

Male SAY in Big South

CHARLOTTE, N.C. -- For the third straight year, UNA defensive back **K.J. Smith** of Perry, GA has been named the Big South Conference Male Scholar-Athlete of the Year.

The honor recognizes the league's top male and female student athletes for their combined performances on the field and in the classroom.

Big South Sports Information Directors vote from a pool of each sport's Scholar-Athlete winner during the past season.

Smith also claimed the award as the top male student-athlete among all Big South institutions in 2019-20 and 2020-21. Thus, becoming the first male student-athlete in conference history to claim the honor three times.

Smith is a three-time, first-team Academic All-America® member as selected by the College Sports Information Directors of America (CoSIDA). He earned both his Bachelor's and Masters degrees from UNA during his playing career from 2018-21.

Upward Bound Budget Boost

MUSCLE SHOALS -- The Upward Bound program at Northwest-Shoals Community College has been funded \$764,953 for the 2022-2023 fiscal year by the U.S. Department of Education. This is an increase of over 13% from the previous grant cycle.

TRIO Upward Bound will provide five years of funding

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

Volume 138 Number 40 July 27, 2022 POSTAL PATRON

Courier Journal

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New Branch Opens



FFCU on E. Tennessee St. in Florence
Gwen Crenshaw

FFCU Lights Up District Downtown

FLORENCE -- Florence Federal Credit Union will celebrate the opening of its new full-service branch at 501 E. Tennessee St in downtown Florence on Friday, August 5.

A Grand Opening and ribbon-cutting ceremony will take place at 4pm. It will be hosted by the Shoals Chamber of Commerce, and joined by local officials, Credit Union leadership, and members of

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the community. This event is open to the public.

"We are excited about the new possibilities this full-service branch will provide in caring for our members, and proud of our continued commitment to invest in our Shoals community," said

See **FFCU...** on Page 6

Local Foresters Group Wins National Award

WILLIAMSBURG, VA -- ACF's Alabama chapter has been awarded its Large Chapter of the Year Award for exemplifying outstanding contributions to forestry, their local community and the Association of Consulting

Foresters of America, Inc., (ACF). ACF is a national organization of forestry professionals that help landowners address their land-use and forestry challenges.

See **FORESTER...** Page 7



Alabama Chapter representatives of the Association of Consulting Foresters of America, Inc. accepting the prize check are left-right, T.R. Clark, Secretary/Treasurer; Billy Rye, chapter chairman; Pat Autrey, immediate past-chair; Bruce Lanier, chair-elect; John Stivers, past chair; and Russell Autrey, Gulf Region director. *Courtesy photo*

INSIDE THIS ISSUE



Advance Auto Sales
Jeff Elledge Auto Sales

- Skyliters Return
- Insurance Insights
- The Truth in Love



- Ask the Attorney
- Soap Updates
- Hocus Focus
- Cat & Kids
- \$\$ Stretcher

- Savvy Senior
- On Your Debt
- Dave Says
- Crossroads Potluck

SIGNS of the PAST

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Mystery Photo WIN A MEAL FOR 2

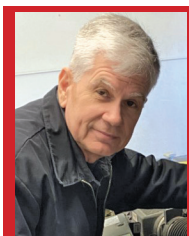
Outdoor

Web Poll

Pet Talk

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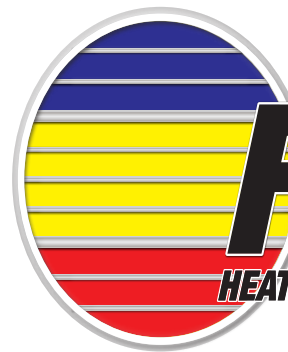
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IT'S YARD SALE SEASON! Get a free yard sale kit with your prepaid red lined yard sale ad. Deadline Friday: 8 days prior to a Saturday sale. See Page 8 or visit www.courierjournal.net.

TWO CEMETERY LOTS IN Colbert Memorial Gardens. Lot 42A, Spaces 3 & 4. Retail for \$2,300 each, Selling for \$1,600 each (will not sell separately) 256-710-2361

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Two NW-SCC Upward Bound Project participants take part in a CPR Class on campus this summer. NW-SCC photo

Shorts...

Upward Bound Budget Boost

Continued from Page 1

to help 158 local students per year find their paths to college. According to the U.S. Department of Education, 86% of Upward Bound participants enroll in postsecondary institutions immediately following high school graduation.

"The Upward Bound Program and the other TRIO programs are so important to the students in the communities we serve," said NW-SCC President Dr. Jeff Goodwin. "These programs offer academic and support services to help remove barriers that hinder students from pursuing a postsecondary education. Without these programs, many students would not be able to realize their dream of a college degree."

NW-SCC houses an Upward Bound program on each of the two campuses. Each program should receive funding for the next five years (2022-2027).

- **Phil Campbell Campus Program** - \$439,973; serves Belgreen, Haleyville, Muscle Shoals, Phil Campbell, Red Bay, Russellville, Tharptown, and Vina high schools
- **Shoals Campus Program** - \$324,980; serves Central, Colbert County, Colbert Heights, Florence, Lexington, Rogers, Sheffield, and Wilson high schools along with the Florence Freshman Center

The program is aimed at students in grades 9-12 who will be the first in their families to graduate college and come from lower income

backgrounds. The program also encourages individuals to complete a two-year or four-year college degree.

The Upward Bound program is one of four TRIO programs, including Talent Search, Student Support Services, and Upward Bound Math and Science at NW-SCC. The programs are 100% federally-funded by the U.S. Department of Education.

Students interested in applying for Upward Bound at NW-SCC can visit nwsc.edu/upward-bound/ or contact Dr. Amber McCown, Upward Bound Manager, on the Phil Campbell campus at 256-331-8128 or Dr. Jamie Flanagan, Upward Bound Manager, on the Shoals campus at 256-331-5356.

Tickets Now for Walton

FLORENCE -- Individual tickets are now on sale for the Lions Athletic Club Dinner & Auction August 11 featuring basketball legend **Bill Walton** at the Marriott Shoals Conference Center. The event begins at 5:30pm. Tickets can be purchased online at https://www.una.edu/give/lac_dinner.html

Considered one of the best all-around post players in basketball history, Walton played for coach **John Wooden** and the UCLA Bruins. He won three consecutive national college player of the year awards (1972-1974), while leading UCLA to NCAA championships in 1972 and 1973. That run included an 88-game winning streak.

After being selected as

See SHORTS... Page 8

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<p>Chicken Drumsticks \$1.39 Lb.</p> <p>Chicken Leg Quarters 89¢ Lb.</p>	<p>Chicken Wings Jumbo (Drumette or Flap) \$2.49 Lb.</p> <p>Whole Chicken Wings \$3.49 Lb.</p>	<p>Farm Raised Catfish Fillet \$6.99 Lb.</p> <p>Whole Catfish \$5.99 Lb.</p>	<p>Sockeye Salmon \$7.99 per pkg.</p> <p>Beef Oxtails \$5.99 Lb.</p>				

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GREENHILL INSIDE SALE, 908 Co Rd 34, Former Amy's Cakes Building, Sat., July 30th 7am- until? Furniture, Glassware, & misc. Also 15 Passenger Bus and 1993 Case Backhoe 580 SK. 256-757-2257

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

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

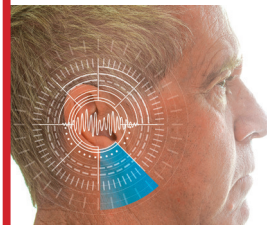
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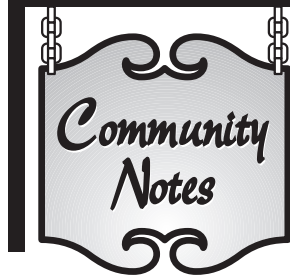
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COMMUNITY NOTES may be submitted for non-profit, civic or church-related events and published free of charge AS SPACE IS AVAILABLE in the Courier Journal. Community Notes must be submitted in writing by 3pm Friday for consideration in the following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

CORRECTION: The Shoals Seventh Day Adventist Church, Florence was listed in last week's Courier Journal as having a Handy Fest event on Saturday, July 30 from 2-4pm. Please note the church is NOT hosting an event this year.

The University of North Alabama will be hosting UNA Night during the W.C. Handy Music Festival on Tuesday, July 26 from 6-9pm at the North Court Street Median in Florence. Special co-hosts are Miss UNA 2022, Claire Hendrickson, and local radio/media personality, Hunter Jackson.

There will be live music, food trucks, and more for the entire family to enjoy. Admission to this outdoor event is free and open to the general public. Opening Live Performance - 6-

6:45pm - BO AND THE BOYS
 Headliner - 7-9pm - OFF THE CHAIN

Everyone is encouraged to wear UNA apparel, bring lawn chairs, ice coolers, and get ready to enjoy the biggest outdoor celebration of the summer at UNA.

In case of rain, the event will be hosted at the UNA Mane Room on Pine Street. For more information contact the UNA Office of Alumni Relations at 256-765-4201 or email alumni1@una.edu. Roar Lions!

The 41st Annual W.C. Handy Music Festival, July 22-31 at various locations in Colbert and Lauderdale counties. The W.C. Handy Festival is a week long celebration of the musical heritage of northwest Alabama, honoring Florence native W.C. Handy, the "Father of the Blues." For more information, visit www.wchandymusicfestival.com or the WC Handy Facebook page.

Salem M. B. Church invites everyone to come and worship with us every Sunday morning at 10am at 923 West Mobile St, Florence. 256-633-3382.

Food Pantry at North Wood Methodist Church, North Florence. Call for appointment, 256-764-2111

Wood Avenue Church of Christ in Florence will host a series "Difficult Questions Answered" each Wednesday at 7pm this summer, located at 400 N. Wood Ave. Florence. Until August 10 with different guest preachers every week.

July 27 - Can I choose my gender? - Allen Webster
 August 3 - Do I have to obey the government officials and laws? - Mark Howell

The Florence-Lauderdale Farmers Market is Now Open 6am-1pm on Tuesdays, Thursdays and Saturday's. You will find fruit, vegetables, beef, chicken, farm-fresh eggs, flowers, plants, and knife / scissor sharpening.

The market is a covered pavilion located at 451 Fairground Road in Florence with plenty of parking. Call if you have questions 256-443-4998.

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

LifeSouth Blood Drives for June
 Wednesday, July 27, 9am-2pm - Florence Electricity, Reeder St., Florence

Thursday, July 28, 9am-4pm - NAMC, Florence

Friday, July 29, 11am-6pm - Franklin County Courthouse, Russellville

Saturday, July 30, 10am-7pm - Vina Julyfest, Vina

Sunday, July 31, Noon-6pm - Buff City Soap, Florence

The 59th Annual member exhibition, Artworks, takes place July 23 - August 13 at the Tennessee Valley Museum of Art, 511 N Water St, Tusculmbia. The exhibition showcases the work of talented artists right here in the Shoals area. Come see a wide range of art from dozens of artist members of the Tennessee Valley Art Association. Member Reception: Saturday, July 23. Exhibition Hours: Tuesday-Friday 9am-5pm; Saturday 10am-5pm. Exhibit opening, and 50th Birthday Celebration will be Sunday, July 24, at 2pm.

Amity Day At Sundown - Second Annual Amity Day Concert in downtown Florence's Wilson Park is Wednesday July 27 at 7pm, with the Mary Mason Band featuring Ronnie Eades! Amity means Friendship. Friendship glues communities together, so bring a chair and enjoy the music. Sponsored by WZZA radio, Baha'i Faith, Amity friends. Race Amity Day partners include AAUW, Interfaith Council, First Presbyterian Church, NAACP, Baha'i Faith, Unitarian Church, Alabama Coalition for Immigrant Justice

See NOTES... page 7

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FFCU...

Continued from Page 1

Florence Federal Credit Union's CEO, Lisa Eckl.

Leading up to the opening, FFCU is sponsoring a photo contest July 25 - August 5. Enter by taking a photo of the new Tennessee St branch and posting it to social media with the hashtag #NewFFCU. One lucky entry will win \$200! The winner will be announced at Grand Opening Celebration from 4-6pm on August 5.

The construction is the newest addition to Florence's Streetscape project, the recent beautification effort in the Downtown Florence entertainment district. Branch manager, Sondra Cochran, and a team of four employees are ready to serve the public with a spacious lobby, three private offices, ATM, and drive-thru services. Lobby and drive-thru hours are Monday-Thursday 8:30am-4:30pm; Friday: 8:30am-5pm.

For over sixty years, Florence Federal Credit Union has served the financial needs of the Shoals Community with a wide variety of personal banking products and services. For more information, please visit www.ffcuonline.com.

Insurance Insights

Use Less Gas With These Fuel Efficiency Tips

Did you know you can save considerably at the gas pump just by modifying your driving habits? Regardless of the type of car you drive, good driving habits contribute to better fuel economy, which saves money and helps the planet, too.

Perform Routine Maintenance

Your car needs the right proportions of air and fuel to run efficiently. A well-maintained vehicle will run at its best.

Keep Tires Rotated and Inflated to Ideal Pressure

To help evenly distribute the wear and tear on your tires, the recommendation is to have your tires rotated every 5,000 to 8,000 miles. Under-inflated tires tend to decrease mileage. (They're dangerous, too.) Check manufacturers' recommendations and make sure your tires are inflated to the maximum PSI, measured when cold.

Glide Into Your Stops

As you approach a stop sign or light, take your foot off the gas pedal earlier and let your car downshift before applying the brake.

Combine Short Trips

Warm engines run more efficiently than cold ones. Planning your errands so you travel in a sequence instead of backtracking is an efficient way to save time, as well as gas.

Drive at Moderate Speeds

While every vehicle is different, mileage decreases quite rapidly over 50 mph in most cases. To save gas, stay at or under the speed limit, and drive at a consistent rate of speed. Use cruise control on long trips.

Drive Friendly

Aggressive driving habits such as gunning the engine, speeding, screeching around corners and jamming on the gas pedal are major fuel wasters. Avoid fast acceleration and generally drive in a measured and moderate fashion to achieve top fuel savings.

Travel Light

Extra weight in the car creates a drag on the engine and consumes extra gas. Don't haul around heavy loads if you don't have to. Check the trunk and back of the vehicle for unnecessary items that may be safely stored elsewhere.

Keep Your Car Aerodynamic

Good aerodynamics affect your car's fuel efficiency by reducing drag, especially at high speeds. Keep windows and moon roof closed on the freeway. Even keeping the car's exterior clean can make a difference.

Use the Highest Feasible Gear

Driving at high speeds in lower gears burns excessive fuel. On a manual transmission, pay attention to RPMs as you accelerate and shift into high gear as soon as you reasonably can.

Avoid Excessive Idling

Idling uses a surprising amount of fuel — more than restarting the engine. If you need to wait in your parked vehicle for more than a minute or two, switch off the engine and only start up again when you're ready to continue driving. In extreme weather, it's nice getting into a comfortable car but be conscious of how long the vehicle is idling so fuel isn't wasted.

Ride Share

You'll cut per-person fuel consumption in half when you share a ride. Ask friends and colleagues who live near you or frequent the same places you do to share a ride. You can split gas costs as many ways as there are passengers.



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Notes...

Continued from page 4

Restoration Church in Madison will host "Hear God's Voice Ministering Spiritual SEEING EYES - HEARING EARS - HUNGRY HEARTS Gathering" with special guest speakers, Thomas and Fay Velez on Friday, July 29 from 6:30-9pm. Registration required by text or email. Register by email

thegraceplaceinc@att.net Register by text: cell 256-656-9921 Attn: TGP HGV Gathering. Love offerings will be taken. Nursery not provided Restoration Church is at 5810 Wall Triana Hwy, in Madison.

Cherokee Parks & Rec's Basketball Camp July 28, 10:30am-3:30pm at Cherokee Middle School Gym. For students 3rd-12th grade, \$50 per student. Lunch and snack provided. For more information, call 256-359-6599.

Clothing & Household Goods Give Away - Saturday, July 30, 8am-1pm, Greater St. Paul A.M.E. Church, 129 S. Cherokee St., Florence. Lila Barnett Area Women's Missionary Society will be giving away clothing, household goods and Back-to-School supplies

Vendor opportunities are still open for Shoals CASA is hosting its 2nd Annual Music Fest on Saturday, September 3 at the Muscle Shoals Amphitheater. Vendor times are from 10am-6pm. Food trucks are 10am-9pm. For more information on how to be a vendor or sponsor, please email hbegley@shoalscasa.org

Handy Fest - The Justus Brothers, featuring vocalist Katrina Anderson, are coming to Sheffield for the W.C. Handy Music Festival! The Justus Brothers are a contemporary jazz band boasting some of Memphis' most accomplished musicians. The show is at 7pm Saturday, July 30 at the Ritz Theatre.

Their fresh arrangement of the Gnarls Barkley hit "Crazy," has scored them their second Top 50 song from their eponymous debut album. The song features vocals by Katrina Anderson, who will perform with the band at The Ritz.

The core members of The Justus Brothers — Jason Clark, Niko Lyras, Steve Potts, Pat Register, and Dave Smith — have performed together all over the world for decades. For tickets, visit TennesseeValleyArts.org.

"Music at the Mansion," takes place July 30 at Belle Mont, 1569 Cook Lane, in Tusculumbia. This annual Handy Festival event will bring the Jazz Allstars Trio to Belle Mont Mansion. Concert is 3-5pm. No charge to attend/ donations accepted. Light refreshments will be available. Guests may enjoy a complimentary informal tour of the historic home, built circa 1828. Information: 256-381-5052

Annual Lay Day on Sunday, July 31, 11am at Greater St Paul A.M.E. Church, 129 S. Cherokee St., Florence. Our guest speaker will be our own Sister Jackie James.

Hi Neighbors of the Shoals meets on the 1st Tuesday of each month (August 2) at 10:30am in the Florence-Lauderdale Public Library. We are a women's social group. The group welcomes all ladies who are currently residents of the Shoals area. Come join us! Contact Berta Birch, 256-777-3119, for further details.

Open registration for Community Bible Study, a women's interdenominational Bible study, will be on Wednesday, August 3 from 9-11am in the Chapel of Woodmont Baptist Church, 2001 Darby Drive, in Florence. Please join us for an exciting, in-depth study of the books of Joshua; Colossians; I and II Peter; and James. The registration fee is \$35 for adults (scholarships available) and \$10 for infants - 12th grade. There is limited capacity in the children's classes. Classes meet on Wednesday from 9:45am-12pm beginning September 7. Participants may also register on-line at <http://florencel.cbclass.org/>

BIG Back-to-School CLOTHES GIVE AWAY on Thursday, August 4 from 8-10am at the Care Center, First Baptist Church in Killen

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

Foresters...

Continued from Page 1

The large chapter of the year award honors one of ACF's 24 chapters with more than 20 members. The award recognizes the activities of the Alabama chapter from July 2021 to June 2022.

As part of the honor, the Alabama chapter will receive \$1,500 which recognizes the chapter's strength in membership and recruitment, continuing education, outreach to related organizations, outreach to landowners, and short- and long-term goals.

"We hosted one of ACF's first regional conferences for the Gulf/South region in Huntsville in October 2021," said Billy Rye, ACF, president of Forest Management Specialists, Inc in Florence and ACF Alabama Chapter Chair. "We are honored to receive this award and thank STIHL for its sponsorship. We plan to use the funds to educate landowners about the advantages of hiring ACF members to solve their forest management needs."

According to Rye, the Alabama chapter volunteers served as facilitators at Teacher Conservation Workshops, wrote articles on forest management topics for landowners, were speakers at various landowner and agency meetings, and assisted with creating a new Natural Resource Planning Committees for inactive counties.



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God Leads His Children

There are many hills, curves and potholes along the highway of life. Every day a ray of hope is often necessary and is supplied by our faithful redeemer. This week has been an unusual one to say the least. How the saved today make it without a prayer, bible reading, a little walking with God and some fellowshiping with the saints, is hard to grasp. God is always around and is able and available to help, strengthen, comfort, listen and pick us back up when our strength fails and our situation seems hopeless. **Acts 17:27** "That they should seek the lord, if haply they might feel after him, and find him, though he be not far from every one of us." Our distresses can be our greatest avenues to our Saviour. Our great Apostle summed it up perfectly: **2 Corinthians 12:10** "Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ's sake: for when I am weak, then am I strong." **2 Corinthians 4:17** "For our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory;" Our thought life must keep these things up front.

Being saved a long time, it's easy to count the many miracles and answers to prayer I have received over my lifetime. God has never failed. God's presence and protection and provision has always been overwhelming. The older I get, the more I realize my strength didn't matter. God is always looking out for me. Prayer is one of the greatest resources we possess. Never let a day go by without the use of prayer. God's will may lead you into most trying moments, but remember, Christ is always there with you. **Philippians 2:15** "That ye may be blameless and harmless, the sons of God, without rebuke, in the midst of a crooked and perverse nation, among whom ye shine as lights in the world;" **Hebrews 13:5** "Let your conversation be without covetousness; and be content with such things as ye have: for he hath said, I will never leave thee, nor forsake thee." Christ is worthy, let Him have control. Is He your Saviour?

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See NOTES... page 9

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The W.C. Handy Music Festival

The W.C. Handy Music Festival began last Friday, July 22nd and will go through the end of the month. This amazing event is a highlight in the Shoals. W.C. Handy, born November 16, 1873, in Florence, Alabama was a composer, musician, and businessman. The present site of the log cabin he was born in is 620 West College Street in Florence. W.C. Handy passed away on March 28, 1958, as a wealthy man known as "The Father of the Blues." Do you need some relief from life's fast pace? Maybe a few hours of respite from every day's hectic schedule? Attend the festival! You will not be disappointed!

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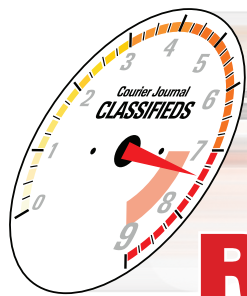
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Yard Sales 6 LINES Each additional line - \$1.50 YARD SALES - An exclusive listing of the area's better sales prominently placed	\$11⁵⁰ Week
Employment 6 LINES Each additional line - \$2.25 EMPLOYMENT - Looking for employment or Businesses looking for employees	\$14⁰⁰ Week
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Shorts...

Tickets Now for Walton

Continued from Page 2

the first overall pick in the 1974 NBA draft, Walton led the Portland Trail Blazers to an NBA championship in 1977, earning the NBA Finals Most Valuable Player Award that season. Walton was named 1978 NBA Most Valuable Player and later won another NBA title with the Boston Celtics in 1986. Despite a professional career significantly hampered by multiple foot injuries and numerous surgeries, Walton was inducted



Walton

into the Naismith Memorial Basketball Hall of Fame in 1993. Walton was named to the NBA's 50th and 75th anniversary teams.

After retiring from the NBA, Walton became a sportscaster with the same passion he had as a player. He has worked as a studio analyst and color commentator, mostly for ESPN, with stints for several other networks and teams. Walton earned an Emmy Award in 1991.

Jazzy Awards from Kiwanis

FLORENCE-The Florence Kiwanis Club presented funding to local agencies last week during its Jazzy Night of Giving Dinner. The following agencies will receive funding from the money raised from the Kiwanis' Pancake Day in March. Those include:

- 4-H Club;
- All American Week;
- ARC of the Shoals;
- Attention Homes of NW Alabama
- Boy Scouts of America (Local Chapters);
- Camp ASCCA;
- Shoals CASA;
- First Responder Awards (Fire, Police, etc);
- Florence H.S. Symphony;
- Freedom House;
- Give-A-Kid-A-Chance;
- Key Club Scholarships-(Stacy Brown, Chase Haskovec, Colton Gooch);
- Meals on Wheels;
- Music Preservation Society;
- NAMI Shoals;
- NACCH Trip Expense;
- Salvation Army Red Kettle Fund;
- Shoals Community Clinic;
- Shoals Scholar Dollars;
- UNA Choir.

Jazz All-Stars 3 More Dates

SHOALS-In response to numerous inquiries, the remaining Jazz All-Stars schedule during the W.C. Handy Music Festival is below:

Performers include - **Chris Burroughs**, drums; **Delbert Felix**, bass; **Denise Thimes**, vocals; **Devere Pride**, bass; **Gary Lamb**, flute/sax; **Mel Deal**, guitar; **Robert Redd**, keys; **Ken Watters**, trumpet; **Mark Lanter**, drums; **Tom Wolfe**, guitar.

TUESDAY, JULY 26
ABCs of Blues and Jazz - Beyond & Before 1:30pm at The Dwelling Place, 919 W. College St, Florence (next to Bunyan's BBQ)

WEDNESDAY, JULY 27
Handy Musical Lunches 11:30 am-2:30 pm FloBama, Florence -

THURSDAY, JULY 28
Handy Happy Hours 5-8 pm Superhero Chef, Tusculumbia - featuring Denise Thimes, Ken Watters, Tom Wolfe, and Chris Burroughs

5-8 pm Stephano's Southland, Sheffield - featuring Robert Redd, Gary Lamb, and Mel Deal.

Justus Bros. at the Ritz

SHEFFIELD-The Justus Brothers, featuring vocalist **Katrina Anderson**, are coming to Sheffield for the W.C. Handy Music Festival! The Justus Brothers are a contemporary jazz band boasting some of Memphis' most accomplished musicians. The show is at 7pm Saturday, July 30 at the Ritz Theatre.

The Justus Brothers' fresh arrangement of the **Gnarls Barkley** hit "Crazy," has scored them their second Top 50 song from their eponymous debut album. The song features vocals by Katrina Anderson, who will perform with the band at the Ritz.

The core members of the Justus Brothers — **Jason Clark, Niko Lyras, Steve Potts, Pat Register, and Dave Smith** — have performed together all over the world for decades. For tickets, visit TennesseeValleyArts.org

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

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DEADLINES: Issues Published Every Wednesday
INSERTS - 5 pm Thursday
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Notes...

Continued from page 7

The Alabama Archaeological Society will host its annual summer meeting at the Indian Mound Museum in Florence on Saturday August 6. A full slate of interesting presentations will start at 9am sharp. Local members or interested others may want to be early for seating availability. More presentations will start early in the afternoon.

If you want to join and be a member of the AAS, consider it, and receive your newsletters, from "Happy Trails." (There may be a small cost.) Please bring a friend!

The Town of Cherokee and Friends will be hosting a Back to School Block Party Saturday, August 6, from 5-8pm in our Downtown area. Plans include inflatables, DJ with music, food truck vendor, school supply giveaways, High School organization participation, games, and more.

The purpose of the event is to encourage our community to come together for some fun as we welcome a new school year for our students.

The Town of Cherokee and Friends are dedicated to making this happen for our community. As a community supporter, we are asking for your help. We would greatly appreciate any support that you can provide.

Your consideration and support in the endeavor is greatly appreciated. If you have any questions, please feel free to contact Town Hall at 256-359-4959.

There will be a Revival at Muscle Shoals Church of God on August 12-13 at 7pm and August 14 at 10:45am with Michael Knight and the Redeemed. 1700 Firestone Ave. in Muscle Shoals

Revival at Bumpus Creek Freewill Baptist Church August 15-19, 7pm nightly. Bro. Tim Hanback will be bringing the message.

Special singing each night. A meal will be served after service on Friday night. Come worship with us.

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Divorce Care is a weekly seminar and support group that will help you heal. Join on Tuesdays, 6-8pm, supper at 5:30pm, at Highland Baptist Church Christian Life Center, Room C101, corner of Martin and Eugenia St., Florence.

More info - 256-764-1392 or www.divorcecare.org/groups/149930.

Come Travel with The Club (Florence Senior Center), Diamonds in the Rough. 256-760-6642. Our trips are open to the general public.

Pigeon Forge, August 1-5, 2022. \$599 double rate per person, add \$149 for private room. Final payment due 5/25/22.

Biltmore Estate & Asheville, NC, December 12-15, 2022. \$569 double rate per person, add \$140 for private room. \$75 deposit on signing up.

Final payment 10/5/22. Mackinac Island, May 14-20, 2023, \$775 double rate per person, add \$219 for private room. \$75 deposit on signing up. Final payment 3/7/23.

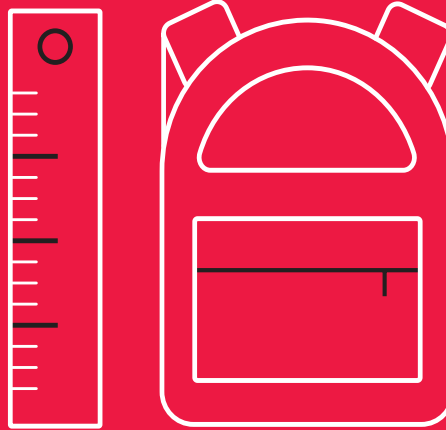
Mount Rushmore, the Badlands & Black Hill of South Dakota, Sept. 30-Oct. 8, \$999 double rate per person, add \$286 for private room. \$75 deposit on signing up. Final payment 7/23/23.

Shoals CASA is hosting its 2nd Annual Music Fest on Saturday, September 3 from 10am-9pm at the Muscle Shoals Amphitheater. Shoals CASA will have great music, food,

See NOTES... page 37

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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



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1 SERVICE

495633-1

The Colbert County Road and Water Department will be accepting applications for the following position:
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QUALIFICATIONS: Must be at least 18 years of age and possess valid driver's license. Graduation from a college or university with specialization in engineering, ABET accredited, required.

SPECIAL REQUIREMENTS: Must be willing to become a certified bridge inspector.

Salary: State Pay Grade 78
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Applications, including a job description, will be made available at the State Employment Office, Sheffield, AL.
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Water Tech I

QUALIFICATIONS: Must be at least 18 years of age and possess valid driver's license. Experience in water distribution maintenance and backhoe operation preferred.

SPECIAL REQUIREMENTS: Required to obtain an A-class CDL license issued by the Alabama Department of Public Safety within the first 3 months of employment.
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Employment Continued
On Next Page

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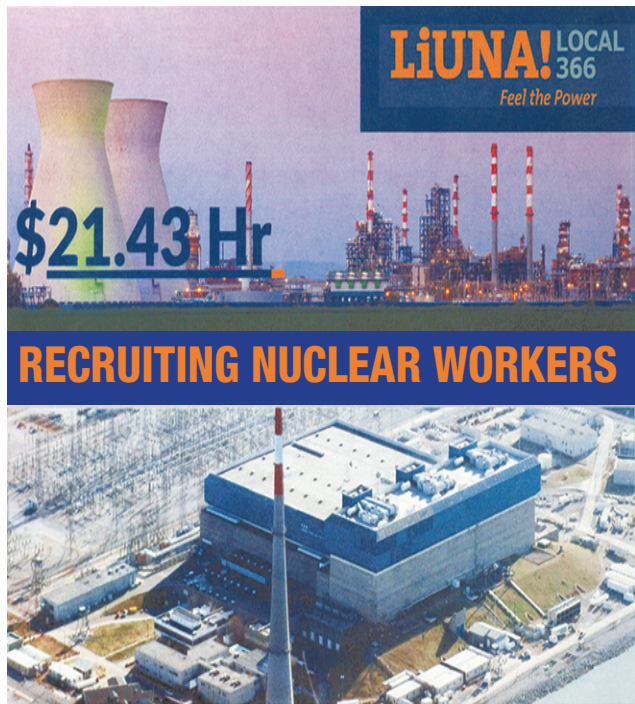
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Employment Continued From Previous Page



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Candidates need to send cover letter, resume and writing clips to Gary E. Maitland Executive Editor, or email Gary.Maitland@TimesDaily.com

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RESUMES WILL NOT BE ACCEPTED IN LIEU OF APPLICATIONS.
APPLICATION DEADLINE DATE: FRIDAY, AUGUST 5, 2022, 4:30 P.M.

A current job description is available at city hall and the website which details essential functions of the job as well as knowledge, skills, abilities and physical requirements necessary for successful job performance. Any offer of employment is conditional based upon the successful applicant's satisfactory completion of a job related physical examination, drug and alcohol testing.

The City of Muscle Shoals participates in E-Verify, in compliance with a federal law to verify the identity and employment eligibility of all persons hired to work in the United States

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Above: Austen Stafford of Hatton was one of 26 NW-SCC students to sign with sponsoring company, Constellium, during the recent Federation for Advanced Manufacturing Education (FAME) Signing Day. Looking on is Constellium HR director, Kevin Adams. *NWSSC photo*

FAME Event Clarifications



Shawn Shackelford of Russellville signs with Constellium during the 2021 FAME Signing Day ceremony. *NWSSC photo*

HYUNDAI: ACCENT, 2009 \$9,750. 1 owner, GS Model, only 16K miles (Yes, 16K) automatic, just serviced including **NEW TIRES.** Like New Condition! 256-527-2125.

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Commentary

So THIS is a Bright Berkeley Educator?

A recent exchange between Sen. Josh Hawley (R-Mo.) and Cal-Berkeley law professor, Khiara Bridges, proved interesting during the Senate Judiciary Committee hearing on the impact of overturning Roe v. Wade.

First, we need to acquaint ourselves with the phrase, "people with a capacity for pregnancy" and realize that some smart people have no real idea what that means. Never mind what the simple medical answer would be if that were a Jeopardy question.

If you have not had a chance to see or hear it, the 1 minute, 40 second exchange went as follows.

Sen. Hawley:

...I want to visit with you Ms. Manski, but before I do, I just want to clear one thing up. Professor Bridges, you said several times - you've used a phrase - I want to make sure I understand what you mean by it. You've referred to, "people with the capacity for pregnancy." Would that be women?

Prof. Bridges:

Many women, cis women, have the capacity for pregnancy, many cis women do not have the capacity for pregnancy. There are also trans men who are capable of pregnancy, as well as non-binary people who are capable of pregnancy.

Hawley: So this isn't really a women's rights issue? It's a, it's what?

Bridges: We can recognize that this impacts women while also recognizing that it impacts other groups. Those things are not mutually exclusive, Senator Hawley.

Hawley: So, your view is that the core of this right then is about what?

Bridges: So, I wanna recognize that you're line of questioning is, um, transphobic, and it opens up trans people to violence by not recognizing them.

See **QUESTIONS...** on Page 28

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*

July 27, 2022

THIS WEEK

Happening
THIS WEEK

The Skyliters



SkyLiters on Mane Stage

FLORENCE—Season six of the Salt & Pepper Series presents a W.C. Handy week Special Edition at the Mane Room in Pine St in Florence on Thursday, July 28.

The Salt and Pepper Roots Music Celebration will feature one of the icons of early Muscle Shoals Music, Mike O'Rear and The Skyliters on the Mane Room stage at 7pm. Doors open at 6pm. Special guest, Rev. Jerry Reeves, will also bring his inspiring soul/gospel music to this special one-time event.

Mike O'Rear and the Skyliters were fixtures on the Alabama/Tennessee State Line Club Scene in the '60s and '70s as the Muscle

See **SKYLITERS...** on Page 39

The Skyliters will be performing at The Mane Room in Florence July 28 with Rev. Jerry Reeves. Members include, L-R, Sonny Holley- lead guitar; Mike O'Rear-guitar/vocals; John Marston- bass guitar; Gene Craig-lead vocals.

Courtesy photo

Crossroads Hosts Bake Sale and Potluck

FLORENCE -- Crossroads Community Outreach will host community potluck meal and bake sale fundraiser on Saturday, July 30 from 12-2pm to benefit our local homeless population and others in need.

The event takes place at Crossroads Homeless Day

Center, 318 S. Court Street, (American Legion building) across from Walgreens in downtown Florence.

This event is open to the public. Everyone is welcome to enjoy the potluck meal and is encouraged to bring

See **POTLUCK...** Page 32

THE UNIVERSITY OF NORTH ALABAMA will be hosting UNA Night during the W.C. Handy Music Festival on Tuesday, July 26 from 6-9pm at the North Court Street Median in Florence. Special co-hosts are Miss UNA 2022, Claire Hendrickson, and local radio/media personality, Hunter Jackson.

There will be live music, food trucks, and more for the entire family to enjoy. Admission to this outdoor event is free and open to the general public.

Opening Live Performance - 6-6:45pm - Bo And The Boys Headliner - 7-9pm - Off The Chain Everyone is encouraged to wear UNA apparel, bring lawn chairs, ice coolers, and get ready to enjoy the biggest outdoor celebration of the summer at UNA.

In case of rain, the event will be hosted at the UNA Mane Room on Pine Street. For more information, contact the UNA Office of Alumni Relations at 256-765-4201 or email alumni1@una.edu.



FOOD TRUCK THURSDAY IS BACK!

There will be 3-4 food trucks in the Shoals Business Incubator parking lot. Come have lunch with us Thursday, July 28 from, 11am-1:30pm.

The Shoals Business Incubator (SBI) is located at 3115 Northington Ct, in the Florence Industrial Park.

YOUR Letters

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

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

All Gas Tax Proceeds

Editor:

In reference to last week's letter from Barry Lee about the gas tax, (*No Gas Tax Benefit?*), Lauderdale County has always received all of the new gas tax money as prescribed in the legislative act since it was passed.

Danny Pettus
Chairman, Lauderdale
County Commission

It's Identity Politics

Editor:

There are many problems in America today: inflation, crime, lawlessness, deficit spending, etc., etc., etc. However something is truly amiss in our country which should disturb everyone. One of the hallmarks of our democracy, Equal Protection under the Law, has disappeared in our large cities and particularly our nation's capital.

Justice in America has always had imperfections, real or perceived. The factor which usually was considered was the wealth of a person. There has been a longstanding perception that wealthy individuals were likely to fair better in court than poor people. Much of this concerned the quality of legal representation one could afford. Now a much bigger factor is a person's political beliefs.

John Durham, the special prosecutor dealing with the Trump-

See **LETTERS...** on Page 23

In an average year, 1,090 people die by guns in Alabama, which has the 4th-highest rate of gun deaths in the US.



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BETTER BAKED POTATOES

When I bake potatoes in the microwave, I spray them with cooking spray instead of greasing them with oil. The shells are soft and easy to remove.
C.

BUG SPLATTERED CAR?

Put some baking soda on a wet sponge and gently scrub your car's windshield, lights, and chrome (if you have an oldie with chrome!) to remove bugs. Just wipe it off with another wet sponge or some damp paper towel. This works well, and it's very inexpensive.
Donna from NC

NON-TOXIC INSECT REPELLENT

My husband came in with a dryer sheet in the inside of his hat, and being curious, I asked him why. He said that if you wipe your face, arms and legs down with it and then place it in your hat for a bug repellent, it works! So you have a DEET-free bug repellent for just a few cents!
Connie in North Carolina

FOOD CONTAINER ODORS

This tip is wonderful for plastics that have picked up an odor from food. Place a piece of crumpled newspaper inside, close the lid, and let it sit for a couple of days. Coolers that may not have been left open after use can benefit from this tip also.
Nancy

RELIEF FROM STRETCH MARKS

Shea butter is a great moisturizer to minimize the appearance of stretch marks. It softens the skin. You can find it at a health food store or an ethnic market in your area. I've

used it for years, and my stretch marks are barely visible. Just remember that you have to faithfully use it every day over a period of time before you really start to see results.
Andrea

SLOW COOKER PULLED PORK

I do pulled pork every year for our annual BBQ, and this year, instead of a Boston Butt, my husband grabbed seven rib pork roasts. I stuck them in a slow cooker on low for about 10 hours with about a cup of water on the bottom and they shredded easier than any before. It was free from bones and fatty gristle, and everyone raved about the pork this year (they do every year, but especially this year).
Lisa (via Facebook)

KIDDIE CLOTHES HANGERS

I was having such a problem with clothes hangers for my kids. The infant sized ones were too small. My kids' (ages 4 and 6) clothes would just fall right off of them and end up in a pile on the closet floor. However, the adult hangers were way too big. The kids had a hard time hanging their clothing and would end up stretching out the neck of their shirts. So I looked for kids' hangers, but they were really expensive.

We got a tip that a local dry cleaner would give away hangers if we picked them up. I got two grocery bags full of hangers, and the best part was that these hangers were medium sized. Some of them must have been used for smaller women's clothing or something. They fit my kids' clothes perfect, and they were free! The lady at the dry cleaners was very excited to give them away.
Amanda

See DOLLAR... page 23

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Speaking The

Truth

Ephesians 4:15

In Love

Do We Live Under The Ten Commandments Today?

The short answer is **NO** and **YES**. Yes, that answer is contradictory and confusing. Let's look further at this interesting question.

A simple examination of the New Testament reveals the apostle Paul's God-inspired words in Colossians 2 that the old law was taken out of the way, removed, nailed to the cross. It was God's law to His people for a time, but it no longer is the law under which God's people serve today.

Yet, a student of the Bible might immediately find many of the ten commandments restated in the new law. In fact, only one is not repeated in some form in the new law (Remember the Sabbath day and keep it holy; in this Christian age, God's faithful worship on the first day of the week).

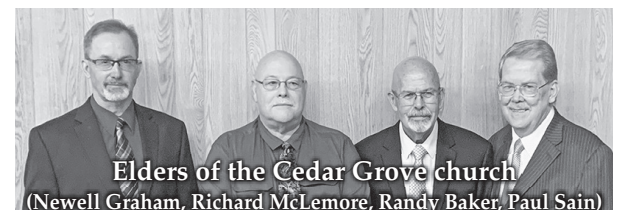
So, should we even read and study the Old Testament today? YES, certainly! In Romans 15:4 we are instructed that the old law was "written for our learning." We learn SO much from the old law that is of great benefit in our walk with Almighty God today. We find demonstrated time and again how God dealt with (punished) those who rebelled against Him. We also learn how God blessed those who faithfully obeyed Him.



Compare Romans 11:22, where the writer Paul spoke of God's GOODNESS and SEVERITY. Goodness was God's promise to those who were obedient to His commands. Severity is promised to those who refuse to submit to the will of the Creator.

Consider the wisdom of Solomon and the mighty lessons that will aid us on our journey of serving God under the new covenant. Hear and benefit from the Psalmist struggling with his wavering faith and ultimately coming back to His Almighty Father. Profit from the account of David's tragic sin with Bathsheba and learn from his attitude of submission and cry to Jehovah for a clean heart. Oh, the great blessings we find in the Old Testament.

How rich and blessed we are today to live in a land of freedom and able to read and study the HOLY BIBLE, given to us from our Creator. Yet, how sad when we possess a Bible and neglect to let God speak to us through that wonderful book. Dare we fail to hear the tender and soul-saving words of the Saviour?



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:
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ON YOUR DEBT

What Happens If You Ignore Debt Collectors?



B. Grant McNutt
Managing Attorney

If you're like most people, the current high prices of gas, food, rent, and just about everything else is stretching your budget to the breaking point. If they are not doing so already, your creditors are ramping up their collection activity and you just want to make the calls stop. They won't, and unless you take action your debt will continue to grow and continue to haunt you long after active collection efforts die off.

If Inflation Has Burst Your Budget – You Need To Put A Plan In Place Now

Inflations and rising interest rates will continue for quite some time. No one knows when prices for your daily necessities of food, shelter, and fuel will subside, or, how high your credit card interest rates will rise. What we do know, is that if you have more month left at the end of the money or are getting pay-day loans or cash advances in the short term you need to call our team of experienced debt relief attorneys to make a plan.

Doing Nothing In The Short Term Will Be Devastating In The Long Run

The bad news is that dodging collection calls generally does not work. You may be able to ignore the problem for a time, but it won't go away on its own. Piling up collection notices unopened and rejecting calls can make a bad situation much worse. And, it can rob you of the chance to resolve debt and leave your financial stress behind.

Generally speaking, negative information such as late or missed payments, accounts that have been sent to collection agencies or accounts not being paid as agreed, stay on credit reports for approximately seven years. That means unpaid credit card debt, medical debt, and other consumer debts may continue to haunt you long after active collection efforts die off. Those old debts can keep you trapped by creating financial obstacles and making debt more expensive.

It's also important to note that some creditors can garnish wages and seize certain assets without filing a lawsuit and getting a judgment. One of the most common examples is the collection of federally guaranteed student loans. The government can garnish

wages, attack bank accounts, and seize tax refunds to collect on student loans in default, even without going to court.

Fortunately, You Have Options For Taking Charge Of Your Debt And Rebuilding Financial Security.

Take charge and find out the options open for you. An experienced bankruptcy lawyer, like the ones at the Bond & Botes Law Offices, will walk you through all of your options. When you retain us:

- You can tell the collectors that you are represented by an attorney and to talk to them
- You can put a plan in place that reorganizes your debt payments to something more manageable
- You can protect your home and vehicle before foreclosure or repossession
- You can end the loss of income from wage garnishment
- You can pick up the phone again

Contact The Bond & Botes Law Offices

Call us and start getting your life under control. If you are dealing with debt you have no hope of paying, you owe it to yourself to get the facts about bankruptcy. Your

Bond & Botes attorney will listen carefully and explain how bankruptcy would affect your unique situation. The initial consultation is FREE.

Bond & Botes Helps People Struggling with Debt

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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Letters...

It's Identity Politics...

Continued from Page 16

Russia investigations, recently lost a case in which the defendant (Michael Sussman) clearly lied to the FBI. Only 4% of D.C. residents voted for Donald Trump; 92% voted for Hillary Clinton. This was the pool where the jury was selected. A juror's daughter played on the same soccer team as Sussmann's daughter. Finding an obvious guilty person who worked for the Clinton campaign is impossible today.

Meanwhile, last week a 69 year old grandmother with cancer entered federal prison to serve a 60 day sentence. What was her crime? She entered the U.S. Capital on January 6 and took a selfie. She didn't have a criminal past, and was a former drug and alcohol counselor.

Is this justice? How many criminals had charges dismissed during the riots of 2020? These were people who injured others and

damaged billions of dollars of other's property. Their crime was simply overlooked.

After a July 1 encounter, a woke progressive New York City prosecutor charged a 61 year old bodega worker - who was defending himself and had no criminal past, with murder. There was video, with audio, which laid out the entire incident. The bodega worker was clearly acting in self-defense against an assault of a much younger male. The prosecutor put him in Rikers prison and asked for \$250,000 in bail. Only after video and audio from several angles surfaced and public outcry hit a fever pitch, was the 61 year old worker released and charges dropped.

The woman who instigated the entire incident and stabbed the bodega worker magically has never been charged. Identity politics now dominates our legal system in large American cities.

This should concern everyone!

Greg Duncan
Killen

Should Check Her Facts

Editor:

In response to Linda Johnson's letter from July 13, entitled "Consumers are to Blame," she stated that in December the gas price was \$ 3.29/gal.

Fact Check: gas was \$2.38 the day that President Trump left office and Biden was sworn in.

That day, Biden cancelled the Keystone Pipeline and killed many good paying union jobs. He also outlawed drilling on federal land. The next day gas was at \$ 3.42/gal.

Biden blamed Putin for the increase in gas prices because he invaded Ukraine. Putin invaded Ukraine on Feb 21, 2022. Gas was going up well before that.

Linda stated that the rise in the price of diesel is not controlling the price of groceries. The price of diesel has doubled for farmers since last year. It costs the farmers more to grow food, and truckers pay double to deliver food to grocery stores.

Biden's policies are to blame, not the consumers. Had he allowed the production of gasoline in America, he would not have to beg Saudi Arabia for more oil and reserves to China. He says he is doing everything he can to bring down the price of gas. I don't think so.

On July 13 when your letter was printed in the Courier Journal, the inflation rate was 9.1%, groceries up 12.2%, housing up 5.6%, natural gas up 38%.

Biden has proposed an additional \$ 14.4 trillion in new deficits, over the next decade, even after his proposed tax hikes. Biden's policies of disincentivizing workers, and adding millions of able-bodied adults to welfare rolls have created a labor shortage.

That is why you see now hiring signs, desperate to fill more than eleven million jobs, a near-record high. That is two open jobs for every job seeker.

Linda closed her letter by saying beans and taters are really good. That is the only thing I agree with her on.

Rogers Kimbrell
Florence

See LETTERS... Pg. 30

THE DOLLAR Stretcher



Continued from Page 17

REINFORCED SHOWER CURTAINS

Being frugal, I have always bought the most economical shower

curtains available. I found that they ripped at the first hole because of the continued pressure on that point as the curtain was opened or closed. I realized that I was replacing the curtain more than I could afford.

are almost invisible and give a strong edge around each hole. Now, my cheap shower curtain just lasts and lasts.
L

LIQUID COMPOST

I love to garden and have a spinning compost

See DOLLAR... page 30

Courier Journal
Mystery Photo of the week

Enter at **CourierJournal.net** for your chance to **Win a meal for 2 at**



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Last week's winner is **Joyce Hutchens of Florence**

who correctly guessed "Lauderdale County Courthouse in Florence"

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Dajjalyn
Heart Transplant Survivor

The path to mending her heart began here.

Dajjalyn was born with hypertrophic cardiomyopathy and at 3 months old was placed on the waiting list for a heart transplant. When her foster parents got the call to care for her, they never hesitated – and in July 2021, they received the call with the news she would get her new heart. Within hours she was at Children's of Alabama in surgery. Her transplant was a success, and Dajjalyn is walking, talking and doing all the things that keep parents of any toddler on their toes.



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**Savvy
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Should You Take Daily Aspirin for Your Heart?

*Dear Savvy Senior,
I've been taking daily aspirin for almost 20 years now because I have a family history of heart disease. But I recently read that using aspirin is not recommended anymore. What can you tell me about this change in philosophy?
Confused Aspirin User*

Dear Confused,

There's no doubt that taking low-dose daily aspirin is beneficial to most people who've had a heart attack or stroke. But if you don't have heart disease, should you take it as a preventative measure? The answer for most people is probably not, according to new guidelines from the U.S. Preventive Services Task Force (USPSTF), a widely respected independent panel that develops recommendations on preventive health care. Here's what you should know.

New Guidelines

For years, aspirin has been a go-to pill Americans use to help ward off cardiovascular disease because of its blood thinning capability. But like most medicines, it can cause serious side effects. Aspirin irritates the stomach lining and can cause bleeding in the stomach, intestines and brain which can be life-threatening. And the risk of bleeding increases with age.

About one-third of Americans age 40 and older, and more than 45 percent of people over age 70 – who don't have cardiovascular disease – already take a daily aspirin to help prevent cardiovascular disease because it's been recommended for decades by many different health experts.

But in the past few years, new research has emerged showing that for many people without diagnosed heart disease, the risk of bleeding may outweigh the benefits of taking a daily aspirin. This research, along with the advent of other effective therapies in preventing heart attacks and strokes that don't cause bleeding – better blood pressure drugs and statins for lowering cholesterol – has narrowed the role aspirin plays.

Here's a breakdown of the updated USPSTF guidelines of who should, and shouldn't, take a daily aspirin, and for those who should, how to take it safely.

Who Should Take It?

There are two categories of people who can still benefit from using aspirin. People with established cardiovascular disease, especially those who have already had a heart attack or stroke. There's strong evidence that taking a daily low-dose aspirin significantly reduces the risk of a second cardiovascular event. And adults ages 40 to 59 with a 10 percent or higher risk for a cardiovascular disease over the next decade. They may see a small benefit to daily aspirin, but it should be an individual decision and discussed with your doctor.

Who Should Skip It?

People who are 60 and older – without established cardiovascular disease – who do not currently take a daily aspirin to prevent heart disease should not start now. This is particularly true for people with a history of bleeding, say from ulcers or aneurysms, or those taking medications such as blood thinners, steroids or anti-inflammatories such as ibuprofen or naproxen. If they already take a daily aspirin now, they should ask a doctor about how to proceed, because there may be a serious risk to suddenly stopping.

How to Use it Safely

The best approach is to talk to your doctor about the potential risks and benefits of aspirin specifically for you. Because the risk of bleeding raises with dosage, if aspirin is recommended, take the lowest possible amount, which for most people is an 81 mg baby aspirin. And if you experience any stomach pain, talk to your doctor.

You should also know that in 2016 the USPSTF suggested that daily aspirin use could also help lower the risk of colorectal cancer along with cardiovascular disease. But the group now says there's not enough evidence to support that claim.

Send your senior questions to:

Savvy Senior,
P.O. Box 5443,
Norman, OK 73070,
or visit SavvySenior.org.

Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.



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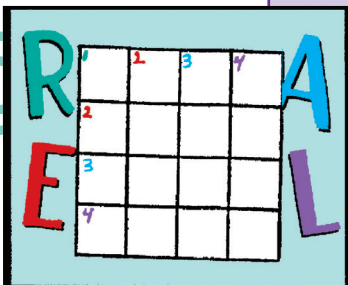
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by Hal Kaufman



Real Word Poser To Ponder

PUZZLISTS, get real. Object of this exercise is to form a word square using only the four letters of the word REAL. That is to say, you are asked to find words comprised of letters R, E, A or L (used one or more times as necessary), to find four four-letter words that read the same both across and down.

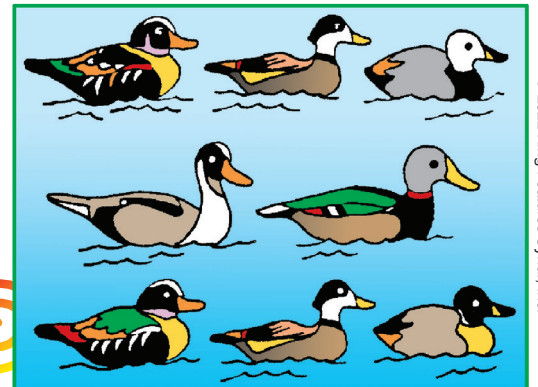
Definitions:

1. Not exactly plentiful.
2. Kind of a code.
3. Ahaft section of ship.
4. Husband of an English countess.

Remember, words are to be formed using letters R, E, A or L

Time limit: Two minutes.

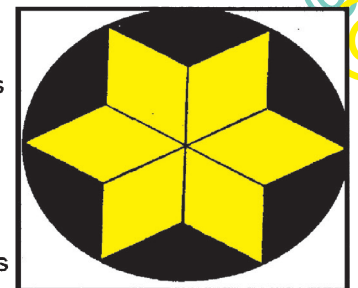
Answers On Page 38



DUCK SCOOP! Now, here's the scoop — two of the ducks above look enough alike to be twins. Which two is for you to decide.

SIGHT PLAN! Just what design do you see in the drawing at right? It all depends on how you look at it. For instance, it may appear simply as a hexagonal figure consisting of six diamonds. Then again, it may appear as a cube stacked upon other similar cubes. Or, presto change, it may appear as two cubes above, one cube below.

It's an illusory design, of course, that tends to change before your very eyes.



KNOW DOUBT! "It is better to know ___ than to know what ain't so," said Josh Billings. What seven-letter word is missing? Take a guess.

Commentary

Questions

Continued from Page 16

Hawley: Wow, you're saying that I'm opening up people to violence by asking whether or not women are the folks that are going to have pregnancies?

Bridges: So, I wanna note that 1 out of 5 transgender persons have (sic) attempted suicide, so I think it's important...

Hawley: Because of my line of questioning? So we can't talk about it?

Bridges: Because denying that trans people exist and pretending not to know that they exist is dangerous.

Hawley: I am denying that trans people exist by asking you... (overlapping)

Bridges: Are you?

Hawley: if you're...

Bridges: Are you?

Hawley: talking about...

Bridges: Are you?

Hawley: women having pregnancies?

Bridges: Do you believe that men can get pregnant?

Hawley: No, I don't think men can get pregnant.

Bridges: So you're denying that trans people exist. Thank you.

Hawley: And that leads to violence? Is this how you run your classroom? Are students allowed to question you...

Bridges: Absolutely

Hawley: or are they also treated like this...

Bridges: No no no, they're allowed

Hawley: where they're told that they're opening up people to violence by questioning?

Bridges: We have a good time in my class. You should join.

Hawley: I bet.

Bridges: You might learn a lot.

Hawley: Wow, I, I WOULD learn a lot. I've learned a lot just in this exchange. Extraordinary.

Of course a leftist professor from Berkeley would interpret any line of questioning as transphobic. That position supposedly paints the questioner as a bigot. To a liberal, that type of accusation ends a conversation and declares one triumphant, even though they never provide an answer.

The poignant element of the conversation was avoided, as it was in the senate hearing with Supreme Court nominee, Ketanji Brown Jackson. The questions looked for a concise answer as to which sex is able to conceive,

carry, and deliver babies, rather than a nonsensical word salad.

The alphabet media in all their brilliance picked up on the accusation of Hawley being transphobic as the most germane point in the conversation - like that IS the story.

The story is that we have a well-educated college professor who thinks that just because someone is pumped full of testosterone, grows some facial hair, throws on a pair of burley jeans, changes a name, may schedule some cosmetic surgery, and opts to associate themselves with a sex other than the one they were born into, that we have magically transformed a woman into a man.

Until recently, even the most ambitious theorists have acknowledged that sex itself is a real biological phenomenon.

Now, even common-sense statements from noted liberals such as JK Rowling, are deemed hate speech.

Rowling, commenting on an opinion piece that references "people who menstruate" from a tweet back in June 2020: "People who menstruate." I'm sure there used to be a word for those people. Someone help me out. Wumben? Wimpund? Woomud?" "If sex isn't real, there's no same-sex attraction. If sex isn't real, the lived reality of women globally is erased. I know and love trans people, but erasing the concept of sex removes the ability of many to meaningfully discuss their lives. It isn't hate to speak the truth."

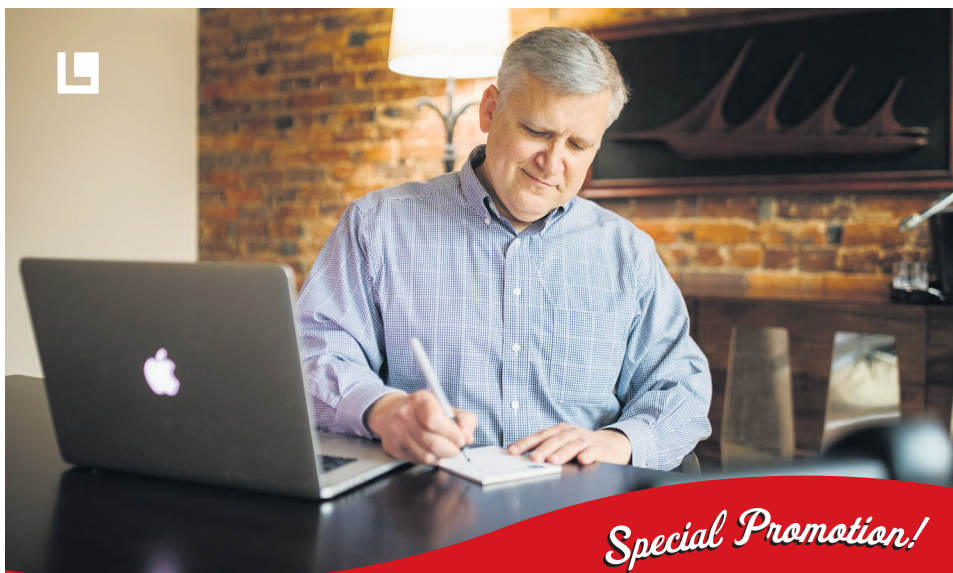
As more and more people refer to themselves as trans, nonbinary, and gender-non-conforming,

there's been a push to realign the objective reality of biological sex to match one's subjectively chosen gender identity. So the idea that males and females exist as real biological entities, in which the doctor can tell the absolute difference at birth, is now seen as obsolete.

However, none of that changes reality. Facts don't have feelings.

Of concern should be that our tax money helps pay the generous salaries of these people who impregnate young minds with the idea that a female living as a transgender male somehow equates to a man having an abortion or carrying to term.

Extraordinary, indeed.



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Medicare Minute

4 Parts of Medicare

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The four parts of Medicare are labeled Part A, Part B, Part C and Part D. Over the next few weeks we will discuss each of the four parts in detail but for today let's simplify things by saying that Part A is your inpatient or hospital care, Part B covers your outpatient services, Part C is called Medicare Advantage and Part D is your prescription drug plan.

The two parts of Medicare that you receive through the federal government are Parts A & B. The two parts that can be purchased through private insurance companies are Parts C & D. So which parts are optional for most people? That would be Parts B, C and D.

It's very important for the Medicare beneficiary to be familiar with each of the four parts of Medicare and what they cover. Here are some ways you can do that. First you can go to Medicare.gov. This is an excellent website that will tell you everything you want to know about Medicare. You can also refer to the "Medicare and You" handbook. Another way to learn about the basics of Medicare is to attend one of the Medicare Education Classes our company conducts. They are free of charge and open to the public. Just contact our office for times and dates. Of course you can also check out the "Medicare Minute" each week in the Courier Journal!!

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



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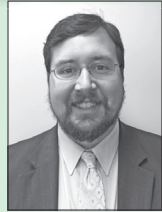
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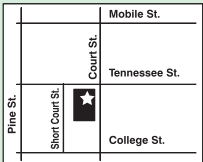
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Letters...

Continued from Page 23

For Common Sense Gun Regulations

Editor:

Alabama Republican politicians claim to be pro-life and pro-children while bragging about their guns. *The New England Journal of Medicine* reports that guns are now the leading cause of death of children and teens in the US.

Gun violence is the second leading cause of death among children and teens in Alabama after traffic accidents. An average of 88 Alabamian children and teens die by guns every year - 60% are homicides.

According to Everytown (Everystat.org) data:

- The rate of gun deaths has increased 47% from 2011 to 2020 in Alabama, compared to a 33% increase nationwide. That means in 2020 there were 356 more gun-deaths than in 2011.

- In Alabama, the rate of gun suicides increased 18% and gun homicides increased 100% from 2011 to 2020, compared to a 12% increase and 70% increase nationwide, respectively

- In an average year, 1,090 people die by guns in Alabama, which has the 4th-highest rate of gun deaths in the US.

- The societal cost of gun violence in Alabama exceeds \$15 billion annually, of which \$421.4 million is paid by taxpayers. That represents the 3rd-highest per capita cost among the states.

The question for Alabama voters is whether we care enough about

gun deaths and being near the bottom among states in education, health, environment, and general well-being. If so, let's proceed with common sense gun regulations, such as: extended waiting periods and improved background checks, raised age to purchase, and required training and safe storage.

Dan Waterman
Killen

Living in the Bible Belt

Editor;

For starters, it's not our place to judge. Not mine. Not yours.

Next. Let's say you want to keep all of your United States Constitutional rights, like your first right of freedom of speech, or the Second.

Right now your rights are being sifted through to get to a place that if you are not a full-fledged religious zealot, our country will no longer be free.

I don't judge your way of life, be you Christian, non-Christian, LBGTQ, or any other place in your life. But if you call yourself a Christian, you best be walking in Christ's footsteps. And if you feel the need to make everyone see it your way as the only way, and not His way... He knows.

Lastly, our forefathers came here to get away from religious persecution. Don't do the same.

God is God, no matter what He is called. Because, and get this straight, GOD is LOVE. Unconditionally.

Linda Johnson
Florence

THE DOLLAR Stretcher



Continued from Page 23

tumbler. The problem in the past was that sometimes I had more compost scraps to add to the bin than I had space in the compost tumbler. I didn't want to spend money on another large capacity tumbling compost bin because they can get very expensive.

I started grinding up my leftover food scraps, a couple of used napkins or paper towels, egg shells, etc. and adding water to come to the eight cup measure mark on my vitamin blender. I then put the ground up mixture into a five-gallon pail and add water up to the top of the pail. I water around my fruit trees or other plants and bushes with this solution. I'm composting instantly, and food scraps aren't left whole to entice raccoons and other animals. Plus, I manage fine without purchasing an additional compost bin. As a word of caution, I don't grind up corn cobs or animal bones in my blender.

Zoe

FRUGAL FITNESS

I was not willing to invest any more in expensive exercise equipment that would sit unused in a corner of the room after a

See DOLLAR... page 34

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Potluck...

Continued from Page 16

baked goods for the fund raiser. Social distancing will be observed and hand sanitizer will be available. Sponsors include Colbert Missionary Baptist Church and Sweetwater Bakery.

12-1:30pm
Lunch & Fellowship;

1:30-2:30pm
Bake Sale Fundraiser

Crossroads Community Outreach is a 501(c)3 non-profit organization with volunteers and board of directors to help to oversee all of its activities. Crossroads assists those who may or may not qualify for traditional help, and those with specific needs where no services exist to cover those needs. Crossroads services include Homeless Day Space & Resource Center, Street Outreach, Food Pantry, Academic Tutoring, and a Clothing closet. Dr. Kimberly Jackson is the founder and executive director.

For more information about Crossroads Community Outreach, call Jackson at 256-284-2218 or Harold Lewis, Jr., at 404-308-2266, website crossroadsco.org, or Facebook and Instagram at Crossroads Community Outreach.

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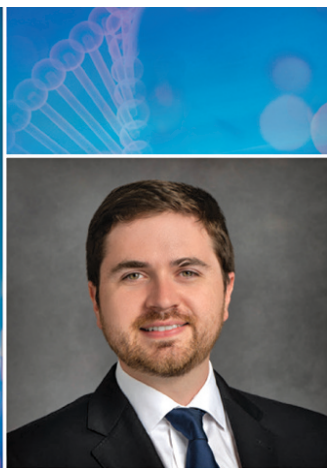
Moments in History

from The History Channel

- On July 31, 1715, a hurricane strikes the East Coast of Florida, sinking 10 Spanish treasure ships carrying tons of gold and silver coins and killing nearly 1,000 people. About 80% of the treasures had been recovered by April 1716, but the rest remained lost until the 1960s.
- On July 25, 1832, the first recorded railroad accident in U.S. history occurs when four people are thrown off a vacant car near Quincy, Massachusetts. The victims had been invited to view the process of transporting loads of stone when a cable on a vacant car snapped, throwing them off the train and over a 34-foot cliff.
- On July 28, 1868, following its ratification by the necessary three-quarters of U.S. states, the 14th Amendment, guaranteeing African Americans citizenship and all its privileges, is officially adopted into the U.S. Constitution.
- On July 29, 1921, Adolf Hitler becomes the leader of the National Socialist German Workers' (Nazi) Party. Under Hitler, the Nazi Party grew into a mass movement and ruled Germany as a totalitarian state from 1933 to 1945. The Nazis controlled every aspect of German life, and
- On July 26, 1931, a swarm of grasshoppers descends on crops throughout Iowa, Nebraska and South Dakota, devastating millions of acres. The swarm was said to be so thick that it blocked out the sun and one could shovel the grasshoppers with a scoop. Cornstalks were eaten to the ground and fields left completely bare.
- On July 30, 1976, American Bruce Jenner wins gold in the decathlon at the Montreal Olympics and sets a world record in the event. After his win, Jenner was voted the 1976 AP Male Athlete of the Year. The 1976 Olympics was his last decathlon. In 2015, he became Caitlyn Jenner and is an American media personality.
- On July 27, 1981, Adam John Walsh, age 6, is abducted from a mall in Hollywood, Florida, and later found murdered. Adam's father, John Walsh, became a leading victims rights activist and host of the long-running television show "America's Most Wanted."

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Soap Opera Preview

THE BOLD AND THE BEAUTIFUL Wyatt and Liam shared a brotherly bond while discussing Steffy, Hope and Bill. In a fight for Finn's life, Sheila subdued an enraged Finn with a hidden syringe. Ridge and Taylor took a jet to Monte Carlo to help Steffy through the heartbreak of losing Finn. Grieving for Li and desperate for Steffy, Finn summoned his strength to fight back against Sheila. Finn upped the ante, pushing Sheila's buttons to get what he wanted most -- freedom. Finn finally unleashed his unyielding fury toward his mother. *Wait to See: Sheila attempts to control the situation, but the damage is already*

done. Dollar Bill delivers an unexpected and exceptional gift to an extraordinary person. Overlooking a beautiful vista in the south of France, Steffy is overcome with emotion remembering Finn.

DAYS OF OUR LIVES Ava and Jake had a heart-to-heart chat about their future. Kristen had a special request for Gabi. Nicole found herself in a dangerous situation. Eric tried to save Nicole. Jake gave Ava an engagement ring. Sonny ran into a familiar face. Kristen got the upper hand with Brady and Chloe. Eric comforted a shaken Jada. Salem was rocked by a surprising death. Steve and Justin had a prickly encounter with Orpheus.

Sonny was thrilled to be reunited with a loved one. Ava grappled with some devastating news. EJ presented Chad with an ultimatum. Paulina helped Chanel choose between Allie and Johnny. *Wait to See: Paulina gives Kate some advice about Roman. Sonny consoles Chad when he suffers another loss. Chanel reveals her choice to Allie and Johnny.*

GENERAL HOSPITAL As time was running out, Spencer pressured Esme to take him up on his deal. Nikolas surprised Ava. Jordan questioned Curtis' motives. Trina received support as she braced for a new day of her trial to begin. Sonny and Nina had a frank discussion. Trina was surprised by an unexpected witness at her trial. Victor wondered what had Nikolas on edge. Nikolas rushed to the courthouse before the truth was revealed. Michael and Willow were surprised when Sasha admitted she already knew about the pregnancy. Mac made a suggestion to Dante about his career, prompting him to take action regarding his future with Sam. Spencer made an important decision. Esme was prepared to leave town. *Wait to See: Trina is called to the stand. Sam approaches Michael as he makes a mysterious call. Felicia takes matters into her own hands.*

THE YOUNG AND THE RESTLESS Nick backed Ashland into a corner. Diane made progress with Jack. Nikki and Phyllis

plotted their revenge. Victor did damage control. Sharon counseled Adam. Victoria and Nick made a shocking discovery. Victor covered his tracks. Sally asked Adam for a fresh start. Michael accepted a new assignment. Summer questioned Phyllis' motives. Nick delivered some bad news. Victor protected his interests. *Wait to See: Nikki helps Nick with an ethical dilemma. Kyle protects Harrison. Mariah keeps a secret from Tessa.*

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Truman 

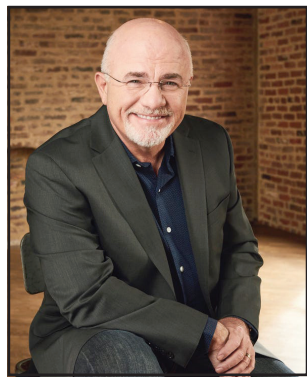
*Best in Alabama according to PARCA Study - 2018

DAVE Says

by DAVE RAMSEY

YOU HAVE TO CHANGE

Dear Dave,
Is debt consolidation a good way to get out of debt?
Erikah



Dear Erikah,
No, it's not. Debt consolidation companies try to position themselves that way, but they don't

even come close to addressing or solving the real problem.

Here's the big reason debt consolidation isn't a good idea. It makes you feel like you truly did something to change your whole financial outlook when you didn't. When you move things around, or suddenly have a lower payment each month, you end up thinking you're making real progress. The thing is you didn't do anything to address the actual problem—which is *you*.

I meet people and talk to folks on my radio show

all the time who don't quite grasp this. They'll tell me they paid off all their debt by using a debt consolidation company or taking out a second mortgage on their homes. Well, the truth is they're not debt-free. They didn't do anything but shuffle the same old debt around.

Personal finance is 80% behavior, Erikah. When it comes to getting out of debt, staying out of debt and getting your finances into shape, you have to change your habits and behaviors with money. Interest rates aren't the problem, and the number

of payments you're facing aren't the problem. The problem is the person you see in the mirror every morning.

Until you change that person, and start living on a strict, written monthly budget *and* decide to kick debt out of your life once and for all, you'll never make any real progress toward gaining control of your money!

— Dave

Dave Ramsey is an eight-time #1 national best-selling author, personal finance expert, and host of The Ramsey Show, heard by more than 18 million listeners each week. He has appeared on Good Morning America, CBS This Morning, Today Show, Fox News, CNN, Fox Business, and many more. Since 1992, Dave has helped people take control of their money, build wealth and enhance their lives. He also serves as CEO for Ramsey Solutions.

THE DOLLAR Stretcher



Continued from Page 30

few weeks of use. Since I am not a fan of exercise, this has happened with equipment I've purchased in the past.

A few months ago, I started to take the bus to work. The nearest bus stop is a mile away from my house. It provides me with two 20-minute walks a day. I don't get sweaty because I don't run, and because the exercise is divided into smaller chunks, I hardly know I'm doing it. I use the time to wake up in the morning and to relax in the evening before I come home to my family. I am

See DOLLAR... page 36

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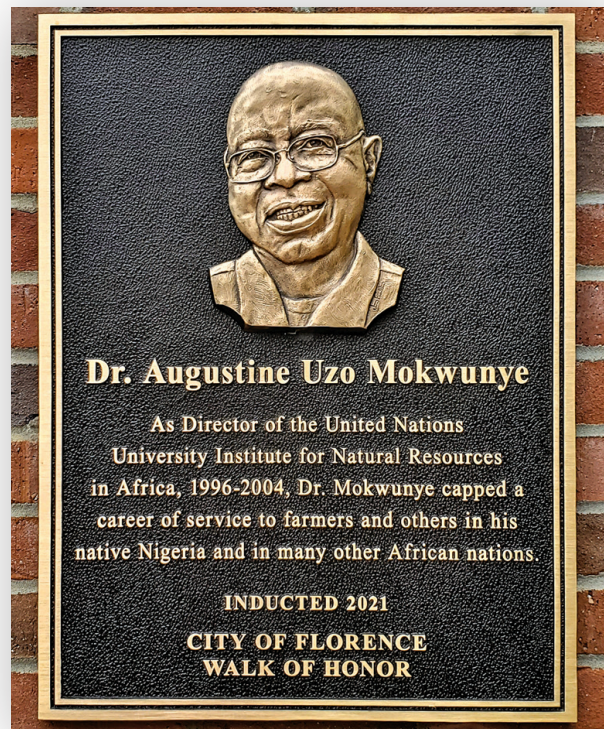
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~ Courtesy David Curott ~ author of "Signs of the Past" and "More Signs of the Past"



Cat & Kids

by Cathy Turner

A Clean Good Work

We've all got laundry - rich or poor, black or white, young or old, big or little. We all get sweaty, sticky, dirty or just use a lot of clothes - all the time. Dirty laundry is one of life's great equalizers - we've all got it! Now granted, some people don't do it themselves, but they have it. How do you feel about doing laundry? Truly, laundry might be one of the few domestic

chores that I really don't mind doing. A washer and dryer was the first major, newlywed purchase that my husband and I made. And after we had children, doing the laundry always made me feel like I was caring for my family. I loved the happy, little piles that showed the personalities of our household - Power Ranger pajamas, purple everything

for our girl, refreshed socks and athletic wear from our stinky play. Truly, I praised the Lord for soap!

I was just now having these thoughts as I folded tiny laundry belonging to our 3-year-old grandson, who is with us for a few days - Braves baseball pajamas, Spider-Man short sets, dinosaur T-shirts, sun shirt and swim trunks, and teeny little socks!. I just love it! When I shook out the pocketed swim trunks, Tennessee River rocks fell out. He and his, just-turned 6-year-old, cousin had a blast at McFarland floating on their backs looking up at the sky and swimming in the rain. Then those trunks went running with a screaming kid through the "big, tall splash pad"! One of his shirts still had a little purple icing stain remaining from his cousin's birthday party. So much fun! I have always liked how the clean, folded clothes would remind me of what we've done in the past few days. Always a good review. Always thankful.

To be truthful though, I haven't always been fond of doing laundry. When I was growing up, we had a big, round, white metal top-loading washing machine trimmed in black. That machine had a four paddle agitator that pushed clothes from bottom to top and then sucked them in again in a swirl in the middle. Those clothes got beat. It wasn't easy getting clothes out of that deep washing tub on our screen wire and wooden 6'x12' back porch. On the washer, there was a wringer with two rollers that we hand-cranked wet clothes through before hanging them on the clothesline. (No spin cycle.) After that machine died, we went to the laundromat, chucked quarters in the machines, and played with and in the big, wire, wheeled, square laundry baskets used to transport laundry from the washer to the dryer and then to the folding tables. We went with Mama because where you went your children went. We never complained. It was how life was. Eventually, Mama got a small washer and dryer put in the kitchen of our 1100 square foot house. Man, all of that was hard work. You can't fully convince me that today's washers and dryers match all of that work.

Regardless, we are all still doing what it takes for

our family. And it's just beautiful. I hope that's how you feel about that pile of laundry that you're looking at. We've all got to do it! Well, at least we have clothes - blessed! We have the health to get them dirty - thankful! And we have access to washers and dryers so that we don't have to go down to the Tennessee River to beat our clothes on a rock - rich! Laundry is a good thing. And remember those little socks will soon disappear, so enjoy matching the ones that you can find!

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Meet **TRIPP**, he is ABSOLUTELY INCREDIBLE with other dogs! He even does good with big puppies crawling on him and aggravating him! Tripp is well mannered, crates well, and he's very smart. He is about 2 years old, 60 pounds, neutered, and heartworm negative. **THE ADOPTION FEE IS \$85** and includes heartworm test, current vaccines, spay/neuter and microchip. Please call or come by Florence Lauderdale animal services 256-760-6676 to meet this amazing dog.



Meet **BLAKELEIGH**, she is always so-excited-she-just-can't-hide-it to get attention. Blakeleigh does adorable tip taps with her front paws when she's waiting for a treat, she is ridiculous with toys, and she is so, soo cuddly. She is around 4 years old and she's a little over 50 pounds. This beautiful girl wants to show you her belly and find a family to love. **THE ADOPTION FEE IS \$85** and includes heartworm test, current vaccines, spay/neuter and microchip. Please call or come by Florence Lauderdale animal services 256-760-6676 to meet this amazing dog.

Meet **VICTORY**, she is about 2 years old. She is super friendly after she gets to know you, she is just a bit shy at first! She loves being petted, will lick you to death and loves belly rubs! **VICTORY HAS BEEN SPONSORED AND WILL BE \$35!** We will provide vouchers for her spay and rabies before you leave. She has had shots and wormer at the shelter already! If interested in Victory, you can come by the shelter at 5010 Missouri St, Tusculumbia or call us at 256-381-4073! Please come spend some time with the sweet girl and fall in love with her as quick as we did!



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THE DOLLAR
Stretcher

Continued from Page 34

now looking at taking a (shorter) bus ride from a bus stop that is two miles away, providing me with four miles of distance to cover each day. The only time I didn't take the bus was in the dead of winter when temperatures reached below zero.

I've started to look forward to my walks and am enjoying my "alternative treadmill" very much.
Margaret

MY DIY MOISTURIZING SOAP

I buy cheap liquid soap, and I add almond oil (olive oil is also good, but the smell of the almond oil is better). That's how I get moisturizing soap at minimum cost!
Michelle R. from Santiago, Chile

EASY CORN ON THE COB

To cook corn on the cob without a lot of mess and work, microwave two ears for eight minutes with the husk on. Remove the corn from the microwave, cut the base off, hold onto one end, and slide the corn out of husk, silk and all.
GW

GARAGE SALE SELLING STRATEGIES

I just finished having a big garage sale, getting rid of most of my baby/tot gear as I retired from daycare. I found that if I said "make me an offer," I generally received more than what I had hoped to get. You might want to try this route. It worked for me.
Julie

AHH, COOL AIR!

Fill a gallon jug with water and freeze it. Set the frozen water jug in a shallow dish in front of fan and turn the fan on. This is especially good at night beside the bed. The shallow dish lets condensation drip without marring any surface.
RPB

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Thomas McCutcheon
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GRANDPARENT VISITATION RIGHTS

Years ago, our State Legislature and Legislatures across these United States passed laws giving grandparents visitation rights when there was a dispute with a parent. In other words, if the grandparents got into it with the parents there was a statutory right to go ask a court to award visitation to the grandparents over the parent's objections.

Judges were, understandably, kind to grandparents. Often, a thoughtless comment or cross words between a parent and a mother-in-law or a father-in-law would put a

stop to visitation with a much-loved grandchild. These cases were truly heart-wrenching. They were especially emotional when a parent had died, and the surviving parent limited or would not allow visitation with the grandparents.

These are cases that are heard without a jury and lend themselves to judges really wanting people to resolve these cases among themselves. When they couldn't, the courts found themselves in the position of having to split the baby much like King Solomon.

In the early '90s, the United States Supreme Court ruled that State Statutory Grandparent visitation statutes were by and large unconstitutional. In some ways the analysis by the Supreme Court was based on a concept of what the law was at the time that the United States broke away from England. Historically, parents have had the absolute right to determine with whom their children associated. Not long after that decision other state courts followed suit. Alabama did as well. Last week the Alabama Supreme Court reaffirmed that a parent generally has the right to deny or limit visitation.

In the recent case, the trial court found that there was a great relationship between the grandparent and the child, and that the grandparent was a person of good character. The trial court then awarded visitation. The Alabama Supreme Court said without evidence that the child would suffer harm if the relationship was limited or denied, the trial court was without the authority to order visitation over the parent's objections.

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

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

P. O. Box 38, Florence, Alabama 35631 or visit our website at: www.mhatty.com

facebook: McCutcheon and Hamner, P.C.



We will not print your full name in the article. We will not be able to return any written or preprinted items which are submitted. No representation is made that the quality of legal services to be performed is greater than the quality legal services performed by other lawyers.

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FLORENCE: BUSINESS RENTAL: Building available on 1224 N. Pine St., previously a beauty shop. Call 256-656-3578

REAL ESTATE & PERSONAL PROPERTY AUCTION

SATURDAY, AUGUST 13 • 10AM
FROM THE ESTATE OF E.P. HAMILTON
AUCTION HELD ON SITE:
227 Trade Street, Florence, AL 35630

REAL ESTATE: 3 Bedroom and 1 Bath, central H/A, attached garage, backyard is fenced with a workshop, metal storage building and carport. Lot size is 100' x 150'.
PERSONAL PROPERTY: 2014 Kia Soul; Guns: Undercover .38 SPL, two long guns. Furniture includes sofa & love seat, marble-top end tables & coffee table, china cabinets, round oak table & chairs, bedroom furniture, vintage chifforobe; oil lamps; Corning ware; Pyrex; cast iron; glassware; collectibles; washer & dryer; small appliances; hospital bed; steamer trunk; 45 records; concrete planters & birdbath; patio chairs; and a whole lot more!



GUNS WILL SELL AT 10:00; CAR AND REAL ESTATE SELLS AT 12 NOON.
DIRECTIONS: From Huntsville Road, Florence, turn south on Trade Street, 2nd block, signs are up.

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Community Notes...

Continued from page 9

and vendors on site with advocacy awareness featured for local abused and neglected children.
Guests are invited to shop from 10 am-6pm with local vendors showcasing unique, handmade crafts and art to marketplace modern, traditional, and

emerging items. The concert is from 6-9pm with the Shoals' very own Tommy Shields, Gary Nichols, and American Idol contestant, Cadance Baker!
FOOD TRUCKS - Smashed Burgers, Quench, and many more. For more

information on how to be a vendor or sponsor, please email hbegley@shoalscasa.org

The Muscle Shoals Songwriters Festival early bird tickets are on sale now for the upcoming festival, scheduled for November 4-5 in Muscle Shoals.

The festival will feature more than 50 songwriters at multiple venues across The Shoals. A portion of the lineup is now available online. The

remainder of the lineup, along with the festival schedule and headliner, will be announced later this summer.

Early Bird general admission weekend pass is \$79. Early Bird VIP weekend pass is \$99, and Early Bird VIP weekend pass and access to Thursday night Kick-Off Party is \$129. For more information and to purchase tickets, visit www.mssongfest.com.

Florence Parks and Recreation/ The Club/Florence Senior Center

offers a variety of activities.

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

Senior Center "The Club".

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

Monday Night 6-8pm, Singing River Squares. At The Club, 450 Country Club Drive in Florence. Caller: Kevin Cozad,

See NOTES... page 38

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Please **join us**
for the **2022**
Shoals Woman
of the Year
AWARDS
LUNCHEON

Tuesday, August 30
Marriott Shoals Conference Center
12PM – 1:30PM

Keynote Speaker:
ANGIE HAMILTON

Chief Assistant District Attorney,
Lauderdale County District Attorney's Office.
President of the board of One Place of the Shoals.
2015 Shoals Woman of the Year Winner.



OUR NOMINEES:

Amy Goss Robinson, Dr. Andrea Hunt, Tricia Lewis,
Dr. Jacqueline Parsons, & Cindy Young

TICKETS: \$38 each or a table of 8 for \$280
Last year's event **SOLD OUT**, so get your tickets early!

Enjoy a delicious lunch, a great speaker, be a part of recognizing five outstanding women, receive a souvenir gift bag and get the Shoals Woman magazine a day early! Get your tickets in person, at the TimesDaily office, 219 W. Tennessee St., Florence, Monday – Friday, 8 a.m. until 5 p.m. or call Mara Beth Cravens, Administrative Assistant 256-740-5811 to order by phone.

presented by:



Table Sponsors:



Community Notes...

Continued from page 37

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

Quad Cities Squares Come enjoy fun & lessons of square dancing 7-9pm Thursday evenings at the 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.

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

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

Pay it Forward: Donate to Educate. Shoals Scholar Dollars is an Education Foundation raising money to pay tuition at Northwest Shoals Community College and transfer scholarships to the University of North Alabama for Lauderdale and Colbert County students who meet certain criteria. Donate to Scholar Dollars at any participating financial institution the second Friday of each month.

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

This year continues to be difficult for LifeSouth and blood centers across the country with the impact of the pandemic causing a decrease in blood donations, while the need to help patients in local hospitals continues to increase. Regular blood donors who have not given recently and first-time donors

can make a major impact by donating. One donation can save up to three lives.

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

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

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

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

For more information, contact NACOLG SENIORx today. There is no charge for this service. 1-800-AGELINE (1-800-243-5463) Paula Pardue 256-389-0529 This program is in partnership with the State of Alabama and Alabama Department of Senior Services

REAL Rehome Educate Adopt Love offers the following pet preventive care assistance for dogs and cats in Lauderdale, Colbert and Franklin Counties:

- Flea/Tick Control
- HW Testing
- HW Preventative
- Vaccine

Submit your Pet Wellness application from our Facebook page REAL Rehome Educate Adopt Love or website www.rehomeandeducate.webs.com

Lauderdale County Solid Waste - New Service Announcement - The Lauderdale County Solid Waste Department now picks up yard debris from county residents. This service is throughout the county only.

Residents who need our service and meet the requirements should call the Solid Waste office at 256-760-5878. For more information see the advertisement in this issue.

City of Florence - Recycling Program:

Paper, cardboard, plastic bottles and jugs only (#1 & #2), aluminum cans, and steel cans are all recyclable. Residential curbside cart collection is provided within City of Florence limits. The Florence Recycle Center drop-off is available to everyone, 24 hours, 7 days a week.

Cardboard Boxes
Place large, broken-down cardboard boxes 3 feet away from your recycle and garbage carts. Remove all contents from each box before recycling as Styrofoam and plastic film are NOT recyclable.

Televisions/Electronics
Old TV's are not collected with curbside trash. They can be dropped off at two locations:

- Florence Recycle Center: 1200 Terrace Street, Florence
 - Florence Landfill: 29485 County Road 14, Florence
- Wrapping Paper
All paper is recyclable if it will tear. We encourage you to reuse ribbons and bows, but they are not recyclable.

Want a job? Want a better job? Get your GED! Free GED Prep classes are located near you. The program is open entry with new students starting classes weekly. For more information, call the Northwest-Shoals Community College Adult Education Program at 256-331-5440 or 256-331-5438.

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R	A	R	E	A
E	R	E	A	R
E	A	R	L	L

KNOW DOUBT! "It is better to know ___ than to know what ain't so," said Josh Billings. What seven-letter word is missing? Take a guess.

Missing word is "nothing."

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Skyliters...

Continued from Page 16

Shoals Recording Studios began gaining national attention. The clubs helped support the musicians that worked in the studios and the scene started many careers for local musicians.

O'Rear started his career as a musician and club owner of the famous Club XIII, now part of the title of the current release by Muscle Shoals touring rock band, the Drive-By Truckers. Many local musicians got their start playing at O'Rear's club, including Patterson Hood, Mike Cooley of DBT, and others. Billy Lawson of the iconic Wishbone Recording Studio in Muscle Shoals, met O'Rear as a young boy. With Mike's guidance, has gained much success as a songwriter.

Advance tickets are available for \$15 at Counts Brothers Music in Muscle Shoals, Ye Ole General Store in Florence, and at WZZA Radio in Tusculmbia. Tickets at the door will be \$20. Tickets are also available at www.eventbrite.com and search, "Skyliters."

Season Six of the Salt & Pepper Series is continuing to focus on Traditional and Roots Music and its influence on the Muscle Shoals Music Community's Contributions to the American Soundtrack. The musical genres of Gospel, Soul, and American Pop were very much a part of the sound of the Shoals and will be presented in the performances of O'Rear and Reeves. Both have a following in the Shoals and many eager fans are already buying tickets online.

Funding from The Alabama Folklife Association and Executive Director, Emily Blejwas, is making this advancement possible. The live stream of the July 28 performance will be accessible at www.youtube.com/user/RussellGulley.

Thanks to the Alabama State Council on the Arts Folklife Program for a grant to support artist fees.

Reeves Courtesy Mary Carton



There will be a limited number of seats available. The event is family friendly and students are welcome. For information, contact Russell Gulley at 256-845-0203 or russell@russellgulley.com.

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