

**Wargo Leads
NAMC Line**

MUSCLE SHOALS- North Alabama Shoals Hospital has launched a new service line and welcomed in a new doctor to kickstart the process.

Bradley W. Wargo, DO, arrived on site on Monday, April 3 and will begin seeing new patients as part of the new Interventional Pain Management service. Dr.



Wargo

Wargo comes to the Shoals from Memphis where he ran a successful practice.

“Dr. Wargo’s comprehensive approach to Pain Management makes him a

valued option for patients needing care in the Shoals area,” said North Alabama Shoals Hospital Chief Operating Officer Doug Holzbog. “He will also be a great partner and resource for the area’s current quality providers.”

Wargo graduated from medical school at Kansas City University of Medicine and Biosciences in Kansas City, Missouri in 1998 and completed his post-graduate residency training in Pediatrics and Anesthesiology at the University of Kansas Medical Center in Kansas City, Kansas in 2002.

Following his residency, Dr. Wargo completed his Pain Management Fellowship at The University of Texas-MD Anderson Cancer Center in Houston, Texas in 2003.

“I could not be more excited to start my practice in the Shoals area,” said Wargo. “My goal is to help patients live a life with as minimal pain possible by treating the underlying causes of diseases, and not just treating the symptoms.”

More SHORTs... on Page 2

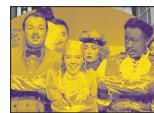
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INSIDE this Issue

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- Ritz Theatre Season
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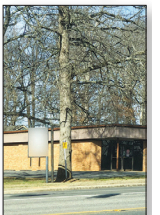


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Volume 139 Number 32

May 31, 2023

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Mason is Mercy Winner for 2023

FLORENCE- North Alabama Medical Center recently announced that Demetria Mason has been recognized as the facility’s 2023 Mercy Award winner. The Mercy Award recognizes one employee from each of Lifepoint Health’s facilities who profoundly touches the lives of others and best represents the spirit and values on which the company was founded.



Mason

The Mercy Award is an annual recognition program that honors the life and contributions of Scott Mercy, Lifepoint’s founding chairman and chief executive officer. The award is considered the highest honor a Lifepoint employee can receive.

See MASON... on Page 6

Hoping to Share with More Daisies

FLORENCE-Daisy’s Place is a self-contained home close to North Alabama Medical Center that was created for caregivers of loved ones who are in the hospital. It was founded recently under the name Start Place, as a 501(c)(3) nonprofit. Daisy’s Place offers a comfortable place to sleep and rejuvenate for those who reside outside of Lauderdale and Colbert counties and who have loved ones at NAMC and surrounding medical facilities. The home is still in startup mode.



Courtesy photo



Daisy in 2003

See DAISY’S PLACE... on Page 13

Second Team All North ACCC



From left, Alex Wilson, Caleb Bush, and Taylor Davis celebrate a home run at the plate during a game this season. All three players were named to the All Conference North second team. NW-SCC courtesy photo

MUSCLE SHOALS -- In their first year back competing in the Alabama Community College Conference since 2011, three Northwest-Shoals Community College Patriots baseball players were selected to the All-North Division’s second-team.

Alex Wilson of Hoover played center field for the Patriots this spring. As a sophomore, Wilson led the team in seven hitting categories, runs, hits, doubles, triples, walks, stolen bases, and on-base percentage.

See TEAM... on Page 6



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Shorts...

Continued from Page 1

Athletics Nabs Highest GPA

FLORENCE— In a year full of firsts and record-breaking performances, the University of North Alabama Athletic Department can add another to the list of accomplishments, this time from the classroom. The Spring 2023 academic semester marks the highest departmental grade point average on record with 3.32. This marked the seventh consecutive semester North Alabama student-athletes have posted a GPA of 3.2 or better and 15th consecutive semester of 3.0 or higher.

In addition, 70 student-athletes earned a 4.00 GPA (22.5% of total student-athletes), 236 student-athletes finished with a 3.00 GPA or higher (75.9% of total student-athletes), and four sports posted their highest team GPA on record (Beach Volleyball, Men's Golf, Softball, and Volleyball). "Our student-athletes continue to reach new heights in the classroom as we accelerate the department forward in

Division I athletics," said UNA director of athletics Dr. Josh Looney. "Pushing above a 3.3 department-wide GPA represents not only a significant department milestone, but also one of the largest single-year GPA increases in our history. This is incredible considering the athletic department established its most recent record-high GPA last academic year!"



Courtesy photo

Helen Keller's mother and father unknowingly shielded her from learning and excelling.

of Helen Keller comes to life in *The Miracle Worker*, held on the grounds of the Helen Keller Home in Tuscumbia. This captivating play is staged at the outdoor theatre behind Ivy Green and depicts the extraordinary life of

Helen Keller – from the discovery of her illness at a young age to her remarkable journey of learning and communication with the help of her devoted teacher, Anne Sullivan. Caroline Self directs the play only steps away from where the miracle actually happened.

Recognized as the Official State Outdoor Drama for Alabama, *The Miracle Worker* has been named a Top 20 Event by the Southeast Tourism Society. This enduring production continues to captivate audiences with its powerful storytelling and profound message of determination and triumph.

Tickets for *The Miracle Worker* are \$20 for reserved seats and \$15

Shovels at the Parking Deck

FLORENCE—Mayor Andrew Betterton and the Florence City Council are excited to announce the new Tombigbee Public Parking Deck groundbreaking, which will occur Thursday, June 1 at 10am on the corner of Pine and Tombigbee Streets, downtown. The new six-level public parking deck consisting of 273 automobile spaces and 23 bicycle spaces. The project is expected to be completed in 2024.

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<p>Chicken Wing Portions \$1.29 Lb.</p> <p>Beef Brisket \$2.99 Lb.</p>	<p>Sirloin Pork Chops \$1.69 Lb.</p> <p>Country Style Pork Ribs \$1.69 Lb.</p>	<p>Whole Spare Ribs \$1.79 Lb.</p> <p>Boston Butt Pork Roast \$1.89 Lb.</p>	<p>Filet Mignon Steak \$11.99 Lb.</p> <p>Whole Filet Mignon \$9.99 Lb.</p>
<p>Chicken Drumsticks 99¢ Lb.</p> <p>Fresh Turkey Necks 99¢ Lb.</p>	<p>Whole Chicken Wings \$1.99 Lb.</p> <p>Chicken Wings (Dumettes and Flaps) \$2.49 Lb.</p>	<p>Farm Raised Whole Catfish \$5.99 Lb.</p> <p>Beef Oxtails \$6.99 Lb.</p>	<p>Pork Belly (Skin On) \$3.99 Lb.</p> <p>Chicken Tenders \$2.49 Lb.</p>

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Yard Sales

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

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

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

MULTI FAMILY

MUSCLE SHOALS: 608 Tuxedo Avenue (BEHIND KRYSTALS) Sat. June 3rd, 7:00 AM, Like new children - adults clothing, shoes, home decor, small furniture and tons more items!! Way too much to list!!! NO FRIDAY SALES!

MUSCLE SHOALS PARKING LOT YARD SALE

Saturday, June 17th, 6am-until? 4109 Sportsplex Dr., (Simply Healthy parking lot). Space Rental \$25, 256-349-3628 to reserve your space.

Sheffield: Multi-Family Sale 200 Wilson Dam Ave (Village 1)

Sat. 8am-until? Barbies, Dishes, Purses, Fishing reels, Old books & magazines, Wedgewood, Jewelry & more!

FLORENCE: 1512 Ridge Ave 4/29/23 Sat. 7am, Huge multi-family yard sale. Name brand clothing for the whole family. Shoes, furniture, seasonal decor. Home decor. Toys. Books. Etc. Little bit of everything. Start time 7am. No early birds please. 1512 Ridge Ave, Florence. Canceled if raining. Cash and credit accepted.

FLORENCE: 409 County Road 9 June 2nd and 3rd Fri. 7am, Sat. 7am, SPRING CLEANING YARD SALE!!! Lot of women's clothes size L & XL. Boys L. Household goods, toys, bedding, etc. Map ID #1298

KILLEN NEIGHBORHOOD SALE (Deer Creek Village) Sat 7am-1pm Lots of items!

FLORENCE HUGE YARD SALE 4042 Peachtree St. June 2nd & 3rd Fri & Sat 7am-until?

HISTORIC DISTRICT ESTATE SALE 419 Walnut St., Florence, AL 35630

Fri., June 2nd, 9am-2pm (numbers given out at 8:30am) Sat., June 3rd, 9am-2pm (numbers given out at 8:30am) Sun., June 4th, 1pm-3pm

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Sterling Silver flatware, Cast Iron, Mid-Century Dinette Set, Antique Dressers & Beds, Two Grandfather Clocks, Fur Coats, Local Books, Quilts, Gone With the Wind Collectibles, Holiday Decor, Patio Set, Tools, Carriage house and Double Garage Full!!

Cypress Creek Antiques and Estate Sales 256-275-0273 Go to estatesales.net for pictures

FLORENCE: 319 WARREN AVE. 6/3, Sat. 7AM, Pictures, door wreaths, flower pots, dishes, kitchen items, outdoor tables, books, vases, bath rugs, clothes, curtains, comforter.

MUSCLE SHOALS MULTIPLE STORAGE UNIT CLEAN-OUT and YARD SALE, at Double M Storage, 200 Industrial Dr., (behind Lowes & Foodland in Industrial Park) Sat. 6am-until? *Rain or Shine* Map ID# 1296

Florence Huge Multi-Family Yard Sale Liberty Baptist Church (Youth Fundraiser) 13520 Co. Rd. 8 Sat. 6am-2pm All kinds of good cheap items! Baby items, exercise equipment, new items, as well as slightly used. If you are looking for a bargain this is where you should go. If you can't find it here you probably don't need it.

GARAGE SALE

FLORENCE: 108 Lambeth St June 2 and 3 Fri. 7AM, Sat. 7AM, small kitchen appliances, books, puzzles, electronics, housewares, women's clothing and accessories

FLORENCE MULTI-FAMILY YARD SALE, 1039 Co. Rd. 42, (corner of Chisholm and Co Rd 42) Sat. 6am-until? Lots of baby/kid's clothes of all sizes, baby bed/mattresses, plus size ladies clothes, tools, etc. Map ID# 1295

FLORENCE: LAKESIDE HIGHLANDS SUBDIVISION Fri. and Sat. 7AM, HUGE Neighborhood Yard Sale! 6/2 and 6/3 Ya'll Come!



FLORENCE 542 Riverview Dr ~Fri. and ~Sat. 7AM ~Sun. 1 PM

- Lamps
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 - Designer Purses •Wall Art
 - Christmas and Halloween Decor •Vintage rocker and other pieces •Garden items •Books •Ceiling fans •Jewelry •Tools
 - Salt/Pepper collections •TVs
 - Rugs •Metal glider and chair
 - Cow Skulls
 - Old dolls
- Map ID #1302

FLORENCE MULTI-FAMILY YARD SALE, 2318 Sheraton Lane, Windcrest Heights Sub., Sat., 7am-until? Seasonal Decor, Furniture, Bicycle, Books, Lamps, Kitchen items, too much to list!



SHEFFIELD ANNUAL YARD SALE! Village & Rivermont Subdivisions Saturday June 3rd, Saturday, 7am-until?, 17+ Houses!!

FLORENCE MULTI-FAMILY FUNDRAISER YARD SALE 3003 Cloverdale Rd., June 3rd Sat. 6am-1pm, Come join us at Shoals Christian Preschool at 301 Heathrow Dr., Large variety!

FLORENCE: 246 McGough Blvd Thurs., Fri. and Sat. 7:30AM-3PM GARAGE/ESTATE SALE! Home decor, small kitchen appliances and utensils. Dishes, costume jewelry, furnishings and many other items. ▶ Saturday Special - Everything Must Go! All items \$25 or under will be 1/2 price!!!

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State law requires all dogs and cats over 3 months of age be vaccinated against rabies each year.

The fee is \$12 per animal at any given stop on this notice. We are excited to be able to serve the community in this way for another year.

Any questions please call us at 256-386-9800.



Randall B. Davis, DVM Rabies Inspector



Monday, June 5

5-6:30 pmMuscle Shoals High School Parking Lot

Tuesday, June 6

5-6 pm Cherokee High School Parking
6:30-7 pm Tuscumbia Multipurpose Center

Wednesday, June 7

5-6:30 pmColbert Heights High School Parking Lot

Thursday, June 8

5-6pm Colbert County High School Parking Lot
6:30-7pm.... Sheffield Park & Recreation Department Parking Lot

Saturday, June 10

8-10am TN Valley Animal Clinic Parking Lot

MPE SERVICES

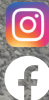
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Community Notes

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

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

Live Music in the Park - Wilson Park Wednesdays in May at 11:30am, in Florence. May 31 - Jacob Adams
This is a FREE community event. Bring a lawn chair.

LifeSouth Blood Drive Dates
Wednesday, May 31 Certainneed Saint-Gobain, Russellville, 10 am - 4 pm
Thursday, June 1 North Alabama Medical Center, Florence, 7am - 5pm
Saturday, June 3 BAM, Florence, 10am- 4pm
Sunday, June 3 Walmart, Cloverdale Rd., Florence, 10am - 4pm
Thursday, June 8 Long Lewis Ford,

Woodward Ave., Muscle Shoals, 1pm - 6pm
Saturday, June 10 Rally at the River, McFarland Park, Florence, 9am - 4pm

INFANTS - ADULTS CLOTHES and SHOES GIVE AWAY Thursday, June 1 from 8-10am, at the Care Center, First Baptist Church, 510 J. C. Mauldin Hwy, Killen.

Spring Valley Water System's Annual Board Meeting is Thursday, June

See NOTES... page 29

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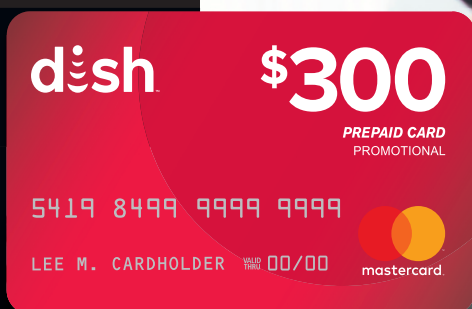
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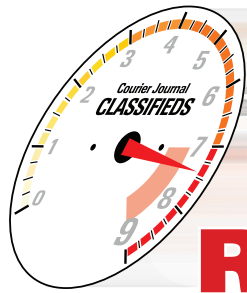
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ADVANCE PAYMENT IS REQUIRED in cash, check or Credit/Debit Card. Phone-in Ads **MUST** be Charged to Credit/Debit Card! **NO EXCEPTIONS!** **NO REFUNDS!**

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Mason...

Continued from Page 1

"We are extremely proud to recognize Demetria for her efforts on behalf of our patients and our community," said Russell Pigg, Market President and CEO of North Alabama Medical Center. "She goes above and beyond each and every day to ensure that every person she encounters receives the highest level of care and compassion." Mason is a charge nurse on the Cardiac floor and has been at NAMC for three years. She is known both for her clinical abilities as well as her calming and compassionate communication skills with a wide range of

patients. She is also a favorite with the NAMC medical students.

"It is amazing how someone so young can have that much influence over a unit," said cardiac nurse manager Danyelle Holt. "Demetria has her eyes on so many things at the same time. Yet she is still able to perform her duties as charge. She is also a talented educator. Other nurses feel comfortable asking her questions and going to her when they have issues."

Mason will now be considered for Lifepoint's 2023 companywide Mercy Award which will be announced this summer.

Team...

Continued from Page 1

He finished the year with an average of .346, 36 runs batted in, seven home runs, five triples and 30 stolen bases. He was fourth in the ACCC in stolen bases.

Caleb Davis of Loretto played second base for the Patriots this spring. As a freshman, Davis finished the year with an average of .339, 27 runs batted in, and 18 stolen bases. He was second on the team in doubles (10) and runs scored (39).

Birmingham played catcher and designated hitter for the Patriots this spring. As a freshman, Bush led the team in five hitting categories, doubles, home runs, runs batted in, average, and slugging percentage. He finished the year with an average of .362, 40 runs batted in, and nine home runs. He ranked sixth in the ACCC in home runs.

The Patriots finished the season 31-25 and won 15 of their last 19 games.

Taylor Bush of



Personnel

EDITOR & PUBLISHER
Thomas V. Magazzu

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

GRAPHIC COORDINATORS
Russell Roden
Andrea L. Gray

OFFICE STAFF/CLASSIFIED
Janie Brasfield

CIRCULATION
Ted Fallin

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

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Florence, AL 35630
256-764-4268
Fax: 256-760-9618

Your Courier Journal is published for total saturation, direct-mail delivery every Wednesday to **59,158** Shoals area and surrounding homes. It is Alabama's Largest Weekly-Mailed Direct, and enjoys a larger circulation than all local subscriber based newspapers combined.

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

219 W. Tennessee St.
Florence, AL 35630
or email to:
editor@courierjournal.net

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

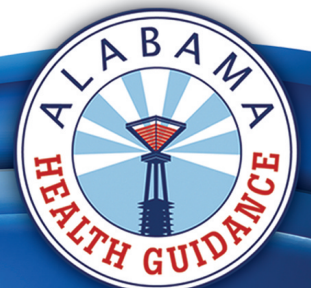
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Our next Medicare Class is Thursday, June 15th before 11am-Noon @ Alabama Health Guidance 885 Florence Blvd. Florence, AL



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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!



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- What was the name of the atomic bomb that was dropped on Hiroshima, Japan? A) Little Boy B) Big Boy C) Fat Boy D) Dirty Boy
- C4 is made with plastic and rubber. True or False
- TNT are the initials for TetraNitroTouluene True or False
- A cherry bomb gets that name because it is made from cherries. True or False
- Gunpowder was invented in which county? A) Germany B) France C) Japan D) China

Answers: 1.) A 2.) True 3.) False (trinitrotoluene) 4.) False 5.) D

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

The City of Sheffield

will begin taking applications for

POLICE OFFICER

Certified/Non-Certified

Applications will be accepted beginning **Monday, May 22 at 8am** through the close of business **Friday, June 2 at 4:30pm**. Applications may be obtained in person from the **City Clerks' Office** and the **City's Facebook page**. The completed application must be returned to the City Clerk's Office, **600 N. Montgomery Ave., Sheffield**

The City of Sheffield offers a Great Benefit Package

The City of Sheffield is an equal opportunity employer.

Northwest-Shoals Community College announces the following open position

Salon and Spa Program Instructor Assistant

Detailed position announcements and applications can be requested by visiting the web page at www.nwsc.edu or by contacting the Office of Human Resources at (256) 331-5229. NW-SCC is an equal opportunity employer.

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

RESUMES WILL NOT BE ACCEPTED IN LIEU OF APPLICATIONS.
Application Deadline: Friday, June 9, 2023, 4:30PM

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

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EMPLOYMENT
Opportunities

Insurance Insights

How Are Motorcycle Premiums Determined?

Before getting a one-size-fits-all motorcycle insurance policy, take a little extra time to make sure you are getting coverage that best fits your bike and your needs. Like car insurance, it's important to understand the factors that might determine your motorcycle insurance policy and the available coverage options.

Similar to vehicle insurance, motorcycle insurance cost is determined by the year and type of motorcycle, safety features, the owner's information and experience.

Motorcycle classifications – Some insurance companies, such as State Farm®, use claims data to rate motorcycles into different categories based on the cost of comprehensive insurance, collision insurance and liability insurance.

Motorcycle types include:

- **Sport motorcycles** – Easily identified by having a sleek fairing and windshield for better aerodynamics, this style of motorcycle is designed with performance in acceleration, speed, braking and cornering in mind.
- **Cruiser motorcycles** – A cruiser bike has a lower seat that makes riding it around town, commuting or taking it out for a road trip more comfortable.
- **Touring motorcycles** – Touring bikes are more road-trip friendly than the cruiser motorcycles.

Motorcycle location – Where you live could impact your insurance rates. One reason is because of the differences in laws for each state around riding motorcycles and how they need to be insured.

New versus used motorcycle – The age of your motorbike might affect its price as well as any customization that has been done with the bike.

Is your motorcycle financed? If you financed your motorcycle through a bank, your lender will likely require you to carry comprehensive and collision coverage on your motorcycle. If you own the bike outright, you may want to consider liability-only insurance.

Rider's age – Just like your car insurance, your age can affect your motorcycle premium.

Previous tickets and accidents

Beyond liability, there are additional types of motorcycle coverage you can purchase that would increase your cost. For example:

- Comprehensive and collision
- Uninsured/underinsured motorist (UM/UIM)
- Protective gear coverage
- Roadside assistance

With a variety of factors impacting your insurance rates, it's important to research and understand your motorcycle insurance policy. Your State Farm agent can walk you through the policy, what it covers and potential discounts available.



State Farm® Insurance Agent
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501 S Montgomery Ave, Suite C
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256-383-1250 RebeccaHovater.com
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11025 County Rd. 15 Florence, AL
All are Welcome!
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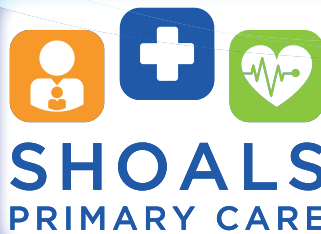


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Send cover letter, resume and writing clips to Stacy Long, Sports Editor, TimesDaily 219 W Tennessee Street Florence, AL 35631, or email stacy.long@TimesDaily.com

Commentary

The Lady Made Societal Waves

We knew that Tina Turner had been in poor health and had been unable to make some recent appearances where she was being honored.

However, news of her death last week was shocking to those who followed Turner and grew with her during an amazing six-decade musical career. She died at her home near Zurich, Switzerland according to her publicist, Bernard Doherty. She was 83.

Some thought her breakup with husband and former band-partner Ike Turner in 1978 would end her career. That was only two years after the sudden dissolution of the sensational rhythm-and-blues duo, The Ike and Tina Turner Revue. Ike had the longer history in music and the connections. Little did we know it was Tina who had the magic.

She was broke, in debt, and had four sons to raise - one of hers before Ike, one with Ike, and two she adopted from Ike. Tina was at a crossroads in 1981 as she was trying

See **TINA...** on Page 30

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

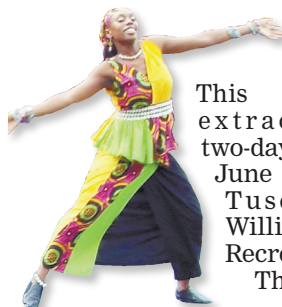
THIS WEEK

May 31, 2023

Happening
THIS WEEK

Celebrating Culture and Heritage

TUSCUMBIA - Get ready to immerse yourself in African culture as the North Alabama African Heritage Association hosts the 22nd Annual African Heritage Festival.



This is an extraordinary two-day event on June 2-3 at Tuscumbia's Willie Green Recreation Center. The festivities



Participants at past Heritage events Courtesy

underway on Friday at 4pm. Saturday's festivities begin at 10am, ensuring a full day of excitement, entertainment, and cultural exploration for the entire family. Admission is free.

See **HERITAGE...** on Page 22

WESLEY CHAPEL UNITED METHODIST CHURCH will celebrate Homecoming on Sunday, June 4 at 11am. Located at 11025 County Road 15 in Florence, A fellowship meal will follow in the Fellowship Hall. Everyone is invited to attend.

FRIDAY NIGHT STARS AND GUITARS LIVE MUSIC at Wilson Park, Florence - during the month of June. Music begins at 7pm.

- June 2 - The Midnighters
 - June 9 - Rewind of the Shoals
 - June 16 - Drumb & Drumber
 - June 23 - Deja Vu
 - June 30 - Dixie Mafia.
- This is a FREE community event. Bring a lawn chair.

Cocktails for the Season

SHEFFIELD-The Tennessee Valley Art Association will host a Ritz Theatre Season Announcement Cocktail Party on Saturday, June 3 at 6pm at the Ritz Theatre in Sheffield.

This event is FREE for Scholar's Circle level members and above.

Members at the Individual and Family/Friend level are also welcome, with a \$10 admission at the door. All TVAA members will be listed in the upcoming Ritz Theatre Season Playbill.

See **RITZ...** on Page 20



SHILOH CHURCH OF CHRIST WILL HAVE HOMECOMING on Sunday, June 4. The guest Speaker is Shiloh's New Minister, Hoby Grace. Morning Service - 9am | Evening Service 1pm. Come and have Fellowship with us and meet our new minister and his family. 2605 County Rd. 344 in Florence / 256-757-2456 www.ShilohChurchofChrist.net

INFANTS - ADULTS CLOTHES AND SHOES Give Away Thursday, June 1 from 8-10am, at the Care Center, First Baptist Church, 510 J. C. Mauldin Hwy, Killen.

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YOUR Letters

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

Kudos on Agreement

Editor:

Kudos to the Florence City Council and Lauderdale County Commission for their recent approval of an agreement to provide animal services to county residents. For far too long, county residents have been left to deal with stray and injured animals coming on to their property, potentially dangerous animals and

those who were victims of neglect and cruelty. This agreement will provide funds from the county to hire trained animal officers to respond to requests for help from county residents.

Additionally, the Commission will also provide funds to help meet the operational costs of the shelter, including providing a workspace for an onsite veterinarian. This is part of an agreement between the two bodies to partner together in providing animal services to both

the citizens of Florence and the other communities within the county.

This agreement will initially cover just the present year. At the end of this period, a review will occur and a decision made as to the future. The citizens of both Florence and the county deserve to have these services provided. When these groups work together to meet the needs of all residents, everyone benefits, including Man's Best Friends.

Thanks to members of the Florence City Council and Lauderdale County Commission for their support of this agreement.

Dan Summy
Florence

Still, there was much for me to learn when my spouse, David, was diagnosed with early-onset Alzheimer's in 2007...



See **LETTERS...** on Page 26

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

Daisy's Place...

Continued from Page 1

When a loved one is in the hospital, caregivers often must worry about finding a place to rest. Daisy's Place can provide that much-needed respite for caregivers. It is located right across the street from NAMC, making it a convenient and accessible option for those in need.

The inspiration behind Daisy's Place comes from a personal experience. In 2003, 17-month-old Daisy was diagnosed with congestive heart failure. She was taken to Vanderbilt in Nashville for treatment where she was put on an

experimental medication that caused chemical burns to her body. Her circulatory system was so underdeveloped that they couldn't get an IV. Daisy went into ICU to get a central line. It later got infected with MRSA, so it was back to the ICU. One thing after another compromised her life expectancy. She was such a trooper and fought through it all.

During her time in the hospital, Daisy's mother, Carolyn O'Byrne, faced several challenges as a caregiver. Each time Daisy went into ICU, she had no place to rest or put their things. Eventually, someone provided an old conversion van and parked it in the parking lot for her to use. However, it was far from a safe and comfortable option.

Daisy is now a beautiful 21-year-old woman. Her heart is now at 90% of function after starting at 13%.

Since then, it has been the prayer and goal of Carolyn to provide a close, safe, and comfortable place for those who are in a similar position. That dream is becoming a reality with Daisy's Place.

"It is important for the caretakers to stay rested physically, spiritually, and mentally, and not be run down as is often the case when a loved one is in the hospital," said Carolyn.

"Daisy's Place offers that outlet when family members can't get far away or don't live close by. During the trying times of a loved one in the hospital, no one should have to sleep in a car, have no means to wash clothes, be hungry, or need a safe place to put their things."

The home is almost ready to open its doors, but it needs your help. Donations and volunteers are needed to make this mission a reality. To learn more about how to donate and volunteer, visit www.StartPlace.org or www.Daisys.Place.

With your help, this mission can become a reality and make a real difference in the lives of caregivers and their loved ones.



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Cat & Kids

by Cathy Turner

Last Game

Writer's note: Our children shared seasons and songs with Ed Threet's children. Good times. When I read Ed's words I knew that I wanted to share them. Thanks Ed. Every involved parent can relate. The only thing that I would add is that there are so many more good times to come. One can't imagine!

Fourteen years ago this month, my son Adam played his last varsity game for Florence High School. After transferring from Mars Hill and sitting out his freshman year, he played three years of football, basketball, and soccer for the Falcons. He started playing organized sports when he was about six years old and for the next 12 years I watched him play literally hundreds of ball games (coached him in a few too during his younger years), baseball, soccer, basketball, and football. He played some kind of sport literally year-round and the last game of one season always transitioned into the first game of the next season until May 2007 when he

walked off the field for the last time. I went out on the field to meet him and as we walked across, it suddenly hit us... this was it. The last Last Game. We both shed a tear and a hug. I thought... this is the last game I will get to see my boy ever play in... it's over.

THEN.... five years later, God Blessed me with two more boys when Mary Jane and Logan and Caleb came into my life. I had games to go to again! Soccer, basketball, and cross country meets for the Mars Hill Panthers; Nine more fun years watching my boys compete. Highs and lows... wins and losses... cheers and tears. Cross country transitioning into basketball, transitioning into soccer, then starting over again in the fall with cross country. Even though neither Logan nor Caleb played football, we were all there cheering on the Panthers in that too, as well as baseball and softball... pulling for the boys and girls on those teams like they were my own. Last week it all culminated. Caleb played in the state championship soccer game with his teammates and fell short but came home with a Red Map -

a great accomplishment! After the game we were consoling over the loss but celebrating the accomplishment of a 20-3 season and being the runner up for the state championship when it hit me again. The same feeling from 14 yrs earlier. This was it... the last... Last Game. What do you do now? What do you do when there's no more games to be played? Or if your child is in band or performing arts? What do you do when there are no more concerts or curtain calls? My daughter Abby played sports and cheered for a couple of years before devoting herself to dance and show choir. Caleb also did show choir. His last performance was Sunday. I loved those performances so much, too!

So, what I guess I'm trying to say is get ready parents, it's coming. The last time you will have to try to wash those grass

stains out of those dirty uniforms. The last time you will have to try and freshen up those smelly shoes. The last road trip to a tournament somewhere. The last cheer... the last kick... the last shot... the last snap... the last song... the last dance... the last serve... the last putt... the last pitch... the last swing... the last roar of the crowd... the last game. The steady rhythm of a leather ball dribbling on a hardwood court... the crack of a bat... the sounds of pads popping... the smell of freshly cut grass... the thump of a solid kick... aww the sights, smells, and sounds of sports. You parents with younger kids... relish these times... treasure them.. make those memories, because one day out there in the future, it's waiting... the last... Last Game.

Email comments or suggestions to CatnKids1@gmail.com

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Monday, Tuesday, Wednesday • 7 pm

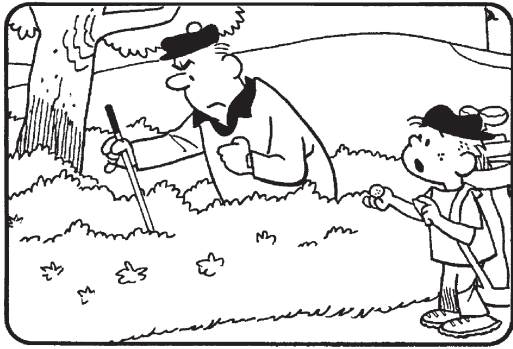
Everyone Welcome

HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Golf club is moved. 2. Sign is missing. 3. Cap is different. 4. Trap is missing. 5. Arm is moved. 6. Shirt is different.

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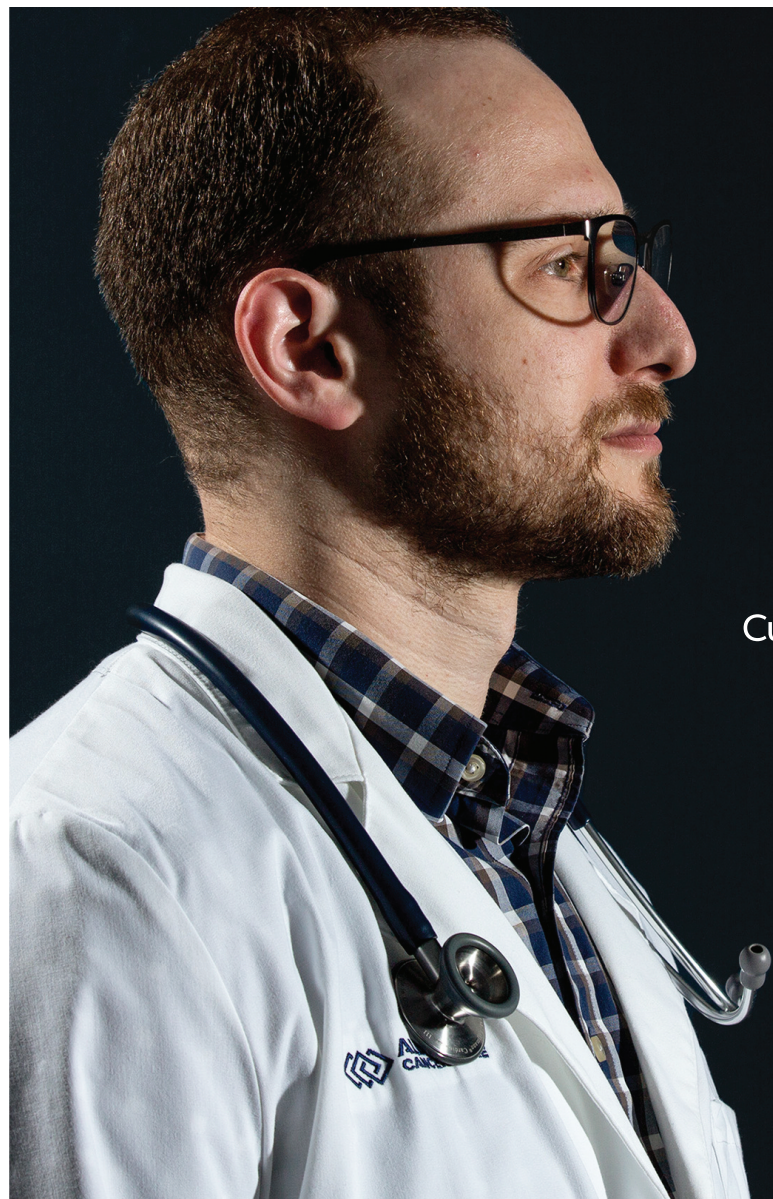
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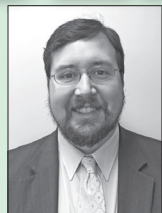
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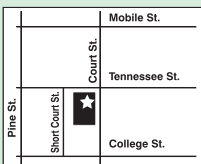
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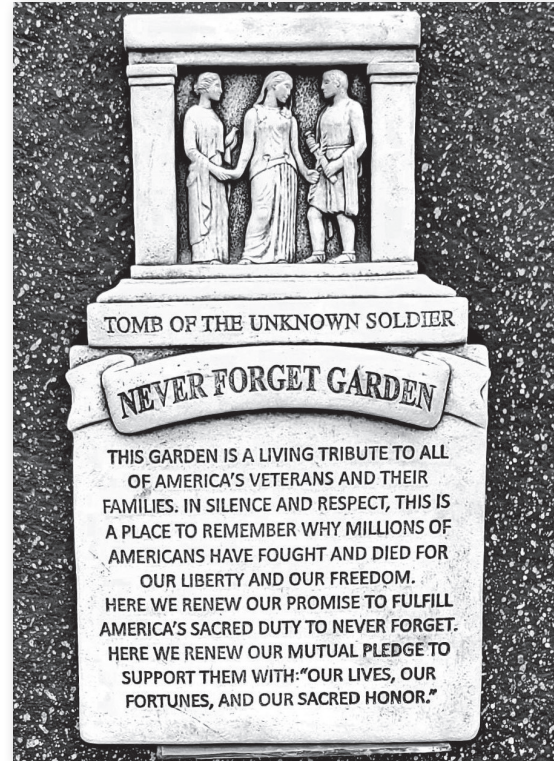
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As we mourned our fallen heroes on Memorial Day (May 29), let us not forget them. This compact, memorial garden is along the rear wall of the Colbert County Courthouse.

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

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Hormel Black Label Reg. Or Thick BACON 1 Lb.	\$4⁹⁹	Kentucky Legend Smoke Master BEEF HOT DOGS 16 Oz.	\$3⁹⁹
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ASK THE ATTORNEY



Thomas McCutcheon

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

Pre-Existing Injuries And Worker's Comp

Sometimes employers like to argue that an injured employee had a pre-existing condition as if that matters. Sometimes injured employees do have a pre-existing condition. It makes absolutely no difference in a worker's compensation case as long as the employee was doing their job in a normal fashion before to the accident.

I was talking with an insurance adjuster earlier today who started to make that argument when I explained to him that the Court

would likely not hear evidence about a pre-existing condition because the law is quite clear on this point.

Where litigants and judges find difficulty in on the job injury cases are in those circumstances when there is a subsequent accident to the same part of the body at a new employer. In those cases, the Court does have to determine whether or not the second injury is a new injury, an aggravation of a prior injury or a recurrence of an old injury. A recurrence occurs when the second injury "does not contribute even slightly to the causation of the disability." If the second injury is an aggravation of the first injury, the employer at the time of the aggravating injury will be liable. In the case of a recurrence, the first employer will be liable.

One of the good things about worker's compensation is that even though the doctors in Alabama are chosen and paid by the employer (he who pays the piper calls the tune) most doctors will agree that an aggravation or exacerbation of a pre-existing condition occurred if new, worse, or different symptoms appear at or about the time of the injury. Remember though, that on average discs that herniate don't really herniate immediately, maybe only 2% of the time. The vast majority of herniations manifest themselves over a period of weeks.

If you are in a worker's compensation case and your employer is telling you that you had a pre-existing condition, but you know it was made worse by the accident, you have a case.

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

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

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

facebook: McCutcheon and Hamner, P.C.

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



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Sheffield: 1120 S. Jackson Hwy Suite 300, Sheffield, AL | 256-383-4447

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Savvy SENIOR

How Medicare Covers Physical Therapy Services

Dear Savvy Senior,
Does Medicare cover physical therapy, and if so, how much coverage do they provide? My 66-year-old husband was recently diagnosed with Parkinson's disease and will need ongoing physical therapy to help keep him moving.
Worried Wife

Dear Worried,
Yes, Medicare does indeed pay for physical therapy along with occupational and speech therapy too, if he needs it, as long as it's prescribed by his doctor. You'll also be happy to know that Medicare has no limits on how much it will pay for therapy services, but there is an annual coverage threshold you should be aware of. Here's what you should know.

Outpatient Therapy

To get Medicare Part B – which covers outpatient care – to help cover your husband's physical therapy, it must be considered medically necessary and will need to be ordered by his doctor. The same holds true for occupational and speech therapy.

He can get these services as an outpatient at a number of places like a doctor or therapist office; in a hospital outpatient department; at an outpatient rehabilitation facility; at skilled nursing facilities if he is being treated as an outpatient; and at home through a therapist connected with a home health agency when he is ineligible for Medicare's home health benefit.

For outpatient therapy, Medicare will pay 80 percent of the Medicare-approved amount after you meet your Part B deductible (\$226 in 2023). You will be responsible for the remaining 20 percent unless you have supplemental insurance.

But be aware that if his therapy costs reach \$2,230 in a calendar year (2023), Medicare will require his provider to confirm that his therapy is still medically necessary. Medicare used to set annual limits on what it would pay for outpatient therapeutic services, but the cap was eliminated a few years back.

You also need to know that treatment recommended by a physical therapy provider but not ordered by a doctor is not covered. In this situation, the therapist is required to give your husband a written notice, called an Advance Beneficiary Notice of Noncoverage or ABN, that Medicare may not pay for the service. If he chooses to proceed with the therapy, he is agreeing to pay in full.

Inpatient Therapy

If your husband happens to need physical therapy at an inpatient rehabilitation facility like at a skilled nursing facility or at your home after a hospitalization lasting at least three days, Medicare Part A – which provides hospital coverage – will pick up the tab.

To be eligible, his doctor will need to certify that he has a medical condition that requires rehabilitation, continued medical supervision, and coordinated care that comes from his doctors and therapists working together.

Whether you incur out-of-pocket costs such as deductibles and coinsurance, and how much they are, will depend on the setting for the treatment and how long it lasts. For more information on inpatient therapy out-of-pocket costs see // Medicare.gov/coverage/inpatient-rehabilitation-care.

Medicare Advantage Coverage

If your husband is enrolled in a Medicare Advantage plan (like an HMO or PPO), these plans must cover everything that's included in original Medicare Part A and Part B coverage. However, some Advantage plans may require a person to use services from physical therapy practices within an agreed network. If he has an Advantage plan, you'll need to contact his specific plan before selecting a physical therapy provider to confirm they're within the network.

More Questions?

If you have other questions about coverage and costs for therapeutic services, call Medicare at 800-633-4227 or contact your State Health Insurance Assistance Program (SHIP), which provides free Medicare counseling. Visit ShipHelp.org or call 877-839-2675 to connect with a local SHIP counselor.

Send your senior questions to:

Savvy Senior,
P.O. Box 5443,
Norman, OK 73070,
or visit SavvySenior.org.
Jim Miller is a contributor to the
NBC Today show and author of
"The Savvy Senior" book.



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(numbers given out at 8:30am)
Sun., June 4th, 1pm-3pm

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Ritz...

Continued from Page 12

So be sure to renew by June 3. Enjoy hors d'oeuvres and cocktails as the upcoming theatre season is announced. In addition, there will be preview performances by some of our *Into the Woods* cast members. You also may meet the directors of this season's productions! Fantasy fairytale attire is optional. Early Bird Season Ticket requests will be opened to Art Center VIPs. Season tickets at the party will be \$60 and tickets for the general public are \$75. For more information on becoming a TVAA member or making a reservation for June 3, call 256-383-0533 or visit tennesseevaleyarts.org.



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

MEET WHITLEY!

This beautiful princess loves attention and to be talked to. Whitley is good with other dogs although she would need to be feed separate. She is a little scared of new things and needs a calm environment to be in. Because she gets nervous it's best for her to not be around smaller kids. Whitley needs the opportunity to be loved and shown she can trust people to love and care for her. She is a beautiful sweet tempered dog that you will fall in love with at first sight. Please come at meet her you will not be disappointed.

THE ADOPTION FEE IS \$85 which includes current vaccines, NexGard and wormer. You will receive a \$15 voucher for rabies and \$70 off of spay/neuter. For more information please contact **Colbert County animal shelter** at 256-381-4073.



MEET LUKE! This cute lab mix puppy is waiting on his forever family. Luke is a fun boy that love's children. Luke is good with other dogs and ready to love you. **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 adorable dog.

MEET CONTESSA (TESSA)! She needs a very special home! She is about 5-6 months and completely deaf! She doesn't let her disability stop her! She is the sweetest girl! She is dog friendly and loves all people! **TESSA'S ADOPTION FEE IS \$85**. That includes a voucher for \$70 off of her mandatory spay, \$15 voucher for rabies, distemper vaccine, parvo vaccine, NexGard, wormer and a 5way shot. For more information please contact **Colbert County animal shelter** at 256-381-4073.



MEET NICK! He is overjoyed when he gets any attention and is so sweet and playful. He loves toys, belly rubs, playing with his kennel mates Cullen and Diego. He also loves food! This amazing boy is almost 8 months old and about 45 lbs. He has the wiggliest butt around and would love a family of his own. **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 all around amazing dog.



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Heritage...

Continued from Page 12

The wide range of beautiful music will include gospel, reggae, R&B, and blues, filling the air with captivating melodies and infectious rhythms of Blues Man, King Tut, Culture Dread, Exodus, and the Midnighters.

Indulge in African and jerk cuisine with a fusion of flavors and spices from unique food vendors. While the adults enjoy the music and cuisine, the children will have a blast with a wide array of exciting games and activities.

A magnificent parade of African fashions will emphasize the beauty and diversity of native dress, the vibrant colors, intricate patterns, and cultural significance of African attire.

"The African Heritage Festival is a celebration of the rich cultural heritage and diversity that makes Colbert County and our region truly special," said Colbert County Tourism President, Susann Hamlin. "This event brings together communities, artists, and performers to share their traditions, music, and cuisine."

The 22nd Annual African Heritage Festival hopes to foster cultural understanding, appreciation, and unity while showcasing a wealth of talent and creativity.

For more information and updates, visit www.colbertcountytourism.org.

Program Schedule

Friday, June 2
Music on the Lawn4pm
The Come Up Band 5pm
King Tut 6:45pm

Saturday, June 3
Opening Ceremony ..10:30am
Generation FBC11:15am
Family Affair (featuring Rev. Shane Rainer) ... 11:45am
The Gamer Brothers ...12:45pm
Muscle Shoals Twirlers 1:45pm
C.O.R.E. Drummers 2pm
Movie "The Watsons Go to Birmingham" 2:15pm
Inside Recreation Center,
Sponsored by MSA Chapter Delta Sigma Theta, Inc.
Cultural Dread from Birmingham..... 2:30pm
Citizen of the Year and Scholarship Awards ... 3:30pm
Parade of African Attire ...4pm
Exodus Reggae Band from Memphis, TN4:30pm
King Tut 5:15pm
The Midnighters 6:30 pm

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When Sin Enslaves

The proof is when you've no revealed truth, your lost, blind, condition remains. See 2 **Corinthians 4:4**. If you knew the truth, you wouldn't be looking for it. This has happened to people, churches, cities, countries all over the world. When sin enslaves, blindness continues, and the recipient's become hostages of the devil! When sin enslaves, the victims are overjoyed with its (SINS) entertainment. When sin enslaves, whatever path or doctrine or preference or belief is ok. When sin enslaves, usually the last ones to see the error are those who profit in it. If it doesn't make sense, there is a buck in it somewhere for somebody. When sin enslaves, those who point out truth are usually vilified or castigated. When sin enslaves, it's a matter of reaping what you've sowed. When sin enslaves and abounds, those individuals and nations become slaves of the devil. We are a sin-enslaved, hostage nation, entertained by Satan. See **Psalms 9:17**.

Hebrews 2:14-15 "Forasmuch then as the children are partakers of flesh and blood, he (Christ) also himself likewise took part of the same; that through death he might destroy him that had the power of death, that is, the devil; And deliver them who through fear of death were all their lifetime subject to bondage." If you're not saved, you fear death. When truth is received and believed, your eyes are opened to your lost, blind, condition. Jesus said: **John 14:6** "Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me." **John 8:32** "And ye shall know the truth, and the truth shall make you free." **John 8:36** "If the Son therefore shall make you free, ye shall be free indeed." **Romans 10:9-10** "That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved. For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation." **Romans 10:13** "For whosoever shall call upon the name of the Lord shall be saved." Call on Christ now or your blindness will remain and the devil will get your soul!

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SNAP Fraud Victims May Have Recourse

MONTGOMERY – Alabamians who fall victim to SNAP fraud may soon qualify for reimbursement from the Alabama Department of Human Resources. DHR has started offering replacement benefits to victims of EBT card skimming, card cloning, and similar SNAP fraud as of May 30. Alabama will be among the first states in the nation to replace stolen SNAP benefits with federal funds. Alabama became the fourth state approved by the U.S. Department of Agriculture Food and Nutrition Service to implement a plan for reimbursing victims.

The federal law limits replacement benefits to thefts occurring between Oct. 1, 2022, and Sept. 30, 2024. Since October, DHR has received approximately 300 reports of stolen SNAP benefits.

To request replacement benefits, victims should contact a county DHR office and report their SNAP benefits stolen. June 30 is the deadline to submit reports for benefits stolen between Oct. 1, 2022, and May 30, 2023. Benefits stolen after May 30 must be reported within 30 calendar days of the date the theft was discovered.

After notifying DHR, an affidavit of stolen benefits must be completed to start the verification process.

DHR encourages SNAP participants to safeguard their benefits with these tips:

- Avoid simple PINs: Number combinations such as 1111, 1234 or 9876 are easy for others to guess.

- Keep your PIN and card number secret: Do not share your PIN or card number with anyone outside your household. Cover the keypad when you enter your PIN on a machine.

- Beware of phishing: DHR will never call or text to ask for your PIN or card number.

- Change your PIN often: Change your PIN at least once a month, right before your benefit issuance date.

- Check your EBT account regularly for unauthorized charges: If you see any, change your PIN right away to stop the thief from making new purchases. Report suspicious activity to your county DHR office.

- Contact your county DHR office: If you think your SNAP benefits were stolen, contact your county DHR office.

Colbert 256-314-4900;
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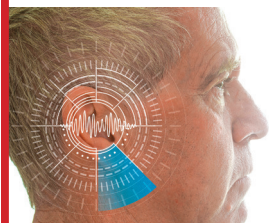
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ON YOUR DEBT



B. Grant McNutt
 Managing Attorney

Negotiating With Creditors After A Job Loss

Negotiating with your creditors can be a challenging process, but it may help you reduce your debt and avoid more serious consequences. Here are some steps you can take:

OR Save Time And Reduce Stress By Contacting A Qualified Debt Relief Law Firm

- **Assess your debts and income.** Make a list of all your creditors, how much you owe them, and what interest rates and fees they charge. Also, calculate how much income you have or expect to have in the near future.

- **Do some research on your creditors.** Find out how they handle debt settlement, what percentage of the debt they are willing to accept, and how flexible they are with payment plans.

- **Save some money for settlement offers.** If possible, try to set aside some money that you can use to make lump-sum or partial payments to your creditors. This will show them that you are serious about resolving your debt and may increase your chances of getting a favorable deal.

- **Contact your creditors and explain your situation.** Be honest and respectful and tell them why you are unable to pay the full amount of your debt. For example, if you lost your job due to COVID-19 or a medical emergency, let them know that. Ask them if they are willing to work with you on a debt settlement or a hardship plan.

- **Negotiate the terms of the settlement or plan.** Try to get the best deal possible for yourself, but also be realistic about what you can afford. Don't agree to anything that will put you in more financial trouble later on. Ask for everything in writing before making any payments.

- **Pay the agreed amount and keep records of everything.** Once you have reached a settlement or plan with your creditor, make sure you pay according to the terms and keep track of all receipts and correspondence. This will help you avoid any disputes or misunderstandings later on.

Accomplishing all the above is very time consuming and difficult and oftentimes filing for bankruptcy may be your best option to help you get rid of some or all of your debts. This is a serious decision that has long-term consequences for your credit and finances. Therefore, you should consider all your options and consult a Bankruptcy professional before making this choice.

There are two main types of bankruptcy for individuals: Chapter 7 and Chapter 13. Chapter 7 seeks to discharge and eliminate your debt. Chapter 13 is also known as reorganization bankruptcy because it involves setting up a repayment plan to pay off some or all of your debts over three to five years.

Whether you can file for bankruptcy, and which type you can file depends on several factors we can discuss with you at your appointment.

Filing for bankruptcy involves a lot of paperwork, rules, and procedures that can be confusing and overwhelming for someone who is not familiar with them. We can help you navigate through this difficult time and on to other side and financial freedom.

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Contact The Bond & Botes Law Offices

Please call us for an absolutely free and confidential consultation. We'd love to discuss your finances with you if you have had a serious reduction in income or have lost your job or find yourself in financial troubles of any kind. 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!

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Medicare Minute

"Important Facts About Supplements"

If you are considering a Medicare Supplement, or Medigap policy, for the first time there are some important facts you should know. To begin with you have to be enrolled in Medicare Part A and Part B to sign up for a Medigap plan. If you choose to sign up for a Medigap plan, you then will pay the private insurance company a premium in addition to your Part B premium that you pay Medicare. Occasionally we will speak with someone who thinks the Part B premium paid to Medicare covers the cost of their Medigap plan. This is not the case. The Part B premium paid to Medicare covers the benefits, discussed in earlier articles, that Medicare allows you under Part B.

Another fact to keep in mind is a Medigap policy will only cover one person. This is also true of Medicare Advantage and prescription drug plans. If you spouse wants a Medicare plan of any type they will have to sign up themselves. However, some Medigap companies will give you a premium discount if you are married or live with someone over the age of 60. This can be a huge savings for you.

Medigap policies do not cover most prescription drugs. If you want prescription drug coverage you will need to purchase a stand-alone prescription drug plan from a private insurance company. Medigap policies are designed to supplement, or fill in the gaps of, Original Medicare. When a claim is filed with Medicare, Medicare will pay first and the Medigap policy will pay its part depending on the type of plan you have chosen. Therefore, because Original Medicare does not cover most prescription drugs, your Medigap policy will not have that coverage either.

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



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Letters...

Continued from Page 12

They've Lost Their Way

Dear Editor:

Some folks writing their letters just can't help playing the old take away and put downs of each other's leaders and parties, principles and standards. I've been around too long to think things will change, so everyone can be satisfied with what the politicians are attempting to gain. I watched the 8 or 10 Southern States turn from solid blue to red when Johnson signed into law the housing and voting laws, hoping to ease the hate and killing of black folks. Things haven't changed much since then because folks still teach their kids this race hate in their homes.

Seems like the Republican party has lost their way. They make up stuff they pump out to get votes that had nothing to do with serving their supporters. Trump brought down the party to the lowest form of acceptable morals I could ever imagine happening in this country. Sad to see the death of the old Republican party. Never understand how these church folks can keep supporting him. We are all ignorant, but so many are blind ignorant. At least many did away with Fox entertainment. They think they pretended to call it news. Their lies cost them, huh? And the only book they should ban from the schools is the Bible.

Tom House Killen

Self-Care for Caregivers is Essential

Editor:

May is Mental Health Awareness Month. It's a good time to note that in Alabama, there are 96,000 people living with Alzheimer's or dementia and an estimated 211,000 family members and friends who are serving as caregivers. Caregivers are often dealing with feelings of guilt, depression, anger, and stress when their loved one is diagnosed. This is all normal.

As a caregiver, I know firsthand the physical and mental health impact it can have. For years I worked with Alzheimer's patients and volunteered as a community educator, teaching at the University of Alabama. Still, there was much for me to learn when my spouse, David, was diagnosed with early-onset Alzheimer's in 2007.

As we navigated his diagnosis, I became a fierce protector of my husband's dignity, advocating for him at doctor's visits. David has aphasia, and I learned to speak his language.

Caregiving for someone living with Alzheimer's is challenging. For years, I neglected my own health because David's wellbeing came first, much to my detriment. After two heart attacks

and a chronic illness, I learned a hard lesson. I realized I couldn't save David, but I could save myself and be there for my children.

My biggest hope is that caregivers learn to prioritize their own physical and mental health in order to be the best caregiver they can be for their loved one.

To learn more about Alzheimer's disease and other dementia and to find local support services and resources, visit [//alz.org/care](http://alz.org/care) or call the 24/7 Helpline at 800.272.3900.

Laura Morris
Hazel Green, AL

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Preview**

THE BOLD AND THE BEAUTIFUL Hope confronted Steffy about interfering in her marriage. Taylor may have had ulterior motives when giving advice to Deacon.

Steffy's protective instincts came to light. Brooke demanded that Taylor back off. Excitement surrounded an upcoming fashion preview. Brooke was shocked when Taylor showed her true colors. Deacon tested a new theory. Ridge admitted something shocking. Taylor went back on her word. *Wait to See: Brooke wonders what caused Deacon's sudden change of heart. R.J. tells Hope why he really returned to Los Angeles. Brooke is shocked by what she witnesses.*

GENERAL HOSPITAL Laura hosted an important event. Sonny and Carly conferred in private. Nina slipped info to Olivia. Drew visited with Sam and Scout. Diane had an agenda. Josslyn pressed Carly. Gregory was quite contrite. Marshall reassured Stella. Anna got a bad feeling. Laura developed a theory. Anna found herself in the hot seat. Valentin surprised Laura. Austin and Ava were interrupted. Jordan hid her disappointment. Trina and Joss conspired. Ava was gobsmacked. Ned got into a public altercation. *Wait to See: Dante cautions Sonny. Curtis puts his cards*

on the table. Michael makes an offer to Carly.

THE YOUNG AND THE RESTLESS Victor gave Nate the third degree. Summer played with fire. Christine uncovered Phyllis's scheme. Daniel had a change of heart. Diane received an unexpected apology. Nikki confronted Nick about keeping secrets. Chance gave Sharon some disturbing news. Adam proved himself to Sally. Kyle got caught in Summer's web of deceit. Nick was torn between Sally and Sharon. Chelsea empathized with Adam. *Wait to See: Ashley and Tucker discuss their future. Kyle busts Summer. Phyllis tries to make amends.*

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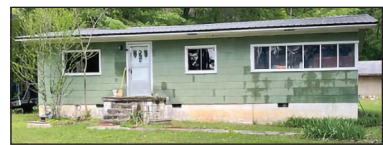
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Notes...

Continued from pg 4

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This is a FREE community event. Bring a lawn chair.

PORTALS, An interactive exhibition for TVAA Member Artists, is currently on view and evolving through June 30 at the Tennessee Valley Museum of Art in

Tuscumbia. PORTALS is an interactive, organically-evolving installation. Doors can represent entrances, beginnings, transitions, gateways, thresholds, boundaries, or endings. Tennessee Valley Art Association member artists are invited to

interpret these neutral doors (portals) as works of art.

Artists can bring materials into the museum and paint, puncture, staple, découpage, etc. to their hearts' content. The exhibition will evolve through June 30. Each door will be auctioned off at the

annual artist members exhibition, ARTWORKS, at the end of Summer.

Email tvaa@tennesseevalleyarts.org or call 256-383-0533 if you would like to take on one of these "portals."

The St. Mark Missionary Baptist Church Warriors of Health Ministry will host its 2nd Annual Mental Health Awareness Forum, "Mind Matters: Let's Talk About It" on Saturday, June 3 from 11am-1:30pm. The goal is to raise awareness about mental health issues in children, youth, teenagers, and young adults, and to help stop associated stigmas while addressing the mental health crisis that our children face. There will be games and activities. All youth are encouraged to attend. Admission is free, and refreshments will be served. St. Mark M.B. Church at 220 East Alabama St. in Florence.

Wesley Chapel United Methodist Church will celebrate Homecoming on Sunday, June 4 at 11am. Located at 11025 County Road 15 in Florence, A fellowship meal will follow in the Fellowship Hall. Everyone is invited to attend.

Shiloh Church of Christ will have Homecoming on Sunday, June 4. The Guest Speaker is Shiloh's New Minister, Hoby Grace. Morning Service - 9am | Evening Service 1pm. Come and have Fellowship with us and meet our new minister and his family. 2605 County Rd. 344 in Florence / 256-757-2456
www.ShilohChurchofChrist.net

Hi Neighbors of the Shoals meets on the 1st Tuesday of each month at 10:30am (June 6) in the Florence Public Library. We are a women's social group. The group welcomes all ladies who are currently residents of the Shoals area. Come join us! Contact Berta Birch, at 256-777-3119 for further details.

North Alabama Christian Children's Home, 4th Annual "Drive-thru Take-Out" benefit dinner, Saturday, June 10, 2:30-5pm rain or shine. And the NACCH campus 6372 County Road 63 in Florence. The meal is catered by Pop's BBQ with choice of Smoked Chicken or Pulled Pork BBQ along with baked beans, potato salad, roll, chips, cookies, and bottled water. The meal is free, however, donations to NACCH are greatly appreciated. Cash, check, debit, or credit card accepted. Sign up by calling 256-366-3327, 256-412-4897, or 256-757-4212 (NACCH). The deadline to call is Tuesday, June 6 to allow for food ordering.

Rickey Butch Walker will be at the Leighton Public Library on June 10th for the Jimmy Hughes Day Festival celebration. The library is located at 740 Main St in Leighton.

Walker will have copies of his books to purchase! There will also be a photo op and a presentation on 98-year-old WWII veteran Huston Cobb Jr., coauthor of "Black Folktales of the Muscle Shoals."

Jimmy Hughes is a retired rhythm and blues singer who was born and raised in Leighton, Alabama. Hughes, cousin of famed singer Percy Sledge, was an instrumental part of the early growth of the Muscle Shoals music industry in the mid-1960s.

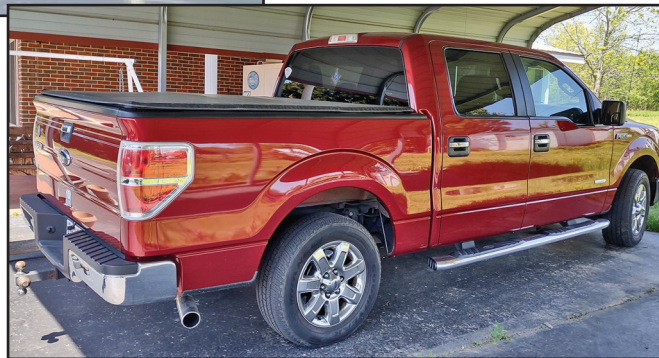
To learn more about Rickey Butch Walker, visit: bwpublishations.com/authors/butch-walker/

The Valdosta Community Reunion will be Saturday, June 10 at 11am at Southland Stephano's, 1309 South Jackson Highway in Sheffield. If you or any of your family grew up in Valdosta, we would love for you to join us to enjoy food, fun, and fellowship. For more information, contact Penny at 256-856-0835.

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DIRECTIONS: From highway 101/ 72 Elgin AL, travel south on 101 until you reach 157. Turn right and property will be on the right. Look for our Holland signs!



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TRACT 2 - 1.6+/- ACRES property joins - to be sold seperatly & combination offered

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PERSONAL PROPERTY: 10% buyers premium - cash or check with proper identification the day of the sale. All items sold "as is" with no warranties expressed or implied. Please make arrangements to remove all purchased items the same day as the sale.

Information contained herein believed to be correct but not guaranteed. Announcements made the day of the sale by holland realty & auctions, inc. Supersede any printed material. Agency disclosure: auctioneers are acting as agents for the seller only. 2023



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See NOTES... pg 30

Notes...

Continued from pg 29

Pine Hill Church of Christ - Gospel Meeting June 11-14. Speaker: Chris Moran. 1024 County Road 10, Waterloo. Sunday Bible Study 9am, Sunday Morning Worship 10am, Sunday Evening Worship 1pm. Monday, Tuesday, Wednesday 7pm. Everyone Welcome.

Sheffield High School 50's Alumni Association will have their reunion on Friday, June 23. Reservations are due for the dinner by May 26. Anyone who graduated from SHS in the 50's are encouraged to attend. For further details contact Jodie Hardwick, President at 314-1365 or text to 810-6271.

Summer swim lessons - The Sheffield Parks and Recreation Department is taking registration for summer swim lessons. The lessons will be given in June and July. Register now, classes are limited. Visit the recreation center or call 256-386-5615.

Singing River Square dance beginners class dance each Monday 5:30-7pm followed by the Singing River Square Dance Club hosting dance and Plus workshop from 7-8:30pm at The Club/Florence Parks and Recreation, 450 Country Club Drive in Florence. The National Square Dance Convention will be in Mobile, AL this June. That's great for square dancers in the state. Over 15,000 dancers are registered! 256-760-6642.

Social Dance on Tuesday Nights, 6:30-8:45, at The Club (Florence Senior Center), 450 Country Club

Drive in Florence. Music from across the decades provided by The Browns. The Club is an alcohol, drug, smoke, and weapon-free facility. 256-760-6420.

Joints in Motion, chair exercise class, Tuesday, Thursday, and Friday at The Club (Florence Senior Center), 9:30am. No charge.

BINGO Wednesdays 10:15am until our 11:30am lunch (w/ \$1 lunch donation)! If you are 60+ you can join us for lunch and games. 256-760-6420.

The Killen Farmer's Market at Killen Park on Lock 6 Road is open every Saturday for the spring and summer season where you can purchase fresh produce, meats, flowers and more. Hours are 8am-noon. The Killen Farmers Market is an affiliate of Sweet Grown Alabama.

The Florence Farmers Market (corner of Chisholm and Fairground Roads) will open on Tuesdays, Thursdays and Saturdays in June, July, August and September and Saturdays in October. Hours of operation are 6am-1pm each day.

There will be 35 sellers (by June) of fresh fruit and vegetables, meats, baked goods, eggs, local honey, flowers and plants, and firewood.

The market has a safe, atmosphere where children are welcome. There is plenty of parking and accessible rest rooms.

A newly formed Colbert County Republican Women's Club meets every third Wednesday at Noon at the Helen Keller Library in Tuscumbia. Visitors welcome. For further information contact Mary Baschab Haslacker at 251-234-0077.

For Parrot Lovers in the Shoals- Join our Facebook group - For the Birds Parrot Club. We discuss Pet Sitting, Re-homing, best Bird Vets, Bird food, Sharing Advice, and more.

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.

Florence Camerata is resuming rehearsals for the summer concert,

America Sings! Rehearsals will start on Thursday, May 25 at 6:30pm at the UNA choral room. Rebecca Rockhill is our director and we will be singing music by American Composers....some spirituals, some popular, some ballads, some patriotic....just a wide variety of beautiful music!

The concert will be on Tuesday, July 18 at First Presbyterian Church in downtown Florence, and will help to kick off Handy Week! Anyone who is interested in singing with us should come to rehearsals. For more information, call 256-810-9512.

Let's Talk about Mental Health - 3rd Wednesday of the month. June 21 Florence Lauderdale Public Library 5:30 - 7pm Do you have an adult loved one that experiences a mental health condition? Join the Shoals NAMI (National Alliance for Mentally Illness) Family Support Group. "Hope starts with you."

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Commentary

Tina...

Continued from Page 12

to establish herself as a solo artist. That is when she made the difficult decision to speak publicly about the emotional and physical brutality she faced daily at the hands of Ike, even walking on stage with a mouth full of blood on occasion. This was during a time before spousal abuse was openly discussed. Tina's story inspired thousands of women to say enough is enough, and it ensured that millions of other women would never let a spouse/partner abuse them a second time.

That was probably more impactful than her decades of energy and riveting performances. And that is saying a lot.

The heel-stomping, wild-haired, finger pointing rock goddess earned a dozen Grammy Awards and the moniker, The Queen of Rock.

She sold out 80,000 seat stadiums, and won the admiration of millions around the globe as a music industry legend for three more decades. She established herself as one of the most popular female solo artists in the world, and broke barriers for future generations of women in music... and one skinny little Brit we know.

Rolling Stones front man, Mick Jagger, fully admitted that his stage presence is his best effort at replicating the energy that Tina Turner brought to her fans on stage.

She reached another milestone in her starring role with Mel Gibson in the 1985 post-apocalyptic action film, *Mad Max-Beyond Thunderdome*.

Her high-flying but tumultuous life was the basis for a hit 1986 autobiography, *I, Tina*, a Hollywood biopic, *What's Love Got to Do With It?*, and a Broadway jukebox show, *Tina: The Tina Turner Musical*.

Tina was also the first woman and the first Black artist to appear on the cover of *Rolling Stone* magazine.

The true entertainer brought different generations, races, and backgrounds together in good vibes of celebration.

Tina Turner is one for the ages. It will be different listening to her music and watching her on screen from now on.

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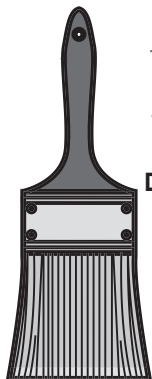
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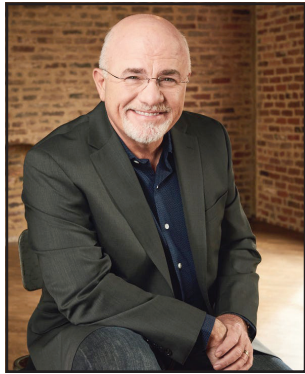
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DAVE Says

by DAVE RAMSEY

MY RETIREMENT SAVINGS IS ERODING AWAY!



mode, then pulled all their money out while the market was down.

Jesse, did you know that in the last 20 years, every down year in the stock market was followed by two years of record gains? Facts and mathematics are your two best friends when it comes to telling your inner drama queen, "Shut up, we're going to continue to invest!"

— 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," the "Today" show, Fox News, CNN, Fox Business and many more. Since 1992, Dave has helped people take control of their money, build wealth, and enhance their lives. He also serves as CEO of Ramsey Solutions.

Dear Dave,
I'm 61, and I hope to be able to retire soon, but I'm watching my retirement savings completely eroding away day after day. The only place I'm not losing money is \$180,000 I have sitting in the bank earning almost zero interest. What should I do?

Jesse

Dear Jesse,
Come on, man. "Completely eroding away day after day?" That's a little dramatic. One of the things you have to understand, and coming to grips with it has helped me since I began doing research on things like this 30 years ago, is we all have a drama queen living in our brain that exaggerates things—especially when it comes to investing. So, take a deep breath and calm down. Everything's going to be okay.

Studies have shown us it takes \$3 of gain in an investment to emotionally offset \$1 of loss. Our brains record negative things at a much greater rate than they do positive things, and it takes a lot of emotion to recover from that. Your investments may be down a little. If you've got \$1 million in there, it may be worth \$900,000 right now. Next year, it's liable to bounce up to \$1.1 million. In other words, your entire retirement savings is not "eroding away."

Have you ever heard people say they lost all their money in the stock market? Well, that's mathematically impossible, unless you put all your money into one company, and that company completely closed and was worth zero. Remember Enron? What most people really mean when they say that is they lost a bunch of money because they freaked out and went into hyper-drama

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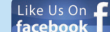


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