

**Allocation up  
12.76%- UNA**

FLORENCE – The University of North Alabama is set to receive more than \$45 million from the state of Alabama as part of its annual appropriation. This is a 12.76% increase from the fiscal year 2022 budget.

“Senator Tim Melson serves as vice chair of the education funding committee, and Jamie Kiel sits on the counterpart committee in the House of Representatives,” said UNA President Dr. Ken Kitts. “Both of these legislators are alumni of UNA and have been very strong voices for equity in funding for UNA.”

In addition, UNA will also receive a supplemental appropriation of \$3.2 million for a new program in power generation engineering.

This program will be the cornerstone of UNA’s workforce development initiatives. It will be a one-of-a-kind educational opportunity for students nationwide.

**Risner Act  
is Now Law**

SHEFFIELD — Governor Kay Ivey last week signed House Bill 143, which is named in honor of former Sheffield K-9 Sgt. Nick Risner.

Risner was shot in the line of duty six months ago and died of his injuries a day later at Huntsville Hospital.

Risner was shot while attempting to apprehend Brian Lansing Martin, who was

See SHORTS... on Page 2

Volume 138 Number 26

April 20, 2022

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**Shoals Alabama  
Kidney Walk May 1**

SHOALS—The Shoals Alabama Kidney Foundation’s 2022 Walk & Celebration takes place on Sunday, May 1 from 1-3pm at River Heritage Park in Florence, adjacent to the Marriott Shoals Conference Center. Henry J. King, President of King Realty & Auction Co. is the honorary chair of the local walk this year. The honorary patient chair is Jay Thomas.

AKF's primary financial support is from the

Kidney Walk, together with support from area families and contributors.

Unfortunately, Alabama ranks #1 in the

See KIDNEY WALK... on Page 16

**Better  
WHILE  
Boxing**

FLORENCE –Rock Steady Boxing YMCA of the Shoals is joining millions in observing Parkinson’s Awareness Month during April. Parkinson’s disease is a degenerative movement disorder which causes deterioration of motor skills, balance, speech, and sensory function. Rock Steady Boxing YMCA of the Shoals gives those living with Parkinson’s disease hope today by offering a non-contact, boxing-inspired fitness

See BOXING... on Page 11



ONE PLACE OF THE SHOALS CONTINUES

**April’s Community Outreach**

FLORENCE – One Place of the Shoals is continuing its community outreach through April focusing on sexual assault and crimes of abuse against children.

A Family Fun Fair took place April 7 at the Florence-Lauderdale Coliseum. That followed a booth set up at First Fridays by the One Place Sexual Assault Advocacy Team and a tree lighting in

Wilson Park recognizing the tragedy of child abuse in our community.

Events throughout the month highlight the area’s services for families and children dealing with abuse, and bring special attention to the issue of crimes against children.

See ONE PLACE... on Page 6

**Inside this Issue**

**Automotive Inside**



Ray Miller Buick-GMC  
Oakley Auto Sales  
Advance Auto Sales  
Jeff Elledge Auto Sales  
Landers McLarty Nissan

- Health Fair
- Dave Ramsey
- Cat & Kids
- Ask the Attorney
- Junior Whirl

- Quips & Quotes
- Insurance Insights
- Hocus Focus
- The Truth in Love
- Medicare Minute

- Soap Updates
- On Your Debt
- Remembering Victims
- Adopt-A- Friend
- SIGNS of the PAST

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# Shorts...

## Risner Act is Now Law

Continued from Page 1

accused of shooting 59-year-old William Clare Mealback Jr. and dumping his body onto Avalon Avenue in Muscle Shoals.

Martin had been released from prison after serving about three years of his sentence for manslaughter for killing his father.

The Nick Risner Act was sponsored by Rep. Phillip Pettus and prevents convicts who used a deadly weapon to kill someone from being released early under Alabama's "Good Time" law.

"Sergeant Risner's killer should have never been released from prison in the first place," Ivey said. "While there is nothing that can be done to reverse this horrific tragedy, this legislation will go a long way in ensuring violent offenders remain off the streets."

Ivey previously met with members of the Risner family and offered her full support of this legislation as it moved through the process.



Sheffield Police Lt. Nick Risner's brother Billy Risner and daughter Aili Risner stand with Gov. Kay Ivey. Courtesy of the Office of Governor Kay Ivey

## Music Dept's 70's Tour

PHIL CAMPBELL -- Northwest-Shoals Community College's (NW-SCC) Music Department will hold the 70's World Tour concert on Friday, April 29 and Saturday, April 30 at 7pm in the Lou B. Beville Center on the NW-SCC Phil Campbell Campus.

The Concert will feature popular music from the 70's performed by the NW-SCC Show Choir, Vocal Point, directed by Jonathon Romero, and a live band.

Admission will be \$8 and children 12 and under will be free. NW-SCC employees and students will be admitted free after completing online registration.

Tickets must be purchased in advance for each show online at <https://bit.ly/3O1XeYa>.

with academics and instruction, career tech, the fine arts and all of our extra curriculums."

Tate served as the district's instruction/curriculum coordinator for the past three years. Many of his responsibilities as superintendent will begin immediately.



Tate

He shared an in-depth plan with the board for what he hopes to accomplish over the first 30 days, 90

days, and five years.

Tate, 47, replaces outgoing superintendent Darryl Aikerson, who will fill more of a consulting role until his June 30 retirement.

## Alabama Early Intervention

MONTGOMERY -- Alabama's Early Intervention Public Awareness Week is April 18-22.

This week is set aside to reach out to referral sources like doctors, daycares, health departments and others along with families and to encourage future providers. The goal is to help the community become aware of the services and supports available through Alabama's Early Intervention System (AEIS).

North Alabama Early Intervention would like this year's Public Awareness campaign to stress the importance of maximizing community participation to ensure that services are provided to all children who need them.

The Early Intervention providers will be visiting health departments,

See SHORTS... on Pg 7

## Tusc. Schools Name Tate

TUSCUMBIA -- The Tuscumbia City school board last week voted unanimously to hire Russ Tate as its new superintendent. Tate was the only applicant interviewed for the position and was voted upon immediately following his board interview.

Tate wishes to see the system expansion of pre-k classes, increased test scores and graduation rate, career technical growth, decreasing chronic absenteeism, increasing the district's digital footprint and hiring the most qualified faculty and staff.

"Academics have to come first," Tate told the board during his interview. "We have to build on what's already been put into place and create that culture of success on all the fronts

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<p><b>Sirloin Pork Chops</b> \$1.39 Lb.</p> <p><b>Country Style Ribs</b> \$1.39 Lb.</p>	<p><b>Family Pack Pork Chops</b> \$1.99 Lb.</p> <p><b>Whole Spare Ribs</b> \$2.49 Lb.</p>	<p><b>Family Pack Pork Steak</b> \$1.99 Lb.</p> <p><b>Boston Butt Pork Roast</b> \$1.79 Lb.</p>	<p><b>Chuck Steak</b> \$4.99 Lb.</p> <p><b>Corned Beef Brisket</b> \$5.99 Lb.</p>
<p><b>Chicken Drumsticks</b> 99¢ Lb.</p> <p><b>Chicken Leg Quarters</b> 69¢ Lb.</p>	<p><b>Whole Rabbits</b> \$15.99 Each</p> <p><b>Pig Feet Or Tails</b> \$1.99 Lb.</p>	<p><b>Cooked Shrimp</b> 1 Lb. Bag \$6.99</p> <p><b>Frog Legs</b> \$8.49 Lb.</p>	<p><b>Farm Raised Whole Catfish</b> \$5.99 Lb.</p> <p><b>Catfish Fillet</b> \$6.99 Lb.</p>





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**TUSCUMBIA MOVING/YARD SALE!** 256 Cut Stone Road, across from Colbert Heights High School, **Sat. 8am-4pm**, Clothes, knick-knacks, dishes, exercise equipment, furniture, tools & more!

**MUSCLE SHOALS YARD SALES** 1905 Orman St., **Fri. & Sat. 7am-2pm** Housewares, Small Appliances, Furniture & Misc. \*Rain dates: 4/29 & 4/30. Map ID# 381

**TUSCUMBIA MULTI-FAMILY YARD SALE** Fri & Sat 7am-until? 5630 Ricks Lane, (Corner of Ricks Ln & Hwy 157) Plus sizes, Tools, Baby items, & home Decor. *Cancelled if raining.*

An exclusive listing of the better sales in the Shoals area.

To list your sale, use the classified form on page 8.

WE MUST receive your ad by Friday prior to the Wednesday release date. (8 days before a Saturday sale)

**FLORENCE COMMUNITY SALE**  
 Sat. 7am-until? *Plantation Springs Subdivision on Middle Road*

**CHEROKEE/BARTON MULTI-FAMILY YARD SALE**  
 10850 Hwy 72 Across from Morrison Funeral Home **Fri. & Sat., 7am-until?** Baby items, home décor, large furniture, toys, yard items, books, tools, plants, cooking items, camping supplies, large picture frames, etc.

**St. Florian BIG BIG SALE**  
**Michael's Gym 2751 Co Rd 30**  
**Sat., April 23rd 6am-noon**  
 Furniture, toys, clothes, books, household, tools, fitness equipment etc  
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 Ramsey participants. Map ID# 374

**HUGE SALE**  
**FLORENCE: 105 WILLIAMS AVE** (Bellemeade Subdivision)  
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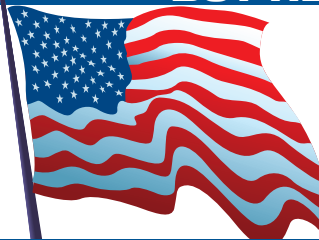
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DEEP ROOTS, HOME GROWN, STILL GROWING ...

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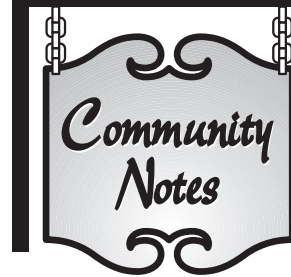
*Dr. Bill Bagens, our speaker, is a Professor of Ministry, Counseling, and Biblical Studies at Heritage Christian University and the author of many Christian publications.*

**Sunday, April 24**  
Morning Worship: 10am  
Evening Worship: 1:30pm

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

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

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

Fishing Days at Deibert Park continues on Thursday, April 21 from 6:30-11am. Please sign in before you fish. Bring your own tackle, chairs, snacks, etc., Catch and Keep, Catch and Share, Catch and Release. No fishing license required. Presented by Florence Parks and Recreation Department/The

Club. Future dates - June 7, September 8, October 20.  
For more information call, the Club 256-760-6420.

**The Healing Place Grief Support for Children and Families** on April 21 for children ages 4-19 and their families are welcome to participate. Snack supper provided 5:30-6pm and small groups begin 6-7:30pm.  
More info thehealingplaceinfo.org. Find us on Facebook The Healing Place.

**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 23

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Angie Hamilton Joe Hamilton

My name is Angie Hamilton and I serve as the Lauderdale County Chief Assistant District Attorney and Board President of One Place of the Shoals. I am asking for your vote for my husband, Lt. Joe Hamilton for Lauderdale County Sheriff on May 24.

A vote for Joe is a vote for honesty, integrity, and leadership. Joe will be a Sheriff this county can be proud of. He is the most qualified candidate on the ballot and will be able to lead the Sheriff's Department on day one.

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Colbert County

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# One Place...

Continued from Page 1

"These issues exist right here in our community, and at a level that many people can't comprehend," said One Place Executive Director Donna Beck. "We want to take every opportunity to try to get in front of such abuses to prevent them from ever happening."

UNA will host "Squash the Silence," a community outreach from 5-7pm on Friday, April 22 at Rogers Hall on the UNA campus. The event includes a 1K walk to raise awareness of child abuse.

The last week of April is designated as National Crime Victims' Rights Week. One of the activities that week is a candlelight vigil at 7pm at Wilson Park on Tuesday, April 26 in memory of and to honor crime victims. It is hosted by VOCAL (Victims of Crime and Leniency).

One Place board member Carole Bevis said that while the organization's entire year is dedicated to education, the events in April and the "extra push" emphasizes

the importance of educating the public.

Denim Day will be observed internationally on Wednesday, April 27.

Originally known as "Jeans for Justice," the Denim Day campaign originated in 1999 as part of a protest over an Italian Supreme Court decision.

The court dismissed the charges against a 45-year-old rape suspect, instead blaming the victim of the attack. The court's position was that "because the victim was wearing very, very tight jeans, she had to help him remove them... but by removing the jeans... it was no longer a rape, but consensual sex."

One Place board President, Angie Hamilton, hopes businesses and organizations across the Shoals will participate in the event, which serves as a fundraiser for One Place. Participants in the program wear jeans that day, donating \$1, or any amount set by their employers to do so.

The last event of the

month will be a Victim's Service Provider Resource Fair from 11am-2pm on April 30 at Wilson Park. The free public event is hosted by the Lauderdale County District Attorney's Office. Numerous local Victim Service Provider agencies will be participating in this event with free information and material available. There will also be activities for children.

"We are proud to partner with other victim service providers in our area to shine a light on the services we all provide," Hamilton added. "All services provided by One Place and the other agencies are free. No victim is alone. We encourage anyone needing help to reach out."

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**Sunday, May 1 • 1-3pm**

**River Heritage Park**

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Alabama ranks **1st** in the nation for kidney failure with more than **400,000** Alabamians living with chronic kidney disease, and **14,000** on dialysis. The Alabama Kidney Foundation's annual Kidney Walk & Celebration events raise funds for Alabama's kidney patients in need. **Join us for the 2022 Kidney Walk & Celebration to show your support!**

Dr. N Rao Boorgu, FACP  
Dr. Subir Paul, FASN  
Dr. Rajesh Boorgu, FASN  
Dr. Dwight Matthew, FASN  
Jamie Cockrell, NP

**Register Online!**

[ShoalsKidneyWalk.org](http://ShoalsKidneyWalk.org)

Email: [johelene@alkidney.org](mailto:johelene@alkidney.org)  
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Speaking The

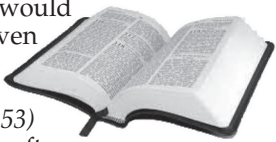
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In Love

Why Did Jesus Allow Them To Crucify Him On The Cross?

Jesus was God in the flesh (John 1:1-3,14). He was powerful, raised the dead, healed the lame and blind. As the lyrics of a well-known song stated, "He could have called 10,000 angels..." But evil men crucified Him (Acts 2). Why? Simply stated, before the foundation of the world, the Godhead planned the redemption of all mankind who would come in simply obedience to that plan. God the Father, God the Son and God the Spirit declared the "place of safety" or the "place of salvation" was in Christ (in His body, the church). They specified that ONLY those who obeyed would be eternally saved in heaven (Matthew 7:21; Hebrews 5:8-9). Christ coming to earth, was despised and rejected (Isaiah 53) and ultimately to die (as Jesus often told His disciples) was the redemption plan. What love (John 3:16)! What grace and mercy (Ephesians 2:8-9)! The power and strength of the Son of God was demonstrated by His NOT destroying His enemies, by NOT choosing to fulfill the plan of salvation for all mankind. His willingness to DIE (even the death on the cross) proved the depth, height and breadth of His LOVE for you and me. If one is willing to study the Bible, with an open mind and heart, he will see the plan laid before even creation (Matthew 25:34; Ephesians 1:4; 1 Peter 1:20) and then see that plan unfolded in the fulness of time (Galatians 4:4; Ephesians 1:10). God was, is and will always be in control of all things. His will certainly will be done! Sadly, many quibble and pervert the Scriptures to attempt to prove their own view of salvation. Religious people did the same thing in the first century and many today continue in their false ways. Study the Bible. Study the Old Testament - it is for our learning (Romans 15:4). Study the New Testament - it is the law under which we live today. Seek the "sum" of the matter regarding God's way to be saved eternally



The church at Cedar Grove fervently seeks to know the will of God (Matthew 7:21) and humbly obey what our Saviour declares - to the glory of Almighty God in all matters.



Elders of the Cedar Grove church (Newell Graham, Richard McLemore, Randy Baker, Paul Sain)  
 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

Shorts...

Alabama Early Intervention

Continued from Page 2

physician offices, and daycares across the service area to provide literature and explain the importance of supporting families of children with delays as early as possible.

There will also be family involvement opportunities including Park Days across north Alabama with refreshments. One will take place at Spring Park in Tusculmbia at 1:30pm on Wednesday, April 20.

The goals for the campaign are:

- To reach underserved populations
- To make sure referral sources understand what Early Intervention does, how to refer, and to refer early - Don't wait!
- To recruit providers to serve our community by becoming part of Alabama's Early Intervention System.

FCS Launch Means Growth

FLORENCE-The Florence City Schools system's Launch Career Training and Development program continues to see significant growth in various career fields such as engineering, medical, and computer science. In order to accommodate the medical pathway, administrators from Florence City Schools and North Alabama Medical Center are expanding their medical roles for Launch internships to target specialized fields such as sonography, speech pathology, respiratory therapy, radiology, diagnostics, and patient care areas. The objective is to generate continued investment in these areas through college scholarships and career incentives for deserving students. These proactive training experiences will result in generating a more equipped and knowledgeable employee earlier in their career transition. Florence High School students who are interested may apply to LAUNCH online through the FHS canvas portal. The Florence City School's Launch program



is nationally recognized as a model of innovation in creating strategic career experiences and outcomes.

Astronomy at Indian Mound

FLORENCE-The Florence Indian Mound Museum's Young Learners Series will enter the spring with a focus on astronomy of the southeastern Native Americans. Students gathering at the Indian Mound Museum at 10am Saturday, April 23 will learn how the first residents of the Shoals understood the stars and planets. The students will then work to create an exhibit that will stay at the museum. Visit <https://www.florencealmuseums.com/young-learners> to sign up.

The Young Learners series helps students explore the early history of the Shoals through hands-on learning exercises. The programs will cover a wide range of topics within Native American history and culture and are aimed at an elementary level age group. Each program will have a creative component with hands-on learning. All events are free.

This program is sponsored by the City of Florence Department of Arts and Museums and the Muscle Shoals National Heritage Area.

The Florence Indian Mound Museum is located at 1028 S. Court St. Florence and is open, Tuesday - Saturday from 10am - 4pm and Sundays from 1 - 4pm. Call 256-760-6427 for more information.

Collaborative to Help Avoid Breakdowns

FLORENCE— Area nonprofit agencies are coming together on Thursday, April 21 to help determine how to

See SHORTS... on Pg 8

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

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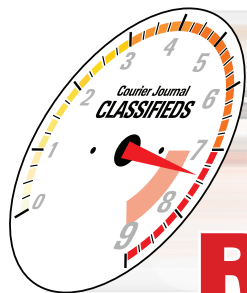
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## Shorts...

### Collaborative to Help Avoid Breakdowns

Continued from Page 7

better meet growing needs in the Shoals.

The Shoals Care Collaborative is hosting a breakfast meeting at 7:30am at the Florence-Lauderdale Coliseum.

United Way of Northwest Alabama and Florence Mayor, **Andy Betterton**, will host the first event for Shoals Care Collaborative to help open the lines of communication.

"Throughout our communities, there have been many leadership changes over the last couple of years," said **Jennifer McNulty**, CEO of United Way of Northwest Alabama.

"Continuity was lost with some of the leadership changes in agencies over the past couple of years," McNulty said of communication breakdowns during the pandemic. "It's the perfect time to step out of our silos to begin working together as a collective unit."

There will be a panel of speakers who will highlight some of the work currently underway in the community. They will also highlight some of the areas that need attention.

The brainstorming session will also serve to help agencies eliminate duplication.

She used the example of the divide caused in Florence in recent years over the homeless issue.

"We're trying to get the community on the same page and working together," McNulty added.

"The homeless issue divided the community in so many ways and agencies often weren't working together. We want this collaboration to bring everyone onto the same page. It's a reintroduction of people, many of whom don't really know each other, or have understanding of what the other agencies do."

According to McNulty, anyone who volunteers with area help agencies or works with the area's nonprofit organizations may attend the free event. However, reservations are required.

A registration form is available on the United

Way's Facebook page, or you can register by calling 256-760-6400.

At the meeting there will be sign-up sheets for information sharing opportunities between entities.



### Register for the Swampers 5K & Fun Run

MUSCLE SHOALS—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. Race Director, Josh Aycocock, and members of Shoals Civic League are working diligently to make this year's race a success for the sponsors, runners, and spectators.

As in the past, there will be a classic t-shirt and finishers medals for runners and awards for the top finishers in each age group. The design of the t-shirt and medal has always included a musical theme to compliment the name of the race, The Swampers.

There will also be a \$500 award to the local 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.

The registration fee is \$25 until April 26. For more information and to register, go to [www.swampers5K.com](http://www.swampers5K.com).



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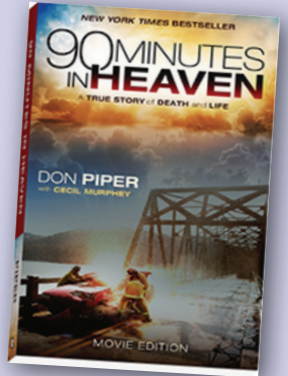
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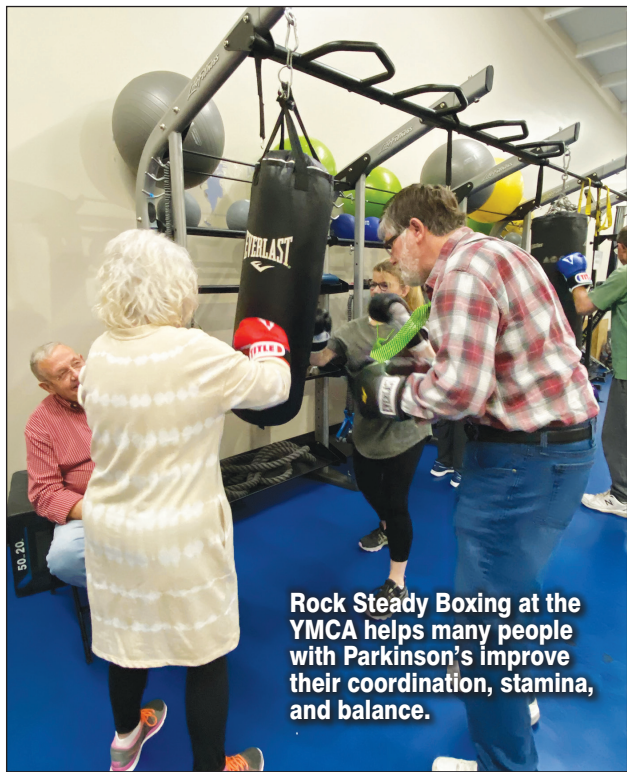
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## Boxing

Continued from Page 1

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routine to dramatically improve their quality of life. "Parkinson's Awareness Month raises awareness about the disease our Rock Steady Boxers live with every day. It shines a light on their incredible tenacity in 'fighting back' against the disease. We are about more than just one class or one program; Rock Steady's mission is to provide hope and better quality of life for people

with Parkinson's disease worldwide," said Renee York of Rock Steady Boxing YMCA of the Shoals.

According to the Parkinson's Foundation, more than 10 million people worldwide are living with Parkinson's disease and more than 60,000 Americans are diagnosed each year. "There is strong evidence from clinical research studies that exercise helps Parkinson's disease. Rock Steady Boxing is a proven exercise technique that can be helpful to people with Parkinson's," said Dr. Steven Gunzler, a neurologist for University Hospitals and assistant professor of neurology at Case Western Reserve University.

Rock Steady Boxing serves participants at all stages of Parkinson's - from the newly diagnosed to those who have been living with the disease for decades.

Rock Steady Boxing affiliates are independently owned and operated. To learn more about Rock Steady Boxing YMCA of the Shoals, please contact Renee York, 256-246-9622, www.ymcashoals.org. For additional resources and to learn more about the overall organization, please visit Rock Steady Boxing, Inc. at www.rocksteadyboxing.org/.

Rock Steady Boxing YMCA of the Shoals has been serving the Shoals Area since October 2018 with two classes per week in Florence at the YMCA, 2121 Helton Drive.



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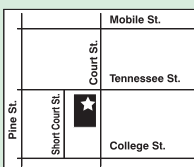
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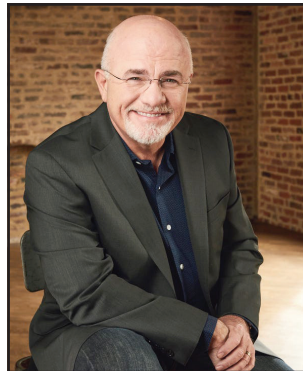
**Eddie Williams, General Sales Manager**

# DAVE Says

by DAVE RAMSEY

## FOCUS ON THE DEBT FIRST, THEN SAVE AND INVEST

Dear Dave,  
My husband and I have paid off all our credit card debt, and we are following your Baby Steps plan. We still owe about \$40,000 on two cars, and our combined income is around \$150,000. Since we have a good income, we were thinking about finishing our emergency fund and contributing to our IRAs while we finish off the car payments. Under the circumstances, is this okay?  
Paola



emergency fund in place then, and how much money you'll have freed up to go into retirement.

Now is the time to roll up your sleeves, get mad about all that stupid debt and knock it out once and for all. You can do this, Paola!

— Dave

*Dave Ramsey is a seven-time #1 national best-selling author, personal finance expert, and host of "The Ramsey Show," heard by more than 20 million listeners each week. He has appeared on "Good Morning America," "CBS This Morning," "Today," Fox News, CNN, Fox Business, and more. Since 1992, Dave has helped people regain control of their money, build wealth and enhance their lives. He also serves as CEO for Ramsey Solutions.*

and when it does it can end up taking several years to get rid of all that debt.

You guys have made great progress, and you're making good money. If you stay gazelle-intense about getting out of debt, those car payments can be history in about a year and a half. Think about how fast you can get that

Dear Paola,  
I understand the temptation you guys are facing. But there's a power in behavior modification on a short-term basis that supersedes the power of mathematics. Stick to the plan, and pay off the cars first.

When you're still on Baby Step 2, you need to stop all saving and investing, and attack your debts with a vengeance. You've got a lot of money wrapped up in cars, and even with all the great work you two have done I know it's probably still a little hard to see light at the end of the tunnel. Debts that large can be intimidating.

But I'm afraid you'll lose focus and intensity when it comes to getting out of debt if you worry about your emergency fund and setting aside for retirement too soon. I've seen that happen to lots of people,



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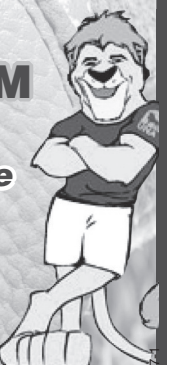


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## Commentary

# Some Volunteer for a Millstone

We don't have to look very far to find leftists preying on our most vulnerable human assets.

When you can find preschool teachers boasting about what they discuss with their impressionable four-year olds or what rot-gut sexual agenda some state boards of education approve for the teaching of elementary age groups, you can see the value of insane asylums.

It's pure lunacy from any sane perspective. At the very least it is sanctioned child abuse, pure and simple.

The problem is that many parents don't know what their child's brain is being stuffed with. Some who do know have no problem with it. THAT is a whole separate issue.

One polyamorous, gender-fluid preschool teacher who goes by the name Lois, (thankfully, not from this area) recently shared a social media video in which she bragged about her woke students and their introduction to human sexuality.

"Man, y'all thought me teaching the children about me being poly was crazy. But, not only that, but they also know that I'm gender-

See MILLSTONE... on Page 35

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

## In A Few Words



**TOM MAGAZZU**  
Editor

## Courier Journal

in the Shoals

# THIS WEEK

April 20, 2022

## Happening THIS WEEK

# Women's Health Fair

## Helps Cover Those at Greater Risk

FLORENCE—The Shoals Community Clinic and UNA's Anderson College of Nursing & Health Professions will present the Catherine Barnes Women's Health Fair on April 21 and April 22.

Due to the COVID pandemic, many have postponed these important procedures. However, breast and cervical cancer continue to be major causes of women's illness and death, and it is important to receive these preventative screenings.

The fair will offer free cervical and breast exams, free mammograms and pap smears, with some restrictions, for women age 40-

64 who do not have health insurance or a primary health care provider, and for women 65 and over who only have Medicare Part A. This program is supported by the Alabama Breast and Cervical Cancer Early Detection Program (ABCCEDP). This program is part of a nationwide initiative launched by

See HEALTH... on Page 24

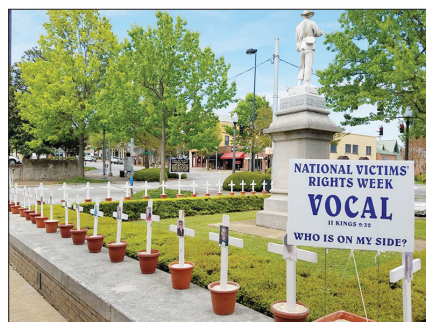
**Catherine Barnes Women's Health Fair**

**April 21 & 22**

**THE EAST LAUDERDALE QUILTERS 2022 QUILT SHOW** takes place Saturday, April 23 from 10am-3pm at Lexington First Baptist Church. Come and enjoy quilting activities, displays, and marketplace. Scissor sharpening is available. This is a free event. The church is located at 301 Taylor-Kyzer St. in Lexington.

**SALEM CHURCH OF CHRIST** will host its Homecoming on Sunday, April 24 with guest speaker, Dr. Bill Bagents. Morning Worship is at 10am with Fellowship Meal following the Morning Worship. Evening Worship is at 1:30pm. Bill Bagents is a Professor of Ministry, Counseling, and Biblical Studies at Heritage Christian University and the author of many Christian publications. Everyone is welcome. Salem is located at 9670 Hwy 17 north of Florence.

**MIDWAY CHURCH OF CHRIST** invites you to attend the first of a 3-part Outdoor Study series, *Revisiting the Divide: A Historical Perspective on Institutionalism* with Bill Hall from Hartselle, AL will open the series at 6:30pm Monday, April 25 at Killen Park, Shelter #3. Please bring a chair and a Bible. There will be a Q&A at the end of the study time permitting. In case of inclement weather, the event will take place at Midway's building at 6000 U.S. Highway 43 (next to Q-Gas.) For more information, please visit: facebook.com/midwaychurchofchrist.org.



## Remembering Victims

FLORENCE—National Crime Victims' Rights Week is April 24-30. VOCAL will be honoring and remembering crime victims during the week by placing white crosses with pictures in front of the Lauderdale County Courthouse. VOCAL's annual Candlelight Vigil is on Tuesday, April 26 at 7pm in Wilson Park

See VOCAL... on Page 24

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YOUR

## Letters

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

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

## A More Unstable Place

Editor:

Poor Russia. A wonderful people, ruled by a maniac and despot. Putin is more reminiscent of Hitler than anyone else since WWII. After only a few decades of modernization he has sunk his own legacy and pitted the people of his country against the overwhelming consensus of the world. It's probably going to end with some face-saving agreement, perhaps stalling Ukrainian

acceptance into NATO for a few years while "negotiations" take place, even though Ukraine's admission into NATO was still years away to begin with.

I believe that this invasion would never have taken place if not for Americans voting in a weak President. From being energy independent, to this.

As soon as Putin saw Biden's debacle in Afghanistan he knew he had free reign to attack Ukraine. The Russian people who risk their lives protesting against the war are heroes alongside the brave Ukrainians. Their fates are decided, basically, by Putin. The brazen

way he lies to his people and the whole world is quite telling.

There's no getting around the fact that Biden and his administration have made our world a more unstable and violent place. Biden is doddering, almost blissfully unaware that all tyrants on Earth are plotting while they have this narrow window of opportunity.

**Wayne South**  
Florence

See LETTERS... on Page 34

*If authentic, it is one of the most important archeological discoveries in Israel's history. Its age alone makes it remarkable. . .*





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## Kidney Walk...

Continued from Page 1

number of dialysis patients per capita in the United States. This disease is devastating to many dialysis patients physically, emotionally, and financially. The AKF focuses on providing transportation, medicine and even rent or utilities when patient financial assistance is needed by the 14,000 people currently on dialysis in Alabama.

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The Kidney Walk is made up of individuals, couples, and teams, many of which are sponsored by local businesses. The teams promote fundraisers and compete among themselves. Both personal Walk Teams and corporate Walk Teams are welcome. For information on creating a team, you may contact JoHelene Patrick, AKF's North Alabama Regional Director, at 256-975-0000 or johelene@alkidney.org.

Checks can be made payable to the Alabama Kidney Foundation and mail to P.O. Box 2883 Florence, AL 35630.

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**Cat & Kids**  
by Cathy Turner

**Little Storytellers**

*Writer's note: This 20th Anniversary reprint was first published in January, 2005. What did Art Linkletter say? "Kids say the darndest things!" I hope you enjoy this little reminder of that. Yours, Cat*

I love working with kids. There are so many benefits, the best of which is that they make me laugh. The things they do and say keep me rolling. They are such good storytellers.

Recently, before one of my gymnastic classes, a short, bubbly, brown-eyed brunette stepped up to me and announced loudly, "My daddy put a new light bulb in my bunny's cage."

Wishing to acknowledge the smiling, six-year-old in the noise of the gym, I responded vigorously back, "Oh really, did you get a new bunny?"

She said, "Oh, no, but the bulb was the wrong size, and it burned up the bunny's cage." "Oh no," I said. "Was the bunny okay?"

"Yeah, except he got burned a little on his bottom," she said, patting her own. And it burned up the neighbor's fence. And the fire trucks came. And I was in bed and missed the whole thing!"

The whole story was so unexpected. The timing, emphasis, and gestures, and those bright eyes – no comedian could have told it better. Her story made me think of many that I have heard over the years. You don't have to ask; children tell what's going on in their lives. Sometimes, before you know it, their stories tell you more than you want to know.

For instance, I once had seventh grade girls in homeroom. One of the girls was a beautiful, dark haired, petite person with full, dark eyebrows. She was always smartly dressed, coordinated from head to toe. She was very much like her mother, who was also dark featured, small in stature and very well-groomed. This lady loved

red and black. Whenever she visited the school, she was usually dressed to the nines in red and black swizzles or plumes with shiny or suede black pumps or stilettos. She always carried a purse in her hand with her nose in the air.

Well, I don't know how this came up in homeroom, but somehow the girl told her classmates she had figured out that whenever her parents wanted to have "marital relations," they would tell their children that they were going to play Scrabble™

and not to disturb them. After that, every time that mom would push her way through a crowded room, I wanted to ask, "Have you won at Scrabble™ lately?"

Anyway, children are the best. Watch what you do or say because your young one might tell somebody.

Email comments or suggestions to [catnkids1@gmail.com](mailto:catnkids1@gmail.com)

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**SIGNS OF THE PAST**

**REEDTOWN HIGH SCHOOL**

Reedtown High School is significant as the oldest remaining black school and first black high school in Russellville. Although this building opened in 1952, Reedtown School began 30 years earlier as one of two Rosenwald Schools built in Franklin County. The other school was Harrican located on Vanburen Street. Booker T. Washington, Principal of the Tuskegee Normal and Industrial Institute (now Tuskegee University) developed the Rosenwald School program with funding from Julius Rosenwald, CEO of Sears & Roebuck to improve the quality of public education for African Americans. The program produced over 5,300 schools in 15 Southern states including 389 in Alabama.

The Reedtown Rosenwald School was built c. 1923-1924 at a cost of \$3,955. To fund the building, the African American community contributed \$1,880, Whites contributed \$475, the Rosenwald Fund granted \$700 and \$900 came from public funds. Nearly 25 percent of students who attended Reedtown School were from the county districts.

(Continued on other side)

**Location: 430 Hamilton St,  
Russellville, AL  
34.4989°N, 87.7387°W**

The reverse side says "... due to integration... Reedtown School officially closed in 1972. Faculty and staff ... were absorbed into the new integrated system ... Reedtown School was listed in the AL Register of Landmarks and Heritage in 2013."

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





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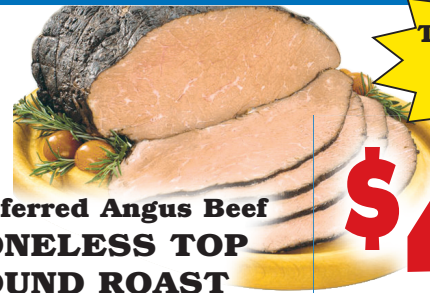
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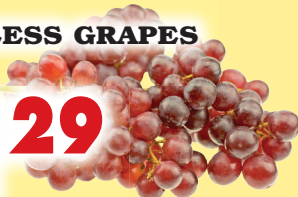


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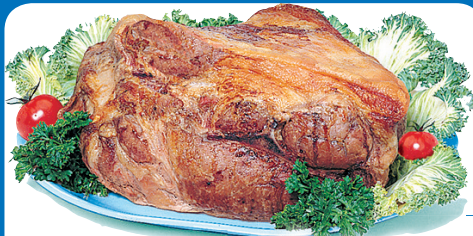
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**55¢**



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Prairie Fresh  
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Banquet  
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**99¢**



**3/\$10**



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<p><b>Kraft DRESSING Zesty Italian, 1000 Island Or Ranch</b> 24 Oz.</p> <p><b>\$3<sup>99</sup></b></p>	<p><b>Mt. Olive DILL CHIPS</b> 32 Oz.</p> <p><b>2 / \$5</b></p>	<p><b>Santitas TORTILLA CHIPS</b> 11 Oz.</p> <p><b>2 / \$4</b></p>	<p><b>UTZ BARREL SNACKS</b> 23 Oz.</p> <p><b>\$6<sup>49</sup></b></p>
<p><b>Food Club MAC &amp; CHEESE DINNERS</b> 7 Oz.</p> <p><b>4 / \$5</b></p>	<p><b>Food Club GREAT NORTHERN BEANS</b> 1 lb.</p> <p><b>4 / \$5</b></p>	<p><b>Blue Bell ICE CREAM</b> 1/2 Gallon</p> <p><b>\$5<sup>99</sup></b></p>	<p><b>Mtn. Dew, Sunkist, Sierra Mist or PEPSI</b> 2 Liters</p> <p><b>3 / \$5</b></p>
<p><b>Purex Ultra Liquid DETERGENT</b> 128-150 Oz.</p> <p><b>\$6<sup>99</sup></b></p>	<p><b>Dial Liquid HAND SOAP</b> 7-8 Oz.</p> <p><b>4 / \$5</b></p>	<p><b>Mtn. Dew, Sunkist, Sierra Mist or PEPSI</b> 12 Pk. 12 Oz. Cans</p> <p><b>2 / \$11</b></p>	<p><b>Mtn. Dew, Sunkist, Sierra Mist or PEPSI</b> 6 Pk. 1/2 Liters</p> <p><b>3 / \$10</b></p>

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<p><b>Colliders Twisted DESSERTS</b> 7 Oz. ....</p> <p><b>2 / \$5</b></p>	<p><b>Celentano RAVIOLI</b> 19-24 Oz. ....</p> <p><b>\$3<sup>99</sup></b></p>

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<p><b>Jimmy Dean SAUSAGE</b> 1 lb. Roll ....</p> <p><b>2 / \$7</b></p>	<p><b>Hormel Select ENTREES</b> 15 Oz. ....</p> <p><b>\$6<sup>99</sup></b></p>
<p><b>Eckrich Original FRANKS</b> 12 Oz. ....</p> <p><b>4 / \$5</b></p>	<p><b>Hormel Select SIDES</b> 20 Oz. ....</p> <p><b>2 / \$6</b></p>

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Some examples of items that qualify as durable medical equipment are, but not limited to: Oxygen equipment and supplies, walkers, wheelchairs, hospital beds, infusion supplies, and patient lifts. Remember, these items should be used primarily at home. If you are residing in a nursing home or hospital, and that facility is providing you with Medicare covered care, it may not be considered your home. If you are staying in a skilled nursing facility, that facility will usually provide the durable medical equipment you need.

If you need durable medical equipment, make sure your doctor and durable medical equipment supplier are enrolled in Medicare. If your doctor or supplier is not enrolled, Medicare will not pay the claims they submit. Without any type of supplemental insurance, you typically will be responsible for 20% of the Medicare approved amount. Also, if you are on a Medicare Advantage Plan you may have copays or coinsurance.

One last thing. There are companies out there that will place outbound calls to Medicare beneficiaries offering to send you durable medical equipment or other items for free. A lady told us just last week this happened to her. The company offered to send her a knee brace at no cost. She didn't need the knee brace but they wanted to send it anyway. These companies will send you the item, then bill Medicare. Remember, nothing is free!! Someone is always paying.

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



Ikey Fowler

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# Notes...

Continued from page 4

**Quad Cities Squares** enjoy square dancing from 7-9 pm Wednesdays at Royal Avenue Recreation Center, 421 N. Royal Ave., Florence.

**The Alzheimer's Caregiver Support Group meets** at the Florence Lauderdale library at 2pm every 3rd Monday of each month. All caregivers are welcome. We all need encouragement.

**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, Laquita 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. For information, please call 256-412-2184

**Chloe's Fund Garden & Plant Sale** takes 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.

**Front Porch Stories: Railroad History and Lore** will be at 2pm April 23 at the Helen Keller Public Library, 511 N. Main St., Tuscumbia. Learn about America's earliest trains at this free event.

**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.

**We Rocked the World: Muscle Shoals Music** - Songwriters in the Round with Billy Lawson and friends will be 7-9pm on April 21 at Champy's, 120 E. Second St., Muscle Shoals. Free event.

**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 Armita Bhakta. Info: tennesseevalleyarts.org

**Awards and Prizes are up for grabs** for contestants in the Songs, Lyrics, Music, & Poetry contest 2022. You can

win: Recording Contracts, Worldwide Song Distribution Deals, Platinum, and Gold Record & Album Awards, Plaques, Collectable Signed Memorabilia, Guitars and other Musical Instruments, trip, books, etc. Radio ready songs will be included on a winner's compilation CD and receive worldwide distribution of your songs to over two hundred radio stations.

Winning in this contest can take your songs to the professional level where they are heard by millions of people. You will be invited to perform your award winning songs at the Compilation CD release party. Poems may be published in our program book. There are separate categories for songs, lyrics, poems, and instrumental only music writers, too. You may enter as many songs as you like and send them all on one CD or tape, we accept all genres of music. We will help you decide which category best fits your song.

Please call 256-604-1435 for an entry form to be mailed to you. If you get an answering machine, please leave your name, address, telephone number, and email and someone from the NWA Songwriters, Poets, & Artists Hall of Fame will return your call and answer questions. Deadline to enter is May 1.

**Historic Sheffield Saturday Walking Tours**, April 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 by 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. Saturday, April 23: "The Great Gatsby". Tickets: tennesseevalleyarts.org

**Historic Tuscumbia Saturday Walking Tours**, April 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: 256-383-0783

**The Town of Killen will be hosting Food Truck Fridays** this Spring and Summer! Come to Killen Park for lunch in the park! (Stay 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 your food truck application.

**The Smoke on the Water Festival** in St. Florian Park on Saturday, April 23, 10am-2pm. Cruise-in Car & Truck Show. \$15 entry per car, all types of cars and trucks are welcome to enter.

Join us for a day of fun with BBQ tasting and cook-off. There will be door prizes and a Free T-shirt for car/truck owners. One owner will have the opportunity to win a big screen smart TV!

See NOTES... page 38

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Information and Safety Tips from Sheffield Utilities for Public Awareness Program (Alabama Act 94-487 and Office of Pipeline Safety Part 192.616)

#### What is Natural Gas?

Natural gas is made up of hydrocarbon gases, primarily methane, naturally occurring in rock formations deep below the earth's surface. The natural gas is withdrawn and transported to homes and businesses through an underground system of pipes.

#### Why use Natural Gas?

Natural gas is a fuel of choice because it is:

1. Efficient
2. Clean-burning (emits few pollutants)
3. Plentiful
4. Safe



#### Who uses Natural Gas?

- Residential users use natural gas in their homes to fuel furnaces, pool/spa heaters, gas lights, stoves, generators and space heaters.
- Commercial users use natural gas in businesses such as restaurants, hotels, and hospitals.
- Industrial users use natural gas for heating processes and as a fuel for the generation of steam.
- Electric utilities use natural gas to generate electricity.
- Natural gas pipeline companies use natural gas as a fuel to run compressor units.

#### Natural Gas Safety Precautions

Natural gas is colorless, odorless, lighter than air, and non-toxic. Breathing natural gas is not harmful as long as there is an adequate supply of fresh air to breathe along with it. Natural gas by itself will not burn, but with the proper mixture of gas and air combined with an ignition source, combustion can occur.

An odorant that smells like rotten eggs is added to natural gas so that it can be detected. The odor is a warning that natural gas may be present and, if ignited, could result in personal injury or property damage.

If the smell of gas is present inside your home or business (no matter how faint or strong),

#### Do Not:

1. Smoke or strike a match.
2. Operate an electric switch or appliance control.
3. Pull any plugs from outlets.
4. Use a flashlight or lighter.
5. Use a telephone or cell phone in the building.

If you SMELL A FAINT ODOR of natural gas INSIDE YOUR HOME OR BUSINESS, check to see if any appliances have been left on accidentally or if a pilot light has been extinguished, which would cause the odor (rotten eggs). If the odor persists, TAKE NO CHANCES, get out of the house immediately, and then call us from a nearby phone or neighbor.

If a STRONG OR PERSISTENT ODOR OF GAS is present IN YOUR HOME OR BUSINESS, OR IF YOU HEAR A HISSING SOUND of escaping natural gas, follow this procedure:

1. Get everyone out of the building immediately.
2. Leave the door open.
3. Use a neighbor's phone or cellular phone outside the building to call us.
4. If you SMELL OR DETECT NATURAL GAS OUTSIDE, call us.

Leaks from natural gas pipelines are extremely rare, however it is important that you know how to recognize the signs of a leak if one were to occur in your area. A strong odor, hissing sound, or dirt blowing up from a hole are signs of a leak. Move away from and upwind of the suspected leak before calling us. Do not light matches, smoke, use a cell phone or attempt to start any motor vehicles in the area of a possible gas leak.

#### Call Before You Dig

Whether you are building a home, installing a sprinkler system, or just planting a tree, we want you to be safe. No matter the size of the project, before you dig, grade, or excavate, the law requires you to call for all underground utilities to be located. Please contact the One-Call Center for more information on this free service. (Alabama One Call 811) If you are digging and expose a gas pipeline, call us. Proper attention to pipe that has been exposed can prevent problems later.

Phone Number: Sheffield Utilities 256-248-2745, or 256-389-2478  
Alabama One Call 811  
Or you can call 911 for Emergencies

## VOCAL...

Continued from Page 14

in Florence. The rainsite will be Florence First Baptist Church at 235 N. Wood Ave.

The keynote speaker is Alabama Attorney General Steve Marshall. Other speakers will include Lauderdale County District Attorney, Chris Connolly, and representatives from the Cramer Children's Center, Safe Place, The Healing Place, One Place of Shoals, Lauderdale County Children's Policy Council, Shoals Homicide Survivors, and VOCAL. This is a public event and open to everyone.

This year's theme for National Crime Victims' Rights Week is Rights, Access, Equity for all victims.

Learn more about National Crime Victims' Rights Week visit [ovc.ncjrs.gov/ncvrw](http://ovc.ncjrs.gov/ncvrw). Learn more about VOCAL, [www.vocalonline.org](http://www.vocalonline.org). Shoals Chapter Vocal is online at Facebook VOCAL of the Shoals.

In addition, the Lauderdale County District Attorney's office is hosting a Victim Service Providers Resource Fair on Saturday April 30 from 11am- 2pm at Wilson Park. There will be several local Victim Service Provider agencies participating in this event including the District Attorney's Office, VOCAL, One Place of the Shoals, SafePlace, The Healing Place, DHR, UNA, Florence Police Department, Lauderdale County Sheriff's department, and many more. This is a free public event. There will be activities for children and free information and material available.

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## Health...

Continued from Page 14

The Center for Disease Control (CDC), which has offered cancer screenings to over 5 million women. This program has benefited thousands of women in the state who would not have had access to preventative care otherwise.

One out of eight women born today will be diagnosed with breast cancer at some time during her life. Early detection is a key factor in treating and

surviving a possible cancer diagnosis. So, it is very important that everyone consult with their health care provider for regular exams. The program is made possible by partnerships with the Anderson College of Nursing and Health Professions at UNA, Florence Pathology Service, Tri-State Center for Breast Health, Lauderdale County Radiology, and the ABCCEDP Program.

For more information or an appointment, call the Shoals Community Clinic at 256-760-4713.

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## Why So Many Books

**Ecclesiastes 12:12** "And further, by these, my son, be admonished: of making many books *there is no end*; and much study *is a weariness of the flesh.*" **2 Timothy 2:15** "Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth." What are the motives for writing any book? Money? Correction? Instruction? Clarification? Fame? Love? Edification? Money? LOL. Unfriendly text? Glory? Why our KJV Bible? **John 20:31** "But these are written, that ye might believe that Jesus is the Christ, the Son of God; and that believing ye might have life through his name." **Daniel 10:21A** "But I will shew thee that which is noted in the scripture of truth:" **2 Timothy 3:15** "And that from a child thou hast known the holy scriptures, which are able to make thee wise unto salvation through faith which is in Christ Jesus." **2 Peter 3:16** "As also in all *his* epistles, speaking in them of these things; in which are some things hard to be understood, which they that are unlearned and unstable wrest, as *they do* also the other scriptures, unto their own destruction." Daniel, Paul, Timothy, Peter had the scriptures. Where did they go?

We are commanded: **John 5:39** "Search the scriptures; for in them ye think ye have eternal life: and they are they which testify of me." Why so many books and cults, sects, (churches), religions, fancy name tags ect., and confusion today? Easy. God won't honor any effort to correct Him or His book. Laziness prevails today! Payday someday. Very few theologians and scholars will escape this condemnation. Get on the money train. **1 Timothy 6:10** "For the love of money is the root of all evil: which while some coveted after, they have erred from the faith, and pierced themselves through with many sorrows." **Mark 7:37** "And were beyond measure astonished, saying, He hath done all things well: he maketh both the deaf to hear, and the dumb to speak." God doesn't make mistakes. Did you?

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will be put first, that the lawyer will bring skill, knowledge and expertise to their case and that the lawyer will always be trustworthy.

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Legal secretaries are the back-bone of a good law firm. They do a lot of work. There are few good legal secretaries available. Legal secretaries are well known among the legal community for their ability to get things done.

My secretary is laughing right now because she knows that it's not the scheduling or the typing or the ordering of medical records, it's putting up with lawyers. It's challenging. All that being said, if you know that you're smart as a whip and not being appreciated, I'm willing to train the right person. I have always been able to keep two secretaries busy and I need one now.

It's a good job with benefits so if you are the right person or know the right person, send them my way!

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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<p>PINT SIZE - SELECT VARIETIES  <b>MAYFIELD ICE CREAM</b>    <b>2/\$3</b></p>	<p>2 PACK - 8.5-9 OZ. SELECT VARIETIES  <b>HOT POCKETS</b>    <b>2/\$5</b></p>	<p>8 OZ.  <b>ESSENTIAL EVERYDAY SOUR CREAM</b>    <b>99¢</b></p>	<p>5-5.9 OZ. - SELECT VARIETIES  <b>CELESTE FROZEN PIZZAS</b>    <b>99¢</b></p>	<p>32 OZ. - BUTTERMILK ONLY  <b>MRS. BUTTERWORTH'S PANCAKE MIX</b>    <b>2/\$3</b></p>
<p>10.75 OZ.  <b>CAMPBELL'S CHICKEN NOODLE SOUP</b>    <b>99¢</b></p>	<p>2 PACK - 8 OZ. PLASTIC - SELECT VARIETIES  <b>GERBER'S 2ND FOODS BABY FOOD</b>    <b>99¢</b></p>	<p>YOUR CHOICE - 12-14 OZ.  <b>KRAFT DELUXE MAC &amp; CHEESE OR VELVEETA SHELLS</b>    <b>2/\$7</b></p>		
<p>18 COUNT - SELECT VARIETIES  <b>LAY'S VARIETY PACK CHIPS</b>    <b>\$8.99</b></p>	<p>SIZES 1-6 - 24-44 COUNT - SELECT VARIETIES  <b>BABY BASIC DIAPERS</b>    <b>\$3.99</b></p>	<p>BAR'S  <b>REGULAR OR BUN SIZE FRANKS</b>    <b>4/\$5</b></p>	<p>FAMILY PACK FRESH LARGE BONELESS  <b>CHICKEN TENDERS</b>    <b>\$3.99</b> LB.</p>	<p>GWALTNEY  <b>REGULAR OR THICK SLICED BACON</b>    <b>\$3.99</b> 12 OZ.</p>
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## ON YOUR DEBT

### Repossession: Can A Creditor Really Take My Property?



**B. Grant  
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If you find yourself in a position in which you are overrun by debt and unable to manage your payments, you have probably already started receiving phone calls from creditors and letters in the mail demanding payment. Some of these letters and calls may be to inform you that your creditors have initiated the repossession process, which is the process of reclaiming financed property.

You may assume that repossession always involves the confiscation of a vehicle, but that is not always the case. There are several other types of property that may be subject to repossession, and you would be wise to make yourself aware of your rights, as well as the right of the creditor to take this course of action.

#### What You Need To Know About Repossession

Repossession is the process of reclaiming financed property because the possessor defaulted on the loan. You may be surprised to learn that a creditor can actually do this, but when you read the fine print in your contract, you agreed to this right when you signed. If you are receiving notices of repossession on your vehicle or other types of property, you may find it useful to understand how this process works:

- A creditor has the right to initiate the repossession process as soon as an account goes into delinquency.
- While creditors do have the right to repossess property, they may not break the law to do so.
- Often, creditors use third parties, sometimes called repo men, to repossess property.
- The creditor does not need a court order to repossess your property.
- A person repossessing on behalf of a creditor has the right to take a vehicle when parked on a street, in a driveway, in a lot or in a public area.

A threat of repossession is a threat to your

personal property and your right to drive. While it is a daunting prospect, there are ways that you can make this process stop.

#### The Benefits Of The Automatic Stay

In your situation, it may be advantageous to consider the benefits of filing for bankruptcy. This process can not only help you deal with your debt once and for all, but it will also enact the automatic stay. The automatic stay goes into effect when you file, halting all further contact from creditors and stopping all collections efforts, including repossession.

Bankruptcy offers you the opportunity to build a stronger financial future by eliminating or paying off debt. If you think you may lose your vehicle or have no way to deal with your debt on your own, you may benefit from an explanation of the benefits of this process.

If you are facing repossession of property or dealing with debt you have no hope of paying, you owe it to yourself to get the facts about bankruptcy. Contact us at Bond & Botes and start getting your life under control.

#### Bond & Botes Helps People Struggling with Debt

We are local and offer a free confidential face to face consultation with an experienced attorney. We also offer free consultations from the comfort and safety of your own home or office by phone and/or video if you so choose. Let us solve your financial problems. There is no obligation, and that means no downside to gathering the information you need to make good decisions about how to break the cycle of debt stress and move forward. We can answer all your questions regarding Chapter 7 Bankruptcy, Chapter 13 Bankruptcy, stopping a foreclosure or wage garnishment, avoiding liens, stopping lawsuits, discharging medical debt, personal loans, payday loans, credit card debt, etc. We can alleviate your stress! We want to help, and we can help you!

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BY HENRY BOLTINOFF



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## Insurance Insights

### Share The Road With Farm Vehicles

Driving on rural roads may leave a driver with feeling safe and relaxed but their perceptions may be unfounded. Many factors make country roads risky. One of the big problems? Drivers' inexperience sharing the road with large farm vehicles.

#### How to safely drive around farm vehicles

- **Drive defensively**, especially during planting and harvest seasons. Recognizing that you're in an agricultural environment and being alert will help you avoid dangerous situations as much as possible.
- **Slow down.** Farm vehicles often travel at slow speeds. To reduce the risk of a collision, begin braking when you see the slow-moving vehicle emblem. Also stay a safe distance back — around 50 feet.
- **Pass carefully.** Take the standard precautions: Wait for a safe passing zone, watch for oncoming traffic, signal and return to the lane once the vehicle is in your rearview mirror. If the vehicle is extra-wide, wait to pass until the driver pulls over and signals that it's safe. Honk your horn beforehand in case the driver can't see you.
- **Yield.** Give a wide farm vehicle the right-of-way when it's traveling the opposite direction. Farm vehicles can't always pull over to the road's shoulder safely. If possible, pull onto the shoulder or into a turn-out to allow the farm vehicle to pass.
- **Be patient.** A driver may appear to be pulling to the right to let you pass when he or she is actually making a wide left-hand turn. Before speeding past, look for driveways, roads or fields where the vehicle might be entering. Also check for hand gestures or lights signaling the driver's intention to turn. Know the basics. Following the speed limit and wearing your seatbelt is just as important in the country as it is on city streets
- **Take a second look.** Before you pull into an intersection or make a move to pass, be sure your path is clear in all directions. Tall crops can create "blind" corners, and farm vehicles could enter the roadway from unmarked access drives on the fields.
- **Follow the rules.** In general, farm vehicle operators must follow the same rules of the road as car drivers when they are on the road. Farm vehicles will have the right of way in a situation if a car would have had the right of way.



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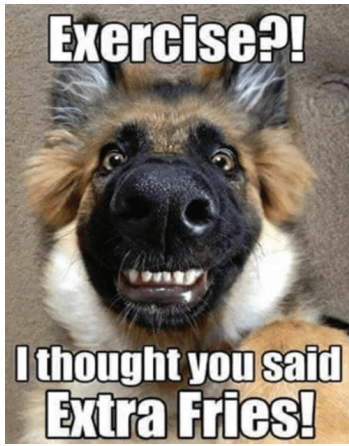


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Recently, when I went to McDonald's I saw on the menu that I could have an order of 6, 9 or 12 Chicken McNuggets. I asked for a half dozen nuggets. "We don't have half dozen nuggets," said the teenager at the counter. "You don't?" I replied. "We only have six, nine, or twelve," was the reply. "So I can't order a half dozen nuggets, but I can order six?" "That's right." So I shook my head and ordered six McNuggets.

*Quips & Quotes*

**FROM THE 'NET**

Funnies, facts, photos, rumors, somber and thought-provoking info. (some factual, some not) from emails, forwards and websites.



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**Two Louisiana Pastors**

Reverend Boudreaux was the part-time pastor of the local Cajun Baptist Church and Pastor Thibodaux was the minister of the Covenant Church across the road. They were both standing by the road, pounding a sign into the ground, that read:

'Da End is Near  
Turn Yo Sef 'Roun Now  
Afore It Be Too Late!'

As a car sped past them, the driver leaned out his window and yelled, 'You religious nuts!' From the curve they heard screeching tires, and a big splash...

Boudreaux turns to Thibodaux and asks, 'Do ya tink maybe da sign should jussay.....' Bridge Out?'

**Why Some Men Have Dogs and Not Wives**



1. The later you are, the more excited your dogs are to see you.
2. Dogs don't notice if you call them by another dog's name.
3. Dogs like it if you leave a lot of things on the floor.
4. A dog's parents never visit.
5. Dogs agree that you have to raise your voice to get your point across.
6. You never have to wait for a dog; they're ready to go 24 hours a day.
7. Dogs find you amusing when you're drunk..
8. Dogs like to go hunting and fishing.
9. A dog will not wake you up at night to ask, "If I died, would you get another dog?"
10. If a dog has babies, you can put an ad in the paper and give them away.
11. A dog will let you put a studded collar on it without calling you a pervert.
12. If a dog smells another dog on you, they don't get mad. They just think it's interesting.



13. Dogs like to ride in the back of a pickup truck.
  14. If a dog leaves, it won't take half of your stuff.
- To test this theory: Lock your wife and your dog in the garage for an hour. Then open it and see who's happy to see you.

**Some Laws of the Universe**

1. Law of Mechanical Repair - After your hands become coated with grease, your nose will begin to itch & you'll have to use the restroom.
2. Variation Law - If you change traffic lanes, the one you were in will always move faster than the one you are in now.
3. Law of the Bath - When the body is fully immersed in water, the phone rings.
4. Law of the Result - When you try to prove to someone that a machine won't work, it will.
5. Law of Biomechanics - The severity of the itch is inversely proportional to the reach.
6. The Coffee Law - As soon as you sit down to a cup of hot coffee, your boss will ask you to do something which will last until the coffee is cold.
7. Law of Physical Surfaces - The chances of an open-faced jelly sandwich landing face down on a floor, are directly correlated to the newness & cost of the carpet or rug.
8. Wilson's Law of Commercial Marketing Strategy - As soon as you find a product that you really like, they will stop making it.



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### Easter Baskets for Winners

Winners in the Courier Journal's Easter Coloring contest came by our office to pick up prizes last week. The feature prize was a beautiful Easter Basket from area Foodland stores for each of the nine winners. Eight year old Inessa Russel is all smiles here with her basket and her Kidsville News! gear. Thanks to everyone who entered and congratulations to the winners!

Photo by Lauren Russel

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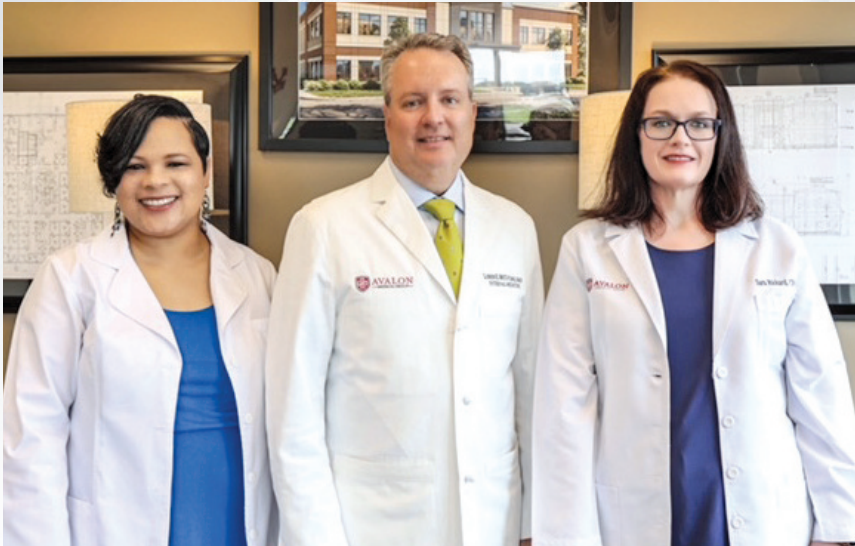
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Truman

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# Soap Opera Preview

**THE BOLD AND THE BEAUTIFUL** Carter was committed to doing the right thing. Tormented over her guilt, Sheila lashed out at Deacon. Quinn and Carter took a walk down memory lane. Steffy stunned Ridge and Liam with a shocking comment. Liam stepped up

to help Steffy in her darkest hour. Carter got Quinn to make an admission of her feelings. Ridge and Taylor argued with Brooke about Steffy. *Wait to See: Hope gently attempts to ease Steffy back into reality. Taylor stands her ground with Brooke and Hope about Steffy's treatment. Sheila's anxiety skyrockets as*

*it seems the walls are closing in around her.*

**DAYS OF OUR LIVES** Ava presented Abigail with a tantalizing offer. Chloe tried to force Leo's hand. Bonnie convinced Nancy to join a dating app. Eric and Nicole had an unexpected reunion. Jack and Jennifer returned for Gwen's wedding to Xander. Brady comforted Chloe after she was upset about her father's impending marriage to Leo. Meanwhile, Leo made a confession to Craig. Nancy hit it off with a new man. The town gathered for the double wedding of Xander and Gwen, and Craig and Leo. Abigail anxiously awaited word from Ava. Nancy interrupted the ceremony. Chad crashed the wedding with a surprise guest. Gwen's entire world came crashing down. Ava infuriated Rafe and Gabi with her news. Ben wondered if Jake had feelings for Ava. A possessed Allie played mind games with Johnny. *Wait to See: Ben and Ciara come up with a name for their baby. Tripp and Chanel bond over their heartache. Paulina kisses Abe.*

**GENERAL HOSPITAL** Jordan and Portia were at odds. Alexis made a horrific discovery at

the pier. Harmony and Willow bonded. Valentin apologized to Anna. Britt and Spencer had a heart-to-heart. Harmony came close to revealing the truth. Nina warned Ava. Laura revealed her latest suspicions. Sonny reasserted himself as the head of his territory. Nikolas offered Esme some encouragement. Things escalated when Josslyn asked Cameron what he meant. Chase was surprised while on surveillance. Cameron and Spencer bemoaned their predicament. Curtis asked for what he was owed. The Quartermaine family and friends celebrated Ned's adoption of Leo. Marshall made a big decision. Alexis

asked Harmony what was bothering her so much. Curtis told Marshall it was too late. *Wait to See: Carly seeks out Alexis at home. Brook Lynn is upset with Chase. Diane makes a compelling argument.*

**THE YOUNG AND THE RESTLESS** Victor backed Ashland into a corner. Jack reached out to Kyle. Phyllis called Diane's bluff. Victoria forced Ashland to come clean. Nikki received a distress call. Chelsea and Sharon cleared the air about Rey. Victor took control to help Victoria. Sharon experienced déjà vu. Sally caught Adam off guard. Victor and Nikki were stunned by Ashland's actions. Nick delivered

some shocking news. *Wait to See: Victor gives Ashland his marching orders. Victoria struggles with her new normal. Adam supports Chelsea.*

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## Letters...

Continued from Page 14

### Why Mislead on Headline?

Editor,

Novelist T.S. Stribling once remarked sympathetically of one of his fictional characters, "He's as honest as the business will allow."

Stribling's insight came to mind recently when I read an article in the *Times of Israel*. The *Times* used the following headline in reporting the story:

"Archeologist claims to find oldest Hebrew text in Israel, including the name of God." (my italics)

The newly discovered item is a small, lead tablet or amulet from 3,200 (or more) years ago. It was found near an ancient altar site at Mount Ebal, near present-day Nablus. If authentic, it is one of the most important archeological discoveries in Israel's history. Its age alone makes it remarkable. The fact that it carries a message in a proto-alphabetic Hebrew script

makes it breathtaking. To give you a Biblical timeline, it dates to around the time of the Exodus.

However, in spite of the *Times'* assertion, the word "God" doesn't appear in the text as the name of our Heavenly Father. In fact, I doubt that the word "God" appears in the text at all!

What the archeologist unearthed was the name "Yahweh" in an abbreviated spelling. Again, if the amulet is authentic, it records the name of Yahweh in use in Israel 3,200 years ago.

So why the misleading headline in the *Times of Israel*? Shouldn't the headline have read, "...including the name of Yahweh," in order to be forthright and accurate? Partly the problem lies with Biblical archeologists who are imprecise and compromising with the media and the general public.

However, the *Times* undoubtedly knew what the text said. Faced with the religious establishment's ruthless constraints on the truth, the *Times* took the usual cowardly way out. It

took a remarkable historical discovery, and substituted the common word "God" for the sacred name of Yahweh that appears in the text. Such a misguided process has been going on for centuries. In Stribling's words, the *Times* was as honest as the business would allow. Little wonder so few people seem to understand the Bible.

**Tom Ponder**  
Killen

### Where's Our 25% Raise?

Editor:

Here we go again!

House Bill 496 sponsored by Rep. Philip Pettus, Lynn Greer, Andrew Sorrell, and Rep. Kiel (Franklin County) which will await the governor's signature gives Lauderdale County Commission Chairman, Danny Pettus, an increase in his annual salary from \$40,000-\$50,000. On a weekly basis that is \$192.30, a 25% increase! I don't know about you, but

in my 50 years of working life, I NEVER got a 25% raise. And Social Security has never given me a 25% increase. I know inflation is high, but after the AG Center BOONDOGGLE I don't believe Danny Pettus deserves a 25% raise!

I am tired of things trying to be hidden from the voters by elected officials who think the voters of Lauderdale County are not capable of making rational decisions. As we have seen from the AG Center our elected officials have not discovered the meaning of honesty and transparency! This year when I go to the polls, I will not vote for any of these elected officials! It is time we all demand that our elected officials be responsive to the people of Lauderdale County and are honest and transparent about the way they conduct themselves!

The Bible tells me to "Abstain from all appearance of evil." I would suggest our elected officials adhere to that scripture!

**Philip Goodale**  
Florence

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Commentary

Millstone

Continued from Page 14

fluid," she said in the video. "At one point last year, I had explained to them that I was not Miss Lois or Mr. Lois. It's just Lois because I'm not a boy or girl. And this was all well and good until October, when I also explained to them that I'm pagan, so I am also a witch."

She elaborated with even more colorful details.

New Jersey's Board of Education recently approved new student learning standards for "Comprehensive Health and Physical Education." The curriculum is set to go into effect by September of this year, as I understand it.

That means in addition to a leftist climate change agenda, second-grade students will also receive lessons in gender identity in the fall.

The upcoming standards instruct teachers to describe gender-role stereotypes and their potential impact on self and others, to differentiate between sexual orientation and gender identity, and to analyze the influences of peers, family, media, social norms and culture on the expression of gender, sexual orientation, and identity, the public school guidance states.

By the end of the second grade, the standards state that children are expected to list medically accurate names for body parts, including the genitals and reproduction.

By the eighth grade students in New Jersey should know about pregnancy testing, the

signs of pregnancy, and pregnancy options, including parenting, abortion, and adoption."

School boards across the country are authorizing sexually charged reading material for students of various ages. At one recent board meeting, one concerned parent at the podium was not allowed to recite from the text -- because the meeting was on Facebook live and children might be listening....

Four-to-eight year old kids have no business thinking about anything to do with sex or gender fluidity, but the left is completely enthralled with it.

If a person were caught in a public park saying those things to a child, they would be arrested for enticing a minor. If a self-respecting father were to catch a stranger saying those types of things to his child in a park, assault may be most docile description of what may transpire. The dirt bag may not make it to court.

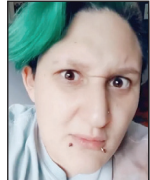
Yet, we as a society are willingly feeding our kids rot-gut ideas that no child should have to entertain. Their young innocent minds are not mature enough to process such demented perspectives on life, social norms, and sexual boundaries that are devoid of rational thinking.

We should all keep Jesus's words from Matt. 18: 4-6 top of mind.

*Whoever humbles himself like this child is the greatest in the kingdom of heaven.*

*Whoever receives one such child in my name receives me, but whoever causes one of these little ones who believe in me to sin, it would be better for him to have a great millstone fastened around his neck and to be drowned in the depth of the sea. -- ESV*

And the depths are exactly where the American left wants to take us.



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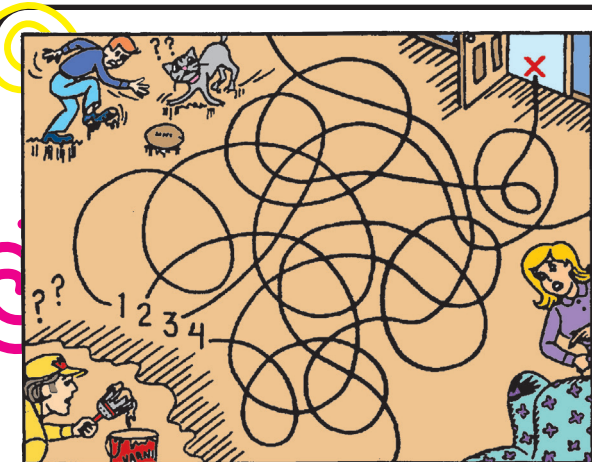
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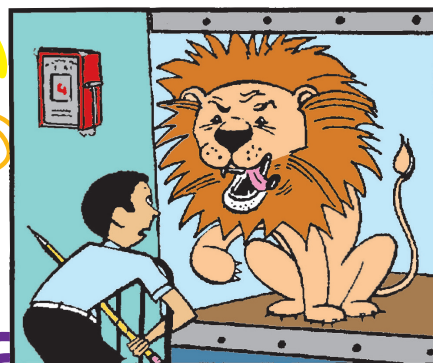
One way to proceed is to begin with first word at top left, find a compatible word at right and draw a line to it. Move on to second word, etc. See how quickly you can make the six matchups. Time limit: two minutes.

1 OAR	PIPE
2 GAIN	KIN
3 HIGH	SAY
4 POST	WAY
5 BAG	LOCK
6 PUMP	AGE

# Junior Whirl

by Hal Kaufman

**Answers On Page 38**



**Quick On The Draw Under Pressure?**

LET'S see if you have your wits about you under a great deal of pressure. Suppose you are the young man at left who hopes to avoid being clawed by an obviously free-to-roam lion.

What can you do with an object at hand — an object in the picture — that will keep the beast in its place?

Think fast, and not too hard.

**STRING TRIO!** If the sum of three consecutive numbers is 63, what are the numbers?





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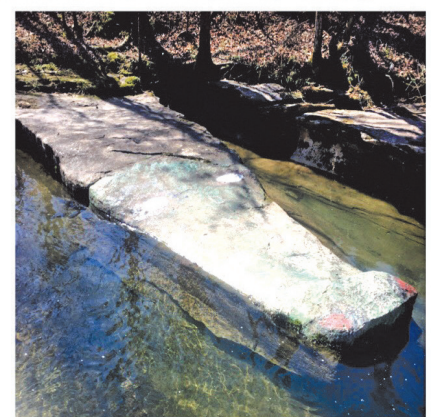
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# Community Notes...

Continued from page 23

**Vulcan Park and Museum in Birmingham announces the return of its annual tour programming, the 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 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](http://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

**Want to see your Event here? Email your information to Editor@CourierJournal.net.**

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

**The Tennessee Valley Historical Society will meet Sunday, April 24 at 2pm at the Helen Keller Library in**

Tusculmbia. Mary Carton, local photographer & historian will present "A Journey On the Natchez Trace". The public is invited to this free program. Refreshments will be served.

**The Sheffield Parks and Recreation Department is taking registration for summer swim lessons.** The lessons will be given in June and July. Classes are limited. Visit the center or call 256-386-5615.

**A Confederate Memorial Day Ceremony will take place on Sunday, April 24 at 2pm, at the Oakwood Cemetery, Confederate Rest of Unknown Soldiers in Tusculmbia.** The area is off of F. Gardiner Blvd. The event is sponsored by the Sons of Confederate Veterans, Col. Wm. A. Johnson Camp # 898, and the United Daughters of the Confederacy, Chapter # 201, Tusculmbia. The SCV Camp, Winston County Grays, # 1788 will also be participating. Public invited and refreshments will be provided. For more information, call 256-577-3894.

**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](http://www.swampers5K.com).

**The Lauderdale County District Attorney's office is hosting a Victim Service Providers Resource Fair on Saturday April 30 from 11am-2pm at Wilson Park.** There will be several local Victim Service Provider agencies participating in this event including the District Attorney's Office, VOCAL, One Place of the Shoals, SafePlace, The Healing Place, DHR, UNA, Florence Police Department, Lauderdale County Sheriff's department, and many more. This is a free public event here will be activities for children and free information and material available.

**"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](http://shoalssymphony.org) or 256-710-1623

**The Shoals Alabama Kidney 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 at [shoalskidneywalk.org](http://shoalskidneywalk.org), email [Johelene@alkidney.org](mailto:Johelene@alkidney.org) or call 256-975-0000.

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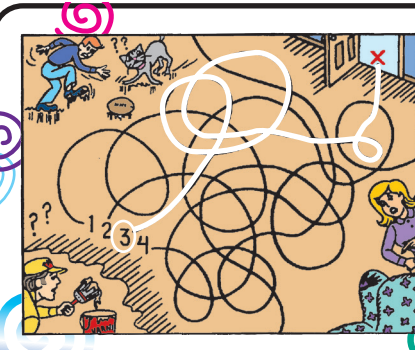
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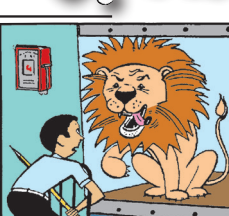
**Junior Whirl Answers** by Hal Kaufman



1. Oarlock. 2. Gainsay. 3. Highway. 4. Postage. 5. Bagpipe. 6. Pumpkin.

OAR	PIPE
GAIN	KIN
HIGH	SAY
POST	WAY
BAG	LOCK
PUMP	AGE

**Quick On The Draw Under Pressure?** Simply use pencil to draw lines vertically dot to dot to form bars of cage.



**STRING TRIO!** If the sum of three consecutive numbers is 63, what are the numbers?

Numbers are twenty, twenty-one and twenty-two.

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# Athletic SUPPORT

by Eli Cranor



## Transfer Portal and NIL: the death of college sports

**Dear Athletic Support:** Seems like every time I look up, college athletes are changing schools. They jump from one team to another with zero loyalty. I'm not even sure what the "Transfer Portal" is, but I don't think it's good for college sports. And don't get me started on paying college players. That name, image, likeness stuff is for the birds. Whatever happened to playing for the love of the game?

— Old Timer

**Dear Old Timer:** For decades, the NCAA perpetuated a myth that college athletics, especially the highest earning sports like football and men's basketball, were actually amateur endeavors.

When in reality these teams were bringing in millions, if not billions, for their respective universities.

Granted, I'm generally not a fan of the uptick in transfers. I pine for the time where there was true loyalty to a state and a team.

But those days didn't end with the Transfer portal or the NIL. They ended when the NCAA and the major colleges started making big bucks off the backs of unpaid athletes.

**Dear Athletic Support:** My daughter loves to read. I'm not a reader. Neither is my husband. We don't have a problem with her reading, but we just don't really know what to think, or how to help her. The reason I'm writing this into the "sports column," is because our daughter is also a very talented athlete. It's a weird combination. None of the other girls on her team like to read. I don't think I've ever seen one of her friends with a book. Period. I almost feel like sports and books don't go together. Like, somehow, if she's reading all the time, she's wasting her time. Time she could've spent shooting free throws. If you can't tell, our family really loves sports. I'm reaching out to you because I know that you're a writer, and you played football all the way through. I guess I'm just wondering how you did it? And is there anything we can do to help our daughter in both areas?

— Sports Mom

**Dear Sports Mom:** If your daughter is already reading as much as you say she is, then half the battle has already been won.

Reading helps kids both mentally and physically. It improves critical thinking skills and can really help calm adolescent brains down, especially before bed. Getting good sleep goes a long way toward proper development.

And in regard to being a reader and an athlete — there's nothing better!

Most people don't realize how much these two activities complement each other. It takes long hours of focus in order to be a strong reader. The same is true of a great athlete.

Listen, if you're looking for ways to support your daughter, look no further. You're already doing a heck of a job. Maybe just offer to buy her a couple books, or take her to the local library!

Eli Cranor is a former professional quarterback and coach turned award-winning author. His debut novel, "Don't Know Tough," is available for pre-order wherever books are sold. Send questions for "Athletic Support" to [eli.cranor@gmail.com](mailto:eli.cranor@gmail.com)

# WARNING: DO NOT TRY THIS AT HOME!



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