



**Toys for Tots
Box at 219 W.**



SHOALS – The Courier Journal and Times Daily offices located at 219 W. Tennessee St. in Florence are again one of many drop-off locations for **Toys for Tots**.

New and unwrapped toys may be dropped off in the donation box located in the front lobby any time by December 12. Office hours are from 8am-5pm Monday-Friday.

The Marine Corps League is sponsoring the donation boxes around the Shoals.

The group this year is collecting toys for 1,200 children from throughout the Shoals, as well as children in Franklin, Marion, and Winston counties.

**White's 2nd
'Home' Show**

FLORENCE – The University of North Alabama's Department of Entertainment Industry is presenting the second **John Paul White** "Home for the Holidays" concert Wednesday.

See SHORTS... on Page 2

Volume 139 Number 5

November 23, 2022

POSTAL PATRON

Courier Journal

Serving Northwest Alabama and

USPS / CVC Circulation Verification Available 219 W. Tennessee St. Florence, AL. 35630 256-764-4268

Building Careers



Debbie Martin, left, owner/operator of McDonald's in Colbert County and Russellville, presents a \$1,529 check to Colbert County Schools Superintendent, Chris Hand, representing the proceeds from a recent McDonald's sales promotion. Courtesy photo

TUSCUMBIA—Debbie Martin, Local McDonald's owner/operator for Colbert County and Russellville locations last week donated \$1,529 to Colbert County Schools. This donation was the result of the Fries for School Supplies fundraiser. Proceeds from all a la carte fry sales during one week in August at local McDonald's restaurants were included in this donation to local schools.

“We work a lot

See CAREERS... Pg 6

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Your Trade-In Values

Furnace	\$250
Air Conditioner	\$250
Water Heater	\$150

0% FINANCING with Low Monthly Payments

TVAA's Winter Art Market through Dec. 23



TUSCUMBIA – The Tennessee Valley Museum of Art will host its Winter Art Market through December 23. Find the perfect gifts for your loved ones at what may prove to be

See ART... on Page 6

**REMINDER:
AD DEADLINE**



for the Nov. 30 issue is
**Weds,
Nov. 23**

Display ads - Noon
Classified ads - 4:30pm

**EMERGE
Calls on the
Lions' Pride
for Purple**

THE SHOALS – The Shoals Chamber's EMERGE: Leadership Shoals class, in collaboration with the University of North Alabama and the Town and Gown Task Force, are proud to announce the inaugural "Purple Pride Day" to coincide

with UNA's Founders' Day on January 11, 2023. The inaugural day will coincide with the University's Founders' Day celebration, to amplify the nearly 200-year influence that UNA has had on North Alabama.

"I am a proud alumna of

UNA, and it is important for visitors and residents to know that right around the corner is an incredible school," said Hannah Hayes, founder of Hayes Creative and member of the inaugural EMERGE class. "Purple Pride Day is

See EMERGE... Page 28



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Jeff Elledge Auto Sales

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Puzzle Whirl



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- Computer Skeptic
- Savvy Senior
- Soap Updates
- Dave Ramsey



- Hocus Focus
- Adopt-A-Friend
- SIGNS of the PAST

- Web Poll
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- Pet Talk
- Mystery Photo



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Shorts...

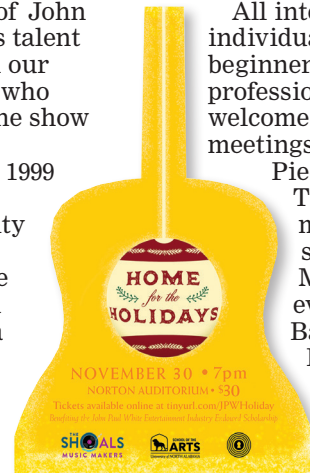
White's 2nd Home Show

Continued from Page 1

November 30 at Norton Auditorium. Doors will open at 6pm and the show will begin at 7pm. "This concert has quickly become an audience favorite," said Dr. Bob Garfrerick, Chair of the Department of Entertainment Industry. "It is also a showcase of John Paul White's talent and those in our department who help make the show happen."

White is a 1999 graduate of the University of North Alabama. He is scheduled to perform a variety of seasonal favorites and will welcome some surprise guests to the stage. Tickets are \$30 and can be purchased at www.tinyurl.com/jpwholiday, via telephone at 256-765-4559, or Monday-Friday from 9-11am at the School of the Arts.

All proceeds from ticket sales will benefit the John Paul White Entertainment Industry Endowed Scholarship.



Pope's Tavern and the Kennedy-Douglass Center for the Arts' collections can also be enjoyed.

The mission of the Shoals Piecemakers Quilt Guild is to stimulate interest in quilting. The guild provides educational programs at all levels of quilting. Members hope to be a source of encouragement and friendship to all those interested in quilts and the art of quiltmaking.

All interested individuals from beginners to professionals are welcome at the meetings of the Shoals Piecemakers. The guild meets every second Monday evening at St. Bartholomew's Episcopal Church at 1900 Darby Drive in Florence.

Take a break from the chilly weather and visit the warmth of the art center's latest quilt exhibits!

The Kennedy-Douglass Center for the Arts is open to the public free of charge Monday-Friday from 9-4 and Sunday from 1-4. The art center is located at 217 E. Tuscaloosa St in Florence. Please call 256-760-6379 for more information.

FLPL Holiday Bike Parade!

FLORENCE- Florence-Lauderdale Public Library's 3rd Annual Holiday Bike Parade takes place Saturday, December 3 at 4:30pm.

Kids can show off their holiday creativity by decorating their bicycles with lights, ornaments, ribbon, tinsel, and other items.

Participation is FREE and all ages - children, teens, and adults are welcome. The deadline to register is 5pm on Monday, November 28.

Register at Eventbrite. Bike riding participants need to register. Parents accompanying their child do not need to register.

Children 6 and younger must be

See SHORTS... on Page 16

Jody's Optical Congratulates Dr. Hunter H. Snyder on his recent ownership



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TOYOTA: PRIUS, 2011 \$13,750. 126K miles, excellent condition, 50 mpg, many upgrades, private owner. 256-443-4735.



THE PICTURE ABOVE ARE the parents of 1 BEAUTIFUL Male and 4 GORGEOUS black/red females are now 9 wks old. AKC registered black/red German Shepherd pups. These pups are bred for structure, temperament, and beauty. These phenotype are West German Show/working, 20% American show, lines. I do have pedigrees and parents on premise. \$600 ea. 256-227-0881.

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FLORENCE YARD SALE, 325 Doubletree Lane, Indian Springs Sub., Sat., 8 am-until?
UPSCALE YARD SALE! Designer clothes, shoes, purses, housewares, home accessories, furniture, baby items, bed, high chairs, car seat, toys, Christmas items and more! Cancelled if raining. Map ID #1101



FLORENCE: 2312 Parc Place November 12 Sat. 7 am - 2 pm, **ESTATE SALE** - Antiques and vintage items: furniture, home decor, household items, collectibles, tools, and much more. Map ID #

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

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

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

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FLORENCE: 2312 Parc Place November 12 Sat. 7 am - 2 pm, **ESTATE SALE** - Antiques and vintage items: furniture, home decor, household items, collectibles, tools, and much more. Map ID #

PLAY THE GAME DAY SCORE CARD Contest every week during the football season. Win a \$50 gift card from 306 Barbecue for the best card and another \$50 gift card, plus \$50 cash if it is a perfect card. Only in the Courier Journal and at CourierJournal.net.

DOWNSIZING: FURNITURE - china cabinet, curio cabinet, bedroom suite (Queen), 3 two-tier round tables, violin table with marble top, antique center table with marble top, odds and ends. Call for an appointment 256-904-0781.

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REMINDER: COURIER JOURNAL AD DEADLINE
this week is Wed., Nov. 23rd. Happy Thanksgiving!

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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.

The Tennessee Valley Museum of Art will host its Winter Art Market November 15 - December. Find the perfect gifts for your loved ones at what may prove to be the biggest Winter Art Market event yet! Over 50 artists will be offering everything from paintings to blown glass, jewelry to clothing, pottery to woodworking, and baskets to home goods.

A wide range of price points ensures you find just what you're looking for, from stocking stuffers to elaborate gifts. Hours for the market are Tuesday-Friday 9am-5pm and Saturday 10am-5pm. The market will be closed November 23-25 for Thanksgiving. It will be open on Saturday, November 26 for Small Business Saturday. Admission is \$5 for adults, \$3 for students, and free for TVAA members. The TVMA is at 511 N Water St. in Tuscumbia. For more information, call 256-383-0533 or visit www.tennesseevalleyarts.org

Christmas for Kids - It's that time again. We are in need of sponsors for children during Christmas. These children have one or both parents in jail or prison.

These innocent children have done nothing but are certainly affected because of their parents wrong-doings.

If you or your organization would like to sponsor one or more of these children who do deserve a beautiful Christmas or would like more details call or write me.

Debbie Dixon, P.O. Box 2234, Florence, AL 35630. Phone: 256-443-1297. Tax ID# 27-2001583.

Sponsoring entails buying 3 gifts for each child sponsored.

Public Notice and Opportunity to Comment - The Lauderdale County School System is attempting to locate any child with disabilities, ages 0-21, who may be living in the Lauderdale County School District and who are not currently in a school program.

Anyone knowing of a child, who may be in need of Special Services, is asked to contact Mrs. Kim Meeks, Director of Special Education at 256-760-1324 between the hours of 8am and 4pm, Monday-Friday. All information will be kept strictly confidential.

There is space for YOUR EVENT here, and plenty of eyes to read it. Email your information to editor@CourierJournal.net.

See NOTES... page 5

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Notes...

Continued from page 4

LifeSouth Blood Drives for October
 Wednesday, November 23, 8am-1pm - BAM, Florence
 Friday, November 25, Noon-6pm - Shoe Carnival, Florence
 Saturday, November 26, 11am-6pm - Lawson's Clothing and Shoes + Outdoors, Loretto
 Sunday, November 27, 10am-4pm - Electronic Express, Florence
 Monday, November 28, 11am-4pm - Bentley Chevrolet, Florence
 Tuesday, November 30, 11am-5pm - Bank Independent, Muscle Shoals

Trax 4 Max - 5K Turkey Trot - 1 Mile Fun Run/Walk on Thanksgiving morning, November 24 at First Baptist Church, 209

Walnut St., Florence. Race time is 8am. Registration and packet pickup begins at 6:30am. In memory of Max Barnett. Benefits YMCA of the Shoals. Register at <https://trax4maxturkeytrot5k.itsyourrace.com/>

More info see event page on facebook, Trax4Max or YMCA of the Shoals.

Public Notice - Lauderdale County Board of Education, Special Education Department - Special Education records for students who graduated or should have graduated during the year 2016 and 2017 are going to be destroyed in January 2023. Persons interested in receiving their records should contact the Special Education Department at 256-760-1324 before December 16, 2022.

The Shoals Chamber Singers will present "Rejoice" at 7pm on Tuesday, November 29 at Good Shepherd Lutheran Church, 2001 Cloyd Blvd,

Florence. Conductor: Jane Powell, accompanist: Davonna Blasingame. Donations accepted.

"Elder Abuse Awareness" Annual Education & Scholarship Lunch - Kappa Phi Chapter Chi Eta Phi Sorority, Inc. Professionals Nursing Organization, presented by One Place of the Shoals. Saturday, December 3rd 11am-1pm. Mt. Caramel MB Church, South Mulberry Street, Tuscumbia. Donation \$10 per person. Proceeds benefit Nursing Scholarships.

Christmas Cabaret takes place at 7pm each night December 1-3 at The Ritz Studio next door to the Ritz Theatre in Sheffield. Join director Joey Wright in the intimate Ritz Studio setting for a charming evening of classic holiday songs. You will get to enjoy performances by our stellar cast of local vocalists, including Karly Herring, Natalie Thrasher, Hannah

Grace Thompson, Macy Ladner, Allison Cole, Jacob Adams, Tanner Rhodes, and Avery Guinn.

Tickets are \$15, plus tax. All tickets are general admission. Visit TennesseeValleyArts.org for tickets and details. Wine, beer, water, and soda will be available to purchase.

The Waterloo Senior Citizens will have a Christmas Bazaar on Friday, December 2 and Saturday, December 3 from 7am-1pm at the Senior Center. There will be beautiful Collectible Angel Figurines, Porcelain Dolls, Christmas Decor, Clothing, and Baked Goods.

The Edith Newman Culver Museum and the town of Waterloo will sponsor the ATV Christmas Parade on Sunday, December 4. Lineup at 4:30pm and parade begins at 4:45pm. Following the parade, there will be a devotion and tree lighting near the post office. A free soup

and sandwich supper will then be at the museum.

The Combined Choirs of Florence First United Methodist Church and Florence First Cumberland Presbyterian Church presents two performances of "The Mystery and the Majesty" a Christmas Cantata by Joseph Martin on Sunday December 11.

The first performance is in the Sanctuary of Florence First United Methodist Church at 11am. The second performance is in the Sanctuary of Florence First Cumberland Presbyterian Church at 5pm. All are welcomed and invited. There is no charge for attending the performances.

Christmas Dinner — Covered-dish dinner for the Central Community Center will be at 6pm, December 12 at Pleasant Hill Church Life Center, 2705 County Road 222, in Florence.

55th Annual Turkey Shoot on Saturday, December 17, 7am until we run out of shooters at Knights of Columbus, Langer Hall, 4051 Co. Rd. 30, St. Florian. All ammunition provided. Shotgun rounds, .22cal rifle rounds, .22 pistol rounds. We have ham rounds. Concession stand will be open. Youth friendly. Fun for the entire family.

What's under your hat? The Tangled Tale of Hats and Hair continues through December 27 at the Kennedy-Douglass Center for the Arts.

Our hats and hair speak about our culture and our histories. They illustrate protest and rebellion, mourning and loss, celebration, and happiness. They protect us, defend us, announce us. They communicate who we want to be; they speak to where we are from. Our hats

See NOTES... page 8



Thankful...



This week is a very special week. It's a week of families spending special moments together, and it is also a big retail shopping week. We usually have an ad filled with spectacular merchandise at great prices, and when you visit our store we promise we can find something for everyone on your list. However, this week instead of showcasing our amazing inventory of jewelry, we want to take this opportunity to say a huge thank you to all of the people who helped make our dreams for our new store a reality.

It all starts with Listerhill who sold us the location, and a special thank you to Dale who kept us informed of the progress on their new location.

Jill Andrews, the architect, who took all of the ideas and transformed them into very detailed plans for the transformation.

Robbie at King Construction, for taking our project and helping us build the store we always wanted. There were many "hiccups" as we got started, but each one led us to where we are today. We have no doubt that God was in control. We didn't know who would have been in charge

of our construction, but God knew Darrell was who we needed when Robbie needed to focus on healing. Darrell was there for it all, from the design concepts to the finishing touches. He had a faithful sidekick John who was always somewhere keeping a close eye on the progress. We are so very thankful for their care and concern with every aspect of our new location.

There were so many local companies that did their part in the construction of our new home. We are so thankful for all the skilled individuals who pulled it all together. It took us a while from the starting point to completion, but God was in control. His hands were on every aspect and individual who worked on our project.

We are so thankful for our new location and we are ready to see all of our loyal customers and many new customers in the weeks to come. Stop by to shop with us and help celebrate our first Christmas in our new home at 915 Woodward Avenue in Muscle Shoals.

Jan Carlon -- Graduate Gemologist

Genesis Jewelry

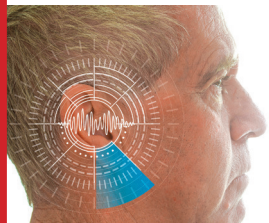
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Careers...

Continued from Page 1

with area schools, career tech, and career development, so I'm excited to share the money with Mr. Hand," said Martin. "Some of the best employees we've ever had have come through Colbert County schools. We want to keep encouraging those students to develop and be the best that they can be."

This year's Fries for School Supplies fundraiser raised more than \$85,000 for local schools across Huntsville, the Shoals, Bowling Green, KY, Middle Tennessee, and Chattanooga areas. The

funds will benefit local schools, and teachers will purchase necessary classroom supplies.

"We're always thankful for community partnerships of any kind, and \$1500 is a big deal to us," Hand said. Ms. Martin also employs a lot of our students. We're glad that we have our kids in the community working for solid local employers and continuing to grow. We're excited about putting this money toward our career tech program in some very creative way."

WE BUY CARS, TRUCKS, VANS, SUVs, and MOTORCYCLES, running or not. Must have titles, send a pic, get a price. 256-275-2276

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 Discount Siding, Inc.

Leighton
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Art...

Continued from Page 1

the biggest Winter Art Market event yet!

Over 50 artists will be will offering everything from pottery, jewelry, paintings, toys, clothing, wooden boxes and bowls, baskets, candles, and soaps. Prices range from \$10 to over \$3000, with hundreds of one-of-a-kind pieces of art to choose from.

The artists in this year's Winter Art Market are mostly local or regional, with a few hailing from as far as Colorado and Michigan.

Hours for the market are Tuesday-Friday 9am-5pm and Saturday 10am-5 pm. The market will be closed November 23-25 for Thanksgiving.



Welcome to the Shoals & Medical Associates

Dr. Amber Olsen



MEDICAL ASSOCIATES
 CLOVERDALE ROAD
 2735 Cloverdale Rd.
 Florence, AL 35633

Now accepting patients
 Call to schedule an appointment
(256) 415-4005

Dr. Amber Olsen received her undergraduate degree from Auburn University and attended Edward Via College of Osteopathic Medicine in Auburn. Dr. Olsen completed her Family Residency at University of Alabama at Birmingham - Huntsville. She is now seeing patients at Medical Associates Cloverdale Road.

Shoals Primary Care

Ford City Clinic

Lisa Gamble,
 CRNP



WELCOMING NEW PATIENTS
 WALK-INS WELCOME

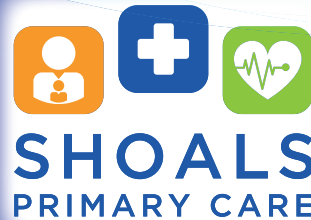
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 www.helenkeller.com



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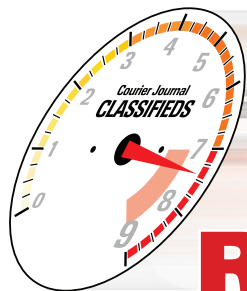


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Go to www.courierjournal.net and click "Place a Classified"

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Charge to Credit/Debit Card by calling 256-764-4268

FAX - 24 HRS - Charge to Credit / Debit Card by faxing an ad to 256-760-9618. Include exp. date. List how many weeks the ad is to run.

MAIL - Mail your written ad to address at right. Include your phone number. We will call to finalize your ad. List how many weeks the ad is to run.

OFFICE - Drop by our office at your convenience 8-5 Monday-Friday and write/submit it there.

ADVANCE PAYMENT IS REQUIRED in cash, check or Credit/Debit Card. Phone-in Ads MUST be Charged to Credit/Debit Card! NO EXCEPTIONS! NO REFUNDS!

DEADLINE: Wednesday, 5pm

Private Party Rate 3 LINES Each additional line - \$1.50 - Prepay - NO REAL ESTATE • 1 item per ad - 4 Weeks/3 lines 1 ITEM \$15 Each additional line - add \$5 **\$5⁰⁰** Week

Commercial Rate 4 LINES Each additional line add \$1.50 - applies to anyone engaged in sale of goods/services on a recurring basis or for profit, licensed or not - including pets. 6 Weeks \$36 - Each additional line - add \$7.50 total **\$7⁵⁰** Week

Real Estate Rate 5 LINES Each additional line add \$1.50 - applies to agencies, individual, developers and anyone engage in selling, renting, leasing structures and/or properties in Real Estate or General section. 6 Weeks \$36 Each additional line - add \$7.50 total **\$7⁵⁰** Week

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

Private Party Auto Rate Up to 8 LINES for 4 weeks.
Each additional line - \$2.00 **\$15⁰⁰** 4 wks

*one line is approx. 30 characters

Form with multiple empty lines for text entry.

Name _____

Address _____

City _____ State _____ Phone _____

➔ **HOW MANY WEEKS?** Multiply the number of weeks - X - the cost of the ad..... _____

YES! RED LINE MY AD! PLEASE CHECK THE BOX **only \$3 additional**

MAILING ADDRESS: Courier Journal, 219 W. Tennessee St., Florence, AL 35630

Please Print Ad Clearly. NOT RESPONSIBLE for illegible handwriting

Questions? Call our office at 256-764-4268.

Notes...

Continued from page 5

and hair signal our interests, our fashion sense, and who we are. This exhibit looks at hats and hair in our corner of the state through time.

Explore the styles, accessories, and products that Shoals residents have used to express themselves over several hundred years. From bone hair pins used by Native Americans to Victorian hair extensions; from military headwear to straw boaters and bonnets; and from pompadours to purple hair.

This collaborative exhibit features artifacts from Pope's Tavern, The Florence Indian Mound Museum, the Frank Lloyd Wright Rosenbaum House, and Kennedy-Douglass Center for the Arts, Alabama Department of Archives and History, the Florence High School Collection, Belle Mont Plantation, and local Shoals residents. Special thanks to Dr. Cheryl Price of the University of North Alabama and her Victorian Literature class for their assistance in identifying objects in this collection.

The Kennedy-Douglass Center for the Arts is located at 217 E. Tuscaloosa St. in Florence and is open to the public with no admission fee Monday - Friday from 9am-4pm and on Sundays from 1-4pm. 256-760-6379.

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

Free! Fun! Stretch and Tone Exercise class. Tuesday and Thursday 9-10am. Killen Senior Center, 227 J.C. Mauldin Hwy. Killen, 256-757-1792.

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

Chapel Hill Church of Christ welcomes you each week at its 10:30am Worship with New Preacher, Larry Kilpatrick. Chapel Hill is located on Hwy 72, just west of Tusculumbia.

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

The 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

60 or older? Join us for lunch Monday thru Friday at 11am for a one dollar donation. Our hours are 8:30am -12:30pm. Also if you would like to join Bingo every Tuesday and Thursday bring a small one dollar gift to play. Killen Senior Center, 227 J.C. Mauldin Hwy. Killen, 256-757-1792. See you soon!!

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

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, 2023. \$999 double rate per person, add \$286 for private room. \$75 deposit on signing up. Final payment 7/23/23.

Grief can be an overwhelming season to go through. There is a monthly grief support group that meets on the third Friday of each month at 10am at First Baptist Church of Rogersville, 222 College Street. Come and share and let us pray with you for strength and comfort! These groups are FREE, open to the public, and include supportive materials. Another grief support meeting also takes place at 10am every first Tuesday at Cliff Haven Church in Sheffield. These groups are sponsored by Kindred Hospice. For more information, call 256-764-0873.

Activities at The Club (Florence Senior Center):

9am-3:30pm. Games: Rook, Chicken Foot, Mexican Train, Rummycubes, LRC, etc. Square Dance Monday 6-8pm. Social Dance Tuesday 6:30-8:45pm. Joints in Motion, (chair exercise class) Tuesday, Thursday, and Friday 9:30am. BINGO, Wednesday 10:15-11:15am. Lunch 11:30 Monday-Friday, for 60 years and older, donation \$1, Inspiration Rock Painting Friday 10:30-noon. Fishing Days at Deibert Park. Pool Room at

See NOTES... page 40



Personnel

EDITOR & PUBLISHER
Thomas V. Magazzu

ADVERTISING EXECUTIVES
Sadonna B. Magazzu
Judy Cox
Gregg Scott
Heather Ridinger

GRAPHIC COORDINATORS
Russell Roden
Andrea L. Gray
Gwyn Jones

OFFICE STAFF/CLASSIFIED
Janie Brasfield

CIRCULATION
Ted Fallin

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

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219 W. Tennessee St.

Florence, AL 35630

256-764-4268

Fax: 256-760-9618

Your Courier Journal is published for total saturation, direct-mail delivery every Wednesday to 66,500 Shoals area and surrounding homes. It is Alabama's Largest Weekly-Mailed Direct, and enjoys a larger circulation than all local subscriber based newspapers combined.

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

219 W. Tennessee St. Florence, AL 35630

or email to: editor@courierjournal.net

well in advance of the planned event. The Editor reserves right to shorten, edit, reword or omit submissions as seen fit. All information submitted for publication becomes property of the Courier Journal. Information published does not necessarily reflect an opinion or endorsement by the Courier Journal, members of its management, or its staff. Advertisers are responsible for all content and claims in their advertising.

MEDICARE Questions?



Get Answers!
Call
Derrick Gargis



(256) 335-3384

DEADLINES: Issues Published Every Wednesday
INSERTS - 5 pm Thursday
DISPLAY ADS - 5 pm Thursday
CLASSIFIED ADS - 5 pm Friday unless otherwise specified

BUILT *to* SERVE. HERE *to* STAY.

Several formerly local banks have been closing offices, leaving town, or selling out to big banks lately. It may have already happened to you or could be happening soon.

It is frustrating when the bank you trusted with your money, sold off to an out-of-state bank or just closed the doors. It took place in Leighton in 1947 and Bank Independent was born to fill the void.

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BOYS 26" Giant Mountain Bike, \$125, OBO 256-604-2128-No TEXT.

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While supplies last.

**Prices Good
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Turkeys
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Meat Balls
2/\$6
14 Oz.



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Eagle Brand Original Sweetened
Condensed Milk Or
Baker's **Coconut Flakes** 14 Oz.
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Niblets, Shoepeg Or
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Kraft Original
Mayonnaise 30 Oz.
\$3.99



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Assorted Karo **Syrup** 16 Oz. **\$2.79**

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Pies 19.6-36 Oz.
\$5.99

Martha White **Select Muffin
Mix** 7 Oz. **\$1.19**
Martha White **Select
Cornbread
Mix** 7 Oz. **89¢**

Lay's **Potato
Chips** 7.75 Oz. **2/\$5**
Frito Lay **Tostitos**
9.5-12.5 Oz. **2/\$7**

Coke Products
6 Pk. .5 L. Bottles **2/\$7**
12 Pk. 12 Oz. Cans **3/\$13**

Dr. Pepper
6 Pk. .5 L. Bottles **3/\$10**
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Or 3 Color Deli
Coleslaw**
99¢
14 Oz.



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Potatoes**
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Lb.



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\$3.99
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Zucchini
Squash**
\$1.29
Lb.



Sweet
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2/\$5

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Landscaping, Leaves, Gutter Guards, Maintenance, Shrubs, Irrigation Repair, Tree Work, Sand, Topsoil, 256-860-2447

LOOK FOR THE SMS Code on automotive listings. Text the SMS CODE to 27414 *Msg & Data Rates May Apply: Ts & Cs and Privacy Policy: <http://autoconx.com/terms>

MIXTURE OF NEW WOOD, Enough for small building, treated, 2x4 and 4x4 plywood \$500, 256-349-3703

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MAZDA: 3, 2006 \$7,450. Grand Touring, 4 door, 5 speed, sunroof, heated leather seats, Bose® Audio, alloy wheels, 122K miles, 2 keys, just serviced. Excellent Condition! 256-527-2125.

JIMENEZ LAWN CARE. Yard clean up, pressure washing, wood fences (install or repair), cutting small trees, grass cutting. 256-810-2540.

MAZDA: 3, 2006 \$7,450. Grand Touring, 4 door, 5 speed, sunroof, heated leather seats, Bose® Audio, alloy wheels, 122K miles, 2 keys, just serviced. Excellent Condition! 256-527-2125.

REMINDER: COURIER JOURNAL AD DEADLINE
this week is Wed., Nov. 23rd.
Happy Thanksgiving!

PRESSURE WASHING, Painting, Ceiling Fans, Plumbing, Minor Electrical 786-291-3565 Florence

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EMPLOYMENT Opportunities

CITY OF MUSCLE SHOALS – JOB OPPORTUNITY
COURT CLERK-MAGISTRATE

Applications are available at the **City Clerk's Office, 2010 East Avalon Avenue, Muscle Shoals, Alabama**, between the hours of 7:45am and 4:30pm, phone number 256-383-5675. Applications may be downloaded from our website, www.cityofmuscleshoals.com

RESUMES WILL NOT BE ACCEPTED IN LIEU OF APPLICATIONS.
Application Deadline Date: Friday, Nov. 25, 2022, 4:30PM

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.

THE CITY OF MUSCLE SHOALS IS AN EQUAL OPPORTUNITY EMPLOYER

York Bluff BAPTIST CHURCH

Part Time Church Custodian

York Bluff Baptist Church Sheffield, Alabama is hiring a part time church custodian to assist the full-time custodian in cleaning the church facilities. 20 hours per week under the direction of the Church custodian.

Send resume and references to the **Personnel Committee**
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Responsibilities Will Include General Janitorial - Duties Throughout The Entire Church And Gym.

Please email your resume to
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Russellville-
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Sheffield-
Text AL261 to 38000

Tuscumbia- Hwy 43
Text AL265 to 38000

Tuscumbia-Love's
Text AL266 to 38000

Or go to mchire.com

Martin Family McDonald's in Colbert County and Russellville

Part-time Non-CDL Truck Driver

The *TimesDaily* has a position available for a Part-Time Non-CDL Truck Driver. The ideal candidate must have an excellent driving record and a clean MVR (motor vehicle report) as well as proof of personal auto insurance.

Candidate must pass a DOT physical, be able to lift up to 50 pounds, and be capable of driving up to 8 hours at a time. Must be able to work flexible schedules including days, nights, weekends, and holidays as needed.

Please email resumes to april.estis@timesdaily.com or applications may be picked up at 219 West Tennessee Street Florence, AL 35630

York Bluff BAPTIST CHURCH

Nursery Caregiver

York Bluff Baptist Church Sheffield, Alabama.
~Sundays~
9:30 a.m. - 12:30 p.m.
4:30 p.m. - 6:30 p.m.
~Wednesdays~
4:30 p.m. - 6:30 p.m.

Send resume and references to the **Personnel Committee**
301 N. Atlanta Avenue
Sheffield, Alabama 35660

York Bluff BAPTIST CHURCH

Part Time Financial Secretary

York Bluff Baptist Church Sheffield, Alabama is hiring a part time Financial Secretary, 16 hours per week; 8 hours on Mondays, 4 hours on Tuesdays and Wednesdays. Must be computer proficient and have a working knowledge of accounting.

Send resume and references to **Personnel Committee**
301 N. Atlanta Avenue
Sheffield, Alabama 35660

Florence Housing Authority
is seeking to fill vacancies for:
Assistant Property Managers

The job description is located on our website. To apply and be considered for the position, download the job application from our website at www.flohousing.org and email the completed application to floaccounting@flohousing.org

No telephone calls. No hand delivered or faxed cover letters, resumes or other information will be accepted at Authority offices.

Applicant review will begin on Monday, November 21, 2022.

FLORENCE HOUSING AUTHORITY Equal Opportunity Employer
Empowering families to improve our community. 515381-1

•KEROSENE HEATER, 22,300 BTUs, like new, in box, \$50.
•Wardrobe, nice large, wooden, 6'Hx3'W, pretty, \$275. 256-740-2040.

FORD: EDGE SEL MODEL, 2011 \$13,950. Heated leather, sunroof, 95K miles, alloy wheels, rear-view camera, just serviced. Excellent Condition! 256-527-2125.

SPORTS CARD SHOW
Sat., Nov. 26th
8am- 2pm
Clarion Inn
Sheffield, AL
Call 256-412-2184
for more info.

KOGER LAWN SERVICE and Pressure Washing.
Call 256-366-3133

The City of Sheffield
will begin taking applications for a pool of applicants
FIREFIGHTER
Certified/Non-Certified

Applications will be accepted beginning **Tuesday, November 1 at 8am** through the close of business **Wednesday, November 30 at 4:30pm**. Applications with job description may be obtained in person from the **City Clerks' Office** and the **City's Facebook page**. The completed application must be returned to the City Clerk's Office, **600 N. Montgomery Ave., Sheffield**

The City of Sheffield offers a Great Benefit Package

The City of Sheffield is an equal opportunity employer.

WANTED:
1 Full-Time and 1 Part-Time Positions
Class A CDL Licensed Truck DRIVERS

to haul US Mail from Florence to Birmingham at night. HOME DAILY! Pay \$22.86 hourly, plus additional fringe benefit allowance of \$4.70 per hour on the first 40 hours each week. Clean MVR, Drug Test and Background check required. Call Sam Jenkins with Davenport Transportation **256-506-1865** for more information.

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Commentary

Being Thankful... Are We? Really?

Thanksgiving weekend is here again. Apart from an extra day or two off, some big shopping days in which to be immersed, and more food, family, and friends than we may see all year, do we observe the holiday? Really OBSERVE it?

We've all heard references about the Pilgrims and the establishment of the feast in the early 1600's.

However, that day of "public thanksgiving and prayer" was established in detail after our fight for independence. In obedience to the will of the people and both houses of Congress, our country's first President established an official Thanksgiving Proclamation for Thursday, November 26 in 1789.

The proclamation ended, "Given under my hand, at the city of New York, the third day of October, A.D. 1789." Signed: George Washington

Those in our early history had things tough.

See BEING THANKFUL... on Page 34

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

THIS WEEK

in the *Shoals*

November 23, 2022

Happening
THIS WEEK

New Documentary

Poarch Creek Nation Evolves

BIRMINGHAM - A new documentary about Alabama's Poarch Band of Creek Indians produced by Jacksonville State University's Longleaf Studios premiered on Alabama Public Television (APT) last week. *The Forgotten Creeks* is now available to be streamed from APT's website and the PBS video app.

This documentary has been more than two years in the making. It tells the story of the Poarch Creek people through their long and important history. It also traces how the Tribe has evolved from being an impoverished, isolated community to the independent, self-sufficient Indian nation it

is today.

"We are honored that our Tribe was selected to be the subject of this documentary produced by Jacksonville State University and Alabama Public Television," said Stephanie Bryan, Poarch Band of Creek Indians Tribal Chair. "We feel incredibly blessed to have this recounting of both our history and our lives today."

The Forgotten Creeks recalls the history of Alabama's Mvskoke Creek Indians from Spanish contact in the 1500's through

See POARCH... on Page 30



Documentary screen shots

CHRISTMAS FOR KIDS

is in need of sponsors for children during Christmas. These children have one or both parents in jail or prison. These innocent children have done nothing but are certainly affected because of their parents wrong-doings. If you or your organization would like to sponsor one or more of these children who do deserve a beautiful Christmas or would like more details call or write to: Debbie Dixon, P.O. Box 2234, Florence, AL 35630. Phone: 256-443-1297. Tax ID# 27-2001583. Sponsoring entails buying 3 gifts for each child sponsored.

THE LAUDERDALE COUNTY SCHOOL SYSTEM

is attempting to locate any child with disabilities, ages 0-21, who may be living in the Lauderdale County School District and who are not currently in a school program.

Anyone knowing of a child, who may be in need of Special Services, is asked to contact Kim Meeks, at 256-760-1324 from 8am-4pm, Monday-Friday. All information will be kept strictly confidential.

TRAX 4 MAX - 5K TURKEY TROT - 1 Mile Fun Run/Walk on Thanksgiving morning, November 24 at First Baptist Church, 209 Walnut St., Florence. Race time is 8am. Registration and packet pickup begins at 6:30am. In memory of Max Barnett. Benefits YMCA of the Shoals. Register at <https://trax4maxturkeytrot5k.itsyourrace.com/>

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YOUR Letters

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

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

Ample Time to Catch Him

Editor:

In response to Paul Sabatino who stated in a letter to the editor on November 15, 2022; "If the guy who attacked speaker Pelosi's husband was here illegally, then the Democrats can't blame Trump. They can blame Biden and themselves, but they will never do that."

Official records show DePape entered the U.S. in March 2008 at San Ysidro as a temporary visitor.

Admissible Canadian travelers who present themselves as visitors for business or pleasure generally don't require visas and are generally admitted for six months in the U.S.

It has been 14 years since his arrival in the US and 6 months of that period were legal. There

was ample time during previous administrations to "catch" him but all failed to do so. No basis here to blame Democrats or Biden. Trump also missed an opportunity to deport Mr. DePape

Thomas Thompson
Florence

... Perhaps they can't handle alcohol
and fall into addiction.
If so, I've used my
influence wrongly ...



Beards, Cigars, and Beer

Editor:

I enjoyed some theological discussion on a social media page until the day it went south. These were mostly young pastors who enjoyed beards, cigars and beer. One participant, a Baptist pastor, wrote that some church members were offended he drank beer. Well, of course!

The matter of alcohol is viewed differently in

See LETTERS... Page 38



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Anyone knowing of a child, who may be in need of Special Services, is asked to contact Mrs. Kim Meeks, Director of Special Education at 256-760-1324 between the hours of 8:00 a.m. and 4:00 p.m. Monday thru Friday.

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Shorts...

FLPL Holiday Bike Parade!

Continued from Page 2

accompanied by a parent or guardian, and all riders must wear a helmet. The library and its staff are not responsible for any injuries or damages that may occur to riders, bikes, and other property.

Winners will be selected in each age category for the best decorations!

The Florence-Lauderdale Public Library is located at 350 N. Wood Ave.

Check-in at the table near the book drop and line up along the parking lot sidewalk.

The parade begins along the Library sidewalk next to Tuscaloosa Street and goes around the Wilson Park block, returning on the Tombigbee Street side of the parking lot.

Participants are encouraged to bring

blankets and chairs to the front library lawn after the parade for hot chocolate, the award ceremony, storytime on the lawn, and photo opportunities.

700 Jobs for Lawrence Co.

MONTGOMERY – Governor **Kay Ivey** announced last week that First Solar Inc. plans to invest \$1.1 billion to establish a photovoltaic (PV) solar module manufacturing facility in Lawrence County's Mallard Fox West Industrial Complex, creating over 700 new jobs in NW Alabama. The new factory is part of the company's previously announced investment in scaling its American manufacturing footprint to over 10 gigawatts (GW) by 2025.

The facility in is expected to be commissioned in 2025, with a planned annual capacity of 3.5 GW. The

new fully vertically integrated facility will join three factories in Ohio, including one that will come online in the first half of 2023, to form First Solar's expanded domestic manufacturing footprint.

"First Solar is a world-class manufacturer, and its solar modules are poised to play an increasingly important role in U.S. energy self-sufficiency," said Ivey.

"This facility, along with its sister factories in Ohio, will form part of the industrial foundation that helps ensure this transition is powered by American innovation and ingenuity," said First Solar CEO, **Mark Widmar**.

Tempe, Arizona-headquartered First Solar is unique among the world's 10 largest solar manufacturers for being the only U.S.-headquartered company and for not manufacturing in China. Its latest investment is expected to bring the company's total investment in American manufacturing to over \$4 billion.

Tabitha Pace, President and CEO of the Lawrence County Industrial Development Board is excited about First Solar's decision to locate its manufacturing facility in the rural North Alabama county.

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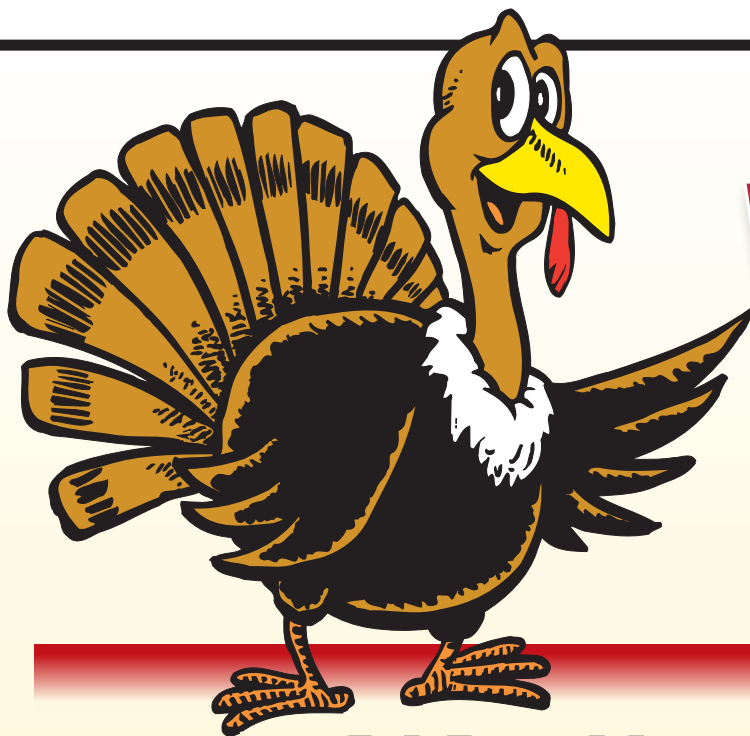
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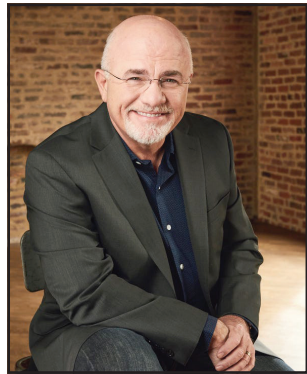
4pm WEDNESDAY, NOV. 23

(The Wednesday before Thanksgiving) Call 256-764-4268



DAVE Says

by DAVE RAMSEY



think about things. That's normal, and it's probably a lot closer to how things will work themselves out for you now in Greenville.

But in any economy, my advice to you would be don't buy another house until yours has sold. If you end up with two house payments and your old house is sitting empty while you're having to pay for the mortgage, taxes, utilities and all the upkeep to make sure it's ready to show, you're going to become what's known as a motivated seller. I don't want you to just give it away, but you'll need to be very careful to make sure the timing on this deal makes sense.

Personally, I wouldn't buy another house until the first one sells.

— 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.

BEING HOUNDED ISN'T THE ISSUE

Dear Dave,
My wife and I are looking to move from Washington, D.C., to Greenville, South Carolina, in a couple of months, and then sell our current home in February or March after she gets things wrapped up with her job. We are a little worried, though, because of all the things we're hearing about the housing market crashing. Could you speak to this, please?

Nick

Dear Nick,
Your emotions and things you hear can creep up on you. I get that. But

the fact is, there are still four buyers out there for every house that's up for sale. Now, are the buyers and the market as active and frenzied as they were several months ago? No. But you have to remember, the last couple of years have been crazy-strange times for the housing market.

I've been in the real estate business since 1978, and I've never seen anything like it. Usually, it takes about 90 days to sell a house. You'll get some offers, and none of them will be at full price, but everyone will have time to

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WEEK 11 WINNER 11/12: LISA M. ENGLISH of Lexington, AL

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

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

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REDLINE Your Classified Ad! - See Page 8

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Savvy SENIOR

How Leg Pains Could be an Early Sign of Heart Attack or Stroke

Dear Savvy Senior, I started a walking program a few months ago to help me lose weight but I've been having problems with my legs and hips

hurting during my walk, although they feel better once I stop. I thought it was just because I'm getting old, but my neighbor was telling me about a leg vein

disease she has called PAD and thinks I may have something similar. What can you tell me about this? *Limping Linda*

Dear Linda, The health condition your neighbor is telling you about is known as "peripheral arterial disease" (or PAD), which is an under the radar disease that affects approximately 8 to 12 million Americans. It happens when the

arteries that carry blood to the legs and feet become narrowed or clogged over the years with fatty deposits or plaque, causing poor circulation.

But you also need to be aware that because PAD is a systemic disease, people that have it are also much more likely to have clogged arteries in other areas of the body like the heart, neck and brain, which greatly increase the risks of heart attack or stroke.

Few Symptoms

Unfortunately, PAD goes undiagnosed and untreated way too often because most people that have it experience few, if any symptoms. The most common symptom, however, is similar to what you're experiencing: pain and cramping in the hip, thigh or calf muscles, especially when walking or exercising but usually disappears after resting for a few minutes.

Another reason PAD is under-diagnosed is because many people assume that aches and pains go along with aging and simply live with it instead of reporting it to their doctor.

Other possible symptoms to be aware of include leg numbness or weakness, coldness or skin color changes in the lower

legs and feet, or ulcers or sores on the legs or feet that don't heal.

Are You at Risk?

Like most other health conditions, the risk of developing PAD increases with age. Those most vulnerable are people over the age of 50 who smoke or used to smoke, have elevated cholesterol, high blood pressure, diabetes, are overweight, or have a family history of PAD, heart attack or stroke. African Americans are also twice as likely to have PAD as Caucasians.

If you're experiencing any symptoms or if you're at increased risk of PAD, you need to be tested by your doctor or a vascular specialist. He or she will probably perform a quick and painless ankle-brachial index test, which is done by measuring your blood pressure in your ankle as well as your arm and compare the two numbers. Your doctor may also do imaging tests such as ultrasound, magnetic resonance angiography (MRA), and computed tomographic (CT) angiography.

With early detection, many cases of PAD can be treated with lifestyle modifications including an improved diet, increased physical activity and

smoking cessation.

If lifestyle changes aren't enough, your doctor may also prescribe medicine to prevent blood clots, lower blood pressure and cholesterol, and control pain and other symptoms. And for severe PAD, the treatment options are angioplasty (inflating a tiny balloon in the artery to restore blood flow then removed), the insertion or a stent to reopen the artery, or a graft bypass to reroute blood around the blockage.

To learn more about PAD, visit the National Heart, Lung and Blood Institute at NHLBI.NIH.gov/health-topics/peripheral-artery-disease.

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.



Save the Date!



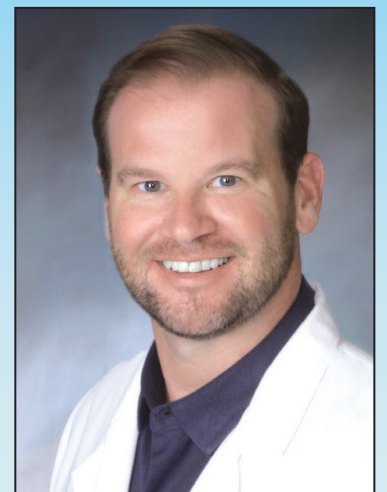
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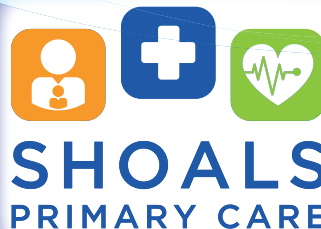
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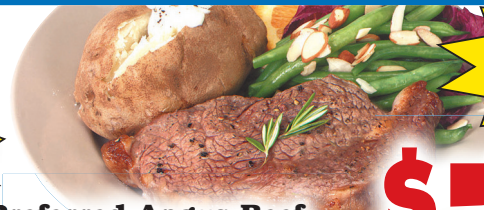


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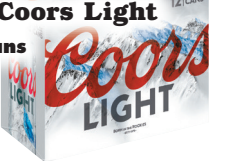
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• **In some parts of the world**, tarantulas have "pet" frogs, which they protect from predators.

• **At the Harvard-Yale annual college football matchup in 2004**, Yale students played quite the trick on their opponents by dressing as Harvard pep squad members and handing out crimson and gold placards to the crowd. While told their cards would spell out "Go Harvard" when raised, the actual message read "We Suck."

• **Two of the most common paint colors at Walt Disney World** are "Go Away Green" and "Blending Blue." Their curious monikers attest to the fact that Disney Imagineers created them to make your eyes ignore them.

• **The first known dental filling** dates to the Neolithic period and was made of beeswax.

• **You don't need a body to play video games -- just a mind!** Lab-grown human and mouse brain cells inhabiting a petri dish became sentient enough to learn how to play Pong.

• **A border collie named Saul took a leaf out of another (albeit fictional) canine's book**, being praised as a "real-life Lassie" when he led two members of a search party to his owner after the man was injured on a hike.

• **It's not just trees that help provide us humans with oxygen** -- about half of that in our atmosphere is a byproduct of photosynthesis from

the microscopic sea algae known as phytoplankton.

• **May never begins or ends on the same day** of the week as any other

month in any given year.

• **Proof that crime doesn't pay ... even in space!** Earlier this year, Canada passed a law allowing prosecution of crimes committed by the country's astronauts on the moon or on their way to it.

• **The greatest number of people**

to play a single piano simultaneously is 23.

• **For a reasonable \$19.95, you too can buy alien abduction insurance** from a Florida agent. Of course, to cash it in, you'll need to hand over a signature from an "authorized, on-board alien," and who knows if they can even write in


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• **Less than 14% of all M&Ms candies** are brown.

Thought for the Day:

"Keep your face always toward the sunshine, and shadows will fall behind you." -- Walt Whitman
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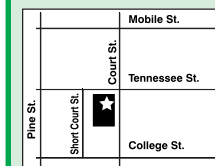
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EMERGE...

Continued from Page 1

more than just supporting athletics; it's about supporting the faculty and staff, the administration, the students, everyone who is a part of the UNA family. I am excited for the opportunity through EMERGE to make an impact on the University that impacted me!"

"Founders' Day provides a great opportunity for the campus as well as the Shoals to remember UNA's long and storied history of serving the state and region as the oldest four-year public higher education institution. It is fitting that we would embrace that outwardly by wearing the traditional color of purple on campus as well as in the community," stated UNA President, Dr. Ken Kitts.

The Town and Gown Task Force is a group of individuals who represent the University as well as the City of Florence as appointed by Dr. Kitts and Florence Mayor Andy Betterton. This 12-member group seeks to foster an intentional and robust partnership as well as to advocate on matters related to UNA and the City.

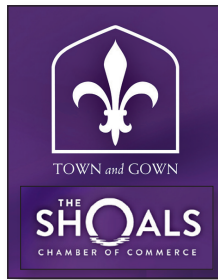
"Purple Pride Day" is a movement birthed from the inaugural EMERGE class, a new program under the Leadership Shoals umbrella at the Shoals Chamber of Commerce.

EMERGE seeks to develop tenacious, capable young professionals who will continue cultivating a region that supports entrepreneurship, business, and education.

"It is exciting to draw attention to UNA, its influence, its success, and the wonderful ways in which it shapes the Shoals by simply wearing our favorite shade of purple," said Shoals Chamber President, Caitlin Holland.

"Purple Pride Day" is a movement birthed from the inaugural EMERGE class, a new program under the Leadership Shoals umbrella," said Olivia Bradford, Leadership Shoals Coordinator for The Shoals Chamber.

"EMERGE seeks to develop tenacious, capable young professionals who will continue cultivating a region that supports entrepreneurship, business, and education. This inaugural class has far exceeded its expectations already. They are engaged and ready to seize this opportunity to make a difference as the next generation of leaders in The Shoals. I could not be more proud of them or more confident that their future is bright here in The Shoals," Bradford added.



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PUBLIC NOTICE
Lauderdale County Board of Education
Special Education Department

Special Education records for students who graduated or should have graduated during the year 2016 and 2017 are going to be destroyed in January, 2023. Persons interested in receiving their records should contact the Special Education Department at 256-760-1324 before December 16, 2022.

Classified Form on Page 8

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ASK THE ATTORNEY



Thomas McCutcheon

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

Social Security Disability Claims

We represent people for social security disability claims. A broad overview of the claims making process begins with whatever condition a person believes disables them from work.

There are certain conditions that are disabling as a matter of law. Federal law controls the decisions that Federal Administrative Law judges make and guides their determinations as to a particular person's disability. The imposition of a limiting condition (can't lift over 25 pounds due to a back

injury) might very well disable a warehouse worker but not a dentist. Same condition, different result.

The Commissioner of the Social Security Administration reserves the right to determine disability. Quite simply, that means is that although a medical condition with limitations is important to the determination of disability, the judge makes the decision, not the doctor. As would be expected, objective medical findings based on x-rays, MRIs, EKGs, and other diagnostic tests are important to proving disability. Subjective claims of pain and discomfort are not as persuasive as an objective finding verified by a physician.

Social Security has a schedule that begins at age 44. It becomes easier to satisfy the requirements of disability at ages 50, 55, and 60. Social Security will compare your "functional capacity" to work that a person did over the past 15 years. If a person is a younger individual, the court looks at all work they could do in the regional or national economy. If a person is closely approaching advanced age or 55 or older, the court looks at the work they actually did in the past.

Physical or mental difficulties leave a residual functional capacity. In other words, even though a person has problems they can probably still do some things such as going out to eat or to church. These forms are known as RFC forms and these address the limitations a person has, as determined or estimated by their doctor. A doctor needs to fill them out. Those forms are important to the judges when they evaluate cases. If anyone need one of these forms, contact us and we will be glad to give you one.

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

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



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Poarch...

Continued from Page 14

the Indian Removal Act of 1830. The documentary explores what happened to those Mvskoke Creeks who remained in Alabama following the Trail of Tears and documents those ensuing years of poverty, assimilation, and discrimination that nearly destroyed their indigenous identity.

It also traces how in 1984, after more than 40 years of unwavering advocacy by Tribal Leaders, the federal government recognized the Tribe as a sovereign, or independent Indian nation with ancestral lands in Atmore, Alabama and elsewhere in the state. Federal recognition was the beginning of a new chapter in the Tribe's history. Economic development brought self-sufficiency and the Tribe's focus on educational opportunities, family values, and faith guided its transition to prosperity.

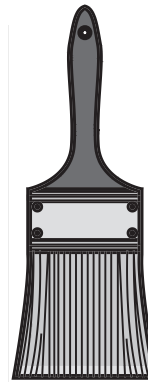
Seth Johnson, who serves as distinguished professor of graphic design and assistant dean of the College of Arts and Humanities at JSU, said, "Producing this film was



a rewarding experience. Our students were able to work alongside an accomplished film studio in the production of the film and gained valuable industry experience in doing so. We owe a significant thank you to the Poarch Creek Tribal Members who gave us their trust, welcomed us into their homes, and allowed us to tell their story."

The full documentary

is available on APT's website, <https://aptv.org>, and may be viewed at any time.



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The Day of Your Death

Friend, will you ponder some words of truth,
Though you be up in years, or yet in your youth?
With each passing day your life spins by,
Death creeps closer till it's your turn to die.
On your bed of death the thought comes to mind
All your dear loved ones you must leave behind.
They speak words of comfort and try not to cry,
But there is no comfort; it's your turn to die.
As you reflect upon many wasted years,
Your poor heart saddens and your eyes fill with tears.
You spent so much time for family and friends,
Yet so little time being grieved for your sins.
You sped through your years consuming worldly pleasures,
Yet never investing in Heavenly treasures.
With these sobering thoughts you begin to grow scared;
It's your turn to die, and you have not prepared!
Year after year you rejected God's Son;
Over and over the Gospel you would shun.
God's Spirit which spoke to your once tender heart
Has now been replaced with Satan's stinging dart.
Like a tale which is told, your life has flown by,
Your days are expired, and it's your turn to die.
A piercing chill suddenly fills the air
While Death enters the room like a strange nightmare.
But this is no dream, the time has arrived,
You'll die in a moment to never be revived
All loved ones fade as Death closes in;
Your body lies helpless, and you cannot win
With one final struggle you gasp for your breath
To find your soul in the arms of Death!
As loved ones gaze upon your lifeless frame,
Your soul makes its journey to the Land of the Flame.
"Why me?" you cry, "I wasn't that bad!"
But then you recall all the chances you had
Time and time again God's humble servants came
offering you salvation in Jesus' name.
But you cared not for God's holy plan,
You despised His servants, and from His truth you ran.
Now as your feet sink into the flame,
All hope is gone to trust in His name
Deeper you go into the fiery bath,
Having traded God's mercy for His never-ending wrath.
While horror fills your soul and the pain multiplies,
Your screams simply fade into the smoke-filled skies.
As you wade through the flames seeking consolation,
Those you encounter have the same condemnation.
There's no one to help, there's nowhere to turn,
Refuge has fled, and you're left here to burn!
As your loved ones back home in the world above
Comfort one another with words of love,
They're all unaware of your sad plight beneath,
Of your weeping, your wailing, and your gnashing teeth!
They'll soon gently lay your body in the ground
But of your screams below they won't hear a sound
Never again will you see a smiling face,
Only faces of agony in this damnable place.
No children playing with whom to share your love.
Not another second with your sweetheart above.
No food to eat, no water in sight,
Forever you're a captive to Hell's dark night!
Sunsets have vanished, no mountains, no streams
Only roaring flames and soul-piercing screams!
At last you now see your error so well:
When you said "No" to Jesus, you said "Yes" to Hell.

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WAY BACK IN 2020 I GAVE UP MY AT&T INTERNET SERVICE AND SWITCHED OVER TO COMCAST after AT&T had gone up on their rates again. Before I switched, I called to ask them to please reconsider.

AT&T said, "Nah, see ya." That kinda stung, honestly. I thought AT&T and I were buds.

Anyway, I switched to Comcast's "Performance Starter" package for only \$20 per month. The 20gbps plan was plenty of bandwidth for everything I do at my home. This discount ended one year later in 2021 when my bill increased to \$60.



Jim Fisher

QUIT FEEDING THE PIG

by "The Computer Skeptic"

I looked around and that was about the going rate for home internet. No one else had any specials going on so I stayed put.

Another year passed (this past June or so) and Comcast decided to start charging me for the "free" TV box I received at the beginning of my service. I never use the goofy thing but it was free when they offered it so why not? I should have known better. Comcast tacked on an additional \$50 per month for this "Broadcast TV" so my bill went from \$20, to \$60, then

to \$110 per month. I called Comcast and asked them to please remove the "broadcast TV" thing to bring me back to \$60 per month. The nice lady said, "Sure, but without the bundle price, you will pay \$150 per month."

"Waitaminute," I said, "you're going to charge me more to remove a \$50 line item from my account?" She answered in the affirmative. I don't argue with these people, I get even. So I hung up and plotted my revenge. I looked up my old buddies from

AT&T, clicked a few things, and quickly agreed to their much-faster service for \$60 per month. Included in that monthly price is a promise that the bill will never go up. Yeah, we shall see about that, but so far so good. In total, I saved \$600 per year.

I've made this cost-saving switch a few times over the years. The key to a successful, stress-free switch is to either own your own WiFi network or be sure to tell the technician to name your new WiFi exactly the same as your old WiFi name AND use the same password. This will avoid the tedium of reconnecting all your wireless devices. I have lots of smart TVs, WiFi thermostats, game consoles, watches, phones, smart curtains, and garage doors, that would all

have to be re-programmed unless I kept the same WiFi name and password. If you don't have many wireless things, then this switch is painless.

I know so many clients who never even look at their bill and just keep paying whatever amount appears on the invoice. Please quit feeding that pig! I've saved literally over \$1,200 per year over what I used to pay for TV and internet with no reduction in quality of service.

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

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**REMINDER:
COURIER JOURNAL
AD DEADLINE**
this week is Wed., Nov. 23rd.
Happy Thanksgiving!

Commentary

Being Thankful...

Continued from Page 14

Do we in 2022 pause long enough to reflect on all the blessings we have? We may not have as much materially as Joe a few streets over, Mary who is a heart surgeon, or Terry who has a summer place on the beach. Yet, we may have better health, a closer family, a less hectic, less stressful lifestyle, more time with our kids and pets, and fewer IRS issues. We may have the love of an extended church family. We may be more outgoing, more generous with time, knowledge, wisdom, or compliments than many other people.

Regardless, it is likely that we have much more than 90% of those in other countries. Any written inventory of our blessings would be extensive.

Illness, close deaths, injuries, and aging pains aside, we have so much to be thankful for.

A great attitude can be more of a blessing and a better example to more people than we can possibly imagine. And isn't that what it's all about?

I recently heard firsthand about a well-loved and respected, one income, middle-class

family in Louisiana whose lives changed instantly this fall.

On his way home from work on October 3, "Jon" ran off the road and careened into and through the bedroom of a single-family brick home beside the road. He was alive but severely injured and had no recollection of the episode. Among his injuries were a broken breastbone, spinal injuries, a shattered shoulder and hip, broken ribs, and more. They also discovered a tumor in his brain the size of a hard-boiled egg. Doctors said the tumor is what caused him to lose consciousness behind the wheel. That is why he remembers nothing.

From what I can gather, this family is deeply loved, very strong in faith, generous in time and spirit, and beloved pillars within their community.

Many surgeries for Jon quickly ensued from the neck down. Brain surgery to find out more of the neurologic details was put off for a few weeks since it was going to be much more delicate.

Despite this life-changing tragedy for everyone in this family of 12, with the oldest child being 17, they all have remained upbeat, cheerful, and outgoing, recognizing all the positives. What a blessing that no other members of his family were in the car when at that moment or that he wasn't driving the whole family in their van. How thankful they are that no one in the house was hurt and that no other vehicles or pedestrians were involved. They are so thankful that Jon has clarity of thought, partial speech, and movement of fingers and toes.

They are overwhelmed that dear friends immediately organized a meal train through mid-Dec. that filled up within the first few hours and a spreadsheet online with their closest friends to coordinate baby-sitting, grocery shopping, and driving to/from their school and church events, which also filled rapidly.

Their incredibly long road of recovery hasn't changed their perspective.

The brain surgery took place in early November and tumor results were not good. Jon has a very aggressive form of brain cancer called glioblastoma. He needed to start radiation and chemotherapy as soon as possible. He had just started rehab for his shoulder and new hip, but he was unable to remain in rehab because he had to be discharged so he could start the cancer treatments.

They were told that normal life expectancy with this diagnosis even with treatment, is 14-18 months. Some healthy and younger individuals, like Jon, can live around five years. Fewer than 5% of patients live longer.

That is so heartbreaking and for a large family with many young children.

Yes, they are STILL positive, and still see the blessings.

How much longer could the cancer have gone undiscovered and unchecked if not for the accident? How much more quality time will he have with his family and friends now that they know time may be limited? And Jon? He is still thankful every day. Little did all those friends and associates realize - they weren't going to be the ones giving the most in this process. That family's thankfulness and outward demonstration of faith has been the most uplifting and galvanizing message these other families have yet witnessed. Not only that, every person who walks in Jon's hospital room hears about the Lord. Jon cannot contain his love and praise for Him.

Instead of an understandable degree of bitterness, special people like these who can positively focus on others in times of complete life chaos demonstrate how much growing I still have before me. It's a slap in the face for perspective and reality.

For those who believe in the power and comforting aspects of prayer, the parents' names are Jon and Angela Slayton.

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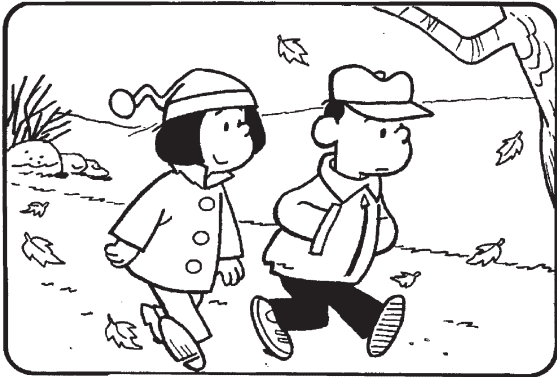
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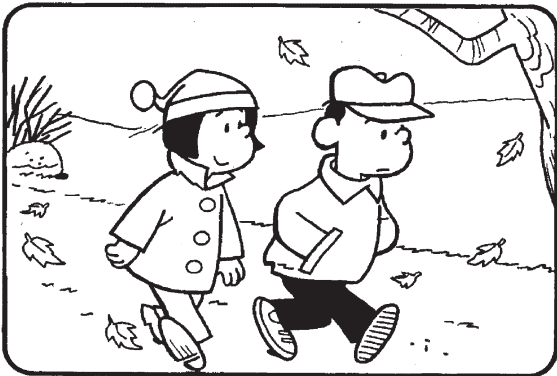
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BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Rocks are missing. 2. Tassel is shorter. 3. Hair is different. 4. Pocket is missing. 5. Zipper is missing. 6. Leg is moved.

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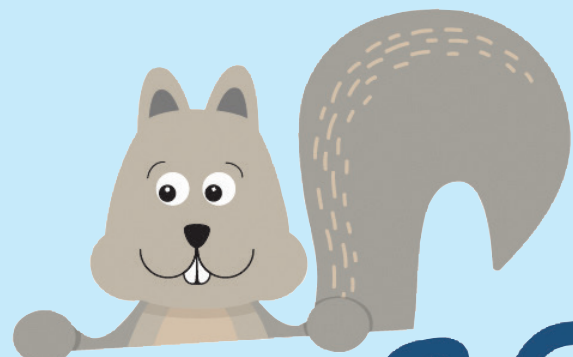
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Medicare Minute

"Prescription Drug Plans"

October 15th through December 7th is a period of time that Medicare has set aside to make changes to your Prescription Drug Plan (PDP) or Medicare Advantage Plan (MA) if you want. Whether you have a Medicare supplement and a stand-alone drug plan or a Medicare Advantage Plan with prescription drug coverage now is the time to review your drug plan for 2023. Like MA plans, drug plans have certain things you want to look at when considering which PDP is best for you. Those things are premium, deductibles, copays, coinsurance and the plan's provider network.

Although the things listed above are most important so are the tiers that drugs are placed into. So before we discuss the cost of the plans let's look at drug plan tiers. Normally there are five tiers to a drug plan. Tier 1 and Tier 2 drugs are usually your most common generic drugs. Tier 3 drugs are preferred brand, Tier 4 drugs are non-preferred brand and Tier 5 drugs are specialty drugs. One of the most misunderstood parts of a drug plan is the tier a person's drug is in.

Many people we meet with think that if their drug is listed in a certain tier under their current PDP it's the same on all plans. This is not always true. Sometimes, for example, a drug may be listed a Tier 2 under one plan but may be a Tier 3 under another plan. Why is this important? Because in most drug plans the copays are higher for Tier 3 than Tier 2.

You can check the tiers of your drugs by looking at the plan's formulary. The formulary is a list of the drugs that are covered by the plan. You can get the formulary of the plan you are considering by going to the plan's website, going online to Medicare.gov or you can visit our office and we can help.

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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Speaking The

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Ephesians 4:15

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Always Thankful

Thanksgiving Day is a wonderful, special day! Obviously, we should focus on our blessings every day of the year, not just a single day. Let's think about a few of the many things for which we should be **THANKFUL**.

OUR FAITH – All blessings (“Every good gift and every perfect gift”) come from above (James 1:17). Acts 17:28 states, “For in him we live, and move, and have our being.” God is SO good and bestows upon us rich blessings, certainly undeserved.

OUR FAMILY – Thanksgiving holiday is about family, food and fun. Homecoming, being together, delicious food is a wonderful time. May we treasure each precious moment we are together, for soon life is over here on earth.

OUR COUNTRY – The United States of America is the greatest and most wonderful land in which to live. Sure, I know there are problems, challenges, crime, hate, etc. We should work to eliminate these tragedies. But, without fear of contradiction, America is the best!

OUR FUTURE – Our loving Father in heaven has made it possible for ALL who obey Him will enjoy the bliss of eternal paradise. Heaven is a place of no pain, no sorrow, no tears, no death (Revelation 21:4). Can we even stretch our imagination far enough to grasp such beauty?

FOR THIS HOLIDAY (and every day of the year with which our Heavenly Father blesses us) let us “count our blessings” and praise our loving God.

It has accurately been stated, “we often do not realize what blessings we have, until we lose them.” Stop, appreciate, offer your praise and sincere appreciation to Almighty God for this moment in time and ALL the rich blessings we have received.



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Searching The Scriptures...

How tragic will it be if we go to hell?

(Answer, last week: Yes, all three – God's grace was bestowed upon Noah and his family, Noah's faith acted and built an ark [works].)

One Final Thought To Consider...

How deep the Father's love, to give His only begotten Son to die in our place!



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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Letters...

Beards, Cigars, and Beer

Continued from Page 14

different churches. I served a Presbyterian church for several years and members commonly talked about drinking socially. Baptists and other evangelicals have historically had a different perspective.

Other than qualifications for bishops /elders in I Timothy 3 and Titus 1, not given to wine, and deacons (I Timothy 3) and older women (Titus 2) not given to much wine, I wish we could cite specific and clear verses that say, "do not drink," but this is hard. There is a reference to one in the Corinthian church getting drunk at the Lord's table, so they didn't use grape juice as our church does. The Bible, instead, warns of drunkenness, and tells about foolish people who got drunk, including Noah and Lot and the

Corinthians.

My stance is that abstinence is a good choice for several reasons.

First, statistics are not favorable. One person in ten who begins to drink finds alcohol controls them. I talked with a lady recently who said she'd been in detox twice and yet struggled. Half of all traffic accidents involve alcohol. Women's suffrage activist Susan B. Anthony was an officer in the "Daughters of Temperance" because she saw the abuse fostered by alcoholic husbands.

Another reason is the genetic propensity toward alcoholism. Research seems to suggest alcoholism in one's family can bring addiction. My grandfather died as an alcoholic, and I've thought about this many times over the years. Former President Trump doesn't drink because his brother, Fred, died as an alcoholic.

A third reason is influence. Suppose I

can "hold my liquor," but a vulnerable person who sees me drinking believes this sanctions their drinking. Perhaps they can't handle alcohol and fall into addiction. If so, I've used my influence wrongly.

This was the kind of logical discussion I had with my unseen internet friend. I reminded him of the "idol meat" controversy in the New Testament church. The Apostle Paul said there's nothing wrong with meat having been offered to idols and later sold at discount in the market. An idol is nothing, so the meat was offered to nothing. But, he said, if it offends my brother, I won't eat this meat.

A minister, of all people, should realize the gift of influence and use it wisely.

After my unseen comrade berated me as "naïve," I left the group. I'm not naïve. I'm realistic. And I don't know any Baptist preachers who can talk about drinking beer, or

smoking cigars, for that matter, and keep their pulpits.

Presbyterians, not so much.

Though there is disagreement in the faith community, I believe abstinence remains a worthy choice.

Michael J. Brooks
Alabaster

NATO Could Have Impact

Editor:

After occupying Crimea in 2014 without any pushback by world powers, President Putin decided to invade Ukraine in the east in 2022. He and his puppet advisors thought the Russian military would quickly vanquish Ukraine, but the Ukrainians, with equipment support from NATO, have put up a fierce resistance.

The destruction of civilian infrastructure by Russia has infuriated

the Ukrainians and hardened the resolve of world powers to help Ukraine. The Ukrainians are fighting to preserve their country and have the advantage of territorial knowledge. Additionally, elements of the Russian army have tortured, sexually assaulted and murdered Ukrainian civilians, which has stiffened Ukrainian resistance.

Ukraine is fighting an undeclared proxy war for NATO, and the NATO military support could have a long term impact for peace in Europe by standing up to Russian aggression in Ukraine. The supply of military equipment to Ukraine by NATO, including massive amounts of military hardware and ammunition by the U.S., has enabled it to conduct operations to defend the country. Additional sophisticated drones, anti-aircraft missiles, and long range missiles should be added to the arsenal. We are obligated to help Ukraine because we convinced Ukraine in

1991 to give up its arsenal of nuclear weapons and send them to Russia in return for U.S. security guarantees.

NATO countries now realize they have to increase their military forces in response to Russian ambitions in Europe, and NATO should expeditiously approve Ukraine's admission and then deploy defensive military forces into Ukraine.

The U.S. has gained valuable military planning information about the Russian military, including the use of our weapons systems against them. This could help us in the future if we have to implement military planning and operations against Russian forces. Additionally, the Ukraine War is depleting Russia's military equipment and bloodying its military personnel.

Donald Moskowitz
Londonderry NH



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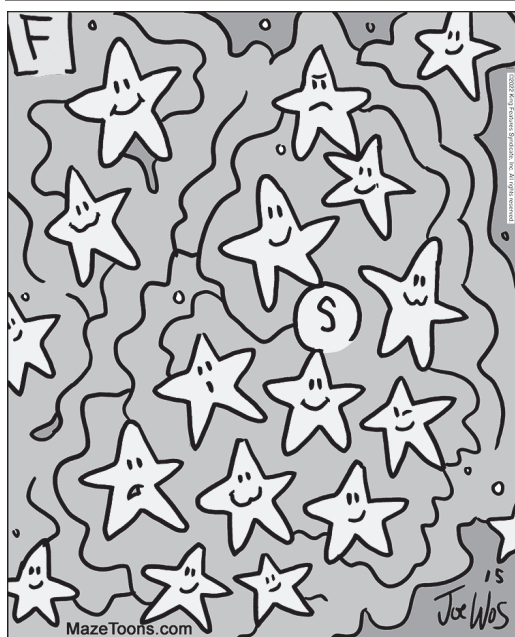
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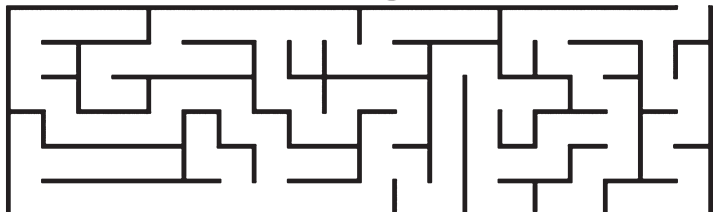
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Kids' Maze



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Even Exchange by Donna Pettman

Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- | | | | |
|-------------------------|---------------|----------------------|---------------|
| 1. Pamper | ___ _ _ I _ _ | Thread container | ___ _ _ O _ _ |
| 2. Bart's little sister | ___ _ _ G _ _ | Black-and-white bird | ___ _ _ P _ _ |
| 3. Mail delivery | ___ E _ _ _ _ | Set of puppies | ___ I _ _ _ _ |
| 4. Be adjusted to | ___ _ A _ _ _ | Take as one's own | ___ _ O _ _ _ |
| 5. Architect's plan | D _ _ _ _ _ | Quit one's job | R _ _ _ _ _ |
| 6. Cluster of grapes | ___ U _ _ _ _ | Park chair | ___ E _ _ _ _ |
| 7. Realm | E _ _ _ _ _ | Sports official | U _ _ _ _ _ |
| 8. Like Ol St Nick | ___ O _ _ _ _ | Toast topper | ___ E _ _ _ _ |
| 9. Desert taxi | ___ _ _ _ L | Fleeting appearance | ___ _ _ _ O |
| 10. Tray | ___ A _ _ _ _ | Lone Ranger's steed | ___ I _ _ _ _ |

WORD LADDERS

Can you go from MORAL to NOSES in 6 words?
Change one letter for each rung in the ladder.

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nozes

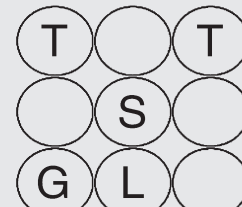
Puzzle Whirl

MINI SUDOKU

	6	2	
			3
5	1		
2		6	
6	5	2	
1			

Place a number in the empty boxes in such a way that each row across, each column down and each small 6-box square contains all of the numbers from one to six.

WORD SPIRAL



Fill in the missing letters to reveal the nine-letter word that starts at one of the four corners and moves clockwise around the perimeter before ending in the center.

Answers on Page 42

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CAN YOU FIND THE DIFFERENCES in the two drawings? Look for Hocus Focus each week, only in your Courier Journal.

Notes...

Continued from page 8

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You Are Not Alone! Grief can be an overwhelming season to go through. Often the time it takes to process all of those feelings is multiplied simply because those who grieve have no one to talk to. You are not alone as you go through this difficult time! Let us help!

There is a monthly grief support group that meets the first Tuesday of each month at 10am at Cliff Haven Church in Sheffield. Located at 1601 Andrews Avenue in Sheffield directly behind McDonald's near the O'Neal Bridge.

There is a second monthly grief support group that meets the third Friday of each month at 10am at First Baptist Church of Rogersville. Located at 222 College Street in Rogersville.

Come and share and let us pray with you for strength and comfort! These groups are FREE and open to the public. We will provide wonderful, supportive materials to take home to help with your healing process!

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*Minus any previous withdrawals. 1. These rates apply to certificates issued in November 2022. Rate guaranteed for initial lock-in period. Lock-in periods of one month or one year are available. After the initial lock-in period expires, interest rates may vary each month. Interest rates are set monthly by WoodmenLife and will never be lower than the minimum guaranteed interest rate of 2.00%. Withdrawals before age 59½ may be subject to an additional 10% IRS early distribution penalty. WoodmenLife surrender charges may apply to withdrawals. Membership is part of eligibility. Certificate 7962-XX-0707, 7962-02-0905. All products may not be available in all states. CD1638 11/22 Woodmen of the World Life Insurance Society: Omaha, NE

NORTH ALABAMA PODIATRY, LLC
DR. MICHAEL R. LINVILLE
 2200-A East Second St. • Muscle Shoals

Weekly Quiz • Topic: Trees

- Most baseball bats are made from this type of tree?
 A) Oak B) Balsa C) Ash D) Pine
- Rubber may be derived from latex that is extracted from living trees. True or False
- Japan presented this type of tree to the U.S., which blooms each spring in Washington D.C.
 A) Dogwood B) Cherry C) Tulip D) Peach
- Which state has maple trees that provide sweet syrup?
 A) North Carolina B) Montana C) New York D) Michigan
- This car company once produced a "woody."
 A) Ford B) Toyota C) BMW D) Mazda

Answers: 1.) C 2.) True 3.) B 4.) C 5.) A

"Limp In...Leap Out!"
 Bad Nails? Bone Problems? Foot Pain? Come See Me!
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Christmas Open House
Saturday, Dec. 3 • 9am-5pm
All Ornaments 20% Off
All Porch Board Signs 20%
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Christmas Tree Picks/Stick Ins 25% Off
Many More Specials That Day
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Courier Journal

Mystery Photo of the week

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



in Downtown Florence
www.rosiesmexicancantina.com

Last week's winner is Jason Shook of Florence who correctly guessed "Oakland Gin Company in Florence, Lauderdale county"

One entry per person. Winners will be announced each week in our paper and on our website. Winners can pick up their Gift Certificate at the Courier Journal office beginning Wednesdays after 12 Noon.



See NOTES... page 42

Real Estate

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

NICE HOME IN HISTORIC AREA, FLORENCE. Zoned for business/residential, 4 bdrm., 2 ba., \$1,300 per month plus deposit, Call 256-394-6227

HWY 247, COLBERT COUNTY 15 Acres of Fenced Pasture with pond, well, and septic tank with City water, \$180,000. 256-810-8925

REMINDER: AD DEADLINE for the Nov. 30 issue is **Weds, Nov. 23**
 Display ads - Noon
 Classified ads - 4:30pm

HIDDEN CREEK CAMP-GROUNDS OPEN, for camping full hook ups. Event Room. 256-320-5097 info@hiddencreekcamping.com

FLORENCE: ROOM IN LARGE house near mall, free utilities, cable, internet, no deposit. \$475 per month. 256-810-7456

★ ★ ★ ★
FLORENCE: 4265 BRYSON BLVD 7500 Square foot warehouse for lease in Florence industrial park. Small office, bathroom, 16' ceilings, semi dock and adjacent 100' x 50' lot if desired. Building lease \$2200/mo with first and last due at signing. Lot is extra if desired. Henry Heredia. 909-744-7354

HOUSE FOR RENT, 2 bdrm., off Rose Trail, past Cherokee \$525 per month. First & last months rent. 256-335-4896

FLORENCE DUPLEX APARTMENTS, 2 bedroom, 1 bath, 250-A & B, Rose Dr., \$700 per month. Call Kairos Property Management 256-656-3578

Courtview Towers Studio Apartments 1 & 2 Bedrooms available. Convenient to downtown Florence. Rent based on income. Equal Housing Opportunity 256-767-0201



SHEFFIELD: FOR RENT: NEWLY RENOVATED One Bedroom Apartments in Downtown Sheffield. Call 615-415-8345

SEVERAL BUSINESS OFFICES FOR RENT
 Court Street, Downtown Florence
\$600-\$750
 Includes utilities
 Call 256-656-3578

PROPERTY FOR SALE in Muscle Shoals, 3.45 Acres on Mary Mack St., Call 256-740-1960

THEIR AD IS NOT HERE! Do you like to shop at certain stores? Are they not advertising their sales in the Courier Journal? Tell them that they should be

FLORENCE: ROOM IN LARGE house near mall, free utilities, cable, internet, no deposit. \$475 per month. 256-810-7456

LAND FOR SALE AT Murphy, NC: 20.65 Acres Contact Brenda Rippey 828-541-4079 or 910-712-4833.

LEXINGTON, 3 BDRM, 1 Bath, 1 plus Acre Totally Remodeled Move in Ready, \$179,900, 256-366-7272.

TUSCUMBIA: OFFICE SPACE RENTAL, \$650 per month, \$650 Deposit 256-577-1784 or 702-1868

2 HOUSES FOR SALE on same property! 1/4 mile off Hwy 43. Hackleburg: Both on 3.5 acres. 205-528-0321.

SHEFFIELD: 135 Kentucky Avenue 3 bdrm. house for rent. Sheffield village area. \$1,100 per month. Security deposit equal to rent. Direct deposit for rent payment required. Criminal check. No Drug Users. Credit Check. Employment verification. 256-694-5069

COURT-ORDERED REAL ESTATE AUCTION

Saturday, December 3, 10 am
From The Margaret Jackson Estate
Held On Site: 1511 County Rd 24, Florence

Real estate consists of a 3-bedroom, 1-bath house with kitchen, dining room, living room, hardwood floors and carpet, window unit, gas wall heater, city water and gas, septic tank, single carport, vinyl siding, shingle roof, and gutters. Nice lot with 4.5+/- acres, sold according to deed, house in need of repair. Property shown by appointment. Sale subject to Lauderdale County Circuit Court Approval.

DIRECTIONS: In Petersville, intersection of County Road 7 and 24, take Stoney Point Road (County Road 24), north 1.2 miles, property on the left, signs up.

TERMS: 20% down day of sale with the rest due within 30 days. Seller will furnish deed and title policy. Property sold AS-IS. Prospective buyer has the right to inspect up to 10 days before auction. House may contain lead-based paint. Couch Auction & Realty is agent of the Seller. Seller reserves the right to refuse any and all bids. All information in this ad is from sources believed to be correct but is not guaranteed. Announcements made day of sale take precedence over any printed material.

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256-740-9901
 Tony Couch – Auctioneer/Broker
 Ricky Kennedy – Auctioneer/Sales
 AL Lic #657, TN Lic. #4812, GA Lic. #2911, TN Firm Lic. #5485

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

GERMAN SHEPHERD PUPPIES, EIGHT weeks old, \$400, 256-350-1724 Trinity

MANSELL ROOFING, Discounts to Veterans and Seniors. All Work Guaranteed. Free Estimates, 256-383-3218

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FRANKLIN MEMORY GARDENS, GARDEN of Prayer, \$2,125 for 2 burial plots. Call 256-668-0136.

WANTED DEAD OR ALIVE! Junk batteries, \$5 each. Ranger Battery Co. 426 Royal Avenue. 256-766-0473

1996 FLEETWOOD BOUNDER, new tires, carpet, queen bed, upholstery, \$11,000 OBO, 813-244-6175 Florence

HONDA: ACCORD LX, 2011 \$13,950. 4 door, 82K miles, full power, MICHELIN TIRES, 2 keys. Just serviced. Super Condition. 256-527-2125.

BUYING CAMPER, FISHING BOAT AND 4-WHEELER GOOD EXCELLENT CONDITION 256-810-8411

BURIAL PLOTS TRI-CITIES MEMORIAL GARDENS: Two Tier #1 Premier Level, Prime Location Spot in the Garden of Everlasting Life. Close proximity to the access road in middle of cemetery. Not many of these plots are left and retail for \$2,899 each. Selling for \$2,500 each. Call 256-436-5511

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Notes...

Continued from page 40

Northwest-Shoals Community College Adult Education Program at 256-331-5440 or 256-331-5438.

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.

If you played in a High School or College Band and would like to get back to playing for fun, the Shoals Community Concert Band welcomes you. We are from all over the Shoals area, north Alabama and southern Tennessee, and range from High School students to retirees, at all levels of ability. We are especially seeking to build up our percussion and trumpet sections, but all instruments are welcome. Percussion equipment of all kinds is provided. It doesn't matter how long its been since you played and no auditions are required.

We usually meet on Tuesdays at 7pm at the Florence First Baptist Church Annex, 218 N. Wood Avenue, Florence, the old library building - enter from the side parking lot.

For more information, please contact James Ed Champion, Band Director. jchampion46@yahoo.com

JR. LAWSON TREE SERVICE, tree trimming, stump grinding, removal. Licensed & Bonded, Free estimates, 256-856-7028

CHEVROLET: EQUINOX LT, 2016 \$16,950. 1 owner, only 79K miles, navigation, full power, alloy wheels with **NEW TIRES.** Just serviced. Excellent Condition! 256-527-2125.

WANT TO BUY \$2,000-\$3,000 for Decent Camry, Century, Impala, etc. Call Sonny Morris 256-443-0755

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Do you have a **sore** on your foot?
A foot ulcer is an open sore on the foot that can be difficult to heal.



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No representation is made about the quality of the podiatric services to be performed or the expertise of the podiatrist performing such services.

We moved, but not too far!

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Allen Wall



Cheri Dudley



Tabitha Brewer

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256-980-1722



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SEWING MACHINE IN A wooden cabinet, 4 drawers, Good condition, \$150. 256-836-8827

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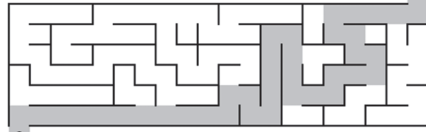


Even Exchange answers

- Spoil, Spool
- Maggie, Magpie
- Letter, Litter
- Adapt, Adopt
- Design, Resign
- Bunch, Bench
- Empire, Umpire
- Jolly, Jelly
- Camel, Cameo
- Salver, Silver

Puzzle Whirl Answers

Kids' Maze Solution



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WORD LADDER Answer
MORAL, MODAL, MODEL, MODES, NODES, NOSES

Word Spiral Answer
TAILGATES

MINI SUDOKU Answer

5	3	6	4	2	1
2	1	4	6	5	3
6	5	3	1	4	2
4	2	1	3	6	5
3	6	5	2	1	4
1	4	2	5	3	6

Sleep is Good Medicine: 11 Tips for a Healthier Sleeping Routine

(Family Features) Sleep can sometimes feel like self-care that can wait or a reward you need to earn. However, the opposite is true. When it comes to your health, sleep is just as important as physical activity and nutrition.

While you sleep, your body is busy healing and repairing itself, learning and actively preventing chronic diseases. For most adults, getting healthy sleep means sleeping for at least 7 hours each night without waking up frequently, going to bed and waking up at roughly the same times each day and waking up feeling refreshed. Healthy sleep helps the body boost immunity, manage weight, reduce stress and lower the risk of chronic diseases such as diabetes, cancer, heart disease and Alzheimer's disease.

"We know chronic insufficient sleep can have a detrimental impact on personal health and increase the risk of many diseases," said Jennifer L. Martin, a licensed clinical psychologist and professor of medicine at the David Geffen School of Medicine at UCLA. "Healthy sleep is also important for mood regulation and mental health, helping to reduce the risk of problems such as anxiety and depression."

However, according to the Centers for Disease Control and Prevention, about 1 in 3 adults in the United States report getting less than 7 hours of sleep per night. Your daily routine – what you eat and drink, the medications you take, how you schedule your days and how you spend your evenings – can significantly impact the quality and duration of your sleep.

These tips from the American Academy of Sleep Medicine's "Sleep Is Good Medicine" campaign – which aims to emphasize sleep as a key pillar of health, equivalent with nutrition and exercise – can help you create a healthy sleep routine to improve your health today and in the long run.

- Keep a consistent sleep schedule. Get up at the same time every day, even on weekends and during vacations.
- Set a bedtime early enough to get at least 7 hours of sleep each night.
- Use your bed only for sleep and intimacy, or when you are sick. Watch TV and work outside the bedroom.
- Make your bedroom quiet and relaxing. Keep the room at a comfortable, cool temperature.
- Reduce fluid intake before bedtime.
- Turn off electronic devices at least 30 minutes before bedtime.
- Don't eat a large meal before bedtime. If you are hungry at night, eat a light, healthy snack.
- Avoid drinking caffeine in the afternoon or evening.
- If you don't fall asleep after 20 minutes, get out of bed. Do a quiet activity without a lot of light.
- Avoid alcohol before bedtime.
- Keep a sleep diary. Over a two-week period, track when you go to bed each day, wake during the night and wake in the morning. Also track when you exercise, nap, take medication or have caffeine or alcohol.

Even if you don't think you have a sleep problem, talk to your doctor about your sleep and share your sleep diary. Together, you can figure out what healthy sleep looks like for you and how to get it. This can help prevent sleep difficulties before they become harder to treat.

Learn more about the role sleep plays in your health and find more tips to help improve your sleep habits at sleepisgoodmedicine.com.

Photo courtesy of Getty Images

Soap Opera Preview

DAYS OF OUR LIVES

Alex and Justin rescued Bonnie. The war between EJ and Ava took a stunning turn. Xander was faced with a horrifying task. Rafe questioned Bonnie about her captor. EJ was devastated by Ava's actions. Xander prepared to confess to Sarah. Gabi impulsively invited Stefan and Chloe to her wedding. Li gave Rolf instructions on how to deal with Wendy and Johnny. Jada confided in Kate about her situation. Eric announced some big news to Roman. Nicole and Rafe had an awkward encounter on Thanksgiving Day. Abe and Allie came up with a surprise for Chanel. Marlena consoled EJ. Alex invited Stephanie over for a second date on Thanksgiving. Meanwhile, Rafe hosted Thanksgiving dinner for Gabi and Li. Nicole was shocked after overhearing Eric and Jada. Rafe found EJ in an emotional state. Nicole confronted Jada about Eric. Xander shared his guilt with Gwen. *Wait to See: Sarah becomes suspicious of Xander.*

GENERAL HOSPITAL
Britt received some difficult news. Robert wanted answers from Holly. Scott had a warning for Cody. Valentin and Victor came face to face. Carly lied to Sonny. Victor gave Holly a new task. Brook Lynn threatened Linc. Carly was thrown by Michael's news. Dante let some information slip. Sam confided in Alexis. Carly and Nina had it out. Britt opened up to Liesl. Chase was surprised. Brook Lynn made a decision. *Wait to See: Valentin and Martin team up.*

THE YOUNG AND THE RESTLESS
Elena noticed a shift in Nate's priorities. Noah told the truth about Audra. Daniel Romalotti returned to Genoa City. Billy supported Chelsea with a difficult decision. Ashley got the upper hand. Nick retaliated against Adam. Victor and Nikki counted

their blessings. Diane's presence caused tension at the Abbott's Thanksgiving dinner. *Wait to See: Phyllis and Daniel share a warm reunion.*

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16 Lincoln MKC
#22G-105C, 4 Door,
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19 Subaru Legacy
#22G-217A, 4 Door,
Leather, Nice
Local Trade!



\$22,988

17 GMC Terrain Denali
#22G-072A, Leather,
Sunroof, Nice
Local Trade!



\$24,788

18 Cadillac XT5
#22G-109A, 4 Door,
Leather, 1 Owner,
Local Trade!



\$25,788

15 Chevy Silverado
#19B-2973A, Crew Cab,
Z71, 4x4, LT, Nice
Local Trade!



\$25,988

17 Lincoln MKZ
#23G-003A, 4 Door,
Leather, Loaded
Local Trade!



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20 Ford Escape
#22G-196A, 4 Door,
Full Power,
Nice Local Trade!



\$27,888

21 GMC Terrain
#22G-117B, 4 Door,
SLE, 6 Yr./100K
Limited Warranty!



\$28,888

18 GMC Terrain Denali
#22G-201A, Leather,
Sunroof, 6 Yr./100K
Limited Warranty!



\$32,888

16 Chevy Silverado
#21G-238A, LT,
4x4, Crew Cab,
New Tires!



\$33,888

19 GMC Acadia Denali
#19P-4736, Leather,
V6, 3rd Row, 6 Yr./100K
Limited Warranty!



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18 Chevy Silverado
#22B-70B, 4x4, LTZ,
4x4, 6 Yr./100K
Limited Warranty!



\$39,788

18 GMC Sierra
#22G-124B, Crew
Cab, Z71, 4x4,
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\$39,888

19 Toyota 4Runner
#22G-190A, 4 Door,
4x4, Leather,
Nice Local Trade!



\$41,888

18 GMC Sierra Crew Cab
#22G-040B, SLT, Z71,
4x4, 6 Yr./100K
Limited Warranty!



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18 GMC Yukon Denali
#22G-119A, Leather,
3rd Row, 4x4,
Nice Local Trade!



\$48,888

21 GMC Sierra
#22G-144A, 1 Owner,
SLT, 6 Yr./100K
Limited Warranty!



\$54,888

16 GMC Sierra Denali 2500HD
#22G-172A,
1 Owner, 4x4,
Diesel, Nice!



\$58,888

19 GMC Sierra Denali 2500HD
#19P-9934, Diesel,
Loaded 6 Yr./100K
Limited Warranty!



\$66,788