

Courier Journal

Verification of weekly circulation upon request Serving Northwest Alabama and

TEC's Build Completed

CHEROKEE –TEC, a leading provider of broadband in Alabama has completed the build for additional Fast Fiber Internet access in the Red Rock community in Barton. Crews have begun installing high-speed internet service to more than 100 residences and businesses.

"The new fiber internet provided by TEC is better than any I have previously had at my shop," said **Josh Bullock**, owner of Double R Diagnostics. "I am now able to conduct operations at my shop that were tough before, like order parts, run diagnostics equipment, and utilize streaming capabilities, and can easily post content on social media."

Fast Fiber Internet customers can also participate in things like telemedicine, distance learning, and work from home options, streaming videos, or gaming.

"TEC remains committed to connecting as many homes and businesses as possible," stated **Joey F. Garner**, Executive Vice President of TEC. Gaining access to high-speed broadband will greatly improve the quality of life for this community and increase economic development."

First Metro Promotions

MUSCLE SHOALS First Metro Bank recently announced the promotion of three devoted Bank employees: **Sherry Burt**, **Cory King**, and **Laura Hardy**.

See **SHORTS...** on Page 2



Ray Miller Buick-GMC
National Advance Auto Sales
Jeff Elledge Auto Sales

United Way is Home



United Way's new home Staff photos: TVM

W. College St. Location Offers Many Advantages

FLORENCE – It has only been three months since the United Way of Northwest Alabama moved its operations to a larger stand-alone building. However, the tight quarters and secluded location on Mobile Plaza are now distant memories.

Last week's ribbon-cutting officially opened the new permanent location at 205 W. College St located half a block off Pine street, formerly the Realty South building.

The United Way has been part of the Shoals for 66 years. They have often used donated or discounted space, but finding a place to call home has been difficult. A lack of parking and visibility has also hampered efforts to some degree. However, officials say this new permanent location signals a new day for the community.

"We've had people



McNulty

See **UNITED WAY...** on Page 8

310 Authority Honors Melson

FLORENCE–Jana Haggard, Executive Director of North Central Alabama 310, presented State Senator Tim Melson of Florence with the Legislator of the Year honor

See **MELSON...** on Page 7



Melson

Haggard

Holiday Deadlines



Closed Dec. 24, Jan. 31
Merry Christmas!

DISPLAY ADS, NOTES, etc.

5pm Wednesday, Dec. 22 for Dec. 29
5pm Wednesday, Dec. 29 for Jan. 5

CLASSIFIED ADS:

10am Thursday, Dec. 23 for Dec. 29
10am Thursday, Dec. 30 for Jan. 5

Inside this Issue

- Computer Skeptic
- Independent Investing
- Insurance Insights
- Hocus Focus
- Junior Whirl

- Christmas Services
- Dave Says
- Ask The Attorney
- Medicare Minute



- Adopt-A-Friend
- Your Letters
- Soap Updates
- COLORING WINNERS
- SIGNS of the PAST

Online Only:

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- Mystery Photo
- Web Poll
- Pet Talk



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FRIDAY	SATURDAY	MONDAY	TUESDAY	WED-THURS
\$5 DAY	\$3 DAY	\$2 DAY	\$1 DAY 'TILL 2	50¢ DAY AFTER 2
10AM-7PM	10AM-7PM	10AM-6PM	10AM-2PM	2PM-6PM
				CLOSED FOR RESTOCK
				CLOSED

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https://instagram.com/jacksdollardeals_huntsville

Shorts...

First Metro Promotions

Continued from Page 1

Burt started her banking career in January of 1990 at the original First Metro Bank location working as a full-time teller. Through



Burt

her continued hard work and success, she was promoted to Assistant Vice President in 2016. During the past five years, Burt has continued to guide a great team of employees in a department that is constantly meeting the needs of First Metro Bank customers as electronic banking utilization continues to grow significantly. Burt's promotion to Vice President is a direct result of her job performance and her 31 years of service to First Metro Bank.

King joined First Metro Bank in December 2012 as part of the technology operations department. Cory was promoted to Technology Operations Manager and Assistant

Vice President in May 2019. He has been instrumental in the overall success of the Bank through technology advancements to meet the



King

growing demand for digital solutions that are safe and secure for the community bank's customers and employees. As a result of his outstanding job performance, King is promoted to Vice President.

Hardy joined First Metro Bank in January 2008 as a part-time teller while pursuing a degree in accounting. After



Hardy

completing her degree, Hardy continued working at the community bank where she accepted a position in their accounting department in 2016. She has excelled in her role and expanded her knowledge and expertise. Hardy is promoted to Comptroller and will be actively involved in managing the Bank's accounting and financial reporting tasks.

First Metro Bank is proud of these long term, dedicated employees who continuously contribute to the success of the community financial institution.

CADILLAC: SRX PREMIUM, 2011 \$18,950. All-wheel drive, V6, 1 owner, 51K miles, pearl white, leather, navigation + sunroof. Just serviced including NEW TIRES! Excellent Condition! 256-527-2125.

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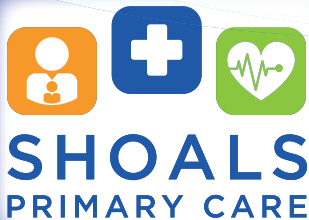
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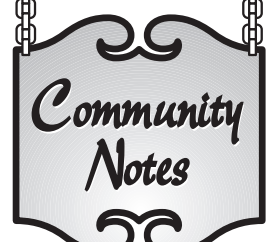
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The Batting Brigade Quilt Guild meets every 2nd Monday at 9:30am at Edgemont Methodist Church, 1330 Eauclaire Ave in Florence. Everyone interested in Quilting is welcome - from beginners to expert

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

The Winter Art Market at Tennessee Valley Museum of Art in Tusculumbia is scheduled for November 27-December 23. Find the perfect gifts for your loved ones from 35+ local and regional fine artists who will have booths and will be selling works of paintings, pottery, jewelry, baskets, scarves and more. A wide range of price points will be available, so whether you're looking for small stocking stuffers or elaborate gifts, the market will have the special, one-of-a-kind treasures you're looking for. Information: 256-383-0533 or www.tennesseevalleyarts.org

Muscle Shoals Area Alumnae Chapter of Delta Sigma Theta Sorority, Inc., is proud to announce that the sixth SPOTLIGHT ON EXCELLENCE calendar is available for purchase. The cost of the calendar is \$12.00 and can be purchased from any member of the Muscle Shoals Area Alumnae chapter or by calling 256-383-1394. Proceeds from the sale of the calendar are used to give scholarships to deserving graduating high school students.

The 2022 calendar features 12 outstanding women whose accomplishments have added to the rich history of the area. Each honoree was born or has lived in the Shoals and has made a tremendous difference by her contributions to humankind. The women who are featured in the

SPOTLIGHT ON EXCELLENCE VI: PHENOMENAL WOMEN calendar are Lorain Bryant-Abernathy, Dr. Alyce Doss Brown, Charlene Carter, LaShonda M. Davidson, Dr. Tabitha Jarman Gatrey, Natalie Renee Gordon, Dr. LaKeva Bena Harris, Melessa Farrar Mayes, Mary Mullins Napier, Dr. Pat Sanders, Mary Stevens, and Geraldine Byrd Thompkins.

The Lord's House Church, 7210 County Road 7, Florence, will be having a New Year Eve service starting at 8pm. We will have Joyful Noise and other groups. Come on out and join us, we would love to have you with us.

Food Distribution for 2022 Starting in January, the Help Center will continue with its food distribution program on the 3rd SATURDAY of each month from 8:30-10am.

Colbert County Baseball Umpires Association will start meeting Wednesday, January 12 at Covenant Christian School gymnasium. We are looking for new members. All umpires will receive AHSAA training at weekly meetings. Meetings will be January 12, 19, 26 at 6:30pm. Beginning February 2, meetings will be at 5:30pm.

If you have any questions please call Lee Walker 256-483-2690 or Wayne Cobb 256-366-5221.

Reunion of USS Kitty Hawk CVA1-CY-63 - June 6-9, 2022 in San Diego, CA. For information, contact Jim Melka at jfmelka@netins.net or 319-332-1632.

Lifesouth is in emergency need for blood donors, as the national blood shortage continues, and asks donors to help by donating blood during their Back to School Blood Drive. Blood donors who give blood at any LifeSouth donor center or bloodmobile through Sunday, August 8 will help summer blood shortages, save lives, and receive a \$20 e-gift card as a thank you for donating.

This year continues to be difficult for LifeSouth and blood centers across the country with the impact of the pandemic causing a decrease in blood donations, while the need to help patients in local hospitals continues to increase.

Regular blood donors who have not given recently and first-time donors can make a major impact by donating. One donation can save up to three lives.

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.

To find a donor center or mobile blood drive near you, visit lifesouth.org or call 888-795-2707. Blood donors must be at least 17 or 16 with parental permission, weigh a minimum of 110 pounds and be in good health. A photo

ID is required. LifeSouth donors receive a complimentary cholesterol screening with each donation.

The Help Center in Florence will be open on the 3rd Saturday of each month on a permanent basis. Previously, the Help Center has been open on the 4th Saturday of each month, unless that fell on a holiday. The volunteers felt they could better serve their Saturday clients if they made the change to be open on 3rd Saturday every month to help avoid confusion. Hours are 8:30-10am - for food distribution ONLY. Saturday hours are for families who are unable to come from 8:30-noon on Monday, Wednesday or Friday.

Attention - All Veterans - One of the benefits due any man or woman who served our country honorably is a free burial space in a National Cemetery.

Beautiful Tri-Cities Memorial Gardens in Florence will reserve a complimentary burial space to honor our Nation's Veterans with a discounted spousal space. The only requirement is proof of Honorable Discharge. Call: 256-203-0877 or stop in today at 2601 Florence Blvd. in Florence. This is a limited time offer

Shelters across the country are crowded and in desperate need of support due to slowed adoptions and longer stays for homeless pets. With the holiday season upon us, no pet should have to be without an adoptive family. To ensure pets get a chance to go from shelter kennels to the cozy couches of loving homes, BISSELL Pet Foundation is hosting its "Empty the Shelters - Holiday Hope" adoption event December 6 -20. Such efforts have helped more than 67,758 pets find homes in shelters throughout the country. During each nationwide event, BISSELL Pet Foundation sponsors reduced adoption fees for \$25 or less. The "Empty the Shelters - Holiday Hope" event will be hosted in more than 220 shelters in 40 states and Canada. Florence Lauderdale Animal Services at 3240 Roberson Rd in Florence is among those participating. Call 256-760-6676 for more information.

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

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

See NOTES... page 38

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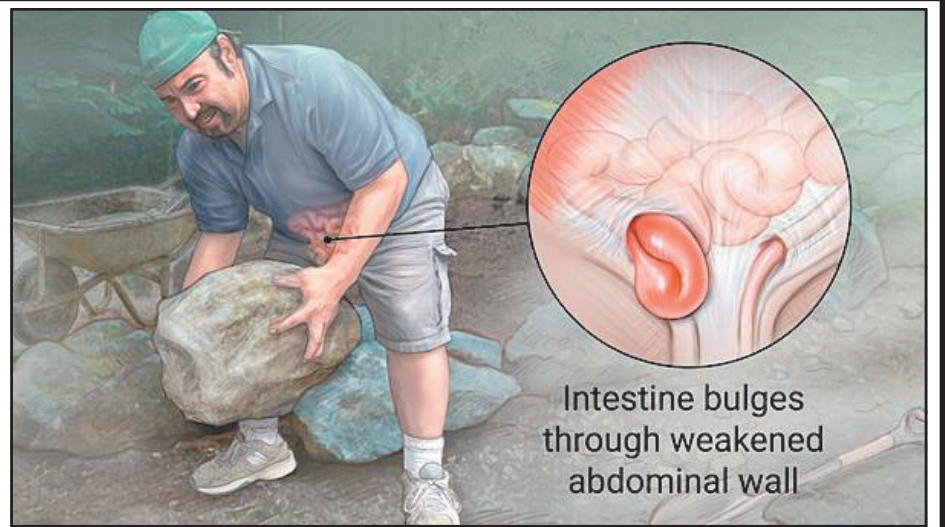
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REDLINE Your Ad! - See Page 8

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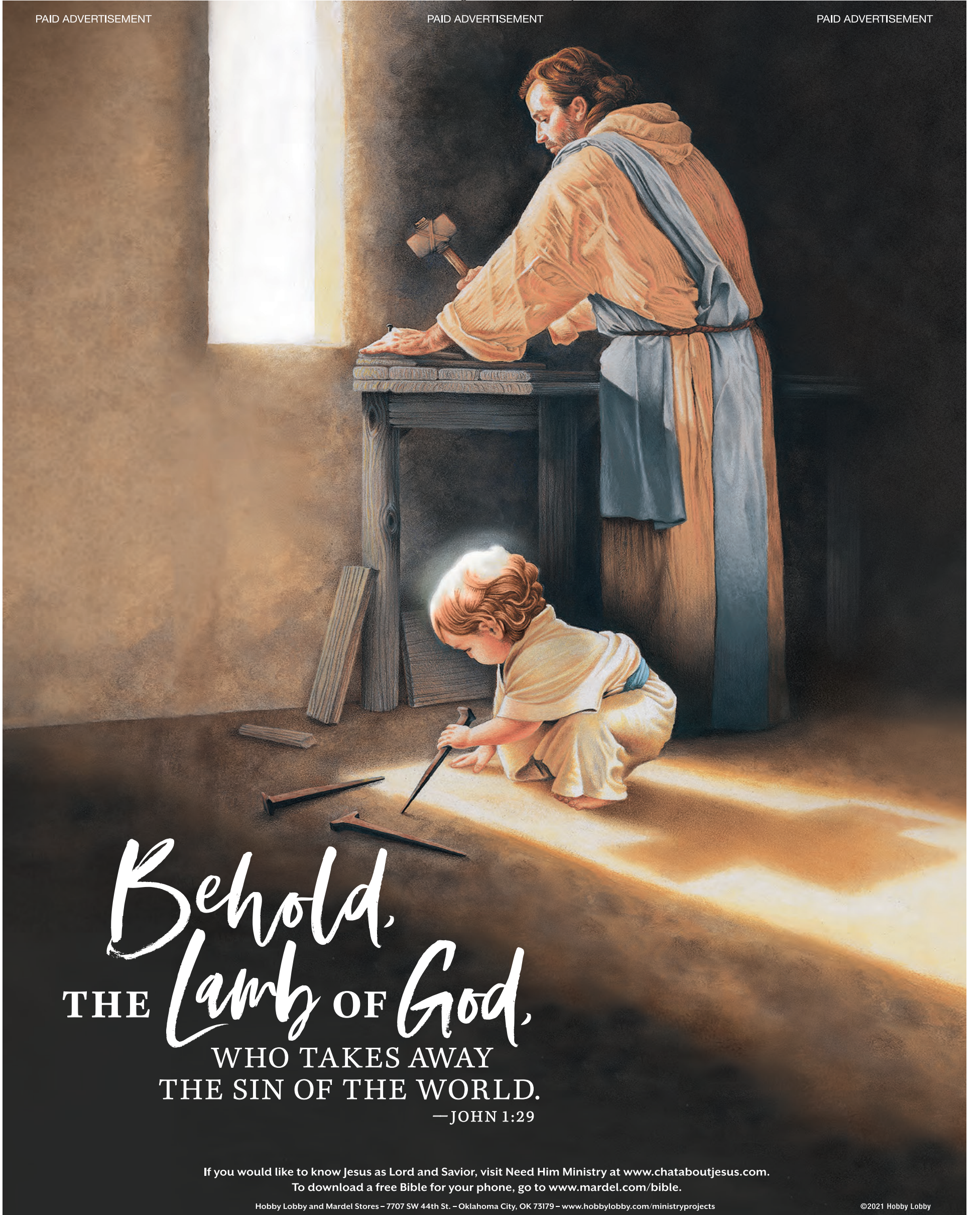
I started the weight loss program 8 months ago. Being overweight most of my life, now 106 lbs lost! This program has totally changed my life.

Dr. Diana McCutcheon and her amazing staff have gone beyond to encourage me in being the best I can possibly be. No hunger and great nutrition! I owe them so much for changing my life and lifestyle ~ Tiffany F Saint

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 THE Lamb OF God,
 WHO TAKES AWAY
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 —JOHN 1:29

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Melson...

Continued from Page 1

from the Alabama 310 Authority for his work in helping people with developmental disabilities. The presentation took place at SCOPE 310 in the Florence Industrial Park.

"These types of facilities help individuals grow, interact, and become more functional in society," Melson said. "The life skills they can learn here are immeasurable."

Haggard oversees the 310 program in Limestone, Lawrence, and Morgan counties. The program in Lauderdale, Colbert and Franklin County is called SCOPE 310, an acronym for Shoals Committee on Programs and Employment. SCOPE 310 is directed by Arvy Dupuy and is located at 4129 Helton Drive in Florence.

"Each year our association honors a legislator who champions efforts to expand services and improve funding for existing services for individuals with developmental disabilities," Dupuy said. "Sen. Melson has been a tireless advocate for this group; working not only to better their lives but to positively impact the lives of their families as well."

The public non-profit organization was incorporated under ACT 310 of the Alabama



Legislature in order to serve individuals with developmental disabilities and their families. SCOPE 310 does this in a variety of ways at no cost to anyone they serve.

The Blue Door Thrift Store onsite is a primary fundraising arm for SCOPE 310. Proceeds from the Blue Door help fund the programs for the clients who have substantial functional limitations in day-to-day living. Several of them are also employed at the store giving their lives a productive aspect which provides several benefits, like earning an income, challenging their minds, keeping them organized, and instilling some self-esteem.

For more information on SCOPE 310, call 256-768-0901.

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 PRICES GOOD IN STORES MONDAY, DECEMBER 20 - FRIDAY, DECEMBER 24, 2021.
 PRICES GOOD ONLINE SUNDAY, DECEMBER 19 - SATURDAY, DECEMBER 25, 2021.
 SOME ADVERTISED ITEMS NOT AVAILABLE ONLINE. SALES SUBJECT TO SUPPLY IN STOCK. AD DOES NOT APPLY TO PRE-REDUCED ITEMS.



HOME DECOR 50% OFF

FEATURING WALL DECOR

Categories Listed

Does not include Floral, Crafts, Seasonal or items labeled Table Decor and Gifts

- Decorative Crosses**
- Framed & Canvas Art**
- Mirrors**
- All Memo Boards, Chalkboards, Corkboards & Dry-Erase Boards**
- Candles, Candle Holders, Sconces, LED Candles, Potpourri, Diffusers, Oils, Room Sprays, Fragrance Cubes & Warmers**
- Knobs, Pulls, Handles, Hooks & Decorative Hardware**
- Wood & Metal Wall Decor**
- Clocks**
- Letters**
- Pillows, Rugs, Throws & Doormats**
- Shelves**
- Adhesive Wall Art**

New Year's, Summer and items labeled The Spring Shop® are not included in Home Decor sale.

REWARD POINTS ARE DELAYED AND INCONVENIENT DISCOUNTS. WE HAVE THOUSANDS OF PRESENT-TIME DISCOUNTS EVERY WEEK.

<p>CHRISTMAS PARTY & TABLEWARE Gift bags, sacks & boxes, gift wrap, tags & boxed cards, paper plates & napkins, bows & trim, cookie & candy tins, dishes, linens and more 50% OFF Does not include candy, food or Scotch® tape</p>	<p>CHRISTMAS DECOR 66% OFF Includes fabric. Does not include candy, food, light sets, light accessories or Scotch® tape</p>	<p>CHRISTMAS TREES 66% OFF 12 in - 12 ft</p>
<p>CHRISTMAS FLORAL Arrangements, bushes, wreaths, garlands, swags, stems, picks and ribbon 66% OFF Does not include custom designs</p>	<p>CHRISTMAS CRAFTS 66% OFF</p>	<p>NEW YEAR'S ITEMS 40% OFF</p>
<p>WEDDING 50% OFF Categories Listed All Items Labeled Studio His & Hers® Invitations, toasting glasses, ring pillows, bouquets and more Ribbon & Trims by the Roll Ribbon, bows, tulle & deco mesh in our Wedding, Floral and Fabric Departments</p>	<p>HOBBIES 40% OFF PUZZLES & BOXED MODEL KITS Does not include Seasonal Department or "Your Price" Items Great Values On Items Marked "Your Price." Includes Train Sets, Telescopes, RC Cars, Slot Cars, Estes Rockets & More!</p>	<p>ALL YARN Every skein, brand, color and size 30% OFF Does not include thread and floss</p>
<p>WEARABLE ART Always 30% off the marked price* Includes Youth and Adult Short-Sleeve T-Shirts, Baseball & Long Sleeve T-Shirts, Sweatshirts, Infant & Toddler T-Shirts and Creepers Does not include Cricut® branded apparel Gildan® Youth and Adult Short-Sleeve T-Shirts 2.99 (Marked price \$4.27) Bandanas 99¢ (As Priced) All Tulip® Products 40% OFF Boas 3.99</p>	<p>BEST-SELLING BOOKS Bibles, Devotionals, Gift Books and Children's Books ALWAYS 40% OFF - 50% OFF THE MARKED PRICE*</p>	<p>PARTY Does not include Seasonal Department Streamers 200' Roll 99¢ Candy Wafers 12 oz bag Regular 2.99 1.99 Solid Color Tissue Paper 8 count 99¢ All Paper Napkins, Cups & Plates 50% OFF 24 oz Fondant 5.99 and Up White Fondant 5 lb Vanilla 15.99</p>

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<p>FRAMES 50% OFF Categories Listed Wall Frames Poster, document and portrait frames with glass Photo Frames Our entire selection of basic & fashion table frames and wooden photo storage Shadow Boxes, Display Cases & Flag Cases Collage Frames Ready-Made Open Frames</p>	<p>CRAFTS 30% OFF Most Categories Listed DecoArt®, Ceramcoat®, FolkArt® and Anita's™ Craft Paint Includes Packs 2 oz, 4 oz, 8 oz and 16 oz Clay Modeling, oven-bake & air-dry Krylon® Spray Paint Leather and Leather Kits Priced \$4.99 & Up Individual Diamond Dotz® Includes open stock & sampler pack Candle Wax, Candle Gel, Soap Blocks & Bases Children's Activity Kits, Paint & Pencil by Number Kits, Diamond Art Kits and Fuzzy Posters Priced \$4.99 & Up 40% OFF</p>
<p>PAPER CRAFTS 40% OFF Categories Listed The Paper Studio® & Cricut® Vinyl Single Sheets, Rolled Vinyl & Iron-On Does not include machines, EasyPress™ and BrightPad™ Tim Holtz® Products Planners & Planner Stickers by The Happy Planner® and Agenda 32" Sizzix®, Momenta® & Spellbinders® Die Cutting Products Does not include machines All Punches & Punch Sets Rubber Stamps and Ink Pads Includes Clear, Cling and Sets Cricut EasyPress™ 2 9x9 \$119 10x12 \$169 Cricut Mug Press™ \$179 Cricut Joy™ \$129 Cricut Explore Air™ 2 \$169 Cricut Maker® \$249</p>	<p>ART SALE All Master's Touch® & Fine Touch® 50% OFF Single & Packaged Brushes, Artist Pads & Sketch Books, Art Canvas & Panels, Tube & Jar Paints, Mediums and Art Tables & Easels Does not include "Your Price" items Master's Touch® 50% OFF Acrylic, Oil, Watercolor, Pencil & Pastel Super Value Pack Canvas 8x10 - 10 pack ALWAYS 12.99 per pack *Marked price \$19.99 11x14 - 7 pack 12x12 - 7 pack 16x20 - 5 pack</p>
<p>JEWELRY MAKING 50% OFF Categories Listed the Jewelry Shoppe™ Findings, hair accessories, nickel free and sterling silver Bead Design Co.™ Bulk beads & gems in a variety of materials Fairy Tale™ by Bead Treasures™ Pendants, charms and beads for a grown-up happily ever after Traditions™ Natural pendants and beads Hello, Happy™ Jewelry, bags, components and more. Accessories with a positive message. Charms by Charm Me®</p>	<p>FABRIC Categories Listed Scissors & Rotary Cutters Fiskars® and Singer® Sewology® Sewing Notions Home Decor Pillow Covers Ribbon, Trim & Tulle Spools Does not include tulle sold by the yard or Seasonal Department Home Decor & Apparel Trim By the Yard 50% OFF</p>
<p>CUSTOM FRAMES 50% OFF Always 50% off the marked price* Applies to frame only. See store for details. Compare our prices to our competitors' prices. FREE QUOTES See our Great Selection. Satisfaction Guaranteed.</p>	<p>FURNITURE ALWAYS 30% OFF THE MARKED PRICE*</p>

*Discounts provided every day; marked prices reflect general U.S. market value for similar products. No coupons or other discounts may be applied to "Your Price" items.

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Buy 1 ad Get the 2nd week 1/2-Price ON CLASSIFIEDS PLACED THIS WEEK

DEADLINES: Dec. 29 Issue - Thurs. Dec. 23 10am • Jan. 5 Issue - Thurs. Dec. 30 at 10am



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As an added bonus for our advertisers, all classified ads placed in the Courier Journal are also online at TNValleyStuff.com.

Our schedule for ad-taking Christmas & New Year's week will be Monday-Thursday. DEADLINE for placing any ads for Dec. 29 issue will be Thursday, Dec. 23 at 10am. DEADLINE for placing any ads for Jan. 5 issue will be Thursday, Dec. 30 at 10am.

ONLINE - at our Website... Go to www.courierjournal.net and click "Place a Classified"

PHONE - 8AM-5PM Mon-Fri Charge to Credit/Debit Card by calling **256-764-4268**

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 - Commercial Rate** 4 LINES Prepay - applies to all REAL ESTATE and anyone engaged in sale of goods/services on a recurring basis or for profit, licensed or not. 1 vehicle per ad. Each additional line - \$1.50 CASH DISCOUNT - 6 Weeks/4 Lines \$35.00. Each additional line - \$7.50..... **\$7⁰⁰** Week
 - Yard Sales** 5 LINES Prepay Each additional line - \$1.50 YARD SALES - An exclusive listing of the area's better sales prominently placed **\$11⁰⁰** Week
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Questions? Call our office at 256-764-4268.

United Way is Home...

Continued from Page 1

contact us since the sign went up who were so excited because they didn't realize there was a United Way here," said Executive Director Jennifer McNulty. "That name means so much to so many people. They know regardless what they are facing, whether its natural disaster, domestic violence, or basic needs, we have resources that can respond to their situation."

Chief Operations Officer, Kerry Del Pizzo, said the new location has three floors with meeting space downstairs that United Way partner agencies and the community in general can use.

Bowser. "This has been a dream for the United Way for a very long time. I really do think it's going to enhance United Way's profile and allow them to serve the community so much better from this facility."

The building's interior was painted as a volunteer project during the move by coaches and players of the University of North Alabama baseball team.

The facility's new conference room is named in memory of longtime United Way supporter and donor, Walter Matthews.

As part of the open house and ribbon-cutting presentation, Constellium presented a company match for \$15,932 to go toward the 2020-21 United Way Capital Campaign that just ended. The company is among those locally that match their employee payroll deduction pledges throughout the year.

Those employee contributions and Constellium's match contributed a total of \$52,303 to this year's campaign. The United way collected just over \$972,000 this year to assist its 21 nonprofit partner agencies.

The United Way is now entering the 2021-22 campaign with a \$1.1 million goal.

To inquire about the United Way, its programs, the payroll deduction program for your place of work, or the available office space in the building, call 256-764-5892.

More information can also be found on their website at www.uwnwal.org

"Our quarters were really tight before and now we have individual offices, a conference room for board, ambassador, and volunteer meetings, and a private outdoor space." Del Pizzo said.

The upstairs area includes 1,700 sq ft of dedicated space that will soon be available for lease. It will also have access to the communal space on the ground floor and the meeting spaces downstairs.

McNulty said all office furniture for the new offices was donated by Realty South. Marriott-Shoals donated computers and the other furniture throughout the building.

"It's a privilege and honor for me to be part of this organization, to see it grow and what it has accomplished," said longtime United Way board member, Larry



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All Courier Journal Classifieds Also Appear on TNValleyStuff.com

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

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

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

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DEADLINES: Issues Published Every Wednesday
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Kickoff Party and Fundraiser for the Campaign to Elect Susan Bentley
Alabama State Representative District 3
Wednesday, December 29 • 7-10pm
Tuscumbia Train Depot Roundhouse
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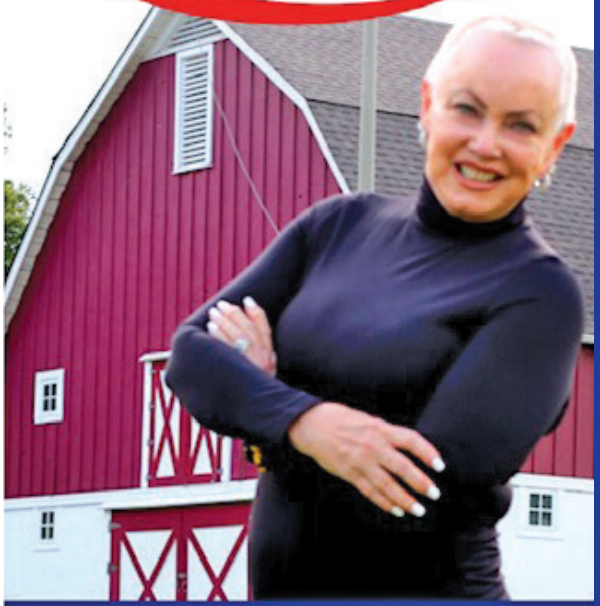
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\$1.69
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Merry Christmas!



Assorted Bryan
Wieners
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Carolina Pride Family Pk.
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24 Oz.



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Entrees
2/\$7
17-20 Oz.



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JESUS is the Reason for the Season! Merry Christmas!

Bruce's **Cut Yams** 29 Oz.
Bakers Sweetened **Coconut** 14 Oz.
Eagle Brand Original **Sweetened Condensed Milk** 14 Oz.
Each **2/\$5**

Assorted Karo **Syrup** 16 Oz.
White Lily **Flour Or Meal** 5 Lbs.
Martha White **Flour Or Meal** 5 Lbs.
Original Ritz **Crackers** 13.7 Oz.
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Asst. Diamond
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Jet-Puffed Mini **Marshmallows** 10 Oz. \$1
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Swanson **Chicken Broth** 14 Oz. 4/\$3
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Frito Lay
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Coke Products 6 Pk. .5 Liters
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Coke Products 12 Pk. 12 Oz. Cans
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Dr. Rozalyn Love graduated from UAB School of Medicine in 2011 and completed her residency in OB/GYN at the Naval Medical Center in Virginia. She was assigned to Naval Hospital Guam and practiced full scope OB/GYN in a remote location for 3 years. In 2018 she was assigned to Naval Hospital Jacksonville in Florida where she continued a full scope practice, taught family medicine residents, and learned robotics. We are excited to have Dr. Love join the Helen Keller Hospital family!

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RED LINE YOUR AD SO EVERYONE CAN SEE IT! See page 8.

Medicare Minute

"Medicare Changes for 2022"

January 1st of each year is a time that many make resolutions to make changes in their lives. But it's also a time that Medicare makes changes for the upcoming year. In 2022 there are a couple of changes in Medicare that everyone should know.

The first is the Part B premium. Those of you who started Medicare during or prior to 2021 may see a change in your Part B premium for 2022. Early indications are that your Part B premium may go up. For those who are starting Part B in 2022 the premium will be \$170.10 per month. This amount could be higher for people making more than \$91,000 per year.

The Part A deductible is also changing in 2022. The Part A deductible in 2021 was \$1,484 per benefit period. In 2022 the Part A deductible will be \$1,556 per benefit period. Remember, the Part A deductible is not an annual deductible and can hit you more than once in a calendar year. The Part B deductible will be \$233 in 2022. The Part B deductible is an annual deductible.

The third change to be aware of is the amount you and your drug plan will have to pay before you reach the coverage gap or "donut hole". In 2021 that amount was \$4,130. The amount in 2022 is \$4,430 This is a good thing for those affected because it means your plan can pay more before you reach the gap.

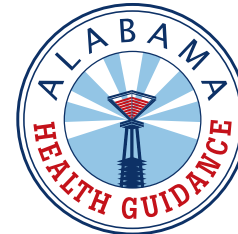
If you are affected by any of these changes in 2022 and do not understand them just contact us at the number below and we will be glad to go over them with you. For those of you going on Medicare in 2022 you can call our office and sign up for one of our free Medicare Education classes. They are taught each month and will explain all the above for you.

If you have any questions about this or any other aspect of Medicare feel free to call us at 256-648-5710 or visit our office at 885 Florence Blvd. Alabama Health Guidance is an independent insurance agency and does not represent Medicare or any other government agency.



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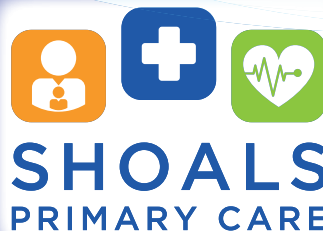
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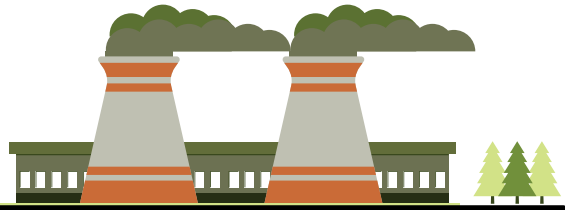
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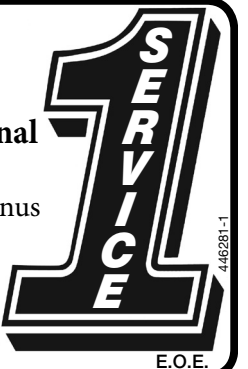
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Applications may be obtained in person from the City Clerk's Office and the City's Facebook page. The completed application must be returned to the City Clerk's Office, 600 N. Montgomery Ave., Sheffield.

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Soap Opera Preview

THE BOLD AND THE BEAUTIFUL
Brooke shared her concern about Ridge and Taylor with Deacon and Hope. Taylor made an admission to Ridge as he unburdened his frustrations about Brooke. Later, Brooke put Taylor on the spot when they finally came face-to-face. Deacon delivered the news of Taylor's return to an unhappy Sheila. Sheila decided to take matters into her own hands regarding Finn and Hayes. Steffy was stunned by Taylor's suggestion to invite Sheila to celebrate Christmas with their family. Sheila extended her gratitude to Taylor for allowing her to spend the holiday with the family. Brooke and Quinn decided to put their differences behind them for the night. *Wait to See: Hope spends time alone with Deacon for Christmas before joining Liam. Ridge gives a touching speech about the holidays and family. Eric leads everyone in singing a traditional Christmas carol.*

with a surprise for Chad and Abigail. John receives a Christmas miracle. Doug, Julie and Ben attempt to protect Ciara from Marlena.
GENERAL HOSPITAL
Willow felt raw as she was reminded of her past. Carly checked in with Michael. Spencer received an unexpected visitor at Kelly's. Santa Claus' appearance at the hospital resulted in a surprising reunion. Drew and Elizabeth saw each other for the first time since his return. Spencer caught Trina and Nikolas having a conversation. Finn brought Violet to holiday tea with Anna. Brando was by Sasha's side as she was released. Epiphany met Marshall when he volunteered at General Hospital. Alexis' holiday gathering got a bit raucous. Nina's preliminary hearing began. Obrecht pressured Scott. *Wait to See: Josslyn and Cameron get interrupted. Trina crosses with Spencer at Kelly's. Nikolas has a breakfast meeting at the Metro Court restaurant.*

DAYS OF OUR LIVES
Chloe urged Kate to reverse her decision. Steve found Kayla unconscious. A possessed Marlena awakened Jan from her coma. Lucas made a shocking discovery. Sami and EJ shared a fraught moment. Marlena and Jan concocted a scheme to punish Shawn and Belle. EJ had a change of heart. Kate tried to prevent Roman from discovering the truth. Sami finally got what she wanted. Jan tricked Shawn. Ciara and Ben reunited with Doug and Julie for Christmas Eve. Marlena made her move. Belle and Shawn were horrified by Jan's deception. Steve and Allie searched for a missing Tripp. *Wait to See: Jack returns from Boston*

THE YOUNG AND THE RESTLESS
Victor and Adam plot their next move against Billy. Elena and Nate took a big step. Phyllis extended an invitation to Nick. Victor gave Sally the third degree. Billy visited old habits. Chelsea and Adam called a truce for Christmas. Chance noticed Devon's bond with Dominic. Mariah and Tessa planned their future. Jack and Traci spread some holiday cheer. *Wait to See: Nikki and Victor are reminded of the true meaning of Christmas. Billy and Lily get into the holiday spirit. Nick's family and friends help him make a list and check it twice.*

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Commentary

Is Jesus' Philosophy Welcomed Today?

Reflecting fondly on the seasonal Christmas story, we have the opportunity to see how it parallels important aspects of life today.

A very young working-class couple 2,000 years ago was forced by an oppressive Roman government to travel to Bethlehem for a census. Even though Mary was at full term with a pregnancy, she and Joseph were unable to secure any lodging and were forced to find shelter in a manger (barn). There the virgin Mary gave birth to the couple's first child, a boy.

Jesus had a bounty on his head as a toddler and as an adult. He was a man of little means who challenged authority, the status quo, and who was unafraid to speak the truth in love as he matured into the King of Kings. He explained how honesty, love, and humility will win out in the long run.

Jesus' personal sacrifice - torture, crucifixion, death, burial, and resurrection - as the Savior of mankind decades later- made it possible for every person at every point afterward to cleanse his/her soul from sin.

How do we treat *the least of these* in 2021? Ignore them, mumble under our breath about

See **JESUS...** on Page 23

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

December 22, 2021

Happening
THIS WEEK

Area Christmas Services

Bringing some added Joy to the Season

As of last week, the following Christmas church services were planned. (Note: this list may not be exhaustive.)

December 23
Church of the Highlands at the Florence campus, located at the Marriott Shoals Conference Center, will have a Christmas service at 7pm

December 24
Church of the Highlands at the Florence campus, located at the Marriott Shoals Conference Center, will have Christmas Eve services at 1 and 3pm

First Baptist Church of Florence will have Christmas Eve service at 5pm by candlelight with carols and communion.



First Christian Church of Florence will have a Candlelight Christmas Eve service at 6pm

First Presbyterian Church

of Florence will have a Christmas Eve service at 5pm featuring special choir anthems and soloists.

Florence First United Methodist Church will have a Christmas Eve Candlelight Communion service at 5:30pm

Highland Baptist Church at the 7 Points campus will have a Christmas Eve service at 5pm

Our Lady of the Shoals Catholic Church will have Christmas Eve mass at 5:30pm

Our Redeemer Lutheran Church in Florence will have Christmas Eve services at 4 and 11pm

Parkview Baptist Church will have a Christmas Eve candlelight service at 5pm

Redeemer Church of the

See **SERVICES...** Page 28

THE SHOALS TINSEL TRAIL

is on display through January 3 at Alabama Music Hall of Fame, 617 US Hwy 72W in Tusculumbia. Local businesses and organizations decorated trees in an array of themes. This is a wonderful free family event! For more information, visit www.ShoalsTinselTrail.com

THE SOLID WASTE OFFICE AND THE LAUDERDALE COUNTY LANDFILL

will close early on Christmas Eve and New Year's Eve, so our employees can enjoy the holidays with their families. The landfill will be accepting its last loads at 11:30am on Friday, December 24 (Christmas Eve) and Friday, December 24 New Year's Eve. The solid waste office will close at noon each of those days. The landfill WILL NOT BE OPEN Saturday Dec. 25 or Jan. 1.

However, household and commercial pickup will NOT be affected by the closings, the routes will RUN ON THEIR NORMAL SCHEDULES. Please call the solid waste office at 256-760-5878 with questions.

WANT TO LIST YOUR EVENT IN COMMUNITY NOTES? Email your information to editor@CourierJournal.net.

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in West LaFayette, IND

MEN
WED. DEC. 22 • 6PM
at Central Florida
in Orlando, FL

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YOUR Letters

Your Courier Journal welcomes tastefully presented typed or neatly written letters to be published as space allows. Letters may refer to timely matters of local, state, or national interest or any topic of concern or interest. **Letters must include name, address and phone number for verification.** (Only name and town will be published.) Letters are subject to editing. Please limit letters to 400 words. All letters become the property of the Courier Journal and may not necessarily reflect opinions of the Courier Journal staff, its advertisers, or a majority of readers.

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

L.O. Loves Everyone

Editor,

It is Christmas time again. L. O. Bishop starts his "Milk Run" by giving out barbecue and wishing a Merry Christmas to his many friends. L. O. is very generous. He gives from the heart and expects nothing in return except friendship. Everyone who knows him loves him.

Alfred Farris
Muscle Shoals

The Gift from God

Editor,

Earlier this year, I received a gift and gave a gift. The gift I received was later asked back by the giver. She decided she had rather sell the items. I was surprised by the call to return the items. I had never had anyone to give me something and then to ask for it back.

The "gift" was a bag with a blouse and a sweater that the giver could no longer wear and the necklace was no

longer fashionable. After pondering the request for the return, I later returned the "gifts," by mail. The items would never bring me joy.

But before what would have been called an "Indian Giver" incident, my church was giving away their church pews and replacing them with chairs.

We took a few pews. They were small modern pews the size of a settee. No one wanted them, until they discovered that I wanted them to use on the sides of my farm table.

"Oh what a great idea," they said.

See **LETTERS...** on Page 26

The United States has the highest maternal mortality rate of any developed country- and is the only one to see that rate rising.



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THE METAVERSE HAS BEEN AROUND IN VARIOUS FORMS for a while but has recently been making headlines. The word "Metaverse" was originally coined by one of my favorite science fiction authors, Neal Stephenson, in his 1992 book entitled "Snow Crash." Stephenson's Metaverse is a virtual planet that has one very long road populated with buildings that can be bought and sold. The only way you can access this Metaverse is by going through a huge mega-corporation that owns everything.



Jim Fisher

If that sounds familiar, that may be because Facebook is

WELCOME TO THE METAVERSE

by "The Computer Skeptic"

dumping billions of dollars into developing their own Metaverse. Facebook CEO Mark Zuckerberg is convinced that his vision of the Metaverse is the next step in the evolution of the internet. He wants you to come to play and he wants to control that entire universe. He's so serious about it that he changed the name of his company to Meta.

The Metaverse is a non-physical space carved out of pure internet where you can hang out with other people, shop, party, attend school, exercise, and generally conduct the business of

life. Whereas the current internet we access is 2 dimensional, the Metaverse is 3 dimensions. To participate, you'll need to wear a set of goggles or special glasses.

There will be at least two major components to this Metaverse: Virtual reality and augmented reality. You will participate in the virtual reality component by donning an internet-connected headset that completely obscures your view of the real world. You will move about the room or city using hand gestures that are picked up by sensors. You'll travel hither and yonder while in

the comforts of your own home. You will be able to "walk" down the isles of your favorite grocery store, pick up virtual items and place them in your virtual shopping cart. When you check out, the real groceries will be delivered to your home. You'll be able to virtually visit your friends and family in a virtual room instead of looking at a grid of faces on a computer monitor.

Augmented reality will consist of a pair of glasses that "augments" current reality. While shopping for groceries in a real store, for example, your glasses' display may point out cost-saving products with flashing virtual arrows. If one of your friends is at a concert wearing their augmented reality glasses, you may be able to virtually join them wearing your virtual reality goggles and rock the night away.

This kind of stuff has been fodder for science fiction books and movies for decades. It isn't even the first iteration of a virtual world. But recent developments in goggles, and hardware, and 10 billion dollars from Zuckerberg's Meta, are quickly making this new universe more real-looking. To be honest, no one really knows where this is going to lead but if you're a sci-fi buff, you already know that some of this is not going to be good, but so much of it is going to be pretty darn fun.

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

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Commentary

Jesus...

Continued from Page 18

them, critique them while knowing absolutely nothing about them? Or do we feed and help clothe them, help shelter them, help them obtain better circumstances? Do we look for opportunity in November and December, or year-round?

Do we question need, or do we feed those who claim to be hungry/thirsty and allow a higher Authority to sort the details later?

Most of us should be embarrassed with shame for a lack of action, but none of us can boast, because there is always someone else to help.

Treating all people with dignity and lifting them up when needed was one of Jesus' primary concerns. He seems to convey the importance of that thought process in the latter part of Matthew 25.

How do WE respond when we cross paths with similar situations?

Matthew 25: 31-46

"But when the Son of Man comes in His glory, and all the angels with Him, then He will

sit on His glorious throne.

And all the nations will be gathered before Him; and He will separate them from one another, just as the shepherd separates the sheep from the goats; and He will put the sheep on His right, but the goats on the left.

"Then the King will say to those on His right, 'Come, you who are blessed of My Father, inherit the kingdom prepared for you from the foundation of the world.

For I was hungry, and you gave Me something to eat; I was thirsty, and you gave Me something to drink; I was a stranger, and you invited Me in; naked, and you clothed Me; I was sick, and you visited Me; I was in prison, and you came to Me.' Then the righteous will answer Him, 'Lord, when did we see You hungry, and feed You, or thirsty, and give You something to drink?

And when did we see You as a stranger, and invite You in, or naked, and clothe You? And when did we see You sick, or in prison, and come to You?' 40 And the King will answer and say to them, 'Truly I say to you, to the extent that you did it for one of the least of these brothers or sisters of Mine, you did it for Me.'

"Then He will also say to those on His left, 'Depart from Me, you accursed people, into the eternal fire which has been

prepared for the devil and his angels; for I was hungry, and you gave Me nothing to eat; I was thirsty, and you gave Me nothing to drink;

I was a stranger, and you did not invite Me in; naked, and you did not clothe Me; sick, and in prison, and you did not visit Me.'

Then they themselves also will answer, 'Lord, when did we see You hungry, or thirsty,

or as a stranger, or naked, or sick, or in prison, and did not [i]take care of You?'

Then He will answer them, 'Truly I say to you, to the extent that you did not do it for one of the least of these, you did not do it for Me, either.'

These will go away into eternal punishment, but the righteous into eternal life."

New American Standard version

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AND COLBERT'S FERRY FOR TROOP MOVEMENTS BEFORE AND
AFTER THAT VICTORY. COFFEE ALSO GAINED RECOGNITION FOR
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AT HORSESHOE BEND. COFFEE COUNTY, ALABAMA AND TENNESSEE
WERE NAMED IN HIS HONOR. IN 1817 COFFEE WAS APPOINTED
SURVEYOR GENERAL OF THE MISSISSIPPI TERRITORY FROM WHICH
THE STATES OF MISSISSIPPI AND ALABAMA WERE CREATED. COFFEE'S
HICKORY HILL PLANTATION SITE AND CEMETERY ARE LOCATED AT
FLORENCE, ALABAMA. THE CITY HE FOUNDED A FEW MILES FROM THIS SITE.
MARKER PLACED BY THE CHIEF COLBERT CHAPTER NSDAR
MAY 20, 2021

Location: 34.8580°N, 87.9055°W
Rock Spring Park,
Natchez Trace, Lauderdale Co.

This unusual rock shaped historical marker highlights Gen'l John Coffee. One of many markers saluting a General in the War of 1812, and founder of Florence. He is buried at the Florence Coffee Cemetery (next to the Cloverdale Walmart).

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

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Courier Journal



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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...

The Gift from God...

Continued from Page 18

"Can you get me one?" So, I gave two of them to friends. Recently, one friend left a voice message that she no longer wanted her pew, that I could come and get it or she was going to sell it.

I did not return the phone call and pondered what to do. After much consideration, I decided that the pew was a gift. I do not take gifts back.

It is now Christmastime. Many people will get nice, thoughtful gifts and many will get thoughtless gifts. I have had both, but the most thoughtless gift I have ever gotten was used wrapping paper. It was given to me because it had the name "Joy" on it. Ok.

I love my name and I love getting "Joy" items for Christmas because Joy is

See LETTERS... Page 32

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Take Steps Before the Year Runs Out



As 2021 winds down, it's a good time to assess opportunities to trim this year's tax bill. Waiting until you begin to work on your tax return in early 2022 will be too late to save in most cases. So, you should plan now, before 2021 comes to an end. Consider if any of these actions make sense for you.

Manage your deductions

Should you itemize your deductions? For 2021, the standard deduction for a single person is \$12,550, and \$25,100 for a married couple filing a joint. If your deductible expenses¹ (such as mortgage interest, state and local income or sales taxes and property taxes) don't exceed that amount, claiming the standard deduction may be best for you. For many people, you might itemize one year and claim the standard deduction the next. Consider consolidating deductible expenses in one year to itemize and then claiming the standard deduction in the future.

Make timely investment decisions

Don't base buying and selling investment decisions on tax considerations alone. If you own mutual funds in taxable accounts, you may receive a capital gain dividend before year's end, which will be subject to tax. You may want to avoid buying into a mutual fund late in the year if it is on the verge of making a sizable capital gain payout. You pick up a quick tax liability when the gain is paid, without benefiting from the performance that generated the gain.

While no one likes investment losses, they may generate a lower tax bill for a given calendar year. The U.S. tax code requires that losses first offset gains of the same type. For example, short-term losses will first offset short-term gains. Because of the higher tax rate for short-term gains, focusing on short-term losses can have a more substantial effect on your tax savings than long-term losses – especially if you are in a higher federal tax bracket. If you didn't have capital gains this year, you can use up to \$3,000 in capital losses to reduce ordinary income. You can carry over any remaining net capital loss to future tax years until you use the loss.

Maximize retirement plan contributions

Boosting pre-tax contributions to your workplace retirement plan may reduce current taxable income while helping you build savings for the future. How much it may impact your current taxable income is based on your current tax rate and your filing status.

Take full advantage of charitable contributions

In 2021 only, an individual who doesn't itemize deductions for the tax year may deduct charitable contributions of up to \$300 (\$600 for a married couple filing a joint return). To be eligible, contributions must be made in cash to certain charitable organizations but not to donor-advised funds or certain private foundations.

Seek guidance

If you are seeking to implement these or other significant tax-saving strategies, be sure to check with your financial and tax advisors for confirmation that the measures you are implementing are the most appropriate for you.

¹ Subject to any applicable limitations.

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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<p>2 LB. BOX VELVEETA'S ORIGINAL CHEESE LOAF \$6.99</p>	<p>52 OZ. - SELECT VARIETIES SIMPLY ORANGE JUICE 2/\$6</p>	<p>8 OZ. TUB - SELECT VARIETIES COOL WHIP FROZEN TOPPING 99¢</p>	<p>YOUR CHOICE - 11-15 OZ. WHITE, PARKER HOUSE, OR DINNER SISTER SCHUBERT'S FROZEN ROLLS 2/\$5</p>
<p>32 OZ. - SELECT VARIETIES SWANSON'S BROTH STOCKS 2/\$3</p>	<p>7.5 OZ. BAG - SELECT VARIETIES LAY'S POTATO CHIPS 2/\$5</p>	<p>5 LB. BAG - SELECT VARIETIES MARTHA WHITE OR WHITE LILY FLOUR 2/\$4</p>	<p>5 LB. - SELECT VARIETIES MARTHA WHITE OR WHITE LILY CORNMEAL 2/\$4</p>
<p>10.5 OZ. CAN CAMPBELL'S CREAM OF CHICKEN SOUP 99¢</p>	<p>YOUR CHOICE 15.25 OZ. - BUTTER GOLDEN, CLASSIC YELLOW, CLASSIC WHITE OR DEVIL'S FOOD DUNCAN HINES CAKE MIX 89¢</p>	<p>12 COUNT PACK WONDER HEAT & SERVE ROLLS 2/\$4</p>	
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<p>FRESH BONELESS PORK LOIN ROAST \$1.99 LB.</p>	<p>CAROLINA PRIDE COCKTAIL SMOKIES \$2.99 14 OZ.</p>	<p>USDA CHOICE FAMILY-PACK BONELESS TOP ROUND STEAKS \$5.49 LB.</p>	<p>USDA CHOICE BEEF BONELESS TOP ROUND ROAST \$4.99 LB.</p>
<p>FAMILY PACK FRESH BONELESS CENTER CUT PORK CHOPS \$1.99 LB.</p>	<p>FAMILY PACK BONE-IN FRESH SPLIT CHICKEN BREAST \$1.49 LB.</p>	<p>"MAKE US YOUR HOMETOWN MARKET" We truly appreciate your business!!</p>	

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Services...

Continued from Page 18

Shoals will have a Christmas Eve service at 6pm with a selection of songs and scripture readings.

Sheffield First United Methodist Church will have a Christmas Eve service at 5:30pm

Sherrod Avenue Church of Christ will have a Christmas Eve service at 5pm

St. Bartholomew's Episcopal Church will

have a Christmas Eve service at 5:30pm

St. James United Methodist Church will have Christmas Eve services at 10am and 5pm

St. Joseph Catholic Church will have a Children's Christmas Eve mass at 5pm and a 12am Christmas Midnight mass.

Edgemont United Methodist Church, will have a candlelight Christmas Eve service at 6pm

Trinity Episcopal Church will have Christmas Eve worship services at 5pm and 11pm

Westminster Presbyterian Church will have a Christmas Eve service at 5pm

December 25

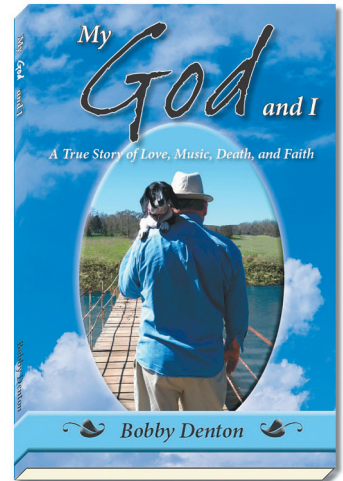
Our Lady of the Shoals Catholic Church will have Christmas Day mass at 10am

St. Joseph Catholic Church will have a 9am Christmas Day mass followed by a Spanish Christmas Day mass at 11am

The Christmas Vigil mass takes place at 5:30pm



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 McDonald's in Colbert County & Russellville

2021 WINNERS

 Courier Journal

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2-4



1st Colton McCullough
4 - Muscle Shoals



2nd Kingston McCoy
3 - Russellville



3rd Austin Comer
2 - Florence

Top 3 Winners In Each Age Group Pictured To The Left Receive:

 Large 1 Topping Pizza
Domino's from Domino's

 Kidsville News! Prizes from Courier Journal

 Happy Meal from McDonald's in Colbert Co. & Russellville

5-7



1st Paisley Frost
7 - Town Creek



2nd Ashlyn Underwood
6 - Killen



3rd Saige Porch
5 - Florence

The 9 Winners Pictured to the Left May Pick Up Their Prizes At the Courier Journal 219 W. Tennessee St., Florence Beginning Wednesday, Dec. 22
CLOSED Christmas Eve & CLOSED Christmas Day

HONORABLE MENTIONS:

2-4 Age Group: Evan Francisco, Finn Turner, Brady Bearden

5-7 Age Group: Addie Roberson, Ella Minor, Ever Jaynes, Levi Handley, Langston Herring, Hadley Pope, Arrow Cassels, Tucker Keeton, Karuen Comer, Briar Scott, Kayleigh Comer, Kelsey Slaton, Skye Kelly, Samuel Hollingsworth

8-10 Age Group: Kendall Jones, Bowen Matthews, Georgia Littrell, Silas Hall, Jayden Grimes, Brennan James, Koen Pate, Olivia Brown, Scarlett McCannon, Noah Balentine, Braelyn Cook, Shylah Strong, Braelyn Marie Gatlin, Sophie Hunt, Claire Russ, Austin Scott, Kylie Goodloe

8-10



1st Maci Crockett
10 - Rogersville



2nd Kylie Buszka
9 - Tuscumbia



3rd Willow Givens
8 - Florence

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\$1.48 LB. **\$1.78** BUTT PORTION LB.

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68¢ LB.

29 OZ. **BRUCE'S CUT YAMS**

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TENNESSEE PRIDE PORK SAUSAGE

2/\$5 1 LB. ROLL

USDA WHOLE BONELESS PORK LOINS

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CAROLINA PRIDE COCKTAIL SMOKIES

2/\$5 14 OZ.

11 OZ. **GREEN GIANT MEXICORN, SHOEPEG, OR NIBLETS**

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48 OZ. **WESSON VEGETABLE OR CANOLA OIL**

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12-14 OZ. **VELVEETA SHELLS & CHEESE OR MAC & CHEESE DINNERS**

\$2.68

12 OZ. **PET EVAPORATED MILK**

4/\$5

13.7 OZ. **NABISCO RITZ CRACKERS**

2/\$5

4 LB. BAG **FOOD CLUB OR THAT'S SMART SUGAR**

\$1.88

15.25 OZ. **DUNCAN HINES CAKE MIX**

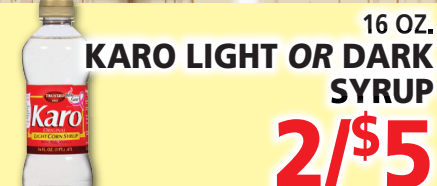
2/\$3 16 OZ. **DUNCAN HINES FROSTING**
98¢

6 OZ. **FOOD CLUB GRAHAM CRACKER CRUSTS**

\$1.08

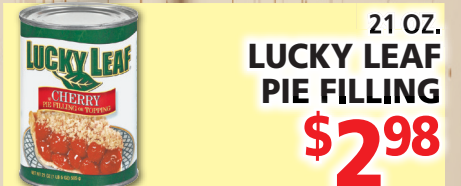
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16 OZ. **KARO LIGHT OR DARK SYRUP**

2/\$5

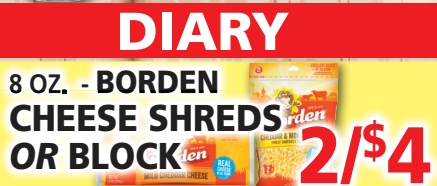
14 OZ. **NABISCO HONEY MAID GRAHAM CRACKERS**

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21 OZ. **LUCKY LEAF LUCKY LEAF PIE FILLING**

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16 OZ. **KRAFT SALAD DRESSINGS**

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 8 OZ. - **BORDEN CHEESE SHREDS OR BLOCK**

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FROZEN
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10-12 OZ. **KRAFT JET PUFFED MARSHMALLOWS**

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GALLON MILO'S TEA

\$2.68

98¢ LB. **RED DELICIOUS APPLES**


1/2 GALLON **BLUE BELL ICE CREAM**

\$4.98

32 OZ. **FOOD CLUB CHICKEN BROTH**

\$1.18

2 COUNT **PILLBURY PIE CRUST ROLLS**

2/\$5

\$3.98 4 LB. BAG **NAVEL ORANGES**


8 OZ. **COOL WHIP TOPPING**

4/\$5

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16 OZ. **DAISY SOUR CREAM**

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\$3.98 3 LB. **SATSUMAS MANDARINS**


25-32 OZ. **EDWARDS CRÈME PIES**

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REDLINE Your Ad! - See Page 8

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**Letters...
The Gift from God...**

Continued from Page 26

synonymous with Christ. The Gift of Christ came from God. God's Gift of Love is something that can't be given back or taken back, only rejected.

Rejection hurts, doesn't it? So this Christmas when you give a gift, ask yourself, "Am I giving this gift out of love or out of obligation?" If it is out of obligation, then you might want to reconsider.

It is better to give nothing and be loving than to be loveless and begrudge your gift.

Joy Willow
Florence

Support a Better Life

Editor,

Once again Alabama Republicans have proposed a copycat bill. HB 23 mirrors the Texas law that bans abortion with no exceptions around the six-week point, when most women do not know they are pregnant.

Like Texas, the Alabama bill encourages private citizen bounty hunters

See LETTERS... Page 34

ASK THE ATTORNEY



Thomas McCutcheon

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

Q My husband and I have a survivorship will and a durable power of attorney typed and ready to sign before a notary public. We have two children, and they are equally named in the will and power of attorney. Our reasoning for the power of attorney is that if one or both of us became incapacitated then there would be someone who would be able to make decisions for us regarding health problems, finances, etc. Do you have to probate a will when you have a power of attorney signed by both parties?

JoAnne, Killen, AL

A First of all, I am glad to see that you have taken the time to get your priorities in order with regards to your future. There are some things, however, that you need to know regarding Last Wills and Testaments and Power of Attorneys.

A Power of Attorney and a Will perform completely different functions. They work at different times. A Power of Attorney allows the "grantor" to convey to another person the "power to act" on their behalf in the making of financial and medical decisions and if it's a Durable Power of Attorney, during a time of incapacity. A Power of Attorney ends immediately upon the death of the grantor. When the grantor passes away, the power of attorney is no longer valid.

A Last Will and Testament comes into effect upon a valid Will being submitted to the Probate Court and Letters Testamentary being issued after death. A Last Will and Testament has no power or effect until an individual's death. A person's Last Will and Testament conveys the individual's wishes for the dispersal of their property after death and the authority to carry out their wishes.

From your question, I want to make sure that it is understood that both you and your husband need a separate Will. Make sure that the Will is signed by two witnesses and a notary to ensure that it is a "self-proving" Will. I suggest you use a lawyer and not an internet form.

So, in answer to your question, yes, you would need to probate the will upon the death of the person in order to facilitate his or her last wishes and legally convey their property to the heirs.

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



Please send the questions to: "Ask the Attorney,"

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

Meet **NETTIE**. This girl loves people, and long walks. Nettie has been out on several doggies day outs and had so much fun. This precious girl is ready to be with a family she can call hers. She walks well on a leash, and does well with most other dogs. Nettie prefers not to be in a home with cats. **THE ADOPTION FEE IS \$85** and includes heartworm test, current vaccines, spay/neuter and microchip. Please call or come by Florence Lauderdale animal services at 256-760-6676 to meet this amazing dog.



This is **PATCHES**. He's a cur heeler mix. He was born October 13, 2021. Patches is a funny, high energy little guy! He has proven to be very sneaky and intelligent when it comes to getting into tight spaces or finding a way to get through the baby gates. He is friendly and doesn't show any aggressive tendencies towards our dogs or children. He does like to try to catch the tail of other dogs, though. He struggles with food insecurity and being

crated as well. He loves any and all kinds of toys but his true passion seems to be socks (even if you are wearing them!) He is a chewer! So far he is doing really well with potty training. Patches is ready for his forever family. If you're interested in giving that to Patches, please complete an application at www.shoalspaws.com. You can also email at shoalspaws@gmail.com for further inquiries.

ANNIE has been at the shelter a very long time :(she is good with other dogs and is looking for a great home that can provide attention and tender loving care. **\$25 ADOPTION FEE** includes vaccinations and spay/neuter surgery! Please come adopt, we are FULL! Can't adopt please sponsor a cat or dog, by paypal ccaca@bellsouth.net or contact us at 256-381-4073 or 5010 Missouri St Tusculumbia, AL 35674.



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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Fork is shorter. 2. Boots are different. 3. Hat is different. 4. Arm is showing. 5. Oven mitt is different. 6. Grill leg is removed.

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Ephesians 6:16-17 "Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked. And take the helmet of salvation, and the sword of the Spirit, which is the word of God:"
1 John 5:4 "For whatsoever is born of God overcometh the world: and this is the victory that overcometh the world, even our faith."
Romans 8:37 "Nay, in all these things we are more than conquerors through him that loved us."
Philippians 4:13 "I can do all things through Christ which strengtheneth me."
Romans 8:38-39 "For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord." Under intense pressure from the devil and the world, many saved preachers and laymen today are abandoning their calling and ministries and given up the fight. Remember: **Romans 11:29** "For the gifts and calling of God are without repentance." None of us are above temptation and the devil knows our weakest points.

Memorize: **1 Corinthians 10:13** "There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it."
Hebrews 2:18 "For in that he himself hath suffered being tempted, he is able to succour them that are tempted."
Philippians 4:13 "I can do all things through Christ which strengtheneth me."
Moses chose: **Hebrews 11:25** "Choosing rather to suffer affliction with the people of God, than to enjoy the pleasures of sin for a season;"
From the church Apostle: **2 Corinthians 4:17** "For our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory;"
1 John 2:28 "And now, little children, abide in him; that, when he shall appear, we may have confidence, and not be ashamed before him at his coming." Dear saints, let's strive to greet Christ with a smile.

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Letters...

Support a Better Life...

Continued from Page 32

to sue any person who performs or abets the performance or inducement of an abortion after six weeks.

Abortion is a complex and controversial subject. What is plainly disappointing – and hypocritical, about so much Republican attention to the unborn is the insufficient support provided for pregnant women and their new-born children.

The United States has the highest maternal mortality rate of any developed country- and is the only one to see that rate rising. Yet Republicans oppose postpartum care and family leave in proposed legislation in DC.

Alabama women die from pregnancy and childbirth complications at more than double the national average – and our state ranks third highest in maternal death rates.

Alabama lags in indicators of maternal and child health including health care coverage, prenatal care, birth outcomes, and receipt of recommended preventive care - as well as in food security, nutrition, and mental health.

United Health Foundation America's Health Ranking 2021 described Alabama as having high child mortality rates, low food sufficiency among children, and high prevalence of multiple

chronic conditions among women.

Our infants and toddlers experience developmental delay at two and half times the national average.

Let's all encourage our representatives to support a better life for Alabama mothers and children.

Dan Waterman
Killen

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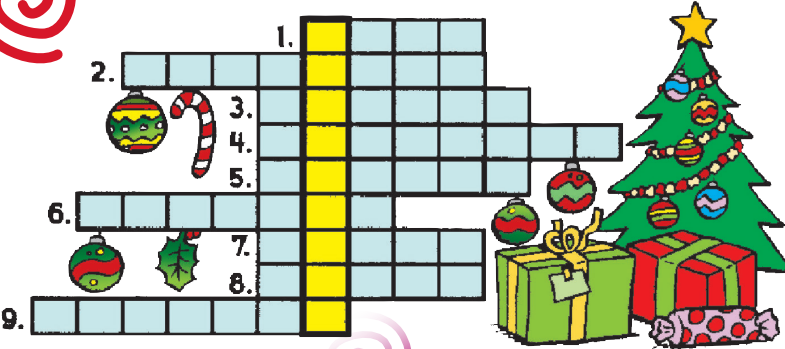
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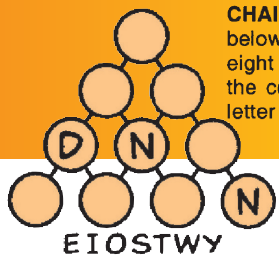
1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____

Soon Santa will be racing the morning sun around the world. In our grid, we have room for nine words associated with Santa. The following hints should help:

1. Santa goes up the chimney when he lays his finger next to his ...?
2. Santa's other name.
3. Santa would never go to his house.
4. Santa's presents end up here.
5. Santa's physical description.
6. Santa's most important helper.
7. Santa's disposition.
8. Santa's associates.
9. Santa's other last name.

There is a dark frame around one of the columns in our grid. If you correctly solve the puzzle, the letters in the frame, top to bottom, will spell out Santa's last stop on Christmas Day.

CHAIN REACTION! Take the seven letters printed below our diagram and place them in the circles so that eight four-letter words can be read, top to bottom, along the connecting lines. All the words will begin with the letter in the top circle.



Answers On Page 38

SEE IF YOU CAN make this math expression correct by rearranging the nine digits to the left of the equal sign. The two new numbers can include fractions.

1 2 3 4 + 5 6 7 8 9 = 100

Illustrated by David Coulson



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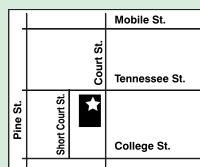
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DAVE Says

by DAVE RAMSEY



WHAT'S THE BEST THING?

Dear Dave,

My wife and I are trying to help our son and daughter-in-law. They are both 29-years old, and they have been married for three years. They have good jobs, but the problem is they ask for money on a regular basis. Helping them out hasn't been a strain, because we're in good shape financially, but we have started encouraging them to live on a monthly budget. They always say they will try, but it never seems to happen. At this point, it feels like we may be enabling them instead of helping. How can we make sure we are doing the best thing?

C.M.

Dear C.M.,

The first thing you and your wife need to do is sit down and have a loving, but serious, talk with these kids. If they've asked for money before, and this is something that has turned into a habit, you have every right to know more about their spending and other circumstances.

Don't be surprised if they act defensive, or maybe even get angry. People are often embarrassed to admit to, or talk about, their mistakes. They may even tell you these things are none of your business. If they do, that's fine. But they should understand you two won't be opening your checkbook again if they don't open up about their financial behavior. This isn't about mom and dad being controlling or snooping around, it's about you and your wife making sure you're not enabling what you consider to be bad behavior going forward.

It always hurts parents to see their kids go through things like this. But if they're acting irresponsibly with money, they need to suffer the consequences of their actions. Who knows? That, along with your love and guidance, might help put them on the right track to win with money!

— Dave

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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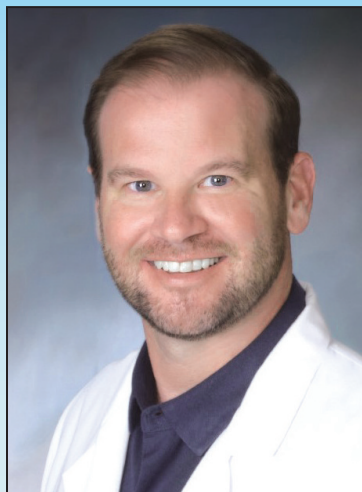
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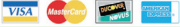
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Community Notes...

Continued from page 4

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

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

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

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

The Long Term Care Ombudsman's job is to protect the rights of residents of long term care facilities, including Nursing Homes, Assisted Living Facilities, and Specialty Care Assisted Living Facilities.

The Ombudsman works to ensure that the Residents receive fair treatment and quality care. Anyone can contact the Ombudsman to report long term care problems or to request information about long term care facilities. For more information contact Tina Pitt, local Ombudsman at 256-389-0533.

The Friends Bookstore, located in the Florence-Lauderdale Public Library, is now accepting donations of books and recent magazines. Bring your donations by the back entrance of the library on Tuesdays or Thursdays from 10am-2pm, and you will find a volunteer or library staff member to assist you. The Friends ask that you limit your donation to 20 items during this time and that donated items be in good condition. Items that the bookstore cannot accept include: encyclopedias, condensed books, cassette tapes, LP records, catalogues, and magazines older than 2 years old.

Donations are vital to the library and the bookstore, as the profit from the sales made in the Friends Bookstore provide the community with free services, materials, and programs. For more information, call 256-764-6564 ext. 126, or visit www.flpl.org

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

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

1-800-AGELINE (1-800-243-5463)
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This program is in partnership with the State of Alabama and Alabama Department of Senior Services



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The Big Day Is Almost Here!

Junior Whirl Answers

by Charles Barry Townsend

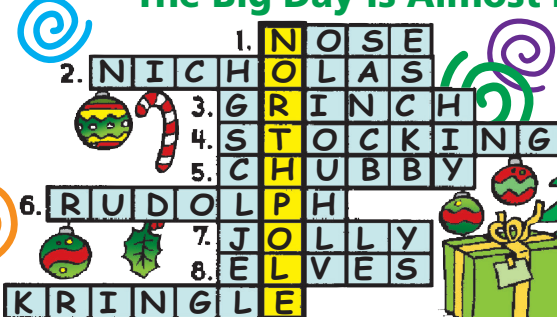
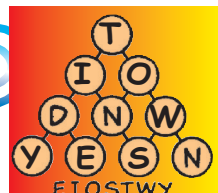
Illustrated by David Coulson



Answer: Snakes 2 and 8.

1 2 3 4 + 5 6 7 8 9 = 100

Our answer is: 47 3/6 + 52 9/18 = (47 1/2 + 52 1/2 = 100).



Classified Form on Page 8

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