Island Overlook both nodes of the River Heritage Trail currently under construction with a completion date of June 2022.

District 3 Councilman, **Bill Griffin**, emphasized the need to have traffic issues addressed that better accommodate new private investments in the district.

Florence Planning Director **Melissa Bailey** explained, "The Veterans Corridor Study serves to address visibility,

aesthetics, connectivity, and neighborhood vitality. Stakeholders will be consulted in a series of public engagement to define overall goals and objectives ultimately resulting in policies, programs, and projects to create a more inviting and safe Veterans Drive."

Increased traffic and vehicle speeds are already major concerns. Traffic flow and visual/environmental features, along with future business, residential, recreation, and bicycle/pedestrian development all will be part of the assessment.

"The ultimate goal of planning is to maximize the health, safety, and economic well-being of all people living in our communities," said Bailey. The best method for achieving lasting value is through a systematic approach informed by data and citizen engagement. The question is not if growth will occur, but how it will occur: compact and in an orderly fashion or in a sprawled and uncoordinated manner.

The purpose of planning is to provide the means to manage change in the developed, undeveloped, and redeveloped environment so that communities get what they want rather than take what they get."

Public engagement should begin in January of 2022 with a final plan ready for approval in June 2022.



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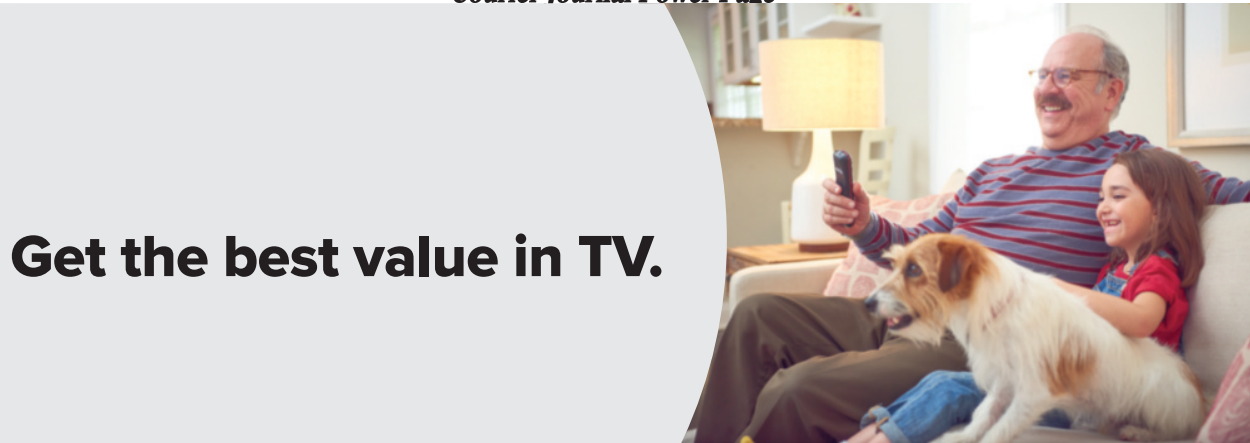
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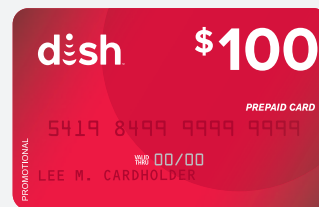
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Notes...

Continued from page 4

The popular Haunted Hayrides through the LaGrange College site normally scheduled for October have been cancelled this year due to the rise in cases and public vulnerability to the COVID-19 virus. The rides regularly took place at the historic site every Friday and Saturday in October leading up to Halloween, according to Louise Lenz of the LaGrange Living Historical Association, were used as a fundraiser for the LaGrange College Site Park.

Florence-Lauderdale Farmers Market Open at 451 Fairground Road. The market will be open Saturdays during October. Hours are 6am-1pm each day.

The 2021 Car Audio Championship takes place October 8-9 at North Alabama State Fairgrounds, 65 Sportsplex Drive in Muscle Shoals. Come out and experience the loudest Car and Bike Systems in Alabama! Hundreds of vehicles will be on display and competing with their systems in over 50 formats of competition. Vendors will have products on display and will be showcasing new technology for consumers interested in after-market audio and accessories. Show hours are 10am-6pm each day. Tickets available at gate for \$10/day. (Demo Pass \$50/day) Information: www.facebook.com/CarAudioChampionship or www.CarAudioChampionship.com

As cooler weather approaches, Belle Mont Mansion will host a new exhibit titled "Cold Weather Comforts," featuring a display of antique and vintage quilts and oil lamps 10am-4pm every Wednesday-Saturday, October 6-30.

The annual October quilt show has been expanded this year to include historic oil lamps. Local collector Mary Carton has been acquiring oil lamps for more than 20 years. Her collection now numbers about 50 lamps dating from the late 1800s through the early 20th century when TVA brought rural electrification to the Shoals. Some of her favorite lamps will be displayed along with the history of each.

Glenn Rikard's quilt collection has formed the basis of Belle Mont's annual display for many years. This year's display will again feature his personal collection, with many pieces being shown for the first time. He will present a program each Friday at 1pm. Attendees are invited to bring quilts to share during the program's "show and tell," when Rikard will be available to help identify unknown patterns and estimate dates of crafting.

The Friday programs will be held on the courtyard, weather permitting. Programs will be canceled in the event of inclement weather. Those who visit the museum's exhibit will be asked to wear a mask and to maintain social distancing while indoors.

Belle Mont is located at 1569 Cook Lane, Tusculumbia, Alabama. Regular museum admission rates will apply: Adults \$6; Seniors, College Students and Military \$5; youths 6-18 years \$3; Children younger than 6 are admitted free. For more information, call 256-381-5052, www.bellemontmansion.org.

YOU ARE NOT ALONE! If you are troubled about someone else's drinking or substance abuse, Al-Anon may be for you.

Shoals area Al-Anon Meetings
 Hope Group: Mondays - 6pm at Highland Park Church of Christ, 600 Geneva Ave, Muscle Shoals
 Shoals Alateen (ages 12-18 years): Mondays - 6pm at Highland Park Church of Christ, Muscle Shoals
 Florence Daytime Al-Anon: Tuesdays - 11am at Magnolia Church of Christ 2640 Vulcan Ave, Florence
 Florence Freedom AFG: Tuesdays - 11am at Mission of Mercy 414 E. Tusculumbia St, Florence
 Russellville Al-Anon: Thursdays - 6pm at Russellville First Baptist Church 213 Jackson Ave, Russellville
 Paths to Recovery: Thursdays - 6pm and Saturdays - 10am at Crosspoint Church of Christ Adult Center at 1350 Cox Creek Pkwy, Florence
 For more info visit www.al-anon.org

See NOTES... page 38



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ALL THE MAJOR NEWS OUTLETS WERE ABLAZE this past week over the discovery of a security risk concerning iPhone users. If you only read the headlines, you'd believe that your phone was being hacked by criminals who could access everything on your phone. Scary, huh? I often call out news agencies for overhyping security threats and this one is no exception. Sure, this is a serious threat, but only if you are an international criminal or innocent journalist trying to expose corruption, and only if you live in countries outside the USA. But this is news because iPhones are touted as the most secure devices on the planet and



Jim Fisher

IS YOUR IPHONE HACKED?

by "The Computer Skeptic"

this new security risk puts a dent in that reputation. So what's really going on here? Should you be concerned? What do you need to do to protect yourself? Let's learn about this together, shall we?

A software tool called Pegasus was developed years ago by a company in Israel called NSO Group. The software is licensed only to vetted government entities and is considered a military-grade hacking service. Using Pegasus, government agencies are able to infect phones with "zero-click" texts through iMessage, meaning

the target user doesn't even have to interact with the text to have their phone breached. This software is licensed only for use against terrorists, child sex traffickers and other notorious criminals. Attacks like this are highly sophisticated, cost millions of dollars to develop, and have a short shelf life because the attacks are usually discovered by device manufacturers who issue software patches to thwart the attacks. It's been a never-ending cat and mouse game for years.

The attack begins with a malicious link in an SMS text

message or an iMessage. In some cases, a user must click on the link to start the infection. In some cases, users won't even receive a notification. Once compromised, Pegasus can read anything on a device that a user can, while also stealing photos, recordings, location records, communications, passwords, call logs and social media posts. It can also activate cameras and microphones for real-time surveillance.

This is awfully scary, right? Well, no. This actually isn't news at all. Our own National Security Agency is already known to have similar capabilities so the US government has no need for Pegasus. But other less-capable countries have employed Pegasus to spy on journalists and other "innocent" people which goes against the rules of the company that developed Pegasus.

So the biggest concern you should have is that this software has evidently been used by governments to squash democracy and spy on journalists who are doing their job to expose government overreach and corruption in some countries.

So what can you do to protect yourself? The first thing is to not become a terrorist or high-level criminal. The next thing you can do is not a darn thing. No device will ever be 100% secure but this particular threat isn't a threat to you.

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



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EMPLOYMENT Opportunities

The Colbert County Commission will be accepting employment applications for **CUSTODIAN**

Starting pay is \$9.88/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 October 8, 2021.

Colbert County Commission is an equal opportunity employer.

All Courier Journal Classifieds Also Appear on TNValleyStuff.com

The Colbert County Commission will be accepting applications for **HUMAN RESOURCES & BENEFITS COORDINATOR**

Starting pay is \$16.47/hr plus health insurance and other benefits.

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The City of Sheffield

is currently taking applications to fill the Full Time Position of **LABORER**

for the Sheffield Parks and Recreation Department

Applications and job description can be obtained from the Sheffield Parks and Recreation Department at **2901 19th Ave, Sheffield**

All applications must be turned in by **4:00pm, Friday, October 1, 2021**

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

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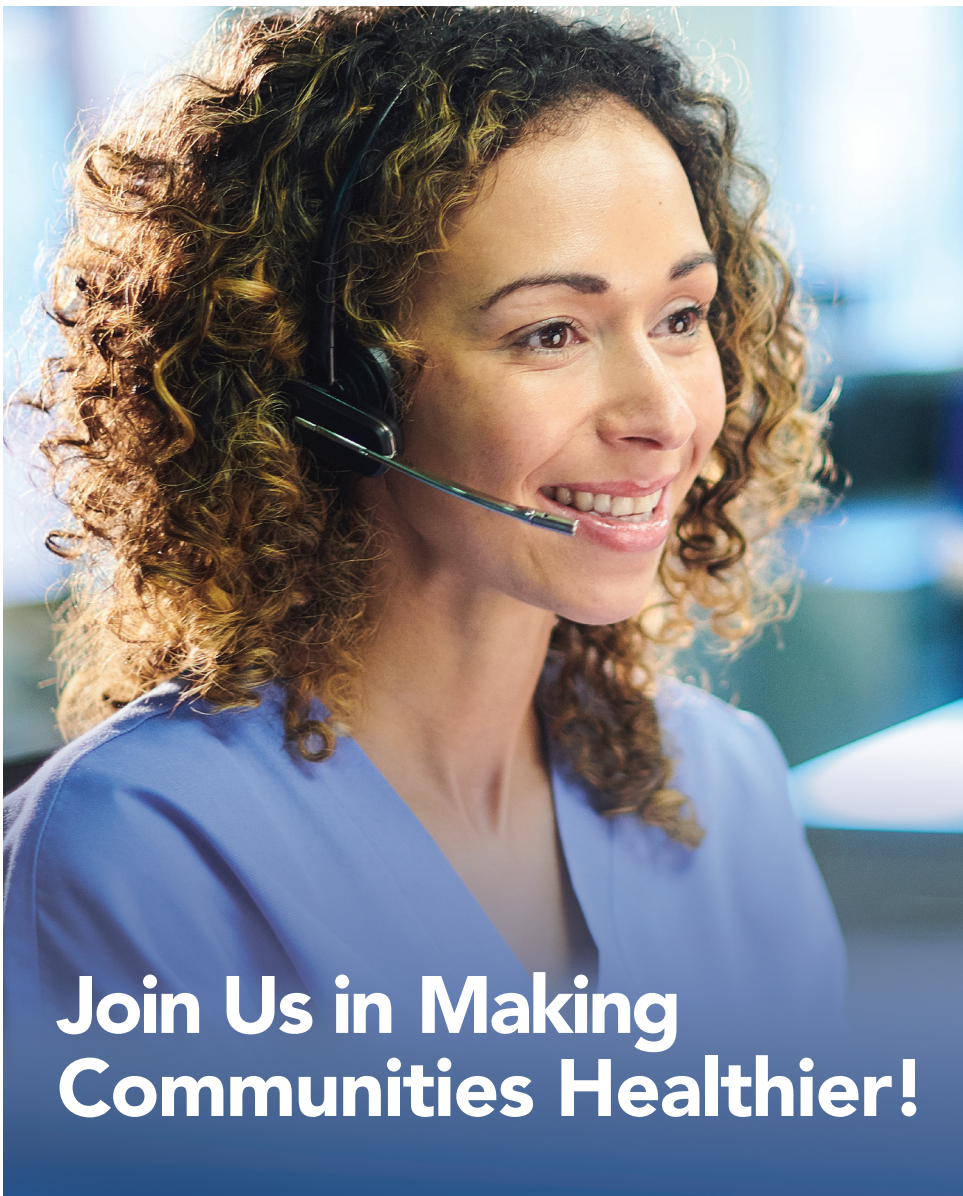
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EMPLOYMENT Opportunities

Continued from previous page

The City of Sheffield
is currently taking applications to fill the Position of
LABORER for the Street Dept.
Applications may be obtained in person from the City Clerk's office and the City's Facebook page. The completed application must be returned to the City Clerk's office, **600 N Montgomery Ave Sheffield**
All applications must be turned in by **4:30pm, Friday, October 8, 2021**
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The Decatur Daily is now accepting applications for carriers in the following area:

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A college degree, associates degree, or proof of college level courses will be required. Successful applicant must be capable of working in a "team" environment and possess customer service and clerical skills to support office staff.
Stable work environment with competitive salary and benefits. Residency requirements will apply. Send resume to P O Box 3883 Muscle Shoals, AL 35662 or submit resume online@outlook.com

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

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If you are mechanically inclined, this is a great opportunity to sharpen your skills. The *TimesDaily* is seeking a printing press operator to join our northwestern Alabama printing facility. Essential duties and responsibilities include but are not limited to:
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\$30 Million

Continued from Page 1

environment are aligned with the outstanding instruction and support our students receive at NW-SCC."

Funding for the campus improvement projects will be provided by NW-SCC and the Alabama Community College System (ACCS), including funds recently awarded by the Alabama Legislature through the Public School and College Authority (PSCA) bond issue. Specific construction and campus enhancement projects are expected to be approved by the ACCS Board of Trustees upon completion of final designs. Completion of the projects are expected to occur within the next two years.

"This investment will not make a significant impact on the NW-SCC student experience, and it will also have significant economic impact on Northwest Alabama," said ACCS Chancellor Jimmy H. Baker. "Community is in our name and projects like these help our colleges better serve the communities where they reside. NW-SCC is a special place and great things are on the horizon for the college, its students, and the communities we serve."

NW-SCC Student Business Office Management student, Pornesha Armstead, talked about how important it was for the look of the College to match the services and the hospitality of the faculty and staff. "I am so excited to know that the facilities and campuses at Northwest-Shoals will soon match the great services the College offers and amazing people that work here," remarked Armstead.

Florence High School Principal, Dr. Rod Sheppard couldn't contain his enthusiasm. He described how his guidance counselor at Wilson High School, Lynn McMeans, channeled him to a leadership scholarship at NW-SCC based on his success and involvement at Wilson. "I am a proud product of Northwest Shoals Community College, because the opportunities opened up a door for me to start my collegiate life. I've gone on now to earn a doctorate, and I'm very proud. I'm very proud that Shoals

See CAMPUS... on Pg 15

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Campus Projects...

Continued from Page 14

Community College will soon be offering opportunities for young people to earn scholarships to once again compete on the field of athletics here at this school.

"I am very thankful for the vision and the steps that this college will take in the near future. The idea that this community college is about to once again become the leader in our community makes me excited."

"I'm hyena happy and peacock proud to be able to stand before you today as an alumnus of this college to show how excited I am about where this college is going in the future."

"I am a true believer in the community college system," said NW-SCC English Instructor, Michael McClung. "I'm a product of Northwest-Shoals and the Alabama Community College System and learned to be disciplined and focused here as a student. My mother, my

wife, and my son are also successful products of Alabama's community colleges."

McClung went on to discuss how important innovative and modern facilities are to students. "Modern facilities are a must for our students and

Northwest-Shoals will be in a far better position to recruit, retain, and educate students with state-of-the-art classrooms and labs.

"I believe this investment in the college and our community could have the biggest impact of anything I've seen in my 26 years at the college."

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PLEASE VIEW OUR FACEBOOK PAGE FOR DETAILS ON DATES AND LOCATIONS

Helen Keller Hospital

Commentary

Stay Safe: White, Black, or Blonde

Some of the more recognizable names are Natalee Holloway, Elizabeth Smart, and JonBenet Ramsey. Of course, now there is the sad story of Gabby Petito. Her lifeless body was found in a secluded

Wyoming park weeks after her fiancé, Brian Laundrie, returned to their home state of Florida in her van by himself. As of this writing, Brian was listed only as a person of interest. In addition, he was missing, supposedly last seen walking into a Florida marsh.

Thankfully, Elizabeth Smart made it through her nine-month kidnapping ordeal safely in 2002-03. She now can be an inspiration to others on a variety of topics. Natalie, JonBenet, and Gabby are not as fortunate.

The common denominator is not, as MSNBC's Joy Reid, angrily fomented last week, 'Missing White Woman Syndrome,' although the four I mentioned ARE white. More specifically, the four are all white, blonde, and blue-eyed.

Another high-profile case was Laci Peterson who disappeared Dec. 24, 2002 at 7 1/2 months

See STAY SAFE.. on Page 39

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

In A Few Words



TOM MAGAZZU
Editor

Courier Journal

in the *Shoals*

THIS WEEK

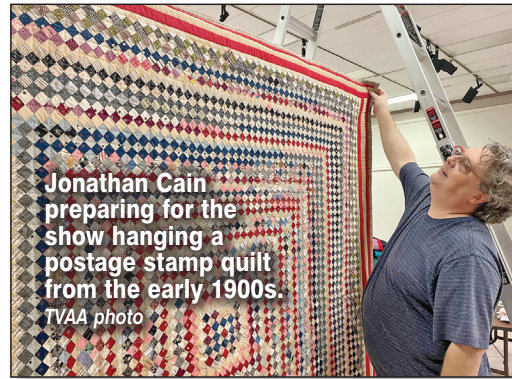
September 29, 2021

Happening
THIS WEEK

Quilt History is Cotton Culture

TUSCUMBIA – Dozens of beautiful quilts and the history of how they were made, will be on display this fall at the Tennessee Valley Museum of Art. The exhibition *From These Threads: Cotton Culture* will be on view from October 1-November 12. The museum is also

See COTTON... on Page 32



Jonathan Cain preparing for the show hanging a postage stamp quilt from the early 1900s.
TVAA photo

Guest Opinion-Editorial

Biden Tyranny, The Worst in History

U.S. History textbooks cite British tyranny as the major cause of the American Revolution but nothing King George III did to the colonies can match the tyranny unleashed upon millions of un-vaxed Americans, September 9, 2021 by Joe Biden. His Executive Orders are reminiscent of the persecution unleashed by national socialism under Adolph Hitler on the Jews or by socialists under Joseph Stalin on Christians.

On this day two decrees emerged,

the first "Executive Order on Ensuring Adequate COVID Safety Protocols for Federal Contractors," the second, "Executive Order on Requiring Coronavirus Disease Vaccination for Federal Employees." Both begin, "By the authority vested in me as President by the Constitution and the laws of the United States of America." There exists no authority in the Constitution for a president to unilaterally make a law or anything similar to it. That

See BIDEN... on Page 36



HAROLD PEASE, Ph.D.
History / Political Science Instructor
Expert on the US Constitution



SHOALS FEST TAKES PLACE OCTOBER 2-3 in McFarland Park, Florence. The two-day music festival, started by Jason Isbell gets underway Saturday with Jason Isbell & the 400 Unit, Lucinda Williams, Candi Staton, Amanda Shires, Cedric Burnside, and Armer Jason. Sunday features Jason Isbell & the 400 Unit, Drive-By Truckers, Centromatic, Slobberbone, The Pine Hill Haints, and Farmer Jason. Single day and 2-day festival tickets are available. Admission also requires proof of Covid-19 vaccination or a negative Covid test within 72 hours of the event. For more information, visit www.shoalsfest.net

THE SHOALS AREA BUDDY WALK TAKES PLACE Sunday, October 3 at 2710 Darby Drive in Florence at 3pm. (on the track behind Riverhill School.) The event is part of the National Buddy Walk Program. Rachel, Martha, and Ruthie Mitchener organized the walk in honor of their cousin, Walter who has Down Syndrome. All families and friends who have been touched by Down Syndrome are welcomed and encouraged to attend. There will be a fun, casual walk around the track with the chance to celebrate everyone. All proceeds benefit for the UCP Center and the National Down Syndrome Society. For more information, contact Rachel Michener at 256-710-3290 or Rachel.Mitchener@gmail.com. Follow on Facebook @Shoals Area Buddy Walk or Twitter @walkingwithwalter

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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

Government Issue

Editor:
I read the letter in the Courier Journal about the Florence City Council spending a gob of money on McFarland's Bottom. It seems they need to get Bubba's wife's sister's niece a full wallet - hiring a consultant to offer advice on 'fixing' the land. But here's the thing, and it has ALWAYS been, and will always will be a 'thing'. Florence DOES NOT own the land. TVA owns that land and just as city and county leaders tried to sell Veteran's Park to Bass Pro during the Marriott/Renaissance Tower episode, they were denied approval. City leaders have to get the okay

from the federal government-holding body, TVA, which is also responsible for any maintenance - things like mosquito control, erosion, dredging, and flooding.
Who didn't know this?

Linda Johnson
Florence

...Now that we're gaining more confidence in our regathering, I believe some of the things I thought were important really aren't...



No Outcry for Women

Editor:
Are we to believe that American women are the only ones abused, downtrodden, and male-dominated as the feminists claim?
One wonders why there is no outcry for the women in Afghanistan and elsewhere.
If I don't have the facts accurate, please let me know. If I do, as once said to Gloria Steinem, "Hypocrites all."

Bob Strona
Sheffield

See LETTERS... on Page 28

Honor...

Continued from Page 1

national or international accomplishment include, but are not limited to, the following: agriculture, art, athletics, business, education, government, humanities, literature, medicine, military, music, public service, religion, and science and technology. The program was postponed from last year because of the pandemic.

The 2019 Inductees and their achievements are as follows:

ROBERT E. "BOB" BRUNINGA

(Plaque reads) Robert Bruninga's invention of the Automatic Packet Reporting System (APRS) for amateur radio in 1993 was adopted worldwide. He was inducted into the CQ Amateur Radio Hall of Fame in 2002 and received the Navy Meritorious Civilian Award in 2014.

Bruninga's family moved to Florence when he was one year old. He was an Eagle scout and graduated from Coffee High School in 1966. Bruninga's twenty-year US Navy career began in 1970 when he was commissioned from Georgia Tech ROTC, followed by work as a senior research engineer at the US Naval Academy Satellite Lab.

During the course of his career, Robert Bruninga wrote the first radio access Bulletin Board System for hobbyists when home computers were introduced, developed the 200 Hz shift Modem standard and High Frequency data communications, developed an Emergency Traffic System for home computers, invented the Automatic Packet Reporting System (APRS) for amateur radio, and founded the USNA Small Satellite Program. Under this program, he developed the highly successful Space Systems Laboratory course and mentored hundreds of Midshipmen in research and design projects that resulted in several successful student-built satellite launches into orbit. At the top of his career awards, he was awarded The Department of the Navy Meritorious Civilian Service Award in 2014.

Robert Bruninga was an Eagle scout and graduated from Coffee High School in 1966. Bruninga's twenty-year US Navy career began in 1970 when he was commissioned from Georgia Tech ROTC, followed by work as a senior research engineer at the US Naval Academy Satellite Lab. During the course of his career, Robert Bruninga wrote the first radio access Bulletin Board System for hobbyists when home computers were introduced, developed the 200 Hz shift Modem standard and High Frequency data communications, developed an Emergency Traffic System for home computers, invented the Automatic Packet Reporting System (APRS) for amateur radio, and founded the USNA Small Satellite Program. Under this program, he developed the highly successful Space Systems Laboratory course and mentored hundreds of Midshipmen in research and design projects that resulted in several successful student-built satellite launches into orbit. At the top of his career awards, he was awarded The Department of the Navy Meritorious Civilian Service Award in 2014.



Bruninga



Walk of Honor
WHNT.com

REAR ADMIRAL MARY ALICE HALL

(Plaque reads) A distinguished US Naval Officer, RADM Mary Alice Hall became, in 1991, the first Navy Nurse since WWII to receive the Distinguished Service Medal and, in 1993, the first military nurse to command a military hospital.

Hall had a distinguished career as a U.S. Naval officer. She faced tremendous obstacles for advancement and leadership at a time when higher military leadership positions were extremely limited for women. Yet, RADM Hall persevered. She became a pioneer in breaking traditional barriers, which paved the way for women in the military to achieve leadership roles and command positions that continue to the present day. Her achievements against almost overwhelming odds are unmatched in the annals of the United States military.

Among many distinctions, RADM Hall became the first military nurse to command a military hospital when she was assigned as the Commanding Officer of the US Naval Hospital in Guantanamo Bay, Cuba. Continuing her pioneer career, she later became the first Navy nurse to command a Fleet hospital when she took a Fleet hospital out into the desert and had it established and operational within 72 hours, all while under constant rainfall. Later, she was awarded the Distinguished Service Medal, becoming the first Navy nurse to receive the medal since WWII.

MIT hired Dr. James to join a research group working on a groundbreaking study of Venus, Mars, and the Sun. In the 1960's, he was the first to discover liquid water below the surface of Mars using radio waves. MIT moved the James family to Kwajalein in the Marshall Islands in 1970 where Dr. James helped develop the government's anti-ballistic missile system. Following those years, he managed the Harvard Radio Astronomy Station near Fort Davis, Texas, wrote many chapters for technical books, and authored twenty-two papers in scientific journals. Dr. James holds twelve patents plus another invention involving a stealth technique for planes and missiles that cannot be patented due to security classification. At 92 he authored and published, The Bible: Two Proofs and Two Mis-Translations in which he argued for his strong belief that the Bible and science agree.

JESSE CLOPTON JAMES

(Plaque reads) As an accomplished scientist, Jesse C. James did groundbreaking studies of Venus, Mars, and the Sun; and he managed the Harvard Astronomy Station in Texas. He

garnered 12 patents and authored 22 papers in scientific journals.

James was born in Florence and was raised in the East Florence community of Sweetwater. He was a 1941 Coffee High graduate, and served in the Army Air Corps until a serious illness required an honorable discharge. James later attended Auburn University, earning BS degrees in electrical engineering and engineering physics. James later received a MA degree in nuclear physics from Rice University and a PhD in electrical engineering and physics from Georgia Tech. During these years, he worked for Southern Research Institute in many areas of analysis, design, and experimental fieldwork, as well as for the US Navy and Army.

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James

REEDER GLENN NICHOLS

(Plaque reads) Serving as a radio engineer for the England-to-Australia airplane race in 1934, Reeder Nichols later commanded the US Air Force's radio group for Australia and the SW Pacific. A mountain in Australia is named in his honor.

Nichols was born in Florence in 1904 and lived with his family in East Florence during his early educational years. After his parents divorced, Reeder dropped out of school and headed north to work for Sears and Roebuck. Later, he joined the US Marine Corps where he learned aviation and communications, still rather young sciences at the time. After a near-death experience in a tragic airplane crash, Reeder was discharged from the Marines and became an accomplished airplane radio engineer with Pan-American Airways, Inc. and Rio Buenos Aires Airways.

In October of 1934, Reeder Nichols served as radio engineer for pilots Roscoe Turner and Clyde Pangborn in the 1934 MacRobertson Air Race from London, England to Melbourne, Australia. Crossing nineteen countries and seven seas, Lloyd's of London gave participants a 1:12 chance of being killed. Nichols custom designed and built the radio equipment installed in Turner's plane. They completed their flight, winning many accolades, prizes, and celebrity status. Nichols entered WWII as a colonel and served in the Allied Operations headquarters in Australia as head of the Army Airways Communication Systems. He installed radio ranges and homing-beacons in Australia as part of training for US pilots. Nichols ended the war as a brigadier-general. After the war, General Nichols took up permanent residence in Australia and was actively involved in setting up microwave systems for mining companies in Western

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Nichols

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Australia. This earned him national acclaim and the naming of a mountain in his honor.

These four Inductees join the forty-six individuals selected from previous years. A bronze plaque with a picture of each inductee, along with a brief inscription of their accomplishments, has been placed on the Walk of Honor monuments in the park. The public is invited to visit the site. More detailed information on these individuals is available in the Local History and Genealogy Department at the Florence-Lauderdale Public Library.



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Empty-Bag Worship

Have you ever noticed when you buy a bag of potato chips in the grocery store or a restaurant that you are getting a container mostly filled with air? It's frustrating to look inside that bag after you open it only to realize it is not even half-full of potato chips!

Something else you've probably noticed is that you are paying the same or higher prices at the grocery store or restaurant for less food! One of my favorite snacks with coffee is a Little Debbie Raisin Crème Pie. Recently, I looked at the box and noticed that now you only get eight pies per box when it used to be ten. And, either the pies keep getting smaller or my hands keep getting bigger!


Let's consider this frustration we feel about getting less and less -and think about it from God's

perspective. While I do not pretend to know all about the mind of our Creator, I do know that He expects us to worship Him in spirit and in truth (John 4:24).


This means that not only are we to worship Him using the ways He has chosen for us (singing praises, offering prayer, observing the Lord's Supper), but also having the proper mindset and heart (1 Peter 2:5) for bringing to God what He deserves!

What does God see when He "opens the bag" (looks into our hearts)?

(Want to read the rest of this article? Go to facebook.com/midwaychurchofchrist.org)



Drew Edwards
Evangelist



**Midway church of Christ 6000 US Hwy 43
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SIGNS OF THE PAST



Location: Veterans Memorial Park, Florence, 34.8122°N, 87.6236°W

After the French quit Vietnam in 1954, the United States assumed increasing support for South Vietnam. U.S. forces suffered 58 thousand deaths by the fall of Saigon in April 1975. By comparison, 700 thousand Americans have died from the Covid-19 in the last 2 years. Colbert Co. has its own Vietnam War markers.

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

Soap Opera Preview

THE BOLD AND THE BEAUTIFUL Quinn and Carter found themselves busted. Things quickly grew volatile between Steffy and Sheila. Quinn and Carter attempted to do damage control. Eric and Katie bonded while sharing an emotionally cathartic moment. Ridge exploded when Justin revealed an upsetting truth. Sheila put Finn on the spot when he interfered in her argument with Steffy. Katie gained clarity when Eric divulged an intimate secret. *Wait to See: Ridge confronts Eric in front of Quinn about her adultery. Finn confides in Hope while Liam and Steffy spend time with Kelly. Sheila takes deceptive advice from a new acquaintance.*

DAYS OF OUR LIVES Ciara tried to assuage Ben's fears about having a baby. Allie informed Tripp of her family's shocking past. Johnny turned to Tony for help with his movie. Doug struggled to communicate with Eli. Philip surprised Chloe with another romantic gesture. Brady grew suspicious of Jake's motives. EJ realized

that Nicole had feelings for Rafe. Brady tried to discourage Nicole from going out with EJ. Xander and Gwen schemed to get Xander out of his predicament. Abigail told Jack she didn't think Gwen's story added up. Ava and Philip conspired to bring down Gabi and Jake. Marlena had a very disturbing dream. John gave Johnny some disappointing news. EJ and Lucas shared a tense encounter. Allie talked to Chanel about Tripp. *Wait to See: John receives a dire warning. Chad is surprised when Abigail seriously contemplates Johnny's offer. Johnny attempts to "woo" Chanel.*

GENERAL HOSPITAL Josslyn had incredible news to share with Brook Lynn. Obrecht lost her advantage. Chase gave Finn some brotherly advice. Terry offered Liz her support. Valentin took advantage of a moment of liquid courage. Obrecht formed an unexpected alliance. Michael and Willow grew closer than ever as parents. Josslyn was mystified by what she saw at the hospital.

Nikolas realized there was only one way for Ava to be safe. Epiphany took care of an old friend. Esme made a bold move. Jax accepted his part of the blame. Alexis encouraged Shawn to update her on Hayden's case. Ava surprised Kevin. Esme and Josslyn had a run in. Nikolas felt backed into a corner. Ava got the last word. *Wait to See: Maxie is apologetic. Brook Lynn asks Ned about the tension between him and Olivia. Scott tells Austin that his challenge of Edward's will is moving to the next step.*

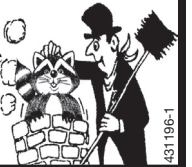
THE YOUNG AND THE RESTLESS Victor helped Ashland create a defense against Billy. Abby turned to Devon for help with Dominic. Mariah hinted at plans for the future. Jack and Phyllis discussed some unfinished business. Victoria and Adam called a truce. Amanda made a

move in the right direction. Nikki questioned Billy's motives. Jack spent quality time with Phyllis. Nate gave Ashland some unsolicited advice. Victoria accused Nick of betrayal. Mariah opened up to Sharon. Ashland protected his interests. *Wait to See: Nick interrupts a moment between Jack and Phyllis. Mariah and Tessa disagree about their future. Victoria unleashes her anger.*

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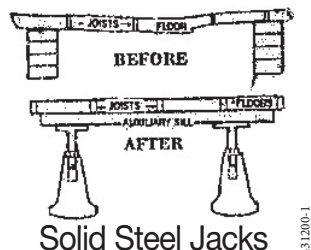
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ASK THE ATTORNEY



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

Open Medicals & Worker's Compensation Injuries

I had a lady with a bad knee injury talk to me about resolving her on the job injury case and leaving her medical bills open for life. I told her that it would certainly be an option for her to have the right to future medical care or receive a one-time lump sum payment in exchange if the case was settled and she wanted to close her medicals.

If the case was tried by the court, the judge would leave her right to future medical care open for treatment relating to the original on the job injury. That sounds like the better option and sometimes it is, but it's always good to know your options and understand that future medical care is

not as clear cut as it sounds.

On September 17, 2021, the Alabama Court of Civil Appeals decided a case that concerned the issue of whether or not an employer continued to be responsible for medical treatment for an on the job injury if there was a new incident that caused pain.

The facts of the case are that a Mr. Billups was injured on October 18, 2016, had back pain and surgery and eventually settled his case leaving his medical benefits open. On February 12, 2019, Mr. Billups was lifting a lift gate on his delivery truck when he felt a pop and a lot of pain. His employer claimed that this was merely a recurrence of the original injury and not a new injury. His current employer tried to put the blame and the bills on the old employer.

After the court heard the testimony of two surgeons and Mr. Billups (who had never been able to return to full duty following the 2019 injury), the court determined that this was a new injury and that his employer was responsible for the injury.

It's always important to remember that in worker's compensation cases no pre-existing condition exists if the employee is able to perform the duties of their job prior to the injury. That is one of the most important aspects of the Alabama Worker's Compensation Act.

Although it sounds really great that a person would have lifetime medical treatment for an on the job injury and sometimes it is, often the incident that causes new treatment after the case is settled is actually a new injury that terminates the employer's obligation for future medical treatment. You have to know and understand something about the future treatment you expect before you can make an informed decision about closing your right to that future medical treatment. Sometimes money now is better than a disputed right later.

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



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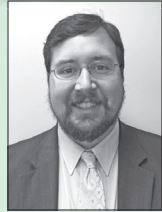
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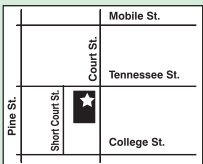
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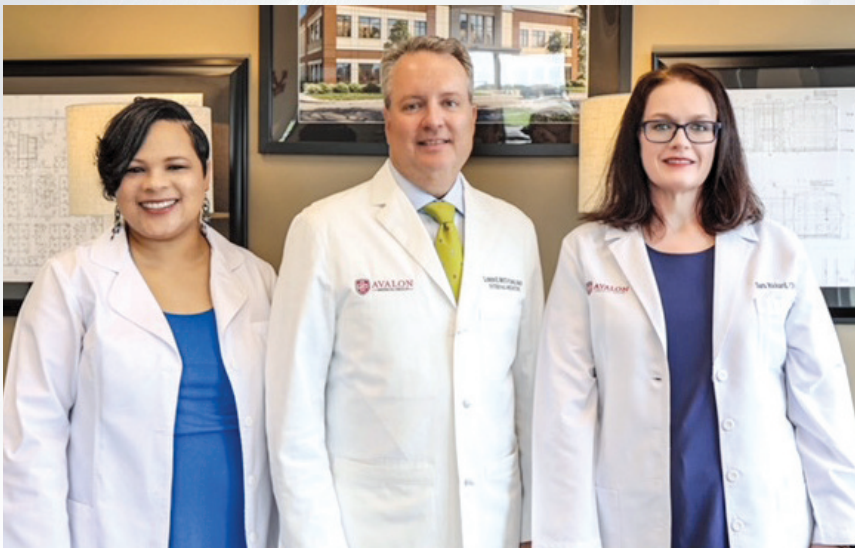
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Guest Opinion - Editorial

Alabama Has Kicked the "Prison Problem" Can for Far Too Long. Today, We Pick It Up.

The need to address Alabama's longstanding prison infrastructure challenges is imperative.

After many months of education and substantive discussions between the Governor's Office and the Alabama Legislature, a bipartisan proposal has been put forth to deliver an "Alabama solution" to this very real Alabama problem.

On Monday, the Alabama Legislature will convene in a special session. In addition to reviewing legislation to expand upon previously enacted criminal justice reform packages, we will work to approve legislation which would build two new male prisons and purchase and repurpose the Perry County Correctional Facility as a rehabilitation and re-entry facility. The proposal also lays out a plan to renovate three existing prisons, build a new female prison, and conduct a system-wide facilities assessment once construction is complete to evaluate future needs.

The time to act is now.

Why? Public safety is paramount, and it requires proper infrastructure.

Prisons must be designed and well-maintained to safely house the most dangerous among us. "Dilapidated" should never be used to describe these types of vital public safety facilities, which are one of the keys to ensuring law-abiding Alabamians remain safe. Unfortunately, the condition of Alabama's prison buildings has grown increasingly worse, year-over-year, for many decades. It's a problem that will not fix itself.

And now we are at a crossroads - we must not continue to kick the proverbial can. Due to our prisons' deteriorating physical condition, working conditions for our corrections staff are unacceptable and have contributed to staffing shortages. And, as these outdated facilities were never designed to house the people currently incarcerated in Alabama, instances of violence pose a real challenge.

Improving our criminal justice system, and thereby enhancing public safety - which we believe to be of critical importance - must begin with methodically replacing our aging, dilapidated prisons.

A prison sentence not only is a punishment, but also an opportunity to rehabilitate.

Not many realize this, but 95% of the people currently serving a prison sentence will be released back into

our communities. They'll serve their sentence, pay their debt to society, and go home as free citizens. Only a small fraction will remain in prison for life.

When inmates are released from prison, they should come home better prepared to be successful, productive members of society. They should be better educated. They should have a skill or a trade. They should be employable and pay taxes. They should be able to break their cycle of criminal behavior

and become, like those of you reading this, law-abiding citizens. Sending someone to prison - only to have them be released and commit more crime - hurts everyone.

Alabama needs safer, modernized prisons that are designed to accommodate the rehabilitation of returning citizens - a place where inmates can make a conscious choice to take advantage of more opportunities to improve their lives.

This legislation is - without question - the fiscally conservative option.

We don't use the words "dilapidated" and "deteriorating" lightly. Our prisons are structurally failing - as in, we have shut some of them down because they are deemed too unsafe to operate - at a rate of approximately one every 24 months.

Because the maintenance of our current prisons was neglected for decades, the costs to repair them have skyrocketed. We currently face more than \$1 billion in deferred maintenance costs alone, which means the state would need to spend more than one billion dollars - that's billion with a capital "B" - just to keep our poorly designed prisons operational.

The long-term costs to Alabama's taxpayers to keep these aging facilities from failing are simply unsustainable and far outweigh the costs of building new, better-designed facilities for a modern era.

If we don't act, a federal court will. And federal intervention has proven to be costly.

Alabama is currently under federal court scrutiny for the conditions of our prisons. We currently operate under more than 15 different federal court orders, each with multiple and costly mandates.

Consider this: over the past five years, 85 cents of every dollar that



Co-authored by:
Governor KAY IVEY
Speaker MAC MCCUTCHEON
President Pro-Tempore GREG REED
House Minority Leader ANTHONY DANIELS
Senate Minority Leader BOBBY SINGLETON

the Alabama Department of Corrections' budget has been increased by is directly tied to a court order. Building new facilities won't alleviate every concern of the federal courts, but it will go a long way in proving our commitment to addressing several real needs within our criminal justice system.

The Alabama General Fund - the Alabama Budget that takes care of everything in our state other than educational needs - supports various state needs such as mental health, the court system, state troopers, conservation of Alabama's wildlife and much, much more.

If we fail to act, Alabama potentially may be subject to even more federal court control, thereby handing our corrections system and your tax dollars over to an unelected federal judge who could dictate the way we spend our taxpayers' money, how we protect our citizens from dangerous criminals, and other types of intervention that could last for years if not decades.

For example, California's prison system - which did not make the types of improvements we are trying to undertake - was forced to reduce its prison population by more than 40,000 criminals and spend millions upon millions of dollars of avoidable federally mandated costs.

Alabama isn't California - we've never acted like them, and we aren't about to start now.

Critics of prison construction have claimed that Alabama can't "build its way out of this problem" or that "money can't rehabilitate people, only good policy can." Those are catchy soundbites, but it's backwards thinking. It's like building a house from the roof-down - doomed to fail unless a strong foundation is put in place first. That's what this legislation does - it builds a strong foundation on which we can implement sound policy.

Alabama's leaders have developed a comprehensive solution to address our decades-old prison infrastructure problem. We're reaching down and picking up this can once and for all because it's the right thing to do. This is the first of many important issues we will tackle that are critical to improving our criminal justice system and changing the state's trajectory for decades to come.

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Athletic SUPPORT

by Eli Cranor



Foul Language on the Sideline

Dear Athletic Support: I work the concession stand at the high school football games. It's something I do out of service. My son is a junior linebacker for the team. I know it takes a village for these games to go off without a hitch, so I try to do my part. Lately, though, it's been getting harder and harder for me to actually want to help out. This problem mainly has to do with the fact that the concession stand is right down by the home sideline, which means I can hear everything that is said during the game. What's

the old saying? Ignorance is bliss? Whew. I wish I'd never heard the sort of language that is tossed around during a game. It's not just the players; the coaches have potty mouths too. My question is multifaceted: First, is this normal? Is this how all football players and coaches speak? Second, would it be worth my time to go speak with the coach and see about getting it changed? I just don't know how I feel about my son being subjected to such foul language.
 — Potty Mouth



Dear Potty:
 Language on the sideline all depends on the coach and the standard he sets from day one. If a coach uses vulgar language then he has no ground to stand on when it comes time to reprimand his players.

One thing most coaches forget is that these are still high school kids, the majority of which are under the age of eighteen. Yes, many of them look like adults, but they're still in school, and that means they have to adhere to school rules.

If the school already has rules in place for monitoring foul language, then that is what the coach should go by.

I will be the first to say, though, that this is easier said than done. The main reason is that football is a passionate, violent sport. There are moments on the field or sideline that feel

about the same as stubbing your toe. And what do you say when you stub your toe?

Exactly. So, yeah, it's hard to control your tongue, especially when a game is going on. One thing I used to do to protect against this was what I called "The Burpee Rule."



Anytime anyone cussed they had to stop what they were doing and do a burpee. A burpee is where you drop down on your belly and jump back up and touch the sky. They're kind of like pushups but harder.

And, yes, that rule applied to me, the head coach.

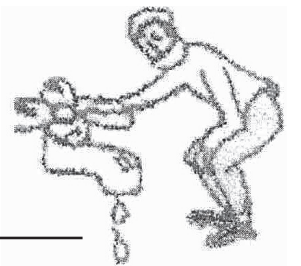
There were games where I would let a zinger fly and a nearby player would try to get me to drop down and do burpees right there on the sideline. I never did burpees on the sideline, but I let the boys keep a tally and I paid my penance on Monday, just like everybody else.

If you do decide to talk to your son's coach, maybe you should mention "The Burpee Rule."

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

T.A. Pritchard, M.D., P.C.

Urology



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T.A. Pritchard, M.D., P.C.

I will be retiring from full time medical practice on October 31, 2021. It has been a privilege to practice medicine here. I am grateful to the patients who have entrusted their care to our office. Of course it has been 38 years, 4 months and one day so it's time to move on.

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DAVE Says

by DAVE RAMSEY



THE ZERO-BASED BUDGET

Dear Dave,
I have a good job and make pretty good money, but I'm tired of always worrying about my finances and being strapped for cash at the end of the month. I've heard you talk about getting out of debt and living on a zero-based budget, but what exactly is a zero-based budget?

Edward

Dear Edward,

The concept of a zero-based budget is simple: income minus outgo equals zero. If you bring home \$4,000 a month, you want everything you spend, save, give and invest to equal \$4,000. That way, you know where every one of your dollars is going. Not knowing where the money's going is what kills lots of people's financial dreams. They think they know how much they're spending and where it's going, but they really don't.

Here's how you do it. List all your income sources for the month. Your income should include paychecks, small-business income, side jobs, residual income, child support and so on. If it's money that comes into your household's bank account, write it down and add it up.

Next, list every single expense you have each month. Rent, food, cable, phones and everything in between. Your expenses vary from one month to the next, and this is why you make a new budget each month. Your giving budget might be high in December when Christmas rolls around. The car budget will spike

during months when you pay insurance or renew your tags. Focus on one month at a time.

Now, subtract your expenses from your income. Ideally, this number will be zero. It might take a few months of practice, so don't worry if it doesn't balance out immediately. If it doesn't, it just means you need to do something to bring one of the numbers up, the other one down—or both. If you're spending more than you make, you need to make some cuts in your spending. If you need to generate more money, get a part-time job or sell a bunch of stuff.

The deal with a zero-based budget is this: every dollar must have a name. That means every dollar has a designated job to do. If you fill out every item in your budget and come out \$100 ahead—meaning you have nothing for that \$100 to do—you haven't finished your budget. You have to find a job for that \$100. It's your decision what it does, but if you don't give it a name and purpose, you'll end up blowing it and wondering where it went.

Good luck, Edward!

Dave Ramsey is a seven-time #1 national best-selling author, personal finance expert, and host of "The Ramsey Show," heard by more than 20 million listeners each week. He has appeared on "Good Morning America," "CBS This Morning," "Today," Fox News, CNN, Fox Business, and 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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<input type="checkbox"/> Arkansas	at	<input type="checkbox"/> Troy	at
<input type="checkbox"/> Georgia		<input type="checkbox"/> South Carolina	
<input type="checkbox"/> Mississippi St.	at	<input type="checkbox"/> Cincinnati	at
<input type="checkbox"/> Texas A&M		<input type="checkbox"/> Notre Dame	
<input type="checkbox"/> Florida	at	<input type="checkbox"/> Ole Miss	at
<input type="checkbox"/> Kentucky		<input type="checkbox"/> Alabama	
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<input type="checkbox"/> LSU		<input type="checkbox"/> Kansas State	
<input type="checkbox"/> Tennessee	at	<input type="checkbox"/> Campbell	at
<input type="checkbox"/> Missouri		<input type="checkbox"/> North Alabama	

CHECK BOX BESIDE EACH WINNING TEAM

DEADLINE: FRIDAY, OCTOBER 1 5pm

ALTERNATE GAME (If Needed) Write Score HERE

<input type="checkbox"/>	Boston College
<input type="checkbox"/>	at Clemson



TIE BREAKER GAME Write Score HERE

<input type="checkbox"/>	Michigan	at	<input type="checkbox"/>	Wisconsin
--------------------------	----------	----	--------------------------	-----------

(vs: games played at a neutral location)

name _____
 address _____
 city _____ state _____ zip _____
 day phone _____ evening phone _____



WEEK 3 SEPT. 15 WINNER WITH A PERFECT CARD: JOHN BARBEE OF MUSCLE SHOALS



Mail or deliver your entry to: Courier Journal Gameday Scorecard 219 West Tennessee St., Florence, AL 35630 or Fax to: 256-760-9618 or enter online at www.courierjournal.net

Winners will be listed online Tuesday afternoon and in the FOLLOWING week's Courier Journal.

RULES: You can only enter for yourself, not other people. Only one entry per person per week. Only one winner per week. Winners must present a photo I.D. when picking up their gift certificate(s). Check the box beside the appropriate picks for the first 11 games, then write in the exact score of the tie-breaker game and alternate game. Person with the most correct picks receives a \$50 Gift Card from 306 Barbecue in Florence. No change will be returned for any unused portion of the certificate. Gratuity is not included. In event of a tie, the tie-breaker score will be utilized. Otherwise, it will not be considered. Closest tie-breaker score wins. Total points will be next tie breaking procedure, and a random drawing of finalists will be used to determine the winner if they are still tied after the tie-breaking procedure. ALTERNATE GAMES will only be used in cases of late postponements or forfeits, games which will then be excluded from consideration. Person with the winning card for the week, who also picks every game correctly including tie-breaker, will also win \$50 from the Courier Journal and another \$50 306 Barbecue Gift Card. Judges decision is final. Mailed entries must be post-marked by deadline day. Hand-delivered, faxed or on-line entries must be submitted by exact time of deadline stated above. NO EXCEPTIONS. Winner is posted on website each Tuesday afternoon and in the paper delayed by one week. Employees and family of Courier Journal and Game Day Scorecard sponsors are ineligible to win. **NOTE: If you're faxing, first make a CLEAN COPY, then FAX THAT COPY. NEWSPRINT DOES NOT REPRODUCE CLEARLY ON A FAX. WE ARE NOT RESPONSIBLE FOR ILLEGIBLE COPIES.**



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Letters...

Continued from Page 16

The Choices We Make

Editor:

It was a short encounter that in retrospect didn't make a lot of sense.

I was in the check-out line when a lady came into the store and asked to step ahead of me. She explained to the clerk that she purchased the wrong cigarettes for her husband, and she wanted to exchange them. She had just left, and the package was still sealed, she explained.

The clerk was uncertain what to do.

"We're not supposed to take food products back after they've left the store," she said. "It's part of our Covid protocol."

The clerk eventually acquiesced and exchanged the cigarettes. The store policy was sound, and should've been followed. However, the customer was more concerned over losing a few dollars than over her husband putting carcinogens into his lungs. And I'm sure she was in danger of second-hand smoke if her husband used this "food product" at home.

Anyway, to protect the innocent the store location and employee will remain confidential!

The episode made me think of the unworthy choices we sometimes make.

Many of us seniors reflect on our choices. We look back to the time when our children were at home and wish we could relive those days. We often chose to do something other than spend extra time with them. Sometimes it was work-related and couldn't be helped; especially those of us who were salaried and "on call." But, of course, there were events or meetings we thought we had to be part of that might not have really needed us.

One of the benefits of grandparenting is that we've grown wiser. We push back and spend time with grandchildren and know this is one of God's great gifts. We can have renewed influence for God and for good.

And I think the church has thought about choices in this year of Covid. Many of our priorities before the pandemic

were worthwhile. Our church had several things planned for spring 2020 that were beneficial, but they had to be shelved during the shut-down. Now that we're gaining more confidence in our regathering, I believe some of the things I thought were important really aren't. Having people back and doing ministry together is more important than some of the rules we used to think we needed to enforce.

Jesus summarized priorities succinctly in a well-known verse. "Seek first the kingdom of God, and then everything else will find its proper place," he said (Matthew 6:33, paraphrase).

If we humbly seek to please God and obey him by serving others in need, we demonstrate our choices are sound. The old adage declares, "Only one life, 'twill soon be past. Only what's done for Christ will last."

Michael J. Brooks
Alabaster

Changes to SBA's EIDL Program

Editor:

Earlier this month, the Small Business Administration (SBA) announced major enhancements to the COVID Economic Injury Disaster Loan (EIDL) program, a federal disaster relief loan designed to support small businesses.

Changes to the program include:

- Increasing the COVID EIDL cap. The SBA will lift the COVID EIDL cap from \$500,000 to \$2 million. Loan funds can be used for any normal operating expenses and working capital, including payroll, purchasing equipment, and paying debt.

- Implementation of a deferred payment period.

The SBA will ensure small business owners will not have to begin COVID EIDL repayment until two years after loan origination so that they can get through the pandemic without having to worry about making ends meet.

- Establishment of a 30-day exclusivity window. To ensure main street businesses have additional time to access these funds, the SBA will implement a 30-day exclusivity window of approving and disbursing funds for loans of \$500,000 or less. Approval and disbursement of loans over \$500,000 will begin after the 30-day period.

Expansion of eligible use of funds. COVID EIDL funds will now be eligible to prepay commercial debt and make payments on federal business debt.

Simplification of affiliation requirements. To ease the COVID EIDL application process for small businesses, the SBA has established more simplified affiliation requirements to model those of the Restaurant Revitalization Fund.

Eligible small businesses, nonprofits, and agricultural businesses in all U.S. states and territories can apply. Visit sba.gov/eidl to learn more about eligibility and application requirements.

The last day that applications may be received is Dec. 31, 2021. All eligible applicants should file their applications as soon as possible.

Jessica Campos, Director
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Guardrails and Vision



Budgeting and financial planning are two terms that are easily confused. Both apply to personal finances and both are activities that can help you be financially successful now and in the future. Yet, while the two go hand-in-hand, they are not the same. Here are two ways they differ and how they can work together to help you accomplish your goals.

Budgeting sets guardrails for your spending. The goal of budgeting is to help people live within their means. A budget predetermines how much you can spend during a certain length of time based on your actual income. Individuals who follow a budget are better equipped to avoid overspending.

To create your budget, divide your income across your expenses for a given timeframe. This timeframe is typically tied to your pay schedule, whether weekly, biweekly or monthly. Fixed expenses, such as rent and childcare, take priority. After accounting for fixed expenses, spending parameters are set for necessities that vary in cost, such as food, transportation and clothing. Remaining dollars can be allocated for discretionary spending, such as dining out and entertainment. A budget may also include a rainy day or vacation fund.

Remember that budgeting is an active process. To be successful, you need to track your spending and be prepared to make adjustments. A budget that offers some flexibility is generally easier to follow.

Budgeting can help you spend within your means. However, you can budget forever and still not reach the type of long-term goals financial planning is designed to help you achieve.

Financial planning provides a vision for your financial future. Unlike budgeting, financial planning is not limited to the present. Your financial plan considers where you are now, as well as where you want to be in the future. It requires vision.

The purpose of a financial plan is to formulate action steps to help you afford your life goals. It charts your course to reach milestones, such as homeownership, starting a family, higher education and retirement.

Like budgeting, financial planning is a dynamic process that benefits from both regular review and adjustments. A financial setback, windfall or other shifts in your life circumstances will affect your financial plan.

A certified financial planner and/or advisor who offers financial planning services can help you create a tailored financial plan. This professional can be a resource for objective advice about financial decisions going forward. Your comprehensive financial plan will likely utilize insurance and investment products to help you protect your assets and grow your savings.

Budgeting and financial planning work well together. Following a budget can help you manage your money and avoid debt, but a financial plan can help you achieve your long-term financial goals. Talk to a financial professional today to learn how you can benefit from both of these important financial disciplines.

Teresa L. Turner is a Financial Advisor with Independent Investments Group, a financial advisory practice of Ameriprise Financial Services, LLC. In Florence, Alabama. She specializes in fee-based financial planning and asset management strategies and has been in practice for 24 years. To contact Teresa, call 256.765.3622 or email Teresa.Turner@ampf.com



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"Medicare Pre-AEP"

Each year anyone who is on Medicare and enrolled in a Medicare Advantage Plan (MA) or Prescription Drug Plan (PDP) has an open enrollment period to make changes in their plan if they wish. This open enrollment period is called the Annual Election Period (AEP). It extends from October 15th to December 7th. There is also a period from October 1st to October 14th that is commonly called Pre-AEP.

Pre-AEP is an important time for Medicare beneficiaries. Insurance companies who offer MAs or PDPs cannot release their plan information for 2021 until October 1st. You can use this time to review your current plan to see if there has been any significant changes in your premium or copays. It's also a good time to review the prescription drug coverage of your plan, especially if you have had changes in the drugs you are taking. If any new plans are coming into your county, this is the time they are announced so be on the lookout for those.

Pre-AEP can also be a confusing time. Although it's designed for you to gather information on any changes that are coming for 2022, you may get phone calls or letters from insurance companies or your local agent. Local agents, in particular, like to use Pre-AEP to reach out to their clients and do policy reviews for the next year. This is totally acceptable under Medicare rules. It is also acceptable for you to attend a meeting or seminar during Pre-AEP to hear the details of 2022 plans. The one thing you cannot do is officially sign up for a new plan until after October 15th.

The good news is if you're happy with the plan you are in you won't have to do a thing. You will automatically roll into the 2022 plan as long as it's still offered in your area. If you have any questions about Pre-AEP you can contact our office for more information.

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



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PUZZLE CARD



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 I J K L M N O P Q
 R S T U V W X Y
 Z

WHAT HOLIDAY is shown above?

SMART DARTS! Using the target at right, how would you score exactly 100 points using just six darts?



1. CAR

2. CAR

3. CAR

4. CAR

5. CAR

6. CAR

7. CAR

8. CAR

"Car" Fare!

THE following puzzle is a perfect way to pass the time if you get caught in a traffic jam this weekend. To the left is a list of eight words, each of which contains a "car." The following hints will help:


1. It holds water or wine.
2. Type of waiter.
3. A wind instrument.
4. Pasta.
5. A traveling show.
6. Type of priest.
7. An Egyptian beetle.
8. Neckerchief.

Answers On Page 38

RAIN GAME! Pictured below are two puzzle grids. Each grid contains four words, which you must discern. Hints are given for each word. The words in Grid B contain the same letters as the corresponding words in Grid A.

GRID A				GRID B			
R				C			
	A				O		
		I				A	
			N				T

1. Hard stone.
2. Mexican food.
3. Fence part.
4. Slender.
1. Type of bark.
2. Winter wear.
3. Teller of tall tales.
4. A clue.





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Cotton...

Continued from Page 16

inviting community members to share photos of their own family quilts.

Cotton in the South has a long, rich, and complicated past. From These Threads: Cotton Culture will offer visitors the opportunity to travel through some of the history of cotton, its production, and its use in the creation of quilts over the past 190 years. The exhibit will feature historical quilts dating from the 1830s through contemporary pieces created by today's quilt artists. The quilts are drawn from private collections in the area.

The museum is also asking community members to share photos and stories of their own family quilts. Some of those quilts will be shared to the museum's Facebook and Instagram pages.

• Photos of the quilt and, if available, of the quilt maker or family photo related to the quilt

Hours for the Tennessee Valley Museum of Art are Tuesday-Friday 9am–5pm and Saturday 10am–5pm

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Leighton

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- Your name
- The name of the quilt maker
- Description and history of the quilt (no more than 150 words)
- Your Instagram handle (if applicable)
- Link to Facebook profile (if applicable)

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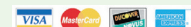
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CUBBIE STORAGE

For people who knit or crochet or just need a lot of smaller storage spaces, go to a store that sells liquor and ask if you can have their empty liquor boxes. Depending on the available space, these boxes can be stacked on each other (on their sides) to give perfect little "cubbies" for your yarn. The colors can be readily seen and there's no tangling.
DB

"ORIGINAL RECIPE" COOKING

It took me a long time to figure out how to get Grandma's cooking smell and taste for the food she used to make. It was quite simple. When it calls for something like "scalding milk," I scald the milk like she used to on the stove, not in the microwave. In other words, I do things exactly like she would have done. My "Nona"

had a wood stove, and quite often, I use my firepit for "braising" meat in a cast iron skillet. It works every time!
Karen

WEDDING ADVICE FROM A CATERER

I saw some wedding tips, and they made me think of my days as a caterer. There is a trend of purchasing a smaller sized wedding cake and then getting a sheet cake for the majority of the cake slices. The cake company may even add a "dummy" cake for display only. The bride and groom cut from the "real" cake that is part of the presentation; then the caterer removes the cake and cuts pieces from the sheet cake for the guests.

Another strategy for food is to do a later wedding, starting at 8pm with a reception to follow. Then serve a light buffet or appetizers with no sit down dinner. This is much

easier on the wallet if you can find the right caterer. However, make sure on the invite that you state light appetizers or buffet so your guests know to eat the meal before they come.
Matt L.

QUICK TIME

When I am pressed for time and so much needs to be done, I choose those things that need to be done immediately and set a timer for 10 or 20 minutes. In that time, I rush into the job and get quite a few things done. A room can be straightened, a bathroom can be wiped down, a dishwasher can be loaded/unloaded, or the laundry can be sorted/put away. Get the idea? Do this two or three times a day, and mountains will become mole hills. It gets things done. It also makes it fun like a game, and I'm the winner!
H.

HOLD A HOUSEWARMING PARTY

Looking for help in setting up your first apartment? Since most first apartments are filled with second-hand furniture, appliances, and housewares from parents' homes, it's likely that you'll be starting from scratch. If you feel comfortable, you may want to hold a housewarming party in which your guests each donate something that they no longer want to your new home.

The couple gets free stuff to start off their household, and their friends get to feel good about passing along that slow cooker they never use or that dresser that they never liked or that extra set of dishes that they inherited from Granny. Tell your guests that you would be happy to give anything that you find that you don't need to charity, but make sure to accept every object with a smile.
K.

A SAVINGS TRICK

I have a tip to "trick you into saving." If you use automatic deposit for your paycheck, have the amount you have determined to save taken out and deposited in savings at that time. If you don't use automatic deposit, just be sure to deposit the amount in your savings at the same time you deposit or cash the rest.

I have found when I do it this way, I don't miss the money. It is never "in my hand" so to speak, so I don't count on it for anything. That way, I am not as tempted to take a little out here and there. I have learned to live on what is leftover after my taxes and savings are taken out!
Sue

MORE TOPPINGS!

We love pizza with loads of toppings, but as you know, each topping adds to the total price. Now, we order pizza with sausage and cheese. While waiting for it to be delivered, we cut up and sauteed onions, peppers, mushrooms, and broccoli. When the pizza arrives, we add these toppings, have a healthy meal, and save a bundle.
A.

AFFORDABLE STORAGE CONTAINERS

Now that canning season is in full swing in much of the country, many stores are having specials on canning jars and lids. At the same time, more and more of us are trying to avoid using plastic containers for our food. Combine these two trends and save money by buying a dozen pint, quart, or even two quart jars based on your family size. Then, use these for storing leftovers in your refrigerator. The covers are standard size so you won't always be looking for "just the right lid" and you'll be able to see at a glance exactly what's in the refrigerator. You will probably find the wide mouth jars to be the most practical for most of your leftovers.
Helen L.

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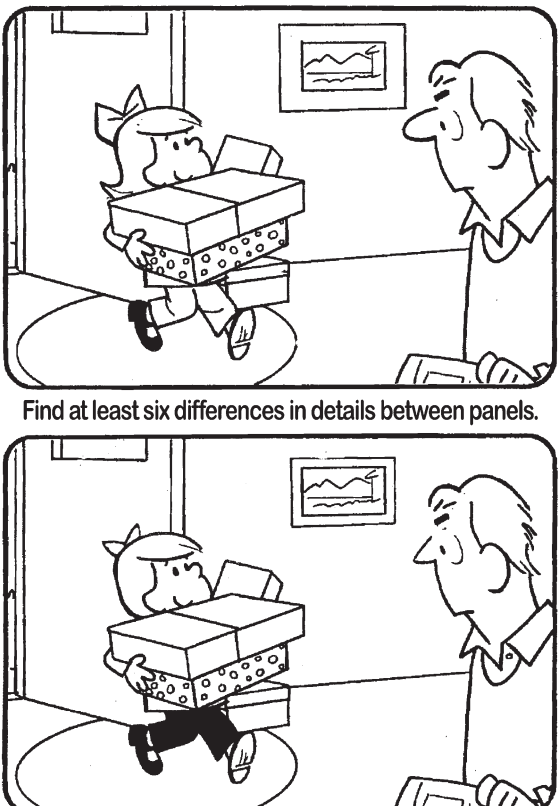
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Differences: 1. Bow is different. 2. Nose is smaller. 3. Button is added. 4. Hair is changed. 5. Frame is smaller. 6. Pants are different.

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See DOLLAR... page 34

The Supreme Test

This world is either working, hoping or using some religion or fantasy thinking that when they face Almighty God, they might receive a reprieve from Him. Not! God has done as much for this world as needs be for man's salvation. God has given us a free will. We choose what we want to do and we do it. Remember, if you wind up burning for eternity, blame yourself. Notice these carefully: **John 18:11** "Then said Jesus unto Peter, Put up thy sword into the sheath: the cup which my Father hath given me, shall I not drink it?" **Luke 22:42** "Saying, Father, if thou be willing, remove this cup from me: nevertheless not my will, but thine, be done." **Mark 15:34** "And at the ninth hour Jesus cried with a loud voice, saying, Eloi, Eloi, lama sabachthani? which is, being interpreted, My God, my God, why hast thou forsaken me?" On that cross the cup of sin, suffering and death and hell was totally consumed by Jesus Christ and He took our place, punishment and judgment from God that we had coming. See Hebrews 2:9. Christ had no sin, He paid for ours.

Now, if you are still working to attain righteousness, you obviously don't have God's righteousness. God's righteousness is free. Read Romans 5. God's righteousness satisfies the soul and God. If you had it, you would finally get some peace. Israel's mistake was: **Romans 10:3** "For they being ignorant of God's righteousness, and going about to establish their own righteousness, have not submitted themselves unto the righteousness of God." **Philippians 3:9** "And be found in him, not having mine own righteousness, which is of the law, but that which is through the faith of Christ, the righteousness which is of God by faith." The supreme test is at death will the righteousness you possess pass God's careful inspection? NO? Well, you can't get it later. Read: **Romans 10:6a** "But the righteousness which is of faith speaketh on this wise..." Read all of Romans 10 and ask Christ to save you and then you will get His righteousness. If you refuse to receive Christ, then you must drink your own cup of punishment for sin, death and judgment throughout eternity.

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THE DOLLAR Stretcher



Continued from Page 33

REMOVING PET HAIR

To get pet hair off carpet, clothes, etc., try using a rubber glove. It's a great pet hair and lint remover. *Bev*

THAWING FROZEN BREADS

Living alone, I usually toss a lot of bread but not hot dog or hamburger buns. I wrap each one individually using plastic wrap, put all of them into a zipper freezer bag, and place into the freezer. Next time I want a bun, I just take one or more out of the freezer bag and place on a wire rack to thaw. The buns are always like I just bought it from the store. Placing on the wire rack ensures that the bottom will not be soggy. *Carol*

URINE ODORS

My mother knows many of the old remedies for

cleaning up accidents of all kinds. When I had my children and one of them wet the bed and it went through to the mattress, she told me to sprinkle corn starch on the area and spray it with water to just dampen it. It is unbelievable how well this drew out the urine, and there was no lingering smell. *K*

HELPING THOSE LESS FORTUNATE

I have discovered a wonderful way I can give to those less fortunate. I have begun donating any trial/travel size toiletries that I acquire to our local homeless shelter. The people living in the shelter love the products, and instead of being tossed aside in my drawer, I have the joy of knowing that I was able to help in a small way. Our church, in fact, sponsors a program in which we assemble bags with the trial size items and give them to the moms living in the shelter. I have spoken with the shelter, and they told me that these items would be most welcome year-round. *M.*

POTATOES

The bags that potatoes come in already have holes to allow the potatoes to "breathe," but when I bring the bag home, I poke several more holes all over the bag so they get even more air circulation. You can just use your finger or a knife or scissors; just be careful not to spear the potatoes. I have found this really seems to help them last longer, and I don't find molding, rotting potatoes in the bags like I used to, as long as I use them up in a reasonable amount of time. *Grace*

HOPING TO RUN OUT

I intentionally go to the grocery store on the last day of a good sale to get rain checks for out-of-stock items. This is particularly useful for items that may spoil and I can't use right now. Sometimes I use the product I bought earlier in the week when it was in stock, and the rain check allows to me to hold off a until a later time to get more new, fresh product when I need it later and at the sale price. *Robert*

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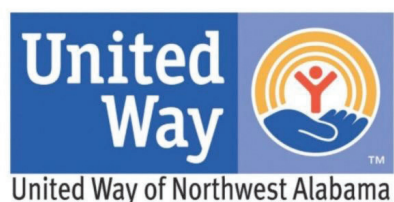
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Guest Op-Ed – Harold Pease, Ph.D

Biden Tyranny...

Continued from Page 16

ended with King George III.

Moreover, there exists no law originating, than processed successfully through the U.S. House of Representatives and U.S. Senate and signed into law by the President specific to COVID-19 or any previous illness for precedent reference, especially that mandates the ingestion, by skin or otherwise, of any foreign substance against the will of the subject. Biden simply made it up.

The effect of the first decree is to force all federal employees and contractors or subcontractors that do business with the federal government to be vaccinated, thus threatening their jobs. "That covers several million workers," reported the Associated Press. They will have 75 days to comply. Those not complying "will be referred to their agencies human resources department for counseling and discipline, to include potential termination."

The second executive order, mandates "all employers with more than 100 workers to be vaccinated or tested for the virus weekly." That could affect another 80 million Americans. Still a third group, affecting yet another 17 million, are those receiving federal Medicare or Medicaid.

For employers who refuse to force employee vaccinations for employment, the Biden Administration through the Occupational Safety and Health Administration (OSHA), anticipates levying a penalty of \$14,000 per violation. Biden also wants doubled federal fines on airline passengers who refuse to wear masks (Sweeping new vaccine mandates for 100 million Americans, Washington, Associated Press, Sept. 9, 2021).

Test out options for those who already had COVID-19 are not allowed. These have natural immunity said to provide at least ten times more protection from a COVID return than those who had the shots which might be weakened. To these millions this is COVID tyranny. Moreover, with 177 million

said to be fully vaccinated against the virus, herd immunity should have been accomplished long ago as with other viruses. Therefore, the mandates are about power rather than immunity.

Together the decrees use force, or the threat thereof, to make everyone in America comply with their demand. Biden said as much. "Many of us are frustrated with the nearly 80 million Americans who are still not vaccinated," he said, adding later, "We've been patient, but our patience is running thin."

Biden is unhappy with those who decided that the jobs have more risks than the disease which is survivable by at least 98.8%; unlike smallpox and polio where fatality rates, of those who got it, was respectively 30% and 23%. After 20 months of COVID-19, few in America personally know anyone who actually died from COVID alone. And censored is the number of those who died from the vaccine. Reluctance to comply is more profound when the vaccine has not demonstrated an ability to prevent the disease as originally promised. Biden's insistence that those who survived COVID wear masks and get the jabs makes no sense to most. The existence of one, two, three and four booster shots is proof that the vaccine does not work well. For these people the CDC, WHO, and Biden/Harris have all discredited themselves.

The executive branch has NO authority to make law—any law!!!! Executive Orders are constitutional only when they cite a single, recently passed law of Congress, where that law needs a statement of implementation by the executive branch. Nor can a president constitutionally cob together parts of ancient laws to create new authority never intended by the authors of previous law. Originally they were but interdepartmental directives and not intended to be anything more. No mention of them exists in the Constitution.

The people have the right to know that every restriction imposed upon their behavior was read,

discussed, and voted on by four elected, thus accountable, persons—their Congressman, their two U.S. Senators, and their president. Mandated lockdowns, masks, or vaccines have never passed this required review and thus enforced, are tyranny.

Mandates are not laws. So what is the Constitutional recourse for resistance. The legislative branches should move immediately toward impeachment on the basis that Congress alone makes all law, and additionally, refuse to fund any portion of the decrees. The 24 states presently opposing the decrees should use the 10th Amendment and make them null and void within their states. Businesses with over 100 employees should shield their employees with immediate class action suits against the federal government. Citizens should remind their employers that should they fire them for noncompliance, they in turn will initiate class action suits against them.

What ever happened to, "It's my body, my choice," once mouthed by millions of Democrats? These now lead the tyranny against those who really believe this. Or, "It's my body, isn't it?" If one has to ask, the Constitution is almost gone, and with it liberty.

Dr. Harold W. Pease is an expert on the United States Constitution and a syndicated columnist. He has dedicated his career to studying the writings of the Founding Fathers and applying that knowledge to current events. He taught history and political science from this perspective for over 30 years. Newspapers have permission to publish this column. To read more of his weekly articles, please visit www.LibertyUnderFire.org.

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Notes...

Continued from page 9

Clothes Give Away - Thursday, October 7 from 8-10am at the Care Center, First Baptist Church, Killen

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

Want to list your event in Community Notes? Email your information to editor@CourierJournal.net.

WoodmenLife Charity Tournament benefiting Local Elementary Schools Back Pack Program on October 11, 1pm Shotgun Start at Turtle Point Yacht & Country Club.

2 person scramble at \$250 per team
Prizes for Long Drive and Closest to Pin
3 Flights: 1st Place Team \$300
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3rd Place Team \$100 (Pro Shop Credit)
Hole-in-One Prize: New Car
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More information, contact Rocky Beck 256-710-7133 or Adam Beck 256-762-6499.

Monthly Book Club Discussions at the Florence Lauderdale Public Library 350 N. Wood Ave. Florence. For more info contact: 256-764-6564 ext.136 or katie@fpl.org.

Thursday, October 14, 5:30pm - "Mexican Gothic" by Silvia Moreno-Garcia

Join us for our 2nd Annual SIOD Superhero 5K & Fun Run at Muscle Shoals Middle School on October 16 at 8am! The race will follow the Swamper's 5K course.

Get out and run, walk, or jog while dressing up as your favorite superhero. This fundraising event is presented by Quad Cities Pediatrics to promote awareness and raise money for SIOD research.

Schimke immuno-osseous dysplasia (SIOD) is an extremely rare genetic disease that affects multiple systems in the body, including the kidneys, growth plates and cartilage, heart and arteries, lungs, and immune system.

SIOD has been championed in the Shoals area by Kyle and Jessica Davenport along with scores of friends and volunteers. The Davenports founded the Kruzn for a Kure Foundation on behalf of their two children, Kruz and Paizlee, both of whom have SIOD.

To sign up for the 5k and Fun Run or for more information, please visit www.kruznforakurefoundation.org

The Alabama Renaissance Faire is October 23-24 in Wilson Park, downtown Florence. Take a step back in time at Alabama's official Renaissance Faire in "Renaissance City." Wilson Park is transformed into Fountain-on-the-Green for an entire weekend, with vendors, demonstrators and performers on location. This free event will take place in the park Saturday and Sunday from 10am-6pm. Information: 256-740-4141 or www.alarenfaire.org

2021 Shoals Walk to End Alzheimer's - October 24 at 2pm at McFarland Park - 200 James M Spain Dr in Florence
Registration at 1pm | Ceremony at 2pm | Walk Immediately Following
Walk to End Alzheimer's is full of

flowers, each carried by someone committed to raising funds and awareness for a breakthrough in the fight against Alzheimer's and all other dementia. Whether you join us in person or Walk From Home, your participation makes a difference in the lives of those facing the disease.

The Route Length is a flat 2 miles. Contact: Jen Manning at 256-655-5460 or email jkmanning@alz.org for details

As of July 13 there were 55 participants and 25 teams registered. \$20,817 of this year's 70,000 goal has been raised/pledged.

Alzheimer's and Brain Awareness, the Florence-Lauderdale Public Library, in collaboration with the Coalition for Alzheimer's and Related Disorders (CARD), is presenting a series of free symposiums on Alzheimer's disease in the coming months.

Symposiums are scheduled in the library conference room from 5-6:30pm the fourth Thursday each month through

October. Future topics will include:

October 28 - ABC's of caregiving • In this special symposium, a panel will share some of their personal experiences and answer questions. There also will be discussion on how to deal with grief along the way.

Every 65 seconds, someone develops Alzheimer's disease, with 5.8 million American's living with the disease, according to CARD data. CARD is a nonprofit organization established in 1993 to provide education and support for the residents of Colbert, Franklin, Lauderdale, Marion and Winston counties.

The scheduled facilitator for the symposiums is CARD board member Donna Tidwell.

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

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WHAT HOLIDAY is shown above?

Christmas, since there is no "L" (Noel) in this alphabet.

You must throw four darts into the "17" circle and two darts into the "16" circle.

GRID A

R	O	C	K
T	A	C	O
R	A	I	L
T	H	I	N

GRID B

C	O	R	K
C	O	A	T
L	I	A	R
H	I	N	T

1. CARAFE
2. CARHOP
3. OCARINA
4. MACARINA
5. CARNIVAL
6. VICAR
7. SCARAB
8. SCARF

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Commentary

Stay Safe...

Continued from Page 16

pregnant. However, she was a brunette. She and her unborn baby were found separately three months later one day apart in a secluded marshy area of San Francisco Bay. Her husband, Scott, was convicted on two counts of murder. Admittedly, Gabby's case is somewhat unique in that her summer adventure with Brian was chronicled on social media and the two had interaction with police officers during what was an occasionally physically-abusive ride for both parties. Racial animosity aside, Reid seems to be correct in her assessment that history shows missing white females garnering a much greater volume of media attention. There are plenty of Black, Latina, and Asian ladies and girls who disappear under strange or ominous circumstances as well. However, we aren't introduced to nearly as many of those cases. I'm not really sure what it is about media/marketing fascination with blondes. Maybe they are perceived to be softer, more innocent, or more vulnerable. Until very recently, blondes were usually the featured focus in commercials with females, be it with make-up, automotive, insurance, clothing, housewares, furniture, children, or whatever. However, as mentioned in this space a few months ago, minorities of all types are getting greater representation in the US marketplace over the last year or so. Nadia Murad was kidnapped by ISIS militants in 2014 at age 14 and sold for sex after her family was massacred in Iraq. She is brunette, but she even said blonde, blue-eyed and fair-skinned girls were particularly in demand. Apparently, they are a valuable commodity among evil ISIS militants who sexually abuse then sell their kidnapped victims for money. Nadia is the author of her memoir, *The Last Girl: My Story of Captivity and My Fight Against the Islamic State*. It should also be noted that Nadia was nominated for the Nobel Peace Prize for her tireless work in advocating a need for justice for survivors of

sexual violence. "Death is harmless compared to the hell we all had to go through," Nadia once wrote. Unfortunately, another recent missing person's case that comes to mind for us is that of a 19-year old bi-racial Auburn student, Aniah Blanchard. The daughter of a white mother and a black father was last seen on a convenience store security camera in Auburn on October 23, 2019. Her body was found 33 days later in a wooded area 60 miles away in Macon county. Three men were arrested in that case which received ongoing nationwide exposure. Your heart goes out to all the family members and friends of these victims, many of whom incorrectly think that some slight action on their part could have changed what transpired.

Regardless of age, color, or nationality, it is important for all females to pay closer attention these days. There will always be sleazebag spouses and boyfriends who can cook up evil. Just try to choose, date, and associate wisely. It's the other predators hoping to prey on the weak and unsuspecting that we should always be mindful of. Mayberry is long gone. These few points from Safety.com are good to remember.

- Be aware of your surroundings
- Make eye contact. ...
- Stay hands-free. ...
- Trust your instincts. ...
- Store unattended valuables out of sight.
- Never pull over in secluded areas
- Ditch the solo mentality. ...
- Scan the area.
- Change your routine
- Keep emergency items close

More details may be found at www.safety.com/womans-guide-personal-safety/

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<p>FRESH SELECT SIRLOIN STEAKS LB.</p>  <p style="font-size: 2em; color: white; background-color: #0070C0; padding: 5px;">\$5.49</p>	<p>SUGAR TREE SPIRAL HAMS 5 LB.</p>  <p style="font-size: 2em; color: white; background-color: #0070C0; padding: 5px;">\$15.99</p>	<p>ST. LOUIS STYLE PORK RIBS LB.</p>  <p style="font-size: 2em; color: white; background-color: #0070C0; padding: 5px;">\$3.99</p>	
<p>CAROLINA PRIDE HOT DOGS 12 OZ. PKG.</p>  <p style="font-size: 2em; color: white; background-color: #0070C0; padding: 5px;">2/\$3</p>	<p>CAROLINA PRIDE BOLOGNA 12 OZ. PKG.</p>  <p style="font-size: 2em; color: white; background-color: #0070C0; padding: 5px;">2/\$3</p>	<p>SMOKEHOUSE DADDY BREADED CHICKEN TENDERS 4 LB. BAG</p>  <p style="font-size: 2em; color: white; background-color: #0070C0; padding: 5px;">\$8.99</p>	
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<p>LAND-O-LAKES SALTED OR UNSALTED BUTTER 1 LB. PKG.</p>  <p style="font-size: 2em; color: white; background-color: #0070C0; padding: 5px;">2/\$6</p>	<p>IDAHO POTATOES 8 LB. BAG</p>  <p style="font-size: 2em; color: white; background-color: #0070C0; padding: 5px;">\$1.99</p>	<p>FRESH RED OR GREEN GRAPES LB.</p>  <p style="font-size: 2em; color: white; background-color: #0070C0; padding: 5px;">\$1.99</p>	
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