shoal Valles Earns **Bronze Nod**

MUSCLE SHOALS --Northwest-Shoals Community College student, Kasandra Valles, has been named a 2022 Coca-Cola Academic Team Bronze Scholar and will receive a \$1,000 scholarship.

The Coca-Cola Scholars Foundation sponsors the



Coca-Cola Academic Team program by recognizing 50 Gold, 50 Silver, and 50 Bronze Scholars with nearly \$200,000 in scholarships annually. Each

scholar also

receives a commemorative

medallion. "We are so proud of Kasandra," said NW-SCC President Dr. Jeff Goodwin. 'She serves as one of our Phi Theta Kappa officers. I know she will have a bright future and will represent Northwest-Shoals very well." Students are nominated

See SHORTs... on Page 11

LAUDERDALE

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Lt. Joe Hamilton has served

the citizens of Lauderdale

County for the past 28 years.

At the age of 16, he decided

he wanted to be in law

enforcement and signed up for

the Ranger Program with the Florence Police Department.

While a Ranger, Hamilton rode

with and assisted officers. At the age of 19, Lt. Hamilton was

hired as a Dispatcher with the

Automotive Inside

Oakley Auto Sales

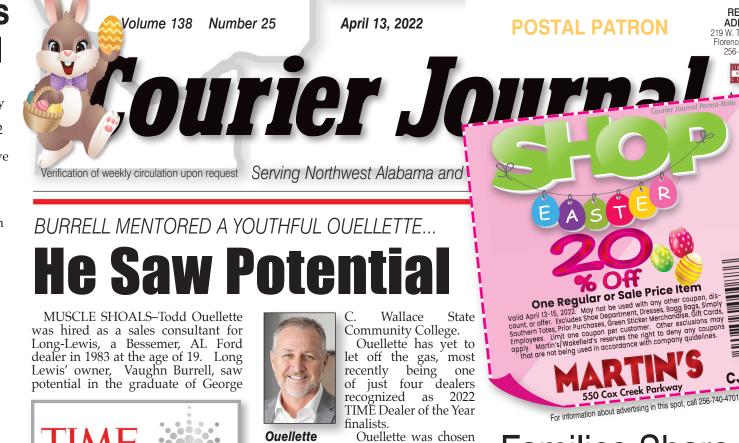
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See TIME DEALERS... on Page 8

Families Share in Value Over \$34K

SHEFFIELD -Bank Independent distributed over \$21,338 in cash donations along with 4,408 items of non-perishable food in support of the 8th Annual Food Share drive, "Feed a Family for \$5 with Food Share" campaign. These donations created a

financial impact of \$34,562 for local food banks across North Alabama and area families in need.



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CJEA20

Charity partners estimate over 6,912 families will benefit from the community's generous support in 2022.

"This year Bank Independent celebrates 75 years of making a positive difference in the community," said Macke Mauldin, President and CEO of BancIndependent. "The next 75 years begin now. Thank you for helping

See FOOD SHARE... on Page 13

Online Only:





assisted on drug, property, and persons investigations. He also served as the the

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Not at

public expense

Chloe's Bake Sale

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of Lauderdale County and

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DEALER OF THE YEAR

Hamilton Most Qualified to be Sheriff

Florence Police Department

and was named Dispatcher of

the Year during his time there. At the age of 25, Lt. Hamilton

was hired as a Deputy with the Lauderdale County Sheriff's

Department where he is third

in command and currently

serves as the Lt. over patrol and

Internal Affairs investigations.

he has patrolled all areas

The Truth in Love

Coloring Winners

Egg Hunt Winners

Ask the Attorney

the

Throughout his time with

Sheriff's Department,

been recognized as Supervisor of the Year. With 11 years of supervision experience See HAMILTON... Page 5

Commander of

S.W.A.T. team and has

Lauderdale

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for Colbert County District Attorney

Paid advertorial by Friends of Hal Hughston, 304 North Water Street, Tuscumbia, AL 35674



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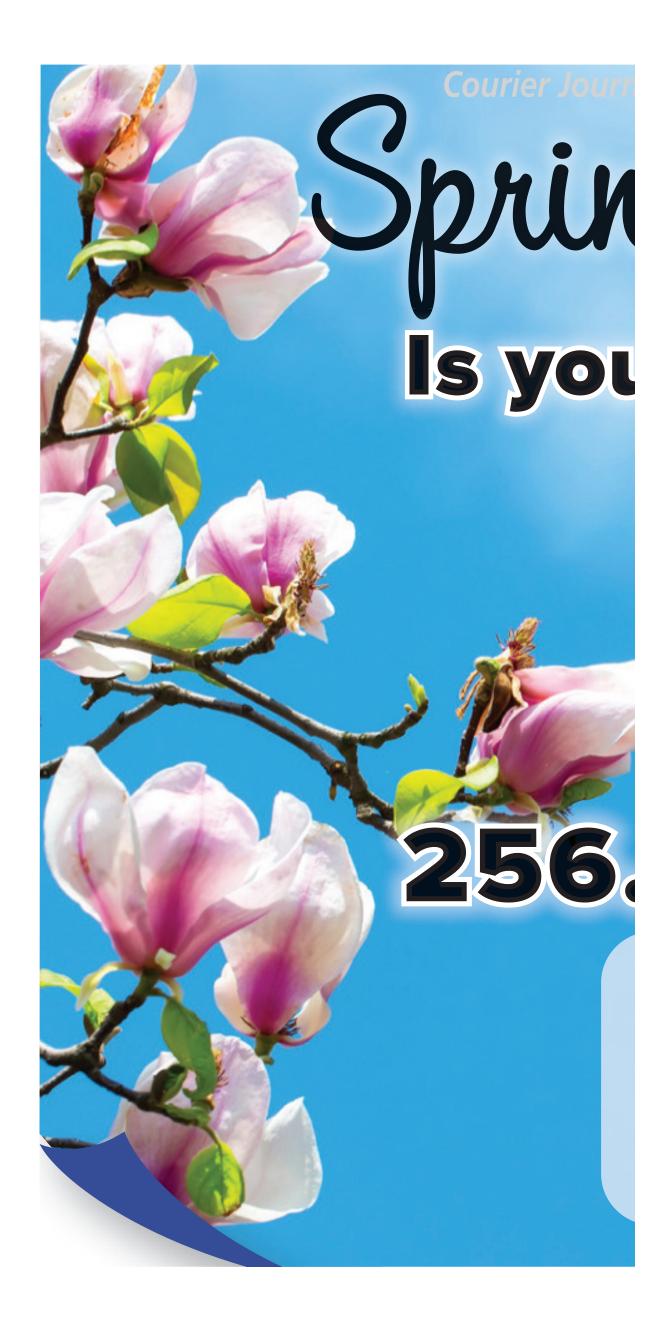








Republican Primary May 24



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2 CHROME STEPS FOR a Chevro-

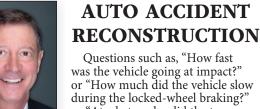
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Moderna	Adults 18 years and older	At least 5 months after completing your primary COVID vaccination series	Pfizer-BioNTech or Moderna (mRNA COVID-19 vaccines) are preferred in most* situations
Johnson & Johnson's Janssen*	Adults 18 years and older	At least 2 months after receiving you J&J Janssen Covid-19 vaccination	Pfizer-BioNTech or Moderna (mRNA COVID-19 vaccines) are preferred in most* situations
https://ww	ww.cdc.gov/coronavirus	s/2019-ncov/vaccines/boo	ster-shot.html

YMCA OF THE SHOALS: For Youth Development, For Healthy Living, For Social Responsibility 2121 Helton Drive, Florence • 256.246.9622 • ymcashoals.org



f ASK the **ATTORNEY**



was the vehicle going at impact?" or "How much did the vehicle slow during the locked-wheel braking?' or "At what angles did the two vehicles collide?" can be answered by reconstructing the accident after a thorough evaluation of the available information.

Accident reconstruction is the process using scientific methodology to determine the circumstances, mechanics, and other contributing factors associated with a collision. Forensic engineers look at the damage to the car and the surrounding area where the accident took place to determine the basic facts of speed, braking, and direction of travel. This is well-established.

accepted technology.

Thomas

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Most modern passenger cars are equipped with "event data recorders" (EDR) that are linked to the airbag sensors. These modules record several seconds of data prior to the impact if the airbags deploy. This data includes speed, braking, throttle position and often the amount of slip or yaw.

Commercial vehicles usually have two "black boxes" that provide a history of the vehicle's travel for up to seven days prior to impact. These data boxes are not linked to airbag deployment and may be "written over" if the vehicle is used after the accident, thus, losing the data that would be pertinent to the accident. Accident lawyers will send a notice to preserve the vehicle's electronic data if it is in danger of being lost.

Visual clues like skid marks left by tires, scuff marks left by the undercarriage of a vehicle or the condition of the rims if the tires deflate are important to the analysis. Debris such as side mirrors and broken glass are clues to speed and direction as well.

Bulb filaments and switches can be analyzed to determine if in fact lights or turn signals were in use at the time of the accident. Experts use the term "conspicuousity" to describe how well a vehicle can be seen through reflective strips, sidelights, as well as headlights and tail-lights. Although the visibility of a vehicle through lighting is generally more important in a night-time accident than a day-time accident.

Accident reconstructions bring together the factors that led up to the accident and help visualize how that accident happened. Accident reconstructions are important tools and techniques that can make the difference in determining who actually caused an accident or collision. 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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We will not print your full name in the article. We will not be able to return any written or preprinted items which are submitted. No representation is made that the quality of legal services to be performed is greater than the quality legal services performed by other lawyers.

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An exclusive listing of the better sales in the Shoals area. To list your sale, fill out the form on page 6. WE MUST receive your ad by Friday prior to the Wednesday release date. (8 days before a Saturday sale)

TUSCUMBIA MOVING SALE 207 W. Almon Ave., Sat. 7am1pm, Kitchen, Home Decor, Glassware, Yard stuff, Electronics and more!



FLORENCE: MULTI FAMILY YARD SALE (In back driveway) 820 Olive St., Sat. 7am-2pm, Tools, Toys, Pool supplies, Home goods, Furniture Map ID#365

FLORENCE YARD SALE 126 Royal Oak Road (Oak Hills) Sat. 7am-Until? Furniture, Brand name Clothing, and shoes, Toys, DVDs, Fishing Gear & much more!

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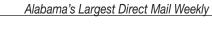
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STATE HOUSE REP DISTRICT 2





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 but any Eviden for consideration in the by 3pm Friday for consideration in the following week's issue. Email to editor@courieriournal.

net; • Look for "Submit News" on our source our interview of the second secon

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 antee that this free inform 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 wav 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.

Moments of Radiance is featured at Tennessee Valley Museum of Art, 511 N Water St, Tuscumbia through April 30. Chitrasutra, a 5th-6th-century Sanskrit text about art, says "Art is not for worldly pleasure: it is to take one on the path of spiritual experience, to Divinity." This tenet will be on full display in Moments of Radiance, an up-coming exhibition by India-born artist Amita Bhakta. She will host a gallery talk Thursday, April 14 at 6pm. Info: tennesseevalleyarts.org

Historic Sheffield Saturday Walking Tours, April 16, 23, and 30, Downtown Sheffield, City Hall, 600 N. Montgomery Ave. Free guided tours include history of people and homes of N Montgomery Ave and proprietors of the downtown commercial district. Sponsored Historic Sheffield Commission. Info: 256-383-0783

Books. Camera. Action - Join friends at the historic Ritz Theatre in Sheffield for some favorite film adaptations of classic novels. Tickets for each film are \$10 plus tax. Concessions will be available! Doors @6:30pm, Show @7pm. • Friday, April 15: "Little Women" • Saturday, April 23: "The Great Gatsby". Tickets tennesseevalleyarts.org

Historic Tuscumbia Saturday Walking Tours, April 16, 23, and 30, Downtown Tuscumbia, The Palace 100 S Main St. Free guided tours will focus on the history of Tuscumbia and its people. Sponsored by Colbert County Historic Landmarks Foundation. Info: 256-383-0782 0783

The Town of Killen will be hosting Food Truck Fridays this Spring and Summer! Come to Killen Park for lunch in the park! (Stav tuned for the first date announcement.) Food truck vendors are now welcome to apply! If you are a vendor please visit www.revds.com for your business license. Stop by Killen Town Hall at 319 J.C. Mauldin Hwy for were feed truck explication. your food truck application

Vulcan Park and Museum in Birmingham announces the return of its annual tour programming, the Birmingham Walking Tours. Visitors Birmingham Walking Tours. Visitors and residents alike can once again experience the history and beauty of

Birmingham's neighborhoods and cultural districts in a fun, invigorating cultural districts in a fun, invigorating way. The spring tours include Forest Park and the Historic Loft District on select Saturdays and Sundays. For more information or to register go to Birminghamwalkingtours.com

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

Central Community Center in Central Heights is starting back monthly breakfast, Saturday, April 16, 7-9am. Come out and enjoy a delicious breakfast.

Darshan: Visions of India, featuring art exhibitions, an outdoor festival, performances, discussions, and workshops at the Tennessee Valley Museum of Art in Tuscumbia and the Ritz Theatre in Sheffield through April 30. Full schedule/ info: www.tennesseevalleyarts. org

The 2022 Fishing Days are just ahead at Deibert Park in Florence. It is everyone's opportunity to fish without a license. The events are from 6–11am each day April 21, June 7, September 8. and October 20. Anglers are asked to bring their own tackle, snacks, and chairs, and to keep their catch or share them with others. The events are them with others. The events are co-sponsored by Florence Parks and Recreation Department and The Club (Florence Senior Center).

East Lauderdale Quilters 2022 Quilt Show will be Saturday, April 23, 10am-3pm at Lexington First Baptist, 301 Taylor-Kizer St., Lexington. Free Event.

Come enjoy quilting activities, displays, and marketplace. Scissors sharpening available.

Muscle Shoals Music: Songwriters in the Round at Champy's, 120 E 2nd St in Muscle Shoals on Thursday, April 21. Colbert County Tourism sponsors this monthly music event each third Thursday of 2022. Local songwriter and Wishbone Studio owner, Billy Lawson, will host and emcee the show each month. Come hear the music and stories from the original artists. This free event will be held 7-9pm each month. Info: 256-383-0783 or email ColbertTourism@comcast.net

Florence Camerata's Spring **Concert, "An Evening at the Theatre,**" will be take place at 7pm April 21 in downtown Florence at First Presbyterian Church. We are singing some beautiful music, including medley excerpts from Broadway and Screen favorites The Sound of Music, Jersey Boys, Disney Dazzle, and Oh Brother, Where Art Thou?" Also, there are some lovely choral songs, small group performances,

and solos being prepared. Admission is free. Donations are appreciated. The director is Rebecca Rockhill and collaborative pianist is Karen Cantrell

See NOTES... page 9



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Adam Isbell, M.D. **Board Certified in Internal Medicine**

Hamilton for Sheriff...

Continued from Page 1

and 7 years in command position within the County Lauderdale Department, Sheriff's Lt. Hamilton is the only candidate for Sheriff who has experience running Sheriff's Department. а He helps oversee a multimillion-dollar budget and over 100 employees. No other candidate has this experience. "As Sheriff,

I will serve honestly and with integrity from day one. We will build on foundation laid by the Sheriff Rick Singleton. It is my goal that our department be the best Department in the State and one that is a model for other departments in protecting and serving citizens with the utmost professionalism and integrity," Hamilton said. Lt. Hamilton also and

Lt. Hamilton also has the support and endorsement of Sheriff Rick Singleton who is retiring after this term. "If you compare the resumes of each candidate, he is by far the most qualified to assume the tremendous responsibilities of the office," Singleton said during his public endorsement of Lt. Hamilton February 3, 2022.

"Now is not the time to go backward. I will continue to move the Lauderdale County Sheriff's Office forward," said Hamilton.

Hamilton has Lt. not made any political during promises his campaign. Rather, he has only laid out his commitments as Sheriff. А few of those commitments are maintaining professionalism in the department, aggressive of enforcement child protection laws, protecting elders from abuse and exploitation, expanding Policing Community Neighborhood and Watch programs, educational programs aggressive in school, enforcement, drug increasing the number of mental health deputies, and regular town hall meetings, providing State of the Art equipment/ technology, and seeking

increased salaries for deputies.

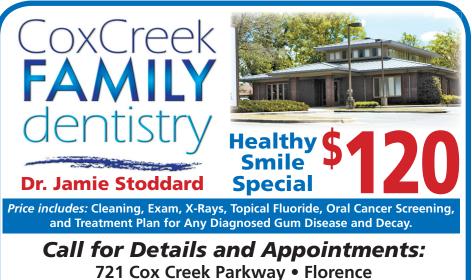
Lt. Hamilton is a lifelong Republican and lifelong resident of Lauderdale County. He will apply his conservative values in leading the department and protecting the citizens of our County.

Lt. Hamilton is married to Lauderdale County Chief Assistant District Attorney, Angie Hamilton, and they have 3 boys in the Lauderdale County school system. He has not only served Lauderdale County through law enforcement, but Hamilton has also volunteered in youth sports for the past 10 Supporting the vears. local school systems is important to Lt. Hamilton anđ protecting our children is a priority to him.

Lt. Hamilton is a leader and will lead on day one. As a Pro-Life Christian, husband, father of three amazing boys, and a Lieutenant with the Lauderdale County Sheriff's Department, Hamilton understands the importance of having a professional Sheriff's Department. His experience, commitment, and leadership make him the most qualified candidate for Sheriff of Lauderdale County, AL.

Paid Advertorial by Hamilton for Sheriff, PO Box 1714, Florence, AL 35631





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MAL – Mail your written ad to address at right. Include your phone number. We will call to finalize your ad. List how many weeks the ad is to run.	Name Address
OFFICE – Drop by our office at your convenience 8-5 Monday- Friday and write/submit it there.	City State Phone HOW MANY WEEKS? Multiply the number of weeks - X - the cost of the ad
ADVANCE PAYMENT IS REQUIRED in cash, check or Credit/Debit Card.	YES! RED LINE MY AD! PLEASE CHECK THE BOX RED LINE: Add \$3 per ad per week. Buy 5 weeks of RED LINE, get the 6th free (\$15 plus cost of ads). Only the top line of

each classified ad can be red, 24 characters and spaces MAX. - 20 characters & spaces MAX for Real Estate ads. MAILING ADDRESS: Courier Journal, 219 W. Tennessee St., Florence, AL 35630 Please Print Ad Clearly. NOT RESPONSIBLE for illegible handwriting Questions? Call our office at 256-764-4268.

ime Dealers of Year... ntinued from Page 1

rned one of the tomobile industry's ost prestigious honors ring the 105th National utomobile Dealers sociation Show which

ok place recently in Las gas. 3ob Giles, owner of Automotive les in fayette, LA., was nounced as the 2022 ME Dealer of the Year the leaders from TIME

d Ally Financial. Along with Ouellette, bert Sickel, of kewood, NJ; Gregg ines of Delavan, WI; d Chris H. Wilson of gan, UT were named alists.

Looking back almost years ago, Ouellette ickly advanced within e dealership, and when put together a fivear business plan, Burrell nt him to the NADA ademy to learn dealer erations. The two came partners in the ore in Muscle Shoals in 96

Ouellette bought out rrell five years later to come the sole owner of ng-Lewis Ford of the oals. He has expanded e Long-Lewis brand acquiring stores in abama and Mississippi to sell Ford, Honda, Lincoln, Mitsubishi, and Volkswagen vehicles.

"The most significant and emotional acquisition

took place in July of 2020 when Mr. Burrell and his family agreed to sell me the Long-Lewis Ford Lincoln dealership where my career began,⁷ Ouellette said.

On an industry level, Ouellette has served on dealer councils and advisory boards for the Ford Motor Company in his region. "I worked diligently with the company's senior leadership for several years on key issues facing all dealers nationally," he said. "And I have supported the political activities of my national and state auto dealer associations."

The retail automotive business has made it possible for Ouellette and his family to form the Long-Lewis Foundation. This is his most rewarding achievement provides aid to the community and supports my family established the foundation in 2013, it has given millions of dollars to individuals in need, other nonprofits, and it has sponsored mission trips to places all around the world," he said.

In honor of Ouellette's award, Ally Financial will donate \$5,000 to the Alabama Sheriffs Youth Ranch in Colbert County.

Courier Journal

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OFFICE STAFF/CLASSIFIED Janie Brasfield

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a \$169 value!

Notes...

Continued from page 4

The 2022 Induction Ceremony for

Colbert County Sports Hall of Fame will take place Friday, April 22 at 7pm at the Ritz Theatre in Sheffield. That night 10 more worthy athletes who have made valuable contributions to the rich sports history of Colbert County will be inducted.

Honorees include: Ski Anderson Laquitta Sashington Briscoe, Jay Burney, Chris Hulsey, Chad Laxton, Andy Martin Roy McCormack, Rico Page, Chris Tucker, and Art Waldrep.

Tickets are available at the box office prior to the induction for \$10 each. Information, please call 256-412-2184 For

Chloe's Fund Garden & Plant Sale tgakes place on Friday, April 22, 10am-3pm and Saturday, April 23, 8am-3pm at Florence-Lauderdale Animal Services Parking Lot, 3240 Roberson Road, Florence. Featuring: Indoor/Outdoor Plants &

Seeds, Vegetable Plants, Flower Plants (including Vintage), Birdhouses & Bird Feeders, Pots of All Sizes, Garden Flags, and Artificial Plants

100% of proceeds go to Chloe's Fund, a 501c3 nonprofit for FLAS sick and injured animals

Smoke on the Water - The Smoke on the Water Backyard Barbeque contest will be 9am-2pm April 23 at St. Florian Park, County Road 47. The cost is \$5 per person, with a family maximum of \$20. Food and drink available for purchase. Voting for favorite BBQ of the festival is \$5 person. All proceeds benefit Shoals Scholar Dollars

Pancake Breakfast - The Elgin Senior Center will host Ham and Bean Day on April 25. That event will also include a political forum in the Senior Center auditorium. The center is one block south of the red light in Elgin on Highway 101.

The largest 1-mile fun run and 5K race in the Shoals takes place on Saturday, April 30 at Muscle Shoals Middle School. The 18th Annual Swampers 5K gets underway at 8am and the 1 mile fun run is set for 9am. Since its inception, the Swampers Race has attracted runners from all over the Shoals, surrounding communities, and neighboring states. After two years of presenting the race virtually, organizers

are excited to be back in person. There will be a classic t-shirt and finishers metals for runners and awards for the top finishers in each age group. There will also be a \$500 award to the

charity of your choice to the team with the most runners. Come out and set your own personal best record or walk with friends on this flat course through the neighborhoods and down Avalon Avenue in Muscle Shoals. All proceeds from the race stay local to help local charities and needs.

Register before April 9 to get the early bird price of \$15. After that registration is \$25 until April 26.

For more information and to register, go to www.swampers5K.com.

"The Little Mermaid" & the Shoals "The Little Mermaid" & the Shoals Symphony, Norton Auditorium on the UNA Campus in Florence Saturday, April 30 at 7pm. As "The Little Mermaid" plays on a large movie screen, Maestro Stevens will lead the Shoals Symphony Orchestra performing the award-winning score. Tickets & info: shoalssymphony. org or 256-710-1623

The Shoals Alabama Kidnev Walk & Celebration is scheduled for Sunday May 1, 9am-3pm, River Heritage Park, located at 15 Hightower Place in Florence, beside the Marriott Hotel & Spa and the Conference Center.

The 2022 Honorary Chair is Henry J. King, President of King Realty & Auction Company, Inc. The 2022 Honorary Patient Chair is Jay Thomas.

Please register online atshoalskidneywalk.org, email Johelene@ alkidney.org or call 256-975-0000.



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Continued from Page 1

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SHEFFIELD- The 2022 Induction Ceremony for Colbert County Sports Hall of Fame will take place Friday, April 22 at 7pm at the Ritz Theatre in Sheffield. That night 10 more worthy athletes who have made valuable contributions to the rich sports history of Colbert County will be inducted. Honorees include:

Ski Anderson, Laquitta Sashington Briscoe, Jay Burney, Chris Hulsey, Chad Laxton, Andy Martin, Roy McCormack, Rico Page, Chris Tucker, and Art Waldrep.

Tickets are available at



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The Food Share drive is part of Bank Independent's Helping Hands program. Other Share drives include Shelter Share to benefit animal shelters, Toy



The above photo depicts one of eight deliveries to Bank Independent's Food Share Drive food bank partners across North Alabama. L-R: Penny Freeman with Meal Barrel in Sheffield is with Amy Martin and Macy Gooch of Bank

Independent. Bank Independent photo

Share to collect toys for school supplies for area the holidays, and School share drive that collects



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HELLO, MY DEAR READER. I'VE STRUGGLED WITH HOW TO TELL YOU THIS for a while. I've tried a few times to write a whole article about this but I simply can't find the strength to do so at the moment. Many of you

are beloved clients who have come to know one of my best employees, Connor Fisher, and you need to hear what I'm about to tell you.



Jim Fisher

Connor was my partner, my buddy, my technician, and my son. He lost his battle with addiction this past January at age 28. This is a refurbished article from 2014 that carries a little THE LAST TIME

by "The Computer Skeptic"

more meaning for me now. I pondered some deep thoughts while driving to work this morning. The deep thought was spurred by someone mentioning "411" on the radio. I pondered that there was some point in the past 20 or so years where I dialed 411 for the very last time. I asked my son, Connor (who last rode my shoulders and held my hand over 10 years ago) if he knew what 411 meant. He knew "411" was slang for "information" but had no idea that 411 was what

you "dialed" on a phone to reach the "information" line when you didn't have access to a phone book. Speaking of phone books, the last time I picked one up was last week when the new one was delivered. I only picked it up to toss it in the trash.

Then I started thinking of other similar victims of technology that resulted in a "last time." Had I known that the "thing" I was doing long ago was the last time I did that "thing," perhaps I would have had a moment of silence, a celebratory

swig of beer, or some other appropriate commemoration of the "last ever" event.

When's the last time you picked up a map? Your children and grandchildren probably would not know how to navigate with one. That might be a cool exercise on your next road trip with them--in between movies and texting, of course.

So as I pondered these things that are forever lost to me, I vowed to watch for future "last times" such as: Depositing cash at a bank. Fewer and fewer people even bother with cash anymore. There will someday be a last time I even visit a bank. Driverless cars are already far safer than humans--mainly because computers don't look down as they text and

drive. So someday, there will be a last time I drive a car. The last time I pick up a pencil will probably happen before the last time I use a keyboard as we get used to speaking to our computers. And, saddest of all, you may still be alive to read one of the last articles like this in a real paper newspaper. Cherish those "last times." You only get them once.

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



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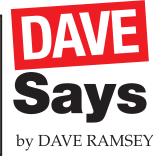


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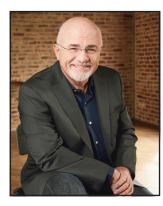
Dear Dave,

my own small business for years. The only problem has been my current job. I make good money, but I also put in a lot of hours. About a month ago, I came up with an idea I think would be really successful. How do you feel about me handling the books of this new business, and things done and grow the generally overseeing things, but hiring a manager to handle the drive to be all those the day-to-day operation? Temple

Dear Temple, I don't like this idea very much. In fact, I hate it. If your idea is to crunch a few numbers, and stop by once in a while just to make an appearance, then I'd advise against the whole idea.

The big problem with your plan is that you are only a small part of the equation, when it's supposed to be your business.

In one survey by Forbes. com, several successful entrepreneurs were asked how many hours per week they worked. Not one said less than 50, and the majority put in closer to 70 or 80 hours a week. While



if you're already working a I've been wanting to start full-time job, the idea is the same. You have to love what you're doing, and you must be willing to put in the time and effort to make it work.

When it comes to being a successful entrepreneur, you are the ideas. You are the passion, the vision, the energy and the desire to get business. If you don't have

things, you're better off not doing it at all. You'd have a better chance of making something work if you bought an existing business with a manager already in place.

I'm sorry, Temple. But in my mind, your idea as it stands now-is a big disappointment just waiting to happen. — Dave

Dave Ramsey is a seventhe latter may not be feasible time #1 national best-selling personal author, 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," "CBS This Morning," "Today," Fox News, CNN, "CBS 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.







Dear Savvy Senior, What can you tell me about atrial fibrillation? Every so often, I've noticed my heart starts beating rapidly for no particular reason. Is this something I should be worried about? Anxious Annie

Dear Annie.

Heart palpitations can be harmless if they are brief and infrequent. But if you're experiencing an erratic heart rhythm, you need to get checked out by a doctor for atrial fibrillation, or AFib.

AFib – which is marked by rapid, fluttering beats – can lead to serious complications such as stroke and heart failure, when the weakened heart can't pump enough blood to the rest of the body.

Normally, your heartbeat follows a steady rhythm as your heart contracts and relaxes. But when you have AFib, the upper chambers of your heart (atria) beat rapidly and irregularly, sending blood to the lower chambers (ventricles) less efficiently. These episodes can last for minutes to hours or longer, and can cause palpitations, lightheadedness, fatigue, and/or shortness of breath. Over time, AFib tends to become chronic.

Age is a common risk factor for AFib, which affects roughly 10 percent of people older than 75. Other factors include genetics, obesity, diabetes, high blood pressure, and alcohol and tobacco use. The condition has also been linked to viral infections, including COVID-19.

Diagnosing AFib

If you're experiencing AFib-like symptoms you need to see your doctor who will listen to your heart and likely recommend an electrocardiogram (EKG) or a treadmill heart test, or you may wear a portable monitor for several weeks to look for abnormal heart rhythms to confirm a diagnosis of AFib. Such tests can help distinguish AFib from less serious conditions that may cause the heart to flutter, like anxiety and stress.

AFib affects some three million adults in the United States, a number that is expected to quadruple in the coming decade as the population ages and risk factors like obesity, diabetes and high blood pressure become even more common. The lifetime risk of developing AFib is greater than 20 percent, yet many people don't even know they have it.

Treatment Options

A growing body of research underscores the importance of lifestyle steps such as exercise, a healthy diet, and limiting alcohol for treating AFib.

Depending on your age and symptoms, your doctor may prescribe drugs to help control your heart rate, like beta blockers such as metoprolol (Toprol XL); and/or rhythm, such as antiarrhythmics like flecainide (Tambocor).

You may also need an electrical cardioversion, an outpatient procedure that delivers an electrical shock to the heart to restore a normal rhythm. You will be sedated for this brief procedure and not feel the shocks.

Catheter ablation is another outpatient treatment for AFib that scars a small area of heart tissue that causes irregular heartbeats. This procedure is becoming more common based on evidence of its safety and ability to normalize the heart rhythm and ease symptoms. Ablations can be effective in people 75 and older, but medication may still be required afterward.

If you're at higher risk for stroke, you may be prescribed a blood thinner, too. In the past, Coumadin (warfarin) was the only such drug widely available, but it requires monitoring with regular blood tests. Newer anticoagulants, like apixaban (Eliquis) and rivaroxaban (Xarelto), don't have that requirement and have been shown to be just as effective at preventing strokes.

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



Notes...

Continued from page 9

"We Rocked the World" - The Colbert County Tourism Bureau will sponsor a monthly music event titled "We Rocked the World – Muscle Shoals Music: Songwriters in the Round," every third Thursday throughout this year at the Fizz Restaurant inside the Clarion Inn, 1900 Hatch Blvd., Sheffiled. The event is 7-9pm and is free

Florence Parks and Recreation/The Club/Florence Senior Center offers a variety of activities.

Variety of activities. Chair exercise classes, Games, BINGO, Lunches, Square Dance Lessons, Social Dance Night, Rock Painting, Walking Trail, Farmer's Market Voucher Registration, Fishing Days at Deibert Park, Kayaking, 3rd Saturdays, April-September, Stateside and International travel opportunities. All ages welcomed. Lunch is for 60 and older. For more information please phone 256-760-6420, fdavis@florenceal.org, Facebook: Florence Senior Center "The Club".

Tuesday Night Dance, 6:30-8:45pm, at The Club, 450 Country Club Drive in Florence. 256-760-6420 \$5. The Browns.

Monday Night 6-8pm, Singing River quares. At The Club, 450 Country Club Drive in Florence. Caller: Kevin Cozad, Free Beginner Square Dance Lessons: May 2, 9, 2022.

Paint a rock, hide a rock, share a rock, Rock Painting, Friday 10am-1pm at The Club. Bring your rocks and paint with us. Join in the nationwide fun of painting, hiding and finding rocks, Keep your eyes open! The Club, 450 Country Club Drive in Florence. 256-760-6420

Osborn Hill Cemetery - Decoration Day will be on May 7. The first Saturday of May has been observed as Decoration Day for well over 100 years. Please make plans for that special day to come

the cemetery by removing all old wers off of the graves. tiovers off of the graves. Also its time again for annual donations. If you would like to donate to the Osborn Hill Cemetery Fund, please send your donations to: Osborn Hill Cemetery Fund, c/o Mrs. Lana Duncan 2330 Colburn Mtn. Road, Tuscumbia,

AL 35674.

Legacy's Spring Market & Car Show is May 7, 9am-4pm, at Killen First Baptist Church (Legacy Christian Academy). There will be shopping, cars, door prizes, BBQ lunches, music, and fun! This is a fundraiser and all proceeds benefit Legacy Christian Academy to provide Christian education to our local community. Info: 256-757-5345

Florence Senior Center "Diamonds in the Rough" Presents: Niagara Falls, USA - May 8-14 for \$839 (per person based on double occupancy, add \$234 for single occupancy) \$75 due upon signing, final payment due March 31. Depart Florence 8am on May 8. Incredible price includes: motorcoach

transportation, 6 nights lodging including 4 consecutive nights in the Niagara Falls, NY area, 10 meals: 6 breakfasts and 4 dinners, guided tour of Niagara Falls, NY, a journey to The Falls on "Maid of the Mist", enjoy a cruise on the Erie Canal, scenic drive through Wine Country, and more!

For information and reservations. contact Fran Davis at 256-760-6420.

United Way is looking for volunteers who can help answer our 2-1-1 line. Training will be provided for volunteers and you can help from the comfort of your own home! Please visit https:// www.uwnwal.org/volunteer-opportunities to submit your information!

Technical Assistance and Outreach Program sponsored by Alabama A&M University Small Farms Research Center in collaboration with Alabama Cooperative Extension System for All New and Beginning Farmers, Ranchers, Agribusinesses, Limited Resource Producers and Entrepreneurs.

Producers and Enhappeneturs. Programs available: New and Beginning Farmers; Food Safety Outreach; Estate Planning; and Agricultural Risk Management and Farm

Financial Financiai. Location: AAMU Small Farms Research Center, 4900 Meridian St., Dawson Bldg, Suite #316, Normal, AL. Local Contacts: Ms. Oppla Burke, SFRC Program Assistant, 256-320-8051, oppla.burke@aamu.edu or Ms. E'licia Chaverest, AAMU SFRC Assistant Director, 256-372-4958 or elicia. chaverest@aamu.edu.

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

Singing River Squares meets each Monday night at The Club/Florence Senior Center, 450 Country Club Drive in Florence. Square Dance fees are \$21/ mo. and are due on the first Monday of each month. Beginner Lessons will

See NOTES... page 38







Guest Commentary

18

When Will Big Tech, Big Media Apologize

for Suppressing Hunter Biden Story?

resident Joe Biden says he never talked business with his son. Maybe he didn't. Maybe that Ukrainian gas company paid Hunter Biden half-a-million dollars because he has unique business skills that no one else noticed. It's possible. But unlikely.

Now a Justice Department investigation may tell us whether Hunter Biden is a sleazy opportunist who broke the law and whether his father knew, or even helped. But equally revealing is the arrogance and bias the reporting on Hunter Biden's laptop revealed among wide swaths of media and Big Tech gatekeepers.

Even today, most will not admit they were wrong. The *New York Post* broke the laptop story near the end of the presidential campaign. The story was explosive, of course, and the media pile-on intense. Some piled on Hunter Biden,

but more piled on the *New York Post*. They questioned the authenticity of the hard drive and the timing and accuracy of

See APOLOGY?... on Page 23

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

Bake Sale for Chloe's Fund

Courier Journal

FLORENCE– It's almost Easter and Chloe's Fund volunteer bakers are making tasty treats to be sold for the April 16 fundraising Bake Sale. Advance ordering from the menu posted on the Chloe's Fund for Medical Needs Facebook page is suggested. Once you decide what you want to order, please send a personal message to Lisa Wilson Rim. The cutoff for online orders is 5pm Tuesday, April 12. The treats can be picked up at Florence Lauderdale Animal Services on Saturday, April 16 from 10am-1pm

April 16 from 10am-1pm. FLAS is located at 3240 Roberson Rd in Florence in the Florence Industrial Park. A limited number of extra homemade treats will be available that day.

AND MARK YOUR CALENDARS:

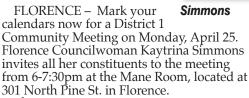
The Chloe's Fund 2-Day Garden & Plant Sale is Friday, April 22 from 10am-3pm and Saturday, April 23 from 8-3 in the parking lot at Florence-Lauderdale Animal Services.

See BAKE SALE... on Page 35



in the

Simmons to Host Meeting for District 1



The meeting's purpose is to give you an opportunity to collaborate in an open discussion about the issues affecting District 1 and some of the opportunities ahead. You can send questions in advance to KSimmons@FlorenceAl.org or text them to 256–349–3879.

District 1 encompasses portions of North, East, and West Florence. Voting precincts include Sherrod Ave. Church of Christ and Handy Rec Center.





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

Defining a Woman

Editor:

Can you define "woman"?

I would not qualify for Supreme Court Judge, but I surely could define "woman" without a problem. I will make this an extremely simple explanation by using simple Webster Dictionary definitions:

SEX = two divisions of organisms distinguished as male or female

FEMALE = sex that produces ova and bears offspring MALE = sex that fertilzes ovum and

MALE = sex that fertilizes ovum and begets offspring

Chromosomes that determine the sex type: x+x = female; x+y = male Man - general definition = human being MAN = adult male human being WOMAN = adult female human

being Perhaps everyone who reads this should send a copy to anyone they know who doesn't know what a woman is, or who cannot define the word. It is all pretty simple for me to define, and I do not claim to be smart.

Charlotte Manis Florence

Appreciate Darshan

Editor:

In response to the recent letter on Darshan, the Indian Festival (*There are no 'gods' - April 6*) As founder of *Garden Spices Magazine*, I was thrilled to partake in a celebration of Indian culture right here in the Shoals. The

See LETTERS... on Page 33

Now, who wants oil that isn't his? Who is fighting for territory that isn't his?...



Shoals will be Wednesday, April 13 from 11am-1pm at Marriott Shoals Conference Center. Tickets are \$20 in advance or at the door. Carry out only. 4 or more pre-order online. There will be no Silent Auction or Thrift Store models. In the interest of public health and safety, our shuttle buses will not be available. We are sorry for any inconvenience.

shoals

sorry for any inconvenience. Our Circular drive will be available for pre-order pick up only. All orders will be Carry Out only for our 2022 event.

THE 17TH ANNUAL EMPTY

presented by The Salvation

Army Women's Auxiliary of the

BOWLS LUNCHEON

REMEMBERING A LEGEND: A TRIBUTE TO ROGER

HAWKINS, takes place April 16 at the Shoals Theatre, 123 N Seminary St, Florence. The Concert will feature Muscle Shoals legends on stage, sharing stories and admiration of the late Roger Hawkins. Special guests include drummers and musicians from across the country. Doors 6pm, Show 7pm. Tickets available on etix.com. Info: theshoalstheatre. org or 256-764-1700.

CITY OF FLORENCE PARKS & RECREATION DEPT

Ist Annual Easter Egg Hunt Saturday, April 16, 10am-Noon at Wilson Park in Downtown Florence. 1,000 candy filled eggs will be hidden throughout the park for children to find. 12 gold eggs with gifts inside the eggs from local restaurants, local businesses, and jewelry stores



John Stossel

Courier Journal / April 13, 2022

Alabama's Largest Direct Mail Weekly

Close at 2PM on Easter Sunday KOODLAND. **CODLAND** Supermarkets **Koopland** Marketplace Home-Owned, **Home-Operated** 0 Smithfield. Spirals **Cook's Hickory Smoked** SHANK PORTION HAM Lb. piral Sliced 0-1oked Har HICKORY SMOKE Fresh Smithfield **GROUND BEEF** SPIRAL SLICED HALF HAM Lb. 73% Lean - Family Pack Lb. Family Pack BONELESS California U.S. #1 Idaho **STRAWBERRIES** POTATOES RIBEYE STEAK \$**10**99 Lb. Country Sausage Dean's ROLL **Preferred Angus** 1 WHOLE SAUSAGE Mild, Hot Or Child Mild BONELESS RIBEYE Wesson White Lily . WHITELLY **VEGETABLE OIL** FLOUR OR 15 Lbs. 48 Oz. CORN MEAL TLOUR WHELE 5 Lbs. Dole SHREDDED Yellow Or Zucchini Wesson Wesson Buttermilk SQUASH **LETTUCE, GARDEN** Food Clul SALAD, COLESLAW Cooking SPRAY **OR DICED SOUTHERN** COLESLAW Duncan Hines Leonard's COCONUT CAKE **CAKE OR BROWNIE MIX** 28 Oz. 15-18.3 Oz. Duncan Hines FROSTING Baa 14-16 Oz Green DICTSW BLUE BELL AND **Pictsweet Or Green** ICE CREAM Kraft Kraft Land 'O Lakes **Blue Bell** Food Club CHEESE **Giant Frozen** Kraft BUTTER MAY MAYO AYO **ICE CREAM** Shredds, Cubes Or VEGETABLES 1 Lb. Chunks 6-8 Oz. **Half Gallon** 8-12 Oz. 30 Oz.

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19



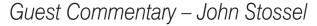
Alabama's Largest Direct Mail Weekly



Alabama's Largest Direct Mail Weekly

Courier Journal / April 13, 2022





Apology?

Continued from Page 18

the story. Twitter blocked the story from even being shared. Facebook hid the story. Politico said it might be "Russian disinformation." A Washington Post column "laughably called it

weak." A New York *Times* piece labeled it "farcical retread of the hack-and-leak Russian operation that helped torpedo Hillary Clinton's presidential aspirations." The story was mocked

and buried. Now, a year and a half later, The Washington Post and The *New York Times* admit that major parts of the story



Who Then Can Be Saved?

Scripture clearly teaches that all men have sinned, Romans 3:23, and those sins separate us from God and cause us to be in a lost condition, *Isaiah 59:2. Romans 6:23* states that "the wages of sin is death." Are we then to conclude that we are in a hopeless condition?

The first thing we should be aware of is that God desires ALL MEN be saved, 1 Timothy 2:4. This passage also states that He 'desires all men come to a knowledge of the truth.' In *Isaiah 55:6-7,* we find these words, "Seek the Lord while He may be found, call upon Him while He is near. Let the wicked forsake his way and the unrighteous man his thoughts; and let him return to the Lord, and He will have compassion on him, and to our God, for He will abundantly pardon." The responsibility clearly rest

upon the sinner to turn back to God, study the truth of God's word, and obey the commands included therein.



In 1 Timothy 2:6, the Apostle Paul clearly states that Christ, when He died on Calvary's cross, gave Himself as a ransom for ALL MEN. Therefore, it is possible for all men to be set free from the penalty of their sin, but when we look at the teaching of Jesus...we see Him saying in *Matthew* 7:13-14 that MANY will enter the broad way that leads to destruction and FEW will enter the strait and narrow way that leads to life. This indicates that although salvation is available to all, only a minority will choose to submit to God's plan to redeem humanity.

The question in the title of this article is answered by the Apostle Peter when he visited the home of Cornelius, who was the first non-Jewish convert to Christianity. Peter concludes because of the events recorded in Acts, chapter 10, "I most certainly understand now that God is not one to show partiality, but in EVERY NATION the man who fears God and does what is right is WELCOME to Him, *Acts 10:34-35. Hebrews 5:9* tells us that Jesus is the source of eternal salvation to ALL those who obey Him. We do not get to pick and choose what we would like to do...we must submit to His will and obey His commands in order to be saved. Faith is essential (*Hebrews 11:6*), repentance is likewise required (Luke 13:3), confession of faith is necessary (Romans 10:9), and then baptism is the act that puts us in Christ's body where all spiritual blessings are found, (Galatians 3:27, Éphesians 1:3).

The church at Cedar Grove is comprised of those who fervently want to please our Lord and Master in all we do - come worship with us.



Questions, comments, or criticisms are welcomed. Responses may be sent to: **Church Of Christ at Cedar Grove** 6421 County Road 26, Rogersville, AL 35652 or email to: Cedargrovechurchofchrist@gmail.com www.cedargrovechurchofchrist.org

were accurate.

Do you know what they haven't said? "Sorry. We cannot stand the idea of another Trump term, so we didn't report on bad things Democrats did.

The Washington Post finally wrote that the way the media handled the story was an "opportunity for a reckoning." But then it spent the rest of its editorial making excuses for its mistakes.

No one was fired. No one was suspended. No policy was changed.

This is nothing new. For months, Facebook blocked any mention of the theory that COVID-19 may have been leaked from a lab. Most media sneered that it was "fake The Washington news." Post called it "a fringe theory." The New York Times, a "conspiracy *Times,* a "conspiracy theory." PolitiFact rated it 'Pants on Fire!"

Only when the Biden administration said there might have been a lab leak did Facebook drop its censorship.

Did Facebook We "Sorry. shouldn't censor such important discussion?" No. Did apologetic we see commentaries on CNN and MSNBC? I must have missed them.

Maybe none of this is a big deal to you, but it's a big deal to me. I make my living posting videos on digital platforms. I made two videos that suggested fears about climate change are overblown. I didn't say climate change isn't real. I didn't say it won't cause problems. In fact, I said it's already caused problems. But because I said the fear might be overblown, migni Facebook's cinitation fact-checkers" people climate make sure fewer people see my work.

I once got millions of views on Facebook. Not Nothing I'd anymore. said in my climate videos was wrong. In one case, Facebook's own factchecker admitted that I didn't get any facts wrong. Still, Facebook continues to smear my work as "partly false." Facebook even quoted

me saying something I never said. Yet, even after I point that out, Facebook will not make a correction.

Facebook, Twitter, The New York Times, The Washington Post, CNN, NBC, Poynter Institute fact-checkers" and most of the elite media are now part information-sharers,

leftist interest part groups.

I'm neither Democrat nor Republican. I don't obsess over whether Hunter Biden got paid to do sleazy things and whisper in his father's ear. If he did, I doubt that he had much influence, anyway. I feel far more threatened when America's Big Media don't report facts, don't speak up when censors are wrong, and don't remove mistakes when they're caught making them.

Apologizing for mistakes is something we teach little kids to do. Is that too much to ask of our media and social media giants?

Published initially at The Daily Signal.

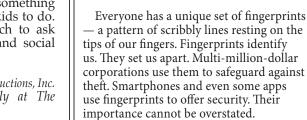
John Stossel is an American *television personality,* author, consumer journalist, and libertarian pundit, known for his career on both ABC News and Fox Business Channel. Stossel's style combines reporting and

The Daily Signal publishes a variety of perspectives. Nothing written here is to be construed as representing the views of The Heritage

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commentary

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Howell



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The Slap Heard Around The World

y now, you've probably heard about this guy getting slapped in the face in front of a lot of people over something he said.But this person is not Chris Rock. The incident was not caught on video and shared millions and millions of times using memes and making light of it. In fact, not many people know about this act of aggression and belittlement. This confrontation took place in the courtyard of Annas (John 18:13-15), who even though he no longer officially held the position of high priest, the man continued to exert influence and command the power of the office. Here we find Jesus, who not only had just been betrayed by His disciple Judas, but was in the process of being denied by another of His disciples – Peter. Now, He was being brought in front of the head of

the Sanhedrin to be tried as quickly as possible. The Jewish leaders were not concerned about Jesus receiving a fair and legal trial - they just wanted Him put to death. John



Drew Edwards Evangelist

18:19 tells us that Annas began to ask Jesus about His disciples and His doctrine. In His response, our Lord states the truth: "I spoke openly to the world. I always taught in synagogues and in the temple, where the Jews always meet, and in secret I have said nothing. Why do you ask Me?"

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



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What is Obeying the Gospel?-

Believing the author of eternal salvation. 1 Corinthians 14:33 "For God is not the author of confusion, but of peace, as in all churches of the saints." Hebrews 5:9 "And being made perfect, he became the author of eternal salvation unto all them that obey him;" Hebrews 12:2 "Looking unto Jesus the author and finisher of *our* faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God." 2 Timothy 1:12 "For the which cause I also suffer these things: nevertheless I am not ashamed: for I know whom I have believed, and am persuaded that he is able to keep that which I have committed unto him against that day." Romans 10:16 "But they have not all obeyed the gospel. For Esaias saith, Lord, who hath believed our report?" Staying in our context, obeying the gospel is believing the report. If God created a plan of salvation that we had to keep, what good is it? So many lost folks have said, "I can't live it" and never get saved. Get in line son, the rest

of us can't live it either. That's why I have a Saviour. I like to ask people, "do you trust God?" What and who are you trusting to save you and get to heaven at death? Yourself? Is Christ who suffered your death and hell and rose again unable to keep His promise of coming to seek and to save that which was lost? Do you think God is actually looking for something from you for you to stay saved? If that were the case then God owes you some glory. BUT He promised: Isaiah 42:8 "I am the LORD: that is my name: and my glory will I not give to another, neither my praise to graven images." Imagine someone in heaven saying, "look what I have done to get here?" Who you kidding? Hebrews 7:25 "Wherefore he is able also to save them to the uttermost that come unto God by him, seeing he ever liveth to make intercession for them." Continual intercession is made for saved sinners.

> **Beacon Baptist Church** Bill Bishop, Pastor • Rogersville • 256-247-7733 1.2 miles north from red light on Hwy. 207 on left Sunday services at 10am and 11am and 6pm Visitors welcome!

Sheila

to

Thomas

mouth shut

Forresters

about

The

rallied around Steffy as

she lay unconscious in the

hospital. An emotional Hope encouraged Steffy

to fight for her life. A powerful bond was

formed between Sheila and

Taylor during a terrifying situation. Bridget consoled

a heartbroken Liam with

news

Steffy's condition. Wait to

See: Sheila panics when she

realizes that her fate lies in

Steffy's hands. Kidge vows to bring those responsible for

hurting his family to justice.

Taylor makes a shocking

stätement about Sheila to

DAYS OF OUR LIVES

A desperate Xander tried

to get through to Sarah.

Tony informed Anna that

her future looked bleak.

Victor presented Sonny

with a life-changing offer.

Gabi sought Rafe's help to get rid of Ava. The

gender-reveal party for Ben and Ciara's baby

took a devilish turn. Belle

confided in John about Shawn and Jan. Paulina

comforted a heartbroken

Chanel. Sonny turned to

Chad for advice. Chloe

and Brady urged Nancy

to delay her divorce.

Maggie made a difficult

decision about Sarah's

medical treatment. Nicole warned Jake not to get involved with Ava. Gabi

went undercover. Leo was

reunited with an old friend.

As he and Gwen prepared for their double wedding, Xander was taken aback

to learn the identity of

the other couple. Wait to

See: Sonny and Chad pursue

information they can use

against Leo. Gabi delights in

Äva's downfall. Eric Brady

Alexis found a clearly

troubled Harmony on the pier. The legal battle

between Nina, Michael

and Willow intensified.

Nikolas received some

regarding Spencer. Sasha

and Brando explored what

was next for them. The

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)pera

Trina.

with Victoria. Jack told

the Abbott family about

Diane's return. Adam made a risky deal. Victor

gave Victoria some tough

love. Victor accused Adam

of going rogue. Victoria

put her revenge plan in motion. Wait to See: Billy

goes to great lengths to help Victoria. Nick loses his cool.

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Sally makes a pitch to Lily.

out

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6. Stop before you click. Be wary of spoof emails and online ads that seek access to your passwords and other sensitive information. Many spammers use fake return addresses that are easy to spot, but others have adopted more sophisticated schemes to get you to engage.

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



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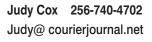


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31

How to Find New Life in Christ

Start by Simply Talking to God. *life. I want Him to come into my* "Dear God, I know that I am a I want to trust Jesus Christ as my sinner. I'm sorry for my sin. I want Savior and follow Him as my Lord to turn from my sin. Please forgive from this day forward. In Jesus' me. I believe Jesus Christ is Your Name. Amen.' Son; I believe He died on the cross for my sin and You raised Him to

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Colors of Easter aster 2-4 20006 8-10 5-7 **Coloring Contest** lst lst 1st aislev 2022 WINNERS errv Russell Vandiver Muscle 10 -Courier A Special Thanks To Everyone for Tuscumbia Florence Shoals Journal taking part in our 2022 Easter Coloring Contest Top 3 winners in each age group pictured aster Journal agree fou to the right receive: An Easter Basket Filled 🛛 🕂 🔁 OODLAND 2nd 2nd 2nd With Lots of Goodies From Ansleigh lackson Pendley Berryman And Large 1 Topping Town Creek Tuscumbia Rogersville from Domino's Domino's **Honorable Mentions:** 2-4 Age Group: Florence: Austin Comer, Sophie Gibbs Rogersville: Evan Francisco Killen: James White Lexington: Caxton Cox Tuscumbia: Layla Eldeeb, Brody DOCOP Courier EGGG Fourier agter Jourier Bearden, Linc Herring, Sophia Quick 3rd 3rd 3rd 5-7 Age Group: Cherokee: Zoey Wilbanks, Kenslee Cosbie Florence: Azlynn Lee, Collin Hamm, Ella Gist, Olivia Barnett, Kaelyn Sanchez Killen: Brighton Sheeran, nessa Russel layden lorris Ashlyn Underwood <u>Muscle Shoals:</u> Riley Craver, Rigved Patel <u>Tuscumbia:</u> Harper Nix, Everly King, Grigsby Jacques Rogersville: Jolie Stafford <u>Sheffield:</u> Addy Bruton Muscle Sheffield **Florence** Shoals 8-10 Age Group: <u>Antioch, TN:</u> Kennedy Miller Florence: Reese South, Addison Pettus, Curtlynn Anderson, Olivia Brown, Claire Russ, Hailee McKenzie, Tanner Kelley, Emily Lefort Killen: Riley Roark, Evyn Robb, Kyden Miller Muscle

WINNERS MAY PICK UP PRIZES Beginning Wed., April 13 at: Courier Journal 219 W. Tennessee St. • Florence, AL

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





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Letters...

HAVE YOU SEEN KIDSVILLE Appreciate Darshan...

Continued from Page 18

mission of Garden Spices is to celebrate differences in all aspects of our being, including race, culture, abilities, faith traditions, and gender. What a joy to view art from Indians all over the country, to learn about dance, eat cuisine, and experience the splendor of Holi. Give me Holi, "triumph of good over evil, as well as a day to celebrate love, happiness, and a good harvest" any time.

A cultural celebration does not mean that one must ascribe to a faith practice. For example, annual he African Heritage Festival is not an invitation to practice African spirituality; most practice However, participants Christianity. you will see and hear African drumming and dance.

To hear a lecture about Hinduism, the faith of most Indians, does not mean one becomes Hindu.

How can we expand and grow as a global consciousness without about folks learning about folks who differ from us? I am grateful that the Tennessee Valley Art Association sponsored this insightful festival. Each time a door of diversity opens, the Christ spirit prevails. Galatians 3:28 ESV / There is neither Jew nor Greek, there is neither slave nor free, there is no male and female, for you are all one in Christ Jesus. TVAA, keep it coming!!

Vicki Goldston Florence

Editor's Note: The end of the following letter was inadvertantly omitted in last week's paper. It runs in its entirety here. We regret any inconvenience.

Both Lottery, War, are Greed

Editor:

I recently read "House Bill Focuses on Lottery," an article by Mary Sell and Maddison Booth of Alabama Daily News, which appeared in the Times-Daily front page March 18. What do a lottery, the Ukrainian War, and the 10th Commandment have

in common? If people would listen to the advice of The Only True and Living God, there would be no such thing as a lottery or a war in Ukraine, that's what!

Many years ago, with His own finger, God wrote commandment into stone tablet warning, Thou shalt not covet thy neighbour's house, thou shalt not covet thy neighbour's wife, nor his manservant, nor his maidservant, nor his ox, nor his ass, nor any thing that is thy neighbour's" [Exodus 20:17]. The only begotten Son of God, Jesus Christ, repeated repeated this sentiment in the New Testament [Mark 10:17-27]. In this passage, the rich young ruler, in his covetousness, rejected eternal life in favor of worldly possessions.

By inspiration of the Holy Spirit, the famous apostle Paul would later repeat this in Romans 13:9: "For this, Thou shalt not commit adultery, Thou shalt not kill, Thou shalt not steal, Thou shalt not bear false witness, Thou shalt not covet; and if there be any other commandment, it is briefly comprehended in this saying, namely, Thou shalt love thy neighbour as thyself.'

A drunkard who spends his wife's grocery money on alcohol and a lottery ticket is just plain covetous. Because of his greed, an innocent wife and children may go hungry. The drunkard would not be classified as one who loves his neighbor as himself, because it is evident he doesn't love his own wife or children.

Now, who wants oil that isn't his? Who is fighting for territory that isn't his? Wanting what does not belong to us--covetousness

- commonly called, greed – is what causes fights and wars! The Bible tells us, "From whence come wars and fightings among you? come they not hence, even of your lusts that war in your members? Ye lust, and have not: ye kill, and desire to have, and cannot obtain: ye fight and war, yet ye have not, because ye ask not." James 4:1-2 King James Version (KJV): 'Alabama needs a lottery like we need a war with Putin. How many are suffering, starving, sick, and even being killed and even being killed because of pure GREED! We neither need nor want a lottery! Shame on greed at any level! Lotteries and wars are both caused by greed! The Bible tells us so! Pray that God will deliver us from a lottery in Alabama and a world war! Pray that greed will become unpopular!

Kevin Dillon Florence

They Hyjack and Divert

Editor:

State legislators frequently intervene home the "bring to bacon". It may be grants, earmarks, tax breaks and other tactics to fund activities that benefit their constituents – and indirectly the legislators' next election campaigns.

However, it is not common for state legislators to use their

See LETTERS...Page 39

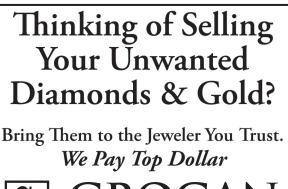


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Doug Minton







Hawk Pride Mountain Water Annual Drinking Water Quality Report

for January through December 2021

The Hawk Pride Water System is pleased to provide you with this year's Annual Water Quality Report. We want to keep you informed about the excellent water and services we have delivered to you over the past year. Our goal is and always has been, to provide to you a safe and dependable supply of drinking water. We want you to understand the efforts we make to maintain and continually improve the water you receive and to protect our water supply.

Our water is groundwater drawing from the Fort Payne Chert aquifer. Each water system must complete Source Water Assessment Program (SWAP). The SWAP is comprised of four distinct activities: delineation of the source water assessment area, contaminant inventory, susceptibility analysis and public awareness. Hawk Pride has completed each required component of the source water assessment. We are interconnected with Franklin County for emergency purposes. To provide safe drinking water Alum, Aqua Mag, and chlorine is added as a disinfectant.

Hawk Pride Water is pleased to report that our drinking water is safe and meets federal and state requirements. If you have any questions about this report or concerning your water utility, contact Water Operator Steven James at 256- 627-6463. If you want to learn more, please attend any of our regularly scheduled meetings. Call office for meeting date and times at (256) 381-4520.

Contaminants that may be present in source water include: presented in the following tables show the results of our monitoring period of January 1st to December 31st, 2021.

Table of Primary Contaminants

At high levels some primary contaminants are known to pose a health risks to humans. This table

CONTAMINANT MCL DETECTED		CONTAMINANT	MCL	AMOUNT DETECTED				
Bacteriological			Endothall(ppb)	100	ND			
Total Coliform Bacteria	< 5%	ND	Endrin(ppb)	2	ND			
Turbidity (2020)	TT	1.12	Epichlorohydrin	TT	ND			
Fecal Coliform & E. coli	0.3	ND	Ethylbenzene(ppb)	700	ND			
Radiological			Ethylene dibromide(ppt)	50	ND			
Beta/photon emitters (mrem/yr)	4	ND	Glyphosate(ppb)	700	ND			
Alpha emitters (pci/l)	15	2.7	Haloacetic Acids(ug/l)	60	3.50			
Combined radium (pci/l)	5	0.78	Heptachlor(ppt)	400	ND			
Uranium(ppb)	15	2.7	Heptachlor epoxide(ppt)	200	ND			
Inorganic			Hexachlorobenzene(ppb)	1	ND			
Antimony (ppb)	6	ND	Hexachlorocyclopentadiene(ppm)	50	ND			
Arsenic (ppb)	10	ND	Lindane(ppt)	200	ND			
Asbestos (MFL)	7	ND	Methoxychlor(ppb)	40	ND			
Barium (ppm)	2	0.02	Oxamyl [Vydate](ppb)	200	ND			
Beryllium (ppb)	4	ND	Pentachlorophenol(ppb)	1	ND			
Bromate(ppb)	10	ND	Picloram(ppb)	500	ND			
Cadmium (ppb)	5	ND	PCBs(ppt)	500	ND			
Chloramines(ppm)	4	ND	Simazine(ppb)	4	ND			
Chlorine(ppm)	4	1.95	Styrene(ppb)	100	ND			
Chlorine dioxide(ppb)	800	ND	Tetrachloroethylene(ppb)	5	ND			
Chlotite(ppm)	1	ND	Toluene(ppm)	1	ND			
Chromium (ppb)	100	ND	TOC	TT	0.11			
Copper (ppm)	AL=1.3	0.003	TTHM(ppb)	80	7.05			
Cyanide (ppb)	200	ND	Toxaphene(ppb)	3	ND			
Fluoride (ppm)	4	0.07	2,4,5-TP (Silvex)(ppb)	50	ND			
Lead (ppb)	AL=15	ND	1,2,4-Trichlorobenzene(ppb)	70	ND			
Mercury (ppb)	2	0.22	1,1,1-Trichloroethane(ppb)	200	ND			
Nickel	0.1	ND	1,1,2-Trichloroethane(ppb)	5	ND			
Nitrate (ppm)	10	1.97	Trichloroethylene(ppb)	5	ND			
Nitrite (ppm)	1	0.09	Vinyl Chloride(ppb)	2	ND			
Total Nitrate & Nitrite	10	0.83	Xylenes(ppm)	10	ND			
Selenium(ppb)	50	ND						
Thallium(ppb)	2	ND	This table shows the resu	lts of ou	r monitoring			
Organic Chemicals			the period of January 1st to	Decemb	er 31st ,2021			
Acrylamide	TT	ND	is important to remember th	at the p	resence of th			
Alachlor(ppb)	2	ND	constituents does not necessarily pose a health risk.					
Atrazine(ppb)	3	ND	table has many abbreviations you might not be fami					
Benzene(ppbv)	5	ND	with. To help you better under					
Benzo(a)pyrene[PHAs](ppt)	200	ND	we have provided the followir					
Carbofuran(ppb)	40	ND	 Not Required (NR) – La 	0				
Carbon Tetrachloride(ppb)	5	ND						
Chlordane(ppb)	2	ND	required due to waiver granted I	-				
Chlorobenzene(ppb)	100	ND	Protection Agency for the State					
2,4-D	70	ND	Parts per million (ppm)					
Dalapon(ppb)	200	ND	(mg/l) - one part per million cor	•	to one minute			
Dibromochloropropane(ppt)	200	ND	two years or a single penny in \$	10,000.				
0-Dichlorobenzene(ppb)	600	ND	Parts per billion (ppb) of	r Microgr	ams per liter -			
p-Dichlorobenzene(ppb)	75	ND	one part per billion corresponds	to one m	inute in 2,000			
1,2-Dichloroethane(ppb)	5	ND	years, or a single penny in \$10,0					
1,1-Dichloroethylene(ppb)	7	ND	Parts per trillion (ppt) o		ams per liter			
Cis-1,2-Dichloroethylene(ppb)	70	ND	(nanograms/l) - one part per trill					
trans-1,2-Dichloroethylene(ppb)	100	ND	minute in 2,000,000 years, or a					
Dichloromethane(ppb)	5	ND	\$10,000,000,000	ongie pe	y III			
1,2-Dichloropropane(ppb)	5	ND		nal or Di-				
Di-(2-ethylhexyl)adipate(ppb)	400	ND	Parts per quadrillion (p)	.,	0 1			
Di(2-ethylhexyl)phthlates(mg/l)	6	ND	liter (picograms/l) - one part per	•				
Dinoseb(ppb)	7	ND	to one minute in 2,000,000,000	years or	one penny in			
Dioxin[2,3,7,8-TCDD](ppq)	30	ND	\$10,000,000,000,000					
Diquat(ppb)	20	ND	Picocuries per liter (pC)		and the state of the state			

• Nephelometric Turbidity Unit (NTU) - nephelometric turbidity unit is a measure of the clarity of water. Turbidity in excess of 5 NTU is just noticeable to the average person. • Variances & Exemptions (V&E) - State or EPA permission not to meet an MCL or a treatment technique under certain

conditions Action Level - (AL) the concentration of a contaminant which, if exceeded, triggers treatment or other requirements

which a water system must follow. Treatment Technique (TT) - (mandatory language) A treatment technique is a required process intended to reduce the level of a contaminant in drinking water. Maximum Contaminant Level -(mandatory language) The "Maximum Allowed" (MCL) is the highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology. Maximum Contaminant Level Goal - (mandatory language) The "Goal" (MCLG) is the level of a contaminant in drinking

Maximum Containmant Level Goal or MRDLG - The level of a drinking water disinferctant below which there is no known or expected risk to health. MCLGs allow for a margin of safety.
 Maximum Residual Disinfectant Level Goal or MRDLG - The level of a drinking water disinfectant below which there

is no known or expected risk to health. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contaminants.

 Maximum Residual Disinfectant Level or MRDL - The highest level of a disinfectant allowed in drinking water. There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants

Board Members Greg Dalrymple • Craig Black • Randy Gargi

MONITORING NON-COMPLIANCE NOTICE

Hawk Pride Mountain Water System is required to monitor your drinking water for specific contaminants on a regular basis. results of regular monitoring are an indicator of whether or not your drinking water meets health standards. During the January 2021-December 2021 monitoring period, we did not monitor for nitrate (NO3) in the correct time frame, and therefore cannot be sure of the quality of your drinking water during that time

Please share this information with all the other people who drink this water, especially those who may or may have not received this notice directly (for example, people in apartments, nursing homes, schools, and businesses. You can do this by posting this notice in a public place or distributing copies by hand or mail

The Monitoring period for nitrates is from January 2022-December 2022. during this monitoring period nitrates will be properly monitored. Should you have any questions concerning this noncompliance or monitoring requirements, please contact: Steven James At 200 New Bethel Road (256)248-4496.

As you can see by the table, our system had no violations of allowable limits of contaminants in your drinking water. We are proud that your drinking water

Unregulated contaminants are those for which EPA has not established drinking water standards. The purpose of unregulated contaminant monitoring is to assist EPA in determining the occurrence of unregulated contaminants in drinking water and whether future regulation is warranted. All drinking water, including bottled drinking water, may be reasonably expected to contain at least small amounts of some contaminants. It's important to remember that the presence of these contaminants does not necessarily pose a health risk. The EPA or ADEM requires us to monitor for certain contaminants less once per year because the concentrations of these contaminants do not change frequently. The table below lists all of the drinking water contaminants that we detected.

	Tab	le of De	tected D	rinking	Water 0	Contam	inants	
CONTAMINANT	MCLG	MCL	1.Cont 1	Range	Inn		int Detected	Likely Source of Contamination
- 1 - 1 - 1 - 1	0 Ba		l Contamin	ants	January			
Turbidity		TT				0.09		Soil runoff
Barium	2	2	ND	-	anuary - D 0.02	0.02	ppm	Discharge of drilling wastes; discharge from metal refineries; erosion of natural deposits
Chlorine	MRDLG 4	MRDL 4	1.70	-	22	1.95	ppm	Water additive used to control microbes
Copper (2019)	1.3	AL=1.3	No. of Sit	es above a 0	ction level	0.003	ppm	Corrosion of household plumbing systems; erosion of natural deposits; leaching from wood preservatives
Lead (2019)	0	AL=15	No. of Sit	es above a 0	ction level	ND	ppm	Corrosion of household plumbing systems, erosion of natural deposits
Nitrate (as N)	10	10	0.73	-	1.97	1.97	ppm	Runoff from fertilizer use; leaching from septic tanks, sewage: erosion of natural deposits
Nitrite (as N) 2020	1	1	ND	-	0.09	0.09	ppm	Runoff from fertilizer use; leaching from septic tanks, sewage; erosion of natural deposits
Total Nitrate & Nitrite 2020	10	10	0.83	-	0.83	0.83	ppm	Runoff from fertilizer use; leaching from septic tanks, sewage; erosion of natural deposits
		Organic C	ontaminant	te I	nuary - De	acombor 2	021	
Total Organic Carbon (TOC)	N/A	TT	ND	-	0.95	0.11	ppm	Naturally present in the environment
Total trihalomethanes (TTHM)	0	80	4.30	-	9.60	7.05	ppb	By-product of drinking water chlorination
Haloacetic Acids (HAA5)	0	60	ND	-	8.70	3.50	ppb	By-product of drinking water chlorination
			·····	-)	2021	
	5	econdary (Contaminar	nts .	January - I	Jecember	2021	
Chloride	N/A	250	5.59	-	5.59	5.59	ppm	Naturally occurring in the environment or as a result of agricultural runoff Erosion of natural
Copper	N/A	1	ND	-	0.003	0.003	ppm	deposits; leaching from pipes
Sulfate	N/A	250	ND	-	8.06	8.06	ppm	Naturally occurring in the environment
Total Dissolved Solids	N/A	500	254.00	-	254.00	254.00	ppm	Erosion of natural deposits
			ntaminant	s Ja	nuary - De	cember 2	021	
Calcium	N/A	N/A	ND	-	83.40	83.40	ppm	Erosion of natural deposits
Carbon Dioxide	N/A	N/A	11.40	-	11.40	11.40	ppm	Erosion of natural deposits
Magnesium	N/A	N/A	ND	-	3.02	3.02	ppm	Erosion of natural deposits
рН	N/A	N/A	6.80	-	6.80	6.80	SU	Naturally occurring in the environment or as a result of treatment with water additives
Sodium	N/A	N/A	ND	-	3.86	3.86	ppm	Naturally occurring in the environment
Specific Conductance	N/A	<500	400	-	400	400	umhos	Naturally occurring in the environment or as a result of treatment with water additives
Temperature	N/A	N/A	ND	-	ND	ND		Naturally occurring in the environment.
Total Alkalinity	N/A	N/A	209.00	-	226.00	216.50	ppm	Erosion of natural deposits
Total Hardness (as CaCO3)	N/A	N/A	221.00	-	221.00	221.00	ppm	Naturally occurring in the environment or as a result of treatment with water additives
	U	nregulated	Contamina	nts	January -	December	r 2021	
Bromodichloromethane	N/A	N/A	3.30	-	3.60	3.60	ppb	Naturally occurring in the environment or as a result of industrial discharge or agricultural runoff; by- product of chlorination
Chloroform	N/A	N/A	6.00	-	6.00	6.00	ppb	Naturally occurring in the environment or as a result of industrial discharge or agricultural runoff; by- product of chlorination
Dibromochloromethane	N/A	N/A	ND	-	ND	ND	mg/l	Naturally occurring in the environment

meets or exceeds all Federal and State requirements We have learned through our monitoring and testing that some constituents have been detected. The EPA has determined that your water IS SAFE at these levels.

All drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of these does not necessarily indicate that water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the Environmental Protection Agency's Safe Drinking Water Hotline (800426-4791).

The sources of drinking water (both tap and bottled water) include rivers, lakes, streams, ponds, reservoirs, springs and wells. As water travels over the surface of land or through the ground, it dissolves naturally occurring minerals and radioactive material, and it can pick up substances resulting from the presence of animals or from human activity.

Hawk Pride Water System wants you to be aware that there is not a problem with lead in our drinking water. However, if present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. Hawk Pride Water System is responsible for providing high quality drinking water but cannot control the variety of materials used in plumbing components. When your water has been sitting for several hours, you can minimize the potential for lead exposure

by flushing your tap for 30 seconds to 2 minutes before using water for drinking or cooking. If you are concerned about lead in your water, you may wish to have your water tested. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the Safe Drinking Water Hotline or at http://www.epa.gov/ safewater/lead

MCL's are set at very stringent levels. To understand the possible health effects described for many regulated constituents. a person would have to drink 2 liters of water every day at the MCL level for a lifetime to have a one-in-a-million chance of having the described health effect.

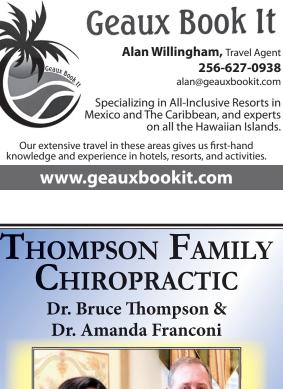
Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/CDC guidelines on appropriate means to lessen the risk of infection by EPA/CDC cryptosporidium and other microbiological contaminants are available from the Safe Drinking Water Hotline (1-800-426-4791). All drinking water, including bottled water, may be reasonably expected to contain at least small amounts of some constituents. It is important to remember that the presence of these constituents does not necessarily pose a health risk.

Hawk Pride Water System also tests for disinfection byproducts in your water, such as trihalomethanes and haloacetic acids Disinfection byproducts are contaminants that develop when chlorine breaks down over an extended period. All test results were well within state and federal standards.

Based on a study conducted by ADEM with the approval of the EPA a statewide waiver for the monitoring of asbestos and dioxin was issued. Thus, monitoring for these contaminants is not required.

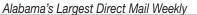
Hawk Pride Water System strives to provide a dependable and safe supply of water to all consumers. We ask that you be considerate when accidents or mother nature hinder our efforts to supply your water. Regardless of the time, or weather, water works personnel are on call and working to keep your water flowing. Please help us protect our water sources, which is, a vital part of our lives, and our children's future

Courier Journal / April 13, 2022





Call 256-383-5772 2nd St., Muscle Shoals Serving the Shoals Area for Over 20 Years • Locally Owned & Operated **Open Six Days A Week** www.thompsonfamilychiropractic.com



Bake Sale...

Continued from Page 18

It will include: Indoor/ Outdoor Plants and Seeds, Flower Plants (including Vintage!, Birdhouses and Bird Feeders, Vegetable Plants, Pots of All Sizes, Garden Flags, Artificial Plants and more.

All proceeds benefit Chloe's Fund, a 501c3 non-profit that helps with emergency medical needs and medicine for animals at Florence Lauderdale Animal Services.

Fund Chloe's was started in March of 2017 after shelter volunteers, Glen and Debby Nelson lost their beloved dog of 16 years, Chloe. Chloe's Fund has vetted countless numbers of cats and dogs suffering from various illnesses that were in need of emergency medical care and medication. Prior to Chloe's Fund, there were few rescue options and shelter employees were faced with heartbreaking decisions.

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RITID

of packs # of years

per day smoked

pack year history

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35

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Courier Journal / April 13, 2022



6213 or 256-389-3179 Tri Cities Memorial Gardens - Flo-rence Blvd. 3 lots, section Sermon on Mount, 37D (lots 2, 3 and 4). \$4,300 for all 3 (1/2 of retail \$8,685). Will consider an offer. 256-

931-279-1804

256-710-0548

445-2227. NISSAN: ALTIMA S MODEL, 2013 \$12,950. 1 owner, 97K miles, full power, just serviced including NEW TIRES! Super Condition! 256-527-2125.

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GAS GRILL, CHARMGLOW, STAINLESS Steel, propane with side burner. \$200. 256-710-2036

LINCOLN: MKT, 2010 \$14,950. 1 owner, executive package, 93K miles, pearl white, leather interior, 3rd row seating, sunroof, rear enter-tainment. All Option. Must see and Drivel 256-527-2125

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CHAIN LINK DOG KENNEL, with cover (still in box) originally \$579 at Tractor Supply, asking \$250; Igloo Dog House XL from Rural King, originally \$186, asking \$100,. Spoiled dog wouldn't get in them! Call Eddie 817-559-5597 Lexington

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Courier Journal

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.

\$25 ADOPTION FEE! Look at this face! PENCER

is a sweet boy who is ready for forever! His eyes say "snuggle me" 256-381-4073 or 5010 Missouri St Tuscumbia

> DUNNENGAN is a smart, sweet and affectionate boy. We took him to Petsmart for an adoption event and he was the star of the crowd. He is active and loves to play. When he gets tired he is ready for snuggles. This amazing boy is not only handsome but super loving. He is good with kids and other dogs. THE ADOPTION FEE IS

and includes heartworm test, current vaccines, spay/neuter and microchip. Please call or come by Florence Lauderdale Animal Services (256-760-6676) to meet this handsome boy.

Meet FALLON !! This beautiful 2 year old German shepherd is on the petite side weighing only 48 pounds. She is spayed, microchipped

and



super sweet girl would love to play ball with you but prefers to be your only player. If you think she could be the one for you, contact Debbie at HASRA at 256-335-1730.



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HOME FOR SALE: 303 N. Fulton St., Florence, 2 bdrm. 2 ba., Newly remodeled, 900 sq. ft., corner lot, shed, privacy fence, \$89,900. Call 480-254-4337

FLORENCE: HOME FOR RENT: 7 Points area. 4 bdrm., 3 ba., 256-412-0205.

FURNISHED GUEST-SUITES NIGHTLY or monthly. One or two bedrooms, all inclusive. Park Place, 256-386-5504.

TUSCUMBIA: CORNER LOT IN Davis Estates, 256-383-2357.

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6

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HOME FOR RENT: FLOR-ENCE, 3 bdrm., 1.5 ba., fenced in back yard, \$1,400 per month, plus security deposit, 256-656-3578 MONTREAT APARTMENTS 1850 Darby Dr., Florence, AL

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Accepting Applications

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6



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309 Conner St., Florence · \$115,000 2 bedroom- 1 bathroom

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tation is made about the quality of the podiatric services to be performe or the expertise of the podiatrist performing such services.

Community Notes... Continued from page 17

be announced 4 weeks before they begin so you can make plans to join us. Beginner lessons are progressive and it is important to try and attend each week. Families, singles, couples are invited. The Club is an alcohol, drug, tobacco, weapon free facility. Mask are optional. Caller Kevin Cozad, Centerville, AL. For more information, please call Fran

at 256-760-6420.

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

The Deshler High School class of 1972 is having a 50th Reunion on June **18.** An effort is being made to reach all classmates. For info call Matt Kirkland at 256-280-1487.

The Help Center in Florence we will be open on the 3rd Saturday of each month on a permanent basis. 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.

Pay it Forward: Donate to Educate. Shoals Scholar Dollars is an Education Foundation raising money to pay tuition



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at Northwest Shoals Community College and transfer scholarships to the Universi of North Alabama for Lauderdale and Colbert County students who meet certain criteria. Donate to Scholar Dollars at any participating financial institution the second Friday of each month.

Recall LaGrange's Distillery Raid on

the Mountain is set for Saturday, May 7 from 10am-4pm. It will include a period correct living history event centering on a Prohibition Era Raid on a "suspected moonshine still." A group of lawmen will descend on the pioneer village of LaGrange and will engage in a brief skirmish with the locals at 2pm on the 7th at the College Site Park. Living history presentations will be ongoing throughout the day and also tours of the near-by Dawson Distillery earlier in the day. Craft Vendors and Tours of the LaGrange's Pioneer Village will be open inside the park all day. The Event is Free. Donations are always appreciated

for continued operations of the park. For more information, contact: Louise Lenz 256-446-9324 or Colbert County Tourism: 256-383-0783.

The Belle Mont Celtic Fest, featuring the music and culture of Scotland and Ireland, will take place on the grounds of historic Belle Mont Mansion in Tuscumbia on Saturday, May 14. Gates open at 8am. Events begin at 10am. Headliners are well-known Celtic musicians - Ed Miller, the Piper Jones Band, and Chambless and Muse. Food vendors, chamber musicians, kids activities, and demonstrators on site. Bring blankets and chairs. Advance Tickets through Eventbrite or by calling 256-381-5052: Adults \$15, Youths 12-18 years \$5, Children under 12 years free. Gate Admission (on festival day): Adults

\$20. Youth \$5. Children under 12 free with paid adult. Rain location is the Roundhouse at Tuscumbia Depot. Belle Mont is located at 1569 Cook Lane off of Hwy. 43 South. For more Information, call 256-381-5052 or email bellemontmansion@gmail. com



Journal	022 Egg f Winner	Q	Courier Journal Egg Hur
March 30 Issue			
24 Eggs pg 1 - 1 pg 24 - 1	These winners received		
pg 1 - 1 pg 24 - 1 pg 3 - 1 pg 25 - 1	a gift certificate to		
pg 4 - 1 pg 26 - 1	a gift certificate to	Domino	is .
pg 6 - 2 pg 29 - 1	Virginia H	(rebs	
pg 9 - 1 pg 30 - 1	-	Florence	6
pg 10 - 1 pg 32 - 1			0
pg 11 - 1 pg 33 - 1	Rochelle		
pg 13 - 1 pg 34 - 1	from	Tuscum	bia
pg 16 - 1 pg 36 - 1			
pg 19 - 1 pg 38 - 1	These winners receive)	
pg 20 - 1 pg 39 - 1	a gift certificate to	April	6 Issue
pg 22 - 1		18	Eggs
		pg 1 - 1	pg 20 - 1
	211h	pg 2 - 1	pg 22 - 1
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the second se	FRESH OFF THE PIT		pg 24 - 1
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219 W. Tennessee St., Florence

Medicare Minute Medicare "Donut Hole"

September and October are two months we get calls on the coverage gap or "donut hole". This happens because there is a temporary limit on what your drug plan will pay while you are in the gap. The good news is not everyone will enter the coverage gap. The coverage gap begins after you and your plan have spent a certain amount on covered drugs. In 2022 once you and your plan combined have spent \$4,430 you will enter the coverage gap.

Here's the way the coverage gap works. Imagine you have a prescription that retails for \$400 per month. Your copay, hypothetically, is \$30. This means your plan would pay the rest of the cost or \$370. Medicare will track what you paid (\$30) and what your plan paid (\$370) and count the cost of the drug as \$400 for that month. Let's also say that the other prescriptions you are taking equals \$100 per month. You are now at \$500 per month. In this example you would reach the coverage gap sometime in September.

Under most plans in 2022 once you have reached the coverage gap your plan will temporarily stop paying anything on your drugs. This means you will be responsible for the entire cost of your prescriptions. The silver lining around this very dark cloud is Medicare has negotiated a discount on the drugs you use. For name brand drugs and/ or generic drugs you will pay 25% of the retail price.

If you are eligible for Medicare but still on employer coverage you may wonder why you have never reach the coverage gap. This is because employer coverage does not have the "donut hole". The coverage gap only applies to Medicare prescription drug plans. Also remember that Medicare drug plans can vary which means your coverage in the gap can vary.

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





Alabama's Largest Direct Mail Weekly

They Hyjack and Divert

Continued from Page 33

influence in the capitol to hijack and divert local tax revenue for a project that neither local governments nor constituents requested or want. Yet, that is what Sen. Melson and cronies have done.

With a Republican supermajority Montgomery and little transparency, they created the Lauderdale County Agriculture Center Authority. It gives them and their friends the power to commandeer \$45 million of our tax money to build an ag event center located on county land. They now want it annexed by Florence to milk even more local resources while avoiding sales taxes!

The Authority extended a gas tax that was supposed to expire in 2017 and commandeered TVA in lieu of tax funds that supported many beneficial activities. If the economically questionable ag center proceeds, the citizens of Lauderdale County will be paying its daily debt of \$5400 for decades.

It may not be too late to halt this costly GOP white elephant. Voice opposition vour and ask candidates in the primaries to state Mav position and call their for a referendum on the issue in the November elections. Vote for those who commit to a full, fair, and open review of the ag center feasibility. We can afford no less.

Dan Waterman Killen

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