

**More Babies
Delivered**

FLORENCE – Labor and delivery teams at North Alabama Medical Center have been busy delivering an unprecedented number of babies last year. The hospital averages about 110 deliveries per month. It welcomed a total 1,345 babies in 2022, including 15 sets of twins.

“November was a record-breaking month for us with 139 babies delivered,” said **Nikki Woods, MSN, RN**, the Director of NAMC’s Center for Women’s and Children’s Health. “We are so happy to serve our community helping local families welcome new babies into the world!”

NAMC’s Center for Women’s and Children’s Health facility features nine all-private delivery suites, including two HOPE Suite Delivery Rooms, outfitted with birthing tubs, so patients can experience a natural delivery experience if they choose. The unit is staffed by six board-certified OBGYN’s, a lactation consultant, and 39 nurses with over 100 years of combined experience in L&D. The facility also allows doulas to come with patients and features a Level II special care nursery, which means that it can typically care for babies born at 32 weeks and above.

**Artifact ID
Workshop**

FLORENCE—The Pope’s Tavern Archaeology Club will host a historic artifact identification workshop on Thursday, January 19 from 6 -7:30pm at Pope’s Tavern

See SHORTs... on Page 2

Volume 139 Number 12

January 11, 2023

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Courier Journal



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Winning Wagers
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FLORENCE – United Way of Northwest Alabama’s Board of Directors will host the Inaugural Shoals Royale on Saturday, January 21. The event will begin at 7pm at the Marriott Shoals Conference Center.

This will be an incredibly fun night with authentic Las Vegas gaming to raise money for United Way of Northwest



Alabama. You will feel as though you have entered a real casino right here in the Shoals with fun and friendly dealers, quality gaming tables, and real casino

See ROYALE... on Page 6

Football, Life Legend Speaks

UNA, Marriott Host Manning for Lion Pride Dinner

FLORENCE—Football legend, Archie Manning, will be the featured speaker at the North Alabama Lions Athletic Club’s 2023 Lion Pride Dinner and Auction at the Marriott Shoals Conference Center on Thursday, August 10 at 5:30pm.

When people think of Archie Manning, they think football. However, Archie’s appeal transcends his athletic achievements. People far and wide have been inspired by his warm personality, his drive, and his sense of humor.

Archie currently serves in public relations and consulting capacities for several local, regional, and national companies. For 25 years he hosted four Archie Manning Cystic Fibrosis benefit golf tournaments in Louisiana and Mississippi and remains active in a wide variety of



Manning Courtesy photo

charitable and civic causes. “This event will be a new pinnacle for the UNA Lions Athletic Club,” said Club President, Johnny Simpson. “We are bringing in Hall of Fame football player, Archie Manning, an internationally-known and respected individual, as our keynote speaker for our Lion Pride Dinner/Auction. “We have achieved great success and community participation in the

See MANNING... pg 10

INSIDE HIS ISSUE



Automotive Inside NOW

Ray Miller Buick-GMC
Advance Auto Sales

- Cat & Kids
- Soap Updates
- Hocus Focus
- Dave Ramsey
- Puzzle Whirl

- From Clay to Bronze
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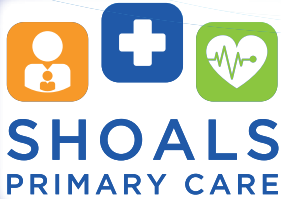


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Shorts... Artifact ID Workshop

Continued from Page 1

Museum, 203 Hermitage Drive in Florence. The club aims to be an organization where members can learn from each other through a common interest in the community's past. There are hands-on archaeology opportunities, public history projects, workshops, field trips, and discussions. Members under 12 must be accompanied by an adult during club meetings and activities.

The workshop on January 19 will be hosted by **Ben Hoksbergen**, cultural resource manager at Redstone Arsenal. Ben will help to identify artifacts found at Pope's Tavern, providing context about age, material, and style of historic artifacts. This workshop is for historic artifacts only.

The Pope's Tavern Archaeology Club is an organization managed and supported by Pope's Tavern Museum. It is dedicated to advancing archaeological education through community-based projects and public



Festival of the Cranes
Courtesy Photo

history. It encourages responsible and ethical practices of archaeology in the community. Call 256-760-6439 for more information.

Cranes Fill Decatur Skies

DECATUR— Over 14,000 Sandhill Cranes along with several pairs of Whooping Cranes spend the winter each year at Wheeler National Wildlife Refuge (WNWR) in Decatur. In celebration of the winter migration of these long-legged and long-necked birds, Wheeler Wildlife Refuge Association hosts a three-day event offering a variety of indoor and outdoor activities appealing to people of all ages. The 2023 Festival of the Cranes will be held January 13-15 with activities at WNWR and in various venues within downtown Decatur.

Festival of the Cranes includes activities for experienced birders, for those with little to no birding knowledge, and for anyone who would like to learn more about birding and other wildlife that call the Refuge home. Guests are invited to visit the WNWR Observation Building to view thousands of Sandhill cranes along with several Whooping cranes, ducks, geese, raptors and perhaps a bald eagle from the comfort of the heated building. Attendees are encouraged to bring a camera and binoculars

and volunteers and staff will be on hand to answer questions.

ADDITIONAL ACTIVITIES SCHEDULED AT WNWR INCLUDE:

SATURDAY, JANUARY 14

8am - 9am - a morning walk to see cranes and other waterfowl in their natural habitat with former Refuge Manager Dwight Cooley

9am - 10am - an introduction to the basics of birding with a walk around the visitor center grounds with Christopher Joe

9am - 5pm - Observation Building open for viewing

SUNDAY, JANUARY 15

9am - 5pm. - Observation Building open for viewing

9am - 5pm - Periodic art demo of various nature scenes by Alabama artist, Timothy M. Joe

Beginning Friday, January 13, The Princess Theatre, Cook Museum of Natural Science, Old State Bank, Carnegie Visual Art Center, Decatur Public Library and Alabama Center for the Arts are offering special events in conjunction with Festival of the Cranes. The schedule of events includes a live concert by Three On A String, a science show by magician and environmentalist Steve Trash, live raptors shows, latest news on crane conservation, watercolor workshops

More SHORTS... on Page 5

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Chicken Drumsticks 99¢ Lb. Boneless Chicken Breast \$1.99 Lb.	Whole Chicken Wings \$1.99 Lb. Mixed Chicken Wings (Drumetts and Flaps) \$2.59 Lb.	Whole Fryers \$1.59 Lb. Chicken Leg Quarters 10 Lbs. \$5.99	Farm Raised Catfish Fillet \$6.99 Lb. Whole Catfish \$5.99 Lb.

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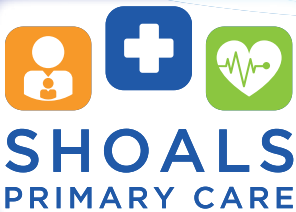


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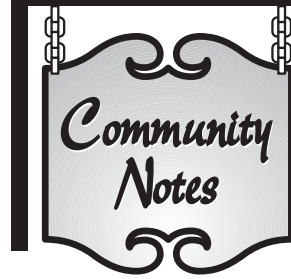
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COMMUNITY NOTES may be submitted for non-profit, civic or church-related events and published free of charge AS SPACE IS AVAILABLE in the Courier Journal. . Community Notes must be submitted in writing by 3pm Friday for consideration in the following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

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

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

Clay to Bronze Kennedy-Douglass Center for the Arts, 217 E. Tuscaloosa St., Florence, will have an exhibition by Huntsville sculpture Everette Cox from January 13 - March 10. There will be a meet-and-greet at 2 p.m. Jan. 29. The

center is free and open to the public from 9 a.m. to 4 p.m. Monday-Friday and 1-4 p.m. Sunday. 256-760-6379.

narcononnewliferetreat.org/blog/the-dangerous-waiting-game.html

The Funniest Man in America - The James Gregory Show featuring "The Funniest Man in America" James Gregory is coming to the Roxy Theatre, 208 N. Jackson Ave., Russellville, at 3 p.m. Jan. 15. www.funniestman.com

A new Divorcecare group begins January 11 at First Baptist Church in Center Star. Classes will meet from 6-7:30pm each Wednesday. Contact the church at 256-757-1310 for more information.

Enjoy highlights from the Tennessee Valley Museum of Art's permanent collection Tuesday-Friday 9am-5pm January 10 - 24. Admission is free for this partial exhibition. (Note: not all galleries will be accessible, as staff prepares the spaces for this year's exhibitions).

Judge Jacqueline Hatcher of Colbert County's 31st Judicial Circuit, has decided to resign from her position effective January 1. The Alabama Constitution gives the Governor the authority and responsibility to appoint someone to replace Judge Hatcher. The person appointed to this position will not face re-election until November 3rd, 2026.

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

The Colbert County Republican Executive Committee, in its meeting on December 12, 2022, resolved to compile a list of candidates that it considers to be acceptable Republican appointees and submit this list to the Governor. The deadline for candidates to submit their declaration of candidacy is 5pm on January 9, 2023.

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

A full explanation of the process for candidate consideration is available online. Call 256-762-4072 if interested in a declaration form. Declarations may be emailed to colbertgopchair@pm.me or mailed to CCREC, PO Box 4201, Muscle Shoals, AL 35662. Candidates are encouraged to file any documents, such as resumes, together with their completed declaration.

The holidays can be tough on those who have struggled with addiction. It can be a recipe for relapse between holiday stress and family gatherings with alcohol. If you have a loved one struggling with drug or alcohol use, you should seek treatment for them immediately.

Florence Parks and Rec will be offering small group ballroom dance lessons on Thursdays beginning January 5 with Monica Patterson at the Royal Ave. Recreation Center. Beginner class 1-2pm, Intermediate class 2-3pm. Call 256-760-6425 for more information or to sign up. Space is limited.

Being close with family for the holidays may also have caused you to notice that they are not doing well and struggling with addiction. Take the time to talk to them, ask them what they may be struggling with, and discuss treatment.

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See NOTES... page 10

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Shorts...

Continued from Page 2

Cranes Fill Decatur Skies

and much more. Some activities require the purchase of a ticket. For more information on the Festival of the Cranes including a complete schedule of events, visit <https://www.friendsofwheelernwr.org/festival-of-the-cranes-2023> or follow Wheeler Wildlife Refuge Association – WWRA on Facebook for the latest updates.

Robinson in Minority Office

MONTGOMERY – Governor Kay Ivey recently announced at **Stacia Robinson** will serve as director of the Alabama Office of Minority Affairs. **Nichelle Nix**, who has served in the role for the last six years, is moving to the private sector to practice law. Robinson comes to the post from BeneChoice Companies, LLC, a benefits and financial choices company. She



Robinson

also serves as district manager of Colonial Life Insurance Company. The governor describes Robinson as a small business champion. Robinson's expertise in business involvement includes employee benefits design and administration as well as advertising consulting and professional speaking. Robinson recently sold her BNI-Business Network Int'l Franchise, which she owned for 25 years. Her involvement locally in Montgomery includes serving on the Industrial Development

Board of Montgomery, the Leadership Council of the NFIB, the Alabama Small Business Commission, among many other ventures. Robinson was also the first African American female to serve on the Montgomery Area Chamber of Commerce's Board of Directors. "I am looking forward to serving the great

state of Alabama in this role on behalf of women and minorities," said Robinson. "I hope to bring my own experiences and curiosity of others to the role as this Administration strives to make 'Alabama the Beautiful' also Alabama the better for its citizens, especially for its women and all minorities."

Understanding the Stigma

FLORENCE– The University of Alabama and the Alabama Department of Mental Health will host a professional development conference

More SHORTS... on Page 9

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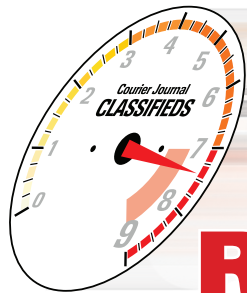
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EDITORIAL POLICY: Your Courier Journal accepts a variety of news releases, photos, stories, Letters to the Editor and upcoming community, church or civic events for publication as space permits. Please submit all materials in written form to:

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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.

Royale...

Continued from Page 1

chips. There will be heavy hors d'oeuvres, a cash bar, and music provided by the Midnighters.

"This is going to be such a cool event. We are excited to have folks come out to play some fun games and listen to some great music by the Midnighters," said Larry Bowser, chair of the planning committee. "We decided as a board we just want to get together, provide a unique and exciting atmosphere, and raise some money for an organization that we are passionate about. We hope to have an outstanding turnout."

The cost of a single ticket is \$75 and a couple is admitted for \$140. Last-minute sponsorship opportunities are available NOW ranging from \$250 - \$5,000. All tickets and sponsorships

can be purchased by visiting www.uwnwal.org or by calling 256-764-5892.

"We are beyond thankful for our partnership with Marriott Shoals," said United Way Donor Development Director, Suzanne Moore. "It is going to be a fabulous time. They have put forth a spectacular effort to make this event special. You will not want to miss it!"

Grab a group of friends, co-workers, a date, or come solo. Each ticket includes \$50 of play money to get all the players started at the tables. Your gaming success will improve your chances of winning some great prizes as you will cash in your play winnings for tickets to be used for prize drawings.

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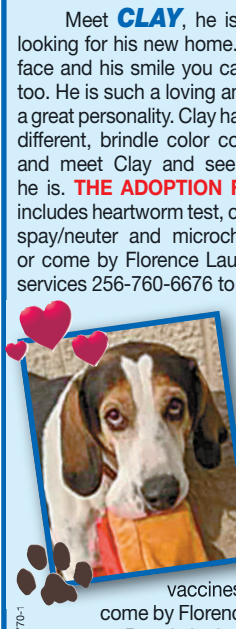


The animals you see here are currently in local animal shelters or rescue facilities. Adoption fees vary and include having your new friend spayed or neutered, if necessary. Help us help these and other animals by adopting a new friend today.



Meet **GUNNER**, a 2 year old German Shepard. An animal shelter is no place for a young pup to be. Gunner needs an experienced German Shepard owner to work with him. He's a beautiful big boy, energetic and smart, who needs someone who knows how to properly work with him to foster him for a while. **THE ADOPTION FEE IS \$85** and includes heartworm test, current vaccines, spay/neuter and microchip. Please call or come by Florence Lauderdale animal services 256-760-6676 to meet this happy boy.

Meet **STEELE**, he will absolutely steal your heart with his blue eyes. This gorgeous boy is ready to be your new bestfriend. He would make a great friend and companion. Steele would love to curl up with you on these cold winter nights. Please come and meet this gorgeous dog. Fostering is free. **THE ADOPTION FEE IS \$85** and includes heartworm test, current vaccines, spay/neuter and microchip. Please call or come by Florence Lauderdale animal services 256-760-6676 to meet this handsome boy.



Meet **CLAY**, he is a handsome fella looking for his new home. When you see his face and his smile you can't help but smile too. He is such a loving and sweet dog with a great personality. Clay has a beautiful, very different, brindle color coat. Please come and meet Clay and see how wonderful he is. **THE ADOPTION FEE IS \$85** and includes heartworm test, current vaccines, spay/neuter and microchip. Please call or come by Florence Lauderdale animal services 256-760-6676 to

Meet **RONNIE**, a free-spirited, visually impaired, 6 year old, 90 pound hound that is so magical he should be the main character in a children's book series. He has so much personality! Ronnie loves sunbathing belly up no matter where the patch of sun is, also having toy parties even if he's the only one attending. He has been dubbed the mascot of the local school he used to visit. **THE ADOPTION FEE IS \$85** and includes heartworm test, current vaccines, spay/neuter and microchip. Please call or come by Florence Lauderdale animal services 256-760-6676 to meet Ronnie he is definitely a special dog.

4 CONVENIENT LOCATIONS



Primary & Urgent Care

Urgent Care

Primary & Urgent Care

Primary Care

Cloverdale Road

2735 Cloverdale Road
Florence
(256) 415-4005

Express Care

1106 N Cave St.
Tuscumbia
(256) 386-7774

Greenhill

351 AL Hwy 64
Killen
(256) 272-8066

Sheffield

1120 S Jackson Hwy
Suite 300
(256) 383-4447

Front Row: Courtney Bowen, MD • Jeremy Thompson, MD • Amber Olsen, DO

Back Row: Joshua Vacik, MD • Robert Dickson, DO • Anthony Horton, DO • Brad McAnalley, MD

SCUBA EQUIPMENT, Zeagle Focus BC, XL, used once, \$195. 256-651-0702.

Nails
Killen, AL 256-520-9905

CAT SITTING SERVICE: Will come to kitty's home, fill bowls, scoop litter, give meds, scratch ears, 256-412-6982

CHEVROLET: CRUZE LS, 2015 \$12,450. 1 owner, only 42K miles, full power, 6-speed transmission, 4 door, silver, just serviced including **NEW TIRES**. What A Find! 256-527-2125.

PIE SAFE, VERY OLD, 34X72 \$150 OBO. 256-762-1754

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SNAPPER RIDING MOWER WITH bagger and small trailer \$200, 256-565-3482 Decatur

WATCH & CLOCK REPAIR
256-572-2679 Killen, AL

NISSAN: ALTIMA SL MODEL, 2017 \$16,950. Charcoal with black heated leather, full power, rear-view camera, alloy wheels. Completely Serviced. 256-527-2125.

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Armour **Vienna Sausage** 4.6 Oz.
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Country Bob's **All Purpose Seasoning** 13 Oz.
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Country Bob's **Seasoning Salt** 8 Oz.
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Lay's **Potato Chips** 7.75 Oz. Or **Doritos** 6-10.5 Oz.
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Doritos

Kellogg's **Frosted Flakes** 13.5 Oz.
\$3.99

Coke Products 6 Pk. 1/2 Liters
3/\$11

Coke Products 12 Pk. 12 Oz. Cans
2/\$12.50

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Shorts...

Continued from Page 5 Understanding the Stigma

at the Marriott Shoals Conference Center Tuesday, January 17 for those interested in understanding the stigma of individuals with substance and opioid use disorders.

The "Stop Judging; Start Healing Stigma Summit 2023" will feature speaker **Damon West**, a former college football quarterback whose substance misuse led to jail time and, ultimately, a career inspiring others to seek treatment.

Summit topics include the disease of addiction, general stigma, stigma in the primary care setting, combating stigma for law enforcement and first responders, understanding trauma's relation to substance use, and addiction stigma and the criminal justice

system.

The in-person event is designed for physicians, certified registered nurse practitioners, certified nurse midwives, physician assistants, pharmacists, dentists, social workers, counselors, educators, first responders, attorneys, judges and others whose work intersects with substance use disorders. Breakout sessions will offer tracks for healthcare professionals and those working in the criminal justice system.

For many professions, 5.75 hours of instruction are available for professional development.

The event 8:15am-4:15pm. The \$35 cost includes breakfast and lunch. Online registration is open until the day of the event.

Visit vitalalabama.com/stop-judging-start-healing-stigma-summits/ to register.

Shoals Scale Back Coming



FLORENCE— Everyone in our community is welcome to attend Shoals Scale Back from 1-4pm in the Burrell Slater Gym.

The sole purpose of the meeting is to give people the knowledge basics about obesity.

Healthcare providers, healthcare facilities, fitness gyms, churches, fraternities, sororities, schools, service organizations, and others who provide services related to the betterment of the human being are invited to display a table at this free event. There is no charge for the table. We ask that you provide a nice door prize for drawings. Tables and chairs will be provided, but you bring your own table set up. If you will

be selling items, you must contact the City Clerk's office prior to the event at 256-760-6681 to comply with policies. If you will be giving anything away free, you do not have to contact the Clerk's office.

Set up begins at 11am.

Please contact Councilwoman, **Kaytrina P. Simmons** at ksimmons@florenceal.org or 256-349-3879 or **Susan Bentley**, WHNP-BC, DSc at sulent@bellsouth.net or 256-856-3918

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Notes...

Continued from page 4

Women's Night Out - Zumba Class - Beginning Monday, January 9, 5:30-6:30pm at Royal Avenue Recreation Center, 420 N. Royal Ave., Florence. Only \$25/month. Questions: 256-712-5549

Florence Parks and Rec will be offering individual / couple Ballroom Dance lessons. These lessons are perfect for weddings, formals, proms, lead outs, cotillions, etc. Call 256-760-6425 to schedule a lesson. Select times available.

An Artist's Way 101 with facilitator Stephanie C Brown (for adults 18 and up) January 12-February 16 -Six Thursdays from 5:30-7pm at the Ritz Studio in Sheffield.

Start your New Year intentionally, with the goal of bringing more creativity into your daily life.

Julia Cameron's *The Artist's Way* is a 12-week program designed to help anyone, not just artists, transform their lives by living more creatively. It has served as a bible of creativity for over 30 years, with over 3 million copies sold.

Join the first 5 weeks of the program (plus an introductory meeting) with this *The Artist's Way* cluster facilitated by Stephanie C Brown. This group class (limited to no more than 12 participants) will create a supportive and encouraging environment to work through the program's concepts together. This kickstarter course will prepare participants to complete the final weeks of the program on their own or as a group.

Cost is \$120, \$100 for TVAA members at the Scholar's Circle Level or above. To register, visit: <https://tennesseevalleyarts.org/events/>

The 16th Annual Reverend Dr. Martin Luther King Jr. Basketball Tournament 2023 will be on Friday, January 13, 4-9pm and Saturday, January 14, 10am-8pm at Historic Dr. Richard Showers Community Recreation Center, 4600 Blue Springs Rd. NW, Huntsville. Free admission, donations accepted.

To register your team, call Yolonda Johnson, 256-648-7076 or Tweet Watson, 256-780-7275.

God's Way Counseling Services for the youth, keeping the dream alive.

The Brothers of the Kappa Nu Lambda Chapter of Alpha Phi Alpha Fraternity, Inc. will host the 31st Annual Martin Luther King Jr. Unity Breakfast on Monday, January 16, 8-10am at the Marriott Shoals Conference Center. This year's theme is, "The Need for Unity in These Uncertain Times." The speaker will be Brother Cameron Thomas, an educator and Pastor from Birmingham. Tables of 10 in preferred seating can be purchased for \$300 or individual tickets are \$30.

All proceeds from this event will go toward our Educational Foundation (501-c-3 tax exempt), which supports the following projects/programs: • Undergraduate scholarship program • Project Alpha • First of All We Vote • Go to High School, Go to College • The Mentoring Breakfast Project, and • The Alpha Gents Academy.

Sponsorship opportunities for the event are also available. Please email Roderick Sheppard at shepp1906@gmail.com for more information.

Contemporary Female Artists Exhibition at Tennessee Valley Museum of Art 511 W. Water St., Tusculumbia, AL January 31-March 11, 2023 - Featuring Dariana Dervis, Chiharu Roach, Miriam Omura, Tracie Noles-Ross, and Melinda Crider

Born Ready University hosted by Ekklesia Preschool and partnership with Alabama Department of Early Childhood Education is a four session program that will provide parents, expecting parents and other caregivers for unborn children and children ages birth to 5 the information and support necessary to bring up happy and healthy children who enter school ready to learn.

Topics to be covered: Child Development, Child/Social-Emotional Development, School Readiness, and Health & Safety environment. Sessions will be from 9am-12noon on February 4, 2023, February 18, 2023, March 11, 2023, and March 18, 2023 at 3007 Hatch Blvd., Sheffield.

See NOTES... page 11

Manning...

Continued from Page 1

past few years with both Pete Rose and Bill Walton as our featured speakers. Manning will bring a new level of excitement to the Shoals and the UNA communities."

Manning was born in 1949. The Drew, Mississippi native attended the University of Mississippi where he was an All-American quarterback and his #18 is retired. Manning earned All-America and All-SEC honors in both 1969 and 1970. He finished fourth in balloting for the Heisman Trophy in 1969, and third for the award in 1970. Manning was selected in the Major League baseball draft each year for four years.

Manning was voted Mississippi's Greatest

All-Time Athlete in 1992 and was named Mississippi's Most Popular Athlete of the Century. He was elected to the 50-Year All-South Team (1940-1990), named one of the Top 25 Athletes of the Century in Louisiana, and he and his son Peyton were named among the 100 All-Time Greatest College Football Players.

Archie was inducted into the National Football Foundation College Hall of Fame and he was named an American Spirit Medallion honoree by the World War II Museum and received the SEC's Michael L. Slive Distinguished Service Award.

Manning was the second player chosen in the 1971 NFL draft - the #1 draft choice of the New

Orleans Saints. He set Saints passing records, played in two Pro Bowls, and was named the NFC Most Valuable Player in 1978. He concluded his 15-year career in 1985. Manning was the first player in Saints history to be inducted into the Louisiana Superdome Wall of Fame and was in the first class of the Saints Ring of Honor. He was named to the All 50th Saints team, recognized as one of the top 50 players in franchise history. Manning was also drafted four times by major league baseball.

His community activities include Louisiana Special Olympics, the New Orleans Area Boy Scout Council, the Salvation Army, United Way Speakers Bureau,

Allstate Sugar Bowl Committee, New Orleans Sports Foundation, and is Chairman of the Board of the National Football Foundation.

While in pro football, Archie received the Byron "Whizzer" White Humanitarian Award, the Bart Starr Humanitarian Award, the Spirit of Good Sports Award from the National Sportscasters and Sportswriters Association and the U.S. Jaycees named him one of 10 Outstanding Young Americans. In 2005 Archie received the Legends award from the Davey O'Brien Foundation and the Aspire award, a tribute to life's coaches, from the Cal Ripken Foundation. Archie was honored by the United States Sports Academy with the 2006

Distinguished Service Award. He was selected Father of the Year by the National Father's Day Council. Also, he received the Silver Buffalo, the Boy Scouts of America's highest award, and was honored at the Super Bowl in New Orleans with the Pat Summerall Award. Archie was honored by the American Football Coaches Association and received the Distinguished American award from the Walter Camp Foundation. Archie and his wife, Olivia, were recipients of the National Pathfinder Award for their work in post-Hurricane Katrina. Archie received one of the highest honors in football, the Gold Medal Award, presented by the National

Football Foundation. This award has gone to seven Presidents, Admirals and Generals, corporate CEOs, and other distinguished Americans.

Archie and Olivia reside in New Orleans and have three sons, Cooper, Peyton, and Eli. They are the proud grandparents of four boys and five girls.

Sponsorship and meet and greet packages for the North Alabama Lions Athletic Club event in August are available immediately. Tables of eight are on sale for \$1,200 each. If any individual tickets remain, they will go on sale during the summer.

Contact Megan Dye at 256-765-4615 or at smlovelace@una.edu.

Insurance Insights

What To Do If You Lose Your Job

There are a lot of emotions and questions you might have after losing a job. Whether it was expected or a surprise, you'll have to consider how the loss affects everything from your day-to-day routine to health insurance options, and you'll need to update your resume. Here are some things to think about to protect your finances, now and in the future.

Protecting your finances after losing a job

- Collect all money that's due to you from your employer. Turn in any expense reports, confirm any severance pay and make sure you're credited for any unused vacation, sick or personal time provided in your employer's policies or by state laws.
- File for unemployment benefits immediately. The sooner you complete the paperwork, the sooner you may receive money to help cover bills until you're able to find a new job. (If your job loss was due to a COVID-19 related issue, you may qualify for more assistance.)
- Review health insurance options. COBRA allows you to continue coverage through your employer at your own expense for up to 18 months, or you may elect to use a health insurance exchange. Compare those options, as well as coverage available through a spouse's employer, if applicable. Finally, you can withdraw funds for eligible health care expenses from a health savings account (HSA), if you have one.
- Revise or create a budget. Good starting points include eliminating or reducing expenses to make up for lost income. Ask creditors about alternative payment arrangements, consider getting a short-term roommate and pay your most essential bills first. Don't risk losing your house or health insurance coverage to keep your gym membership or cable TV.
- Consider part-time or freelance work. Be careful to balance the income from this work and any income you may be receiving in unemployment benefits.
- Update your resume. You can also consider utilizing your social media profile to leverage contacts who may know of job openings.

Proactive financial steps to take while you have a job

- Build an emergency fund. Experts recommend putting about six months of income in reserve, but if you don't have anything, don't panic. Start slowly and add to these reserves with regular deposits. If you lose your job, an emergency fund can help you pay bills without dipping into your retirement funds or taking a loan.
- Consider job loss insurance. It's a policy that can offer short-term financial support if a lost job means you need help paying a mortgage or other bills.



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Sheffield

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Notes...

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Incentives include: Free breakfast & lunch, \$25 VISA gift cards each session, age appropriate books, car seats, strollers, pack & play, back cribs, school readiness toolkits, Leapfrog Leap Pad Learning Tablets, and more.

It is free to attend the event with only 20 spots available. For enrollment and questions, please contact Ms. Lisa Slusher at 256-314-1700.

Moonage Daydream: Movie Screening January 13, 7pm. - Ring in the new year with the inspirational, creative life of David Bowie! This NEW documentary is limited to select theatres. Dress in your favorite Bowie-era attire and join us for this inspirational gathering! Presale tickets are available on Jan 3 at tennesseevalleysarts.org.

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.

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

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.



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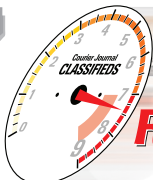
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Courier Journal



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See NOTES... page 21

Commentary

Big Moments Need Leaders

Voices went quiet in homes, popular watering holes, and at the stadium in Cincinnati last Monday as Buffalo Bills' safety, Damar Hamlin, collapsed in the first quarter following a tackle on Bengals wide receiver, Tee Higgins at their game in Cincinnati. The 24-year-old Hamlin was not winded at the time and did not sustain a significant hit. However, he suffered a severe, life-threatening medical situation that led to CPR being performed for at least ten minutes before he was whisked away in an ambulance.

ESPN handled the shocking situation commendably, as announcers Joe Buck and Troy Aikman spoke no more than necessary and in a subdued tone. They knew that for all the years this rough sport of American football has been around, this was uncharted territory for the NFL and the American viewer. This was not a fracture or a torn ACL. This player was not conscious to give encouragement to his teammates and the

See LEADERS... on Page 19

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*

January 11, 2023

Happening
THIS WEEK

From Clay to Bronze

Everett Cox Open Jan. 13

FLORENCE—Kennedy-Douglass Center for the Arts will be exhibiting works by Huntsville sculptor, Everett Cox, from January 13-March 10. The artist is best known for his figure sculptures cast in bronze. Cox will be available for a "Meet and Greet" on Sunday, January 29 from 2-3pm.

By the age of 10, Cox was making his own toy soldiers with molten lead and aluminum molds. Today, he creates in his studio and foundry at Lowe Mill Arts & Entertainment where he sculpts figures in clay and casts them in bronze. Casting a sculpture in bronze or other metals is a way of making permanent a sculpture conceived in clay.

Cox graduated from Auburn University with a BFA and received his MFA from the University of Georgia. Figure sculpting

See BRONZE... on Page 26



King Event for Unity

SHOALS—The Brothers of the Kappa Nu Lambda Chapter of Alpha Phi Alpha Fraternity, Inc. invite you and your family to their 31st Annual Martin Luther King Jr. Unity Breakfast. This community event will take place on Monday, January 16 from 8-10am. at the Marriott Shoals Conference Center. This year's theme is, "The Need for Unity in these Uncertain Times with speaker, Bro. Dr. Cameron Thomas, an educator and pastor from Birmingham. The Youth Perspective Speaker will be Lashaun Sheppard, a student at Florence Freshman Center.

Individual tickets can be purchased for \$30 each from any member

See KING... on Page 22

THE RITZ THEATRE IS HOSTING A ONE-NIGHT-ONLY screening of *Moonage Daydream*—a cinematic odyssey exploring David Bowie's creative and musical journey—on Friday, January 13 at 7pm. Tickets are \$10 and are available at tennesseevalleyarts.org or by calling 256-383-0533. Part documentary and part concert film, *Moonage Daydream* has only been shown in select theaters. It is being screened at The Ritz through special permission. The film invites audiences to immerse themselves in the unique world that is "Bowie," using sublime kaleidoscopic imagery, personal archived footage, and unseen performances, and anchored by David Bowie's own music and words.

This one-time screening offers the chance to watch the film on the big screen of the historic, intimate Ritz Theatre, which first opened in 1927 as a movie house. Attendees are invited to dress in their Bowie best as they celebrate the musical legend. Concessions will be available, including popcorn, wine, beer, soda, water, candy. Seating is general admission.

THE LAUDERDALE COUNTY SOLID WASTE DEPARTMENT will be operating on its regular garbage schedule during the Martin Luther King Jr. Holiday (Jan. 16). The landfill and the solid waste office will also be open the regular schedule.

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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

Great First Edition!

Dear Editor,

Wow! Happy New Year! You have begun this year's first edition with a bang!

Your journal is so interesting, so jam packed with a great variety of news. I peruse it cover to cover. I was especially interested in reading about the new restaurant coming to town, What a Burger!

Jim Fisher's Computer Skeptic helps me stay somewhat computer savvy. Otherwise, I'm computer illiterate in most areas. Thank you, Jim!

Always informative is the commentary section. This week is no exception with a guest piece from

Larry Elder. I was not aware of the history behind slavery.

Employing those with disabilities, A Historic Marker dedication, resolutions for pets, the Indian Removal, and more!

If anyone missed reading the January 4 Courier Journal, I highly recommend going back to get it. Thank you for publishing a great paper! Appreciatively,

Twyla Hyde
Florence

EDITOR'S NOTE: As a convenience, the most recent page-flip edition and years of archives are always available online at <https://courierjournal.pageflip.site/publications/CourierJournal>

Immigrants Produce

Editor:

We are keenly aware of the immigrant crisis at the southern US border, causes for the exodus from Central America, and need for comprehensive immigration reform.

See LETTERS... Page 31

...let's remember that immigrants are an integral part of Alabama's communities...



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Week 17 Winner: Jimmy Halbrooks of Decatur, AL
Week 18 Winner: Eric Bjork of Florence, AL
Winner of Week 19 Championship Game Will Be Online After Tuesday
A Recap Of All Winners Will Be In The January 18 Issue

When Faced With Eternity

Subconsciously, we're faced with this prospect continually, but try to act like it won't be today. So, any urgency is shoveled ahead to tomorrow. Sadly, we age with this process, and the day shocks us unexpectedly. We spend a lifetime saving the worlds trinkets, only to leave them behind. These snares manipulated by the devil has sent billions into hell. See: **1 Timothy 3:7, 1 Timothy 6:9, & 2 Timothy 2:26.** The devil knows where he's headed. There is nothing he can do but use the world's tidbits and toys to bring as many souls to the fiery lake with him as he can. The god of this world (devil) is helping the blind lead the blind. See: **2 Corinthians 4:4** and ask God to open your eyes. We're all just one breath and one heartbeat away from eternity. Jesus is coming again to catch up all the born-again, saved, children of God, and take them up to be with Him forever. When Christ does this, and you're not saved and left behind, a lot of your friends, neighbors and relatives will come up missing.

Don't panic. We told you this was coming. Start working to get saved and don't take any marks or spots or chips or worship any images, living or lifeless. Save this article. If you don't know much bible, this info will help you later. The Lord Jesus Christ, after the above paragraph, will visibly soon come again and finally straighten out this chaotic system with a rod of iron. Eternity is a long time for us to waste our lives on things of no eternal value. As an unsaved person and now older you should see things are deteriorating at a rapid pace and soon you must face God. Life is short and death is sure and eternity beckons us all. What have you done for God that brings everlasting rewards? What have you ever done for anyone that benefits them eternally? Wasted time and wasted years produce wasted lives. Today, now, this moment, seek the face of the Saviour, Jesus Christ and let Him take your soul and face God with a smile in eternity. You must be saved!

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Saturday, February 4th
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Marriott Shoals Conference Center

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Mystery Photo of the week



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Last week's winner is Nikki Mayfield of Florence

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DAVE Says

by DAVE RAMSEY



THERE'S GOING TO BE SACRIFICE INVOLVED

Dear Dave,
I bring home about \$2,800 a month, and our mortgage payment is \$1,100. We have been forced to take money out of our savings account occasionally over the last year or so to help pay the bills. My wife loves being a stay-at-home mom with our two preschool kids, but even she is talking about finding a daycare for the kids so she can go back to work and help out financially. How do you feel about this idea and our situation?

Cade

Dear Cade,
I can't blame your wife for loving the idea of staying home with your kids when they're so young. Being a stay-at-home mom is a great thing if you can make the

numbers work. Still, I'm sure it's no picnic trying to live on \$1,700 a month with two little ones in the mix.

Let's look at it like a math problem with three components — house payment, income and lifestyle. Forty percent of your pay is going toward your home. That's way too much. Your mortgage payment or rent should never be more than 25 percent of your take home pay. I suppose you could look into the possibility of refinancing your home, but that's not going to solve all your problems.

One option would be finding a way to generate some extra income, whether that means a part-time job nights or weekends, or pursuing additional education or

certifications to get your income level up at work. Another is to sell the house and find a less expensive alternative, but I'm never a big fan of that idea — especially in a family situation — unless there's absolutely no other way to avoid bankruptcy or foreclosure.


I think you and your wife need to sit down, and spend some serious heart-to-heart time talking things over, crunching the numbers and creating a plan. There's going to be some sacrifice involved for everyone, and only you two can decide what's worth it and what isn't — for you two and your kids.

God bless you and your family, Cade.
— Dave

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

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Commentary

Leaders...

Continued from Page 12

reassuring thumbs-up to the concerned fans.

Only one commentator that I heard about tried to blame the sport of football for this injury when other major sports like soccer, baseball, and auto racing have experienced actual deaths during events.

Some commentators accused one TV host of disrespecting Hamlin and other athletes when he brought up the inevitable question of how this hugely important regular season game, which was suspended indefinitely 30 minutes after Hamlin went down, would be completed in the days to come with no extra calendar time left before playoffs are to start.

It was a baseless statement. However, "disrespecting" is a big issue now in pro-sports and other areas of woke public life, but that can be another issue for another time.

As of January 5, doctors were reporting that Damar Hamlin had made "substantial improvement" in his recovery at the University of Cincinnati Medical Center.

Hamlin is still considered critically ill, and significant progress is needed. Hamlin's neurological condition appears to be intact, and he is able to move his hands and feet. He is unable to speak but was able to communicate in writing. He had his wits because he wanted to know if the Bills won the game.

Support for Hamlin in the 72 hours after the mishap was immeasurable. It came from everywhere. Even a modest toy funding drive that the community-minded player established in 2000 in his hometown of McKees Rocks, PA with modest annual goal of \$2,500, had exceeded \$7 million on Thursday morning. Sure, there were numerous celebrity donations of 1,000, 2,500 and \$10,000, but most were small. The total was generated through hundreds of thousands of individual donations. What a fine testament to Hamlin and to human nature.

Yet perhaps the most notable element of the whole situation was what took place later on ESPN's NFL Live. Show co-host Dan Orlovsky

offered a prayer live on air. It wasn't necessarily refined, because I'm sure his experience in leading a prayer before millions of people is limited. There may or may not have been words or phrases that a more experienced person would have added, but that may have sounded scripted.

Orlovsky's prayer was brief but solid, heartfelt, and riveting. That took a lot of guts and made an impression on A LOT of people. Orlovsky had to realize he was risking his job. However, he also had to know that if his co-hosts would support him through to the end of the prayer, the notably secular network would be in a firestorm if they attempted to fire or suspend him.

You also know the irreligious left wanted to come out of their collective chairs on social media within seconds. However, they too knew that the wrong words at the wrong time would create a neck-deep pile for them very quickly.

For those who would like to watch Dan Orlovsky's words online, the easiest way to access them are by going to <https://www.foxnews.com/video/6318161264112>.

For convenience, his words are printed below.

ORLOVSKY: "I heard the Buffalo Bills organization say that we believe in prayer. And maybe this is not the right thing to do, but it's just on my heart. And I want to pray for Damar Hamlin right now. I'm going to do it out loud. I'm going to close my eyes and bow my head, and I'm just going to pray for him."

"God, we come to You in these moments that we don't understand, that are hard, because we believe that You're God, and coming to You and praying to You has impact.

We're sad, we're angry, and we want answers, but some things are unanswerable. We just want to pray, truly come to You and pray for strength for Damar, for healing for Damar, for comfort for Damar, to be with his family, to give them peace. If we didn't believe that prayer didn't work, we wouldn't ask this of You, God. I believe in prayer, we believe in prayer. We lift up Damar Hamlin's name in Your name... Amen."

Amen

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Notes...

Continued from page 11

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See NOTES... page 30



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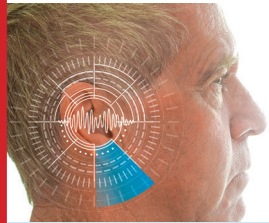
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King...

Continued from Page 12

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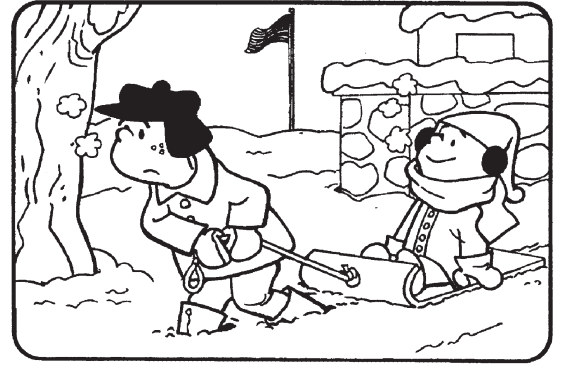
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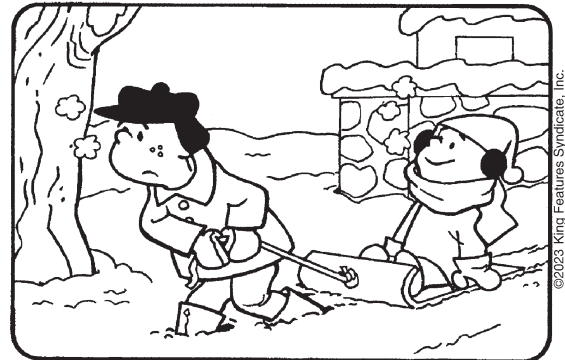
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BY HENRY BOLTINOFF



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Soap Opera Preview

DAYS OF OUR LIVES Steve tried to rally Kayla as she began to fade. Chad desperately tried to reach Stephanie. Lucas and Orpheus had a nasty run-in at Statesville. An ailing Marlena had a heart-to-heart talk with Eric. Brady confessed the truth to Chloe. Eric held Kristen at gunpoint. Stefan was upset when he learned that Johnny withheld the truth from him. Li made the case for Gabi to forgive him. Nicole and Eric argued about his recent behavior. Brady asked Chloe to come back to him. When EJ told Kristen that she was not welcome in the mansion, Kristen threatened to expose EJ's role in covering up Stefan's brainwashing. Now that Stefan knew the truth, Gabi pressured him to get deprogrammed. Sonny urged Alex to come clean with Stephanie. Lucas revealed a family secret to Rex. Chad consoled Stephanie. Steve mourned a great loss.

Stephanie pressed Alex for answers. *Wait to See: Will and Leo spar over Leo's continued presence in the house and in Sonny's life. Sloan ambushes Chanel. Leo and Gwen seek legal advice.*

GENERAL HOSPITAL Ava shared her plans with Nina. Nikolas met with Alexis. Finn tried to put his disappointment aside. Victor asked Sonny for help with a family matter. Willow and Michael met with Terry. Laura was touched by Liz's loyalty. Victor put Nikolas on the spot. Jordan and Dante conducted a search. Drew was flabbergasted. Carly gained some critical information and later defended her actions. Gladys sought Sonny's aid. Cody created a distraction. Brook Lynn went after what she wanted. Nina placed an important call. Cameron opened up to Elizabeth. Cody and Sasha found some common ground. Chase received a bittersweet reminder.

Michael's family rallied around him. Nina was in for a shock. Sonny voiced his regret. *Wait to See: Portia is alarmed by Trina's news. Spencer shares intel with Alexis. Diane works her magic at the PCPD.*

THE YOUNG AND THE RESTLESS Tucker saw a new side to Ashley. Phyllis made a shocking discovery. Devon uncovered some deception at Chancellor-Winters. Jack took a risk to help Diane. Jill received a disturbing message. Phyllis tried to make amends with Summer. Victor lost patience with Adam. Chance gave Abby a reality check. Devon and Lily disagreed on how to handle a crisis. Chelsea gave Billy much-needed morale support. Chloe set a trap for Nick. Daniel made a promise to Lily. *Wait to See: Victor enters enemy territory. Diane targets Nikki. Ashley sets the record straight with Tucker.*

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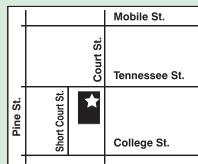
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Bronze...

Continued from Page 12

and casting has continued to be a subject of interest in Cox's work. The two are conjoined to make a clay sculpture permanent in metal; it has been molded, reproduced in wax, invested, burned out, cast, cleaned, welded, chased, and patinaed. The dichotomy between the clay modeling and the soft forms of the figures and the heat of the melting bronze (the force needed to make metal conform to one's wishes) is the yin and yang of cast sculpture.

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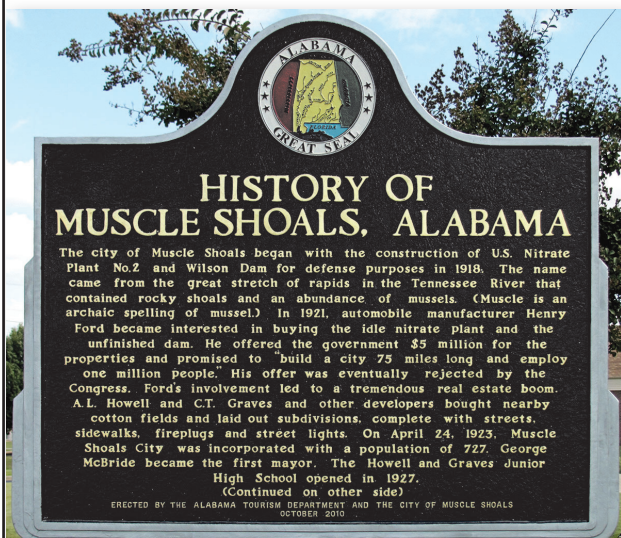
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SIGNS OF THE PAST



HISTORY OF MUSCLE SHOALS, ALABAMA

The city of Muscle Shoals began with the construction of U.S. Nitrate Plant No.2 and Wilson Dam for defense purposes in 1918. The name came from the great stretch of rapids in the Tennessee River that contained rocky shoals and an abundance of mussels. (Muscle is an archaic spelling of mussel.) In 1921, automobile manufacturer Henry Ford became interested in buying the idle nitrate plant and the unfinished dam. He offered the government \$5 million for the properties and promised to "build a city 75 miles long and employ one million people." His offer was eventually rejected by the Congress. Ford's involvement led to a tremendous real estate boom. A.L. Howell and C.T. Graves and other developers bought nearby cotton fields and laid out subdivisions, complete with streets, sidewalks, fireplugs and street lights. On April 24, 1923, Muscle Shoals City was incorporated with a population of 727. George McBride became the first mayor. The Howell and Graves Junior High School opened in 1927.
(Continued on other side)

ERECTED BY THE ALABAMA TOURISM DEPARTMENT AND THE CITY OF MUSCLE SHOALS
OCTOBER 2010

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Following Henry Ford's offer to buy the unfinished Nitrate plants in 1921, a tremendous real estate boom developed with expectations of "a new Detroit" in the Shoals. Muscle Shoals City was incorporated 2 years later in 1923. When Ford's offer was rejected by Congress, growth did not reoccur until Pres. Roosevelt created TVA in 1933.

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

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Moments in History

• **On Jan. 16, 1547,** Ivan IV Vasilyevich (aka "Ivan the Terrible") crowned himself the first czar of Moscow. But was that nickname really deserved? Yes and no: "Terrible" more accurately meant "strong," "menacing" and "impressive" in his day, but

there's no denying the ruler had a pretty fierce, and on occasion murderous, temper as well.

• **On Jan. 22, 1930,** excavation began for the Empire State Building. Completed just a little more than a year after

construction started, at 102 stories it held the record for world's tallest building until 1972, when it was succeeded by the city's World Trade Center.

• **On Jan. 17, 1949,** the first Volkswagen Type 1, or Beetle, in the U.S. arrived from Germany. It was designed by Ferdinand Porsche at the request of Adolf Hitler and sold well because it was not just well built, but reasonably priced, soon becoming "America's budget car."

• **On Jan. 19, 1977,** citizens of Miami received a jaw-droppingly unexpected gift from the sky -- a dusting of snow for the first time in the city's history. To date, it was also the last occurrence. Well, maybe next year ...

• **On Jan. 18, 1996,** Lisa Marie Presley filed for divorce from Michael Jackson. Speculation as to the cause of the split

ran as rampant as the questioning of the rather bizarre coupling in the first place, but Presley herself laid the blame simply on "irreconcilable differences."

• **On Jan. 20, 2010,** the Chinese government banned the movie "Avatar," claiming its plot

mirrored the nation's forced land evictions. Officials feared the fictional indigenous Na'vi race's revolt could prompt a similar uprising among real-life citizens.

• **On Jan. 21, 2014,** activist Kanstantsin Zhukouski nominated his pet parrot in a local

council election in Belarus. Unfortunately, he never found out whether the parrot could have actually won, as he soon withdrew its candidacy, probably to avoid a penalty after proving his aimed-for point on the uselessness of his country's politics.

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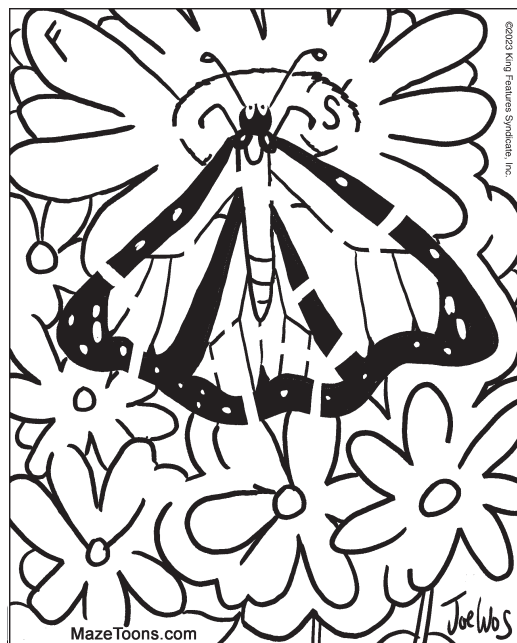
Weekly Quiz • Angels

- Three archangels with names ending in "el" have come down through the ages with names and strongly defined images. This one is largely known as "God's Warrior" and his color preference is said to be purple.
A) Michael B) Raphael C) Gabriel D) Spinel
- From what state does a professional baseball team use this name?
A) Washington B) Arizona C) California D) Florida
- Shelley Fabares' pop tune, released in 1962, is titled "_____ Angel"
A) Billy B) Timmy C) Jimmy D) Johnny
- In the TV series, Supernatural, this angel fell from heaven and is known as a merciful executioner.
A) Lucifer B) Thomas C) Ephraim D) Uriah
- This angel really could blow his horn?
A) Daniel B) Gabriel C) Louis D) Joshua

ANSWERS: 1) A 2) C 3) D 4) C 5) B

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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. English nobleman | ___ R ___ | BLT ingredient | ___ C ___ |
| 2. Pronouncement | ___ C ___ | Graduate's award | ___ G ___ |
| 3. Coronet | C ___ | Puckered brow | F ___ |
| 4. Songwriter Cole | ___ R ___ | Hogwarts student | ___ T ___ |
| 5. Fantastic | ___ A ___ | Welcome at the door | ___ E ___ |
| 6. Fasten together | ___ H ___ | Raid | ___ K ___ |
| 7. Mower's target | ___ R ___ | Goblet | ___ L ___ |
| 8. Stallion or mare | H ___ | Code inventor | M ___ |
| 9. ___ than life | ___ G ___ | Pantry | ___ D ___ |
| 10. Vote into office | ___ L ___ | Force out | ___ J ___ |

WORD LADDERS

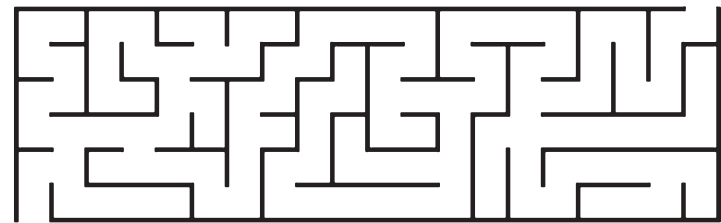
Can you go from COINS to SPIES in 6 words?
Change one letter for each rung in the ladder.

brain

grins

Answers on Page 30

Kids' Maze



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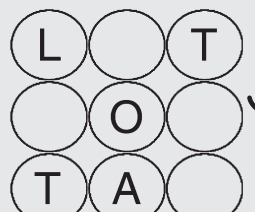
Puzzle Whirl

MINI SUDOKU

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

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.

ON YOUR DEBT

23 Years of Reflections



B. Grant McNutt
Managing Attorney

On June 1, 1999, I started working fresh out of law school with a firm that put me in charge of Bankruptcy cases and then later of course here with Bond & Botes. I was 25 years old and thought I knew a lot. Little did I know how much I would have to learn. I know I am dating myself with this article, but in any event, my 25-year old self was eager to learn, unsure about a lot of life's mysteries, but still trusting of people. Now, twenty-three years later, I want to reflect on what I have learned through the many faces that have walked through our doors at Bond & Botes.

1. Most people have good hearts. I have met so many people through the years who are hurting financially who genuinely have just fell on hard times due to circumstances beyond their control. It could be loss of a job, loss of a loved one or cancer treatments. I have watched people cry with relief that there was help out there for them. Being able to help brings me joy.

2. There are a lot of Predatory Lenders. When I started working here, I never would have thought that anyone including a creditor would take advantage of a customer. I was so innocent in my beliefs that most would want to help people purchase a needed car or loan them money to make a repair. The reality I have learned through the years is that there are a lot of predatory lenders that take advantage of people who are desperate. They can't pay their rent and their car needs repairs and they were laid off for two weeks without pay. How can they make it?? They resort to borrowing money from a lender who may loan them \$1,500 to make those needed repairs or keep a roof over their head for another month but the interest rate could be 35% or more. It's just a matter of time before they need another one of those loans and the juggle of high monthly payments begins.

3. Be careful with your Family. I know that may sound crazy because I am a family person, but I can't tell you how many times I have seen an elderly client in my office whose daughter/son or grandson/granddaughter has taken advantage of them. The scenario is usually a grandparent who co-signs for a child or grandchild with the promise that they would make the payment. Unfortunately, many do not and leave the grandparent stuck with a large deficiency debt once the vehicle gets repossessed.

4. Adults do what they want to do. If they want a new car, they go and buy it.

Most don't think long term about the costs of maintenance, upkeep, and insurance costs. The reality of rash decisions can bring someone to our office.

5. Financial problems do not discriminate. I have seen all walks of life come through our doors. Doctors, accountants, lawyers, assembly line workers, teachers, ministers, engineers, you name it... it doesn't matter. I have found that the more money you make can just mean that you owe more. So many people live paycheck to paycheck, and it doesn't matter what you do for a living.

6. Credit cards are no longer for emergencies. Many people get credit cards for those unexpected expenses that pop up. However, through the years, I have learned that people use their credit cards for everything. It could be gas, groceries or that new pair of shoes they are dying to have. All it takes to get in trouble is one of life's major events: loss of a job or medical emergency to upset the juggling of the minimum payments on the credit cards.

7. I never know what someone is going through when I talk to them. I have become very aware through the years that what a potential client may have written down on the paperwork can be far from complete. What is the root of the financial problems? Is it a drug or alcohol addiction? Is it a gambling problem? Are they being abused at home by a "loved" one? (See #3) Have they contemplated suicide? My innocent 25-year self would have never considered any of these circumstances being someone's reality but through the years, I have learned that not everyone had a loving family who supported them like I did. It still breaks my heart that addiction still takes control of so many people that I see. Worse yet is learning that there is abuse in a home.

Through everything I have learned in these years the biggest is that I love that my job offers the opportunity to help people.

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Cat & Kids

by Cathy Turner

How Special

Writer's note: You never know when people are thinking of you. One morning recently, I woke up to the words shared below from JJ Daenport, my sweet, best, sister-friend. Her email said, "...I'm not a writer, but

I wanted to share how special this was for me..." Please heed what she says, but more importantly do what she did - thank someone in a way that they would find it most special. Speechless.

What's your thing? What is the thing that you are known for, that you value and enjoy? Mine is pictures. I love pictures for a lot of reasons.

1. **You get to see yourself through other people's perspectives.** So many times I have looked at picture of myself and said, "So that's what I look like." Sometimes it is a positive thing and sometimes not. Always room for improvement right?!

2. **It's documentation.** It's like a history book of your life, your family, your adventures, your time here. I don't have to remember everything if I have a picture. Looking back on those photos renews the experience and brings the joy back.

3. **I know I will want them someday.** Just like my grown children love looking at former boyfriends pictures of mine, I know their children will too. You will want to pass down stories of people in your life. You will need to use it to help others, pictures help tell your story.

But long before we had cameras on our phones and film was the only means of documentation, I learned to take mental

pictures. I'm not sure if this was something I was taught or just really wanted to remember certain things but I snapped pictures in my mind. I purposefully wanted to remember the happiness, the feelings, the warmth and the love.

The earliest mental snapshot was when I was turning 5. We had moved just a short time before my birthday and God put two sweet friends in my life that would go to school and church with me, Allison and Jennifer. I remember the small party at my kitchen table and me standing on the chair to blow out the candles of the cake my mom made. I was happy and safe and loved. (Snapshot)

As life would have it, not all snapshots are planned or happy. At age seven I was so excited to ride home with Allison and Jennifer for Allison's birthday party. It was a Friday so we would pile in the car after school and spend the night. It was a big deal. On the way to school that morning, Allison and her father were hit and killed by a drunk driver. I remember my father pulling over and praying for those in the accident that we saw. (Snapshot) I remember my teacher being pulled out by the principal and coming back with bloodshot eyes. (Snapshot) I remember my mom coming into the cafeteria

with sunglasses on letting me know we were going home. (Snapshot)

In 5th Grade I won the talent show by clogging. Yes, clogging. The much anticipated break dance troupe came and gave me sweaty hugs and handshakes when I won. (Snapshot) Teaching me both humility and how to win/lose gracefully.

So many snapshots of life in between, but my latest one was my youngest daughter's wedding. As I stood there watching her dance with her new husband. I was standing with my husband, my support and my anchor on one side and holding my best, good friend's hand on the other. Her name is Cathy and she advised me on parenting the whole time my kids were growing up. Sometimes it was short conversations at church or at the Y.M.C.A., sometimes it was through her article in the paper and sometimes it was sitting at a restaurant long enough that we had to leave a big tip. I just kept thinking how appropriate it is to have these two here right now. What a moment.

Take the pictures, both mental and physical. You won't regret it.

Thank you, JJ. So much love.

Email comments or suggestions to CatnKids1@gmail.com

Notes...

Continued from page 21

7663 or come by our Florence location during open hours.

If you are interested in volunteering at Help Center come by during open hours to see which department you would like to serve. Come by and get plugged in!

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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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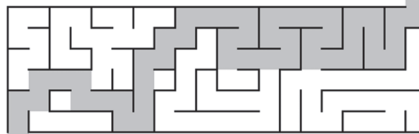


Even Exchange answers

1. Baron, Bacon
2. Decree, Degree
3. Crown, Frown
4. Porter, Potter
5. Great, Greet
6. Attach, Attack
7. Grass, Glass
8. Horse, Morse
9. Larger, Larder
10. Elect, Eject

Puzzle Whirl Answers

Kids' Maze Solution



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WORD LADDER

Answer

BRAIN, BRAID, BRAND, GRAND, GRIND, GRINS

Word Spiral Answer

TOMATILLO

MINI SUDOKU

Answer

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

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Letters...

Immigrants Produce

Continued from Page 12

No one wants to lose jobs because immigrants might accept less pay, but we have a labor shortage. The Fed Chair said about 3.5 million people are missing from the labor force, compared with what was expected based on pre-(COVID)2020 trends.

Alabama has a small immigrant population, largely from Mexico, Guatemala, India, South Korea, and China. While only 4% of the state's work force, immigrants are important to such industries as manufacturing, construction, retail trade, food, and educational services.

According to the American Immigration Council and USA Facts, most immigrants in Alabama speak English and are naturalized citizens or eligible for naturalization. One third of adult immigrants have a college education, compared to one-quarter of other Alabamians.

Alabama residents in immigrant-led households had \$3.7 billion in after-tax income in 2018 and paid \$945 million in federal taxes and \$356 million in state taxes.

Undocumented immigrants in Alabama

paid an estimated \$54 million in federal taxes and \$38 million in state and local taxes that year.

- Alabama DACA and DACA-eligible individuals paid an estimated \$11 million in state and local taxes in 2018.

- Though many immigrants are poor, they are less likely to apply for social services than non-immigrants.

As we debate the issues, let's remember that immigrants are an integral part of Alabama's communities and make extensive contributions that benefit us all.

Dan Waterman
Killen

We Have to Save Ukraine

Editor:

The United States convinced Ukraine in 1991 to give up its nuclear weapons and send them to Russia. We then guaranteed Ukraine's security, and now we are fulfilling those guarantees.

We have provided about \$70 billion in aid and plan on giving another \$50 billion in economic and military aid. This aid is well spent since Ukraine is fighting to counter and deter Russian expansionist goals in Eastern Europe.

If Ukraine goes down, Eastern Europe could be next. This would require a response from NATO countries, including the U.S. and precipitating WWII.

Kevin McCarthy, the next Speaker of the House of Representatives, and the far right Republicans in the House Freedom Caucus, including the extremist Marjorie Greene, want to cut back our commitment to Ukraine. This highly partisan, short-sighted, and naive position loses sight of the world geopolitical situation. It would endanger Ukraine and Europe and encourage other bad actors in the world like China, North Korea and Iran to commit aggression with impunity to further their expansionist objectives.

Ukrainian President Zelensky is committed to defending his country. Congress and the American people should realize the strategic importance of saving Ukraine from the clutches of a Russian tyrant.

Donald Moskowitz
Londonderry, NH

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