

**Burrell Open House Feb. 8**

FLORENCE—The Burrell School Museum at Burrell School in Florence will be open on Wednesday, February 8 from 4–7pm. Any Burrellite is invited to come over and tour the museum, purchase a Burrell plaque, or become a member of the Alumni Association. Please use the Cherokee Street entrance.

**Metal Home Plaques Back**

FLORENCE—Through popular demand, Heritage Preservation, Inc. (HPI), the local non-profit organization in Florence that sponsors the shield-type metal plaques for individual historic houses in Florence and Lauderdale County, is pleased to announce that the plaques are available once again.

The plaques have the same classic background design that appears on existing plaques, and each one is personalized with the name of the house or building and its date of construction.

An individual plaque cost is \$100 each in pre-sold lots of 50. When as many as 50 have been sold, the local manufacturing company will create them for immediate distribution. The goal is to place the first order of 50 or more with the manufacturer by July 1, 2023, if not before.

All proceeds go directly into projects that promote the preservation of local historic structures, sites and documents.

For further information, contact: **Billy Warren**,

See SHORTS... on Page 5

Volume 139 Number 16

February 8, 2023

POSTAL PATRON

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**Thirteen Cattlemen Scholarships**

COLBERT COUNTY—The Colbert County Cattlemen's Association hosted its annual member banquet recently and awarded the largest number of scholarships in the association's history. Through the support of its sponsors, members, and every customer that has purchased a steak sandwich throughout 2022, the CCCA was able to award a total of \$13,000 in scholarships to

See CATTLEMEN... on Page 7



Back row L-R: Colbert County Cattlemen's Past President and Treasurer, Ryan Kennedy; 2021-'22 President, Junior Riner; student scholarship winners Corbin Hall, Tyson Behel, Nick Grissom, Landon Buckner, Jay Hester, Carlos Pullen-Marks, 2023-'24 Cattleman's Vice-President Janna Edgin; and 2023-'24 President, Ben Gotcher. Front row L-R: student scholarship winners Karlee Kimbrough, Ashlynn Potter, Anna Hester, Hayley Messer, and Madelyn Stonecipher. *Courtesy photos*

**FAME Girls Ranch Drive Underway at First Metro**

MUSCLE SHOALS—First Metro Bank recently kicked off its annual donation drive to benefit FAME Girls' Ranch. First Metro Bank locations in Tuscumbia, Muscle Shoals, and Russellville will accept donations throughout the month of February.

Needed items for the ranch include laundry detergent pods, dryer sheets, bathroom cleaners, kitchen cleaners, dishwasher pods, Advil, Tylenol, Dramamine, swimmers ear drops, sunscreen, hand soap, shampoo/conditioner, body wash, ChapStick, and gift cards to Aldi, Amazon, Target or Walmart. Monetary donations can also be made at any First Metro



See FAME... on Page 13

**Bridge Design Contract**

FLORENCE — The city of Florence has taken a major step toward reopening a direct connection between west Florence and Alabama Highway 20. It recently approved a \$1.2

See BRIDGE... on Page 11

**INSIDE This Issue**

**Automotive Inside NOW**  
Ray Miller Buick-GMC  
Advance Auto Sales  
Used Cars

- Dave Ramsey
- Medicare Minute
- Insurance Insights
- Ask the Attorney
- Cat & Kids
- Hocus Focus
- Commentary
- On Your Debt
- Soap Updates
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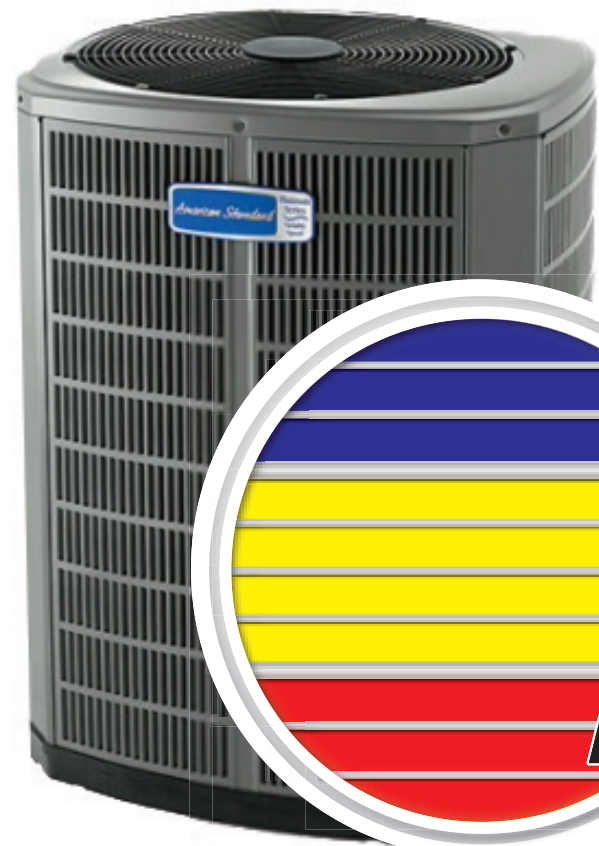
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## Insurance Insights

### Boat Insurance Basics: What's Covered

Did you know that boat insurance is one of the earliest known forms of insurance? Ancient sailors knew firsthand about the risks of a life at sea and sought to insure their boats against hurricanes and other unpredictable weather and waters.

Boat insurance policies can vary widely in what they do and do not cover based on a number of considerations, including the type of boat, the waters it will traffic, and how many months of the year the boat will be used. Still, there are a few basic kinds of coverage you can expect to receive, as well as some potential discounts for safe boaters.

**Physical damage**

This coverage insures your boat against damage and loss caused by common risks, such as sinking, fire, storms, theft and collision. The property covered can vary, but the policy will usually cover the hull and other components, such as:

- Motors
- Extra fuel tanks, batteries, etc.
- Anchors
- Onboard safety equipment, such as flotation devices and fire extinguishers

A boat trailer may or may not be covered, depending on the policy. Talk with your agent to determine if your boat insurance policy covers your trailer.

When choosing your policy, be sure to ask whether you will be insured for the boat's replacement cost or its actual cash value. A replacement cost policy will reimburse you the cost of repairing the boat to its original condition or replacing the boat with the same or a similar model. A policy based on actual cash value will reimburse you for the current market value of the repair or replacement (the original price minus depreciation). Some insurance policies may include agreed value loss settlement for total loss situations. This ensures you receive the policy coverage limits if your boat is determined to be a total loss.

**Liability coverage**

This coverage applies if your boat causes injury to others or damage to other boats, docks or structures. Keep in mind that the injury or damage can be due to direct contact with your vessel or situations caused by your vessel, such as large wakes. Boat liability coverage typically protects you from covered claims and lawsuits including payment of settlements and legal fees.

**Other coverage**

Your insurer may offer additional kinds of coverage to go with your basic boat insurance. A State Farm® boat insurance policy provides medical payments coverage for covered injuries to the insured or their guests.

**Discounts**

The best way to lower your boat insurance premiums is to become a safer boater. For example, many insurers offer discounts to boaters who have completed an approved boating safety course. You may also be eligible for a lay-up discount if you don't use the boat year-round, or a discount for boating in fresh water instead of salt water. Ask your agent for details.



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256-383-1250 [RebeccaHovater.com](http://RebeccaHovater.com)

AL Lic-428119 email: [Rebecca@RebeccaHovater.com](mailto:Rebecca@RebeccaHovater.com)

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

To list your sale, fill out the form on page 6.

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



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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.

Alabama Department of Early Childhood Education, First Class Pre-K Alabama's Voluntary Pre-K Program Pre-Registration. First Class Pre-K Programs are accepting online pre-registration applications for the 2023-2024 School Year. Enrollment is open to all children four years of age on or before 9/1/23 who are residents of Alabama. (Children who are eligible for kindergarten are not eligible for pre-k.)

Pre-Registration Dates: Now - March 16, 2023. Pre-Registration Application: to pre-register, go online to https://prek.alaceed.alabama.gov

Acceptance into a First Class Pre-K program is strictly through a random drawing. Parent/Guardian does not have to be present at drawing. Email notices of acceptance will be sent in mid-April.

Random Drawing Details for Ekklesia Preschool: March 17, 2023 - 10:30 AM Ekklesia Preschool, Muscle Shoals Location.

**Northwest Alabama Spay & Neuter Assistance** - In honor of Spay & Neuter Awareness and World Spay Day, one of our supporters has agreed to match all donations received during the month of February, up to \$5,000. All donations received go directly towards spay/neuter surgeries.

Matching gifts: you donate, they match, double the impact. You can donate through our Facebook page, PayPal at donate@nasana.org. or through PayPal Giving Fund by clicking on the donate button on our website, www.nasana.org. You can also mail donations to: NASANA, 2701 Mall Drive, PMB 266, Florence, AL 35630.

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See NOTES... page 15

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## Shorts...

### Metal Home Plaques Back

Continued from Page 1

Chairman Heritage Preservation, Inc. (brwarren@florenceal.org); 256-718-5020

### GS Cookies Have Arrived

FLORENCE—Over 400 Girl Scout Troops in North-Central Alabama will begin to receive their Girl Scout cookies from initial orders on February 5 at the Florence-Lauderdale Farmer's Market at 451 Fairground Road in Florence from 1-2pm. Over 37,000 packages will be passed out in the Florence area.

"During the cookie program Girl Scouts are planning, taking orders, distributing and delivering cookies. However, they are also gaining knowledge and skills in goal-setting, people skills, decision-making, money management and business ethics. These are what makes the Girl Scout cookie program experience so unique and providing girls skills for lifelong achievement," said **Karen Peterlin**, CEO of Girl Scouts of North-Central Alabama.

### Lauderdale Sports HoF

FLORENCE – The Annual Lauderdale County Sports Hall of Fame banquet and induction ceremony will take place at 6:30pm on Saturday, March 18 at the Marriott Shoals Conference Center. It is a special event for visiting with old friends, sharing memories, and recognizing the names and athletic accomplishments of some of Lauderdale County's best. The 2023 class includes **Daniel Almon, Jason Beckman, Patrick Hughes, Venita Perkins, Robert Koonce, Deidre Rowell King, Ashley Newsome, Ray Hester, Mark Toner, and Lisa Branscome Smith.**

Tickets are \$40 and are available at area

high schools or may be reserved by calling **Steve Harrison** at 256-810-3460 or **Dennis Hargett** at 256-762-9056.

### Open Orders for Bake Sale

FLORENCE—Chloe's Fund volunteer bakers have been working nonstop on their *Be My Valentine Bake Sale* treats for furbabies and their people. All proceeds from the Bake Sale provide funds for medical care for animals at Florence Lauderdale Animal Services. The bake sale is Saturday, February 11 from 10am-1pm at Florence Lauderdale Animal Services, 3240 Roberson Rd in the Florence Industrial Park.

There are cakes, cookies, cupcakes, pies and various treats for you and your furbabies! Chloe's Fund volunteer bakers have become well-known for their specialty items and everything is made fresh to order and quantities are limited. Pre-order from menus posted on the following Facebook pages; Chloe's Fund for Medical Needs of Florence Shelter Animals and Florence Lauderdale Animal Services. The bake sale coordinator, **Lisa Wilson Rim**, can also text the *Be My Valentine Bake Sale* menu to you directly. Contact her at 804-240-6880 (she's local). The deadline to pre-order the baked goods is Tuesday, February 7 at 5pm. You can pick up your order on February 11 from 10am-1pm at Florence

Lauderdale Animal Services or you can take your chances that our volunteers were inspired and baked more than was ordered!

### Artists May Enter Now

FLORENCE—The entry deadline for *Artistic Renderings of Youth* is March 10. This is a juried exhibit of artwork open to 7-12th grade students from Colbert, Franklin, and Lauderdale counties. The exhibit runs March 20 - April 28 at Kennedy-Douglass Center for the Arts in Florence.

The exhibit and competition are coordinated by area art teachers. Schools may

See SHORTS... on Page 9

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- Postal lessons - Phone 256-766-3617

## Welcome to the Shoals & Medical Associates

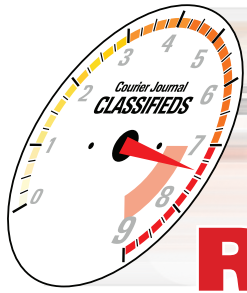
### Dr. Anthony Horton




Now accepting patients  
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Born and raised in Red Bay, Alabama, Dr. Anthony Horton is excited to be back home serving his local community. Dr. Horton received his medical degree from Edward Via College of Osteopathic Medicine in Auburn and completed his Residency at North Mississippi Medical Center in Tupelo, MS. He is now seeing patients at the Medical Associates of the Shoals clinic in Sheffield.

**Helen Keller Hospital**  
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Courier Journal

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**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.

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Florence, AL 35630  
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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:

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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.

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### Cattlemen's...

Continued from Page 1

13 youth recipients. Those recipients were Nevaeh Barnes, Tyson Behel, Landon Buckner, Nick Grissom, Corbin Hall, Anna Hester, Jay Hester, Ivey Isbell, Karlee Kimbrough, Carlos Pullen-Marks, Hayley Messer, Ashlynn Potter, and Madelyn Stonecipher.

With the same support and partnering with Foodland on Woodward Avenue in Muscle Shoals, \$250 of beef was

awarded to each culinary department of Covenant Christian School, Deshler High School, Muscle Shoals High School, and Sheffield High School.

L-R: Colbert County Cattlemen's Past President and Treasurer, Ryan Kennedy; 2021-'22 President, Junior Riner; Adina Stone, Covenant Christian School; Rebecca Veal, Muscle Shoals High School; Karen King, Sheffield High School; Staci Phillips, Deshler High School; 2023-'24 Cattleman's Vice-President Janna Edgin; and 2023-'24 President, Ben Gotcher.

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## Shorts...

### Artists May Enter Now

Continued from Page 5

participate or students can enter on their own. Each student can enter up to three works. Entries are juried and, if accepted, are eligible for ribbons awarded in different grade level groupings. Works must be original and can be in any medium. All 2-dimensional entries must be matted or framed. Framed pieces and canvases must have hanging wire attached on the back.

For more details on entry rules, call Kennedy-Douglass Center for the Arts 256-760-7379 or email [connect@florencealmuseums.com](mailto:connect@florencealmuseums.com)

The Kennedy-Douglass Center for the Arts is located at 217 E. Tuscaloosa St. Florence and can be reached by calling 256-760-6379.

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# Bridge...

Continued from Page 1

million contract with Volkert Inc. for engineering and design services for the West College Street extension and bridge project.

That signals a move toward providing access that has been gone for generations. The bridge was west of where West Mobile and West College streets join.

The resolution to approve the contract was presented by Mayor Andy Betterton and District 1 Councilwoman Kaytrina Simmons whose district includes west Florence.

"We feel pretty confident that it's going to happen," said Simmons. "The council is certainly supportive of it. It'll open up that area and I'm certain it'll help economically."

Volkert's scope of work will include a field survey, corridor study, U.S. Army Corps of Engineers permitting, Alabama Department of Transportation permit plan assembly, roadway and bridge plans, bridge hydraulic report and assessment, geotechnical services and right-of-way, according to the contract.

Volkert completed a feasibility study for the city in August and recommended connecting west Florence with Alabama 20 at Gunwaleford Road. According to the firm, the project will cost just over \$17 million.

"West Florence and that whole area would love to have it happen, and I'd love to make it happen as well," said Betterton. "I think this will open up west Florence and western Lauderdale County."

Florence is looking to the state to help fund the project. According to Betterton, once Florence developed a plan for the project, the governor's office asked the city to have an engineering study. The next step after that would be for it to go out to bid.

The mayor estimated the process taking 5-8 years. Like it or not, the speed of government is slow. The city is aware we'll have to match some of those dollars," Betterton said.



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The completed application must be returned to the City Clerk's Office, **600 N. Montgomery Ave., Sheffield**

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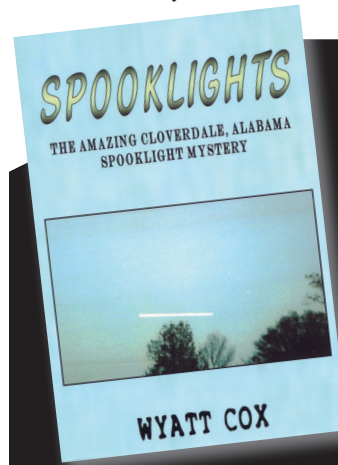
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## Still in the Skies Above

An afternoon with  
"Spooklights" author  
**Wyatt Cox**

**Saturday, Feb. 18 • 2pm**

**Florence/Lauderdale Public Library**

*Public is invited - Share your experiences with Spooklights, Orbs, Saucer Nests, and other sightings, or just listen in!*

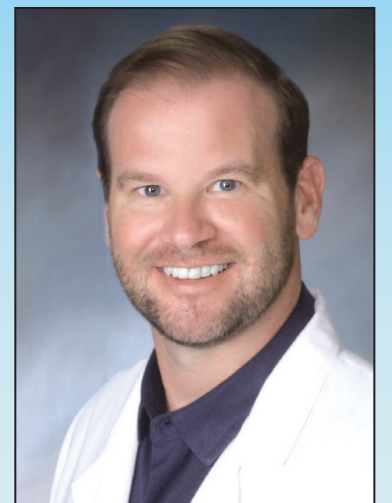


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## Commentary

# The Deaths Are Society's Loss

**T**yre Nichols, the 24-year-old brutally beaten by police on January 7, was laid to rest last week in Memphis.

It is almost impossible not to have sympathy for Tyre's family. He should never have been taken from them in that manner; NEVER.

Rev. Al and Vice President Harris were in attendance to help codify the conjectural premise of racism along with brutality, even though the five police officers involved are all young black men, all of whom have been terminated and charged with second degree murder.

Sharpton is more than happy to show up. From all appearances, Sharpton cares much less about the victims than he does about being in every photo, and beside the grieving in every camera angle. Make no mistake, Sharpton can deliver a stirring message that can evoke a lot of passion and emotion. However, Sharpton is about business and elevating his brand. He is a

See SOCIETY... on Page 24

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

## In A Few Words



TOM MAGAZZU  
Editor

## Courier Journal

in the *Shoals*

# THIS WEEK

February 8, 2023

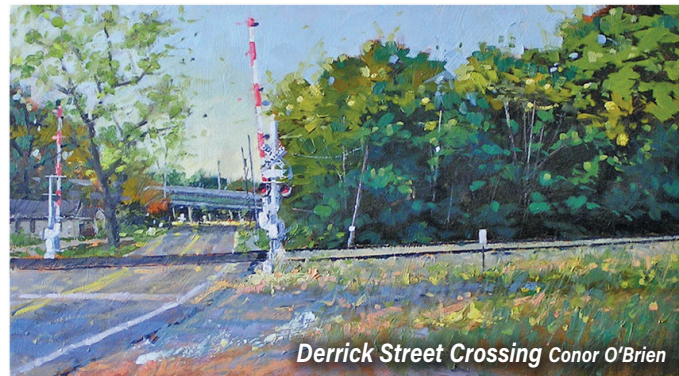
Happening  
THIS WEEK

## Aesthetic Considerations

interest this Huntsville Painter more than Traditional Beauty

FLORENCE—Kennedy-Douglass Center for the Arts will be showing an exhibition of recent landscape paintings by Huntsville artist, Conor O'Brien, entitled, *Places*, from February 10–March 10. The artist will present a painting demonstration on Sunday, February 19 from 2–4pm. O'Brien is best-known for his paintings about natural and

See PLACES... on Page 16



Derrick Street Crossing Conor O'Brien

THE 5TH ANNUAL NORTHWEST ALABAMA FARM TOY SHOW takes place Friday and Saturday, February 10-11 at the Clarion Inn Hotel in Sheffield. Hours are Friday from 5–8:30pm and Saturday 8:30am–2pm. General admission is \$3 and kids 12 & under are admitted free with adult. The show benefits the Deshler High School FFA. Call 256-320-7490 for more information or email nwalfarmtoyshow@gmail.com. There will be vendors selling all types of farm toys from miniature to pedal tractors, trucks, and other toys. The event will include a farm display competition, remote control farm equipment being demonstrated, and a pedal tractor raffle. Looks for any update on Facebook – Northwest Alabama Farm Toy Show

## Mills' Comedy Comes to Shoals Theater

FLORENCE – The Shoals Community Theater presents Karen Mills on Saturday, February 11 at 7pm at the Shoals Theater. Doors open at 6pm.

Mills has been a nationally touring comedian for over 25 years. She can be heard

daily on SiriusXM comedy channels and clips from her comedy special "Pink Pants" have gotten over 21 million views.

Mills appeared on Season 12 of *America's Got Talent* and has had numerous appearances on *The Grand*

*Ole Opry*. She is currently touring theaters across the country with Leanne Morgan. Mills and Morgan have worked together since 2004 when they first met doing the Southern Fried

See MILLS... on Page 28

**BASKETBALL MEN**

**THUR. FEB. 9 • 7:45pm**  
vs Austin Peay  
in Flowers Hall, Florence

**SAT. FEB. 11 • 7:15pm**  
vs Lipscomb  
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**BASKETBALL WOMEN**

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in Flowers Hall, Florence

**SAT. FEB. 11 • 5pm**  
vs Liberty  
in Flowers Hall, Florence



Visit [www.roarlions.com](http://www.roarlions.com) for full team schedules and ticket information



YOU ARE INVITED TO THE 23RD ANNUAL MARDI GRAS JAGUAR BALL, "Krewe or Jaguar" at 7pm Saturday, February 11 at the Saint Joseph School Gym in Florence. This benefit celebration will feature music by the Midnighters. Ticket prices are \$30 each in advance and \$35 each at the door. A table of eight is \$200. To RSVP, please call Blair White at 256-479-5307.

## 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.

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## Suicide Preventable

Editor:

Thank you for your editorial regarding the recent suicides in our communities, (*It's Not Hopeless - Reach for 988, January 25*)

I was left with a tidal wave of sadness! I called the regional health department as well as the Suicide Prevention Center requesting community support regarding the wave of pain that this manner of death caused in our community. Both agencies stated it was too late for interventions, and we were of no help in advising as to what we needed to do to recognize and assist in interventions.

I immediately thought that as a

community we needed to bring the mayor, mental health professionals, church groups, and families to the table to educate and evaluate the causes.

I am sure there are many reasons why these young people felt the need to no longer live. However, I do know that many suicides can be prevented by asking the right questions and having the right interventions. I

*It is as spectacular in the daylight as it is at nighttime!*



consider these deaths a wake-up call as a community to educate and be proactive in preventing another week of suicides.

Thank your editorial response to this epidemic. One suicide is one too many. It is a community problem not just a family problem.

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See LETTERS... on Page 26

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**FAME...**

Continued from Page 1

Bank location. FAME Girls' Ranch is a 501(c)(3) non-profit organization and serves Colbert, Franklin, Lauderdale, and Lawrence counties as part of the Alabama Sheriffs Youth Ranches Program. The ranch occupies the former home of the Rick Hall family in Russellville. The mission of the ranch is to provide a family-style residential home for abandoned and abused youths in an atmosphere

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# Cat & Kids

by Cathy Turner

practiced and practiced. I had worn the grass down in our front yard, jumping and cheering and cart wheeling and hoping. In 1970-1971 I became the first Black cheerleader at HHS. Finally! A dream come true!!

## Small Ones Achieving Big Things

*Writer's note: Recently, my sister, Debra, wrote an essay for ESPN about her senior year's state championship basketball team. ESPN is doing a documentary on this Hendersonville, NC 1A team of 4 black guys that beat a 4A team in 1972. I have extracted only the sentences in the essay that tell about Dee making cheerleading.*

...The next year, the entire school system integrated, and I returned to Ninth Avenue/Hendersonville Jr. High... We never missed a home game. That was when I decided I wanted to be a cheerleader. I tried out for the cheerleading squad in the sixth, seventh, and eighth grades. I did not make it, but I didn't let that stop me.

I am a fan. I always have been. Some of my earliest memories are of mom and dad piling us in the car and riding to West End to see a baseball game at Ninth Avenue School. We'd sit on the hill and yell for our favorite team. Or we'd go to the gym to watch a basketball game and cheer the team on. My mom loved sports and she instilled that in us. She played basketball at Ninth Avenue in the 1940's... To hear the stories, they were the best basketball players on the best team there ever was! One of their favorite stories was of mom having eye surgery and being told she couldn't play. The team was losing and mom decided that against her mother's wishes and her doctor's instructions that she had to play. She took the bandage off her eye and went into the game. They won! That was my mom. 100% effort all the time, never give up. Don't let people down. Play your hardest. Have fun. Win.

...In the ninth grade I entered HHS, I had Ms. Geraldine Hensley for homeroom, that's when I found out she was the advisor for the cheerleaders. She was tough and kind of scary. She was a strict disciplinarian. I tried to stay on her good side. I tried out for the cheerleading again. No luck.

Ms. Hensley was still tough; but the girls on the squad were great. They made me feel at home and the captain, Debbie Davis, became one of my dearest friends. Cheering at the various schools that year was truly an experience. Only Edneyville HS had a Black cheerleader and she had been in my class at Ninth Avenue. The fans attitudes ranged from hostile to accepting, but the HHS fans always had my back.

I made the squad again our senior year. They elected me Captain. It was a huge honor and a lot of responsibility. That summer we won first place at ACA Cheerleading camp. We were good. I worked closely with Ms. Hensley, Coach Pardue, and Jack Johnson who was our Guidance Counselor and Girls Basketball Coach. They supported me unflinchingly.

Junior year was the fifth time I tried out for cheerleading. Everyone, black and white encouraged me. I knew it was unlikely that I'd make it because by then the girls who had cheered since junior high were pretty much established. I tried not to focus on that. So what if no black girl had ever made the squad before. I'd try anyway. For five years I had

*Dee went on to be a cheerleader at an HBCU. She then coached that squad for 15 years and later was installed into the university's Hall of Fame. My sister delivered Ms. Hensley's eulogy. Dee is a lot like my mom was - like my hometown was - tenacious.*

Email comments or suggestions to [CatnKids1@gmail.com](mailto:CatnKids1@gmail.com)

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## Notes...

Continued from page 4

your donation to NASANA at any time in February will be doubled. Since we are a 510(c)(3) organization, every donation is tax deductible.

UNA will be hosting a day of auxiliary on February 11. Day of Auxiliary is where anyone from ages K-12 can come and join the UNA Auxiliary for a day of dance, twirl, and spin! Participants will get to learn a routine taught by auxiliary members and

then perform for their parents at the end of the day!

This event will be held at the Student Recreation Center on the UNA campus. Registration begins at 10:00am and we will begin with the individual auxiliary groups from 10:30am-12:30pm. After an hour-long lunch break, we will meet back at 1:30pm where participants will continue to learn from our auxiliary members and parents will be invited to a private informational meeting with our directors to learn more about our program. At 2:30pm participants will put on a performance for parents and showcase everything they have learned that day!

This event will have a \$30 registration

fee, with a discount for multiple siblings who sign up. To sign up for this event or ask any questions, please email any of the auxiliary captains.

UNA Lionettes- unalionettes@gmail.com  
UNA Majorettes- unamajorettes@gmail.com

UNA Color Guard- unacolorguard@gmail.com

Northwest Alabama Beekeepers Association - Beginners Beekeeping Class at Helen Keller Library, Feb 18, 8am-3pm. Located at 511. N. Main St., Tuscumbia. \$65 to include lunch and a book (cash or check only). Contact Connie Casey 812-453-2324 or cnn\_csy@yahoo.com to register.

Speaker Series 2023 Scholar Dollar Fund-raiser - Monday Feb 13. Mac McAnally & John Paul White - two international Recording Artists, Musicians, Songwriters and Philanthropist with close ties to the Shoals Area.

VIP Meet & Greet at 5:30pm in the University of North Alabama Guillot Center Loft

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See NOTES... page 23



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## Places...

Continued from Page 12

man-made landscapes using traditional oil painting materials and techniques.

O'Brien is originally from Massachusetts, but he has lived in North Alabama for many years. Most of O'Brien's works are painted in the realist tradition.

"I paint mostly about northern Alabama and southern Tennessee," said the artist. "Occasionally, I paint about other places when traveling. Most of my paintings are done on prepared panels, and I sometimes paint on prepared linen canvas.

"My paintings range in size from just a few inches to as much as 48", O'Brien added. "My work has been shown in art museums, galleries, and can be found in a number of private and public collections across the country."

O'Brien said, "It's a little difficult to say why I paint about a particular place. For me, the aesthetic considerations when experiencing a location involve more than any traditional beauty. The abstract shapes of the land, the angles formed by perspective, the

juxtaposition of natural and artificial elements of the environment—all these things interest me.

"There is often some other element about the scene that draws me to it which I can't explain," O'Brien continued. "There is beauty and interest in every place and thing, no matter how mundane. In fact, I enjoy painting about mundane subjects, and have little interest in searching for those perfectly picturesque places which are the subject of so many landscape paintings."

The Kennedy-Douglass Center for the Arts is free and open to the public Monday - Friday from 9-4 and on Sundays from 1-4. The art center is located at 217 E. Tuscaloosa St. Florence, AL and can be reached by calling 256-760-6379.

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# ASK THE ATTORNEY



**Thomas McCutcheon**

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## Personal Injury and Bankruptcy

Injuries have more consequences than pain. Injuries are more than a distraction. Certainly people who are injured and in pain can not function as they usually do. Often injuries create financial hardship. Most people don't have the financial resources to go without a paycheck for very long, but when they're injured, they have no choice. Occasionally, after an accident, people file bankruptcy for protection from their creditors.

The Bankruptcy Court technically owns everything that a bankrupt person has above their state exemptions. Each state allows an amount of money per person for a home, personal effects, tools of the trade, clothing and automobiles. Money or property over the amount allowed by your state is available to be distributed to creditors. The vast majority of people who file bankruptcy never run into a repayment situation because people who file generally don't have too many assets.

A personal injury case is an asset. It may not be one you want, but when the court system trades pain and suffering and lost wages into a monetary payment by the wrongdoer that payment is an asset. If a person files bankruptcy and has a personal injury case, they have to notify the Bankruptcy Court.

A lawyer has to be appointed and approved as "special counsel" by the Bankruptcy Court for representation in the personal injury case. If a person does not disclose that they have a personal injury case to the Bankruptcy Court their claim can be held to be invalid and dismissed in State Court.

It's important to know and remember that if a person has an injury claim and files bankruptcy that they tell their bankruptcy lawyer and their personal injury lawyer about their personal injury case.

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

facebook: McCutcheon and Hamner, P.C.

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VIN	YEAR/MAKE/MODEL	VIN	YEAR/MAKE/MODEL
5FN1F28757B009609	2007 HONDA PILOT	5FN1F28757B009609	2007 HONDA PILOT
JHMCG56442C008005	2002 HONDA ACCORD	JHMCG56442C008005	2002 HONDA ACCORD
KMHCN4AC4BU583288	2011 HYUNDAI ACCENT	KMHCN4AC4BU583288	2011 HYUNDAI ACCENT
SALSK25498A148317	2008 LAND ROVER SPORT	SALSK25498A148317	2008 LAND ROVER SPORT
JM1EC4354S0403932	1995 MAZDA MX-3	JM1EC4354S0403932	1995 MAZDA MX-3
2MEFM74W6XX720905	1999 MERCURY GRAND MARQUIS	2MEFM74W6XX720905	1999 MERCURY GRAND MARQUIS
3MAPM10J2NR611401	1992 MERCURY TRACER	3MAPM10J2NR611401	1992 MERCURY TRACER
4M2CU91ZX8KJ20160	2008 MERCURY MARINER	4M2CU91ZX8KJ20160	2008 MERCURY MARINER
1Z7HC28KX7S109578	2007 MITSUBISHI RAIDER	1Z7HC28KX7S109578	2007 MITSUBISHI RAIDER
1N4AB41D6TC805887	1996 NISSAN SENTRA	1N4AB41D6TC805887	1996 NISSAN SENTRA
1N4AL11D65N912800	2005 NISSAN ALTIMA	1N4AL11D65N912800	2005 NISSAN ALTIMA
1N4AL2AP2CN492420	2012 NISSAN ALTIMA	1N4AL2AP2CN492420	2012 NISSAN ALTIMA
1N4BL4EVXKC189761	2019 NISSAN ALTIMA	1N4BL4EVXKC189761	2019 NISSAN ALTIMA
1GKEC13T41R223233	2001 GMC YUKON	1GKEC13T41R223233	2001 GMC YUKON
1GTCS19Z3S8504593	1995 GMC SONOMA	1GTCS19Z3S8504593	1995 GMC SONOMA
2GTEC19H3S1560002	1995 GMC SIERRA	2GTEC19H3S1560002	1995 GMC SIERRA
4M2ZU52P8WUJ23849	1998 MERCURY MOUNTAINEER	4M2ZU52P8WUJ23849	1998 MERCURY MOUNTAINEER
4T1BF12B6TU130336	1996 TOYOTA AVALON	4T1BF12B6TU130336	1996 TOYOTA AVALON
4T1BG22K4WU242317	1998 TOYOTA CAMRY	4T1BG22K4WU242317	1998 TOYOTA CAMRY
4T1BG22K9WU204050	1998 TOYOTA CAMRY	4T1BG22K9WU204050	1998 TOYOTA CAMRY
4T1BK46K08U064784	2008 TOYOTA CAMRY	4T1BK46K08U064784	2008 TOYOTA CAMRY
5TBJN32151S193959	2001 TOYOTA TUNDRA	5TBJN32151S193959	2001 TOYOTA TUNDRA
JT4RN81A4N0102567	1992 TOYOTA PU	JT4RN81A4N0102567	1992 TOYOTA PU
JTDBR32E530002601	2003 TOYOTA COROLLA	JTDBR32E530002601	2003 TOYOTA COROLLA
2T1BR12E6WC044158	1998 TOYOTA COROLLA	2T1BR12E6WC044158	1998 TOYOTA COROLLA
3VW2K7AJ7EM254695	2014 VOLKSWAGEN JETTA	3VW2K7AJ7EM254695	2014 VOLKSWAGEN JETTA

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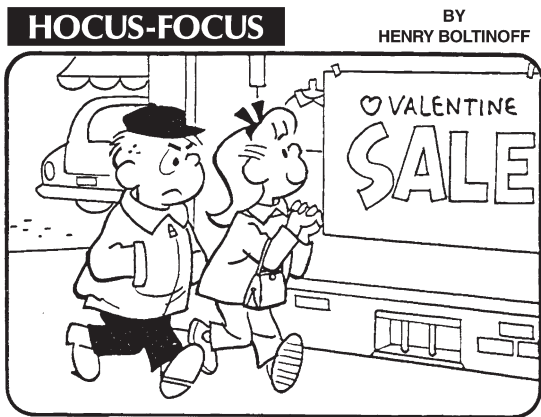
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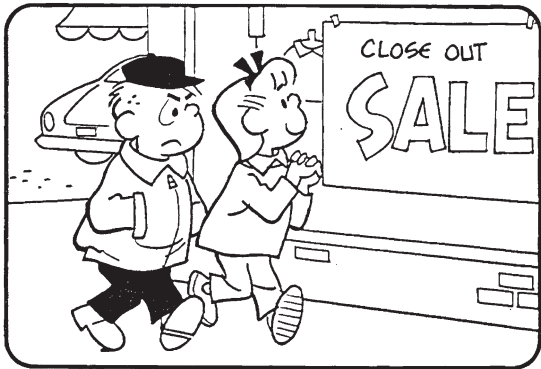
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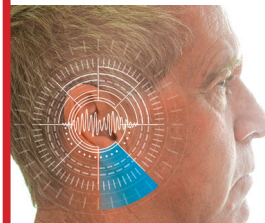
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# Soap Opera Preview

**DAYS OF OUR LIVES** Marlena, Kate and Kayla were stunned to learn that they'd been fooled. Roman, John and Steve plotted their revenge on Orpheus. Meanwhile, Orpheus tempted Lucas to drink. Alex was disappointed by Stephanie's decision.

Gabi fought for Rolf to be released from police custody. Stefan realized his plot against EJ went awry. Brady and Eric commiserate over their grief and romantic troubles. Eric came to Nicole's aid. When Wendy got called away, Johnny turned to Chanel. Joey played cupid for Tripp and Wendy. Allie and Alex consoled each other over their romantic woes. Chad and Stephanie informed his kids that they were dating. Chanel and Johnny caught a drunken Allie and Alex in a compromising position. Tripp confessed to Wendy that Joey manipulated her into coming over.

Sarah had a surprising encounter with Rex. Gwen and Xander put the screws to Jack. Allie realized she made a huge mistake. *Wait to See: Sarah gives Xander a taste of his own medicine. Jennifer arrives in Salem to surprise Jack for Valentine's Day. Paulina encourages Chanel to work things out with Allie.*

**GENERAL HOSPITAL** Liz took Finn's advice into account. Chase had a change of heart. Laura pleaded with Spencer. Ava was pushed too far. Austin put Mason on notice. Brad made a special delivery. Curtis and Portia received some bad news. Spencer made a big ask. Austin offered assistance. Jordan and Taggart had a frank talk. Scott got a big shock. Ava reassured Laura. Nina shared her dilemma with Obrecht. Finn sought Alexis' expertise. Sonny was on the outside looking in. Austin delivered some important medical news. Liesl took matters into

her own hands. Gregory considered Alexis' offer. Ava tried to problem-solve. Liz updated Finn. TJ and Jordan had a heart-to-heart talk. *Wait to See: Nina delivers a sentimental gift. Ava voices her concerns to Austin. Laura catches up with Taggart.*

**THE YOUNG AND THE RESTLESS** Adam demanded answers from Nick. Daniel blamed Devon for a setback. Lily and Jill plotted their next move. Victor retaliated against Jack. Chloe struggled to keep a secret. Victoria found herself distracted by Nate. Victor tested Nate's loyalty. Tucker made a risky deal. Nick raced to Sally's rescue. Victor revealed his plans for Adam. Summer lost patience with Diane. Victoria made a confession. *Wait to See: Victor makes waves at Jabot. Adam makes a bold move. Phyllis is forced to defend herself with Daniel.*

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<p>2013 Ford Edge</p>  <p><b>\$99/week</b></p>	<p>2011 Chevrolet Cruze</p>  <p><b>\$92/week</b></p>	<p>2016 Nissan Altima</p>  <p><b>\$97/week</b></p>

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# Notes...

Continued from page 15

**Grand Ole Opry / Tribute to the Stars and Dance Event** is scheduled for 6pm Saturday, February 18 at the St. Joseph TN Civic Center, 10 Park Drive, St. Joseph, TN. If you like the music and performances of Stars like Patsy Cline, Marty Robbins, Elvis, Chuck Berry, Little Richard, Everly Brothers, The Judds, Roy Orbison, The Platters, The Coasters and others, you'll love this show. Dancers are invited. Admission is only \$10. You'll get your money's worth the first 15 minutes and the rest of the show is absolutely free. For more info call 256-762-7383

**Tuscumbia Park and Recreation Department - Deadline is Feb. 20.** Taking registration for Tee Ball, Baseball and Softball. For more info, call 256-386-5655.

**Florence nights of Coloumbus - Annual Pancake Day Friday and Saturday, March 10-11 at Florence-Lauderdale Coliseum on Veterans Dr, Florence.**

March 10 from 6am-7pm and Saturday, March 11 from 6am-1pm. All proceeds are donated to child/family-focused organizations in the Shoal

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

**Florence Knights of Columbus Council 3989 - Fish Fry.** Feb 24, March 10 & March 24 at Saint Joseph Catholic School, 115 Plum Street, Florence. 4:15-6:45PM.

Adults \$15, Children (age 4-6) \$5. Catfish Fillets, Hush Puppies, Coleslaw, Baked Potatoes, French Fries & Dessert. Cheese Pizza available (Kids Only) All proceeds go to the Knights of Columbus Council 3989 Charity.

See **NOTES...** page 30

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**CHEESE**  
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**POTATOES**  
\$4.78

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**BLUE BELL**  
**ICE CREAM**  
\$5.48

**16 OZ. - GORDO'S**  
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\$3.98

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**FRESH FLORIDA**  
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\$3.48

**4-6 PK.**  
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**APPLES**  
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## Commentary

# Society...

Continued from Page 12

master at reaching out to bereaved Black families in high-profile situations at their most vulnerable times. Think about it: The funeral of a slain loved one being conducted by a noted civil rights activist and getting national network attention. Few families will pass up that opportunity to memorably send off their loved one.

Sure, we can continue the effort of shaming all white people for their institutionalized racism and discrediting all law enforcement officers. That's what our ratings-driven racially focused alphabet media would like to see. There are a lot of important national issues that should be the daily focus, but those take a back seat to sensationalism.

All that aside, there are other, more realistic aspects of Tyre's death and those like his that must be considered, because these types of attacks happen far too often, and not by police.

This isn't about racism. It's not even about police brutality. It's about the progressive mindset that the traditional family unit is dismissed as non-essential in society; that it is just one of several options.

Out of wedlock births are more frequent in all areas of society. Black, White, Latino, young and old, and in all socio-economic levels. However, the tendency for out of wedlock births is far more prevalent among Blacks and in urban areas, now at a disheartening 70%.

The increasing absence of a responsible father in the household puts that much more stress and responsibility on the mother. It is unfortunate that women are put in such untenable situations.

Let's face it, single mothers do an amazing job of holding their families together. However, a strong mother cannot do the job of a strong mother AND father in the household. In rare cases, a child breaks through to a successful, productive life, but not often. They usually mimic their peers, and those people are on the wrong path.

A father is important

for stability, as a role model, a protector, a leader, a provider, and as a disciplinarian. His absence leaves children with a lot of idol time. Priorities get skewed and the outside culture gets a foothold.

Tyre has a mother and a stepfather. He's fortunate, but he too can't easily escape the culture that is all around. It didn't deter the officers who detained him.

These officers ranged in age from 24-32; young men with young viewpoints. The scene with Tyre and the officers was as if a lone member of one gang ventured too far into another gang's territory. Why did the situation deteriorate like that? Who in the police group was threatened by the moderately resistant 150-pound suspect? Why did anyone need pepper spray?

The gang mentality with combative, aggressive behavior abounds. That culture threatens children in the solid, two-parent families as well.

Suddenly, it all becomes about race, about being noticed, settling disputes with force. It's all about people not wanting to be overlooked, taken for granted, or disrespected.

We can see it in society all around. Look at pro athletes and entertainers as a prime example. They have more money and influence than 99.9% of the people on the planet. Yet, most still act as if they are oppressed or have been slighted. They can make a tackle with their team behind by four touchdowns and will still run out of the pile to be seen as special.

The culture we've adopted that removes the importance of God and family from daily life is designed to produce bad outcomes. It has taken decades to deteriorate this far. It will take a long time to turn around such dysfunctional behaviors. However, there has to be a starting point.

The official movie premier of *The Fatherless Epidemic* takes place here on February 25 at the Shoals Theater. There will be more information to follow in the coming weeks. That should be enlightening.

Regardless, the baby-mama mentality doesn't positively impact society. That is painfully obvious.

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# DAVE Says

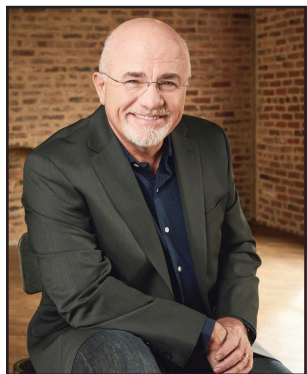
by DAVE RAMSEY

## IT'S NOT AS DIFFICULT AS YOU THINK

Dear Dave,  
I'm single, and I make \$35,000 a year. Next year, my salary and bonuses should be around \$50,000. I have a little over \$30,000 in debt right now, including student loans, and I'm not sure how I'll be able to keep up with bills and everything else right now if I have to save \$1,000 for a starter emergency fund like you recommend. Can I get by with a starter emergency fund of \$500?

Jonas

Dear Jonas,  
I really think you're making this whole thing



you'll be surprised by how fast it will happen. And you'll love the newfound sense of security.

The truth is you really need a starter emergency fund of \$1,000 if you're at a point in life where student loans and other debts are in the picture. That may seem like an impossible goal right now, but it should be your first priority. And a written, monthly budget will go a long way toward helping you achieve that goal.

You can do this, Jonas!  
— Dave

*Dave Ramsey is an eight-time 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 regain control of their money, build wealth and enhance their lives. He also serves as CEO for Ramsey Solutions.*

sound a lot harder than it really is. The key is making and living on a budget, and that's not rocket science. It's a simple, written planning process where you give a name and a job to every dollar you make before the month begins.

Food, shelter, clothing, transportation and utilities are necessities, so they come first. After that, make sure you're current on your debts. Once all that is out of the way, put every spare dollar you can into your emergency fund. If you do this with a sense of urgency, and limit spending to necessities,

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### Reasonable And Longsuffering God

See: **Isaiah 1:18 & 2 Peter 3:9**. But, when excessive unbelief, rebellion, perversion, lying is rampant worldwide, the heart and hands of God are pushed into action. **Isaiah 5:20a** "Woe unto them that call evil good, and good evil." **Hebrews 10:31** "It is a fearful thing to fall into the hands of the living God." And we will! We have already seen some of the sore judgments of God across the entire planet. See **Ezekiel 14:21**! We are doomed to repeat history. God answers excessive unrestrained sinful activity with horrible judgments. It's already started. In the Bible, it's referred to iniquity being full. See **Genesis 6 & 7, 15, 19**, just for three examples. God is not blind. Take a look at just a few things that are coming soon. **Habakkuk 3. Joel 2&3. Zephaniah 3. Zachariah 14. Malachi 4. Matthew 24. Luke 21. Revelation 1, 19, 20 & Revelation 21:4**. Don't be lazy. Look these references up and call my hand on any of them!

There is nothing that I can see that's holding back the LORD from coming today! People in this area have been warned hundreds of times in this paper to prepare to meet God and they are without excuse. Each new day is just an opportunity afforded us by God to get ready. The average saved man is cold, lazy and indifferent and the lost world sees many (saved) folks living just like they do. Today, there is no fear of God before anyone's eyes. We make sure we're always comfortable and have plenty to eat and money to spend, supposing gain is godliness. Little do folk realize we are one heartbeat away from eternity. People are being lied to every day and make fun of it. Lost man, one day God will strip you naked and judge you by what you've done with and against Jesus Christ. At the white throne judgment, before the whole world, God will sentence you guilty and you will be thrown into the Lake of fire and be tormented forever. Doesn't that bother you a little? It will then. It will be one eternal bad day for you. You better get saved now, today.

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## Letters...

### Reopen for Visitors

Continued from Page 12

unlock it to link our past and future - it is our bridge!

How many times have kids or dates been to the Dam? How many friends or family did we take there to brag about something so unique, so special? It was always the first place to go! Growing up, I always thought of it as one of the greatest wonders of the world, and it still is!

Just think how many tourists it attracted from all over the country and world! Not many places have a dam, especially one with the highest single-lock lift, let alone the prettiest river in the country!

And think how many marriage proposals took place at the Dam! Why? Because we love our Dam, and it has been taken from us. Now, it just sits there as a distant memory and something we might notice as we cross the

prison on the bridge.

An entire generation has been lost since 9/11 without any passionate connection to this engineering marvel! Think how many school kids know nothing about their Dam or their river.

It is our heritage, our legacy. Don't let it pass into an abyss as if the water flows through the spillways without notice. We want it back. It is our Dam.

Therefore, I propose it be reopened! It is as spectacular in the daylight as it is at nighttime! And when you reopen it, I recommend illuminating it with varied colored lights, just like the Empire State Building, so all can see it from afar and above as the symbol of the power of God and man.

David L. Black  
Muscle Shoals

### An Affront to Majority

Editor:

The Alabama Sheriffs Association represents

the combined voices of Alabama's 67 sheriffs. We are united in our unyielding stand against the actions and images presented in the recently released video in Memphis, Tennessee. We consider it a personal affront to the vast majority of peace officers in our nation who place service above self in every action they take.

As constitutionally elected officials, it is our Sheriffs' duty to do their best to deny individuals who display lawless behavior from joining the ranks of law enforcement. It is also the Sheriffs'

duty to act decisively to remove those who engage in actions displaying blatant disregard for the constitutional rights of citizens. We strive each day to achieve the goal of professionalism in public safety service. It is our honor to serve with the mission of protecting the public in our communities.

**Jimmy Lambert**  
Executive Director  
**Sheriff Jay Jones**  
President  
Alabama Sheriff's Association  
Montgomery

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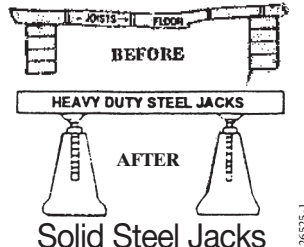
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# SIGNS OF THE PAST



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Dr. Davis was the 1st African American physician and surgeon in Tuscumbia. His office was across the street from Shady Dell but no longer stands there. Shady Dell was built in 1920 for Dr. and Mrs. A.W. Davis and was added to the Alabama Register of Landmarks and Heritage in 2021.

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

## Mills...

Continued from Page 12

Chicks comedy tour. Mills has spent a lifetime entertaining, first as a point guard in Basketball. "Little Mills" was always a crowd favorite. She started playing basketball in the 3rd grade and eventually earned a full scholarship to the University of Tennessee - Chattanooga.

Mills led the nation in assists in 1981 and became the first Division I, first-team All American in UT-Chattanooga's history, male or female. Her #12 uniform was retired and in 1981 she became the first woman inducted into Chattanooga's Basketball Hall of Fame.

Mills has a straightforward approach to the realities of life. Her smart, funny, keen observations will keep you laughing at yourself as you relate to her experiences. Even Ovarian cancer couldn't stop her from turning her pain into punchlines. Diagnosed in 2013 after a routine checkup, Mills was determined to take on the disease with hope and humor and in 2016 she was chosen to present her talk, "Cancer is a Laughing Matter" at TEDxChattanooga.

Doors open February 11 at 6pm.

Tickets are \$25 and \$35 and are available at [www.theshoalstheatre.org](http://www.theshoalstheatre.org).

## ON YOUR DEBT



**B. Grant McNutt**  
Managing Attorney

### 850 Credit Score Is Rare, It's Not Impossible

FICO scores can range anywhere from 300 to 850. The average score is between 698-716. The few people who do manage to achieve a perfect credit score tend to share three key traits.

- They typically range in age from 41 to 75
- They have more credit cards but have lower balances - this is called credit utilization
- They have less overall debt - debt-to-income ratio

Since lenders want to see that you've demonstrated a consistent ability to handle credit well over a long period of time, length of credit history has a big impact on your credit score. This is why older generations, who have had a long time to build credit, tend to have higher scores than younger ones.

People with high credit scores aren't maxing out their cards. Personal finance experts typically recommend that you only use about 30% of your available credit. People with scores above 800 tend to use only about 7%.

Although having a perfect 850 credit score may earn you bragging rights, it doesn't come with many additional benefits. Anything above 800 is an exceptional credit score. If

your credit score is below 740, then every point counts. Often lenders have sharp cutoffs in 20-point bands; as 720-739, 700-719, 680-699, etc. The lower your tier, the less likely you are to be approved, and the higher your interest rate will be.

#### How To Improve Your Credit Score

Credit experts agree that the best way to improve your credit score is to reduce your debt, which is easier said than done. If you have different types of debt to tackle, focus on reducing your credit card balance. Doing so can lower your credit utilization ratio, which is a major component that credit bureaus use in calculating your score. Plus, they typically have the highest interest rates

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We provide all our clients, at no charge, access to 7 Steps to a 720 a program dedicated to helping people facing the challenges of overwhelming debt fully recover. Our experienced debt attorneys provide absolutely free confidential consultations and advice on strategies to reduce or eliminate their debt. Please give us a call or visit our website. We'd love to discuss your finances with you. Debt can be overwhelming. We can alleviate your stress! We want to help, and we can help you!

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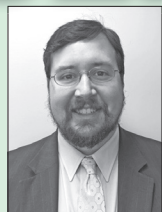
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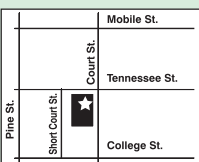
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## Every Home - Every Week

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Shoals CASA is seeking caring community members to join our team as Court Appointed Special Advocates for local abused and neglected children.



For more information, on how you can volunteer and help change a child's story contact us today.

**Heather Begley - Executive Director**  
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### NORTH ALABAMA PODIATRY, LLC DR. MICHAEL R. LINVILLE 2200-A East Second St. • Muscle Shoals

#### Weekly Quiz • Phobias

1. Fear of water?  
A) Aquaphobia B) Splashaphobia C) Dunkaphobia D) Hydrophobia
2. Fear of heights?  
A) Claustrophobia B) Phobophobia C) Acrophobia D) Gynephobia
3. Fear of balloons?  
A) Popophobia B) Globophobia C) Expandophobia D) Chromophobia
4. Fear of people?  
A) Anthropophobia B) Crowdophobia C) Extantophobia D) Drunkophobia
5. Hippopotomonstrosesquipedaliophobia is a fear of long words.  
True or False

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

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Bad Nails? Bone Problems? Foot Pain? Come See Me!

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### LANGSTON CHIROPRACTIC and ACUPUNCTURE

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## Struggling With Addiction? Let The Team at Luna Medical Services Help You.



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We also offer primary care and mental health services to those suffering with addiction disorders in a caring and judgment-free setting.

Most health insurance plans accepted.

Do not suffer any longer and take back your life... contact us today!

# Notes...

Continued from page 24

### LifeSouth Blood Drive Dates

- Tuesday, Feb. 7** Tusculumbia Police & Fire, Noon-6pm.
- Wednesday, Feb. 8** Times Daily, 10:30am-5:30pm, Florence.
- Thursday, Feb. 9** CB&S Bank, 11am-5pm, Muscle Shoals.
- Friday, Feb. 10** Rogers High School,

- 8am - 3:30pm, Florence.
- Saturday, Feb. 11** AutoZone Auto Parts, 11am-4pm, Florence.
- Sunday, Feb. 12** Lowe's, 10am-4pm, Florence.
- Monday, Feb. 13** NWSWC Student Life 9am - 3pm Muscle Shoals.
- Tuesday, Feb. 14** Waterloo High School 7:30am - 3:30pm
- Wednesday, Feb. 15** Shoals Christian School, 10am-5pm, Florence.
- Thursday, Feb. 16** Darby Doors 7am - 2pm Florence
- Friday, Feb. 17** Service One Transport

- Inc., 11am-5pm, Muscle Shoals.
  - Saturday, Feb. 18** Walmart, 10am - 4pm, Florence - Cloverdale.
  - Sunday, Feb. 19** Highland Park Baptist Church. 8am-1pm /Muscle Shoals.
- The Healing Place will host a support group, Tuesday, February 28 from Noon-1pm.** Support group and information session for Grandparents Raising Grieving Grandchildren. We will offer light refreshments and provide information and discussion to participants. 2409 Wildwood St. in Muscle Shoals.

RSVP by calling 256-383-7133 or messaging us on Facebook/Instagram.

**Florence Parks and Rec will be offering small group ballroom dance lessons on Thursdays** beginning in January 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.

**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.

**Florence Parks and Recreation Department is conducting registration for Youth Baseball, Youth Soccer, and Youth Softball programs** through February 24.

Youth Baseball is open to age groups 3-12. You may register online at [www.FPARC.com](http://www.FPARC.com). Registration Fee is \$35 per

player. For more information, contact David Dolan at [ddolan@florencial.org](mailto:ddolan@florencial.org) or 256-718-5091.

Youth Soccer is open for boys and girls ages 4-13 years old. Registration is \$45 and includes a team shirt. You may register online at [www.FPARC.com](http://www.FPARC.com). For more information, contact Augie Erbe at [aerbe@florencial.org](mailto:aerbe@florencial.org) or 256-718-5087.

Youth Softball is open for ages 5-12. You may register online at [www.FPARC.com](http://www.FPARC.com). Registration Fee is \$35 per player. For more information, contact Zach Tverberg at [ztverberg@florencial.org](mailto:ztverberg@florencial.org) or 256-718-5054.

## We're back in all local schools and libraries this week with a fun-packed **February Issue!**

Online Page Flip versions available for each county at [kidsvillenews.com/lauderdale](http://kidsvillenews.com/lauderdale) and [kidsvillenews.com/colbert](http://kidsvillenews.com/colbert)

## A Special Thank You to our



## Education Partners!

Those listed below make a special effort to help produce and distribute this **Parents' Choice Award-Winning Newspaper** to all local school children! **FREE OF CHARGE!**



**15 YEARS in the Shoals**

**Thank You!**



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### Friends of Kidsville News! .....

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- Alabama Metal Art • Patterson, Prince and Associates, PC

We welcome your involvement. Call Tom at 256-740-4701 for more details.

**Registration Open - The Muscle Shoals Parks and Recreation Department is taking registration for Youth Track and Field through March 10.** This is for ages 7-12 and the age cutoff date is June 1. Fee: \$35. For information, call Lee McIntyre, 256-386-9270.

**The deadline for entry in Artistic Renderings of Youth is March 10.** This is a juried exhibit of artwork open to 7th through 12th grade students from Colbert, Franklin, and Lauderdale counties. The exhibit runs March 20 - April 28 at Kennedy-Douglass Center for the Arts in Florence.

The exhibit and competition are coordinated by area art teachers. Schools may participate or students can enter on their own. Each student can enter up to three works. Entries are juried and, if accepted, are eligible for ribbons awarded in different grade level groupings. Works must be original and can be in any medium. All 2-dimensional entries must be matted or framed. Framed pieces and canvases must have hanging wire attached on the back.

For more details on entry rules, call Kennedy-Douglass Center for the Arts 256-760-7379 or email: [connect@florencialmuseums.com](mailto:connect@florencialmuseums.com)

The Kennedy-Douglass Center for the Arts is located at 217 E. Tuscaloosa St. Florence and can be reached by calling 256-760-6379.

Through popular demand, Heritage Preservation, Inc. (HPI), the local non-profit organization in Florence that sponsors the shield-type metal plaques for individual historic houses in Florence and Lauderdale County, is pleased to announce that the plaques are available once again.

The plaques have the same classic background design that appears on existing plaques, and each one is personalized with the name of the house or building and its date of construction.

An individual plate cost is \$100 each in pre-sold lots of 50. When as many as 50 have been sold, the local manufacturing company will create them for immediate distribution. The goal is to place the first order of 50 or more with the manufacturer by July 1, 2023, if not before.

All proceeds go directly into projects that promote the preservation of local historic structures, sites and documents.

For further information, contact: Billy Warren, Chairman Heritage Preservation, Inc. ([bwarren@florencial.org](mailto:bwarren@florencial.org)); 256-718-5020

**Clay to Bronze** Kennedy-Douglass Center for the Arts, 217 E. Tuscaloosa St., Florence, will have an exhibition by Huntsville sculpture Everette Cox from now - March 10. There will be a meet-and-greet at 2pm January 29. The center is free and open to the public from 9am-4pm Monday-Friday and 1-4pm Sunday. 256-760-6379.

**Avant: Five Contemporary Voices** will be on view Now - March 11 at the Tennessee Valley Museum of Art in Tusculumbia.

The work of five contemporary artists, are each exploring innovative ideas and form through the mediums of drawing, textile, painting, collage, and sculpture.

Melinda Crider, Dariana Dervis, Tracie Noles-Ross, Miriam Omura, and Chiharu Roach are all currently based in Birmingham, but bring experiences from throughout the American South, as well as from Japan and the UK.

Exhibition hours are Tuesday-Friday 9am-5pm and Saturday 10am-5pm. Admission to the TVMA is \$5 for adults, \$3 for students, and free for members of the Tennessee Valley Art Association.



# Medicare Minute

## "Medicare Part A Part 2"

Last week we discussed how Medicare Part A will cover you if you are admitted into the hospital. A hospital, under Medicare, can be acute care hospitals, critical care hospitals, inpatient rehabilitation facilities, long term care hospitals or mental health care.

The one aspect of Medicare Part A we get the most questions about is coverage at a skilled nursing facility (SNF). To be covered by Medicare at a SNF certain criteria has to be met. First, of course, is you must have Medicare Part A. Next your doctor has determined that you need daily skilled care given by, or under the supervision of, skilled nursing or therapy personnel. Your skilled nursing care will have to be in a SNF that is certified by Medicare.

What a lot of people don't know is that you must have a "qualifying" hospital stay to be covered at a SNF. Under Medicare a "qualifying" hospital stay is at least a 3-day inpatient stay prior to being admitted to the SNF. If you go to the ER and are held one day for observation and are admitted into the hospital for two days this does not constitute a "qualifying" hospital stay. If you are admitted on a Monday and discharged the following Wednesday this is not a "qualifying" hospital stay. In the two examples above those are 2-day inpatient stays. A good rule of thumb is you must be admitted as inpatient for at least three midnights.

You also need to know that Medicare Part A will only cover you for 100 days at a SNF and only 20 of those days are at 100%. In other words days 1-20 are covered at 100%. Days 21-100 you will pay the first \$200.00 per day and Medicare pays the rest of the cost. Starting with day 101 you will pay 100% of the bill.

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



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<p><b>19 Buick Encore</b> #22B-037A, 4 Door, Full Power, 6 Yr/100K Limited Warranty!    <b>\$20,688</b></p>	<p><b>17 GMC Terrain</b> #22G-106B, 4 Door, SLE, 1 Owner, Only 20,000 Miles!    <b>\$20,888</b></p>	<p><b>15 Ford Expedition</b> #23B-004B, 4 Door, 3rd Row, Leather, Nice Local Trade!    <b>\$21,788</b></p>	<p><b>17 GMC Terrain Denali</b> #23G-07A, 4 Door, V6, Leather, Loaded!    <b>\$22,688</b></p>	<p><b>20 Ford Escape</b> #22G-196A, 4 Door, Full Power, Nice Local Trade!    <b>\$22,888</b></p>	<p><b>18 Chevy Impala</b> #23B-020A, 4 Door, Leather, 6 Yr./100K Limited Warranty!    <b>\$23,888</b></p>
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ALL prices DO NOT INCLUDE tax, title & fees. Some photos for illustration purposes only.