

**30 Days for the Victims**

FLORENCE— U-Haul® is offering 30 days of free self-storage and U-Box® container usage to residents impacted by the tornados that touched down in parts of northwest Alabama recently.

Florence and several neighboring communities sustained some of the worst damage. Tornados with high winds caused power outages, downed trees, and structural damage to some homes and buildings.

"As our neighbors begin the process of cleaning up, we can provide them with a secure place to store their possessions," said Chuck Newell, U-Haul Company of Northern Alabama president. "These storms have left behind a lot of damage. People in need of help can

See SHORTS... on Page 6

Volume 139 Number 24 April 5, 2023 POSTAL PATRON

# Courier Journal

Serving Northern Alabama with 24-hour news coverage  
219 W. Tennessee St. Florence, AL 35630 256-764-4268  
Circulation Verification Available

**All Stand!**

**Shoals CASA Back in Colbert Courtrooms**

SHEFFIELD — Heather Begley is seeing one of her goals come to fruition with the recent certification of five new volunteer court advocates. They will be

representing the best interests of children in Colbert County courts for the first time in several years.

Begley took over as Executive Director of Shoals Court Appointed

See ALL STAND... on Page 7

**SHOP**  
EASTER

9 AM SATURDAY (4-8-2023)  
**THE FIRST 50**  
ADULTS IN LINE AT STORE OPENING WILL RECEIVE A \$10 MARTIN'S GIFT CARD. Must be in line at opening and 18 years of age or older.

Get a \$10 BRING BACK EASTER COUPON WITH YOUR \$50 PURCHASE FRIDAY, APRIL 7 OR SATURDAY, APRIL 8.  
Your \$10 coupon is redeemable April 10-11, 2023. Exclusions apply. See store for details.

**EASTER EGG DISCOUNTS SATURDAY, APRIL 8. RECEIVE AN EASTER EGG AT CHECKOUT.** Exclusions apply. See store for Details.

550 Cox Creek Parkway  
**MARTIN'S**

For information about advertising in premium positions like this, please call 256-740-4701.

**Get Help During a Crisis**

SHOALS—In the wake of the recent storms that have impacted our community, many residents are facing challenges related to tree removal, food, places to shower, tarps, plastic tubs, and many other needs. To help those in need, 211 has been identified as the central intake for storm relief assistance by Volunteers Organizations Active in Disaster (VOAD) and the Emergency Management Agency.

After calling 211, those in need will have a more streamlined service for assistance when affected by disaster. Unnecessary

See 2-1-1... on Page 2

**NEED HELP?**  
CONTACT 2-1-1

Your link to community resources

**Canines are Airborne with HASRA**



HASRA founder, Debbie Rappuhn, hands a puppy up to HASRA volunteer and board member, Jenny Bailey, in preparation for the Sunday flight to Minneapolis.

KILLEN—Heart of Alabama: Save, Rescue, Adopt (HASRA) took to the skies last Sunday in support of their lifesaving work for homeless, abused, and neglected animals in Northwest Alabama.

A 1938 Douglas DC-3 (the model modified for dropping paratroopers during the D Day invasion of WWII landed at Muscle Shoals Regional Airport Saturday evening to perform a critical rescue mission, transporting scores of homeless and abused dogs to their new homes in Minnesota.

HASRA teamed-up with pilot, Dan Gryder, of Airborne Animal Rescue and his DC-3 to deliver over 60 dogs and puppies to the Minneapolis, Minnesota area, where they will be adopted into their forever homes. The precious cargo left early Sunday morning after the precious cargo was loaded and

secured.

HASRA is a no kill rescue organization that saves abandoned and abused animals from Northwest Alabama and surrounding areas that

See AIRBORNE... on Page 12



Oskar seems pleased with his extra large kennel crate.  
Photos Courtesy Skiff Bailey

**INSIDE This Issue**

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

- Medicare Minute
- Ask the Attorney
- Puzzle Whirl
- Empty Bowls Luncheon
- Dave Ramsey
- Soaps
- Adopt-A-Friend
- The Wiz Jr.
- Cat & Kids
- Guest Op-Ed
- On Your Debt
- Insurance Insights
- Savvy Senior
- Coloring Winners

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The Wiz Jr.  
Cat & Kids  
Guest Op-Ed  
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SIGNNS of the PAST

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Pet Talk  
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Next To Homeside Restaurant

256-349-1433

## 2•1•1 ...

Continued from Page 1

duplication of efforts are eliminated through cooperation in the four phases of disaster: Preparation, Response, Recovery, and Mitigation.

Residents who require assistance with any of these needs are encouraged to call 211, a free and confidential helpline that connects individuals with information and resources in our community. The trained specialists at 211 can provide information on available resources and assist with connecting individuals with local organizations that can provide assistance.

211 is available 24/7. The service is available in multiple languages and is accessible to individuals with disabilities.

### GET HELP DURING A CRISIS

During a disaster such as a hurricane or tornado, a 2-1-1 contact specialist links the caller to:

- Emergency Shelters
- Food Distribution Centers
- State and Federal Assistance
- Volunteer Opportunities
- Grief Counseling
- Clean-up Crews
- Potable water, ice, food
- Emergency Financial Assistance

RECEIVER HITCH HEAVY DUTY with Sway Bar, \$100 256-565-3482.

### I BUY CLASSIC CARS

No matter your location, I will come to you. Call Lawrence 931-242-3135 Local number

MAGNABLOC THERAPEUTIC MAGNETS, GREAT for migraine headaches, muscle pain and swelling, puncture wounds, etc. Retail \$200+ for pkg. of three, sell \$100. Also Large Electric Wheelchair, will carry up to 500 lbs. cost new approx. \$25,000, asking \$6,000; also have other Medical & Handicap Equipment. Will Deliver. Will take certain things in on trade. Have several Electric Wheelchairs that needs minor work done, will sell cheap. Call 205-528-0321

WE BUY RIDING MOWERS, John Deere, Cub Cadet, Kubota, Craftsman, etc, Running or Not. 256-275-2276

NISSAN: PATHFINDER SE MODEL, 2010 \$14,950. One owner, only 76K miles, full power, 3rd row seating, alloy wheels with NEW TIRES! Like New Condition! Must See and Drive! 256-527-2125

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

WE BUILD POLE BARNs, do Concrete Work and Metal Roofing. Call Jamie 256-349-8550 or Brandy 256-275-6445

## LOOK

### Harmon's Lawn Maintenance and Pressure Cleaning

Full Lawn Care, Shrub & Hedge Trimming. Lowest Prices around. Call Rick for a Free Estimate Call 931-638-4183.

FORD: ESCAPE XLT, 2009 \$12,450. One owner, only 45K miles (YES, only 45K), leather interior, full power, alloy wheels, just serviced including NEW BRAKES AND TIRES! Super Clean! 256-527-2125.

# Medicare Minute "Prescription Drug Extra Help"

Anyone who is on Medicare has the option of signing up for prescription drug coverage. This is also known as Medicare Part D. Some people with limited income and resources may be able to get "Extra Help" with the costs related to their Medicare prescription drug plan. This includes help with monthly premiums, annual deductibles and prescription co-payments.

To qualify for "Extra Help" your annual income must not exceed \$21,870 for an individual or \$29,580 for a married couple living together. Some of the things that count as income are: Social Security benefits, Railroad Retirement benefits, Veterans benefits, pensions or annuities and any wages you are earning from a job or self-employment.

You also must not exceed the resource limit to qualify for "Extra Help". Resources would include: bank accounts (including checking, savings and CDs), stocks, bonds, mutual funds, IRAs or any other investments. Cash and any real estate other than your home also counts. The amount of your resources must not exceed \$16,660 for an individual or \$33,240 for a married couple. The amounts listed for both the income and resource limits are for 2023.

Social Security has estimated that "Extra Help" is worth about \$5,000 per year for those who qualify. We meet with many people each year who qualify for this benefit and don't even know it. To find out if you qualify for "Extra Help" you can call or visit your local Social Security office, apply online at www.socialsecurity.gov or you can call or visit our office and we'll be glad to help. Regardless of the way you choose to apply, you will need your income and resource information available.

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



Ikey Fowler

885 Florence Blvd. • 256-648-5710 (Four Lane Shopping Center)



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**T-Bone Steak** 5/\$25

**Rib Eye Steak** \$7.99 Lb.

**Rib Eye Steak** 5/\$25

**Filet Mignon Steak** \$10.99 Lb.

**Whole Filet Mignon** \$8.99 Lb.

**Ground Beef** \$2.69 Lb.

**Beef Patties** \$2.69 Lb.

**Boston Butt Pork Roast** \$1.69 Lb.

**Whole Spare Ribs** \$1.99 Lb.

**Country Style Pork Ribs** \$1.69 Lb.

**Sirloin Pork Chops** \$1.69 Lb.

**Pork Belly (Skin On)** \$3.99 Lb.

**Fresh Turkey Drumsticks** \$2.49 Lb.

**Chicken Drumsticks** 99¢ Lb.

**Chicken Leg Quarters** \$5.99 5 Lb. Bag

**Whole Chicken Wings** \$1.99 Lb.

**Chicken Wing Flaps (or mixed drumettes and flaps)** \$2.59 Lb.

**Chicken Tenders** \$2.49 Lb.

**Boneless Chicken Breast** \$1.99 Lb.

**Farm Raised Whole Catfish** \$5.99 Lb.

**Beef Oxtails** \$6.99 Lb.

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Clean, Friendly & Courteous Service

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**\$5 OFF Wash & Fold Service** with \$25 spent

**FREE Dry One Load of 50 lb.** with this coupon

Limit one offer per household per visit.

# Yard Sales

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

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

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

**COMING SOON! Florence Indoor Estate Sale**

PRE-SALE this week by appointment only, 256-762-2485 or 256-349-9812. Furniture, Vintage items & Collectibles, Christmas, Snow Babies, tons of Household and Grape-themed items, Dolls, Seashells, Women's clothes, Shoes, etc.

**FLORENCE GARAGE SALE**

116 Meadow Hill Dr. Sat. 6am-until? Home decor, womens clothing, furniture & more! Rain or Shine!

**ARDMORE: 24865 MORROW ROAD**  
Fri. Daylight - Dark,  
Sat. Daylight - Dark,  
Sun. Daylight - Dark

**BIG THREE FAMILY YARD SALE.** Behind Country Club next to the Dog Day Flea Market.

**Items include:** Glassware, tools, yard tools, hand tools, jewelry, cookware, cast iron, dishes, pots/pans, knives, sports stuff, Nasa Car collectibles, fishing stuff, lures, rod and reels, old tools, old bottles, cook books, baby chicks, goats, hardware, canning supplies, sewing supplies and gourds, corner ware and lots of neat stuff.

Map ID #1168

**Bethel Colbert Missionary Baptist Church Family Yard Sale**

12300 E. 2nd St., Leighton, AL  
Wesley Thompson, Pastor  
Sat., April 8th, 7am-3pm  
Lots of Everything! Cash Only

**FORD: BRONCO II, 1987 \$7,000.** Or will trade for older Ranger. 256-957-2846.



**GOLDEN RETRIEVER PUPPIES-AKC,** 3 females left, parents on site, 1st shots, dewormed, puppy vet visit, Great Lineage, \$795 Call/Text Karen 256-800-7952 Huntsville

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

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

**2010 YAHAMA G3 ELITE TRITON BOAT,** 15 passenger, 225 HP Yamaha, 263 hrs., Just had oil filter change, new battery, kept inside. Interior like new, good sound system, Pop-up changing room/port-a-potty, \$29,000. 256-412-5555

**BLACK SECTIONAL SOFA,** 3 good recliners, tear in seam, \$300, 256-710-9509 Florence

**GARNER LANDSCAPING** Shrub removal, small backhoe work, mulch, sod, etc. All Yard Work Needs Free Estimates! 256-702-1404

**ACURA: TL, 2012 \$12,450. LUXURY!** Silver with grey leather, sunroof, heated seats, alloy wheels, just serviced. Excellent Condition. 256-527-2125.

**WHITLOCK REMODELING**

Room additions, sunrooms, all flooring painting, interior, exterior, windows & doors, drywall finishing, re-finishing, hanging, kitchens, bathrooms, vinyl siding, porches ceramic tile, etc. Senior Citizen Discounts Insured, 256-349-3703 or 256-291-6630

## Shoals Primary Care Welcomes

# Dr. Charles Hall

## to Avalon Medical Mall

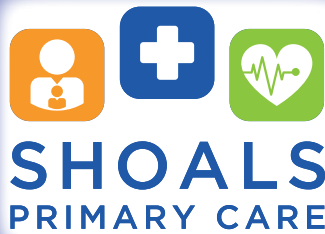


- Non-surgical treatment of muscle, bone and nerve conditions
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**REDLINE** Your Ad Today! - See Page 8 For Details

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# SALE

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[www.CourierJournal.net](http://www.CourierJournal.net)



## Walk In Appointments Welcome



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**CHIMNEY NEED ATTENTION?** Is it time to clean? Smells, Water, Animals? Dryer vent cleaning. Black Hearth Chimney Sweeps 256-710-0292

**BMW: MINI COOPER S**, 2005 \$9,000, Convertible, 6-Speed, 78,000 Miles, excellent condition, 256-710-6281 Killen

**WE BUY RIDING MOWERS**, John Deere, Cub Cadet, Kubota, Craftsman, etc, Running or Not. 256-275-2276

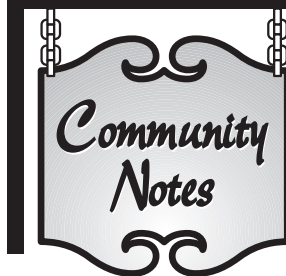
**REASONABLE TREE SERVICE** Tree cutting, trimming, stump removal. Free Estimates. Owner Gilbert Barga 256-314-1009 or 256-366-3539

**J.J. MAINTENANCE SERVICES** Painting, Electric, Roof repair, Plumbing, and more! Call 786-291-3565 (Florence)

**GUTTER WORKS**, Seamless gutters, gutter guards, clean out and more! Free estimates. Call 256-394-3497.

**WE BUY JUNK CARS**, Trucks or Vans with or without titles, Call Joel 256-303-7609

**PUPPIES READY FOR HOMES** Fox Terrier Mix, 2 females, 4 males, \$50 each, 256-214-4670



**COMMUNITY NOTES** may be submitted for non-profit, civic or church-related events and published free of charge **ASSPACE 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](mailto:editor@courierjournal.net);
- Look for "Submit News" on our website at [www.courierjournal.net](http://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](http://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.**

**FREE Fishing Days at Deibert Park** 6:30-11:30am on April 11, May 18, Sept. 12 and Oct. 12. No fishing license needed. Bring your own tackle, snacks and chairs. 256-760-6420

**Shoals Family Antiques & Consignment** will be hosting a **outdoor flea market event** in the coming weeks. If you are interested in coming to set up a table and sell, contact the number below. We will have live music, good food, and great folks from our fine community. Once we get enough vendors lined up, we will set the date of the first event. Call 256-443-7416 or stop in at 902 River Rd in Muscle Shoals.

**The Colbert County Domestic Violence Response Coalition (CCDVRC) is holding a diaper drive during the month of April.** The coalition is collecting diapers, primarily larger than newborn size, and wipes for Colbert County families experiencing domestic violence and its consequences. Pick up locations include: the Customer Service Desk at the Tuscumbia Foodland, the Leighton Town Hall, The Healing Place (2409 Wildwood St. Muscle Shoals), WBTG Radio (1605 Gospel Road in Sheffield), and Renaissance Antiques (3803 Florence Blvd. Florence). Monetary donations are accepted as well. Checks can be sent to PO Box 434 Tuscumbia, AL 35674, or via PayPal to [jenniferccdvrc@gmail.com](mailto:jenniferccdvrc@gmail.com).

**Shoals Grief Support will begin monthly meetings once again starting on April 5 at 10am.** The grief support group is open to the public. Masks are optional.

The group will meet at Cliff Haven Church in Sheffield the first Tuesday of each month at 10am. The church is located at 1601 Andrews Avenue in Sheffield, directly behind McDonald's and WBTG Radio. This grief support group is sponsored by Kindred Hospice. For more information call 256.764.0873.

**The 3rd Annual Community Easter Basket Giveaway April 6, 4-5:30pm** Drive through location: Community Action, 745 Thompson St. Florence. Limited quantities - first come first serve.

Thank you to all of the community partners and individuals that made this possible!

**Infants - Adults - Clothes and Shoes Giveaway Thursday, April 6, 8am-10am** at the Care Center, First Baptist Church Killen.

**Swing Into Spring - Learning East & West Coast Swing Dancing 6 Week Class, starting April 6, at 5:30pm.** Location: Royal Avenue Rec Center, Florence.

Also available: Private, Couple Or Individual Dance Lessons; Or Wedding Dance Lessons. Call 256-760-6425 for more information or to sign up.

**The Muscle Shoals Chapter of the Alabama Archaeological Society will meet at the Florence Indian Mound**

**Museum on Monday April 10, 7am.**

Howard King of Cullman will bring us a program about an important paleo site in Colbert County known as "Heavens Half Acre." No admission. Members and guests are welcome.

**Spring Revival - Bumpus Creek Freewill Baptist Church**, 2715 County Rd. 14, Waterloo. April 10-12, 7pm nightly. Bro. Carlos Hughes will be bringing the message. Pastor: Bro. Jimmy McGee. Come join us and invite someone to come with you.

**Rogers High School Alumni Banquet - April 22, 2023 at 6:30pm** at Rogers School Cafeteria. Honoring Classes of: '53, '63, '73, '83, '93, '03, & '13.

**Tickets must be purchased by April 13.** \$20 per ticket. Tickets are available at Curtis's Restaurant, Pop's BBQ and the Rogers High School Office. Please check the Rogers High School Alumni page on Facebook for ticket information.

**The Better Business Bureau of North Alabama will host Florence Shred Day on Friday, April 14 from 9am-noon at the Florence-Lauderdale Coliseum on Veterans Drive.**

Free document shredding will be available onsite in a quick and easy drive-thru set up. **Only paper documents will be accepted.** All other materials such as cardboard, plastic, metal, and binders must be removed.

There is a limit of three large trash bags or file storage boxes per vehicle. Sponsors are the City of Florence, Cook's Pest Control, ElderCare Services, Family Security Credit Union, ICS Roofing and Construction, Inc., and Simpson's Collision Repair & Wrecker Service. For more information, call 256-533-1640.

**The 18th Annual Empty Bowls fundraiser takes place April 12 at The Marriott Conference Center from 11am-1pm.** Guests will enjoy a variety of soups of their choice prepared by local restaurants. Guests will also receive either a hand-crafted bowl or cross as a reminder of the meal's purpose; that they helped eliminate hunger one bowl at a time and that we must continue to do God's work in helping the less fortunate.

**See NOTES... page 15**

**QUALITY FOUNDATION**  
 And All Types of Home Improvement

Home Owned & Operated in the Shoals by Wayne Lawhorn  
**Let Us Add Stability to Your Flooring**

**FREE Estimate**

35 YEARS EXPERIENCE  
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\*4.67% is the dividend rate; Annual Percentage Yield is 4.75%. Rate accurate as of 2/17/23. Limited time only. A \$10,000 deposit from funds outside of an existing account at Listerhill Credit Union into a Listerhill deposit account is required to receive the 4.67% CD rate. A penalty will be imposed for early withdrawal. Federally Insured by NCUA.

**NEW LIFE IN CHRIST**

No matter who you are or where you are in life, you can be assured that God loves you and has a purpose for your life.

Because of sin (falling short of God's righteous standard), we are separated from God and are spiritually dead (Romans 3:23). However, because God loves us, He provided a way for us to connect with Him by sending His Son, Jesus, who never sinned, to die in our place as payment for our sin. John 3:16 says, "God loved the world in this way: He gave His One and Only Son, so that everyone who believes in Him will not perish but have eternal life."

To begin a personal relationship with God, agree

with Him about your sin and your need for forgiveness. If you are ready to make this choice, as an affirmation of your belief, you may wish to pray a prayer like this one: *Dear God, I understand I am a sinner, but I believe Jesus died for my sins, and I now accept His gift of eternal life. Thank You for forgiving my sins. Thank You for my new life. From this day on, I choose to follow You and Your will for my life.*

If you choose to begin a personal relationship with God through His Son, Jesus, please share this with the person of church that gave you this. To learn more, visit [sbc.net/knowjesus](http://sbc.net/knowjesus).

courtesy of 1 Stop Rentals, Sheffield, AL



# We're Moving on Up, You Should Too!

**First Southern Bank is moving to 201 South Court Street on June 5th.**

Here at First Southern, our slogan is “Deep Roots, Home Grown, Still Growing...”, and we are doing just that: Growing! We have made the decision to relocate our main office, as well as part of our operations, to 201 South Court Street. The former Truist Bank Building has officially become the First Southern Bank Building! We made this decision so that we would have a greater capacity to continue serving the Shoals, and every other community we touch, with excellence.

To our existing customers, thank you so much for your continued support. You are the reason we do what we do!

To those feeling dissatisfied with their current bank, we would be honored to serve you here at First Southern Bank! Our vision is for our customers to feel seen and valued, while never having to doubt that their investments are being well taken care of by our team. We have notable success as a community bank, and that success is growing daily, so come grow with us!

**First Southern Bank is the oldest financial institution under continuous operation in the Shoals Alabama region.** We were founded in January of 1935 as First Federal Savings and Loan Association. On June 10, 1995, after seeing considerable growth by investing in the families of the area, First Federal Savings and Loan changed its name to First Southern Bank and transitioned to a state commercial bank. In 2017, First Southern was purchased by a group of Shoals-area businessmen and investors who are

committed to providing financial services for businesses and individuals in all the regions it now reaches, helping to strengthen local economies. Their vision for the bank and for economic vitality has allowed First Southern to increase our ability to serve our customers with excellence.

Today, First Southern provides full-service banking to individuals, families, and businesses in person at our four Shoals-based locations; at our Marshall County, Alabama branch; and to many more online. We also provide in person loan services at our Loan Production Offices in Texarkana, Arkansas; New Albany, Mississippi; and Ocala, Florida. As First Southern grows, we remain committed to building and maintaining the meaningful relationships with our customers that we are known for!

Come join the First Southern Family, where our top priority is *you!*



**FirstSouthern**  
B A N K

256-718-4200

[firstsouthern.com](http://firstsouthern.com)



Florence • Muscle Shoals • Killen • St. Florian • Boaz



**Carter House Moving**  
Specializing in rigging, lifting and moving structures, floor leveling, and replacing damaged floor components. Call or text: 256-275-1570, 256-633-2722

**QUALITY HOME REPAIR**  
Cabinetry, Stairs, Drywall, Fencing, Decks, Etc.  
**Jim: 256-648-7561**  
40+ years of experience

**WHITE WICKER LOVESEAT** and two chairs, \$125. 256-627-7141

**LINCOLN: MKZ, 2011 \$12,950.** 75K miles, 4 door, silver...leather interior, full power, alloy wheels with **NEW TIRES.** Just serviced. Extra Clean 256-527-2125.

## Shorts...

### 30 Days for the Victims

Continued from Page 1

give us a call and receive a storage unit or U-Box container for their belongings at no cost for one month.”

U-Box deliveries to residents' homes includes drop-off and pick-up of containers. The offer of a traditional self-storage room is available to customers renting new units and is based on vacancy at participating U-Haul facilities.

For more information about the 30 days of free self-storage or Ubox, call U-Haul Moving & Storage of The Shoals, 1520 Florence Blvd. in Florence at 256-764-4601

### Bale Sale at Deadline

FLORENCE—Chloe's Fund volunteer bakers are inspired by the change in season. Easter/Spring Delights Bake Sale, treats for furbabies and their people will be available this weekend with 100% of the bake sale proceeds funding emergency medical care for animals at Florence Lauderdale Animal Services.

The Bake Sale is Saturday, April 8 from 10am-1pm at Florence Lauderdale Animal Services, 3240 Roberson Rd. in Florence. However all baked goods must be pre-ordered no later than Wednesday, April 5 at 5pm.

The volunteer bakers have become well-known for their specialty items -

cakes, cookies, cupcakes, pies, and various treats for you and your furry family members. All items are made fresh to order, quantities are limited.

The menu is posted on the following Facebook pages: Chloe's Fund for Medical Needs of Florence Shelter Animals and Florence Lauderdale Animal Services.

Bake Sale Coordinator, **Lisa Wilson Rim**, can also text the Easter/Spring Delights Bake Sale menu to you. Contact her at 804-240-6880 or call (she's local). You may also direct message Rim on Facebook to place your order. Then pick up your order on Saturday from 10am-1pm at Florence Lauderdale Animal Services. Otherwise, you can take your chances that the volunteers baked more than what was ordered.

Catherine Barnes

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## All Stand ...

Continued from Page 1

Special Advocates (CASA) in 2021. She came in wanting to re-establish a CASA presence in the Colbert County court system.

After six weeks of training, including courtroom protocols and participating in a culminating mock trial last week, the volunteers were sworn in by Colbert District Judge Chad Smith.

CASA advocates can work both Colbert and Lauderdale cases.

Begley said Shoals CASA is now up to 22 volunteer advocates who work directly with Smith in Colbert County or judges Ben Graves and Will Powell in Lauderdale County on behalf of abused or neglected juvenile dependents.

New advocate, Arlene Merry, retired from teaching at the beginning of the COVID pandemic. She was familiar with CASA and the need for more volunteers.

"I knew the time was right to get involved," she said. "I have the time for it and it's rewarding to be able to help."

Advocates work directly with the judge to report factual case information through the doublechecking of DHR documentation, assuring court orders are being followed, conducting family member interviews, and interacting with the children.

"We're about providing consistency for these children, especially in this day with such a high turnover with DHR workers," Begley said. "The advocates have the responsibility of following the children through the system until the cases are closed."

Begley said CASA volunteers not only

advocate for the children and their families, but they are a connection to other resources the children need.

Currently, there are 59 cases being worked by the volunteers. Last year, there were more than 500 dependency cases; 78 of them were worked by CASA volunteers.

While not all the children are in foster care, the majority are either in foster care or awaiting placement.

"We desperately need more volunteers, especially now that we've added Colbert County," Begley said. "We want people to understand that (advocacy) isn't difficult or demanding; it just takes a lot of time."

Shoals CASA volunteer coordinator Gloria Stokes said the importance of the role of advocates can't be overstated.

"We're the eyes and ears on these cases for the judge," she said. "We provide consistency and make sure the needs of the children are met, and in some cases the parents need services as well in order to get their children back. We can help these cases move along a little faster, which is good for everyone."

Advocates, on average, meet with the children monthly. Once the volunteer is sworn in, they are assigned their first case.

Gracelyn Morrison, one of the five volunteers sworn in last week, called her involvement with Shoals CASA "a God thing."

"I'm graduating from the University of North Alabama in May and needed an internship for my sociology degree," she explained, saying Shoals CASA welcomed her. "I had no idea at

first what it was, but I quickly learned it's the kind of work I'm passionate about."

"I certainly wasn't required to become a volunteer advocate, but it fits in so perfectly with my passion for helping people and loving children who might not otherwise have anyone," she said. "I feel like I'm contributing, and I look at this as an amazing opportunity to hopefully inspire someone."



New CASA Volunteers at the Colbert County Courthouse swearing in ceremony last week with CASA Executive Director, Heather Begley (starting at left) include Constance Finch, Angela Whitt, Judge Chad Smith, Gracelyn Morrison, Wanda Lemay, and Arlene Merry. CASA courtesy photo

### SHOALS CASA IS IN NEED OF VOLUNTEERS

- Orientation takes place at 9am Friday, April 7 at 102 Jackson Court, Sheffield. (just off Jackson Hwy)
- The orientation doesn't obligate participants but explains the process of becoming an advocate and the role of the volunteer.
- Becoming a volunteer requires that the applicant be 21 or over. Fill out an application online providing three references; pass a child abuse/neglect background check, as well as a criminal background check; and attend six weeks of pre-service training.

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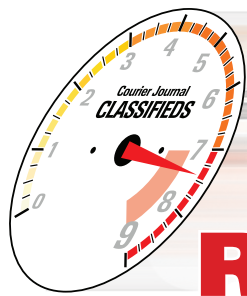
# LEGAL NOTICE

## STATE OF ALABAMA, COLBERT COUNTY

### NOTICE OF ABANDONED AND UNCLAIMED MOTOR VEHICLES

Notice is hereby given that on **04/22/2023 at 11:00am** the following motor vehicles will be sold at public auction FOR CASH. The auction will be held at **Smitty's Wrecker Service, 212 Industrial Dr., Muscle Shoals, AL 35661**. Smitty's Wrecker Service will accept proof of ownership should anyone care to submit same, Monday through Friday the hours between 9am and 5pm until day of sale. **Vehicles may be viewed starting 04/20/2023 between the hours of 9am and 5pm.** ALL VEHICLES ARE SOLD AS IS PARTS ONLY. ALL SALES ARE FINAL. NO TITLES OFFERED!!

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2000 Honda Accord	1H6CG5644YA101890	2008 Honda Accord	1HGCP36878A073381
2010 Mitsubishi Galant	4A32B2FF5AE002922	1997 Ford Ranger Pickup	1FTCR10A6VUC63031
1999 Toyota Camry	4T1BF22K1XU081994	2004 Ford Taurus	1FAHPS6584A204684
2006 Honda Pilot	5FNYP28686B051150	2001 Toyota Camry	4T1BG22K51U842787
2006 Chrysler Town & Country	2A4GP64L26916771	2005 Pontiac Bonneville	1G2HX52K25U170214
1990 Ford F150 Pickup	1FTDF15N7LNB12067	2012 Chrysler 200	1C3CCBBB6CN117155
2005 Lincoln Town Car	1LNHM81W45Y629337	2004 GMC Envoy	1GKES16S746190675
2005 KIA Sedona	KNDUP132556685827	2003 Chevrolet Malibu	1G1NE52J13M517128
2004 Ford Explorer	1FMZU65W64ZB24752	2000 Chevrolet Blazer	1GNCS18W8YK246405
2016 Nissan Sentra	3N1AB7AP9GY251105	2016 Ford F150 Pickup	1FTEW1EG9GFA42318
2016 Chrysler 200	1C3CCCAB3GN127042	2008 Ford Fusion	3FAHP07Z68R228363
2003 Toyota Corolla	JTDBR32E132016709	2009 Chevrolet Equinox	2NDL13F296222909
2015 Jeep Grand Cherokee	1C4RJEBGOC926563	2002 Pontiac Sunfire	1G2JB524X27214309
2009 Toyota Corolla	1NXBU40E19Z026947	2001 Ford Explorer	1FMYU70E91UC19413
2004 Nissan 350Z	JN1AZ36AX4Y015656	2009 Mitsubishi Eclipse	4A3AL25F09013977
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Courier Journal

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## Summer P-EBT Benefits to Arrive for 530,000 Children in Coming Months

MONTGOMERY - The Alabama Department of Human Resources (DHR) on Tuesday announced plans to issue Summer Pandemic EBT (P-EBT) benefits to an estimated 530,000 children who receive free or reduced-price school meals through the National School Lunch Program. Qualifying households will get \$120 for each participating student to buy SNAP-eligible food at stores that accept Electronic Benefit Transfer (EBT) cards. The benefits are expected to start rolling out in mid-to-late summer.

"Inflation has transformed each grocery trip into a balancing act for low-income families struggling to afford food for their children on top of other costs like housing and transportation," said Alabama DHR Commissioner Nancy Buckner. "Every dollar of support from programs like P-EBT strengthens their spending power and weakens the prospect of hunger, while promoting nutritious meals for children." Summer P-EBT

benefits are limited to students who receive free or reduced-price meals from the National School Lunch Program by application or through the Community Eligibility Provision, Provision 2 or Provision 3.

To become eligible for Summer P-EBT, families may apply for the National School Lunch Program by contacting their schools. Applications for the lunch program must be approved by May 16 to qualify for Summer P-EBT benefits. Families should contact their schools with any questions about eligibility. Households with eligible students who received P-EBT benefits previously will access Summer P-EBT benefits on their existing EBT cards. Those who are new to the National School Lunch Program will get EBT cards in the mail. All recipients should keep their EBT cards in case additional benefits are added in the future.

Eligible families are encouraged to monitor [dhr.alabama.gov](http://dhr.alabama.gov) for updates including information about a timeframe for the arrival of benefits.

DHR oversees the distribution of P-EBT benefits with assistance from the Alabama State Department of Education. The U.S. Department of Agriculture Food and Nutrition Service administers the program at the federal level.

Support specialists are available to answer questions about P-EBT by phone at 1-800-410-5827 and online at [dhr.alabama.gov/food-assistance/](http://dhr.alabama.gov/food-assistance/) from 7am-6pm Monday through Friday.

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**ROOF REPAIR** at an affordable price. Free estimates. Call 256-668-5807

**TOYOTA: CAMRY, 2014** \$21,450. 1 owner, only 9K miles (YES, 9K miles), 4 door, automatic, full power, rear-view camera, just serviced **including NEW TIRES.** Like New Condition! 256-527-2125.

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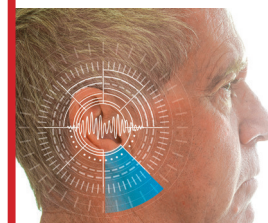
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**Courier Journal**

**Mystery Photo of the week**

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

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www.rosiesmexicancantina.com

**Last week's winner is Jason White of Florence** who correctly guessed "Post Office in Rogersville"

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

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**BOSTON TERRIER PUPPIES,** black & white. two males, one female, 12 weeks old, update on shots, parents on site, \$800. 256-460-0875 Phil Campbell

**MANUAL MEDICAL WHEELCHAIRS, NEW/LIKE** new, \$100 ea. •Battery operated wheelchairs, \$1,500-\$4,000 ea. 205-528-0321.



Airborne Animal Rescue and HASRA members load and position the dog crates last weekend after the plane arrived from Atlanta. Photos Courtesy Skiff Bailey

## Airborne with HASRA ...

Continued from Page 1

would otherwise be subject to the elements and predators or would end up in animal control facilities.

While some dogs are adopted locally, the vast numbers can be overwhelming at times. Therefore, many are transported to larger northern metropolitan areas where they can be adopted. Normally this involves transporting the dogs in vans and driving long distances through the night, which can be stressful for both the

animals and volunteer transporters.

Gryder's plane can carry many more dogs than van transports and can make the trip in 3 hours, as opposed to 16 hours or more by highway. Airborne Animal Rescue works with HASRA and other nonprofit rescues to get homeless animals out of kill centers before it is too late. The organization makes aircraft available when needed and most notably, covers their own fuel and operating costs.

"Given the extreme overpopulation and dire circumstances HASRA and all local shelters face, having assistance like this with transports is a cherished, amazingly generous gift," said Debbie Rappuhn, President and Executive Director.

For more information about HASRA, visit hasradog.org.

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**FORD: C-MAX SE HYBRID, 2017 \$14,950.** 1 owner, only 74K miles, just serviced including **NEW TIRES**, 2 keys. Like New Condition! 256-527-2125.

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**CHEVROLET: EQUINOX LT MODEL, 2014 \$15,950.** Only 84K miles, heated leather, Pioneer audio, power lift gate and rear-view camera, **Michelin tires**, just serviced. Excellent Condition! 256-527-2125

**10" SKIL TABLE SAW, \$110.** •Makita Miter Saw, \$80 •1.5 HP submersible pump, \$75. 256-386-7196.



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## Commentary

# Our Community Comes Together

**N**orthwest Alabama didn't fare as poorly from the March 23 tornado breakout as some communities in Mississippi, but that doesn't lessen the shock for those directly hit by the EF2 or the associated straight-line winds that destroyed homes, thousands of trees, and reportedly knocked out power to some 28,000 Lauderdale county homes that Friday night.

Initial cleanup efforts were slow, but steady. Many utility companies from outside our area have been assisting the Florence Utilities Electricity Department with the dangerous and painstaking work. In addition, what many of us don't realize is that downed or severely damaged trees have to be cut up and removed before significant utility repair work can commence. There are a limited number of tree services available, and work is also tedious and dangerous.

In time of emergency, those with limited access to family members, needed resources, or social services are encouraged to call

See **CLEAN-UP...** on Page 26

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

**In A Few Words**



**TOM MAGAZZU**  
Editor

## Courier Journal

in the *Shoals*

# THIS WEEK

April 5, 2023

*Happening*  
**THIS WEEK**



2018 Event at Marriott Shoals Conference Center TimesDaily Archives

## To Fill Their Bowl

Annual Event Helps to Fight Hunger and Feed Hope

**S H O A L S** - The Salvation Army of the Shoals invites Shoals area residents to participate in the 18th Annual Empty Bowls fundraiser on April 12 to help fight hunger and feed hope. Held at The Marriott

Conference Center from 11am-1pm, guests will enjoy a variety of soups prepared by local restaurants. Guests will receive either a hand-crafted bowl or cross as a reminder of the meal's purpose-that you helped eliminate hunger one bowl at a time and that we must continue to do

See **TO FILL...** Page 24

## The Wiz, Jr at Florence Middle School

**FLORENCE**-Audiences are invited to "Ease on Down the Road" to Florence Middle School Theatre to see The Wiz, Jr. on April 11 and 14 at 6:30pm at the Florence Middle School Theatre, located at 648 N. Cherry St. in Florence). Tickets are \$10 and are available at [gofans.co](http://gofans.co).

Students from both Florence Middle School and Hibbett Intermediate School will perform this delightful 60-minute interpretation of Frank Baum's The Wonderful Wizard of Oz.

See **THE WIZ...** Page 37



**THE 3RD ANNUAL COMMUNITY EASTER BASKET GIVEAWAY** is April 6 from 4-5:30pm - Drive through location: Community Action, 745 Thompson St. Florence. Limited quantities, so its first come - first served. Thank you to all of the community partners and individuals that made this possible.

**AN INFANTS - ADULTS - CLOTHES AND SHOES GIVEAWAY** takes place Thursday, April 6, from 8-10am at the Care Center, First Baptist Church, Killen.

**SWING INTO SPRING** by learning East & West Coast Swing Dancing. The 6-week class starts April 6 at 5:30pm. at Royal Avenue Rec Center in Florence. Also available: Private, Couple or Individual Dance Lessons; Or Wedding Dance Lessons. Call 256-760-6425 for more information or to sign up.

**FREE FISHING DAYS AT DEIBERT PARK** from 6:30-11:30am takes place on Tuesday, April 11, and again on May 18, Sept. 12, and Oct. 12. No fishing license is needed. Bring your own tackle, snacks, drinks, and chairs. 256-760-6420

**SOFTBALL**  
**APRIL 7 and 8**  
at Kennesaw State in Kennesaw, GA

**TENNIS**  
**WOMEN - APRIL 6 • 11AM**  
**MEN - APRIL 8 • NOON**  
vs Lipscomb in Florence

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**BASEBALL**  
**APRIL 6 • 6PM**  
**APRIL 7 • 6PM**  
**APRIL 8 • 2PM**  
vs Lipscomb in Florence

**APRIL 11 • 6PM**  
at Vanderbilt in Nashville, TN

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

## 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](mailto:editor@courierjournal.net)  
• FAX- 256-760-9618

## The Poisonous Kool-Aid

Editor:

I feel like something died in America last night (March 30) with the indictment of Donald Trump.

We can no longer say that we don't use the powers of government or politics to harass, persecute and intimidate, our political opponents like Communist countries. Now we do.

Some people have tried everything they could to get rid of Donald Trump, and prevent him from derailing

their gravy train and exposing their corruption. They are in it up to their eyeballs! They have lost all sense of what is right or fair, because they are filled with hate and bitterness toward him.

CNN and MSNBC have spewed Blue Kool-Aid, which is filled with poison toward conservatives and people drank so much that they are blinded.

I want to believe there

are enough good people with integrity, morals, and standards, to say, "This is not right."

I pray when it is time to vote, that, "Do the right thing" will prevail. Doing the right thing should supersede politics, and if it does not, then America, as we have known it, will be no more!

Mary Lewis  
Florence

*In my opinion, your idol is nothing but a spoiled brat.*



## When a Win is a Loss

Editor:

Ok. I think we've established that far left liberals and far right conservatives will never see eye to eye on anything much.

Supreme Court Constitutional decrees result in Democrats wanting to unravel the Court's authority in order to get what they want us to accept. Deep abiding evil

See **LETTERS...** on Page 18

# Notes...

Continued from page 4

All Empty Bowls proceeds will stay local to support the food pantry, and the silent auction proceeds provide funds for youth programs and The Center of Hope.

Tickets are \$20 per guest and are available at The Salvation Army office, Trinity Ceramic Supply, CB&S Bank on Hough Rd, or any Women's Auxiliary Member. Sponsorships are also available.

**The Batting Quilt Brigade Presents Quilts by the River 2023 Quilt Show.** Friday, April 14, 12pm to 6pm and Saturday, April 15 10pm-4pm at Edgemont United Methodist Church, 1330 Eauclaire Ave., Florence.

**Come Join Us for the 2023 Color Run - 1 Mile Walk/Run, Saturday, April 15, at Wilson School Gymnasium** Parking Lot, 7601 Highway 17, Florence. Registration opens at 7am, race begins at 9am.

\$25 per person to enter the Color Run. All proceeds will be used for Track and Field and Cross Country Events and Equipment needs.

Free & open to the public. Enjoy Zumba, Vendors and Food Trucks after the Race! For any questions, contact Lyndsey at 256-710-2024.

**FREE Youth Leadership Institute - Kick Off Session, Sunday April 16, at the Florence Lauderdale Public Library, 2:30pm** Meets once a month, for 11-13 year olds!

Topics include: Career Exploration, College Readiness, Community Service, Environmental Awareness & Self Expression

Held by the **Kappa Phi Omega Chapter of Alpha Kappa Alpha Sorority, Inc.** Contact kpoprograms@gmail.com for more information.

**ACE for CASA 2023 Golf Tournament - May 12, at Cypress Golf & Tennis Club, 1311 E. 6th St., Muscle Shoals.**

\$100 per person, 4 person teams, 18 Holes. Entry fee includes greens, golf cart and balls.

All proceeds benefit Shoals CASA (Court Appointed Special Advocates).

Hole and team sponsorships available. Email hbegly@shoalscasa.org or call 256-765-0041.

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

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

**Grace Bible Church of the Shoals, 4660 Chisholm Rd. in Florence will celebrate its 15 Year Anniversary and Homecoming on Sunday, April 23.** Services will begin at 9:30 with worship service, music, prayer, history, and missionary updates, and end with lunch. Everyone welcome! If joining us for lunch, please call 256-483-9246 or e-mail annsmith241@comcast.net to RSVP.

**The Summer 2023 Travel Destinations for the Florence Senior Center (The Club) Diamonds in the Rough.** Our trips are open to the general public. A \$75 deposit with balances due when indicated (roughly 10 weeks out.) For more information, or to reserve your seats, please call Fran Davis, 256-760-6642.

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**RAWHIDE OUTDOOR FLEA MARKET, 597 Co. Rd. 118, Florence, AL. 35663,** \$5 set up 20x20 space \$3 additional space Sat 6:30am-5pm, Sun 8am-3pm Call Tim 256-394-5107

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**WANTED DEAD OR ALIVE!** Junk batteries, \$4 each. Ranger Battery Co. 426 Royal Avenue. 256-766-0473


## Turning 65? Time for MEDICARE? Educate Yourself Today!

Our next Medicare Class is Thursday, April 20th before 11am-Noon @ Alabama Health Guidance 885 Florence Blvd. Florence, AL



We know all of those **MEDICARE** options may seem a bit confusing – but our **LOCAL** Insurance Specialists have over 20 years of combined experience to help make the whole process easy for you.

Our **"Third Thursday" Medicare Education Classes**, offered each month, allow you the opportunity to learn more. Call to register now to attend one of these classes!



256-648-5710

For accomodation of persons with special needs at meetings, call 256-648-5710

## Colors of Easter Coloring Contest 2023 WINNERS

**Courier Journal** A Special Thanks To Everyone for taking part in our 2023 Easter Coloring Contest

Top 3 winners in each age group pictured to the right receive:



**Honorable Mentions:**  
**2-4 Age Group:** Florence: Cain Ritchie, Bellw Brown, Camden Ezell **Rogersville:** Fin Turner, Lola McGee **Killen:** Zelda Harrison **Muscle Shoals:** Caroline Cash Hubbard, Naomi Brannon **Cherokee:** Colton Finley

**5-7 Age Group:** Florence: Eden Saucier, Hattie Malone, Nora Judson, Emmett Jochurn, Brianna Pressley, Easton Malone, Madeline Walker **Leighton:** Bethanny Martens **Sheffield:** Emma Vasquez, Vincent Wolfe **Tuscumbia:** Libby Hovater

**8-10 Age Group:** Cherokee: Karlee Casbie **Florence:** Kylee Biffle, Olivia Forers, Fiona Infanger, Willow Craig, Jack Malone, Kennedy Sherman, Brooklyn Yaciw, Shelby Peppers **Killen:** Karsyn Logan, Leslie Rickard, TJ Hampton **Mason Nichols:** Mason Nichols **Muscle Shoals:** Marlie Rice, Harper Bright, Anna Jones, Faye Holland **Tuscumbia:** Harper Hinton

 <p style="font-size: 1.5em; font-weight: bold; background-color: black; color: white; padding: 5px;">2-4</p> <p style="font-weight: bold; color: white;">1st Ann Carver Horton 4 - Tuscumbia</p>	 <p style="font-size: 1.5em; font-weight: bold; background-color: black; color: white; padding: 5px;">5-7</p> <p style="font-weight: bold; color: white;">1st Addison Painter 7 - Florence</p>	 <p style="font-size: 1.5em; font-weight: bold; background-color: black; color: white; padding: 5px;">8-10</p> <p style="font-weight: bold; color: white;">1st Braelyn Cook 10 - Florence</p>
 <p style="font-weight: bold; color: white;">2nd Winston Staggs 3 - Muscle Shoals</p>	 <p style="font-weight: bold; color: white;">2nd Brinlee Michael 6 - Killen</p>	 <p style="font-weight: bold; color: white;">2nd Brynlee Willis 9 - Florence</p>
 <p style="font-weight: bold; color: white;">3rd Alexx Henderson 2 - Courtland</p>	 <p style="font-weight: bold; color: white;">3rd Malachi McCluskey 5 - Sheffield</p>	 <p style="font-weight: bold; color: white;">3rd Kelsey Slaton 8 - Rogersville</p>

WINNERS MAY PICK UP PRIZES Beginning Wed., April 5 at: Courier Journal 219 W. Tennessee St. • Florence, AL

# ON YOUR DEBT

## Bankruptcy: Your Path To Financial Freedom After The Pandemic



**B. Grant McNutt**  
Managing Attorney

The COVID-19 pandemic has had a significant impact on the global economy. The pandemic has caused widespread job loss, business closures, and financial instability for many households. As a result, many people are struggling to pay their bills and make ends meet. If you're in this situation, it may be time to consider speaking with a bankruptcy attorney.

Bankruptcy is a legal process that allows individuals and businesses to eliminate or reduce their debt. While filing for bankruptcy may seem like a drastic step, it can be an effective way to regain financial stability and start fresh. In fact, bankruptcy may be a good option for those struggling with debt following the pandemic. Here's why:

### Bankruptcy Can Stop Collection Calls And Lawsuits

If you're behind on your bills, you may be receiving collection calls and facing lawsuits from creditors. Filing for bankruptcy can put an immediate stop to these actions. When you file for bankruptcy, an automatic stay is put in place that stops most collection efforts, including phone calls, letters, and legal actions.

### Bankruptcy Can Discharge Most Debts

One of the primary benefits of bankruptcy is that it can discharge most types of debt. This includes credit card debt, medical bills, personal loans, lawsuits and more. When your debt is discharged, you're no longer legally obligated to pay it back. This can give you a fresh start and allow you to move forward without the burden of debt.

### Bankruptcy Can Help You Keep Your Home And Car

Many people are afraid to file for

bankruptcy because they believe they'll lose their home or car. However, this is not always the case. Depending on the type of bankruptcy you file, you may be able to keep all your assets. For example, if you file for Chapter 13 bankruptcy, you can keep your home and car as long as you continue to make your payments.

### Bankruptcy Can Improve Your Credit Score

While filing for bankruptcy will initially have a negative impact on your credit score, it can actually improve your score over time. This is because bankruptcy eliminates your debt and allows you to start fresh. Once your bankruptcy is discharged, you can begin rebuilding your credit by making timely payments and managing your finances responsibly.

If you're struggling with debt following the pandemic, filing for bankruptcy may be the solution you need to regain financial stability. The experienced bankruptcy attorneys at the Bond & Botes Law Offices have helped clients navigate their options when filing bankruptcy in Alabama and Mississippi for over 30 years. If you are faced with overwhelming debt, give us a call for an absolutely free and confidential conversation about how we can help you obtain a fresh start.

### Bond & Botes Helps People Struggling with Debt

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We'd love to discuss your finances with you if you have found yourself in one of these scenarios. Debt can be overwhelming. The attorneys here at Bond & Botes provide guidance on helping clients reduce or eliminate debt. We can alleviate your stress! We want to help, and we can help you!

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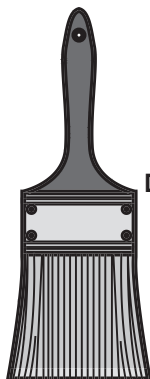


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# Soap Opera Preview

## DAYS OF OUR LIVES

Steve and Hope faced off with Megan. Harris shared his concerns with Andrew. Stephanie was stunned when she got a call from Kayla. Brady's reunion with Marlena went awry. Paulina confronted Sloan about a threatening note she found in her office. Gwen was unhappy when Leo shared gossip about Xander and Chloe. Chanel took action against Sloan. Chloe snapped when Rachel pushed her buttons. Stefan toyed with Nicole and EJ. Gabi and Stefan met up for a secret rendezvous. Talia pushed Jada to consider dating Rafe. Paulina advised Tripp on his love life. Tripp made his move with Wendy. EJ got the ammunition he needed to take down Gabi and Stefan. Eric admitted to Abe that he was starting to have doubts about Sloan. Paulina and Sloan had another toxic run-in. Andrew transferred custody of Megan to Shawn. *Wait to See: Sparks fly between Harris and Hope in Greece. Kayla informs Bo that she is unable to help him achieve his goal. Alex promises Maggie that he's about to close a big deal for Titan.*

**GENERAL HOSPITAL**  
The Nurses' Ball kicked off with some enjoyable performances. Jordan had an awkward moment on the red carpet. Victor made an ominous prediction. Sonny hoped to steal time with Nina. Brook Lynn nursed her regret. Michael and Willow enjoyed some distractions. Valentin made a romantic gesture. Anna was alarmed. Trina and Spencer had an important conversation. Brook Lynn was irate.

A special musical guest brought the house down. Valentin was defiant. Gladys made a sneaky move. Victor made a demand. Spencer received a warning. Laura was suspicious, while Spencer was in for a shock. An arrest was made. Jordan received some terrible news. Sonny and Sam offered their assistance. Lucy was frantic. Carly and Drew were the bearers of bad news. Portia expressed her concern. *Wait to See: Joss offers reassurance. Dante is called to the scene of a crime. Michael updates Willow.*

**THE YOUNG AND THE RESTLESS**  
Victor plotted his move to acquire McCall Industries. Leanna Love uncovered a juicy scandal. Shocking news rocked Genoa City. Nick and Sharon discussed their turbulent past. Daniel threatened Jeremy Stark. Devon and Abby's relationship took an unexpected turn. Summer lost patience with Diane. Elena went on the defense against Victoria. Victor and Jack joined forces. Michael received a disturbing message. Nikki took matters into her own hands. *Wait to See: Victor discovers deception at Newman. Devon and Lily reach an understanding. Adam fights for his place in the Newman family.*

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**BANDIT** is a 2-3 year old chihuahua mix. He is a little standoffish at first but is a sweet boy when he warms up to someone. He is used to being around other dogs already. **THE ADOPTION FEE IS \$85.** He will be current on vaccines, NexGard and wormer. You will receive a \$15 voucher for rabies and \$70 off of his neuter. For more information please contact **Colbert County animal shelter** 256-381-4073.



Meet **GUNNER**, a 2 year 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 **ASHES**. Are you looking for a best friend? Someone to be by your side and be your forever friend? Then Ashes is your girl. This sweet heeler is a loving dog came to us after her owner passed. We also have her son buddy as well. She doesn't do good around chickens but is a fun loving family dog. She is a very happy and friendly girl who just needs love and attention and nothing else. Fostering her 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 fun spirited girl.



**BUDDY** is Ashe's son who we posted in this display. His owner passed away and he is here until his forever family comes along. Buddy is a 3 year old collie/lab mix. He's sweet calm and loving. He's definitely a dog you want to meet. 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 amazing dog.

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## How To Destroy A Nation

Get the roots! 1. Bible and GOD. 2. Flag. 3. Constitution. DESTROY those roots and we lose blessings, protections, physically and spiritually! Our founders were a whole lot smarter than the loonies we employ today. They knew the Bible (KJV), prayed and believed it and saw the trouble coming today. Today justice (rule of law) is decided by political, religious, and personal preference, with no regard to the roots above. Follow the devil's snares in the bible and see his tactics used to destroy our foundations, our Bible, homes, churches, nation from the inside out. See **Genesis 3:1 & Jude 1:4**. Society and church is the product of the home. **Psalms 11:3** "If the foundations be destroyed, what can the righteous do?" You preachers out there, get off your dead can and start preparing and studying a little bit. If you are saved, warn folks there is some rough judgments coming and PREACH!

**2 Peter 2:19-21** "While they promise them liberty, they themselves are the servants of corruption: for of whom a man is overcome, of the same is he brought in bondage. Knowing this first, that no prophecy of the scripture is of any private interpretation. For the prophecy came not in old time by the will of man: but holy men of God spake as they were moved by the Holy Ghost." Do you even know a "holy Ghost" inspired sermon when you hear one? Who controls your salvation? You? Your Church? God Almighty? Your nations future hangs in your comfort zone. There is more to life than money, fun, goods, politics and comfort! Would God you'd see what's ahead for you. It's stupid to stay stupid. Don't go to hell on the grounds of unbelief, pride or preference. Someone's reigning over you, is it sin? Someone has your soul, either God or the devil. A good question is: "who's entertaining you on Sunday morning?" If you want to destroy this nation and your family, keep practicing and following the devil's tactics above and you will. Satan and his devils are attacking our roots. This is rough, but strong medicine is needed if we'll survive. The nation is sunk if those roots are destroyed.

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## Letters...

### When a Win is a Loss

Continued from Page 14

resides in our government. From loco-weed crazy Republicans threatening to imprison doctors, to Pollyanna Liberals who would soon have America invaded, while they ran towards the enemy with flowers and kisses.

Prosecutors would never admit that they were wrong, even when incontrovertible proof exonerates someone wrongfully convicted. The backroom shenanigans in which city leaders immerse themselves continues. The machinations employed by these people to get what they secretly want continues, be it monetary, power, property, alliances, and the list goes on. The arrogance, egotism and low-brow mentality of many of our leaders gets exposed once they get into office. And they get there because of us. The worst thing is that they remain there because of us.

America deserves so much better than how we've treated her these last several decades. The proof is in the pudding. We've gone from needing to change some things to cultural chaos. From being progressive in our thinking, to moronic nonsense. Diverging political parties are not fermenting a nice wine, but rather fomenting some awful poison. If we stretched out all our politicians from extreme left to extreme right, we should then summarily dismiss about a third from each end.

Wayne South  
Florence

### You're Sadly Misinformed

Mr. Editor,

With all respect due your position at the *Courier Journal*, I must comment on your editorial of March 15, (*Misinformation - The Jan. 6 Sham*).

Sir, you are either very naïve or sadly misinformed regarding the events of January

6th. How would you like to have your office, trashed, floors, defecated upon, windows broken, and door smashed by the so-called innocent tourists to the Capitol building? It was an attempt to overthrow the 2020 presidential election by force, and you say it wasn't an insurrection!

Wake up, Mr. editor, it was an attempt to overturn our democratic process by trying to install an illegitimate president who lost the election fair and square.

You state in your commentary that the mob was only harmed with flag poles and capes. Well, Mr. editor, that's not with millions of Americans, including myself and people around the world, saw on our television sets that day.

In my opinion, your idol is nothing but a spoiled brat. He was never taught right from wrong. No one is above the law no matter how much money you have or claim to have. Justice is not blind, believe it, or not.

By the way, Mr. editor, your information, about the 6th of January is second hand since I don't believe you were there to witness the insurrection attempt.

Let me just add a sidenote to our recently defeated representative from the great state of Alabama. Sir, you can run, but you cannot hide. The DOJ will be coming after you, also.

Pete Lopez  
Florence

### The Last Sacrifice

Today we pay tribute to a special man who walked the shores of Galilee. The lame, walked, the dumb talked, the blind he made to see.

The man who never knew any sin, He was guilty only of love, God needed a lamb without blemish, so He sent his son from above.

He came to walk upon this earth. He was tempted like you, and I. So He did only His father's will, He knew that He must die.

There was a traitor named Judas, to him 30 pieces of silver was paid. He sat at the last supper with Jesus, then, our Savior, Judas betrayed.

His sweat became as

drops of blood, as He prayed in Gethsemane; Father, if it be thy will, let this cup pass from me.

Peter, who said he loved Jesus, and would always be by His side. When Peter's life was in danger, his Master he denied.

The soldiers came and took Jesus away, they found no-fault when He was tried. Pilate wanted to set him free, Crucify Him the multitude, cried.

They drove nails in Jesus' hands, on His head, placed a crown of thorns. They split upon our Savior, as He was mocked and scorned.

They put on Him a scarlet robe, written over him was King of the Jews. He said, Father forgive them, they know not what they do.

They offered him vinegar to drink as He hung upon the cross. What a horrible death He died at the world might not be lost.

In the ninth hour, the sky became dark as He gave up the ghost. The earth quaked, the rocks rent, many saints of the dead arose.

Not a bone could be broken, so they pierced his side instead. When the soldiers came to Jesus and found Him already dead.

He could have called twelve legions of angels and come down from the cross. Because He loved us so very much, Jesus paid the cost.

Mary went to the tomb of Jesus, very early upon the third day. Her Master, He had risen, the stone was rolled away.

The angels said tell the disciples, the news it really is true. Jesus of Nazareth has risen, just as He said He would do.

The last sacrifice had been given; God gave His only son. Then to heaven He ascended, His suffering on earth was done.

As we pay tribute to this man, who died to set us free, I am proud to call Him Savior, that man from Galilee.

written by:  
Barbara Casteel  
Florence

### Jesus the Passover Lamb

Editor:

Many Christians have said that the Passover is no longer relevant today.

In short, Jesus fulfilled all the law so that it is no longer important to observe the Feast of Passover. Resurrection Sunday has become synonymous with the celebration of Easter in modern Christianity. Likewise, to many the Passover is an archaic religious exercise that has passed away, but nothing can be further from the truth.

We as Christians sometimes forget that Passover is a cornerstone of our faith as believers. It represents the ultimate sacrifice the Father made in giving Jesus (Yahshua in Hebrew) for the forgiveness of our sins.

With this in mind, it is imperative that we recognize and honor the sacrifice the Father made for the whole world at Calvary. Through the blood of Jesus, we are able to enter into fellowship with the Father through a new and living way.

The way to the cross is not lined with Easter bunnies and chocolate eggs. Likewise, our relationship is not a religious construct. Rather, it is a heart cry in which heaven meets earth - our heart meets His heart in an organic life-giving encounter. The Passover Feast is an opportunity to experience that open heaven and touch the heart of the Father.

As Christians we should live and walk the truth of the Passover in every area of our lives each day. The Passover has not "passed away". It is an eternal expression of His love to each believer. It transcends past, present and future as the Father Himself is eternal and timeless.

Because observing Passover brings us into harmony with God the Father, it can be life altering for each believer because it is putting our worship into true biblical order. As we walk out the truth of the Passover, we become conduits for the same resurrection power that raised Jesus on Resurrection morning. We then literally have His life flowing through our veins.

Honoring the Passover as Jesus did is a sign of our devotion on this special day. It is set apart to "thank Him" for His sacrifice of love. I often remember the story of

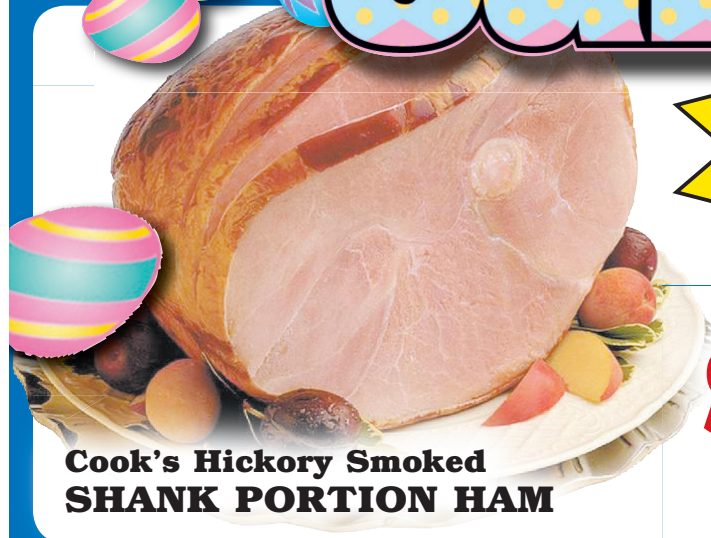
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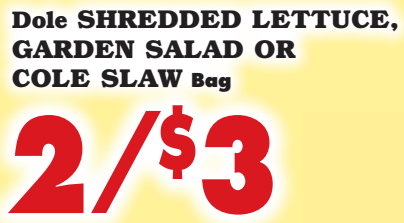
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# Savvy SENIOR

## How to Choose and Use a Walking Cane

Dear Savvy Senior,  
I have some hip and back problems and could use a walking cane to help me get around. Is there anything I should know about canes before I buy one?  
Limping Linda

Dear Linda,

When it comes to choosing a cane, most people don't give it much thought, but they should. Walking canes come in many different styles, shapes and sizes today, so you need to take into account your needs and preferences to ensure you choose one that's appropriate for you. Here are some tips that can help.

### Types of Canes

The first thing you need to consider is how much support you need. That will help you determine the kind of cane you choose. The three basic types of canes you'll have to choose from include:

**1. Straight canes:** These are basic, single point canes that typically incorporate a rounded "crook" handle or "L-shaped" ergonomic handle. Usually made of lightweight aluminum or wood, most of the aluminum models are adjustable in height and some even fold up.

**2. Offset-handle canes:** These also are single point straight canes but come with a swan neck curve in the upper part of the shaft that puts the user's weight directly over the cane tip for added stability. These canes are typically aluminum, adjustable-height and come with a flat, soft grip handle that's easy on the hands.

Some straight canes and offset-handle canes also come with triple or quad tipped bases that can add gripping support and allow the cane to stand up on its own when you let go, which is very convenient.

Both straight and offset-handle canes are best suited for people with a slight walking impairment.

**3. Quad canes:** These work best for people who need maximum weight bearing and support. Quad canes come with four separate tips at the base, they usually have an offset flat handle, and can stand up on its own.

### Fitting the Cane

Once you decide on the type of cane, you need to make sure it has the weight capacity to support you, and it fits your height. To do this, stand up with your arms hanging straight down at your side. The top of the cane should line up with the crease in your wrist, so your arm is slightly bent at the elbow when you grip the cane.

The cane should also have a rubber tip at the bottom to prevent slipping. A worn or torn rubber tip is dangerous, so check the tip frequently to ensure it's in good condition and replace it when necessary.

The grip is also very important, so choose one that's ergonomically designed, or one that has a molded rubber or foam grip that's comfortable to hold on to.

And if you travel much, consider getting a folding cane that can be packed or stored away easily.

### How to Use

When using a cane, it should always be held in the hand opposite of the leg that needs support. For example, if your knee pain is on your left side, you should use the cane in your right hand. The cane should then move forward as you step forward with the bad leg.

If you have to go upstairs, you should lead with the good leg. And when you go downstairs, you should put your cane on the step first and then step down with your bad leg.

The Mayo Clinic offers a slide show at [MayoClinic.com/health/canes/HA00064](http://MayoClinic.com/health/canes/HA00064) that will show you how to choose and use a cane. It's also a smart idea to work with a physical therapist.

### Where to Buy

You can buy canes at drugstores, discount retailers, medical supply stores and online, usually between \$10 and \$50. You'll also be happy to know that Medicare covers canes with a written prescription from a physician.

Send your senior questions to:

Savvy Senior,  
P.O. Box 5443,  
Norman, OK 73070,  
or visit [SavvySenior.org](http://SavvySenior.org).

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



# Cat & Kids

by Cathy Turner

## Gran's House

Grandchildren are just a joy, aren't they? They bring such happiness to our family gatherings. And it's great to have all the little cousins at your house. It's been wonderful, truly, realizing that my house is some little people's Grandma's house. I just remember the security and love I felt being at my grandmother's house. And now I have these three little ones who love coming to my house - Gran's house. And none of them verbalizes it more than the youngest, Jericho.

Over the winter, on our Skype calls, Jericho, who was three, would say, "Gran, I want to come to your house on Tuesday!" Or, "Granddad, can we play cars?" Or, "I'm going to be at your house today." Well, Jericho lives in Georgia, and so many circumstances had kept him from being at Gran and Granddad's house until recently. We finally made a plan to have Jericho the week before his 4th birthday party, and what a week it was! I love having the grands one at a time! Jericho and I had Circle Time each day - we would illustrate on a chart the month, the days of the week, the weather, what we had for breakfast, what we were going to do that day and our subject of the day. The subjects that week were shapes, opposites, money, art and things that move. He absorbed those subjects - eventually telling me what an octagon was. And at one point, we had a discussion about "opposite talk" - me saying, "Yes," and him saying, "No," and how un-fun and tiring that was. We had a great time! I led Circle Time in my twenties when I worked at the Cerebral Palsy Center. Then I did it as an at-home mom with our children. The grands, including Jericho, have loved it!

Our week was Jericho's turn to do all the Florence things - "ABC's Under the Trees" at the library, church, swimming at the Y pool, Trowbridge's and a Leo III visit. We walked

up and Leo roared right in Jericho's face! We both froze. Jericho loved that visit. He played for an hour with two Matchbox cars around the little lions statue - pushing dirt, singing and entertaining himself as I sat and enjoyed the blue sky. I love Florence!

There was building cities and playing with cars on the Brio table with Granddad, and soccer in the backyard with Gran. One day as we were rocking in the glider rockers on our patio, Jericho and I made up a story together. He said, "This is a story about Ruby [his sister] walking around outside." I said that she was walking at the mall. He said that she was looking for bears. I said that in the first store she saw bears made out of wood. He said, "No! No! Go to the next store!" In the next door she saw stuffed bears. "No. No." In the next store she saw a bear painted on a rock and in the last store she saw a bear made of soap. "Which bear, Jericho, would Ruby want?" I asked. "The soap bear!" He shouted. That evening I carved a bear out of a bar of Caress soap, and I painted a Teddy Graham type bear on the top. Jericho decided he wouldn't watch. He

wanted the soap bear to be a surprise for him - for his birthday!

Jericho got a goo-gob of presents for his birthday, but the one he shows me when we Skype is that soap bear! Rubbing the golden bear in his hands, he puts it to the camera and says, "Smell it Gran." And I do - it smells like my house now and the baths of my childhood at my grandmother's house. I hope that these memories last forever for him. I love him! Pure joy.

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

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### Weekly Quiz • Ships

- Which battleship that was sunk by the Japanese did go back into service?  
A) USS Arizona B) USS Utah C) USS Oklahoma D) USS California
- What year did the Titanic strike an iceberg and sink?  
A) 1911 B) 1912 C) 1913 D) 1914
- The ship of fools is an allegory originating from whom?  
A) Plato B) Homer C) Sir Frances Drake D) Walter Raleigh
- What term is used as a synonym for bathrooms on a ships?  
A) Potty B) Stink Hole C) Head D) Dead Zone
- The Spanish Armada was defeated by the English in 1588. Which Queen of England was in power at the time?  
A) Queen Victoria B) Queen Mary C) Queen Elizabeth I D) Queen Elizabeth II

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

*"Limp In...Leap Out!"*

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# To Fill Their Empty Bowls...

Continued from Page 14

God's work in helping the less fortunate.

All Empty Bowls proceeds will stay local to support the food pantry, and the silent auction proceeds provide funds for youth programs and The Center of Hope.

"We are a community that comes together when there is a crisis," said

Captain Donna Watts, Commanding Officer for The Salvation Army. "However, today we are experiencing a more silent and pervasive economic crisis because of the pandemic and inflation. It has impacted many people in our community and made it difficult for many to feed their

families or stay in their homes."

According to Captain Donna, 2,000 handcrafted bowls will be given out that were designed specifically for this event by local Claymates, artists, and volunteers.



Captain Donna is grateful to the local community for coming together year after year to support this event. "We invite you to join us in fighting hunger and homelessness in our local community by participating in or sponsoring this special

event." Tickets are \$20 per guest and are available at The Salvation Army office, Trinity Ceramic Supply, CB&S Bank on Hough Rd, or any Women's Auxiliary Member. Sponsorships are also available.

We're back in all local schools and libraries with a fun-packed ... **April 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)

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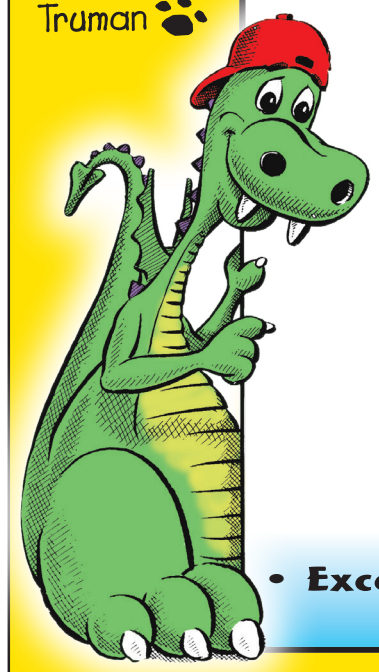


### Education Partners!

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## Commentary

### Clean-Up

Continued from Page 14

2-1-1, a 24/7 resource line administered by the United Way of Northwest Alabama that can quickly put callers in touch with productive people and services.

Those who remain with power and have not experienced an extended power outage simply can't understand the financial, emotional, and psychological impact it can have on people. Couple that with house/roof damage, and it can seem almost unbearable.

Many remember the widespread outages from the surprise ice storm in February 1994. My wife and I were among those just off of downtown in Florence without power for over two weeks. We were happy that families in the houses across the street had power restored after 3-4 days, but it didn't help our attitude or our situation. However, we were uninjured, had access to food and a shower, and our house was intact.

It's easy to describe overall damage as light-to-moderate while watching TV from your sofa with a warm meal. Those with no power and three-quarters of a house left might have a different viewpoint. So would some of the many tree crews and utility workers.

With such significant damage in so many areas, it truly is miraculous that several lives were not lost in our area. Social media is full of interesting circumstances, events, and timing of movements that, had they been a few feet away or occurred a few seconds later, could have significantly altered local injury and death statistics. SO MANY "what ifs" turned out favorably.

Local utility workers and those from outside our area deserve a big thank you for their hard work over the last 10-12 days. Most worked at a hectic pace for hours that the rest of us can't imagine - while some of their families slept alone without power and hot water.

Public complaints were plentiful, as is to be expected when patience and knowledge of relevant facts are low.

In this and other similar trying circumstances, pray often, reach out to neighbors, and look for opportunities to help. Anything can be significant, and sometimes the smallest gestures can mean the most.

### Each One Can Reach One

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  
256-765-0041 • [hbegley@shoalscasa.org](mailto:hbegley@shoalscasa.org)



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- Emergency Shelters
- Food Distribution Centers
- State and Federal Assistance
- Volunteer Opportunities
- Grief Counseling
- Clean-up Crews
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**CALL** Dial 2-1-1 or 888-421-1266

**TEXT** Text your zip code to 898-211

**CHAT** Visit [211connectsalabama.org](http://211connectsalabama.org)



United Way of NW Alabama

## NEED HELP?

CONTACT 2-1-1

Your link to community resources

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# 'THE DOLLAR Stretcher



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## GOT IT COVERED

After a hurricane flooded our home, our furniture needs were so great. We got a fantastic deal on several pieces with a local furniture store. With five children, we were concerned about them scratching the coffee and end tables with their toys. We invested less than \$100 on used plastic sheeting (Lexan) from a company that considered it scrap. We cut it to the right length and placed it on the top of the tables. We used little felt 'feet' attached to the bottom of the plastic to lift it off of the tables. That allows for air flow.

The plastic does not affect appearance, is waterproof for drinks, and has protected the surface from scratches, crayons

and markers. Not only is it saving the furniture, but also it saves time in cleaning. I can pick up the plastic sheeting and see exactly where it needs to be wiped off. It's been well worth the small investment to protect our tables.  
*Wendy A. in Hayes, VA*

## A WISE WEEDER

It is time to do the dreaded task of weeding my flower gardens. With the mild winter we have had and the rain, I have a million (looks like it) weeds that have sprouted up on the top of the mulch beds. I went to the kitchen and looked around for something that would make it easier to pull the weeds instead of the usual garden tools that I have. After a few minutes, I decided to try a good old fork! It is small and easily

handled. It will pop the weeds right out of the ground, even the ones that have deeper roots. I chose a fork that is not one of my good ones, so it's no big deal if misplaced! This has been a great help to me!  
*Jonnie C.*

## SELF-CLEANING WORTHWHILE

I have a self-cleaning oven, which can be expensive to operate. To make the best use of the energy requirements, I do two things. First, I only clean the oven after it's been used for cooking a meal. The oven is already partially heated and I can reduce the energy consumption of heating it up from cold. Second, I throw in my enamel on steel broiler pan, baked on enamel roasting pans or BBQ racks

so they get cleaned too.  
*Cindy B.*

## LET'S DO THAT AGAIN!

My favorite time tip is to put little post-it notes on the pages of my favorite recipes in my cookbook. It's great when I'm feeling uninspired or need something new to make for dinner. I just flip through the tabs where I've marked our favorite recipes and choose something we haven't eaten in a while.

## GARDEN "BEDS"

We started our first vegetable garden after reading the book "Square Foot Gardening." We built one 4x4 bed as outlined in the book (using cedar) and used an old waterbed frame for the other. (We posted for one using freecycle.org and received several offers.) We had great results in both beds and received many compliments. No one had realized that one of the beds was literally a bed frame simply tossed onto the yard and filled with old newspaper and soil. If we can grow a great garden in our small yard, almost anyone can.  
*Mary in IL*

## NATURAL GARDEN EDGING

I love gardening, but it can get expensive. Each spring I clear a new area for plantings. Instead of using store bought edging, I look for large, interesting rocks. It's free, and it adds a cottage style look to the yard. I've found these rocks down by the river, along the highway, and in woods and fields. This is also a great way to do some exploring and get some exercise. Just make sure that you have the proper permission of the landowner.  
*Roxanne in Clinton, Iowa*

## SPECIAL ENGAGEMENT

A way to save a lot of money in the whole engagement/wedding process is to go against the diamond hype, and buy an engagement ring that doesn't have a huge diamond in it.

When my wife and I were dating, and I was getting ready to propose, but hadn't found a ring, we went to a jewelry store in the mall just to look, and she found the ring of her dreams. It was a relatively simple gold ring that had a fairly large sapphire with

several tiny diamonds set around it to accent it. Since it wasn't built with the intention of having a wedding band sit next to it on the finger, it had to be modified slightly when we got her wedding band. Even with that added labor cost, the total price was still much less than a comparably-sized diamond ring. Over the years, she has gotten a lot of compliments regarding her ring, because it's so different.

Of course, anyone thinking about doing this would be well-advised to make sure their significant other doesn't have her heart set on a diamond ring.  
*Kurt in Dayton, OH*

## PREPPED FOR NEXT FALL

Now is the perfect time to buy clothes for next fall and for next Christmas. Stores are discounting anything they have left on their shelves. I'm also going to buy new flannel sheets if I can find some on sale!  
*Melodie*

See DOLLAR... page 31

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# Two Champions from Lauderdale



MONTGOMERY – Cattle and swine took center stage in Montgomery as Alabama youth exhibited animals and showed off a year's worth of hard work during the Jr. Livestock Expo (JLE) in March.

The inaugural Jr. Dairy Expo was March 11, while the Jr. Beef Expo and Jr. Swine Expo were March 16-18. The shows are held annually during the Southeastern Livestock Exposition. They are coordinated by the Alabama Farmers Federation and his year included over 200 exhibitors and nearly 500 animal entries.

JLE included showmanship competitions, where exhibitors' animal-handling skills were tested. Breeding and market shows also gauged animals' structure, soundness and strength, and top animals and exhibitors participated in SLE's Parade of Champions during Saturday night's packed-out rodeo.

TOP LEFT: CJ Lovelace of Lauderdale County exhibited the reserve champion Commercial during the Jr. Livestock Expo Breeding Heifer Show in Montgomery March 18.

BELOW LEFT: Emsley Lovelace of Lauderdale County exhibited the reserve champion Chianina during the Jr. Livestock Expo Breeding Heifer Show. The show is sponsored by the Alabama Farmers Federation and held annually during the Southeastern Livestock Exposition.

Courtesy Alabama Farmers Federation



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<b>2011 Mercedes GLK</b>  <b>\$2,500</b> Down + \$130/week	<b>1999 Honda Accord</b>  <b>\$1,000</b> Down + \$90/week	<b>2011 Toyota Corolla</b>  <b>\$2,500</b> Down + \$110/week	<b>2011 Lincoln Mkx</b>  <b>\$2,800</b> Down + \$125/week
<b>2011 Honda Element</b>  <b>\$1,000</b> Down + \$80/week	<b>2004 Dodge Ram 1500</b>  <b>\$1,200</b> Down + \$100/week	<b>2007 Toyota FJ Cruiser</b>  <b>\$3,000</b> Down + \$120/week	<b>2006 Mercury Mariner</b>  <b>\$1,200</b> Down + \$90/week

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# Don't Become a Victim of Fraud!

**MONTGOMERY** – According to the recently released Federal Trade Commission (FTC) Consumer Sentinel Network report, consumers lost \$8.8 billion to fraud in 2022. Residents of Alabama lost \$53.9 million in scams perpetrated across the state. In recognition of Consumer Protection Week, the Alabama Securities Commission (ASC) is providing tips to help Alabamians protect their wallets from fraudsters.

“When a victim is defrauded, the loss is more than monetary. It impacts their physical, mental, and emotional health,” said ASC Chief Deputy Director Amanda Senn. “The ASC strives daily to protect investors from ever experiencing the life-altering consequences of losing

money in an investment scam.”

The 2022 FTC report shows that investment-related fraud is the fourth most commonly reported scam. Consumers lost \$3.8 billion in investment-related frauds, the highest among all fraud categories. According to the report, 77% of individuals targeted lost money to a con artist—the highest percentage of all categories. Investment-related scams also account for the highest average loss at \$5,000.

The most popular contact method used by fraudsters continues to be text and phone call. Ditch the urge to prank or chat with scam callers. Senn says it is best to ignore anything from an unknown number to combat the proliferation of scam calls.

“Even if the number

appears to be from your area code, let it go to voicemail,” said Senn. “Fraudsters can utilize technology to make it look like they are calling from a local number. When in all likelihood, they are based somewhere overseas.”

Scammers also use the internet and social media to entice and meet victims. When using a platform’s chat function, be careful about striking up a conversation or romance with someone you’ve never met in person. A quick profession of love, grammatical errors, requests or demands for cash “for an emergency”, or plane tickets, are all tactics fraudsters use to get you to fork over your hard-earned cash.

If you are concerned that you gave a con artist personal banking

information, look at your most recent statement to get the contact information for your bank/credit card company and notify them immediately. Remember, a bank or credit card company will not ask you to verify your account information in full.

Another key component of protecting your finances is to review your annual free credit report from one of the three nationwide credit reporting companies: Equifax, Experian, and TransUnion.

Below is a short list of contacts for reporting fraud:

- Alabama Securities Commission for investment fraud at 1-800-222-1253
- Federal Trade Commission for phone, email, computer support, imposter, fake

checks, student loan or scholarship, and sweepstake scams at 1-877-382-4357

- Alabama Attorney General for identity theft and consumer complaints 1-800-392-5658

- Internet Crime Complaint Center for internet fraud online at <https://www.ic3.gov/Home/ComplaintChoice>

- Social Security for scams involving the Social Security online at <https://secure.ssa.gov/ipff/home>

- IRS for scams involving the IRS by calling 1-800-366-4484

- Better Business Bureau for business scams in your local area online at <https://www.bbb.org/scamtracker>

- Local Police Department if a crime has been committed.

Stay vigilant when conducting business online. Technology is giving fraudsters

platforms to target individuals with finesse and precision. If you are suspicious about an online investment or financial opportunity, do your research before providing money and personal information.

The best way to research an investment opportunity is to ensure that the product is registered, and the individual is licensed to sell investment products in Alabama. You can call the ASC at 1-800-222-1253 and request a background check on the individual making the offer. Always check before giving your personal information to someone so that you can protect your hard-earned money.



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# ASK THE ATTORNEY



**Thomas McCutcheon**

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

## Avoiding Probate

I have had two families that I have known for a very long time come in this week with Wills that they wanted to probate. In each case, the parents had already deeded the land and homes that they owned to the children and all bank accounts were set up in a way that named the children as beneficiaries.

I was able to tell both families that there was no need to pay a lawyer to probate those Wills.

The only time you need to probate a Will is when you have property to sell that will need a clear title or when you have money or stocks to get that require probate to receive.

If a person doesn't have land and all of their bank accounts are set up so that the beneficiaries are named, then there may be no reason to go through the expense of hiring a lawyer.

This is especially true if all of the children agree about dividing the furniture and personal property of their parents.

That said, Wills are only good for five years after death and it's a lot less expensive to probate a Will than it is to administer an estate without a Will because that requires a bond.

There are often occasions where a parent will own stock through an employee stock ownership program (ESOP) or have other unknown assets, such as a life insurance policy, where an estate will need to be set up so that claims can be filed and the proper party to be paid determined by the court. There certainly are times when tax considerations will persuade one that filing an estate for the tax benefits is the smart thing to do.

That said, if someone is careful in their planning they can certainly set up their estate in such a way as to avoid probate.

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

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

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## THE DOLLAR Stretcher



Continued from Page 28

### DETERGENT CHOICES

I've been experimenting with laundry detergents. I've found that if only use half of what they suggest and add some baking soda to the detergent, it cleans just fine. I think that the baking

soda softens the water, making the detergent more effective. I may not know the exact reason, but I do know it works! *Bridget*

### SPRING PLANT SWAP

I love spring! I really enjoy planning out my garden. Some of my gardening friends get together in March and have a plant and seed swap. No one charges for anything. If we are willing to grow it, we can take it for free! This year,

I'll host it. I will set up some tables on my patio and everyone will share what they've brought. Every year, I have added one or two things that came from the swap! *Leah*

### CAN'T AFFORD SUMMER VACATION

I'm a single mom, and money is tight. My kids understand that we can't afford a fancy vacation, but that doesn't mean that we can't have some special fun

this summer. I'm planning on taking my two-week vacation one day at a time throughout the summer. Each day, we'll do something special. We're already collecting ideas for each day. We're using the internet to research local factories and sites that we can visit. We are also looking for fun free things to do. It might not be a \$10k trip to Disney, but my kids and I will have something to remember when the summer's over. *Gwen*

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# Moments in Time

• **On April 6, 1896**, the first modern Olympic Games opened in Athens more than 1,500 years after the last Games, which originated in Olympia in southwestern Greece. Two hundred and forty-one athletes from 14 countries took part.

715th career home run, smashing Babe Ruth's legendary record of 714 homers. Over the preceding winter, Aaron had endured death threats and hate mail from people who didn't want to see that record broken by a Black man.

• **On April 5, 1955**, Winston Churchill, who was instrumental in initiating the alliance between the U.K., the U.S. and the Soviet Union against Nazi Germany, resigned as prime minister of the U.K. His political career spanned half a century.

• **On April 7, 2003**, the U.S. Supreme Court voted 6-3 to uphold a 50-year-old Virginia law making it a crime to burn a cross as an act of intimidation. The practice is widely associated with the Ku Klux Klan and is still protected by the First Amendment at Klan rallies.

• **On April 3, 1973**, Motorola employee Martin Cooper made the first public mobile telephone call, on a Manhattan sidewalk, to Joel Engel of Bell Labs. Cooper later told the BBC that his first words were, "Joel, I'm calling you from a 'real' cellular telephone. A portable handheld telephone."

• **On April 16, 1942**, the citizens of the Island of Malta were awarded the George Cross by King George VI in honor of their heroic struggle against nearly continuous bombing by German and Italian forces during the early part of World War II.

• **On April 8, 1974**, Hank Aaron, aka "Hammerin' Hank," of the Atlanta Braves struck his

• **On April 9, 2009**, the U.S. stopped running its global network of secret prisons used to detain and interrogate terrorism suspects, sometimes with

"torturous" methods. CIA Director Leon Panetta added that any remaining sites would be decommissioned. President Barack Obama had promised to shut the facilities down shortly after taking office.

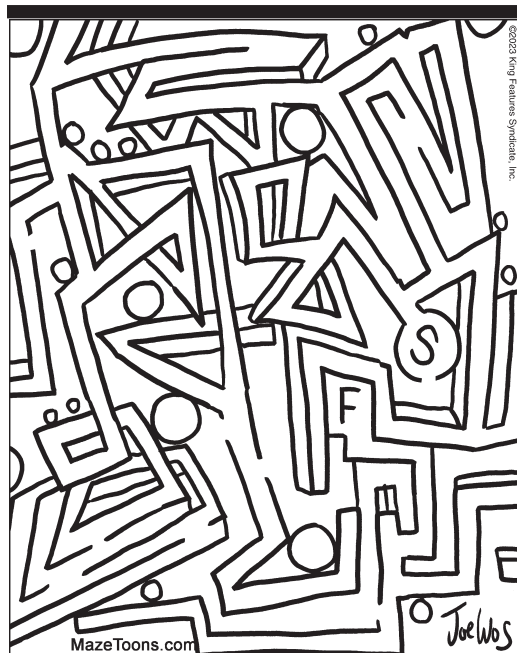
• **On April 12, 1954**, Bill Haley and the Comets recorded the rollicking "Rock Around the Clock." While the song was released in May, it didn't hit No. 1 on the pop charts until July 1955, after being used as the theme song for the movie "Blackboard Jungle."

• **On April 14, 1956**, Ampex Corp. demonstrated its first commercial videotape recorder, the VR-1000. CBS was one of the early TV companies to adopt the technology, which allowed a one-hour long program to be recorded on a single reel of tape.

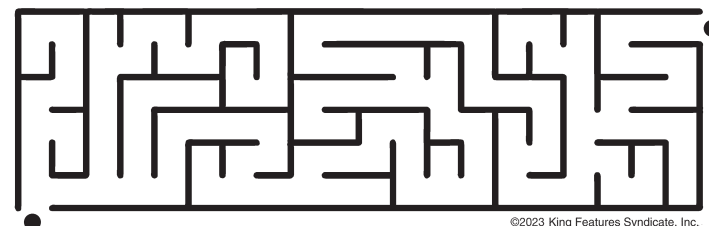
• **On April 10, 1971**, a U.S. table tennis team began a week-long visit to the People's Republic of China at the invitation of China's communist government as part of an effort to build better relations between the two countries.

• **On April 15, 1981**, Washington Post reporter Janet Cooke relinquished the Pulitzer Prize she had received just two

**See TIME... page 34**



**Kids' Maze**



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## Even Exchange by Donna Pettman

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

- |                      |       |       |                        |       |       |
|----------------------|-------|-------|------------------------|-------|-------|
| 1. English nobleman  | B     | _____ | Brother of Moses       | A     | _____ |
| 2. Restaurant server | _____ | A     | Twain or Hemingway     | _____ | R     |
| 3. Listened to       | _____ | _____ | Valentine shape        | _____ | _____ |
| 4. Page edge         | _____ | _____ | Coldplay singer, Chris | _____ | T     |
| 5. "_____ this mess" | _____ | E     | Euphoria               | _____ | I     |
| 6. Curious George    | M     | _____ | Burro's kin            | _____ | D     |
| 7. Thrill            | _____ | A     | Upper crust            | _____ | I     |
| 8. Gas pump number   | _____ | _____ | A musical note         | _____ | V     |
| 9. Football maneuver | _____ | A     | Touch with a feather   | _____ | I     |
| 10. City official    | _____ | _____ | Country house          | _____ | N     |

## Puzzle Whirl

### MINI SUDOKU

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

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 LADDERS

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

**DARES**

\_\_\_\_\_

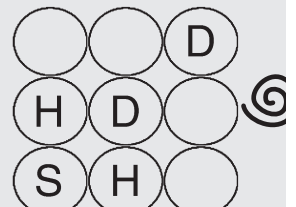
\_\_\_\_\_

\_\_\_\_\_

**TAXES**

**Answers on Page 38**

### 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.

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# Letters...

## Jesus the Passover Lamb

Continued from Page 18

the 10 lepers in Luke 17:11-19. Jesus healed the 10 but only one came back to "thank Him". We should always take the opportunity to show our thankfulness to the Messiah for His perfect gift to us.

In our day when violence and darkness abound, it is more important than ever to build a true relationship with the Father through the Son and to teach our children and grandchildren how to truly "know Him". Knowing the Father and hearing His voice clearly means the difference between life and death. As believers our ultimate desire is to know Him and the power of His resurrection (Phil. 3:10). The Father does not desire for us to pray AT Him, but to pray TO Him with a heart desire to build an authentic covenant relationship with Him and Jesus.

There is no power in the Easter bunny, but there is power in the resurrected Passover Lamb Jesus/Yahshua our Salvation.

**Mona Allen**  
**Katherine Gore**  
**Debra Barnes**  
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# Notes...

Continued from page 15

June 11-17 Double Rate: \$909: Single Rate: \$1143 Final Payment Deadline: April 4.

2. Memphis, TN, July 17-19 Double Rate: \$467: Single Rate: \$557 Final Payment Deadline: May 10

3. Nashville, TN, August 21-23 Double

Rate: \$593: Single Rate: \$690 Final Payment Deadline: June 7

**2023 Run the Rolling Hills Trail Run, Saturday, April 29** The Campbellsville Area Association would like to invite you to the 11th Annual Run the Rolling Hills Trail Run, a 10K, 5K and Kids 1 Mile beginning at 10601 Campbellsville Road (Hwy 166), Pulaski, TN. The scenic course displays the beautiful countryside of Giles County. The 10K distance is new this year, a second loop of the 5K course with

a turnaround separate from the finish area. Day of Race Registration starts at 7:30am, Kids 1 Mile starts at 8:30am, 10K/5K starts at 9am. Website for more information and to register: <http://runtherollinghills5k.wordpress.com/>

**Muscle Shoals Area Alumnae Chapter of Delta Sigma Theta Sorority, Inc. - May Week Events:**  
**Monday, May 1: Free Yourself,** Mental Health Fair, 11:30am-1:30pm, Northwest Shoals Community College.

**Tuesday, May 2: Do Not Suffer In Silence: Then & Now,** Mental Health Symposium, 5pm-7pm, Florence Lauderdale Public Library.

**Wednesday, May 3: This Is How Deltas Do It,** Gospel In The Park, 5pm-7pm, Willie Green Park & Community Center, Tusculumbia.

**Thursday, May 4: Let the Good Times Roll,** Charity Bowling Event, 5pm-7pm, Lauderdale Lanes, Florence.

**Friday, May 5: Keep On Moving,** Dancing In The Street, 5pm-8pm, First

Friday, Downtown Florence.

**Saturday, May 6: This Is Delta,** Delta Family Picnic, 2pm-6pm, Gattman Park, Muscle Shoals

**Sunday, May 7: MSA Understood the Assignment,** May Week Scholarship Program, 3pm, First Missionary Baptist Church, Sheffield.

See NOTES... page 38

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# SIGNS OF THE PAST



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The marker describes the 1854 beginning of this church in a local residence. Then in 1875 a wooden church was built at McClure Springs. It moved to this site after 1905. The current sanctuary dates from 1967. The Vietnam War Medal of Honor recipient Don Leslie Michael is buried in the adjoining cemetery.

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

## Guest Opinion-Editorial

# Twitter Files Confess: The Great COVID-19 Lie Machine

Some may not realize the miracle of liberty of Elon Musk's purchase of Twitter. Until then, a far left, perhaps Marxist, site where those who wished to destroy America shared their contempt and plans to do just that believing these would never come to light. Such is the Stanford University Virality Project. Thanks to *Twitter File Confessions* and Matt Taibbi who assembled these in 27 threads, we can cover this story. All quotes are from his threads.

In our society one can believe anything he wishes and recruit whomever to believe the same—that is free speech. But when these purposely interface with the government even becoming a political arm of the government banning any Covid view contrary to their narrative and people die, because of the censorship of truth, this is quite different. Thousands endured this oppression including many frontline doctors, and other experts in the medical profession. If you were banned on Twitter for disinformation on Covid here's why?

The Stanford Virality Project, founded in February 2021 to work with government, launched "a pan-industry monitoring plan for Covid related content," said differently, "it was a sweeping cross platform effort to monitor billions of social media posts by Stanford University, federal agencies and a slew of (often state funded) NGOs." If they controlled everything said or written about Covid it would be anything they said that it was. Frightening!!! NONE OF THESE SELF-APPOINTED COVID SPEECH POLICE HAD HEALTH EXPERTISE.

At least six major internet platforms were on board" doing the same including: "Twitter, Google/YouTube, Facebook/Instagram, Medium, TikTok and Pinterest" these "daily sending millions of items for review." The Virality Project "knowingly targeted true material and legitimate

political opinion." "This story is important for two reasons. One, as Orwellian proof of concept, the Vitality Project, was a smash success. Government, academia, and an oligarchy of would-be corporate competitors organized quickly behind a secret, unified effort to control political messaging.... Two, it accelerated the evolution of digital censorship, moving from judging truth/untruth to a new, scarier model, openly focused on political narrative at the expense of the facts." It also hid "stories of true vaccine side effects as actionable content," presumably until everyone on the planet was vaccinated and no one could do anything about it.

The plan began on "February 5, 2021, just after Joe Biden took office. Stanford wrote to Twitter to discuss the Virality Project." In that meeting "Twitter agreed to join and got its first weekly report on 'anti-vax disinformation,' which contained numerous true stories." February 22 2021, "Stanford welcomed Twitter veterans like Yoel Roth and Brian Clarke, instructing them on how to join the group JIRA system."

By early March, the "notification process" to platforms was in place and in addition to the top platforms previously mentioned the Virality Project was gaining "visibility to alternative platforms such as Gab, Parlor, Telegram and Gettr—near total surveillance of the social media landscape." Also, by this date "Twitter personnel were aping VP language, describing 'campaigns against vaccine passports,' 'fear of mandatory immunizations' and misuse of official reporting tools as potential violations." Everyone must ask,

"Was I conditioned too?"

By August Twitter's internal guidance of COVID-19 required a story be "demonstrably false" or contain an "assertion of fact" to be actioned, but the Virality Project, in partnership with CDC, pushed different standards." Twitter was then told that "true stories that could fuel [vaccine] hesitancy," including things like celebrity deaths after vaccine or the closure of Central New York school due to reports a post vaccine illness, should be considered standard misinformation on your platform." This was followed by an email to Twitter addressing "the 'vaccine passport narrative,' saying 'concerns' over such programs 'have driven a larger anti-vaccination narrative about the loss of rights and freedoms.' This was framed as a 'misinformation' event." Next to be called misinformation, and thus banned, "were 'real testimonials about side effects' from 'true stories' of blood clots from AstraZeneca vaccines to a New York Times story about vaccine recipients who contracted the blood disorder thrombocytopenia."

Even asking questions about covid needed censorship because they viewed it as a "tactic 'commonly used by spreaders of disinformation.' It also described a Worldwide Rally for freedom planned over Telegram as a disinformation event." Soon everything was reportable and thus censored. "Platforms were encouraged 'to target people, not posts,' especially repeat offenders and 'hone in' on the 'increasingly popular narrative about natural immunity.'" They were censoring the doctors and medical experts that were putting out real information letting the population

know there were real problems with the injections. It has been said that in time more people will die from the COVID-19 injections and boosters than died from the virus alone. How many people would have been spared death or vaccine injury without government mandates and the Great COVID-19 Lie Machine—in time perhaps millions.

*Dr. Harold Pease is an expert on the United States Constitution and a syndicated columnist. He has dedicated his career to studying the writings of the Founding Fathers and applying that knowledge to current events. He taught history and political science from this perspective for over 30 years. Newspapers have permission to publish this column. Read previous weekly columns @ www.LibertyUnderFire.org. Column # 707*

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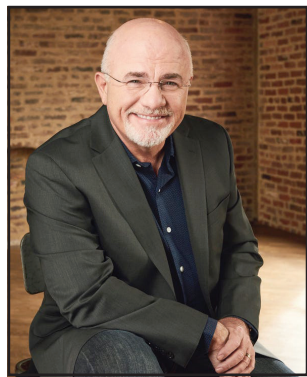
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# DAVE Says

by DAVE RAMSEY



know you're actively working to change your ways and gain control of your finances could mean a lot to them.

Give it a try!  
— Dave

*Dave Ramsey is an eight-time national bestselling author, personal finance expert and host of "The Ramsey Show." He has appeared on "Good Morning America," "CBS This Morning," "Today," 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 of Ramsey Solutions.*

## TIPS FOR A FIRST-TIME HOME BUYER

Dear Dave, I've having some problems with my parents, and I'm hoping you can help. Last summer I borrowed \$2,500 from them, and it is taking me longer to pay them back than we agreed. Since the pay back date passed, they have made several comments about money when we're together, and our relationship seems strained. I have taken steps in the last couple of months to become more financially responsible. I am now doing things like living on a budget, and putting something from each paycheck into a savings account. How should I approach this issue with them?

Remi

Dear Remi, Loaning money to, or borrowing money from, relatives or friends often leads to bruised feelings. I'm sorry you're going through this, but I hope it will teach you and your folks a valuable lesson going forward. There's nothing wrong with giving money in a situation like this, as long as you're not

enabling bad behavior by doing so. But a loan between friends or family is something I never recommend.

If they choose to hold a grudge there's really not a lot you can do, especially if you took longer than agreed upon to pay them back. It just takes more time with some people—and in some cases even parents—for those kinds of things to heal. You have to remember, in their minds there's an element of responsibility and trust involved here. But considering it's your mom and dad we're talking about, I'd say they'll lighten up and become a little easier to be around with time.

Until that happens, though, maybe you could look for chances to mention your new approach to finances during conversations with them. Even something as simple as an off-hand remark about how much you were able to put into savings from your recent paychecks may encourage them to see things in a different light. Letting them



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**Like Yard Sales? See page 3!**

# Time...

Continued from page 32

days earlier for her feature "Jimmy's World," published in the Post on Sept. 29, 1980, about an 8-year-old heroin addict, after admitting she made up the story.

• **On April 4, 2013,** American film critic Roger Ebert died of cancer just two days after announcing he would write fewer reviews due to the disease's recurrence. His thumbs up/thumbs down rating system with fellow critic Gene Siskel turned the pair into household names and became a popular part of American culture.

• **On April 13, 1999,** Jack Kevorkian, aka "Dr. Death," was sentenced to 10 to 25 years in prison for the second degree murder of 52-year-old Thomas Youk, who was in the final stages of ALS. Youk's assisted suicide the previous year was videotaped and shown on the Nov. 23, 1998, broadcast of "60 Minutes." Kevorkian served eight years before being released on parole for good behavior.

• **On April 11, 2006,** the Amsterdam Historical Museum presented an exhibition of Anne Frank's private letters. One of them, which was disapproved of by her father, Otto Frank, talked about her friendship with the boy who shared her family's hiding place. Most of the letters were sent to Anne's relatives in Switzerland.

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# Insurance Insights

## Tips To Protect Your Property From Severe Weather And Wind Events

- **Vehicles.** Garage or store vehicles you plan to leave behind. If you don't have a garage, move them to higher ground, in case of flooding.
- **Boats:** Develop a plan and a checklist to protect your boat in case of storms or hurricanes.
  1. Determine the safest place for your boat to ride out a storm ahead of time so it's easy to take action.
  2. Remove all externally-mounted electronics that might be damaged by a storm.
  3. Check with your marina about any guidelines or contractual requirements to safeguard your boat in the event of heavy weather.
- **Surroundings.** Place garbage cans, patio furniture, grills and other potentially wind-borne objects inside your home or garage.
- **Board your residence up.** Board up windows and glass doors with shutters or plywood to minimize damage from broken glass, in case of high winds.
- **Secure and shut off your outdoor pool.** Turn off the circuit breaker to your outdoor pool and remove the motor to prevent damage.
- **Remove risky tree branches.** Prune branches that might break off during the storm and either hurt someone or cause damage to your home or vehicles.
- **Manufactured homes.** Even when equipped with new straps and tie-downs, manufactured homes may expose occupants to a greater risk of injury than structures with permanent foundations.
- **Weather advisories.** Monitor the radio for weather updates. If you are instructed to evacuate, go to a shelter as directed by local authorities and:
  1. Lock doors and windows before you go.
  2. Bring your survival kit and other supplies. For a helpful list of what your kit should include, visit American Red Cross.
  3. Let friends and relatives know where you plan to be.

If there is no time to get to a shelter, retreat to your safe room if you have one. Otherwise, stay in the middle of your home or basement, away from windows, and try to take cover under a staircase or a heavy piece of furniture.



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## The Wiz...

Continued from Page 14

This family-friendly fresh take on Dorothy's heroic journey home features pop, gospel, and blues inspired music. The performance features FMS Dance Director, Chynna Boddie's, original funk-jazz influenced choreography. Audiences will enjoy dance inspired by Louis Jonson, original choreographer for The Wiz, film version. Hibbett Theatre teacher, Vanson Clendenin, a graduate of Troy University, will be making his directorial debut in Florence, working collaboratively with musical director, Andrew Mills, FMS Choral Director, composer, and former assistant conductor for the Gordon College Children's Choir and professor for Gordon College's Secondary Music Methods course.



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## Community Notes...

Continued from page 33

**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.

**The Library of Things - Items to Borrow Don't Buy.** Items available for check out at Muscle Shoals Public Library, 1918 Avalon Ave, Muscle Shoals:

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**Want to list your event in Community Notes? Email your information to [editor@CourierJournal.net](mailto: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.

**Activities at The Club (Florence Senior Center):**

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

Trips: 2023 Mackinac Island, Memphis, Nashville, Mount Rushmore.

For more information on the fun at The Club, call 256-760-6420. This is an Alcohol, Drug, Tobacco, and Firearms-Free facility.

**The Little Ryman - Gospel, Bluegrass, country, oldies and open mic.** Every Friday 6-8:30 p.m. No dancing or alcohol, and free admission. 18210 Hwy. 72 W., Tuscumbia. 256-810-5866

**Alabama Music Hall of Fame - Star Player exhibit** will be on display at the Alabama Music Hall of Fame, 617 U.S. 72, Tuscumbia. Rotating exhibits at the hall of fame highlight accomplishments of area music achievers. Details: 256-381-4417.

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**Kratom is becoming more common in the world of drugs. Drug tests typically don't test for it,** so it can easily go unnoticed as a drug someone may be using. Kratom produces similar effects as opiates and stimulants and is an herbal substance. Kratom can be found at gas stations, head shops, and even online. It is easily accessible, and the FDA has not approved any uses for it. Yet people are using it and getting addicted because it is easy to find and legal.

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|---------------|----------------|
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**Even Exchange answers**

1. Baron, Aaron	6. Monkey, Donkey
2. Waiter, Writer	7. Elate, Elite
3. Heard, Heart	8. Octane, Octave
4. Margin, Martin	9. Tackle, Tickle
5. Bless, Bliss	10. Mayor, Manor

**Puzzle Whirl Answers**

**Kids' Maze Solution**

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**WORD LADDER Answer**

**DARES, CARES, CAVES**

**FAVES, FAXES, TAXES**

**Word Spiral Answer**

**DACHSHUND**

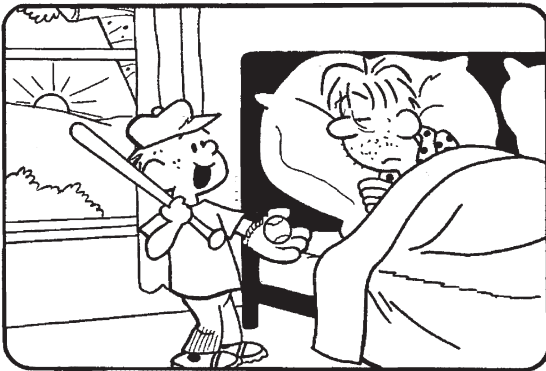
**MINI SUDOKU**

Answer

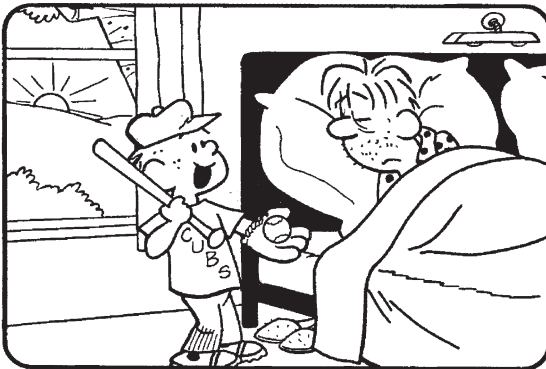
1	2	3	6	5	4
6	4	5	3	2	1
5	1	6	4	3	2
2	3	4	5	1	6
4	5	2	1	6	3
3	6	1	2	4	5

**HOCUS-FOCUS**

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Bat is shorter 2. Logo is missing 3. Curtain is shorter 4. Slippers are missing 5. Hand is shorter 6. Lamp is missing

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