

Volume 139 Number 41

August 2, 2023

POSTAL PATRON

CIRCULATION
VERIFICATION
COUNCIL

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FSB Names McDaniel

FLORENCE –First Southern Bank's former Senior Vice President, Adam McDaniel, has been promoted to the bank's Shoals Market President.

The Shoals native and Wilson High graduate earned his Bachelor of Science degree in Commerce and Business Administration in May of 2003 from the University of Alabama. McDaniel worked in several financial positions in the years that followed, finally joining the First Southern team in 2012 as a Business



McDaniel

Development Officer in Killen. McDaniel was promoted to Senior Vice President Retail Banking Officer in May 2017.

McDaniel has continued to further his expertise, graduating from the Graduate School of Banking at Louisiana State University in 2021. He is also currently enrolled in the Alabama Banker's Association Bank Executive Leadership Program class of 2024.

McDaniel's community involvement includes being Treasurer of United Cerebral Palsy of Northwest Alabama, as well as the United Cerebral Palsy of Alabama State Board President. He is also a member of Florence Kiwanis.

Founded in January 1935 as First Federal Savings and Loan Association, First Southern Bank is the oldest financial institution under continuous operation in the Shoals Alabama region.

More SHORTS... on Page 2

Courier Journal



ANNUAL HERITAGE EVENT FEATURES A Remarkable Lineup

FLORENCE – Heritage Christian University's 2023 Heritage Event will showcase a remarkable lineup including The Frontmen, The Secret Sisters, and Cadence, Shane, and Gary Baker on August 26 at the Marriott Shoals Conference Center in Florence.

The Heritage Event is an annual fundraiser for the university. This year's lineup includes an exceptional blend of musical genres. Attendees can anticipate a memorable experience and breathtaking performances.

See EVENT... on Page 6



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

First Metro Among Best Performing

MUSCLE SHOALS — S&P Global Market Intelligence, a world-renowned financial information and analytics company, recently released a report of the 50 Best Performing Banks of 2022 in the Southeast under 10B in assets. First Metro Bank, the community bank based in Muscle Shoals, was ranked #15. First Metro Bank was the only bank in north Alabama to be featured in the report.



Howard

See FIRST METRO.. on Page 15

FAST Takes 3rd in State

BIRMINGHAM—The Florence Alabama Swim Team (FAST) Otters traveled to Birmingham on July 20-22 to compete in the 2023 Alabama Recreation and Parks Association (ARPA) state swim meet. Many FAST swimmers placed in the top 10 in their individual and relay events.

ARPA added a completely new event this year. Mixed relays consisted of two boys and two girls on each relay. FAST's 15-18 Free Mixed Relay took home 3rd place. This relay team consisted of Madelyn Dawson, Caleb Lett, Lauren Spry, and Yoshua Baldizon.

Lo Hammond placed 3rd in 11-12 50 Freestyle and Toxey Robbins placed 2nd in 6U 25 Freestyle.

See FAST... Page 14



Toxey Robbins placed 2nd in the 6U 25 Meter Freestyle.
Courtesy photo

INSIDE this Issue



Greenway Honda
Advance Auto Sales

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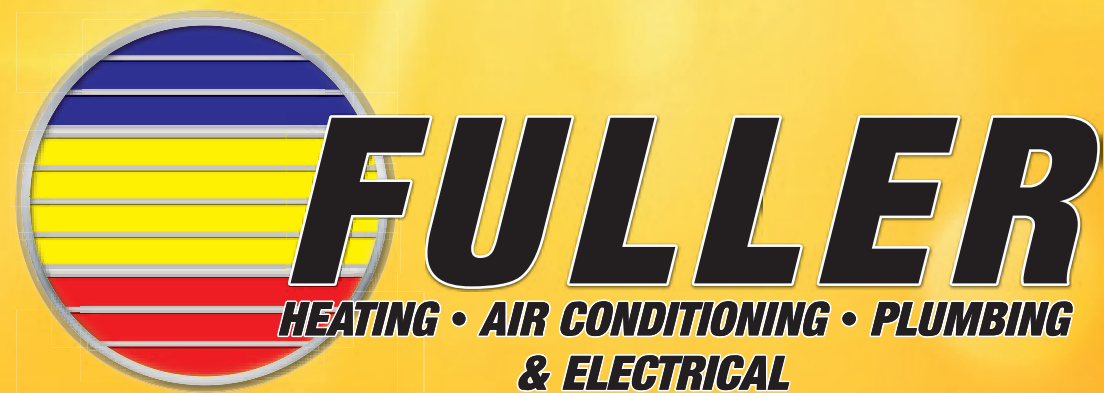
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(25

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Shorts...

Continued from Page 1

Smith is New WCS Director

FLORENCE – Officials

at North Alabama Medical recently announced **Kendra Smith** as the new director of Women's and Children's services. She will oversee labor and delivery, postpartum,

nursery and pediatrics. "Kendra has always been a positive light on her floor," said NAMC Administrative Director of Nursing, **Melissa Armstead**. "She is a tremendous asset to our

team and we are excited to see what the future holds for her and the Women's and Children's service line." Smith has more than 15 years of experience in nursing. She is

a graduate of UNA and has served as an RN at UAB Hospital and the University of Alabama Health Services Foundation. She came to North Alabama Medical Center in July 2022 as a nurse manager in the nursery and pediatrics. **Smith** She was named NAMC's interim director for Women's and Children's services in April before taking over the role full-time.



since 2001. With seven tours of Japan, dozens more to Canada, the Philippines, Hong Kong, Bahamas, and United States military bases throughout the world, these entertainers have performed on five continents.

"The Beatles are one of the most beloved and influential rock bands in history, and this throwback tribute concert is a great way to celebrate their iconic songs," said **Christi Britten**, executive director of the Tennessee Valley Art Association, which runs The Ritz.

Yesterday has been featured in *Rolling Stone* and on NBC, CBS, ABC, and more. They are the resident Beatles show band for *Legends in Concert*, the world's premier and longest running tribute show, for their shows in Las Vegas and Branson, Missouri.

Tickets for *Yesterday: A Tribute to The Beatles* are \$30-\$40. To purchase tickets or to learn more about the Tennessee Valley Art Association, visit tennesseevalleyarts.org or call 256-383-0533.

Yesterday at Ritz Aug. 19

SHEFFIELD—Fans of the Beatles in the Shoals can enjoy a concert by one of the world's top Fab Four tribute bands! *Yesterday: A Tribute to The Beatles*, endorsed by Sir Paul McCartney himself, will be performing at the Ritz Theatre on Saturday, August 19 at 7:30pm. Tickets are available at tennesseevalleyarts.org.

Founded by **Don Bellezzo**, *Yesterday* has been performing in the United States and internationally

State of the City Planned

FLORENCE – The 2023 Florence State of the City program is set for Thursday, August 24 at the Florence-Lauderdale Coliseum. This year's program will boast Florence as, Simply the Best! and will coincide with a lemonade contest between City of Florence departments to be judged by the public.

Make a note on your your calendars. More information will be forthcoming.

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Yard Sales

An exclusive listing of the better sales in the Shoals area. To list your sale, use the classified form on page 8.

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

FLORENCE HUGE YARD/GARAGE SALE, 1870 Randolph St., Fri. & Sat., 7am-until? Off Fairground Rd., Clothing, What-nots, Tools, Pictures, Furniture, Utensils, Glassware, Dolls, Reloading Equipment, Bullet Molds, and much more! Map ID#1460

ROGERSVILLE: 4511 COUNTY ROAD 51 Sat. 7AM, 3 Family Sale! Everything!

FLORENCE MOVING SALE, 7397 Co. Rd. 61, (Butler Creek) Sat., 7am-until? Furniture, Lawn Equipment, Drums, Piano and much more! 256-275-2227

MUSCLE SHOALS: 2322 CAMDEN Cove West Fri. and Sat. 7AM-1PM, Household items, clothes, shoes, too many items to list! Don't Miss It!!

MUSCLE SHOALS YARD SALE, 106 Luanne Lane, Sat., 6 am-until? Great deals on everything from stylish shoes to essentials for all the seasons! Like new or never used items! There is also buckets of FREEBIES!!!

CYPRESS INN, TN MOVING SALE, 6395 Pumping Station Rd. Fri & Sat 9am-until? Household items, Ceramic Vases, Pictures, 15 year old China set, and more! 931-279-1883.

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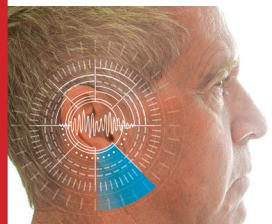
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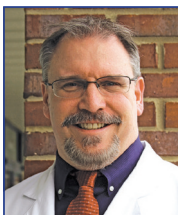
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Community Notes

Mt. Moriah Primitive Baptist Church in Florence is seeking a Senior Pastor. Please go to mtmoriahflorence.com or call 256-765-0312 for more information.

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

There will be 35 sellers 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.

ArtWorks Member Exhibition - Tennessee Valley Museum of Art, 511 N. Water St., Tusculumbia, ArtWorks is the Tennessee Valley Museum of Arts annual show featuring work by members of the Tennessee Valley Art Association.

The exhibit runs through August 18 at the museum at 511 N. Water St., Tusculumbia. Museum hours: 9am-5pm Tuesday-Friday and from 10am-5pm Saturday. Museum admission: \$5 for adults; \$3 for students; free for TVAA members.

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remarkable lineup including The Frontmen, The Secret Sisters, and Cadence, Shane, and Gary Baker on August 26 at the Marriott Shoals Conference Center in Florence.

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General admission tickets for the 2023 Heritage Event are priced at \$75 and are available for purchase through the HCU website and Eventbrite. Additionally, table sponsorships are available, offering a unique opportunity for businesses and organizations to support the university while enjoying an exclusive and unforgettable evening of entertainment. For more information about the 2023 Heritage Event and to purchase tickets, please visit www.hcu.edu.

The 2nd Annual Stayin' Alive Disco Dodgeball for St. Jude will be 10am Saturday, August 19 at the Mars Hill Bible School old gymnasium in Florence. All proceeds benefit St. Jude. \$10 per team member. Youth and adult teams (church groups, family and/or business teams). Donation for admission. Register, donate, purchase event shirt and/or livestream at benandtravis.com/dodgeball.

See NOTES... page 30

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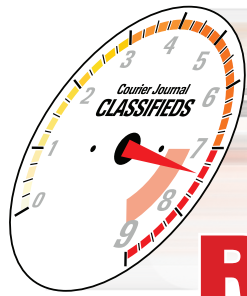
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Heritage Event...

Continued from Page 1

The Frontmen will headline the event, captivating the audience with their unparalleled harmonies and electrifying stage presence. Consisting of three acclaimed vocalists, Richie McDonald (formerly of Lonestar), Larry Stewart (of Restless Heart), and Tim Rushlow (formerly of Little Texas), The Frontmen are known for their chart-topping hits and legendary country music careers. Their collective talent promises to create an electrifying atmosphere that will have fans singing along to every word.

The Secret Sisters will dazzle the audience with their spellbinding harmonies and soulful melodies. This Grammy-nominated sister duo has garnered widespread acclaim for their enchanting blend of folk, country, and Americana. Their emotional performances are sure to resonate with audiences and leave a lasting impact.

Adding a youthful and vibrant touch to the evening, Cadence Baker will showcase her incredible talent and captivate the crowd with her distinctive voice. As a rising star in the music industry, Cadence has gained recognition for her powerful vocals and heartfelt songwriting. Her dynamic performance will undoubtedly leave the audience in awe

and eager for more. Cadence will be joined by her father, Shane, and grandfather, Gary, who are no strangers to the rich music history in the Shoals.

"The Frontmen, The Secret Sisters, and The Bakers are all incredible artists in their own right, and we are honored to have them grace our stage," said Dr. Kirk Brothers, President of Heritage Christian University. "This year's event promises to be a wonderful experience that music lovers won't want to miss."

General admission tickets for the 2023 Heritage Event are priced at \$75 and are available for purchase through the HCU website and Eventbrite. Additionally, table sponsorships are available, offering a unique opportunity for businesses and organizations to support the university while enjoying an exclusive and unforgettable evening of entertainment. For more information about the 2023 Heritage Event and to purchase tickets, please visit www.hcu.edu.

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

GRAPHIC COORDINATORS
Russell Roden
Andrea L. Gray

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Ted Fallin

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

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

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or email to:
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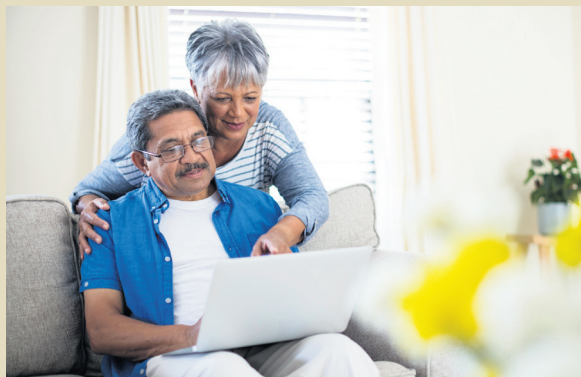
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ON YOUR DEBT

Financial Issues Millennials Face Today



B. Grant McNutt
Managing Attorney

Millennials, identified as those born between 1981 and 1996, are the first generation to have grown up completely in the digital age. Not only are they very tech-knowledgeable, but they are the most educated generation in U.S. history.

Moreover, they have a strong sense of community and focus on society at large over individual needs.

One in three have their own business, while one in five say that business is their main source of income. Millennials are flexible, pragmatic idealists, frugal, compassionate, progressive, confident, practical, communicative, mobile, and adventurous.

They Are Also Struggling Financially

The bulk of millennials entered the workforce in the middle of the Great Recession, making finding a job very difficult. During their time in the workforce, wages have not kept up with the cost of living. Therefore, millennials often struggle to make ends meet and have trouble meeting traditional milestones like getting married or buying their first home.

Top 3 Issues Facing Millennials

- **Student Loans** – In fact, 14.8 million millennials have student loan debt, which is more than any other generation. The average balance for a millennial student debt borrower is \$38,877. Because of student loan debt, millennial home ownership has fallen. The average baby boomer bought their first home at 25. For millennials, that number has risen to 35.

- **Housing Cost** – Census data shows that home prices have increased 118% since 1965. During the same time, wages have increased by just 15%. In the past year, the cost of rent rose by 4%. This is higher than the previous five years with an average increase of 3.3%. However, the increase doesn't paint an accurate picture. Once eviction moratoriums

were lifted after COVID, rents soared, shooting up 14% in December 2021 compared to one year earlier. At the same time, wages only increased 5.5%. As rents increase at a faster pace than wages, millennials who have yet to purchase a home get further behind.

- **Wage Growth** – The average Millennial salary is about \$47,034, according to the U.S. Census Bureau. The average Millennial household makes \$69,000 a year, according to the Pew Research Center. This isn't a wide departure from previous generations – but once you factor in inflation and the amount of debt millennials have, it becomes apparent that this generation is actually worse off than their predecessors.

Where To Turn If You Are Struggling

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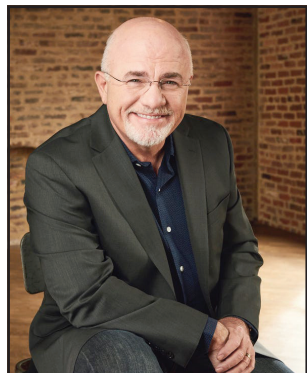
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DAVE Says

by DAVE RAMSEY

DIFFERENT PERSONALITY TYPES CAN BE A GOOD THING

Dave,
My husband is an entrepreneur. He has a very hard driving, energetic personality and way of doing things, while I'm more laid back



and soft spoken. How can I support him best in terms of encouraging and communicating with him? I want him to know I care, that I want to help and that I'm proud of him.

Grace

Grace,
I think you've already taken a good first step toward all of that by recognizing and identifying your personality styles. If he's a hard-charging entrepreneur, there's a good chance God sent you into his life to slow him down a little, and help him keep it between the ditches. That's what my wife does for me, and I'm so thankful she does.

Once in a while, I'll get so wrapped up in a project or opportunity that I can't stop thinking about it or turn it loose—even after hours or on weekends. That's when she knows to step in and say, "Honey, did you

ever think about this possibility?" Sometimes she's a little more straightforward, and I'll hear something like, "You know, you really need to just slow down and chill."

The fact that you two are wired a little differently, and that you can be thoughtful and calm when he's all over the place, is one of the most valuable benefits you bring to your relationship. Once he understands this, he'll begin to respect it more. And when it happens, you folks are going to win in your relationship and in business. It's going to make such a positive impact on your

lives, because you'll be making steady progress that's more predictable and reasonable, rather than things launching into the stratosphere and being followed by the inevitable crashes that are bound to happen from time to time.

As you grow to better understand the other's thinking, and how each is necessary for success, a great thing will be created. Your quieter, thoughtful side, and his energy and passion to pull things forward, will become the key to you two reaching heights together that you never would've achieved apart from each other.

I love these

discussions about family relationships and business. Great question, Grace!

— 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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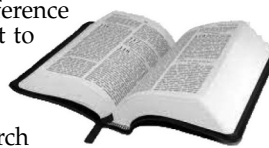
In Love

“COME AND SEE” (Part Two)

The day of Pentecost was the day in Biblical record when the church for which Christ died was established. It was on that day that “there were added unto them about three thousand souls” (Acts 2:41). “and the Lord added to the church daily such as should be saved” (Acts 2:47). Never after Pentecost of Acts 2 was it referred to as something to be build. This proves that the church of Christ was established on Pentecost day of the second chapter of Acts. In fact, Peter declares that this was the beginning (Acts 11:15).

Christ Is The Head Of The Church Of Christ

Christ is the head of it – the sole head. Paul says, “And hath put all things under his feet, and gave him to be the head over all things to the church, which is his body, the fulness of him that filleth all in all” (Ephesians 1:22-23). “And he is the head of the body, the church” (Colossians 1:18). These passages make it clear that when the New Testament speaks of the body of Christ, reference is not made to his physical but to his spiritual body, which is his church.

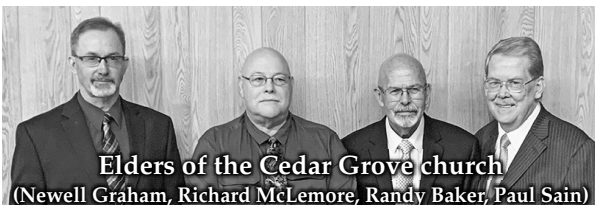


Observe please: (1) Christ is the head of His church (Colossians 1:18; Ephesians 1:22-23). (2) All who are in Christs are in His body (Galatians 3:27; Colossians 3:15). (3) All Christians are in Christ (Romans 6:3; 2 Corinthians 5:17). (4) Therefore, all Christians are in Christ’s church. Jesus came into the world to establish one, and only one, institution through which to save mankind (Ephesians 3:10-11,21).

The Church Of Christ Has No Guide Book But The Bible

The church of Christ refuses to accept any human creed in religion. We definitely refuse any uninspired man’s statement, or system of statements, as our rule in religion. Articles of religion, Confessions of Faith, Disciplines, Church Manuals and Creeds formulated by men are rejected. The Word of God – and the word of God alone – we accept as our standard. The following Scriptures show this to be only save course (2 Timothy 3:16-17; 2 Peter 1:3). The same apostle said, “If any man speak, let him speak as the oracles of God...that God in all things may be glorified through Jesus Christ, to whom be praise and dominion forever and forever” (1 Peter 4:11). Therefore, we implore all to go back to the Bible. Remember the Bible is right!

(For a copy of the entire “Come And See” material, send your request to the address below. Continued in the next segment of Truth In Love).



Elders of the Cedar Grove church (Newell Graham, Richard McLemore, Randy Baker, Paul Sain)

Questions, comments, or criticisms are welcomed. Responses may be sent to:

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Commentary

Misinformation? Who's an Arbiter?

There were some congressional hearings on Capitol Hill in mid-July that covered the topics of censorship, the threat of unchecked information, social media's responsibilities in maintaining and promoting public trust, etc. *The New York Times*, the world leader in progressive text for a 'democratic society' in covering the hearings, thought it would broach these two questions:

A) Is misinformation protected by the First Amendment? B) When is it appropriate for the federal government to seek to tamp down the spread of falsehoods?

A) Yes it is. The government doesn't get to determine our positions on what may be fully or partially factual and when.

B) As I understand it, NEVER, unless it has to do with civil or criminal cases surrounding financial/securities dealings and then only through proper judicial

See ARBITER... on Page 16

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

August 2, 2023

Happening THIS WEEK

How Gullible Are You?

Editor:

Here's the scenario. You think that a man, any man, has a right to tell you, a woman, that you cannot go around with your arms bare, that you don't qualify in any profession to receive the same pay or promotion as a man, and you think that if you wear clothes they think are provocative, you are responsible for a man's bad actions. That about it? Go back to the kitchen and you better be pregnant no matter if it is threatening your life or not. Not your choice anymore. You did this.

You. Did. This. You!

But how did you believe the affirmative action was only for black Americans? We as a civilization have been set back 100 years thanks to your hard work and efforts to make white men superior...

In the 60s and 70s we fought for rights of minorities...not for white males because they were picked heads above everyone else. Talk about indoctrination! We women should know better. You vote every time against your better interests... Because the men in your life guide you to make sweet choices for them, the ones that benefit them!

YOUR

Letters

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

by Mail, in person, or mail slot

Editor-Courier Journal
219 W. Tennessee St.,
Florence, AL 35630

- e-mail: editor@courierjournal.net
- FAX- 256-760-9618

We look stupid. Gullible. Are you?

Linda Johnson
Florence

More LETTERS... on Page 23

FRESHMAN SEND-OFF & MEMBERSHIP PICNIC
- Saturday, August 5, 11am at Harvest Mitchell, Jr. Gymnasium, Burrell-Slater, 610 W. College St. in Florence. Join us for some Bulldog fun Food will be served. RSVP to 662-687-2409 by August 2. Sponsored by the Alabama A&M Muscle Shoals Alumni Chapter.

FLORENCE CITY SCHOOLS will hosting its annual Back-to-School Supply Drive-Thru Giveaway on Friday, August 4, from 1-3pm. at the Burrell-Slater Center located at 610 W. College St. It is only open to Florence City Schools families. Southwire is donating backpacks that volunteers will fill with grade-appropriate school supplies and hand out to each vehicle. Any families needing additional assistance can call 256-768-3027.



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FAST...

Continued from Page 1

The Florence team encountered a whirlwind of events including another team moving into the medium swim division after a last minute scratch when all team trophies had been given out. This caused FAST to drop in overall placement, so they took home 3rd place at the 2023 ARPA State.



Florence Alabama Swim Team at State
 Courtesy photo

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Weekly Quiz • Moon

- Apollo 11 landed on the moon, July 20 of what year?
 A) 1967 B) 1968 C) 1969 D) 1970
- Once a popular request here in Alabama was: I'll have a WHAT and a moon pie? A) Chocolate Soldier B) Coke C) Nehi D) R.C. Cola
- Earth is the only planet in our solar system with a moon.
 True Or False
- A full moon is also known as the Snow Moon during which month?
 A) December B) January C) February D) None of these
- Apollo 11 landed in which sea on the moon? A) Sea of Crisis B) Sea of Fertility C) Sea of Serenity D) Sea of Tranquility

Answers: 1) C 2) D 3) False 4) C 5) D

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First Metro...

Continued from Page 1

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S&P Global Market Intelligence launched the first rankings report in 2011 to assess the performance of community banks and credit unions. The division ranks institutions based on returns, growth, and efficiency, but places a premium on balance sheet strength and risk profile.

First Metro Bank was founded in 1988, operating in a mobile unit on Avalon Avenue in Muscle Shoals with nine employees. Thirty-five years later,

the bank employs 144 people in North Alabama with eleven locations throughout Colbert, Franklin, Lauderdale, and Limestone Counties.

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Commentary

Arbiter...

Continued from Page 12

channels. Anyway, that aspect is legalese way beyond my pay grade and not a relevant point in this discussion.

What IS relevant and should scare us silly is America's sudden shift away from First Amendment ideals led by growing hostilities from the left.

An extensive Pew Research poll of 5,000 adults charted at right highlights the growing objections for our free speech rights.

We could ask hundreds of questions or propose a thousand theoreticals to this fascist directive which has been marinating in liberal minds for years.

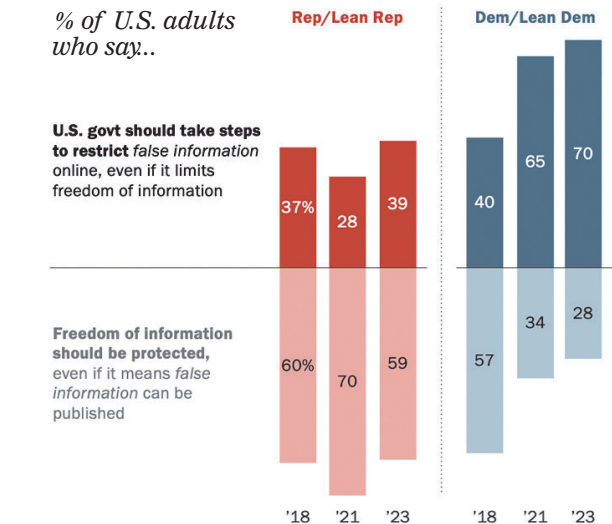
Let's just consider a few questions:

Who is the final arbiter of what can be deemed misinformation or disinformation? Surely, not the government or a group of its pinheaded representatives. Most of this misinformation/disinformation gibberish took off in full force with COVID.

Anything spoken against the prevailing governmental-CDC-AMA positions on COVID was supposed to be squashed by the media and social media and branded as misinformation. Most of it was. Yet, where did the actual misinformation lie?

It started out with a promise of "2 weeks to flatten the curve." And temporary business and school closures seemed to never end.

Incorrect official data continued and was challenged at almost every step. Covid's origins, numerous ways of transmissibility, legitimate questions by hundreds of reputable medical professionals, mask mandates, vaccine mandates and unrealistic efficacy claims, natural immunity, job losses, the new medical definition of a vaccine, questionable treatments and treatment delays, inflated hospital death rates buoyed by financial incentives, billions in built-in profits for pharmaceutical companies, social/emotional/educational setbacks for school children, vaccines for toddlers, increasing



Note: Respondents who did not answer are not shown. Source: Survey of U.S. adults conducted June 5-11, 2023.

PEW RESEARCH CENTER

cases of myocarditis in young, healthy people, and much more,

Any substantive discussions or alternative ideas were considered misinformation or conspiratorial and were seen as detrimental to the government's narrative.

It turns out that many, if not most, of the concerns were well-grounded. So, what parts are now 'misinformation' and how many more lives have been lost or ruined?

Donald Trump's Russian election interference (collusion) which surfaced in advance of the 2016 presidential election was fact, according to the nation's media. Every subsequent conversation was based on that being a fact.

It is now understood to be a complete and absolute fabrication created by the sitting administration and Presidential candidate, Hillary Clinton, to draw attention away from her email folly. I'm not sure the media cares if they were gullible fools or not. They should be sued out of existence for those 6-7 years of persistent falsehoods without a shred of viable evidence. They still haven't admitted to spreading lies and misinformation, and no one has been prosecuted.

The January 6 "Insurrection" has been a collection of misinformation from the outset, a brilliantly orchestrated fabrication of a protest/riot with government elements involved. The truth has been out for a few months

now and the information keeps flowing, even as of last week's video evidence about a supposedly injured capital police officer.

We know where the misinformation was in that situation.

Information on Hunter Biden's Laptop we now know was purposely squelched by the DOJ and FBI in the days leading up to the 2020 general election. It, too, was officially branded as a last-ditch Russian and Republican pre-election hoax. We are all finding out now what wide-ranging misinformation the cover-up included, and as suspected, how our current President was neck deep as vice-president.

There are people who insist that the recently released movie, *Sound of Freedom*, is not as much about human trafficking as it is creating a boogeyman to help with the vilification of the LGBTQ community's support for children. If misinformation/disinformation were declared illegal, would this movie be allowed to be shown or even filmed?

What about the barbaric pseudoscience of gender-transitioning pre-pubescent children and minors and not letting parents know until some results are irreversible? That now-accepted practice deserves a lot of debate and scrutiny. The government would get to decide what information was the truth, what was not, and what could be discussed.

Would there be two sides presented on the need for and the challenges presented with regard to voter ID laws? Or would one side get to declare the truth and proper US policy?

If certain topics are declared misinformation and certain nonprofits that the SPLC deems hate groups get official government blessings, we may never know why some people peacefully protesting infant rights can be arrested while other people can pillage, burn, and assault night after night and not face a day in jail or owe the victims a dollar in compensation.

What would be considered proprietary and off-limits? And why? And considering how much misinformation and conspiracy turns out to be the truth in the long run, it would be best if we just step back, let people have their input and opinions, let the truth filter itself out, and let justice take its course. The US Constitution demands it.

Medicare Minute

"Medicare Part A Part 1"

On a Medicare card Part A will have the word "Hospital" beside it. Because of that Medicare Part A is most commonly known as the inpatient or hospitalization part of Medicare. This means when a Medicare beneficiary is admitted into the hospital most of the services that are received are filed under Medicare Part A. This sounds simple but sometimes it's not.

Medicare Part A has a deductible of \$1,600 per benefit period. Notice two things here. First is the deductible of \$1,600. If you are admitted into the hospital and had Original Medicare only, you would owe the first \$1,600 of your stay. This deductible covers hospital services, including semi-private rooms, meals, general nursing, drugs as part of your inpatient treatment, and other hospital services and supplies.

The second thing to notice is the term "benefit period". This tells you the deductible is not an annual deductible but could hit you more than once in a calendar year. A "benefit period" begins when you are discharged from a hospital or skilled nursing facility and ends when you haven't received any inpatient care for 60 consecutive days. If you are admitted as an inpatient after the 60 days of no inpatient care a new benefit period begins, meaning another \$1,556 deductible. Also if you are confined to the hospital for 60 consecutive days your deductible will cover you but on the 61st day you will begin paying a coinsurance.

The good news is for most Medicare beneficiaries Part A is free. Free meaning you don't pay a premium for it. The reason for this is while you are working you pay 1.45% of your pay check into Medicare. If you did that for 40 quarters you're entitled to Part A for free. Next week will discuss the other benefits of Medicare Part A.

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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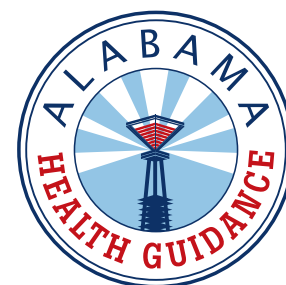


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1 Lb.

2/\$3

Beefsteak TOMATOES
Lb.

\$1.59

CAULIFLOWER
Each

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10 Ct.

2/\$5

Food Club SYRUP
24 Oz.

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50 Ct. AD

2/\$3

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Puffs TISSUES
3 Pk.

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Chips Ahoy! COOKIES
9-13 Oz.

2/\$7

Food Club PEANUT BUTTER
16 Oz. Or **JELLY** 18 Oz.

2/\$4

GATORADE
28 Oz. Or **PROPEL** 710 ML

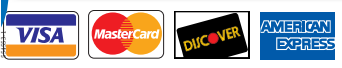
3/\$4

Food Club COLA OR FLAVORS
cola 2 Liters orange

99¢

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Or **Bounty PAPER TOWELS** 6 Dbl. Rolls

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AD GOOD AUG. 2-8, 2023

Heinz KETCHUP 38 Oz.  \$4⁹⁹	Heinz MUSTARD 14 Oz.  2/\$4	DORITOS 6-10 Oz.  2/\$8	Dr. Pepper, Sprite, Mello Yello Or COCA-COLA 12 Pk. 12 Oz. Cans  2/\$13
Food Club MAYONNAISE 30 Oz.  \$3⁴⁹	SUDDENLY SALAD 6-7 Oz.  2/\$4	Lay's POTATO CHIPS OR KETTLE CHIPS 7-8 Oz.  2/\$5	Dr. Pepper, Sprite, Mello Yello Or COCA-COLA 6 Pk. .5 Liters  3/\$12
Campbell's Chicken Noodle Or Tomato SOUP 10 Oz.  99¢	Bumble Bee TUNA 5 Oz.  4/\$5	Orville Redenbacher POPCORN 3 Pk.  2/\$5	UTZ VARIETY PACK 28 Ct.  \$9⁹⁹
Simply Done CUPS 30 Ct. - 18 Oz.  2/\$5	Tide LAUNDRY DETERGENT 92 Oz.  \$12⁹⁹	Golden Flake Or UTZ VARIETY PACK 18 Ct.  \$8⁹⁹	POWERADE 28 Oz.  \$1

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Wide Awake CREAMER 32 Oz. \$3⁴⁹	Blue Bell ICE CREAM Half Gallons \$6⁹⁹
Food Club BISCUITS 5 Ct. 2/\$4	Food Club ICE CREAM Gallon Pails \$6⁹⁹
Food Club DIPS 16 Oz. 2/\$5	Tony's PIZZA 16-20 Oz. 2/\$7
Food Club SHREDDED CHEESE 2 Lbs. \$7⁹⁹	Farm Rich APPETIZERS 14-24 Oz. \$5⁹⁹

BEER & WINE

Miller Lite Or Coors Light BEER 12 Pk. Cans  \$12⁹⁹	Bud Light Assorted SELTZER 12 Pk. Cans  \$14⁹⁹
Oliver SOFT WINES 750ML  \$9⁹⁹	Woodbridge WINE 1.5 Liters  \$11⁹⁹

Not Available At All Locations!

M-E-A-T

Sanderson Farms Fresh SPLIT CHICKEN BREAST Family Pack  \$1⁹⁹ Lb.	Prairie Fresh BONE-IN CENTER CUT PORK CHOPS Family Pack  \$2⁴⁹ Lb.
Previously Frozen PORK SPARERIBS  \$1⁶⁹ Lb.	Tyson IQF SKINLESS BONELESS CHICKEN BREAST  \$4⁹⁹ 2.5 Lbs.
Williams SAUSAGE & BISCUIT 12 Ct. \$5⁹⁹	Hormel Fully Cooked BACON 2.25 Oz. 2/\$7
Wright Stack Pack Assorted BACON 1.5 Lbs. \$7⁹⁹	Country Pleasin' Asst. SMOKED SAUSAGE 12-14 Oz. 2/\$9
Gwaltney Great Dogs Or Jumbo FRANKS 1 Lb. \$1⁶⁹	Land 'O Frost Bistro LUNCH MEAT 6 Oz \$3⁹⁹
Gwaltney Reg. Or Thick BOLOGNA 1 Lb. 2/\$4	Armour MEATBALLS 14 Oz. \$2⁹⁹

AD GOOD
AUG. 2-8, 2023



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 3413 Woodward Ave. • 7am-11pm • 256-978-6093
SHEFFIELD Foodland Plus • 106 Towne Plaza • 7am-10pm • 256-381-6552

TUSCUMBIA 103 West 1st Street • 7am-11pm • 256-383-9425
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Aug. 3-5, 2023

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Rick's Barbecue
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King Cotton Bacon
\$7.99
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Whole Boneless Pork Loins
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 LB.

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Americana Walk-A-Bout Portable Grill
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Kingsford Professional Briquettes
\$5.99
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Field Dinner Franks Or Plump & Juicy Franks
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 1 LB.

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 LB.

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\$4.49
 100 CT.

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- Popweaver Popcorn** Butter Flavor 3 PK. BOX **69¢**
- Heinz Ketchup** 38 Oz. **\$2.99**

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Even with modified mailing, Courier Journal still reaches Over 60,000 Homes with Regularity

SHOALS—The *Courier Journal* has long been a print industry leader in market saturation.

Since going direct mail in 1982, our circulation has gradually grown and saturation was maintained. However, market pressures and the growing cost of production materials combined with routine, semi-annual postage increases are putting some limits on our distribution pattern. Those cost increases require some creative avenues of getting our

advertisers' message to as many readers as possible on a regular basis.

Having the largest print circulation in Alabama does come with a few challenges, especially when it is a free paper that is mailed to a wide area.

As a way of reaching as many Shoals area homes as possible, we have begun "feathering" some distribution areas with this week's issue. This allows us to offset some of the increased distribution expenses while still reaching a large number of homes with regularity.

The feathering process will actually reach more homes overall since a few areas that were not receiving the paper this year are being reinstated. The only difference is that the feathered areas will be receiving the *Courier Journal* regularly, but on alternating weeks.



In addition, we have numerous open racks around the Shoals area where a free copy of the *Courier Journal* is always available during a store's

business hours.

These include all area Foodland stores, Food Outlet stores in Florence and Central, Hometown Market in Florence, Big Star in St. Florian, HT General Merchandise on Chisholm Hwy, and the Rogersville and Town Creek post offices.

A list of rack locations will also appear in the *Courier Journal* routinely and it will be updated often.

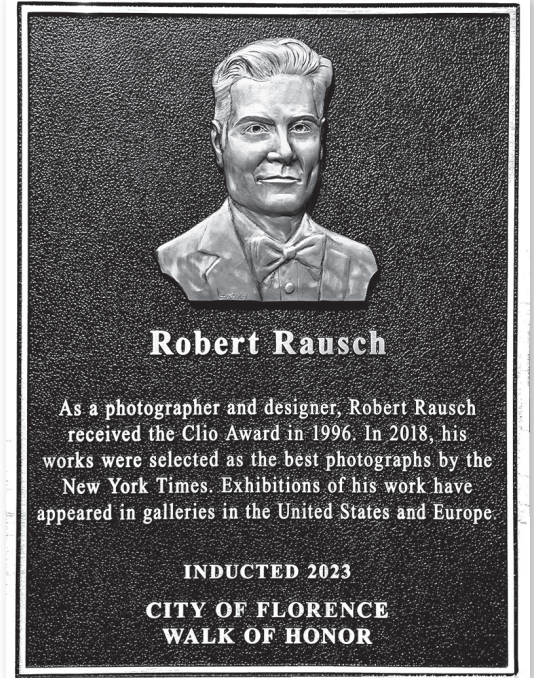
Regardless, the mailed papers alone will still exceed 50,000 every week.

Readers can always access the searchable *Courier Journal* Page-Flip edition beginning every Tuesday as well from our website at www.CourierJournal.net. Just click on the Page-Flip link. This has become a very popular option. That page can then be bookmarked for easy weekly access to our most recent issue.

Courier Journal advertisers have benefitted from the lowest cost per thousand ad rates in the state for at least the last 30 years according to Alabama Press Association records.

That is not going to change any time soon.

SIGNS OF THE PAST



Location: 34.8067°N, 87.6314°W
Florence River Heritage Park

Having lived and worked in Paris, as well as the U.S., Robert's work is internationally known. He currently teaches photography and design at the University of North Alabama. This marker, one of four, was installed last month.

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

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9 Oz. Select Varieties **Hot Pockets Snacks**

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48 Oz. Select Varieties **Mayfield Ice Cream**

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2 Liter Select Varieties **Coca Cola Products**

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WHEN YOU BUY 2 OR \$2.99 EACH

7.75-8 Oz. Select Varieties **Lay's Potato Chips**

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WHEN YOU BUY 3 OR \$4.49 EACH

Digital Coupons

SCAN HERE TO START SAVING!

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Digital Coupons WITH \$1.00 OFF 2 DIGITAL COUPON

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\$1.99

Digital Coupons WITH \$1.00 OFF 1 DIGITAL COUPON

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15.5-24 Oz. Select Varieties **Ragu Pasta Sauce**

2/\$3

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52 Oz. Select Varieties **Simply Orange Fruit Juice**

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24 Pk./16.9 Oz. Bottles **Niagara Water**

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FRIDAY 8/4/23 ONLY!



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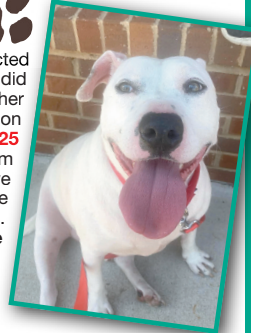
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The animals you see here are currently in local animal shelters or rescue facilities. Adoption fees vary and include having your new friend spayed or neutered, if necessary. Help us help these and other animals by adopting a new friend today.



ZEKE is 3 years old and a super dog. He went to McFarland on a doggies day out. He did great in the car, interacted wonderfully with children. At the park Zeke did great on a leash and wasn't phased by other dogs or people. He is ready and waiting on you. **ADOPTIONS ARE CURRENTLY \$25** and include spay/neuter, vaccines, heartworm test/treatment, and a microchip. If you've been looking for a new family member we hope you'll make the shelter your first stop. Please call or come by **Florence Lauderdale animal services** 256-760-6676 to meet this all around amazing dog.



Meet **CLAYTON!** If you've got a soft spot for a frosted face, please come meet Clayton. He is very sweet, and such good boy! We think he's 8 years old and 50 lbs. **ADOPTIONS ARE CURRENTLY \$25** and include spay/neuter, vaccines, heartworm test/treatment, and a microchip. Come adopt a new old friend! Please call or come by **Florence Lauderdale animal services** 256-760-6676 to meet this all around amazing dog.

Meet **LIBERTY!** This beautiful girl can be shy at first but is an absolute doll. Liberty warms up to be very playful with toys and has some sweet cuddling moves up her sleeves. We think she's 2 years old and around 50 lbs. **ADOPTIONS ARE CURRENTLY \$25** and include spay/neuter, vaccines, heartworm test and a microchip. We have lots of really wonderful dogs and cats looking for someone to love them. Please call or come by **Florence Lauderdale animal services** 256-760-6676 to meet this beautiful girl.



MIZZU is a 3-4 year old pit mix. This boy has had such a hard life, he is just looking for someone to make his life the best! He is looking for his knight in shining armor!

He was seen being thrown from a car on an old, empty backroad in the middle of no where. Mizzu is the cutest boy! He has the CUTEST overbite! Mizzu is not fond of other dogs! While you can walk him and him not bother them in the park, he does not like for them to be in his personal space. For this reason, we would recommend no other dogs being in the home with him. He LOVES kids and all people! **THE ADOPTIONS FEE IS \$25** which includes and \$15 voucher for rabies and a voucher for \$70 off of her mandatory spay. It also includes all other current shots, Heartgard and NexGard For more information please contact **Colbert County animal shelter** at 256-381-4073.



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Letters...

Continued from Page 12

Worsening Labor Issues

Editor:

Callers complaining about immigrants should read George Will's recent commentary in the *Times Daily*. The libertarian-conservative columnist noted the US became the world's richest nation by welcoming the most immigrants. Totalitarian states like China oppose immigration.

Over 60% of illegal immigrants have been here at least 10 years and 35% own their homes. They have assimilated. Immigrant start-up companies create 3 million jobs annually. Red-state Texas has more Latino elected officials than does California.

As with his misguided "anti-woke campaign", Florida governor DeSantis pushed a law portrayed as a preview of hardline policies he would seek on immigration enforcement if elected president.

Now in effect, the law requires businesses to check workers' documentation against a federal database, includes potential felony charges for transporting people without permanent legal status into Florida, allocates funding to move unlawful migrants out, requires hospitals accepting Medicaid to question patients' immigration status, and invalidates drivers' licenses issued in other states to undocumented immigrants.

That has generated calls for truckers to boycott Florida and heightened

concerns about labor shortages. An estimated 772,000 undocumented immigrants lived in Florida in 2019 - many working on construction sites, farms, and packaging facilities. The law is motivating migrants to depart, worsening Florida's labor situation.

Mexico's president urged US Latino voters to reject DeSantis for trying to win votes at the expense of migrants. Collaboration, not criminalization, is the way to resolve the phenomenon of undocumented migration, the Foreign Ministry said, describing the new measures as driven by xenophobia and white nationalism.

Dan Waterman
Killen



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Moments in Time



- On Aug. 2, 1909, the centennial year of Abraham Lincoln's birth, the U.S. issued the Lincoln penny, designed by Victor David Brenner. It was the first widely circulating design of a U.S. president on a coin, an idea that had in the past been seen by George Washington as too reminiscent of monarchy.
- On Aug. 3, 2004, the pedestal of the Statue of Liberty reopened after being closed for safety and security improvements following the Sept. 11, 2001, terrorist attacks on New York City's World Trade Center. The remainder of the statue stayed closed until July 4, 2009, when the observation deck in the crown was reopened to visitors chosen hourly by lottery.
- On Aug. 4, 1964, the bodies of civil rights workers Michael Schwerner, Andrew Goodman and James Chaney were discovered in a partially constructed dam near Philadelphia, Mississippi, after disappearing more than a month before. Before their bodies were found, outrage over the KKK-perpetrated murders aided passage of the Civil Rights Act of 1964.
- On Aug. 5, 2013, the first lab-grown

hamburger, made from taking cow cells and turning them into the strips of a muscle, was cooked and eaten at a news conference in London, England. Tasters remarked that while it lacked some of a conventional burger's juiciness, the flavor and texture were fairly similar.

• On Aug. 6, 1916,

watermelons proved to be a major problem for Army officials in El Paso, Texas, to the point of actually being banned. Since their thick rinds couldn't be burned or properly disposed of, they drew a plague of flies, which military experts warned could breed disease.

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Thomas McCutcheon

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Medical Testimony Is Required In An Injury Case

In every case we know that an accident happened, and we know how it happened. We know what the medical treatment was, who did it, and where it was done.

The severity of an injury really determines the value of a personal injury case. Obviously, there are other factors that drive the value up or down. Most personal injury lawyers would agree that the victim of a drunk driver is likely to get more money. Often the perception that someone was on their cell phone or otherwise distracted can drive a verdict higher.

Injuries come in all different kinds from a catastrophic injury such as the loss of a limb or paralysis to bumps, cuts, and bruises. The monetary value to a large degree corresponds to the extent of the injury.

There are defenses to liability such as contributory negligence meaning that the person that got hurt was in some way at fault also. If there is a strong defense, the value of the case decreases.

In cases where there is medical treatment, the courts will not allow, by and large, an ordinary person to testify about their injuries unless and until a physician testifies that the injuries were caused by the accident that the lawsuit is about. In other words, you can have the accident report showing how the accident happened on one side and on the other side a stack of medical records showing what the treatment has been. Without a doctor's testimony to bridge the two, the medical treatment doesn't come into court unless a doctor says it was both caused by the accident and necessary for the treatment of the injuries.

Insurance companies are really using this requirement to not pay claims. Unless the medical records are really clear and the injuries are severe, insurance companies often elect not to pay or pay a very small value.

One of the problems that we see is that the court system has for many years allowed doctors the privilege of testifying by deposition and excusing them from having to come to court to testify. That privilege does not extend to physician assistants and nurse practitioners (PAs and CRNPs). We are seeing and will continue to see more treatment by nurse practitioners and physicians assistants. These professionals are certainly entitled to act as expert witnesses and testify to causation and treatment in the vast majority of cases; however, they have to testify live in court.

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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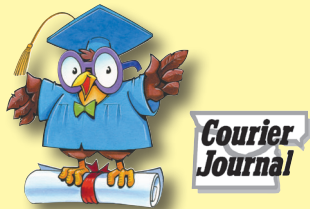
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549686-1

DAYS OF OUR LIVES - Two couples prepared to wed. Kristen was summoned to court. Sloan doctored Nicole and EJ's test results. Eric shared that he and Sloan were expecting. Steve and John reunited with Kayla and Marlena. Paulina hoped that Abe being home would help him recover his memory. Chanel assured Abe that he would remember everything. Brady and Kristen's meeting with the judge had a startling outcome. Sloan shared a secret about Nicole's pregnancy. Chanel and Talia faced off. Time at home failed to jog Abe's memory. Wendy was concerned that Li was spending time with Melinda. Harris was committed to Bayview and encountered a familiar face. Sloan received a lackluster proposal from Eric. Chad confided in EJ. Alex told Stephanie about his date. Tripp woke up to a surprise in his bed. Wait to See: Nicole shares and receives some shocking news. Melinda reveals that she knows Sloan's secret. Maggie asks Xander for a favor.

GENERAL HOSPITAL - A fight broke out at Pentonville. Kristina sought advice. Molly opened up to Alexis. Sonny developed a theory. Tracy accepted an invitation. Dante made his case. Carly questioned Ava. Molly and TJ made a big decision. Kristina received some reassurance. Alexis had a warning for Gregory. Laura urged Valentin. Martin was taken by surprise. Tracy visited Deception. Maxie did some damage control. Leo played peacemaker. Trina opened up to Dex. Kristina made an unwelcome interruption. Cody voiced his suspicions. Josslyn chided Spencer. Eddie Maine was surprised by what he learned. Laura had reason to worry. Liz and Finn had a heart-to-heart talk. Wait to See: Nina visits Willow. Michael expresses concern. Anna shares what she knows.

THE YOUNG AND THE RESTLESS - Phyllis worked to rebuild her image. Mariah pondered an important decision. Nick took control. Adam made a deal with Phyllis. Abby refused to help Ashley. Lily pulled out all the stops to impress Daniel. Jack and Diane worried about Kyle. Sharon interrupted a moment between Summer and Chance. Ashley put Billy in a tough position. Nikki called Nate's bluff. Sally struggled with her feelings. Phyllis made a promise to Christine. Wait to See: Ashley reveals a new game plan. Adam agrees to play nice. Daniel stands his ground with Phyllis.

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Spoiled Brats



Colossians 2:8 "Beware lest any man spoil you through philosophy and vain deceit, after the tradition of men, after the rudiments of the world, and not after Christ." You can educate a mule, but in the end "a mule is still a mule." **SEE Job 11:12.** He needs the new birth. Unbelief dominates today and has blinded many eyes to truth. **See Acts 26:18,** and ask God to open your eyes! Note these verses: **Psalms 78:22** "Because they believed not in God, and trusted not in his salvation:" **Psalms 106:24** "Yea, they despised the pleasant land, they believed not his word:" **Mark 16:14** "Afterward he appeared unto the eleven as they sat at meat, and upbraided them with their unbelief and hardness of heart, because they believed not them which had seen him after he was risen." **John 12:37** "But though he had done so many miracles before them, yet they believed not on him:" You may be religious and educated, but degrees of higher education are not enough to impress God! God calls this world's wisdom "foolishness". Don't let education cost you your soul. **See 1 Corinthians 1:20 & 2:6 & 3:19.** Higher learning has created a world of lost, educated, spoiled brats that think things are free and the world owes them a living. Education has become a god in America and has perverted truth. Lying has become the norm! Payday's here!

Remember this verse: **Matthew 22:29** "Jesus answered and said unto them, Ye do err, not knowing the scriptures, nor the power of God." If you knew what God has in store for you, you would change. A wise person will listen to instruction from God! **See Proverbs 9:8&9, John 20:31** "But these are written, that ye might believe that Jesus is the Christ, the Son of God; and that believing ye might have life through his name." Do you believe God's word? Have you been saved? Are you struggling with sin? God loves you but not your sin. Heaven is real and opens up when you ask Christ to forgive you your sin and save you and receive Him. **See John 1:12, Romans 10:13** "For whosoever shall call upon the name of the Lord shall be saved." Eternity in hell is no laughing matter.

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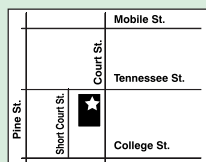
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STRANGE but TRUE

- **The blobfish gets its nickname** from its saggy appearance when it's brought to the surface from the deep part of the ocean where it lives. Because it has no skeleton and very little muscle, water pressure that would crush human organs gives the animal physical structure at that depth.
- **To maintain the historical accuracy** of the American Colonial era, Disney World's Liberty Square was built without any restrooms. (But no, you won't find any outhouses, either.)
- **And speaking of restrooms**, there are public toilets for dogs in China.
- **The character of cross-dressing Corporal Klinger** on the TV series "M*A*S*H" was allegedly influenced by comedian Lenny Bruce's claim that he was discharged from the Navy for saying he had "homosexual tendencies."
- **Eberhard Anheuser**, cofounder of the Anheuser-Busch brewery, got his start in manufacturing with soap and candles.
- **Due to a technical glitch** in his debit card payment processing, a man was accidentally charged 23 quadrillion dollars. As if that wasn't bad enough, since he didn't have the amount in his account, he was also charged a \$15 overdraft fee!
- **Carnauba wax**, which is used on cars, is the same type of wax used to give gummy candy its sheen.
- **Neptune's moon**,

Triton, orbits the planet backward.
 • **To add authenticity to a fictional criminal underworld**, Rockstar Games hired real-life gang members to voice background characters in Grand Theft Auto V.
 • **One-third of men's fragrances** sold are actually worn by women.
 • **Amethysts got their name** from the ancient

Greek word "amethystos," meaning "not drunk." They were once believed to prevent intoxication.
 • **The "little black dress"** was compared to the Ford car when it debuted in 1926, for its practicality and simplicity.
 ...
Thought for the Day:
 "Never rob your character to enrich your pocket." -- James Lendall Basford
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ACCORDING TO MY WATCH, I ALMOST DIED LAST WEEK. You see, my new Galaxy Watch 5 Pro is amazing. It will measure my pulse, O2 levels, stress level, sleep patterns, monitor my workouts, and can even perform an ECG. Oh, it also tells time. One of the cool features is "fall detection." When you set up fall detection, it will ask you to provide 1 or 2 emergency contacts. When the watch senses a fall, these are the people that will be contacted. For example, if I'm doing something dumb like cleaning the gutters and I happen to



Jim Fisher

I'VE FALLEN. AND I CAN'T GET UP!

by "The Computer Skeptic"

fall off the ladder, my watch will vibrate and display, "FALL DETECTED. SEND SOS ALERT?" I have 60 seconds to click the "No." If I don't cancel, my watch will assume I'm incapacitated and send a text to my emergency contacts, that says "SOS! I need emergency help. (Sent from my watch)" and will then send a map link to my exact location so that, if this were an emergency, they'd know exactly where to find my writhing body. Pretty cool, huh?

Another cool feature on my watch is a "sleep monitor." It will use various sensors to measure your sleeping habits, and even track how often you snore. So, back to my near-death experience: Tammy was in Boston last week and I had the house to myself. I set my watch to sleep monitoring mode and entered la-la land. Tammy was set to board her plane for her return trip at 4:00 AM my time. I woke up at 3:30 to use the bathroom and unlocked my watch so I could

send her a quick text that I loved her then crawled back into bed.

Somewhere around 4:30 AM or so, I must have moved my arm in an unfortunate movement that looked exactly like a fall to my watch. So my watch started vibrating, woke me up, and I noticed the "SEND SOS ALERT?" I clicked "cancel" and tried to go back to sleep. Or at least I thought I clicked it.

As I was about to doze back off, my phone started ringing. Turns out my son was at the gym when he received an alarming text from "me" that read, "SOS! I need emergency help. (Sent from my watch) and sent him my location.

My wife, however, was 30,000 feet in the air when all this happened so didn't get these

text messages until she landed in Nashville when she--all of a sudden--received a barrage of texts that said, "I love you baby!" immediately followed by "SOS! I need emergency help" followed by my (not so accurate) location in my neighbor's house. So of course she called me as soon as she landed and I had to explain it all over again. Anyway, this is a great feature but perhaps needs a little work.

For questions or comments, Contact the Computer Skeptic, Jim Fisher at Jim@ExcelAL.com



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Legal Advertisement for TVA Reservation Water Main (KG Project #21-0029)

Sealed bids will be received by the Colbert County Commission at the Colbert County Courthouse, located at 201 N. Main Street, Tuscumbia, AL 35674, until **Thursday, August 10, 2023, at 1:30 P.M. CST**, and then publicly opened and read aloud for furnishing all labor and materials, and performing all work described as follows: The project consists of installing a new 12" water main on the TVA Reservation to provide domestic water to new and existing entities.

A non-mandatory pre-bid conference will be held virtually on **Thursday, August 3, 2023, at 2:00 P.M. CST**. Instructions for attending the virtual pre-bid conference are included in the contract specifications.

The Owner has received a Coronavirus State and Local Fiscal Recovery Fund (SLFRF) grant under the American Rescue Plan Act ("ARPA funds") from the U.S. Department of the Treasury. (ARPA Project #01033-061-220704-0011) Compliance with all applicable Federal, State, and local laws, rules, and regulations is required.

Bid documents may be examined at the Colbert County Courthouse located at 201 N. Main Street, Tuscumbia, AL 35674. Bid documents may be purchased ONLY from Alabama Graphics online plan room at www.algraphicsplanroom.com or by calling (205) 252-8505. The project engineering firm is The Kelley Group, LLC (256) 248-7030. General contractors who bid must purchase, at minimum, the half-size plans and specifications. Documents are available at reproduction cost with no refunds available. Plans and specifications will not be issued to contractors less than forty-eight (48) hours prior to the time indicated above for receiving bids.

Performance and Labor and Material Payment Bonds, proof of insurance, and a complete list of subcontractors and suppliers will be required prior to the signing of the Contract. A Performance Bond in an

amount equal to one hundred percent (100%) of the contract costs and a Labor and Material Payment Bond in an amount of one hundred percent (100%) of the contract cost in the form and terms approved by Colbert County Commission will be required at the signing of the contract. In addition, the Contractor must furnish to Colbert County Commission at the time of the signing of the contract a certificate of insurance coverage as provided in the specifications. The right is reserved to reject any and/or all bids and waive informalities and to furnish any item of material or work to change the amount of said Contract.

No bids will be considered unless the bidder, whether resident or non-resident of Alabama, is properly qualified to submit a bid for this construction in accordance with all applicable laws of the State of Alabama. This shall include evidence of holding a current license from the State Licensing Board for General Contractors, Montgomery, Alabama, as required by Chapter 8 of Title 34 of the Code of Alabama, 1975. In addition, non-residents of the State, if a corporation, shall show evidence of having qualified with the Secretary of State to do business in the State of Alabama.

The bidder shall show evidence by clearly displaying the current license number on the outside of the sealed envelope in which the bid is delivered. In addition, bids shall be clearly identified on the exterior of the package with the bidder's name, address, the name of the project being bid, and time and place of the bid opening. No bid may be withdrawn after the scheduled closing time for receipt of bids for a period of sixty (60) days. The Owner reserves the right to reject any or all bids and to waive technical errors if the best interest of the Owner will thereby be promoted. All bids received after the date and time of the bid opening noted above will be returned unopened.

Legal Advertisement: Advertisement for Bids Colbert County Water Meter Replacement Phase II (Labor Only) (KG Project # 21-0015)

Sealed bids will be received by the Colbert County Commission located at 201 N. Main Street, Tuscumbia, AL 35674, until **Thursday, August 10, 2023, at 1:00 P.M. CST**, and then publicly opened and read aloud for performing all work described as follows: **Replacement of Water Meters Phase II (Labor Only)** The project consists of installing approximately 3,000 new AMR water meters and appurtenances.

A non-mandatory pre-bid conference will be held virtually on Thursday, August 3, 2023, at 1:00 P.M. CST. Instructions for attending the virtual pre-bid conference are included in the contract specifications.

The Colbert County Commission seeks to improve the water system and has obtained a Drinking Water State Revolving Fund (DWSRF) Loan through the Alabama Department of Environmental Management (ADEM). Compliance with all applicable Federal, State, and local laws, rules, and regulations are required.

Bid documents may be examined at the Colbert County Commission office located at 201 N. Main Street, Tuscumbia, AL 35674. Bid documents may be purchased ONLY from Alabama Graphics online plan room at www.algraphicsplanroom.com or by calling (205) 252-8505. Project engineering firm is The Kelley Group, LLC (256) 248-7030. General contractors who bid must purchase at minimum the half size plans and specifications. Documents are available at reproduction cost with no refunds available. Plans and specifications will not be issued to contractors less than forty-eight (48) hours prior to the time indicated above for receiving bids.

Performance and Labor and Material Payment Bonds, proof of insurance, and a complete list of subcontractors and suppliers will be required prior to the signing of the Contract. A Performance Bond in an amount equal to one hundred

Legal Advertisement: Request for Proposals Colbert County Phase II Water System Materials (KG Project # 21-0015)

Sealed proposals will be received by the Colbert County Commission located at 201 N. Main Street, Tuscumbia, AL 35674, until **Thursday, August 10, 2023, at 1:15 P.M. CST**, and then publicly opened and read aloud for furnishing materials described as follows: **Phase II Colbert County Water System Materials (FS010264-02)** The materials to be purchased will include but shall not be limited to water meter boxes, back flows, and curb stops.

A non-mandatory pre-bid conference will be held virtually on Thursday, August 3, 2023, at 1:00 P.M. CST. Instructions for attending the virtual pre-bid conference are included in the contract specifications. The Colbert County Commission seeks to improve the water system and has obtained a Drinking Water State Revolving Fund (DWSRF) Loan through the Alabama Department of Environmental Management (ADEM). Compliance with all applicable Federal, State, and local laws, rules, and regulations are required.

RFP documents may be examined at the Colbert County Commission office located at 201 N. Main Street, Tuscumbia, AL 35674, or may be obtained by contacting Jessica Mandrell,

Project Manager, at jessica@kelleynetwork.com or 256-248-7030.

A Material Payment Bond in an amount of one hundred percent (100%) of the contract cost in the form and terms approved by the Colbert County Commission will be required at the signing of the contract. In addition, the bidder must furnish to Colbert County Commission at the time of the signing of the contract a certificate of insurance coverage as provided in the specifications. The right is reserved to reject any and/or all bids and to waive informalities and to furnish any item of material or work to change the amount of said Contract.

Bids shall be clearly identified on the exterior of the package with the bidder's name, address, the name of the project being bid, and time and place of the bid opening. No bid may be withdrawn after the scheduled closing time for receipt of bids for a period of sixty (60) days. The Owner reserves the right to reject any or all bids and to waive technical errors if the best interest of the Owner will thereby be promoted. All bids received after the date and time of the bid opening noted above will be returned unopened.

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"School's out for summer!" Seems such a short time ago. For some kids maybe too short. Possibly, for some parents too long. ☺ Whichever, "back to school" is fast approaching, high school football will be kicking off and marching bands are already tuning up in band camps. Soon schools will be opening up again for classes with our good teachers preparing, organizing, anticipating new faces with new possibilities and bright futures.

During summer break sometimes folks get caught up in vacations, sporting events, TV, or sleeping in and must readjust time and priorities in getting back to school for a much needed education.

Sometimes people get caught up in life and find themselves along with their children missing a much needed education on the Bible. At Hendrix Chapel we know you as parents and grandparents are the best teachers of the Bible for your children both by word and example. However, if you are like some of us, we need all the help we can get.

To coincide with back to school time, we at Hendrix Chapel are inviting folks "Back to Sunday School" this coming Sunday, August 6th, both at 9AM and 6PM. (Yes we have Sunday school regularly on Sunday evening.) With classes from infants to Adults.

After classes on Sunday night we will be having our Annual Back to School Homemade Ice Cream Supper. (For kids of course.)

✝

Please come and be with us and begin a new Sunday school year.

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Community Notes...

Continued from page 4

LifeSouth Bloodmobile Dates:
Friday, August 4 Killen Founders Day, 207 JC Mauldin Hwy, Killen, 5pm - 9pm
Saturday, August 5 Killen Founders Day, 207 JC Mauldin Hwy, Killen, 12pm - 9pm
Sunday, August 6 Walmart, 3100 Hough Road, Florence, 10am - 4pm
Tuesday, August 8 Constellium, 4805 E 2nd St., Muscle Shoals 6am - 6pm
Wednesday, August 9 Constellium (Element 13), 1009 Ford Rd., Muscle Shoals, 6am - 4pm

The Samaritan House Clothing Room will host a Clothing Giveaway from 8am-noon, on August 12 at 600 Geneva Ave. in Muscle Shoals.

The Samaritan House gives away clothes from 9-11:30am each Tuesday. Donations accepted.

Revival-New Salem, MB Church, 923 W Mobile St., Florence. Monday, July 31 - Wednesday, August 2, at 6:30pm each night. Everyone is invited. Pastor: Fred L. Mitchell Smith.

Northwest RC&D Council invites you to attend their upcoming "Quarterly Council & Outreach Meeting" Thursday, August 17 at Lakeshore Inn Restaurant in Double Springs. Registration: at 9:30am Meeting at 10am. Please call 256-383-1446 to register by Friday, August 11.

The Northwest Alabama Resource Conservation and Development Council (RC&D) is a 501(c)(3) organization that supports educational and community development projects in Northwest Alabama.

Financial Literacy Seminar, Part II: Estate, Planning, Inclusive of Your Property takes place Monday, August 14 from 10am-12pm at Alabama Music Hall of Fame Banquet Hall, 617 US-72 W in Tusculumbia. Dr. Dorothy Brandon,

extension specialist with Alabama A&M University and coordinator of Consumer and Personal Finance programs will host. Lunch will be served immediately after. The target audience is Small Farmers, Landowners, Agribusinesses, Community Gardeners, Extension Agents, and any other interested parties.

Registration is required by calling or texting 256-320-8051 or emailing oppia.burke@aamu.edu. The registration deadline is August 11.

The seminar is sponsored by Alabama A&M University Small Farms Research Center in collaboration with Alabama Cooperative Extension System.

Northwest Alabama Resource Conservation and Development Council (RC&D) invites you to attend the upcoming Lauderdale Women In Agriculture Conference on Thursday, August 24 from 10am-3pm at Sweet Water Depot, 502 S Royal Ave in Florence. Registration: 9:30am. Sign-up is required by Friday, August 11. For more information, please email vking@nwalrod.org or call 256-383-1446.

Marvin Morrow & Verdell will be singing at Washington Park Baptist Church, Sunday, August 27 at 5pm, 201 N.E. Broadway Ave., Muscle Shoals.

Florence Civitan Club's Annual Golf Tournament take place on Saturday, September 23 at the picturesque Robert Trent Jones Golf Course at the Shoals. This event promises to be a day of excitement, camaraderie, and philanthropy to make a positive impact in our community.

Registration is at 8am with a 9am shotgun start. Registration is \$500/team for the Four-man Scramble.

Register your team, sponsor a hole, donate prizes, or make a direct contribution. Sponsorship generosity will

be recognized during the tournament and in post-event acknowledgments, depending on the sponsorship level.

Florence Civitan supports local charities such as Kruzn for a Kure, Shoals Habitat for Humanity, United Cerebral Palsy, One Place of the Shoals, Big Brothers/Big Sisters, Meals on Wheels, Scope 310, and Dustin's Promise.

For more information about the Golf Tournament or sponsorship opportunities, follow us on Facebook or contact Deanna Sledge at 256-710-5497.

Free Basic Computer Training #101 class August 16, 1-2:30pm and August 17, 10am-12pm at the Chucky Mullins Center 814 Hamilton Street in Russellville.

Space is limited, first come, first serve. Registration required to attend.

To register or learn more about the program, contact us 256-320-8051 or by email oppia.burke@aamu.edu

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Northwest Alabama Resource Conservation and Development Council (RC&D) will host the Colbert County Women in Ag Conference October 28. Call the Colbert County extension office for more information, 256-386-8571.

We extend a warm invitation to College Day Sunday at Trinity Missionary Baptist Church in Florence at 10am on August 20. Our distinguished guests include Fetima Knox, Nashville Singers, and Grant Gunn, along with our guest

speakers, Audrey Mitchell and Leo Whyte. To make the day even more exciting, we encourage everyone to wear their favorite college colors and take part in our free raffle. Everyone is welcome.

The 2nd Annual Autism Awareness Fundraiser takes place on Saturday, August 26, from 8am - 6pm at Rogersville Recreational Park, 100 Optimist Drive in Rogersville.

There will be live music, food truck fest, train rides, inflatables, arts, & crafts, a splash pad, a car show, Read Marlow - runner-up on Season 13 "The Voice", Lightning, McQueen, and Mater from the movie, "Cars," and more!

All Proceeds benefit Jm's Journey. www.jmsjourney.org
 Call 256-710-1551 for more details.

The 2023 Autism Awareness Car Show is on Saturday, August 26 at Rogersville Recreational Park in Rogersville. Registration is at 8am, Judging 11am, Awards 1pm. Entry fee \$25. There are several divisions and several awards, including 3 places per division, Best in Show, Peoples Choice, Mayor's Choice, door prizes, and 50/50 cash drawing. Presented by O'Reilly Auto Parts and JM's Journey. For more information, call 256-710-1551.

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.

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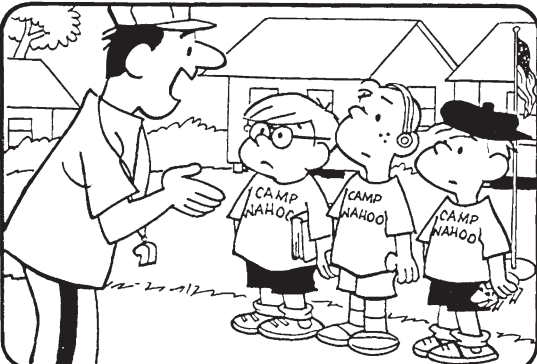
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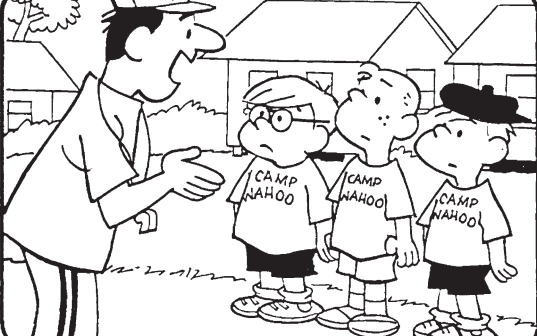
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