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June 28, 2023

POSTAL PATRON



Amnesty in Muscle Shoals

MUSCLE SHOALS—The Municipal Court in the city of Muscle Shoals is offering Amnesty for various municipal court charges through July 12, 2023.

The amnesty program provides an opportunity for those with certain types of municipal court charges to clear their case without concern of being physically arrested.

Amnesty is offered to all individuals who have received traffic or parking tickets, failed to appear or pay fines, and for whom warrants have been issued or pending on these charges.

Anyone wishing to take advantage of this program may do so by coming in person to the Municipal Court at 2010 Avalon Avenue in Muscle Shoals OR appearing in open court in person at 1pm on Wednesday, July 12.

For more information/details, look for the information inside this issue or contact the Court Clerk's office at 256-386-9210.

AASRO Honors Smith



Smith

MUSCLE SHOALS — When **Gerald Smith** signed in at the state's Safe Schools Conference in Gulf Shores earlier this month, he didn't know that one particular good deed had followed him.

The Alabama Association of School Resource Officers recognized the longtime

See **SHORTs...** on Page 2

Courier Journal

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Almost \$Double\$

Colbert's Tourism Expenditures Explode in Two Years

TUSCUMBIA – According to a recently released report by the Alabama Tourism Department, visitors to Colbert County in 2022 made a significant economic impact by spending over \$113 million during their visits. The report, entitled, *Alabama Tourism Industry Economic Impact 2022*, was compiled using a model developed by respected economist Dr. Keivan Deravi from Auburn University in Montgomery.

The study encompassed a wide range of vital information including data on job creation within the tourism industry, spending and revenue statistics, tax revenues collected by the state, and the most frequently visited counties in the state.

The report highlights Colbert

See **TOURISM...** on Page 23

LISTERHILL'S PAST AND PRESENT

Helping to Forge Alabama's Future

MUSCLE SHOALS — Governor Kay Ivey recently signed House Bill 164 into law requiring a financial literacy and money management course for high school graduation.

The bill works in the interest of credit unions, banks, and other financial institutions in bringing financial literacy education to high schools across Alabama. The bill justifies the decades-long quest by Listerhill Credit Union

to educate students and families on financial literacy initiatives to promote financial health and wellness in local communities.

"Financial literacy was the original catalyst for forming Listerhill in 1952," said Brad

See **FINANCIAL...** on Page 15



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

Sheppard Over Student Services

Weiseman is New FHS Principal

FLORENCE – Florence High School principal, Dr. Roderick Sheppard, lives by the words, "Hard work pays off." He will now transition into a new role at the Florence City Schools central office as the director of student services.

"I quickly applied because this is what I want to do," Dr. Sheppard said. "I've always wanted to see the district from outside of the buildings that I've worked in; I've worked in the high school and at the freshman center. However, I've never seen 6th grade and below."

Sheppard explained that if he ever desired to become an assistant superintendent or superintendent, the student services director position would give him the



Sheppard



Wieseman

See **STUDENTS...** on Page 6

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Online Only:

- Pet Talk
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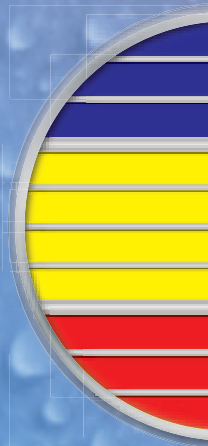
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Saturday, July 1st, 9am-2pm (Numbers given out at 8:30am)
Sunday, July 2nd, 1pm-3pm

Cast Iron, Gun Safes, Gun Reloading Equipment, Shop Smith, Washer & Dryer, Several Freezers, Lane Cedar lined Wardrobe, Wine Cooler, Game Table, Oriental Rugs, Howard Miller Curio & Sliding Front Curios, Tell City Furniture, Waterford Crystal, Welder, Compressor, Grinder/Cutter, Tool Boxes, Bow & Arrows, German Nutcrackers & more.

Cypress Creek Antiques & Estate Sales 256-275-0273
Go to Estatesales.net to view pictures

Shorts...

Association Honors Smith

Continued from Page 1

school resource officer at Muscle Shoals High School with the "Greatness at the Gulf" Award at their annual Safe Schools Conference. Smith was nominated for the award by his Muscle Shoals High School principal, Dr. Kevin Davis.

The annual award goes to an officer who goes above and beyond the requirements of the job to help others. An act of kindness last year following the conference resulted in the award.

Following last year's conference, Smith was headed home to the Shoals when he took a random exit in Birmingham to get gasoline.

While pumping gas, he noticed a young man and his girlfriend with the car hood raised. The young man asked Smith if he had jumper cables.

Smith tried to no avail to jump off the battery. "I told him I thought he needed a new battery and we were right there near an Auto Zone," Smith said, recalling the exasperation of the young man, Willy Hurley, a rising junior at Auburn University

"I introduced myself and told him I was a police officer in Muscle Shoals and that I was a SRO at the high school. I wanted to put him at ease because he didn't know me."

Smith took Hurley to get the battery and came back to the stranded car. They had to borrow the tools to change it from a guy at the gas station

who had a toolbox on his truck.

"I wanted it to be a teachable moment. So we just told Hurley what to do, and he did all the work. He was pretty proud," Smith said.

Hurley tried to offer to pay Smith and the other man, but they declined.

Not long after Smith arrived home, unbeknownst to him, Hurley's parents sent an email to MSHS Principal Kevin Davis stating their appreciation, and detailing the event and Smith's kindness toward their son.

They ended the email by saying, "thanks to Gerald, we are now Muscle Shoals Trojan fans for life!!"

Smith said he was only doing what he'd want someone to do for his own child.

"There was a reason I turned on that unfamiliar exit, and it was so I'd get that blessing of helping him," declared Smith.

Williams is a Mercy Winner

MUSCLE SHOALS-North Alabama Shoals Hospital recently announced that nurse manager, Stacy

Williams, 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

See SHORTS... on Page 8

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<p>HOT DEAL!!</p> <p>Chicken Wing Portions 99¢ Lb. (sold in 5lb. bag)</p>  <p>Chicken Drumsticks 99¢ Lb.</p>	<p>Sirloin Pork Chops \$1.69 Lb.</p>  <p>Country Style Pork Ribs \$1.69 Lb.</p>	<p>Whole Spare Ribs \$1.99 Lb.</p>  <p>Boston Butt Pork Roast \$1.99 Lb.</p>	<p>Filet Mignon Steak \$10.99 Lb.</p>  <p>Whole Filet Mignon \$8.99 Lb.</p>
<p>Beef Brisket \$2.99 Lb.</p>  <p>Ground Beef \$2.99 Lb.</p>	<p>Chicken Tenders \$2.49 Lb.</p>  <p>Boneless Chicken Breast \$1.99 Lb.</p>	<p>Whole Chicken Wings \$1.99 Lb.</p>  <p>Cut Chicken Wings (DRUMMETTES & FLAPS) \$1.99 Lb.</p>	<p>Farm Raised Whole Catfish \$5.99 Lb.</p>  <p>Chicken Leg Quarters \$6.99 10Lb. Bag</p>



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Yard Sales

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Alpine Dr., Saturday 6:30am-until?
Musical Instruments, some Furni-
ture, Lots of Glassware and misc.

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Yard Sale on River Bluff
503 River Bluff Dr.
Fri & Sat 6am-Noon
Multiple Families River Bluff
Dr. & Little Rock Ct., Furniture,
Yard Equipment, Bikes, House-
hold items, Etc.
Map ID#1365

FLORENCE GARAGE SALE
212 West Queensbury Lane
Sat. 6am-1pm, Campbell's
collectibles, Teachers materials,
Adult clothes .25 cent each,
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YARD SALE
24865 Morrow Rd.
(Behind Country Club, next to
Dog Days Flea Mkt.)
Fri, Sat, Sun,
Daylight to Dark
Glassware, Tools, Yard tools,
Hand tools, Old tools, Cook-
ware, Cast iron, Pots and Pans,
CorningWare, Knives, Pocket
Watches, Jewelry, Sports stuff,
Nascar collectibles, Fishing
stuff, Lures, Sewing supplies,
Canning jars, Gas cans, Towels,
Goats, Lots of neat stuff! Map
ID#1387

TUSCUMBIA MULTI-FAMILY
YARD SALE, 805 Volunteer Dr.,
Saturday 7am-until? Lots of kids
items, toys clothes, etc. Bedding,
Household items, Plus size ladies
clothes and more!

FLORENCE-ZIP CITY: 125 CO.
RD. 142 Fri. and Sat. 7AM.
Tools, furniture, appliances,
baby girl's clothes, toys, cook-
ware, electronics and more!
Map ID #1381

MUSCLE SHOALS: 203 Sheridan
Ave July 1, 2023 Sat. 7 am -
12 pm, Items for sale: kid's and
adult clothes, toys, other miscella-
neous items.

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)

KILLEN 5-FAMILY SALE
WOODFERN DR.
Fri & Sat 7am-Until?
Depression Glass, Perennial
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(Numbers given out at 8:30am)
Saturday, July 1st, 9am-2pm
(Numbers given out at 8:30am)
Sunday, July 2nd, 1pm-3pm

Cast Iron, Gun Safes, Gun
Reloading Equipment, Shop
Smith, Washer & Dryer, Several
Freezers, Lane Cedar lined
Wardrobe, Wine Cooler, Game
Table, Oriental Rugs, Howard
Miller Curio & Sliding Front
Curios, Tell City Furniture,
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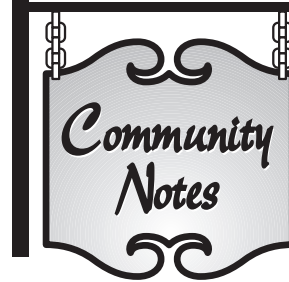
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the week. We invite you to come and be with us! • Tuesday – "Choosing to Love My Spouse" • Wednesday – "Wounded & Weary: Dealing with Sickness (Isaiah 38)" • Thursday – "The Gospel According to Manasseh" • Friday – "Each Day I'll Stand"

For more information, please visit: facebook.com/midwaychurchofchrist.org

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 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.

Theater and art camp registration is taking place NOW at the Tennessee Valley Museum of Art in Tusculumbia. Details below. For more information or to register visit www.tennesseevalleyarts.org/school/

Junior Art Camp for 3rd-6th grade July 10-13, 9am-3pm; July 14, 9am-12pm. Students will explore multiple mediums through engaging art experiences, led by veteran artists and art teachers. Students will be divided into two groups: 3rd & 4th graders and 5th & 6th graders. \$200 for general public; \$175 for TVAA Family/Friend members and above.

Advanced Art Camp for 7th-12th grade; July 10-14, 9am-12pm. Advanced Artists will work with the highly skilled portrait artist Martha Carpenter to explore advanced drawing methods, learn new skills, and refine existing techniques. This class is limited capacity to allow for one-on-one instruction and feedback. \$150 for general public; \$125 for TVAA Family/Friend members and above.

Basic Oil Painting for Adults July 20, 21, & 22, 10am - 4pm. Working from a still-life, instructor Martha Carpenter will lead the class in learning a limited palette in the "alla prima" painting technique, which is done in one layer in one sitting. Students will work on their own still-life pieces while receiving individualized instruction throughout the class sessions. \$375 for general public \$365 for TVAA Family/Friend members and above.

Advanced Portrait Oil Painting for Adults August 3, 4, & 5, 10am - 4pm. Using a live model, Martha Carpenter will begin a 3-day workshop to provide demonstration, as well individualized instruction and critique, to help students complete their oil portrait. \$425 for general public \$415 for TVAA Family/Friend members and above.

For more information or to register visit www.tennesseevalleyarts.org/school/

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

Walgreens on Dr. Hicks Blvd in Florence will host a Blood Drive with LifeSouth on Thursday, June 29 from 12-6pm. All LifeSouth donors receive a free appetizer card courtesy of Texas Roadhouse and a pound of cookie dough from Papa Murphy's.

Donors must be 16 years of age or older and weigh at least 110 pounds.

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 Tusculumbia.

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. Each door will be auctioned off at the annual artist members exhibition, ARTWORKS, at the end of Summer.

See NOTES... page 7

The Original Chicken Stew and BBQ event at Saint Michael's Church in St Florian takes place on Tuesday, July 4 with sales beginning at 6am. -- Cooking since 1874. Don't miss it!

Friday Night Stars and Guitars Live Music at Wilson Park, Florence - during the month of June. Music begins at 7pm. on June 30 with Dixie Mafia.

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

The Lauderdale County Solid Waste Dept. will be closed on Tuesday, July 4. All commercial and residential garbage collections, will be delayed by one day following the holiday, meaning Tuesday's will be picked up on Wednesday, Wednesday on Thursday, Thursday on Friday, and Friday on Saturday. The landfill and the solid waste office will be closed July 4. For any questions, residents can consult the Lauderdale County Solid Waste Department Facebook page.

"Hi Neighbors of the Shoals" will not meet in July due to a conflict with the Independence Day holiday. We will resume our first Tuesday of each month meetings August 1 at 10:30am in the Florence Public Library. We are a women's social group. The group welcomes all ladies who are current residents of the Shoals area. Contact Berta Birch, 256-777-3119, for further details.

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.

Chloe's Fund Inde-PAW-Dence Day Bake Sale is taking pre-orders for pick-up on Saturday, July 1 from 10am-1pm at Florence Lauderdale Animal Services, 3240 Roberson Rd. in Florence. The deadline to pre-order is Wednesday, June 28 at 2pm. All items are made fresh to order and quantities of each item are limited, so order yours ahead. To place orders, find the menu on the Chloe's Fund Facebook page, then use Facebook messenger to DM Lisa Wilson Rim or email LRim104@gmail.com.

Sweetwater Avenue in Florence from Patton Street to Florence Blvd will be closed beginning Monday, June 26 for road repairs and will remain closed for up to two weeks. Thank you for your patience. For questions, call 256-760-6460.

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.

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.

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.

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

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

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

The Town of Cherokee invites everyone to its Annual Independence Celebration Saturday, July 8 from 6-9pm at the downtown Cherokee stage area. This free event will include live music by Southern Axcnt, great food vendors, and fireworks!

You're invited to a Gospel Series at Midway church of Christ, June 25-30 with guest evangelist, Chuck Durham from Springdale, Arkansas.

This series of gospel sermons will benefit all ages and places in life. Services at 7pm each evening throughout



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Express Care: 1106 N Cave St. Tusculumbia, AL | 256-386-7774
Greenhill: 351 AL Hwy 64, Killen, AL | 256-272-8066
Sheffield: 1120 S. Jackson Hwy Suite 300, Sheffield, AL | 256-383-4447

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

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Students...

Continued from Page 1

experience needed to excel to the next level.

"This position will allow me to work with families, and I'll still be able to work with students. I feel like this will be the right position to leave Florence High School."

Sheppard begins his new role on July 1. Some responsibilities of the director of student services include monitoring student attendance across the district and overseeing truancy. Dr. Sheppard will form partnerships with parents in the community to ensure students maintain acceptable attendance. His role will also include working with the FCS Alternative School housed inside the Burrell-Slater Community Education Center on West College Street to help set those students up for success.

The 2022-2023 school year marks Sheppard's 25th year working for Florence City Schools.

Kevin Wieseman, principal at Florence Middle School for the past six years, will take on the new role as principal of Florence High School on July 1.

Wieseman's career in education spans 34 years, 25 working for Huntsville City Schools where he taught, coached, and held athletic director positions. He was principal of Lee High School for three years prior to being named Florence Middle School

principal.

"Kevin has done a great job building community in his role as middle school principal," said Superintendent Jimmy Shaw. "He has already proven he's a school spirit, school community guy — a leader of people who builds community with faculty, staff, and outside stakeholders."

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Notes...

Continued from page 4

The Inaugural Team Roping benefiting Ronald McDonald House Charities of Alabama, takes place Saturday, June 24 and Sunday, June 25 at Longhorn R Arena, 2576 3 Mile Lane, in Tusculum. Saddle up and show off your roping skills! Registration opens at 8am each day at the Longhorn R Arena, and roping begins at 9am. The organizers of the event, the Austin family, have a personal connection to the RMHC of Alabama mission. Information: 256-383-2965.

The second annual National Homeownership Month Art Contest sponsored by the Alabama Housing Finance Authority (AHFA) is open for entries.

Alabama children between the ages of 5 and 12 are invited to illustrate financial concepts like earning, saving, spending, and giving, featuring AHFA's popular blue mascot, Bud.

Then, with an adult's help, they can upload their entries at <https://woobox.com/mzz4r2> from June 1-30. Public voting runs July 1-9, and winners will be announced on July 11. Contest entry is free, and the top three vote-getters will win deluxe art supply sets and Kiwi Crate subscriptions, which deliver monthly craft, STEM, and science activity kits to their

doors. More contest details, rules and voting information are available at www.ahfa.com.

Jacksonburg Church of Christ, 414 Lauderdale 28, Florence, will have Vacation Bible School Monday-Thursday, July 10-13 from 6:30-8:30pm each night. There will be classes for all ages, with Mike Tays teaching teens and adults. Theme: "Roadtrip!" Jesus Is Our Way to Heaven. Everyone is welcome.

Florence Camerata summer concert, America Sings! will be on Tuesday, July 18 at First Presbyterian Church in downtown Florence, and will help to kick off Handy Week!

We will be singing music by American Composers....some spirituals, some popular, some ballads, some patriotic..... just a wide variety of beautiful music! For more information, call 256-810-9512.

What a Wonderful World - Edsel Holden Legacy Series Sunday July 23, 2pm at UNA Norton Auditorium, presented by: One Place of the Shoals, UNA School for the Arts, UNA Center for Women's Studies and Aaron Howard with Cloud Investments, LLC. Dr. Lyman Mitchell's Shoals Area Big Band - Featuring: Spooner Oldham, Mark Namore and more special guests.

Entry \$20. **Ticket Outlets:** One Place of the Shoals, Kennedy-Douglass Art Center and TVA Community Credit Union. Online: www.oneplaceoftheshoals.com

All Active Duty Military and Veterans Admitted FREE. Call 256-284-7600 for Tickets! Proceeds to benefit the One Place of the Shoals.

Southern Gospel's favorite, The Mark Trammell Quartet, will be at Cypress Creek Methodist Church on Sunday, July 23 at 10:30am. These guys sing all over the country. Join us for a wonderful time of music and ministry - 801 Lewis Bruce Lane in Florence, off of Cox Creek Pkwy. N

The Club (Florence Senior Center) and Diamond Tours presents the Myrtle Beach Holiday Show Trip November 27-December 2, 2023 (Monday - Saturday) 6 days, 5 nights \$798/person (dbl occupancy). The incredible price includes: motorcoach transportation, 5 nights lodging including 3 consecutive nights in Myrtle Beach area; 8 meals -5 breakfasts and 3 dinners.

This trip is popular and is filling quickly. Call for more info or to book, Fran 256-760-6442. \$75 due upon signing. Final payment due Sept. 20. Departure on November 27 from The Club, 450 Country Club Drive in Florence.

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

Florence Parks and Recreation/The Club/Florence Senior Center, hosts a variety of activities for adults throughout the week. Chair exercise classes, line dancing, Square dancing, social dancing, BINGO, \$1 lunch, Rummy, Rummy cubes, Rook, Mexican Train & Chicken Foot Dominoes. 9am-3:30pm. 450 Country Club Drive in Florence. Group Travel is available for the community. Call for specifics. 256-760-6420.

Florence Park and Recreation presents Outdoor Magic and Movie Night, at 7:30pm Thursday, July 13 at the Sports Plex baseball field #13. There is no admission charged to this fund family event. Bring lawn chairs. Rockin' Eco Hero, Steve Trash, presents his one-of-a-kind magic show at 7:30pm followed by the movie, Field Of Dreams, shown on the baseball field at around 8:15pm.

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.

Members at Armstead Chapel C.M.E. Church in Florence invite everyone to worship with them Sunday July 9 11am in observance of Pastor Rev. James Greene III's First Pastoral Anniversary. The Rev. Carlyon Cole, preacher in residence at the Browns Temple C.M.E. Church in Sheffield, be the guest minister for the morning program. Everyone is welcome at 121 Simpson St. in Florence.

Old Brick Presbyterian Church will be filled with singing as they host Vacation Bible School on Monday-Wednesday, July 10-12 from 5:30-8pm.

Children from 4 years through 5th grade completion are invited. Focusing on prayer and praise, the children will enjoy Bible stories, songs, recreation, and crafts. A simple supper will be served at 5:30pm, each night. A VBS cookout kickoff and fun day will take place on Sunday, July 9 at noon following the worship service. Registration will be each Sunday leading up to VBS and at 5pm on Monday, July 10 at the church.

Old Brick Presbyterian Church is located at 260 Mount Pleasant Road, Muscle Shoals in the Ford City Community. For more information, call 256-335-5897.

See NOTES... page 11


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 Walk of Honor, River Heritage Park, Florence

A chemical engineer at TVA, Frank Acorn was intensely interested in fertilizer improvement to alleviate world hunger. Having served in the Navy in WWII and during the Korean Conflict, he was buried with full military honors in 2015.

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

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MUNICIPAL COURT AMNESTY PROGRAM THE CITY OF MUSCLE SHOALS is offering Amnesty for the time period of **June 13 - July 12, 2023**

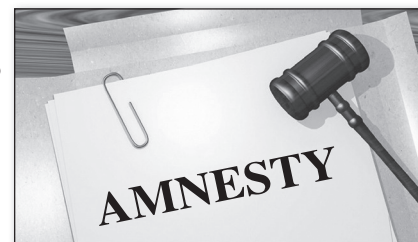
The amnesty program provides an opportunity for those with certain types of municipal court charges to clear their case without concern of being physically arrested.

Amnesty is offered to all individuals who have received traffic or parking tickets, failed to appear or pay fines, and for whom warrants have been issued or pending on these charges. Anyone wishing to take advantage of this program may do so by contacting the municipal court. Individuals with outstanding fines or who have failed to appear on municipal court charges are encouraged to present themselves

to the court on or before July 12 to seek resolution to their cases.

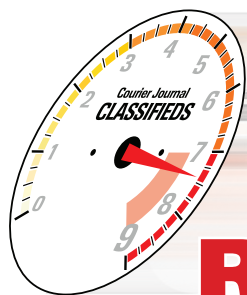
It is important to note that only individuals who have outstanding

warrants for failure to pay fines or attend court on their assigned dates are eligible for this program. Any eligible individual with a warrant who comes into contact with law-enforcement prior to taking advantage of this amnesty program is subject to immediate arrest. Only cases that have already been adjudicated by the court are eligible for warrant amnesty. Typically these are for failure to pay fines or failure to appear in court.



Persons may either appear in open court on July 12, 2023 at 1:00 p.m. at the Municipal Court at 2010 Avalon Avenue, Muscle Shoals or present themselves to the magistrates office any time prior to that date.

For information concerning the Amnesty Month procedure call the Court Clerk's office at 256-386-9210 or come in person to the Municipal court at 2010 Avalon Avenue in Muscle Shoals.



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Shorts...

Williams is a Mercy Winner

Continued from Page 2

represents the spirit and values on which the company was founded.

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.

Williams has been a registered nurse since 1994. She came to work at Shoals Hospital in 1996, and she currently serves as the nurse manager for the J.W. Sommer Rehabilitation Unit.

"Stacy leads her clinical team with professionalism, and she has excellent rapport with her peers and the providers," said **Doug Holzbog**, North Alabama Shoals Hospital Chief Operating Officer. "She is always looking for ways to challenge her team to provide consistent quality care to the rehabilitation patients."

Stacy is a Belgreen native known for her dedication to her profession and her community. She works rounds on all patients each day and ensures their experience is excellent. Williams also led the charge in implementing bedside shift report by utilizing a "Rising Star" board. This created fun and friendly competition which spread among the team.

Williams is also dedicated to her community and church family. For the past 10-plus years Stacy has been providing food and clothing for individuals at her church.

Each facility winner, including North Alabama Shoals Hospital, will be considered for Lifepoint's 2023 companywide Mercy Award announced in August.

Road Work on Sweetwater

FLORENCE- Sweetwater Ave in Florence from Patton St to Florence Blvd will be closed beginning Monday, June 26 for road repairs and will remain closed for up to two weeks. For questions, call 256-760-6460.

Time to Enter ArtWorks '23

TUSCUMBIA-The Tennessee Valley Museum of Art's annual membership show, "ArtWorks," is coming up later this summer! All members of the Tennessee Valley Art Association are invited to submit up to two pieces for the exhibition. There is no cost to enter, but you must be a member of the Tennessee Valley Art Association. Not a member, yet? Memberships starts a \$5/month, \$60/year, and grants you entry into ArtWorks, free museum entry all year, discounts on concessions at The Ritz, and more. Join at <https://tennesseevalleyarts.org/membership>

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July 22-August 12:

Exhibition Dates

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or email to:

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



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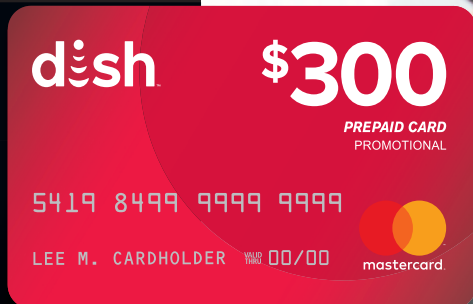
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<p>LOCAL CHANNELS INCLUDED</p> <p>190 CHANNELS \$79⁹⁹/mo.</p> <p>FOX NEWS, HGTV, DISNEY CHANNELS, ESPN</p>	<p>EVERYTHING SPORTS & ENTERTAINMENT</p> <p>240+ CHANNELS \$99⁹⁹/mo.</p> <p>Hallmark CHANNEL, Disney JUNIOR, MAGNOLIA NETWORK</p>	<p>EVERYTHING SPORTS, ENTERTAINMENT & MOVIES</p> <p>290+ CHANNELS \$109⁹⁹/mo.</p> <p>MGM+, Great American Family, STARZ ENCORE</p>
--	---	--

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3-Year TV Price Guarantee requires credit qualification and 2-year commitment with early termination fee, and eAutoPay, and covers core programming, local networks, and equipment. Prices include Hopper Duo for qualifying customers. Hopper, Hopper w/Sling, or Hopper 3 \$5/mo. more. Upfront fees may apply based on credit qualification. Fees apply for additional TVs: Hopper \$15/mo., Joey \$7/mo., Super Joey \$10/mo.

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All offers require credit qualification, 2-year commitment with early termination fee and eAutoPay. Prices include Hopper Duo for qualifying customers. Hopper, Hopper w/Sling or Hopper 3 \$5/mo. more. Upfront fees may apply based on credit qualification. Fees apply for additional TVs: Hopper \$15/mo., Joey \$7/mo., Super Joey \$10/mo. After 3 mos., you will be billed \$30/mo. for premium channels unless you call or go online to cancel.

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Offer for new and qualifying former customers only. Important Terms and Conditions: Qualification: Advertised price requires credit qualification and 24-month commitment. Upfront activation and/or receiver upgrade fees may apply based on credit qualification. **Offer ends 7/12/23. Offer requires 2-year commitment:** Early termination fee of \$20/mo. remaining applies if you cancel early. **Included in a 3-year price guarantee at \$79.99 advertised price:** America's Top 120 programming package, local channels, HD service fees, and Hopper Duo Smart DVR for 1 TV. **Included in 3-year price guarantee for additional cost:** Programming package upgrades (\$94.99 for AT120+, \$99.99 for AT200, \$109.99 for AT250), monthly fees for upgraded or additional receivers (\$7 per additional TV, receivers with additional functionality may be \$10-\$15). **NOT included in 3-year price guarantee or advertised price (and subject to change):** Taxes & surcharges, add-on programming (including premium channels), DISH Protect, and transactional fees. **Premium Channels 3 Mos. Free:** After 3 mos., you will be billed \$20/mo for Showtime and DISH Movie Pack unless you call or go online to cancel. **Remote:** The DISH Voice Remote with Google Assistant requires internet-connected Hopper, Joey or Wally device. Customer must press Voice Remote button to activate feature. **Other:** All packages, programming, features, and functionality and all prices and fees not included in price guarantee are subject to change without notice. After 6 mos., if selected, you will be billed \$10.99/mo. for DISH Protect Silver unless you call to cancel. After 3 years, then-current everyday prices for all services apply. For business customers, additional monthly fees may apply. Free standard professional installation only.

PREM_754463

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Notes...

Continued from page 7

LifeSouth is in emergency need for blood donors. This year continues to be difficult for LifeSouth and blood centers across the country with the impact of the pandemic causing a decrease in blood donations, while the need to help patients in local hospitals continues to increase.

Regular blood donors who have not given recently and first-time donors can make a major impact by donating. One donation can save up to three lives.

Donate at the Center, 307 Veterans Drive, Florence. Schedule an appointment, 256-765-7038. www.lifesouth.org. The hours are: Monday, Wednesday, Friday 9am-5pm; Tuesday and Thursday 9am-7pm; Saturday 9am-3pm; Sunday 1-5pm.

To find a donor center or mobile blood drive near you, visit lifesouth.org or call 888-795-2707. Blood donors must be at least 17 or 16 with parental permission, weigh a minimum of 110 pounds and be in good health. A photo ID is required. LifeSouth donors receive a complementary cholesterol screening with each donation.

Are you looking for a new church home? Weeden Heights Methodist Church is a small friendly church with Christians who love the Lord, welcome new members with open arms and no affiliation with larger denominations; an independent Church whose discipline is the Holy Bible. We answer to no organization or group. We answer to the Holy Lord and God.

Sunday Worship 11am. Wednesday Prayer Group 10am. Wednesday Bible Study 5pm. Weeden Heights Methodist Church, 128 N. Orleans, Florence.

Religious Abuse Support Group of the Shoals will start meeting in September - first & last Sundays of every month. Time and Location will vary. About us: we are a group dedicated to supporting individuals in our local community who have experienced abuse within religious institutions.

Check our Facebook for additional details. Contact us at <https://www.facebook.com/rags Shoals/>

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.

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:

- Metal Detector • Tape Measure
 - Projector • Level/Measuring Tool
 - Binoculars • Radon Detector
 - Auto-Leveling Laser/Stud Sensor
 - Wrist Blood Pressure Monitor
- Call 256-386-9212 or visit online at youseemore.com/muscleshoals

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

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

See NOTES... page 17

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.

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Point Mallard Hosts Spirit of America

DECATUR – For those in search of things to do on Independence Day, Point Mallard Park invites locals and visitors for a day of family fun and activities at the Point Mallard Water Park and Spirit of America Festival. The Spirit of America Festival offers star-spangled fun, food, craft vendors, a bike parade, and a spectacular fireworks show on July 4 in honor of Independence Day. The festivities get underway at 3pm and families are invited to arrive earlier to enjoy the day cooling off at the Point Mallard Water Park.

The Spirit of America Field opens to guests at 3pm so that families can pick out a prime viewing location to enjoy the fireworks show set for later in the evening. The free Independence Day celebration kicks off at 3:30pm with the Children's Bike Parade where patriotic decorated bikes, tricycles, wagons and strollers make their way around the Spirit of America field (soccer fields). Registration for the parade is free and is required beginning at 3pm at TC Almon. A children's area and food and craft vendors, hosted

by Kiwanis Club of Decatur, will be available from 4-10pm in the Expo Pavilion and surrounding areas. Children can play and adults may shop for unique items and indulge on traditional festival food.

The Spirit of America field to enjoy the festivities and fireworks.

The night sky illuminates at 9pm with a spectacular fireworks display choreographed to music simulcast by WDRM. Spectators outside of Point Mallard Park are encouraged to tune in to 102.1 FM to enjoy.

Guests are asked to please leave pets at home. Tents and golf carts are not allowed on the Spirit of America field. Handicap parking will be available in the TC Almon parking lot. Vendor and VIP event sponsor parking will be along the side of the soccer fields.

Point Mallard Park is located at 2901 Point Mallard Drive in Decatur, along the scenic banks of the Tennessee River. Admission to the festival is free and parking is free. Follow <https://www.facebook.com/PointMallardPark> for the latest information.



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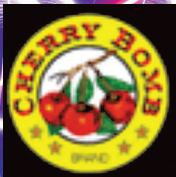
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Thomas McCutcheon

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PERSONAL INJURY AND HEALTH INSURANCE

Joel and I are personal injury lawyers, which means that most of our cases we are paid out of a settlement or verdict that we obtain on behalf of an injured person.

We advertise for personal injury and compete against personal injury firms in large markets, but we live in a relatively small town. We attend school

functions and church functions; you might see us at the gym or the hardware store. We want our clients to be satisfied.

One issue that frequently arises is the injured party doesn't want to use their own health insurance to pay for an injury. They believe it is the person who caused the accident responsibility to pay for their medical bills. That is a mistake!

Health insurance companies have a negotiated price for medical services that is about 15 percent less than what people have to pay who don't have health insurance. If your medical bills are \$50,000.00 but Blue Cross Blue Shield pays \$15,000.00 and the person who caused the wreck has \$50,000.00 in liability coverage, that leaves \$35,000.00 available for the injured party versus \$0.00. Generally speaking, Blue Cross Blue Shield will reduce the \$15,000.00 to \$10,000.00 leaving \$40,000.00 available.

The point is that there's more money available when you take advantage of your healthcare negotiated rates whether it's United Health Care, Medicare, Medicaid or Blue Cross Blue Shield. More money is better.

Use your health insurance to pay your medical bills if you are injured.

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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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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All positions require strong work ethic, **able to work any shift**, have good communication skills, basic reading, writing and math skills, as well as use tape measure and dial calipers.

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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.



~Hiring~

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Quad Cities Taxi

Is looking for **Taxicab Drivers, Wheelchair Van Drivers, and Dispatchers.** Day and night shifts. Must be 25. Apply in person at 122 N. Royal Ave., Florence, between 8 am and 4 pm, Mon.- Fri. (No phone calls please)

Office Administrator

Hartselle Enquirer has an immediate opening for an office administrative position. Hourly pay is \$13-\$16 depending upon experience. Will work with the right candidate on a flexible work schedule 24-28 hours per week—either 4 or 5 weekdays.

- Responsibilities include but are not limited to:**
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 - Ensuring the office runs smoothly
 - Scheduling meetings and sending meeting invites

The ideal candidate for this position is highly organized, has strong attention to detail with professionalism in a fast-paced environment. Must be able to multitask, prioritize deadlines, and keep information strictly confidential.

This position requires a high school degree or equivalent, at least two years of administrative experience, and proficiency with office phones, Computer and software experience with MS Office programs including Excel, PowerPoint, Word and office equipment. A bachelor's degree is preferred.

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Financial...

Continued from Page 1

Green, President and CEO of Listerhill. "Our founders saw the need to provide financial options to the predatory lending that was prevalent in our area. Since then financial education has been an ongoing part of our mission."

According to Green, Listerhill's efforts in advocating for financial literacy and wellness extend to the point of visiting Washington, D.C. each year to meet with legislators and decision-makers on key issues affecting credit union members and financial consumers nationwide.

"What some people may not appreciate about credit unions is that they have been promoting financial health in the community for years," said Sarah Evans, Director of Financial

Health at Listerhill. According to Evans, their representatives have been teaching financial literacy courses in high schools, colleges, and local businesses at no cost to the organizations since the early 1990's.

As part of its continued efforts to bring increased financial literacy to local schools and businesses, Listerhill has partnered with Banzai to provide online financial educational tools and resources to its members as well as the community at large, according to Evans.

"We're excited to fulfill our mission of improving lives through financial education and offering the credit union difference to more people everyday," added Green. "We are excited to see others embrace something we've worked to provide from day one."



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Commentary

The Rich, White, Sheltered, Leftist,

A Suburban Treatment

After over four years of legal probes rumors, denials, distraction, and excuses, Hunter Biden, the derelict son of President Joe Biden, is pleading guilty to two misdemeanor tax charges. He has also agreed to a diversion program for a gun possession charge, and he will receive no jail time. The plea is a culmination of what some IRS whistleblowers said was a succession of interference by the Justice Department, the FBI and the IRS, in an investigation that was repeatedly “influenced by politics.”

Bank records show the Biden family, their business associates, and their shell companies received over \$10 million from foreign nationals and their companies while Joe Biden served as vice president and after he left public office. The IRS can't seem to locate

See RICH, WHITE, SHELTERED... 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

June 28, 2023

Happening
THIS WEEK

SPIRIT of FREEDOM

40th Annual
a Free Event

SHOALS—Make plans now to enjoy the 40th Annual Shoals Spirit of Freedom Celebration on Tuesday, July 4 at McFarland Park.

Come early and get your spot for the biggest day of the year. The celebration gets underway at 11am when food trucks will start opening and will be in the park all day.

Food vendors will include Fancy Funnel Cakes, Kona Ice, Boona's, Smashed, Quench, Sprinkles and Sparkles Cupcakes, Off the Hook, Ramona J's,

Spirit of Freedom Schedule

4pm - Austin Bohannon
5pm - Taylor Grace
6pm - CONNR
7pm - Gary Nichols
8pm - Boomtown Saints
9pm - TNT Fireworks Display

D & B Concessions - Funnel Cakes, Destiny Concessions, Pop's Food, Pop's Lemonade, Little Caesar's Pizza, and other local vendors.

See SPIRIT.. on Page 27

Independence Guest Commentary

Little Miracle of the U. S. Declaration



HAROLD PEASE, Ph.D.

History / Political Science Instructor
Expert on the US Constitution

The Second Continental Congress, having been convened for six months, had been engaged in the wrestle for or against independence. The vast majority of delegates were decidedly against such drastic action most of this time.

See MIRACLE... on Page 28

PORTALS, AN INTERACTIVE EXHIBITION FOR TVAA MEMBER ARTISTS, currently on view through June 30 at the Tennessee Valley Museum of Art in Tusculum. 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. Each door will be auctioned off at the annual artist members exhibition, ARTWORKS, at the end of Summer.

THE ORIGINAL CHICKEN STEW AND BBQ event at Saint Michael's Church in St Florian takes place on Tuesday, July 4 with sales beginning at 6am. -- Cooking since 1874.

FRIDAY NIGHT STARS AND GUITARS Live Music at Wilson Park, Florence - during June. Music begins at 7pm on June 30 with Dixie Mafia. This is a FREE community event. Bring a lawn chair.

WALGREENS ON DR. HICKS BLVD IN FLORENCE will host a blood drive with LifeSouth on Thursday, June 29 from 12-6pm. All LifeSouth donors receive a free appetizer card courtesy of Texas Roadhouse and a pound of cookie dough from Papa Murphy's. Donors must be 16 years of age or older and weigh at least 110 pounds.

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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.

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One Book is Needed

Dear Editor:

In response to letter titled, “They’ve Lost Their Way,” in the May 31 issue, I agree with Mr. House that both political parties have indeed lost their way. They only serve and act in their own best interest regardless of how the voters feel or need.

I do not watch any news, so I don’t get caught up in the ‘party’ hype that

is so typical of them all. Yes, there are those who are blind ignorant, including Mr. House. The only book that is truly needed in our schools is the Bible! Ban all the liberal nonsense and let kids be kids. They are being burdened with stuff they don’t need or should not have to worry about at that age.

It’s time to get the Bible, God and Prayer back in our schools!

Alan Turpen
Florence

History is Revisited

Dear Editor:

I doubt many of your readers know about Stefan Zweig. In the 1920s and 30s, he was one of Europe’s most influential liberal writers. Few authors of his day were more admired by the literary class.

In his last book, “The World of Yesterday,” Zweig describes the post-WWI years in Europe as “an era of chaotic deception.” His account is almost a mirror of what is happening in our own country today.

“Homosexuality and lesbianism were very much in fashion,” Zweig wrote of post-war Europe, “not a

See LETTERS... on Page 24

Lawmakers need to drop the political aspects and pass a comprehensive law...



Community Notes...

Continued from page 11

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

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

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

Alabama Hospice of the Shoals is currently seeking volunteers to serve in Colbert, Lauderdale, Lawrence, Franklin, Marion, and Winston counties. For more information, contact Christy Perry at 256-314-1204.

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!!

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., Tusculumbia. 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, Tusculumbia. Rotating exhibits at the hall of fame highlight accomplishments of area music achievers. Details: 256-381-4417.

Did you know that 22 Americans die each day waiting for organ transplants? Most of them for kidneys? The good news is that MatchingDonors.com is helping to change that. Linking organ donors with people in need of kidney and other transplants. And now you don't need to donate a kidney to save a life. Donate your boat, car, or real estate, and get a great tax deduction while helping to save lives. Visit MatchingDonors.com or call 800-385-0422.

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.

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.

If you or a loved one are struggling with Kratom, reach out for help. Narconon helps people all over the US find treatment to end the web that traps those in addiction. To learn what to look for visit: Narcononnewliferetreat.org

Pay it Forward: Donate to Educate. Shoals Scholar Dollars is an Education Foundation raising money to pay tuition at Northwest Shoals Community College and transfer scholarships to the University of North Alabama for Lauderdale and Colbert County students who meet certain criteria. Donate to Scholar Dollars at any participating financial institution the second Friday of each month.

The Help Center - 621 South Court Street, Florence. A cooperative ministry of local churches in Lauderdale County serving our neighbors in need with utility, food, clothing, prescriptions, and dental. Hours: Monday, Wednesday, and

Friday and 4th Saturday of each month 8:30am to 12pm.

Please bring a photo ID and proof of address.

If you have questions or need assistance call Help Center at 256-766-7663 or come by our Florence location during open hours.

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

The NACOLG SENIORx Medication Assistance Program supplies free and low cost medications for anyone in Alabama with a disability or a chronic illness regardless of age that requires daily medication. Medicare recipients may also be eligible.

For more information, contact NACOLG SENIORx today. There is no charge for this service.

1-800-AGELINE (1-800-243-5463) Paula Pardue 256-389-0529

This program is in partnership with the State of Alabama and Alabama Department of Senior Services

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

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

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

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

Come and share and let us pray with

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

For more information call 256.764.0873. These groups are sponsored by Kindred Hospice.

LaGrange College Site Park is open daily and weekends from 9am-5pm. Tours and park reservations are available buy calling 256-446-9324. The Visitors Center/Museum is open 1-4pm Sundays. The Historic College Site, a forerunner of UNA, is located in East Colbert County, off Alabama Highway 157 on LaGrange College Road, Leighton, Alabama, near the White Oak Community. Contact L.C. Lenz, the LaGrange Living Historical Association at 256-702-6953.

Want a job? Want a better job? Get your GED! Free GED Prep classes are located near you. The program is open entry with new students starting classes weekly. For more information, call the Northwest-Shoals Community College Adult Education Program at 256-331-5440 or 256-331-5438.

See NOTES... page 38

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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

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Northwest Alabama by Direct Mail





Cat & Kids

by Cathy Turner

Strike a Balance

One time a while back, one of our children posted on our family text conversation stream (which includes about a dozen immediate relatives) the news of having been tested and diagnosed with a pretty concerning medical situation. My response, after I prayed, was to pick up the telephone and call my adult child and say, "The next time you want your mama to know that you have a serious medical happening, do not text me along with everyone else under heaven!"

After I got that off my chest, I then let my child know that I had already prayed, and then I just listened to the many

details that followed. But, yes, if you have parents who qualify for the 55+ menu at IHOP, don't just text. We were raised face to face. So personal communication is our preference. We don't feel as loved without it.

Facebook is no substitute for an in-person interaction. Family text is no substitute for a personal phone call. Zoom isn't as fulfilling as a real visit, if you can make one. That text is nothing like those handmade cards you made for us on Mother's Day and Father's Day when you were little.

A group gender reveal is not as meaningful as your mom's single, solitary reaction. Posted selfies don't tell the story the way

your mouth would. And your "Tribe's" input is no substitute for the love and experience your parents have had with you and for you and before you.

When I was coming along, our parents were the first to know. They were listened to first and foremost. They were always invited - even without an invitation and were never in the way. They were the most important support. Of course the world was smaller then. Our parents never left home and neither did we. They never tasted authentic foreign food. My siblings and I were their only major thoughts because my parents were just trying to survive. We didn't have all the options that we and our children have today. And some of that is a good thing.

We grew up listening to the old folks talk on the front porch and around the table. Being quiet and listening was being respectful. Especially when we took that long ride to the homeplace in South Carolina. Even if we wanted to be playing out in the yard, we sat and listened.

We were taught to honor our parents and grandparents, and our aunts and uncles. They came first and told us how to live. Today's senior citizens, parents of adult children, are sought and heeded less. I hear this from my friends, associates and family. We have mostly learned just to listen. Adult parenting these days is a spectator sport, at best, and parenting in general is child-driven. The common belief is that children have been disregarded/disrespected. I can see some truth in that, but in so many kid movies, the children are the smartest people in the room.

But I digress. I realize that our children have lives to lead, and that parents have to establish their empty nest. All of that has to happen. I remember at one point in time, my sister told me that I was breaking my mother's heart by not being in touch often enough. I thought, "I am just living my life with Kevin." But now I can kinda see what my sister meant. I was the first generation college grad.

The first generation to not settle where Mom was. The first with more than 3 channels and who could afford to fly. My world got bigger and my parents got smaller. And I did live without them for a bit while they were living. Time loss.

Strike a balance. All I am saying is to call them. Listen. Love'em. They are old and they know what respect really looks

like. I am blessed, our kids work at our relationships, and I appreciate them. We all are so blessed to have our parents when we do. And their experiences are relevant. Text'em - sure. But make that ride to the homeplace. And love them the way in which they are accustomed.

Email comments or suggestions to CatnKids1@gmail.com

PUBLIC NOTICE FLORENCE CITY BOARD OF EDUCATION Special Education Department

Special education records for students who graduated or should have graduated during the school year of 2017-2018 are going to be destroyed. Persons interested in receiving their records should contact the Special Education Department at 256-768-3070 before July 14, 2023.

Please Help Us Locate Children in Florence Who Have Disabilities

If you know of a child between the ages of three to 21 who has a disability and lives in the Florence city limits, please contact the Florence City Board of Education at 256-768-3070 or call the State Child find phone number at 1-800-543-3098.

All information will be kept strictly confidential.



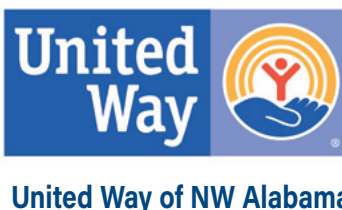
- Basic Human Needs
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CALL Dial 2-1-1 or 888-421-1266
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<p>Nabisco Honey Made GRAHAM CRACKERS 12-14 Oz.</p> <p>\$3.99</p> <p>Starburst Kraft MARSHMALLOWS 10-12 Oz.</p> <p>2 / \$3</p>	<p>Reynolds ALUMINUM FOIL 50-75 Sq. Ft.</p>  <p>\$4.99</p>	<p>Dixie PLATES & BOWLS 20-48 Ct.</p>  <p>2 / \$7</p>	<p>DAWN ULTRA 14-18 Oz.</p>  <p>2 / \$6</p>

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- ELGIN CROSSROADS** ELGIN Forest Plaza • 7am-11pm • 256-247-1958
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STRANGE but TRUE

• **The largest volcano in the solar system** is Olympus Mons, on Mars, standing at an impressive 13.6 miles high with a diameter of approximately 370 miles. That's nearly three times the height of Mt. Everest.

• **During World War II**, a U.S. naval destroyer won a battle against a Japanese submarine by throwing -- wait for it -- potatoes at them. The Japanese thought they were grenades.

• **Lettuce** is a member of the sunflower family.

• **Gennaro Pelliccia**, a taster for Costa Coffee, had his tongue insured for \$22 million.

• **To leave a party without telling anyone** is called, in English, a "French exit." And in French? Appropriately enough, it's known as a "partir à l'anglaise," or, to leave like the English.

• **The rotund Buddha** so commonly depicted in statues and pictures isn't at all an accurate representation. Instead, his real-life counterpart was actually quite thin, due to self-deprivation.

• **GPS may be free to use**, but it still costs \$2 million per day to operate. The funds are supplied by American tax revenue.

• **No, the color red doesn't make bulls angry** -- they're colorblind.

• **One of the World Trade Center towers** was purposely built to a height of 1,776 feet to reference the year the Declaration of Independence was signed.

• **Want to generate electricity from mud?** Crazy as the concept may sound, it is indeed possible, thanks to geobacter sulfurreducens, which belongs to a group of organisms known as electrogenic bacteria that are able to transfer electrons from organic matter to metals or other conductive materials.

• **According to a study done by French researchers**, if you listen to loud music, you are more likely to drink more in less time.

• **When Core Design animator Toby Gard** wanted to make an interactive movie starring a male character looking for treasure in Egyptian pyramids, the character was deemed too similar to Indiana Jones, so the character was switched to a South American woman named Laura Cruz. Then Core wanted a more U.K.-friendly name, so employees went to the phone book for a new surname. We now know her as Lara Croft.

• **In Mexico, the first slice of your birthday cake** must be given to the person you love most.

• **Florida mom Geraldine Gimblet** spent her entire life savings on medical treatment for her daughter's breast cancer ... then won \$2 million in the lottery just days after making the final payment.

• **Japanese warriors wore their hair in a small ponytail** after shaving the front of their heads, but not to make a fashion statement. Instead, it helped to keep their helmets secure.

• **To protect the giraffe's brain** from sudden changes in blood pressure when it drinks, the animal's jugular veins have elastic walls and large one-way valves that allow the veins to significantly expand, preventing blood from flowing back to the brain when the giraffe's head is lowered.

• **It is illegal to gamble in a library in the U.K.**

• **The Battle of the Oranges** is an annual festival held in Ivrea, Italy, in which participants pelt each other with the citrus fruit to commemorate the town's liberation from a cruel medieval ruler.

• **It took the writers of the Oxford English Dictionary five years** just to reach the word "ant." This was partly due to the level of detail necessary to trace word origins as well as their evolution.

• **Amazon founder Jeff Bezos** originally

wanted to name the company Cadabra, but thought better of it after people kept mishearing the moniker as "cadaver."

• **The unenviable record for longest sneezing fit** belongs to U.K. resident Donna Griffiths, who began "kerchooing" Jan. 13, 1981 and by July 26 broke the previous record of 194 days. Griffiths sneezed an estimated million times in the first 365 days and finally stopped on Sept. 16, 1983, after 977 days. The exact reason behind her ordeal is still not fully clear.

• **Scientists believe Earth's core**, made up primarily of iron and nickel, may be even hotter than the surface of the sun, with temperatures reaching up to 9,932 degrees F.

• **Smoking a cigarette** causes damage not in years, but minutes.

• **Speaking of smoking**, a Japanese company awards employees who don't indulge in the habit an extra six days of paid leave per year. The incentive was launched after it became clear that workers who took smoke breaks had more than 15 minutes of extra time away from their desks each day.

• **Platypuses may be cute**, but are also so odd-looking that when scientists first discovered them, they thought the animal was a hoax.

• **People are 30 times more likely** to laugh at something if they're with someone else.

• **In the early 20th century**, radium was commonly mixed with water, sold as an over-the-counter "energy" drink under the brand name Radithor, and marketed with the slogan "A Cure for the Living Dead," until the federal government stopped its production in 1932.

• **Ancient Roman soldiers** sometimes wore breastplates encrusted with diamonds in the belief that the gems offered them extra protection.

Thought for the Day:
"I always wanted to be somebody, but now I realize I should have been more specific." -- Lily Tomlin

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Tourism...

Continued from Page 1

County's notable growth in travel-related expenditures in 2022. The total expenditures associated with travel reached an impressive \$113,680,947, a substantial increase from the \$71,839,333 recorded in 2020 and a 12% increase from the \$101,534,310 in 2021. Moreover, the annual state lodging tax experienced a remarkable 58.23% surge, rising from \$353,899 in 2020 to \$560,022 in 2022. These figures demonstrate the significant boost in tourism-related economic activity within the county.

Furthermore, the report indicates that the tourism industry provided employment opportunities to 1,512 individuals, both directly and indirectly, in 2022, a nearly 5% increase compared to the previous year.

"We have enough right here in Colbert County to bring people in to a destination," said Susann Hamlin, President of the Colbert County Tourism and Convention Bureau. "The mix of history and heritage, varied outdoor attractions, Muscle Shoals' music and spectacular festivals and events provide plenty to see and do, all within a close geographic area."

Travelers to the state of Alabama in 2022 spent over \$22.4 billion, representing an increase of 13.8% over 2021 spending. For every \$1 in Alabama's travel-related expenditures, the state retains a total of \$0.33. In 2022, \$1.3 billion in state and local tax revenues were generated by travel and tourism activities.

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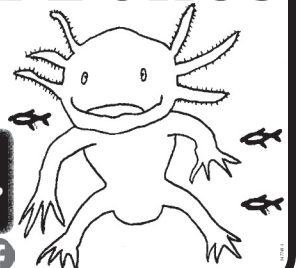
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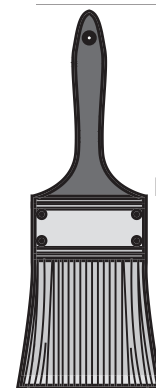
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Letters...

History is Revisited

Continued from Page 16

result of a young person's instinctive drives, but in protest against all the traditional, legal and moral kinds of love... (F)ashion emphasizing nudity came up with more and more absurdities... Everything that promised an extreme, unheard of experience, every form of narcotic -- morphine, cocaine, heroin -- sold like hot cakes; in the theatre incest and patricide featured in plays; the extremes of communism and fascism were the only subjects of conversation in politics... In every field, whatever could be understood was poorly esteemed -- melody in music, a good likeness in portraiture, clarity in language..." all literature that wasn't "activist" in substance, or based on the new political theory, "was thrown out in the garbage heap." Authors were intimidated into "extremes of 'activism'."

(Quoted from pages 322-325 of the University of Nebraska Press, 2013.)

"The World of Yesterday" is Zweig's account of a world eventually unbalanced by war and immortality. Unsurprisingly, the "chaotic deception" was swept away in the deluge of its own creation, WWII.

Thomas Ponder
Killen

Demand Our Home Rule

Editor:

There is a trend in states with Republican-controlled legislatures to trample the decisions of local lawmakers, especially those in cities. This undermines the basic democratic concept of home rule.

The hard-right MAGA core are using pre-emption to invalidate priorities of elected officials in urban areas that the GOP does not control. They introduced over 650 such bills this year.

These reactionaries want to degrade the notion of national citizenship and leave us at the mercy of states.

We have seen this in Tennessee's restrictions on Nashville, Texas on Houston, Mississippi taking over Jackson, etc. Texas even allows a state official to overturn the election in Democratic-led Harris County.

DeSantis with the GOP supermajority in the legislature is running roughshod and authoritarian on multiple aspects of Florida policies, notably education.

The far-right are also restricting voting among minorities and students, giving more power to legislatures, and gerrymandering.

State legislatures have stripped tens of millions of women of their right to bodily autonomy and usurped their ability to change the laws.

Cities are not allowed to regulate guns in most states. Interestingly, because of permissive gun laws, Alabama's rate of deaths by firearms is five times that of New York, per the CDC.

We are aware of how the Alabama legislature exerts control over our cities and counties. We need to elect representatives who respect locally elected officials and their/our policies.

Before you vote next time, ask the state candidates for their position on home rule.

Dan Waterman
Killen

Revise the Driving Bill

Editor:

Lawmakers are having difficulty deciding the specifics of a Distracted Driving Bill. Hand held cell phone use is just one form of Distracted Driving. Distracted Driving includes a broad spectrum of actions which are just as dangerous. Lawmakers need to drop the political aspects and pass a comprehensive law that will cover ALL manifestations of dangerous driving now and for the future. There is a current law

that would be a proven-excellent MODEL for a Distracted Driving Law; Reckless Driving (32-5A-190).

Reckless Driving elements are non-specific and all-encompassing, focusing on drivers general disregard for the rules of the road and safety as stated in the dictum of the law:

"Any person who drives any vehicle carelessly and heedlessly in willful or wanton disregard for the rights or safety of persons or property, or without due caution and circumspection and at a speed or in a manner so as to endanger or be likely to endanger any person or property, shall be guilty of reckless driving."

It is then left to the discretion of the law enforcement officer to decide if the ACTIONS that caught his attention manifested reckless behavior. Then the officer would have to articulate those actions to a judge should the offender disagree with the officer and wish to challenge the ticket. Every day, officers

charge violators with reckless driving based on a myriad of unsafe actions.

That being said, I would be glad to help the legislators with a starting draft for Distracted Driving:

"Any person who operates any vehicle while their total attention is distracted from the operations of a vehicle, without due caution and circumspection or in a manner so as to endanger or be likely to endanger any person or property or impeded vehicle traffic, shall be guilty of Distracted Driving."

This law closely follows the long used and challenged reckless driving law. Then if an officer sees someone holding their cell phone or a Whopper (takes two hands) or reaching over in the floorboard on the passenger's side, the officer can cite the driver.

Pete Williford
Florence

See LETTERS... Page 34

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God's righteousness eternally secures the believer in Christ! Only a saved person understands that statement. The reason folks struggle finding truth and righteousness is they keep adding something of their own effort to please themselves. Christ is coming. Odds are you don't have a clue what for! Establishing your own goodness is a pointless, endless effort with no satisfying end. The reason you struggle with the word 'gift' is you don't think it's that easy. You have been trying to get some hope through your own efforts and it will never happen because God will never give peace to a person who is trying to justify himself. **Romans 8:33** "Who shall lay any thing to the charge of God's elect? It is God that justifieth." Study that word and its derivatives. They are in the KJV 61 times. Notice: **Philippians 3:9** "And be found in him, not having mine own righteousness, which is of the law, but that which is through the faith of Christ, the righteousness which is of God by faith." What condition will you be in when Christ comes again or calls you out in death?

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Continued from Page 16

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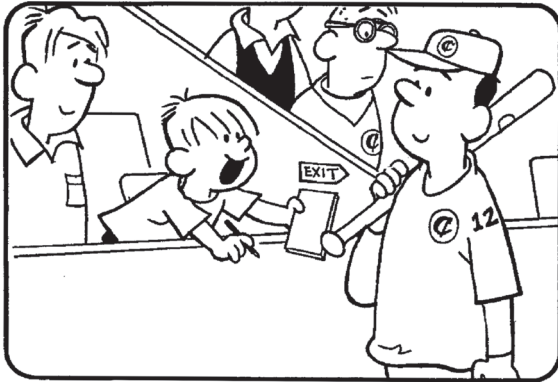
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Guest Commentary – Harold W. Pease

The Little Miracle of Our Declaration

Continued from Page 16

Surely, there should be a way of reconciling their differences with Great Britain instead. This was so even after the battles of Lexington, Concord, and Bunker (Breeds) Hill and the British occupation of Boston. We were at war. King George III had already rejected the Colonists Declaration of Rights, arguing the violation of colonial rights under British law, and the pacifist Olive Branch Petition, which reaffirmed colonial loyalty to the king and blamed their problems upon Parliament alone. Moreover, he had declared the Colonists in open rebellion. A full six months prior to the signing of a declaration of independence, Parliament had removed the colonies from the protection of the British military, ended all British trade with them, and authorized the confiscation of any American vessel on the seas. Still, delegates could not bring themselves to separate from the British Empire.

On July 1, 1776, the Patriots finally risked “putting the question” to a tentative count, but were numbingly shocked by the result. Only four colonies, New York, South Carolina, Delaware and Pennsylvania, did not support declaring independence from Great Britain. The Patriots needed to show solidarity. A vote of only nine colonies would show disunity. This is where the brilliance of John Adams from Massachusetts, and Richard Henry Lee from Virginia, came into play. They got Edward Rutledge to persuade South Carolina to join those supporting independence for the sake of unity if Pennsylvania and Delaware could be persuaded to do likewise. Convinced that that could never happen, Rutledge agreed. Next, Adams and Lee worked on Delaware’s three representatives. One was for and another against independence. The third, Caesar Rodney, was pro declaration, but he was recuperating from health problems at his farm 80 miles away

and probably would not be able to be there to vote the next day. Apparently, he had skin cancer and a sore on his face the “size of a large apple.” The Delaware delegate favored independence and sent a messenger to Rodney to try to get him to the Convention for the vote. This necessitated an 80-mile all night ride by the sick delegate. Now to change the vote of Pennsylvania with seven delegates, four of whom were against independence. Amazingly, Adams and Lee convinced two of these to be absent for voting the next day. This would place Pennsylvania in the camp of the Patriots. New York, without instructions to vote for independence, remained neutral and refused to vote at all. Decidedly too many ifs, and would everyone keep their promise? They needed a little miracle or perhaps three.

Sometime after lunch the next day on July 2, 1776, Caesar Rodney, “caked with mud from head to foot,” having ridden through a severe thunderstorm and torrential rain, “entered the assembly room, and when his name was called for Delaware he rose with difficulty but in a clear voice stated: ‘As I believe the voice of my constituents and of all sensible and honest men is in favor of Independence and my own judgment concurs with them, I vote for Independence.’” (Declaration of Independence: The Keepsake Album of its Creation, by Joseph P. Cullen, American History Illustrated p. 34). This “little miracle” made Delaware the 10th colony for a declaration that these colonies were free and independent states. The two lesser “miracles” followed. Pennsylvania followed as planned when the two con delegates did not show to vote as promised. This left a simple majority for independence, and Rutledge kept his word and persuaded South Carolina to become the 12th colony for the sake of unity. With New York abstaining, the Patriots

could announce to the world that the vote had carried without an opposing vote. All this happened within 26 hours when the day before at 10am only nine colonies supported independence. God was in the details of the Declaration of Independence. A draft of The Declaration of Independence had been written, reviewed by committee, and tabled on June 28, until after an affirmative vote for independence. This achieved, its finalization by the whole house followed on July 4, 1776, passing 12 to 0, again with New York abstaining. However, could all this be vindicated on the battlefield? That seemed just as improbable perhaps needing additional “little miracles.” Or would these men merit only the gallows? That is a story for another column.

Dr. Harold W. Pease arol 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. To read his weekly columns visit www.LibertyUnderFire.org.

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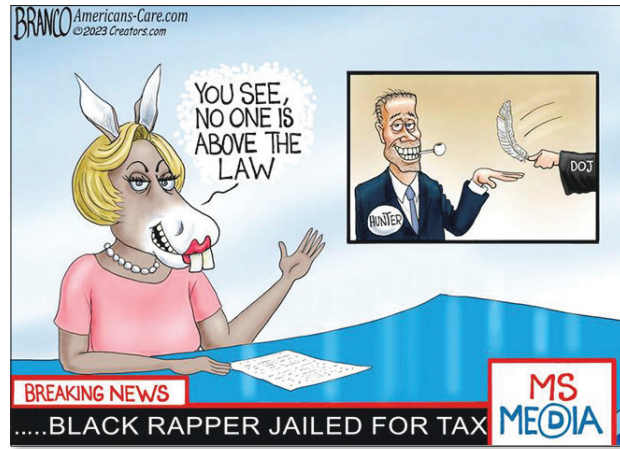
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Commentary

Rich, White, Sheltered...

Continued from Page 16

its share. The House Oversight Committee's investigation into the matter was a potential criminal disaster for a White House that already has a pocketful of problems.

Hunter is a brilliant guy, after all. He saved plenty of pictures and videos of his cocaine and sex parties on a laptop that he left at a computer store. It also included compromising evidence of political payments/arrangements - the same evidence that was willfully suppressed by the media as Russian disinformation prior to the 2020 election.

We have January 6 protestors languishing in jail for doing far less than Hunter Biden did.

But Hunter is a standup guy. He long denied the existence of an offspring after a tryst with a stripper and fought child support until DNA verified the truth. Aside from his \$20,000/month child support payment, Hunter has disassociated himself and his family from everything to do with the child.

What is Hunter doing for an income? For a while at least, he was getting \$60,000 - \$75,000 for reprints of some of his paintings that most people admit demonstrate no artistic vision or talent and have no real value. Those are prints, mind you, not even the original paintings. Those sold for half-a-million.

And there was the seven-figure advance from Simon and Schuster to Hunter for a memoir about his life entitled, Beautiful Things. It was declared a NY Times Best Seller - but didn't sell very well. Doesn't matter; he got the advance and that's what counts.

That's quite an exciting life for a middle-aged failed attorney. Regardless, Joe proudly declared last week, "I'm very proud of my son!"

After all these years, the meaning of the term, 'white privilege' is finally coming into focus.

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Take Note...
of your Community.

 **Community Notes**

Soap Opera Preview

DAYS OF OUR LIVES
Eli, Olivia and Theo all arrived in Salem to commemorate Juneteenth as well as Abe and Paulina's anniversary. Chad helped Theo prepare to give his dad's speech. Eli reunited with Doug and Julie. Chanel found Talia committing a kind gesture. Abe remembered that it was his anniversary, and Whitley played along. Chanel, Julie, Eli and Theo continued to comfort Paulina. Julie and Gabi's old animosity resurfaced. Leo confronted Megan about her and Dimitri using Gwen. Meanwhile, Dimitri declared his love for Gwen. Steve and Kayla reflected on how lucky they were to be reunited. Alex and Brady celebrated closing a deal, when Maggie arrived. Stephanie and Chad decided to take a big step in their relationship. Xander recounted a strange encounter with Bonnie to Chloe. Sarah was shocked to learn Bonnie told Justin her secret. Xander attempted to catch up with Justin. Belle and Brady caught up on recent events. Chad and Stephanie were stunned when Maggie offered him a job. Eli arrived to offer his help on Abe's case. *Wait to See: Belle and Talia meet with Melinda to make a plea for leniency. Chanel speaks with Paulina about the abuse Talia suffered. Whitley surprises Abe by telling him that his son is in town.*

GENERAL HOSPITAL
Jordan took the high road. Curtis had some explaining to do. Sasha was taken by surprise. Cody summoned Gladys. Sam was interrupted. Tracy unleashed her fury. Drew was blindsided. Selina mediated a conflict. Michael was grateful. Alexis made a suggestion. Carly felt outraged. Gregory and Tracy clashed. Olivia was desperate for answers. Drew stuck to his guns. Lucy confided in Maxie. Trina sought quality time with Spencer. Brook Lynn was frantic. Laura encouraged Anna. Nina spotted a familiar face. Alexis and Diane got caught up. Nina's relief was short-lived. Ava and Austin were rattled. *Wait to See: Laura lays down the law. Trina opens up to Josslyn. Lucy defends Martin.*

THE YOUNG AND THE RESTLESS
Sharon and Nick turned to Chance for help. Adam wrestled with a tough decision. Faith delivered some explosive news. Victor caught Adam off guard. Nick and Sally's relationship was put to the test. Sharon saw a new side to Nikki. Victoria made a power move. Nate got the upper hand against Nick. Adam took a risk with Sally. Traci took control to help her siblings. The Abbotts received a surprise visitor. *Wait to See: Victor questions Victoria's leadership. Tucker gains some intel against an opponent. Adam's dark side emerges.*

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Lauderdale County Board of Education

Special Education Department

Special Education records for students who graduated or should have graduated during the year 2018 are going to be destroyed in August, 2023.

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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. Spring festival	E	_____	Having more speed	F	_____
2. From Oslo	O	_____	Hospital employee	U	_____
3. Like overdone toast	N	_____	Popped	S	_____
4. Slow boil	I	_____	Growing season	U	_____
5. Actor Kevin	C	_____	Twirler's stick	T	_____
6. Vocation	R	_____	Sway recklessly	N	_____
7. Rent	S	_____	Sailor's sabbatical	V	_____
8. Vote into office	L	_____	Cast out	J	_____
9. Haggle	B	_____	39 th president	C	_____
10. Dracula's outerwear	A	_____	Time keeper	C	_____

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	6	3		4	
					6
2			6		
3				1	5
		1	4		

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

WORD SPIRAL

A R
R K
C

Kids' Maze

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WORD LADDERS

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

PLACE

POUCH

Answers on Page 38

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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Savvy SENIOR

Tips and Tools for Coping with Vision Loss

Dear Savvy Senior,

Can you recommend some good resources for seniors with vision loss? My husband was recently diagnosed with macular degeneration, which has deteriorated his central vision, and he's become very discouraged.

Worried Wife

Dear Worried,

I'm very sorry to hear about your husband's eye condition. Unfortunately, there are about 20 million Americans living with macular degeneration today. Over time, this progressive disease can rob people of their central vision, making everyday tasks like driving a car, reading a magazine or watching television extremely challenging. Here are some tips and resources that can help.

Low Vision Help

If your husband hasn't already done so, he needs to see a low-vision specialist for a comprehensive examination. Low-vision specialists are ophthalmologist or optometrist with additional credentials or specialization in low vision testing, diagnosis, and treatment.

A low vision exam, which is much different from a typical eye exam, will explore how your husband's eye condition is affecting his day-to-day life, how he's adapting emotionally and prescribe solutions to help him regain as much day-to-day functioning as possible.

Your next step is to get your husband to a nearby vision rehabilitation service. These services, which are run by state or nonprofit organizations, or private eye care clinics, help people with all types of uncorrectable vision impairments. Most state and nonprofit services are free or low-cost, while private clinics typically charge a fee or may accept Medicare.

While vision rehabilitation does not restore lost sight, it does help people maximize their existing sight, or, if they have no vision, it can equip them with techniques and tools to help them maintain an independent lifestyle.

Services include counseling, along with training on how to perform daily living tasks with low vision, and how to use visual and adaptive devices and assistive technologies that can help improve quality of life.

They also offer guidance for adapting your home that will make it safer and easier for your husband to maneuver and can help him locate low-vision support groups. Some agencies will even send their specialist out to work with him in the comfort of your own home.

To find a vision rehabilitation service near you ask your husband's eye doctor for a referral, or you can locate services yourself by calling the American Printing House (APH) Connect Center at 800-232-5463.

Online Tools

Another convenient place to get help for your husband is online at VisionAware (VisionAware.org). This free website that's part of the APH Connect Center is specifically designed for older adults new to vision loss.

It provides information on eye diseases and disorders, along with dozens of practical tips, information and instructional videos on living with vision loss. These include concepts for adapting your home to make it easier to navigate, techniques for traveling safely outside the home, and various tips on how to manage things like finances, medications, and other tasks such as cooking, cleaning, grooming, reading, writing, doing hobbies and more.

VisionAware also provides a comprehensive list of more than 2,000 low vision agencies and organizations across the country that's searchable by state or category.

Another terrific low vision resource that's available to your husband is Hadley (Hadley.edu), which is a nonprofit organization and partner of the National Eye Institute and the National Eye Health Education Program.

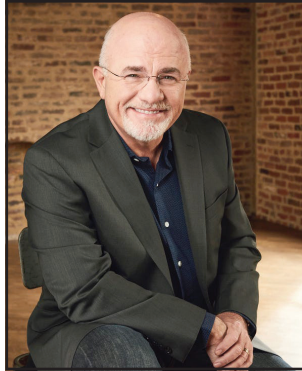
Hadley offers online discussion groups, audio podcasts and dozens of free online workshop videos to help empower the blind and visually impaired. With Hadley, your husband will learn new ways to do things that have become more difficult due to his vision loss and connect him with a network of peers who understand what he's going through.

Send your senior questions to:
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Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.



DAVE Says

by DAVE RAMSEY



PULL FROM STOCKS AND PUT TOWARD MORTGAGE?

Dear Dave,

I bought a house about a year ago. Currently, I have \$45,000 sitting in an account with a money manager. I've had this account for a little over three years, and the investment hasn't grown much, if at all. Under the circumstances, and being single, too, would it be better to pull the money out of that investment and put it toward my mortgage?

Johnny

Dear Johnny,

I recommend putting 100% of any non-retirement savings, above your emergency fund, toward paying off your mortgage until the mortgage is paid off. I'd still tell you to pay down the house, even if you were making 20% on your money. Just make sure you're following the Baby Steps, and you're already putting 15% of your income into good retirement investments before attacking the house. Paying down your mortgage is not an expenditure that's just lost money. The cash is sitting there, you're just banking it in your home and land. And on a side note, with all the craziness in the market over the last three years, you might come to realize breaking even over that time wasn't so bad after all.

Johnny, the shortest distance between where you are and your first \$1 million to \$5 million in net worth is getting your house paid off. After that, load 15% to 20% of your income into a serious retirement plan. And by

that, I don't mean playing financial footsie with some little brokerage account. Investing in good, growth stock mutual funds with a proven track record of at least 10 years is a proven way to build wealth the right way.

I'm sure you can find someone on TikTok telling you to do the exact opposite of what I'm suggesting. But you won't find that kind of advice coming from real millionaires.

— 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.

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1. The Post-WWII plan to rebuild western Germany bears whose name? A) Marshall B) Stalin C) Churchill D) Patton
2. C.W. Post made his first batch of Postum (later Post Cereal) in Battle Creek, Michigan. True or False
3. Post-its were invented in which state? A) New York B) Alabama C) Kentucky D) Washington
4. The double spade post hole digger is only powered manually. True or False
5. In Post-WII Japan the Emperor was stripped of power by order of the U.S. True or False

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

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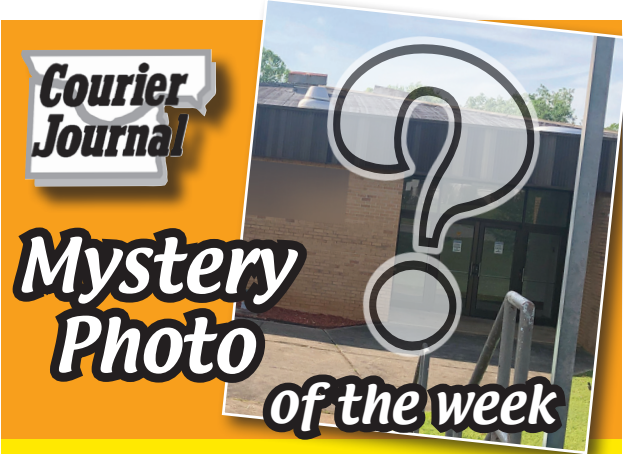
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Letters...

Continued from Page 24

Values of Our Founding

Editor,

There is much misinformation in the media today about white nationalism, angry and violent parents of school aged children, book bans, and generalized hate against the alphabet soup crowd. It has gone so far as to state these people are actually practicing anti-first amendment principles of our beloved constitution. Well, words have meaning, so let us look at the actual text of the first amendment:

Congress shall make no law respecting an establishment of religion or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances.

Even some in our local community, think that the state government

passing laws that prohibit sexually explicit books in school libraries is a ban on books. They have no problem with the Bible being banned. This is a ridiculous argument! Most citizens do not want sexually explicit books to be available in school libraries to children. Would it be appropriate for Playboy magazine to be available for checkout at an elementary school library? Of course not. This isn't a hard call. Books are not being banned. Parents are free to buy books they would like their children to read, but that does not mean they should be available in the school library. Maybe local governments in some areas of the country, where their political beliefs are insane, may want them to be available - they are free to make that choice.

What is criminal is the federal government using its massive power to investigate parents who oppose this poison in our schools; who stand up and speak against it; who oppose this toxic agenda attempting to indoctrinate children.

The Biden press secretary stood up a couple of weeks ago and said from the podium, "There is no such thing as someone else's child, our nation's children are all our children". News flash: my children are not the responsibility of our government or others, they are my responsibility! Make no mistake, the Democratic Party, the Biden administration, corporate America, and legacy media are going after the children. They know people like me are past the point where I can be bent, the future they desire will be won if they can get the children!

Look at that first amendment again. Covid lockdowns closing churches were illegal - specifically prohibited by the first amendment. Churches were closed while malcontent masses assembled, burned, pillaged, and brought violence to the populace. The media and their cohorts gaslight us! It is almost laughable, if it wasn't so egregious, to think local school parents are authoritarian. Taking almost every

norm we have known as Americans and flipping it upside down is what the left has done today. The most authoritarian regime today is the Biden administration! They have no regard for decent, God-fearing, law-abiding citizens. These people hate America, and desperately want to change it, and they may succeed. But the historical fact will remain that this country was founded on Judeo-Christian principles, and the source document was the Bible - the book the left has no problem banning!

Greg Duncan
Center Star

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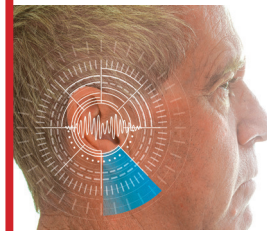
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Boating Safety Tips

Whether using a boat for fishing, swimming, water skiing or just cruising with your family and friends — it's important to familiarize yourself with the rules, requirements and recommendations of boating safety.

Get your boat checked
 Before you get on the water, see that your boat is seaworthy by scheduling a U.S. Coast Guard Vessel Safety Check. This courtesy evaluation is a free and convenient way to check your boat's compliance with state and federal boating equipment regulations. And don't forget to inspect your boat trailer as well.

Take an approved boat safety course
 A boat safety course will teach basic marine operation, navigation and safety, as well as federal and state boating regulations and waterway rules.

Know the boating rules of the water
 Just like when driving a car there are rules of the road, driving a boat brings its own set of rules. Here are some examples.

- When two motorized vessels look to cross in the water, the give-way vessel (the boat that has the other boat on its starboard/right side) should slow down and/or cross behind the stand-on vessel (the boat that must maintain its course and has the right of way).
- When overtaking another boat (coming from behind and passing), the give-way vessel can pass on either side of the stand-on vessel.
- Do NOT operate a boat while under the influence of alcohol or drugs.

Be prepared with a boat safety equipment checklist
 You can't always prevent emergencies on the water, but you can be equipped to deal with them effectively. The U.S. Coast Guard suggests you have the following items on your boat:

- U.S. Coast Guard-approved life jackets
- Fire extinguishers
- Distress signals and sound devices
- VHF radio equipment
- Charts of the local area
- Compass
- Anchor and extra line
- Tool kit for repairs
- Paddles
- Flashlight
- Spare battery
- First-aid kit
- Bucket
- Food and water
- Additional clothing (such as warm clothes, a hat and severe weather gear)
- Personal items (sunscreen, medicines, sunglasses)

Consider these boating basics

- Be aware of the weather - Consult local forecasts before heading out, especially during hurricane season. If you hear thunder or see storm clouds and lightning while boating, return to dry land and seek shelter as soon as you can.
- Dress for the water temperature (not the air temperature) - Individuals boating during colder-weather months should remember that cold water can be dangerous.
- Have communication options - In addition to a VHF radio, bring a mobile phone sealed in a water-resistant bag.
- Know the maximum capacity - Do not exceed the maximum number of people or weight for the watercraft. This information can be found on the capacity plate.
- If you can't swim, take lessons - Even a few rudimentary lessons could someday mean the difference between living and drowning.
- Use a kill switch lanyard - On power boats and personal watercrafts, this simple tether between you and the ignition key shuts the engine off if you fall overboard or lose your balance while driving.
- Protect against propeller strikes - Account for all passengers before starting the engine, and wear your emergency cut-off switch at all times.
- Be aware of carbon monoxide - All internal combustion engines produce carbon monoxide— an odorless, colorless and poisonous gas.
- If your boat capsizes, stay with it - Not only will it provide flotation assistance, but it's easier for rescuers to spot.
- Don't boat under the influence (BUI)
- Purchase boat insurance. Contact a State Farm® agent to discuss potential discounts and your boat insurance coverage options before you put your boat in the water.



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Soap Opera Preview

DAYS OF OUR LIVES
 Rafe and Jada gave in to their attraction. Abe accused Jerry of being an imposter. Megan set a date for Stefan and Gabi's engagement party. Kate worried that Harris wouldn't be able to take care of Megan. Li welcomed Rolf back to Salem. Rafe and Eli feared the worst about Abe. Abe threw Whitley a curve. Harris prepared to go after Megan. Kate spoke with Jada about her relationship with Rafe. Tripp made Wendy an offer. Sloan suggested to Eric that they try to conceive a baby. Nicole told Chloe about how EJ was a no-show. Xander learned that Dimitri proposed to Gwen. Leo couldn't believe Gwen was considering Dimitri's proposal. Wendy and Tripp's date got interrupted by Johnny. Leo voiced his objections to Dimitri. Chloe and Xander talked about moving on from past relationships. Sloan made a confession to Colin. Rolf finished his orders to take down Stefan. Leo observed Megan. EJ and Kristen feared for their lives. *Wait to See: Kate is shocked to learn Megan is still a free woman. The engagement night takes a drastic and shocking turn. Eric comforts Nicole over her pregnancy scare.*

GENERAL HOSPITAL
 Trina sought quality time with Spencer. Brook Lynn was frantic. Laura encouraged Anna. Nina spotted a familiar face. Alexis and Diane got caught up. Nina's relief was short-lived. Laura laid down the law. Ava and Austin were rattled. Trina opened up to Josslyn. Lucy defended Martin. Maxie opened up to Brook Lynn. Lucy sought Felicia's help. Sonny made an offer. Carly received some more bad news. Drew made a promise. Austin was unrepentant. Liz responded to an invitation. Spencer's temper flared. Sam and Dante enjoyed a date night. Curtis put two and two together. Zeke sought out Jordan. *Wait to See: Sasha gets candid with Sonny. Finn is caught off guard. Trina presses Portia.*

THE YOUNG AND THE RESTLESS
 Kyle and Summer hit a roadblock. Diane summoned her dark side. Jack made a stunning announcement. Phyllis reunited with Michael. Summer leaned on Chance. Sally received a painful reminder about her past. Victor put Nate to the test. Audra distracted Kyle from his troubles. Ashley plotted her revenge. Nick lost patience with Phyllis. *Wait to See: Michael and Lauren clear the air. Sharon is haunted by Cameron. Jack does damage control.*

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ADOPT A FRIEND

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 **JIM**. Jim is very sweet and is vocal when you meet him. His absolute favorite thing is water. This adorable boy knows some commands like sit, shake (with both paws), lay and speak, and is very treat driven. Jim will need to be an only dog. If he can stay on a schedule with eating, going out and not using the bathroom in his kennel! he can stay on the schedule, we would consider him basically housetrained (although he might still mark his territory but belly bands work great for this). **THE ADOPTION FEE IS \$85.** That includes a voucher for \$70 off of spay/ neuter , \$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 **VAN GOGH** is about 2-3 years old and sweet as he can be. He is a lab mix. He came in with a skin issue, was treated and his hair has fully grown back! As far as we can tell, he is dog friendly and he loves all people. **CALL FOR ADOPTION FEE** 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 **MAVERICK** and prepared for cuteness overload. Maverick is the dog of your dreams. He is around 5 years old and a Heeler mix. Maverick can be skiddish but once he warms up he is the sweetest pup. Please bring your dog to test him with before adoption. **THE ADOPTION FEE IS \$85.** That includes a voucher for \$70 off of spay/ neuter , \$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 **WILSON**. This is Wilson and he needs a lot of help finding a home. Wilson is kind of a disaster in his kennel. He isn't ugly but he paces and bounces back and forth. He joined us at the beginning of April and no one ever asks about him. Outside of his kennel though, Wilson is still a little anxious, but a lot awesome! He was very friendly with his finders. Wilson has done well with other dogs at the shelter and was found with another dog so may be used to living with a buddy. He has not been especially jumpy or mouthy, he listens well and he can be very affectionate and full of kisses. Sometimes he is really social, we think he just doesn't like his kennel. He's a little over a year and a little under 50 lbs and we hope you'll give him a shot. **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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"Frequently Asked Questions"

Many times, a person who is going on Medicare for the first time will come into our office with the understanding that Medicare will cover any and all medical procedures they have performed. Today's FAQs will address some items, services and procedures Medicare does not cover.

Does Medicare cover all medical procedures? Medicare doesn't cover everything. If you need a service that isn't covered under Medicare Part A or Part B you will have to pay for it yourself unless it's covered by a supplemental Medicare health plan or Medicaid. The phrase that Medicare uses is "medically necessary". If you have a procedure performed that is elective and not "medically necessary" there is a good chance it will not be covered by Medicare. It is always a good idea to check with your healthcare provider before you have a procedure performed to assure that it is covered by Medicare.

What are some examples of items and services not covered by Medicare? Some items and services not covered by Medicare are: Long-term custodial care, most dental care, eye examinations related to prescribing glasses, dentures, cosmetic surgery, acupuncture, hearing aids and exams for fitting them and routine foot care. Also, most prescription drugs are not covered by Medicare.

Will Medicare cover me outside the U.S.? Medicare generally doesn't cover healthcare while you're traveling outside the U.S. There are, however, rare exceptions when Medicare will cover you outside the U.S. You can find these exceptions in your *Medicare and You Handbook* or by going to Medicare.gov. In these rare cases Medicare, may pay for ambulance transportation to a foreign hospital only with admission for medically necessary covered inpatient hospital services. You pay 20% of the Medicare approved amount, and the Part B deductibles apply.

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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Community Notes...

Continued from page 21

Salem M. B. Church invites everyone to come and worship with us every Sunday morning at 10am at 923 West Mobile St, Florence. 256-633-3382.

United Way is looking for volunteers who can help answer our 2-1-1 line. Training will be provided for volunteers and you can help from the comfort of your own home! Please visit <https://www.uwnwal.org/volunteer-opportunities> to submit your information!

Pay it Forward: Donate to Educate - Shoals Scholar Dollars is an Education Foundation raising money to pay tuition at Northwest Shoals Community College and transfer scholarships to the University of North Alabama for Lauderdale and Colbert County students who meet certain criteria. Donate to Scholar Dollars at any participating financial institution the second Friday of each month.

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

REAL Rehome Educate Adopt Love offers the following pet preventive care assistance for dogs and cats in Lauderdale, Colbert and Franklin Counties:

- Flea/Tick Control
 - HW Testing
 - HW Preventative
 - Vaccine
- Submit your Pet Wellness application from our Facebook page REAL Rehome Educate Adopt Love or website www.rehomeandeducate.webs.com

City of Florence - Recycling Program:

Paper, cardboard, plastic bottles and jugs only (#1 & #2), aluminum cans, and steel cans are all recyclable. Residential curb side cart collection is provided within City of Florence limits. The Florence Recycle Center drop-off is available to everyone, 24 hours, 7 days a week.

Cardboard Boxes
Place large, broken-down cardboard boxes 3 feet away from your recycle and garbage carts. Remove all contents from each box before recycling as Styrofoam and plastic film are NOT recyclable. Televisions/Electronics

Old TV's are not collected with curb side trash. They can be dropped off at two locations:

- Florence Recycle Center: 1200 Terrace Street, Florence
 - Florence Landfill: 29485 County Road 14, Florence
- Wrapping Paper
All paper is recyclable if it will tear. We encourage you to reuse ribbons and bows, but they are not recyclable.

Want to see your Event here? Email your information to Editor@CourierJournal.net.

Alcoholics Anonymous
AA 24-hour hotlines: 256-415-7719
Website: www.shoalsaa.org to find a current list of all Shoals area AA meetings and events.

(Closed meetings are only for those who have a desire to stop drinking. Non-alcoholics may attend open meetings as observers.)

• An AA Group: closed discussion. 9am Saturdays, Adult Center Rm 20 at Cross Point Church of Christ, 1350 Cox Creek Parkway, Florence.

• Florence H.O.W.: smoke-free, closed discussions 7pm, Mondays, Edgemont Methodist Church, 1330 Eauclaire Ave., Florence.

• Florence Open Door: Every day of the week at 6pm and 8pm. Mondays, additional 4pm. The 8pm on Wednesdays is a speaker meeting. Monday thru Saturday also have a 12pm meeting. All are open meetings and smoke-free indoors. 526 W. College St., Florence. Park in the lot across the street.

• Fourth Dimension: 7am Monday-Sunday, closed discussion - in person and online Zoom option (ID 573857015, password 241873); 9:30am Thursdays, women's meeting, closed; 11am Monday-Sunday, closed discussion; 6pm Mondays, open Big Book study; 6pm Wednesdays, Fridays and Sundays, closed discussion; 11am first and third Mondays, open discussion, 505 N. Seminary St., Florence, entrance in rear of building. All meetings smoke free.

Freedom Group: Tuesdays 6pm, Big Book study, online only Zoom (ID Code 509289139, Password 790671); Sundays 8pm, open speaker, in person and Zoom (ID: 101061663, PW: 247476). CB&S Bank building, 464 4th St. W., Red Bay.

• Grupo Nuevo Amanecer, Spanish speaking, 7pm Mondays, Tuesdays, Fridays and Saturdays, open discussion; 9am Sundays, open discussion, 110 Tuscaloosa St E., Russellville.

• Happy Hour Group, smoke-free. 6am Mondays, meditation open discussion; 6am Tuesdays, Big Book open meeting; 6am Fridays, 12&12 open meeting, Killen Methodist Church, 201 J.C. Mauldin Hwy, Killen, building behind the church.

• Island Group, smoke-free. 7pm, Fridays, open-speaker meeting, Highland Park Church of Christ, 600 Geneva Avenue/corner Woodward, Muscle Shoals.

• Keep It Simple Group, smoke-free. 6:30pm Tuesdays, speaker meeting, open; 6:30pm Thursdays, closed discussion. Cross Point Church of Christ, 1350 Cox Creek Parkway, Florence.

• La Alegria de Vivir, Spanish speaking, 7-9pm Wednesdays, Thursdays, Fridays and Saturdays, open discussion and non-smoking, St. Joseph Catholic Church Parish Building, 1111 E. College St., Florence.

• Lexington 449 Group, smoke free. 8pm, Mondays, Tuesdays, Wednesdays, Thursdays, Fridays and Sundays, open discussion; Big Book study on Sundays;

8pm Saturdays, open speaker, 6083 Alabama Hwy 101, 3.5 miles north of U.S. 72.

• Monday Maintenance Meeting, 5pm on Mondays, closed discussion, masks required. First Cumberland Presbyterian Church, 16751 US-72, Rogersville.

• Permanent Recovery Group, 6:30pm Tuesdays, open Big Book discussion.; 6:30pm Thursdays, open 12&12 discussion. First United Methodist Church, 14596 Market St., Moulton.

• Quad-Cities Group, 11am and 5:30pm, every day, open discussion. 2pm Tuesdays and Thursdays, open Big Book discussion. 750 E. Michigan Ave., Muscle Shoals.

• Sheffield Group, smoke-free. 9:30am Sundays closed discussion meeting; 11am Monday-Saturday, open discussion, with closed discussion on Fridays; 6pm Sundays closed discussion, 6pm Wednesdays open speaker meeting; 6pm Fridays newcomer open discussion; 5-7am Tuesdays, women's closed discussion; 7pm Mondays open 12&12 meeting, 7pm Tuesdays and Thursdays closed Big Book meeting; 8pm Saturdays open speaker meeting. 210 E. Second St., Sheffield.

Survivors Group, smoke-free, 5:30pm Tuesdays and Thursdays, with Big Book study on Tuesdays, 780 Ford Road, Muscle Shoals. All open discussion.

Al-Anon

• Al-Anon meeting schedule: Hope Al-Anon Family Group, 6pm Mondays, Highland Park Church of Christ, 600 Geneva Ave., Muscle Shoals, childcare provided; Florence Daytime Al-Anon Family Group, 11am Tuesdays, Magnolia Church of Christ, 2650 Vulcan Ave., Florence; Paths to Recovery, 6pm Thursdays and 10am Saturdays, Cross Point Church of Christ, 1350 Cox Creek Parkway, Florence, 256-764-4073. Shoals Al-Anon contact phone: 256-648-5777.

• Al-Anon, 6pm Thursdays, First Baptist Church, Jackson Avenue, Russellville.

• Hope Al-Anon and Shoals Al-Teen (ages 12-18), 6pm, Monday, Highland Park Church of Christ, 600 Geneva Ave., Muscle Shoals.

• Florence Freedom AFG, 11am, Tuesday, Mission of Mercy, 414 Tuscaloosa St., Florence.

Narcotics Anonymous

• Narcotics Anonymous Survival meets daily, noon and 7pm, 1614 State St., Florence. Nonsmoking, 256-500-8889

• Real Hope, 6-7pm, Tuesdays and Thursdays, New Beginning Church, 855 Florence Blvd., Florence. Nonsmoking. 800-239-5509

• Point of Freedom, 7pm Mondays, Tuesdays, Thursdays and Saturdays, Cross Point Church of Christ, 1350 Cox Creek Parkway, Florence. Nonsmoking.

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BIDS NEED TO BE TURNED IN BY JUNE 30, 2023 AT 4:30 P.M. All bids will be opened on July 3, 2023.

Valmet FORWARD



Even Exchange
answers

1. Easter, Faster
2. Norse, Nurse
3. Burnt, Burst
4. Simmer, Summ
5. Bacon, Baton

Puzzle Whirl
Answers

Kids' Maze Solution

WORD LADDER
Answer
PLACE, PEACE, PEACH
PERCH, PORCH, POUCH

Word Spiral
Answer
RACETRACK

MINI SUDOKU
Answer

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

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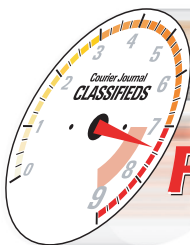
DODGE: 2500 3/4 5.9 CUMMINGS DIESEL, 2003 \$8,900. Automatic, 2 WD, 4 door, 22 MPG, 300k miles. 256-810-7238.

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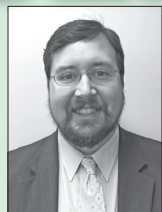
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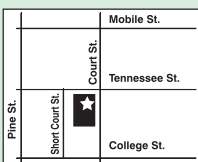


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