

Ten Years for UNA Soccer

KANSAS CITY, MO – The United Soccer Coaches announced its 2022-23 Team Academic Award Winners this week, including North Alabama Women's Soccer for the 10th consecutive season.

Teams with a minimum 3.0 cumulative grade point average on a scale of 4.0 are honored. The Lions have been selected to the list each year since 2013-14.

“This is a great award recognizing the ladies’ hard work in the classroom both during the season and in the offseason,” said head coach, **Chris Walker**. “To accomplish this for 10 straight years is a huge credit to all the student athletes and academic advisors we have had along the way.”

North Alabama earned the fourth-best team GPA among Atlantic Sun women's soccer programs with a 3.59 grade point average.



Walker

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Cardiac's 100,000th



From left Dr. Areen Al-Taie, MD, FACC; NAMC's Cardiac patient #100,000, Matthew Daugherty; and NAMC cath lab director, Ricky Williams.

Courtesy photo

Dr. Heaton Performed ECM's First in 1978

FLORENCE— The Cardiac Catheterization Lab at North Alabama Medical Center reached a milestone on August 4 by serving its 100,000th patient. Dr. Areen Al-Taie, MD, FACC, performed an Aveir leadless pacemaker implantation on Matthew Daugherty. Daugherty experienced sudden chest pains while in Belmont, Mississippi, and was transferred to NAMC.

“Everything went extremely smoothly,” Daugherty said, “I was really impressed with Dr. Al-Taie and the entire staff.” He was discharged the following day.

Dr. Al-Taie has been at NAMC since July of 2022. He specializes in Interventional Cardiology.

“Mr. Daugherty was a great patient and I am glad everything went well,” said Al-Taie, who said he found out he was about to perform the 100,000th case about five minutes before he began the procedure. “This is good for our hospital because it helps get the word out that we have the capability of implanting leadless pacemakers directly into the heart.”

See CATH... Page 5

Alliance's Childs Named

HUNTSVILLE—Alliance Cancer Care recently announced that Radiation Oncologist, Dr. **Tres Childs**, has been designated as a Center of Excellence for SpaceOAR™ Hydrogel – making him the first in Alabama. SpaceOAR™ Hydrogel is a device manufactured by Boston

See SHORTS... on Page 2

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Game Day Scorecard in this Week's Issue

SHOALS – You can always start with an appetizer like Loaded Nachos while you are looking through the menu for pulled pork, smoked chicken, ham, smoked turkey, or St. Louis spare ribs. However, the first task is to submit your entry in the Courier Journal Game Day Scorecard Contest. That way your choices will come off that \$50 gift card if you are the winner this week.

Football season and 306 Barbecue are back with up to \$100 in gift cards each week for the best entry in the Game Day Scorecard Contest. A 306 location will be easy to find with restaurants in Florence,

See GAMES.. Page 11

INSIDE this Issue

Automotive Inside NOW

Ray Miller Buick-GMC
Advance Auto Sales
Watson's Auto Sales

- Ask the Attorney
- Great CD Rates
- Computer Skeptic
- Dave Ramsey
- Puzzle Whirl

- Medicare Minute
- On Your Debt
- Adopt-a-Friend

GAME DAY SCORE CARD 2023

- The Pinta in Rogersville
- Truth in Love
- Hocus • Soaps



SIGNS of the PAST

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- Pet Talk
- Web Poll
- Outdoors

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Shorts...

Alliance's Childs Named

Continued from Page 1

Scientific and designed to reduce the radiation dose delivered to the rectum during prostate cancer radiation treatment. Due to the rectum's proximity to the prostate, it can become unintentionally damaged during therapy, leading to issues with bowel function. SpaceOAR Hydrogel is designed to push the rectum away from the prostate, reducing the radiation dose delivered to the organ, which may lessen damage to the rectum. Childs was recognized for his commitment to minimizing the impact on urinary, sexual, and bowel quality of life for prostate cancer patients undergoing radiation therapy.

Prostate cancer is the second most commonly diagnosed cancer in American men behind skin cancer, and more than 3.1 million living in the country have been diagnosed with the disease. Prostate cancer can be treated through several options, but more than 60,000 patients treat their prostate cancer with radiation therapy each year. This contributes to a nearly 100% five-year survival rate for individuals with the condition.

SpaceOAR Hydrogel is made primarily of water and polyethylene glycol (PEG), a compound used in most implants, and naturally leaves the body after approximately six months.

"Being designated as Alabama's first SpaceOAR Hydrogel Center of Excellence further supports our efforts to deliver the highest-quality treatment possible for prostate cancer patients in the North Alabama area," said Childs. "SpaceOAR Hydrogel can complement the patient's radiation treatment to preserve healthy tissue and help maintain quality of life."

the American Heart Association's Get With The Guidelines® - Stroke Gold Plus quality achievement award for its commitment to ensuring stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines, ultimately leading to more lives saved and reduced disability.

To receive the Gold Plus honor, a hospital must reach 85% compliance in over 20 stroke-related quality measures for at least 24 consecutive months, as outlined by the American Heart Association. North Alabama Medical Center also met specific scientific guidelines as a Primary Stroke Center, featuring a comprehensive system for rapid diagnosis and treatment of stroke patients admitted to the emergency department.

Stroke is the fifth leading cause of death and a leading cause of disability in the United States. A stroke occurs when a blood vessel that carries oxygen and

nutrients to the brain is either blocked by a clot or bursts. When that happens, part of



the brain cannot get the blood and oxygen it needs which kills brain cells. Early stroke detection and treatment are key to improving survival, minimizing disability and accelerating recovery times.

"North Alabama Medical Center is committed to improving patient care by adhering to the latest treatment guidelines," said NAMC spokesman **Shane Herrmann**. "Get With The Guidelines makes it easier for our teams to put proven knowledge and guidelines to work on a daily basis, which studies show can help patients recover better. The end goal is to ensure more people in the Shoals area can experience longer, healthier lives."

North Alabama Medical Center also received the American

NAMC- AHA's Gold Plus

FLORENCE— North Alabama Medical Center has received

See SHORTS... on Page 6

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<p style="font-weight: bold;">Ground Beef</p> <p style="font-size: 1.5em; color: red;">\$3.19</p> <p style="font-size: 0.8em;">Lb.</p> <hr/> <p style="font-weight: bold;">Beef Patties</p> <p style="font-size: 1.5em; color: red;">\$3.19</p> <p style="font-size: 0.8em;">Lb.</p>	<p style="font-weight: bold;">Whole Spare Ribs</p> <p style="font-size: 1.5em; color: red;">\$1.99</p> <p style="font-size: 0.8em;">Lb.</p> <hr/> <p style="font-weight: bold;">Boston Butt Pork Roast</p> <p style="font-size: 1.5em; color: red;">\$1.69</p> <p style="font-size: 0.8em;">Lb.</p>	<p style="font-weight: bold;">Beef Neck Bones</p> <p style="font-size: 1.5em; color: red;">\$2.49</p> <p style="font-size: 0.8em;">Lb.</p> <hr/> <p style="font-weight: bold;">Pork Neck Bones</p> <p style="font-size: 1.5em; color: red;">\$1.49</p> <p style="font-size: 0.8em;">Lb.</p>	<p style="font-weight: bold;">Filet Mignon Steak</p> <p style="font-size: 1.5em; color: red;">\$11.99</p> <p style="font-size: 0.8em;">Lb.</p> <hr/> <p style="font-weight: bold;">Beef Brisket</p> <p style="font-size: 1.5em; color: red;">\$2.99</p> <p style="font-size: 0.8em;">Lb.</p>
<p style="font-weight: bold;">Sirloin Pork Chops</p> <p style="font-size: 1.5em; color: red;">\$1.69</p> <p style="font-size: 0.8em;">Lb.</p> <hr/> <p style="font-weight: bold;">Country Style Pork Ribs</p> <p style="font-size: 1.5em; color: red;">\$1.69</p> <p style="font-size: 0.8em;">Lb.</p>	<p style="font-weight: bold;">Whole Chicken Wings</p> <p style="font-size: 1.5em; color: red;">\$1.99</p> <p style="font-size: 0.8em;">Lb.</p> <hr/> <p style="font-weight: bold;">Chicken Wings Mix Cut (Drumettes & Flaps)</p> <p style="font-size: 1.5em; color: red;">\$2.59</p> <p style="font-size: 0.8em;">Lb.</p>	<p style="font-weight: bold;">Chicken Tenders</p> <p style="font-size: 1.5em; color: red;">\$2.99</p> <p style="font-size: 0.8em;">Lb.</p> <hr/> <p style="font-weight: bold;">Boneless Chicken Breast</p> <p style="font-size: 1.5em; color: red;">\$2.49</p> <p style="font-size: 0.8em;">Lb.</p>	<p style="font-weight: bold;">Farm Raised Whole Catfish</p> <p style="font-size: 1.5em; color: red;">\$5.99</p> <p style="font-size: 0.8em;">Lb.</p> <hr/> <p style="font-weight: bold;">Chicken Leg Quarters</p> <p style="font-size: 1.5em; color: red;">\$6.99</p> <p style="font-size: 0.8em;">10/Lb./Bag</p>



Yard Sales

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Community Notes

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;

LifeSouth Bloodmobile Dates:

Thursday, August 31 Walmart, 517 Avalon Ave., Muscle Shoals, Noon - 6pm

Saturday, September 2 Lowe's, 3415 Woodward Ave., Muscle Shoals, 10am - 4pm

Monday, September 4 YMCA of the Shoals, 2121 Helton Drive, Florence, 11am - 6pm

Tuesday, September 5 O'Reilly Auto Parts, 14101 Hwy 43, Russellville, Noon - 6pm

Wednesday, September 6 Colbert County High School, 2200 High School St., Leighton, 8am - 3:30pm

Thursday, September 7 Listerhill Credit Union, 4790 E 2nd St., Muscle Shoals, 11am - 4:30pm

Saturday, September 8 Cypress Creek Indoor Range, 5060 AL-157, Florence, 11am - 6pm

Infants - Adults, Clothes & Shoes Give Away Thursday, September 7 from 8-10am at the Care Center, First Baptist Church, Killen

The 21st Oka Kapassa - Return to Cold Water Native American Festival will take place in Tuscumbia on September 9. The all-day event opens at 10am in Spring Park. Tribal members in full regalia will provide authentic cultural demonstrations of music, dance, and arts, including basketry, pottery, and jewelry. Along with concessions, Native American foods will be available. The Festival is free. Bring lawn chairs.

Trolley shuttles from downtown. Pre-festival events on Friday, September 8, include an education day in the park for elementary students and a free Native American cultural presentation from 5:30-7pm at the Tuscumbia Roundhouse at 204 W. 5th St. A trolley tour of Witness Sites of the Indian Removal period will be included. For more information, please call 256-383-0783 or 256-665-2540.

Ruhi Institute Spiritual Development program beginning Sunday, September 10, "Reflections on the Life of the Spirit." Sponsored by the Baha'is of the Shoals. Please call 256-277-9931 for details.

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.

Galilee Baptist Church of Leighton will host the 45th Pastoral Anniversary for Reverend Jerry L. Reeves on Sunday, September 10 at 9am.

The guest minister at the 9am service will be Rev. Jimmy Bailey, Pastor of Pleasant Grove Missionary Baptist Church of Courtland.

The members at Galilee invite everyone to come prepared to enjoy a spiritual celebration. Galilee Baptist Church is located at 6775 Old Highway 20, in Leighton.

The 6th Annual Turner Parker Horse Show takes place, Saturday, September 16 at its new location, St. Joe Park Arena in St. Joseph, TN.

Registration begins at 10:30am. "Battle for the Buckle" Showtime is at noon. Rail Classes showtime at

approximately 6pm. Entry Fees: \$5 per class, \$10 per championship class.

General Admission: \$5 for two people or less. \$10 for three people or more.

Sponsorship Levels start at \$199. All Proceeds to benefit St. Jude Childrens Research Hospital. Checks can be made Payable: Turner Parker Horse Show, 35608 County Road 8, Florence, AL 35634. Payments are 100% tax-deductible as allowed by law.

For more details, contact: Ryne Parker at 256-443-7556, ryme.parker@lcschools.org or April Parker april1108@gmail.com Follow & Like us @The Turner Parker Horse Show. Thank you for your support!

The Kennedy-Douglass Center for the Arts is pleased to present the imaginative paintings by Alabama artist, Marian Baker, "Storytelling Time, Again," from September 8-October 6. Baker is a contemporary folk artist donning a whimsical style.

Her sense of humor prevails by incorporating seemingly random numbers in her paintings that allude to her fascination with lucky numbers. This peculiar trademark is rooted in an early painting featuring her lucky number 11. Bold eccentricity alongside a colorful paint palette are what make up her signature style.

Over the years, people have increasingly recognized Marian Baker, featuring her work on several movies and TV programs. At least twenty-five pieces of Marian's art are on display at the LeBonheur Children's Hospital.

The Shoals RiverTown's leadership team -- composed of members from the Quad Cities and Colbert County -- selected the Old Railroad Bridge as the priority placemaking project for the RiverLine's Community Planning Initiative program. Based on feedback from the leadership team and the Shoals community, the RiverLine's Planning and Design team has put together ideas for the Old Railroad Bridge such as signage, enhanced access and potential connectivity to Patton Island.

Tennessee RiverLine to explore ideas for enhancing Old Railroad Bridge visitors' experience. This community planning session is 4:30-6:30pm, Tuesday, September 12 at Singin' River Brewery, 526 E. College St. in Florence. For more information, visit msnha.una.edu ortrriverline.org.

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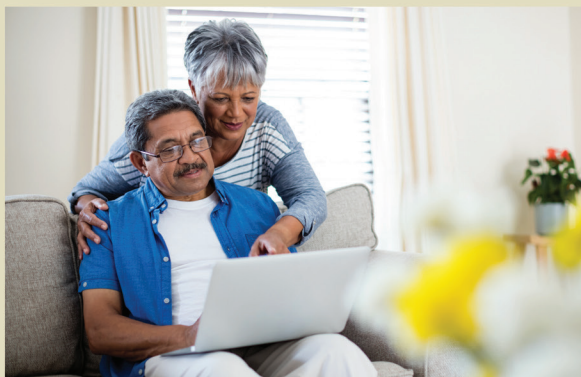
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Cath...

Continued from Page 1

The cath lab at NAMC performed 4,785 procedures in 2022. The same unit has reached 3,127 procedures through July of this year.

The current cath lab originally began operations in December 1978 at Eliza Coffee Memorial Hospital under direction of the area's first cardiologist, Dr. William H. Heaton. The original lab consisted of one room and was located within the radiology department. It represented the only cath lab between Birmingham and Nashville.

Over the course of time, the cath lab moved three times with its last move to North Alabama Medical Center in 2018. Each move added additional rooms and technology to its layout.



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Shorts...

NAMC- AHA's Gold Plus

Continued from Page 2

Heart Association's Target: Type 2 Diabetes Honor Roll award. Target: Type 2 Diabetes aims to ensure patients with Type 2 diabetes, who might be at higher risk for complications, receive the most up-to-date, evidence-based care when hospitalized due to stroke.

NAMC employees who have helped make the Gold Plus Award possible include (from left) quality abstractor Amber Davis, registered nurses Sarah Cosby, Michaela Roberts, and Adam Singleton, and registered CT technologists Kaycee Roger and Brandon Kamarainen.

Bucket Truck is Donated

LORETTO, TN – Loretto Telecom, a Skybest Company, recently donated a large bucket vehicle to the city of Loretto. The truck, affectionately known as "Bill's Bucket," will continue to be used in

city services delivery and community events such as the hanging and removal of Christmas Lights.

The truck has a storied history due to its assignment to Loretto native, **Bill Bradley**. Bill and the truck were a constant fixture on streets in Loretto, providing services to residents. In addition to his years with Loretto Telecom, Bradley served as a Loretto Police Officer from 1986-1988, and again in Sanitation in 2020 after retirement from Loretto Telecom.

Loretto Telecom General Manager, **Jason Shelton**, commented, "Loretto Telecom has a passion for serving this community we call home and building on the community partnerships to make this a reality. This truck has a special meaning to Loretto Telecom, and we felt its best use and continuing Bill's legacy of service is to give this vehicle to the city of Loretto."

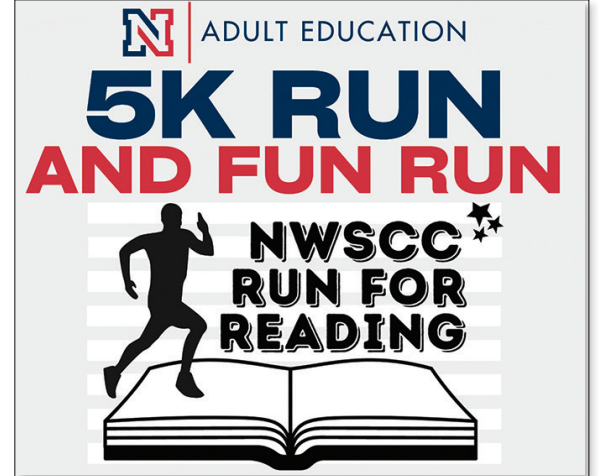
The donation ceremony took place August 11 at Loretto City Hall.

First 5K Run for Reading

MUSCLE SHOALS -- To kick off the celebration of National Adult Education and Family Literacy week, September 18-22, Northwest Shoals Community College will host the inaugural NWSCC Run for Reading 5K and Family Fun Run at the Shoals campus on Saturday, September 16.

The 5K will take place at 7am and the Family Fun Run at 8am. The entry fee is \$25 for the 5K and \$15 for the Family Fun Run. A \$35 combo price will be offered to those registering to participate in both races. Each registration includes a t-shirt. Awards will be given to the top 5K finishers in the female and male categories for each age division, as well as overall male and female 5K winners. All Fun Run participants will receive an award.

The Fun Run will include appearances made by various book characters for children to interact and take photos



with.

Runners can register online prior to the event at <https://nwscrunforreading.itsyourrace.com/>. Race day registration will be available. Proceeds benefit Northwest Shoals Community College's Adult Education department.

All services provided by Adult Education are offered free of charge to students.

NWSCC Adult Education Program offers education and workforce training that includes earning a high school diploma, GED Preparation, college and career preparation, career pathways,

workforce credentialing, English as a Second Language (ESL), digital literacy, and much more.

For more information about the NWSCC Adult Education Program visit <https://nwsc.edu/adulted> or call 256-331-5440.

TEDx Event on September 8

FLORENCE-- TEDxWilsonPark is thrilled to announce its highly anticipated event scheduled for Friday, September 8. This year's event will take place

See SHORTS... on Page 8



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Community Notes...

Continued from page 4

"Bean Day" Fundraiser Tuesday, September 12 11:30am - 2pm at the American Legion • Post #11 Home, 318 South Court Street in Florence - \$10 per person • Eat-in or Carry-out's available

Menu: White Beans with Ham, Cornbread, Sliced Onion, Mayonnaise Slaw, Dessert, and Tea or Bottled Water. Head Cook - Past Post Commander Mickey Haddock

Hosted by the American Legion Auxiliary to Support our programs for our veterans, widows and their families. Contact: President Trish Montgomery (256) 810-3755

Questions or to enter, please call the Woodmen Life office at 256-760-1581, Rocky Beck 256-710-7133, or Adam Beck 256-762-6499.

Alabama's 2023 White Cane Day celebration will take place on the campus of Auburn University on Saturday, October 14, at 11am. The group will meet at Toomer's Corner before walking to Jordan-Hare Stadium. White Cane Day is celebrated each October to raise awareness of the white cane and the White Cane Laws.

Some 253 million people in the United States live with vision loss, while 36 million are blind. For many of those who are totally blind, the white cane is a symbol and a tool for independence - used to scan their surroundings for obstacles or orientation markers as they travel in home, community, work, and school settings.

Event organizers have opened registration for vendors. To register, visit wcdal.org and click the "vendor registration" tab.

White Cane Day was established in 1964 and is celebrated nationally on October 15 each year. The program is sponsored by the Alabama Department of Rehabilitation Services, Alabama Institute for Deaf and Blind, the American Council for the Blind, and the National Federation

Known as "The Funniest Man in America," James Gregory will be bringing his Southern humor to UNA's Norton Auditorium on September 16 at 7pm as a benefit event for Shoals Scholar Dollars. James has traveled the country spreading his down-home humor and hilarious observations. Shoals Scholar Dollars is proud to host James Gregory as part of their "Legends in Concert Series." James Gregory is brought to you with the help of Big River Broadcasting, the Shoals Marriott, UNA's School of the Arts, The Alabama Music Hall of Fame and the Rotary Clubs of Florence and Greater Shoals.

For tickets, visit www.shoalscholardollars.com.

Fall meeting - Jacksonville Church of Christ, 414 County Road 28, Florence, will have a fall Gospel meeting September 17-20 with Tom Larkin. The Sept. 17 Bible study begins at 9am with 9:45am worship service. Fellowship lunch will follow in the annex, with a 1:30pm afternoon service. Services will be 7pm Sept. 18-20. Everyone is welcome.

Disabled American Veterans - Veterans Serving Veterans. 1409 W. 11th St., Sheffield, 256-381-8229

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Van Scheduling Mon.-Wed. 9am-1:30pm

Valley Grove Baptist Church celebrates 150 years the weekend of September 23-24. They will be hosting an open house on Saturday, September 23 from 2-5pm. Former and prospective members are welcome to visit the church for this milestone anniversary.

Woodmen Life Charity Tournament Benefiting Local Elementary Schools' Backpack Program Monday, October 9 at Turtle Point Yacht & Country Club.

1pm Shotgun Start. Two Person Scramble @ \$250/team. Prizes for Long Drive and Closest to Pin.
3 Flights: 1st Place Team \$300, 2nd Place \$200, 3rd Place \$100 (Pro Shop Credit). Hole-in-One Prize: New Car Sponsored by Long Lewis Ford. Hole Sponsorships available for \$100

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Hosted at the American Legion • Post #11 Home
318 South Court Street • Florence

\$10 per person • Eat-in or Carry-out's available
MENU: White Beans with Ham, Cornbread, Sliced Onion, Mayonnaise Slaw, Dessert, and Tea or Bottled Water.

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Religion says do and God's righteousness says it's already done. Everyone worships something, even self. Everybody loves something alive or dead. It could be a sport, person, car, money, job, movies, music or an animal or many other things. **Jeremiah 5:4** "Therefore I said, Surely these are poor; they are foolish; for they know not the way of the LORD, nor the judgment of their God." The question is: **Jeremiah 5:31** "The prophets prophesy falsely, and the priests bear rule by their means; and my people love to have it so: and what will ye do in the end thereof?" **Acts 17:31** "Because he hath appointed a day, in the which he will judge the world in righteousness by that man whom he hath ordained; whereof he hath given assurance unto all men, in that he hath raised him from the dead." Notice righteousness, not church or religion. Study: **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." Read again!

Israel tried religion and failed, so will you. **Romans 10:3** "For they (ISRAEL) being ignorant of God's righteousness (CHRIST), and going about to establish their own righteousness, have not submitted themselves unto the righteousness of God." **Romans 10:4** "For Christ is the end of the law for righteousness to every one that believeth." **Romans 10:9-10** "That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved. For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation." **Romans 10:13** "For whosoever shall call upon the name of the Lord shall be saved." Try this, if Christ don't save you, call me! If you still trust church and religion after reading this, and you won't ask Christ to forgive your sin and save you and trust Him alone for salvation, and you die and go to hell, don't blame anyone but yourself, because you had a chance. Free salvation is available to all and remember: ETERNITY IN HELL IS A LONG TIME TO BE WRONG!

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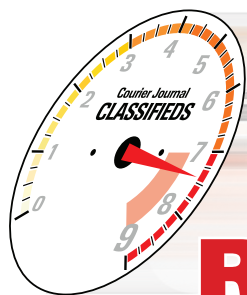
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Shorts...

TEDx Event on September 8

Continued from Page 6

at The Mane Room in Florence from 1-4pm. Event organizers have curated an exceptional lineup of speakers who will share their groundbreaking ideas, inspiring stories, and unique perspectives, aiming to ignite conversations and foster positive change.

TEDxWilsonPark 2023 will feature an array of influential local and non-local speakers from diverse backgrounds, each prepared to offer thought-provoking insights.

"TEDxWilsonPark is now in its sixth year of success in the Shoals community," said organizer, **Kate Brown**. "We are proud of the global, digital imprint the event creates."

This year's speaker lineup promises to captivate the audience with their expertise, creativity, and passion for making a difference. The event is designed to provide a platform for the speakers to share their innovative ideas, addressing various subjects such as technology, education, health, environmental sustainability, and much more. Attendees can expect to be engaged, inspired, and challenged as they listen to these individuals share their knowledge and experiences. To learn more about the speakers, Visit the official website at www.tedxwilsonpark.com.

"We are extremely excited about the exceptional lineup of speakers we have assembled for TEDxWilsonPark 2023," said **Kristen Mashburn**, the event organizer. "Each speaker brings a unique perspective and will deliver a thought-provoking talk that will spark meaningful conversations and inspire our audience."

Tickets are available for purchase now at tedxwilsonpark.com

Civitan Golf Benefits Us

MUSCLE SHOALS- Florence Civitan Club's Annual Golf Tournament takes place on Friday, September 22 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.



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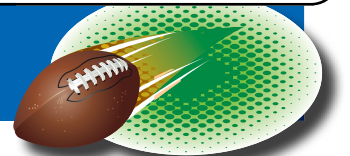
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Games to Win 306...

Continued from Page 1

Muscle Shoals, Russellville, and Athens. Regular contestants of the Game Day Score Card contest know the routine. Every week the person who picks the most winning teams will win a \$50 gift card from 306 Barbecue. If that winning entry has all winners, that becomes two \$50 gift cards, and the *Courier Journal* will throw in a \$50 check to boot.

Premier college games from the SEC and nationally along with those of local interest will be part of the game package each week. The entry forms will always be published in the paper and online at www.CourierJournal.net.

Alabama and Auburn have easy rides this week, but UNA will have its hands full with UT Chattanooga at its home opener Saturday night. There are several other great games on the slate including LSU vs. Florida St. on Sunday night from Orlando.

The usual deadline of 5pm Friday applies if you

are bringing your entry to the office in person, entering online, or by fax at 256-760-9618. Mailed entries must always be postmarked by the deadline day stated in the entry form each week.

This year's contest entry sponsors include Anchor Fusion, Chad's Payless Pharmacy, Hamilton Family Urgent Care, Helping Hands, R & B Services, Two Guys Detail Supplies, United Benefits, Window World, and 93.9 FM The Score. Please patronize each of them and let them know how much you appreciate their support of the Game Day Scorecard Contest.

Enjoy the season, enjoy the Game Day Scorecard Contest, and don't worry about planning your 306 Barbecue meal in advance. You'll have plenty of time to decide once you have the gift card(s) in hand!

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Medicare Minute "Medicare Part A & B Review"

The past couple of weeks we have discussed Medicare Parts A & B in detail. These are the two parts of Medicare that are received through the federal government. This week let's review what we have discussed.

Although Medicare Part A and Part B are great programs that cover a lot of services there are some things Medicare does not cover. They include most dental care, eye exams related to prescribing glasses, dentures, acupuncture and hearing aids.

Medicare Part A is primarily used to cover your inpatient care. Part A has a \$1,600 deductible for each benefit period, meaning the deductible can be applied more than once in a calendar year. 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. Part A is "free" to most Medicare beneficiaries. "Free" meaning you may not have to pay Medicare to have Part A. It does not excuse the deductibles and co-insurance.

In most cases Part B is used to cover your outpatient services. These include visits to your primary care physician and/or specialist. It also may cover transportation by ambulance, durable medical equipment, preventive services and mental health treatment. Part B also entitles you to an annual "Wellness" visit to a qualified provider. Most Medicare beneficiaries joining Medicare Part B for the first time in 2023 pay a monthly premium to Medicare of \$164.90 (or higher depending on your income). Part B has an annual deductible of \$226 and a coinsurance the beneficiary pays of 20%, after the deductible is met.

To cover the deductibles and coinsurance that Part A and Part B have you would need to look at some type of supplemental policy sold through private insurance companies. These include Medicare supplement plans or Medicare Advantage Plans. If you want to study Part A or Part B in more detail you can look at previous Medicare Minute articles or give our office a call and we'll be glad to discuss this with you.

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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Commentary

These Mocs Don't Wear Moccasins

North Alabama's home opener against UT Chattanooga is this weekend. I followed the program from a distance in the 70's and 80's when it was affiliated with NCAA Division II like UNA.

I was hoping to uncover the difference in the former nickname, "Moccasins" and the newer, "Mocs." I remember 'Moccasins' and just assumed it was a reference to the snake. That was only partially correct.

During the mid 1990's political correctness injected itself into the sports nickname business, and most Native American references were deemed unacceptable. (We touched on that aspect of NCAA overreach in this space well over a decade ago and can revisit it later if need be.)

UT Chattanooga was sensitive early, so according to the UTC athletics website, GoMocs.com, "the athletics department

See **MOCS...** on Page 36

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 30, 2023

Happening THIS WEEK

104th for Labor Council

TUSCUMBIA-Shoals Area Labor Council will present its 104th Labor Day celebration in Tusculumbia's Spring Park on Monday, September 4. The day gets underway with a 10am parade down Main Street into the park. This year's Grand Marshal is Ms. Tori Bailey. Festivities in Spring Park run from 11am-4pm.

Back on Track will provide music in the park. Food trucks will be on site. The beauty pageant is at 2pm.

See **LABOR...** on Page 39



Tour the Pinta in Rogersville

ROGERSVILLE-The "Pinta," a Replica of a Portuguese Caravel used by Columbus and many early explorers will open as a floating museum for dockside educational tours September 1-4 at Joe Wheeler State Park Marina in Rogersville.

The Pinta was launched in Brazil in 2005 after three years of Construction. The Ship was built by 8th generation Portuguese shipwrights using the same methods and hand tools that were used to build the original in the 15th century. The

See **PINTA...** on Page 30

CENTRAL CIVITAN LABOR DAY CHICKEN STEW at the Central School Cafeteria Saturday, Sept 2, from 7am until sold out. Please bring your own container. For more information, call 256-762-7849 or 256-766-8559.

'HI NEIGHBORS OF THE SHOALS' meets on the 1st Tuesday of each month (Sept. 5) at 10:30am in the Florence Public Library. We are a women's social group that welcomes all ladies who are residents of the Shoals area. Come join us! Contact Berta Birch at 256-777-3119 for further details.

SOUTHERN HOSPITALITY HOLDINGS will host a Job Fair Thursday, August 31 at Stricklin social, located above big bad breakfast on N. Court St. in Florence. 12- 5pm.

FLORENCE PARKS AND RECREATION WILL HAVE COUNTRY LINE DANCE classes starting in September at Broadway Recreation Center. Tuesday's Beginners class starts September 12. Thursday's Intermediate class starts September 14. 6 weeks each, 6:30-7:30pm, \$50 per person. The instructor is Jan Ownby. Class-size is limited, so register now, 256-760-6148

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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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Fully Agree, Except

Editor:

This in response to the August 16 letter, "Protecting Our Vote" by Henry Weekly, Mr. Weekly said, "This is about being able to confidently cast our ballots as Americans, certain that our vote will be counted." I fully agree with you, except when:

- 1) People cast more than one ballot.
- 2) Ballots are harvested from those who are not able to vote. (nursing homes).
- 3) Non-citizens cast a ballot.
- 4) Voting machines switch votes.
- 5) Water pipes burst causing a delay while batches of votes were shown on video purposely being

Senator Strom Thurmond was a member of the KKK. The Democrat that succeeded him was Robert C Byrd, also a member of the KKK. ”

counted multiple times.

6). Printed ballots are printed on wrong sized paper causing the ballots to be rejected.

7). Signatures on mail in ballots do not match the voter.

These are just a few examples that took place during the 2020 election by Democrats. I want my vote counted as well as anyone. However, when an illegal ballot is cast, it cancels mine. All of what I have mentioned has been verified by such things as the film "2000 Mules," the research

of True The Vote organization, eye witness accounts, and just plain old common sense.

I did not include the various governors, state legislators, state attorneys generals, state judicial systems, Supreme Court indecisions, etc. in their roles to allow this fraud to go on. You will find out when this is over how your entire letter has been wrong or you can deny it all.

See **LETTERS...** on Page 33

Literary Legends: Poll of Alabamians Reveals Helen Keller as Favorite Author

Mark Twain, Ernest Hemingway, Toni Morrison... These iconic names are among the luminaries hailing from the United States.

However, more locally, each state has produced their own homegrown authors who have left an indelible mark on literature with their diverse and significant contributions. A survey* of 3,000 respondents by StoicQuotes.com shed light on each state's most cherished authors, revealing some intriguing outcomes.

Consider New York, despite F. Scott Fitzgerald penning "The Great Gatsby," wasn't New Yorkers' top literary pick. That honor belonged to James Baldwin, renowned

for "Go Tell It on the Mountain." This 1953 semi-autobiographical novel delves into intricate subjects like religion, race, and family dynamics, portraying the life of John Grimes, a young African American boy navigating his identity amidst a religious upbringing in Harlem.

New Hampshire's choice too was unexpected. J.D. Salinger, celebrated for 'The Catcher in the Rye', was surpassed by Grace Metalious. Born in 1924, Metalious gained acclaim for "Peyton Place," a 1956 novel that boldly tackled taboo topics, juxtaposing them against the backdrop of a seemingly quaint New Hampshire town.



Alabamians also did not vote predictably. While many might presume Harper Lee, famed for "To Kill a Mockingbird," to be the state's favored author, it was Helen Keller who garnered the majority of votes. Born in Tuscumbia in 1880, Keller's youth was overshadowed by an illness rendering her blind and deaf. Yet, under Anne Sullivan's unwavering mentorship, Keller transcended her adversities, evolving into a revered author and speaker. Throughout her journey, Keller held a profound affection for Alabama, often alluding to it as her treasured homeland.

Alabamians' second choice was the aforementioned Harper Lee, followed by Truman Capote (3rd). Some states made more predictable choices. Nutmeggers, for example, championed Mark Twain and his "Adventures of Huckleberry Finn." Mississippi residents honored Tennessee Williams, the eminent playwright best known

for "A Streetcar Named Desire." And Ernest

Hemingway, whose "The Old Man and the Sea" clinched the Pulitzer Prize for Fiction in 1953 and paved the way for his Nobel Prize in Literature in 1954, was the unanimous choice for both Idaho and Florida. An interactive map showing each state's favorite author of all time can be seen at <https://stoicquotes.com/literary-legends/>. No living authors were included in the survey.

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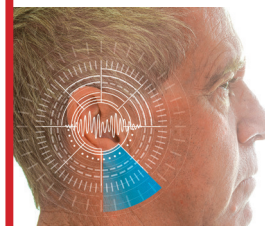
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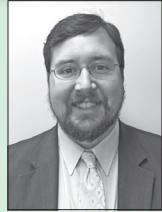
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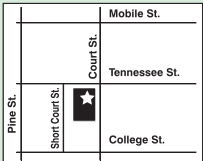
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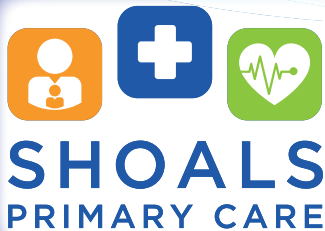
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The TimesDaily has a position available for a Non-CDL Truck Driver. The ideal candidate must have an excellent driving record and a clean MVR (motor vehicle report) as well as proof of personal auto insurance.

Candidate must pass a DOT physical, be able to lift up to 50 pounds, and be capable of driving up to 8 hours at a time. Must be able to work flexible schedules including days, nights, weekends, and holidays as needed.

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

SHOALS MARINE ~HIRING~

4-6 Lawn Care Workers. Must pass background checks. Starting pay \$15/hourly - possibly more. Will work 5-7 days a week.

Please call 256-381-5006 ask for Eddie or come by 105 Cox Blvd. Sheffield, AL 35660 (Monday-Friday 8AM-5PM)

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)

BUSINESS OFFICE ASSOCIATE

TN Valley Media, the parent company of most of the print products in Northwest Alabama, is looking for a business office associate to perform a variety of auditing and record keeping tasks. Responsibilities include learning industry specific software, auditing several print products, accounts payable, payment posting and internal and external customer service.

Responsibilities:
-Audit multiple print products for billing accuracy
-Process vendor invoices for payment
-Post incoming payments to customer account
-Customer account reconciliations
-Assist sales staff and advertisers with customer service
-Accurate data entry

Qualifications:
Strong Organizational Skills
Ability to Analyze Information
PC proficiency
Data entry skills
General math skills

Education, Experience, and Licensing Requirements:
High school diploma, GED, or equivalent required
Bachelor's degree in accounting, finance, or related field a plus

Schedule:
Monday to Friday
8:00am - 4:30pm
37.5 hour work week considered full time with benefits after 90 days

Apply:
cfilloramo@tnvalleymedia.com
or
Business Office
Post Office Box 797
Florence, AL 35630

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*Full Time Positions

Please apply in person (no phone calls) Or you may email a resume to: aparker@lcnh.org

Lauderdale Christian Nursing Home
2019 County Road 394, Killen

Located in Greenhill off Hwy 43 N (turn by Citgo onto County Road 394)

TIMES DAILY

SPORTS REPORTER

The TimesDaily is seeking a sports reporter to cover primarily high school sports, along with some college sports. We need an energetic, inquisitive and productive professional with excellent reporting and writing skills to provide articles, web updates, tweets and short videos, and compile statistics.

Description:
This position will be coordinating with the copy desk for 2 newspapers, planning and providing daily budgets for each section, editing, filing wire and local stories to Blox.

Requirements:
Must be able to proof pages, make corrections, have excellent communication skills to work with our copy desk hub. The job will require evening hours and weekends. The successful candidate will need a college degree or equivalent experience, a passion for journalism and a reputation for quality and integrity.

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

Notes...

Continued from page 7

Get Ready for the 3rd Annual Shoals CASA & Kids Helping Kids Rogersville Give Back, Fall Festival October 21 at Rogersville City Park.

Shoals CASA is now seeking merchant vendors, food trucks, and event sponsors. Register now. Vendors: \$75; Food Trucks: \$100

Help Shoals CASA provide Christmas for local foster kids in Colbert and Lauderdale counties. ALL FEES and donations are Tax-Deductible. Email Heather at: hbegley@shoalscasa.org or call 256-765-0041 Ext. 1 for details.

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.

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.

The Florence Farmers Market (corner of Chisholm and Fairground Roads) will open on Tuesdays, Thursdays and Saturdays in 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.

The Depot Days Festival rolls into Hartselle September 16 bringing a day of family-friendly fun and entertainment to the historic depot and downtown area. Hosted by the Hartselle Area Chamber of Commerce and presented by Decatur Morgan Hospital- Hartselle Medical Mall, the free event is a tribute to the railroad industry and its contribution to Hartselle and the North Alabama region. This year's festival will include an art show and craft vendors, a Tractor and Engine Show, and a Car, Truck, and Motorcycle Show. A musical extravaganza with toe-tapping performances by the Goat Hill String Band and Ray Sparks Band promises a vibrant atmosphere throughout the day. The Children's Area Stage area will offer delightful performances and entertainment specifically tailored for our young festival-goers with fun games and activities for children and families to enjoy together.

Satisfy your taste buds with a wide range of delectable treats and flavors from local food vendors.

For more information on the Depot Days Festival, visit www.HartselleDepotDays.com or call the Hartselle Area Chamber of Commerce at 256-773-4370.

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.

See NOTES... page 38

Speaking The Truth In Love

Ephesians 4:15

"COME AND SEE" (Part Four)

Does the New Testament specify a certain day for the observance of the Lord's Supper? Yes! The day is clearly pointed out in Acts 20:7. The only day anyone can partake of the Lord's Supper with the Lord's approval is the first day of the week. A certain day of a certain month is never mentioned in connection with it. So it cannot be a yearly service. Neither is a certain day of the month mentioned. It cannot, therefore, be a monthly service.

Singing is another act of worship (Ephesians 5:19; Hebrews 2:12). We are not just commanded to have music, but rather we are commanded to have a certain kind of music, that is singing. In Hebrews 2:12 we are told, "In the midst of the church will I sing praise unto thee." To add instrumental music to the singing is to go beyond Christ's doctrine (2 John 9-11). Any church that employs mechanical instruments in its worship is not identical with the New Testament church. The true church of Christ limits its music to singing just as the church of the first century. The five acts of worship discussed thus far in our study were the only acts of worship that the early church practiced. We search in vain for any other acts of worship enjoined upon Christians today.

Does Honesty Make Error Truth?

Since early childhood I have heard people say that it does not make any difference what we believe. That if we are honest and sincere about it, God will save us anyway. Have you ever made such a statement? Most likely you have heard your preacher say the same thing. If he has, ask him for the verse in the Bible. If your preacher has been saying this, he must have some reason since he claims to be following and teaching the Bible. If the Bible does say this, he will know where to find it. Ask him to give you the book, chapter and verse.

Notice this Scripture from 2 Thessalonians 2:11: "And for this cause God shall send them strong delusion, that they should believe a lie: That they all might be damned who believed not the truth, but had pleasure in unrighteousness." This is a very plain statement. It positively says that some would "believe a lie." Certainly there is a vast difference between believing a lie and believing the truth. The truth is recorded in the Word of God. If it is not taught in the Word of God, it must be a lie.

(For a copy of the entire "Come And See" material, send your request to the address below. Continued in the next segment of Speaking The 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:
Church Of Christ at Cedar Grove
6421 County Road 26, Rogersville, AL 35652
or email to: Cedargrovechurchofchrist@gmail.com
www.cedargrovechurchofchrist.org

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Spend \$50 or more & enter our DAILY \$50 GIFT CARD GIVEAWAY!

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\$1.29 Lb.

Sunset Farm

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\$3.99 1 Lb.

- Beefsteak Tomatoes 16 OZ. **99¢**
- Daisy Sour Cream 3 LBS. **2 / \$9**
- Totino's Pizza Rolls 15 CT. **2 / \$4**
- Dean's French Onion Dip 16 OZ. **2 / \$3**
- Frank's Appetizers 15-18 OZ. **\$5**
- K.C. Masterpiece BBQ Sauce 18 OZ. **\$1.25**
- Lea&Perrins Worcestershire Sauce 100 OZ. **2 / \$3**
- Castleberry's Hot Dog Chili Sauce 10 OZ. **79¢**
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2 / \$5 16 OZ.

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\$3.99 12 INCH

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\$1 3 BAGS

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2 / \$4 29 OZ.

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- Powerade 28 OZ. **\$1**
- Yoo-Hoo Chocolate Drink 12 PK. 11 OZ. CANS **\$5.99**
- Sunny D Citrus Punch Or Tangy Original 15 OR 18 PK. SPORTS CAP BTLs. **\$6.99**
- Niagara Water 24 PK. .5 LITERS **3 / \$10**
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2/\$5

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99¢

Yellow ONIONS 3 Lbs.

2/\$5

Kraft BARBECUE SAUCE 18 Oz.

2/\$3

Hunt's KETCHUP 20 Oz.

99¢

French's MUSTARD **2/\$3** 14 Oz.

Faygo FLAVORS & COLAS 12 Pk. 12 Oz. Cans

3/\$11

Niagara WATER 24 Pk. .5 Liters

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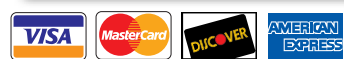
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ROLL SAUSAGE
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\$5.49 DASANI 24

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CRACKERS
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MARSH-
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CRACKER
CRUST
6 Oz.



\$1.79

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BROWNIE
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24 Quart Size Bags



3/\$5

Morton's
ICE CREAM
SALT
4 Lbs.



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That's Smart
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99¢

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LIQUID
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12 Mega Rolls Or
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6-18 TRIPLES



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3 Lbs.

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BUNS 12 Ct.
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\$7.99
Lb.

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

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ELGIN CROSSROADS ELGIN Forest Plaza • 7am-11pm • 256-247-1958
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SPECIAL THANKS TO MY READER, JAMIE UNDERWOOD, FOR THE INSPIRATION FOR THIS COLUMN. Jamie and I were both skeptical of a popular annoyance we've been seeing on Facebook. The annoyance reads as follows:

"To regain friends in your news feed and get rid of ads - Hold your finger anywhere in this post and click "copy." Go to your page where it says "What's on your mind?" Tap your finger anywhere in the blank field. Click paste. This upgrades the system. Hello new and old friends!"

A variation of this reads, "I have a whole new news feed.



Jim Fisher

UPGRADE THE FACEBOOK SYSTEM?

by "The Computer Skeptic"

I'm seeing posts from people I haven't seen in years. Here's how to bypass the system FB now has in place that limits posts on your news feed. Their new algorithm chooses the same few people - about 25 - who will read your posts. Therefore, hold your finger down anywhere in this post and "copy" will pop up. Click "copy". Then go your page, start a new post and put your finger anywhere in the blank field. "Paste" will pop up and click paste. This will bypass the system. do me a favor and leave me a quick comment...a

"hello," a sticker, whatever you want, so you will appear in my newsfeed! I'll see if this works."

So is there any truth to this whatsoever? Are you really limited to seeing only 26 friends? Can you stop seeing ads? Do these copy/paste things have any basis in reality? Well, to put this gently, **NO THIS DOES NOT WORK. IT DIDN'T WORK A DECADE AGO AND IT DOESN'T WORK NOW. PLEASE STOP SHARING THIS STUFF!**

Whew. Now that I got that out of my system, the official

answer from Meta (the company that owns Facebook) is: "No, Facebook does not set a limit on the number of people whose posts are shown in your News Feed." So there, that settles that. However, Facebook doesn't show the posts of all your friends all the time so it sometimes appears that Facebook limits the amount of stuff you see but there is a reason for that. Facebook uses some proprietary, secret algorithms that are designed to hold your attention so that you see more of their ads. So if your Aunt Sally posts nothing but her favorite kimchi recipes, and you don't like kimchi so you don't "like" or interact with your aunt in any way, you'll stop seeing posts from Aunt Sally. But if you want to see these great recipes, then simply interact with

Aunt Sally (or any other lost friend) more by "liking" or commenting on her posts and you'll reap the rewards.

But what about ads? No, you can't stop seeing those, either. You can click a little button on the ad to stop seeing ads from companies that don't interest you, but that ad will be replaced with something the algorithms think you want to see. That's how Facebook makes money and you can't turn that off.

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



1909 Florence Blvd., Florence
(across from Hobby Lobby) 256-767-3337

DAVE Says

by DAVE RAMSEY

HELPING TAKE CARE OF MOM

Dear Dave,
My mother-in-law is 85, and she's had some health setbacks recently. The family got together with her, and as a group, we decided it was time to sell her property and

move her into an apartment at a nice senior living facility. She should see a little over \$300,000 from the sale of her house. Aside from that, she has about \$10,000 in a savings account. The problem is, she'll only receive \$2,100 a month in Social Security, and rent at the facility is \$2,600 per month. Plus she loves making donations to charities. With interest rates where they are, is a CD ladder a good place to put the money to help her cash flow expenses in the future?

— Ed

Dear Ed,
If this were my mother-in-law, I'd want her to do

better than a CD (certificate of deposit) ladder. Even with the deficit between her Social Security income and the cost of rent, she'll only need to see \$6,000 a year from the investment to make up the difference. And plus, she's 85. Even if she got nothing in terms of interest, the chances of her burning all the way through her nest egg before she dies are almost zero. I know the thought of her passing away isn't pleasant, but it's something you have to take into consideration.

As far as the charities go? Right now, she's the charity. Maybe not in the traditional sense of the word, but it's

time for mom to come first. Only the strong can help the weak. I didn't let my toddlers carry our newborn. And when it comes to money, you've got to have the financial strength—the free and clear assets—to carry others. Take care of your own household first. That's her responsibility at this point.

Ed, you're not going to mess this up unless you put the money in crypto, or something stupid like that. If you want to do some high-yield savings as a part of it, that's fine. If it were me, I'd probably end up investing some of it too. Here's the thing: Overall,

if you could make 8% on it, that's \$2,000 a month, and it lasts indefinitely. That's not even touching the principal. But like I said before, even if you make nothing on it, just divide \$6,000 into \$300,000. See what I mean? It's probably going to last as long as she does.

Of course, there may be some other medical bills, and you'd probably want her to have a life other than just paying bills. That's why I'd like to see that extra \$2,000 a month happening. It would provide a little cushion. And there may be a few other little things from time to time the family would have to pick up, but that's not unusual in

a situation like this.

You all can make this work for her. Don't be super aggressive, but don't be super conservative either.

— 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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ATTENTION CITIZENS OF FLORENCE

If you live in a neighborhood zoned R1/R2 your world is about to change. Mayor Betterton and your city council representatives have prepared an amendment to the city ordinance that grants permits to property investors, which will allow them to buy residential homes in your neighborhood, across the street from you, behind you, beside you, and convert them into Airbnb's or as they refer to them – "short-term rentals." Calling them mini-motels might be more accurate. Once voted on and approved this will become permanent.

Haven't heard about this? That's because the city passed this ordinance back in July. And that's why this notice has been printed as a public service announcement - to make you aware and to give you the opportunity to have your voices heard before the amendment is approved and implemented in September.

The Florence City Council will conduct an open hearing on September 19th at 5:00 P.M. in the city auditorium to announce and approve this resolution.

If you value your privacy, if you want to maintain the integrity of your neighborhood, if you don't want to see it become a mini-motel district, then speak up. Call the mayor. Contact your council representatives. Visit them at their offices. Explain your position.

When the government cancels your right to choose, they take your liberty away from you. Now is the time to make a stand, a time to rattle your sabers, a time to defend yourselves. Tell your friends and family. Alert your neighbors. Share this on facebook. Get the word out.

On the 19th of September, make sure to be present at the council meeting. Please show up en masse. In numbers there is power. Say no to short-term rentals. Say no to Airbnb's.

- Mayor - Andy Betterton - 256-760-6400
- District 1- Kaytrina Simmons - 256-760-6401
- District 2 - William Jordan - 256-760-6402
- District 3 - Bill Griffin - 256-760-6403
- District 4 - Michelle Rupe Eubanks - 256-760-6404
- District 5 - Blake Edwards - 256-760-6405
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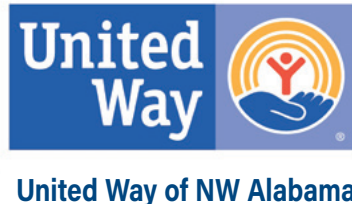
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<input type="checkbox"/> Chattanooga at North Alabama	<input type="checkbox"/> N. Carolina at S. Carolina	DEADLINE: FRIDAY, 5PM AUGUST 29
<input type="checkbox"/> Louisville at Georgia Tech	<input type="checkbox"/> S. Alabama at Tulane	
<input type="checkbox"/> Colorado at TCU	<input type="checkbox"/> Northwestern at Rutgers	MAIL-IN ENTRIES MUST BE POSTMARKED BY FRIDAY
<input type="checkbox"/> South Florida at W. Kentucky	<input type="checkbox"/> Clemson at Duke	CHECK BOX BESIDE EACH WINNING TEAM (vs: games at a neutral location)
<input type="checkbox"/> Texas Tech at Wyoming	<input type="checkbox"/> Boise State at Washington	TIE BREAKER Write Exact Score Below
		LSU vs Florida State

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WEEK 1 WINNER will be listed online Sept. 6 and in the Sept. 13 issue

Enter online at www.courierjournal.net
or Mail or deliver your entry to: **Courier Journal Gameday Scorecard**
219 W. Tennessee St., Florence, AL 35630 - Fax to: 256-760-9618
Winners will be listed online Tuesday afternoon and in the FOLLOWING week's Courier Journal.

RULES: You can only enter for yourself, not other people. Only one entry per person per week. Only one winner per week. Winners must present a photo I.D. when picking up their gift certificate(s). Check the box beside the appropriate picks for the first 11 games, then write in the exact score of the tie-breaker game and alternate game. Person with the most correct picks receives a \$50 Gift Card from 306 Barbecue in Florence. No change will be returned for any unused portion of the certificate. Gratuity is not included. In event of a tie, the tie-breaker score will be utilized. Otherwise, it will not be considered. Closest tie-breaker score wins. Total points will be next tie breaking procedure, and a random drawing of finalists will be used to determine the winner if they are still tied after the tie-breaking procedure. ALTERNATE GAMES will only be used in cases of late postponements or forfeits, games which will then be excluded from consideration. Person with the winning card for the week, who also picks every game correctly including tie-breaker, will also win \$50 from the Courier Journal and another \$50 306 Barbecue Gift Card. Judges decision is final. Mailed entries must be post-marked by deadline day. Hand-delivered, faxed or on-line entries must be submitted by exact time of deadline stated above. NO EXCEPTIONS. Winner is posted on website each Tuesday afternoon and in the paper delayed by one week. Employees and family of Courier Journal and Game Day Scorecard sponsors are ineligible to win. NOTE: If you're faxing, first make a CLEAN COPY, then FAX THAT COPY. NEWSPRINT DOES NOT REPRODUCE CLEARLY ON A FAX. WE ARE NOT RESPONSIBLE FOR ILLEGIBLE COPIES.



STRANGE but TRUE

- When African American soldiers began enlisting in the Civil War, they were paid \$10, while white troops earned \$13, and were also charged a monthly fee for their uniforms. In protest, they refused to accept their pay at all for 18 months, though they continued to fight.
- Throughout the average sofa's life, it will hold roughly 782 visitors.
- While it was believed for a long time that ancient Greek sculptures made of white marble were originally colorless, scientific studies confirmed the theory that they were actually painted in a wide range of shades that eventually wore away under the long-term effects of light and air.
- The lollipop, invented in 1908 by George Smith, was named after a racehorse known as Lolly Pop.
- Researchers have found that octopuses occasionally punch fish, sometimes for obvious reasons, such as

directing them away from intended prey, and other times for no apparent reason at all -- unless, perhaps, they're merely having a bad day.

- A flight data recorder, aka black box, isn't black at all, but bright orange. The heat-resistant paint hue makes it easier to spot in the event of an accident.
- The most expensive guitar ever sold, a Martin 1959 D-18 acoustic, changed hands at auction for a staggering \$6 million. Formerly owned by Nirvana frontman Kurt Cobain, it was used by the singer-musician during the band's 1993 MTV Unplugged performance.
- Including television, theater, film and radio, Charles Dickens is the most adapted author of all time.
- Oh, my aching feet! In an average day of walking, those appendages at the ends of our legs experience forces totaling hundreds of tons -- the equivalent of a fully loaded cement truck!

First Thought for the Day: "The question isn't who's going to let me, it's who's going to stop me."
-- Ayn Rand
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**More
Strange But
True
On Next Page**

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STRANGE but TRUE

• In 2018, Nataraj Karate set a new Guinness World Record by stuffing 650 drinking straws in his mouth at once. He had to keep them there for at least 10 seconds to break the

previous record.
• Human blood cells have different lifespans.
• Dollar bills weren't always green. Colonial money, for example, was tan with black or

red ink. The Civil War government began using green ink to print paper money because it didn't fade or easily decompose, which protected against counterfeiting.

• Auto manufacturer Volkswagen makes not just vehicles, but currywurst sausages.
• Following his successful bladder stone surgery, the relieved English diarist Samuel Pepys celebrated the anniversary of the

event every year after:

• The first hot-air balloon flight, in 1783, took off with a sheep, a duck and a rooster on board, as it was unknown how the human body would react to flying at high altitudes. (They landed safely.)
• A company in Poland makes dinnerware out of wheat bran.
• Queen Elizabeth II visited the set of the TV series "Game of Thrones" but couldn't be seated on

the throne due to an old rule that "the ruling monarch can't sit on a foreign throne."

• While it's not the longest word in the English language, a study of 1.7 million samples of everyday English found that the longest word you're likely to encounter on a daily basis is "uncharacteristically."
• Ants leave pheromone trails when they walk that serve as maps for other ants.

• Although Saturn is the second-largest planet in our solar system, it's also the lightest, and could float in water because it's basically a giant gas ball -- if we had a bathtub big enough to hold it.

Second Thought for the Day: "Laws control the lesser man. Right conduct controls the greater one." -- Chinese proverb
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We're back in all local schools and libraries after Labor Day with a fun-packed **September Issue!**

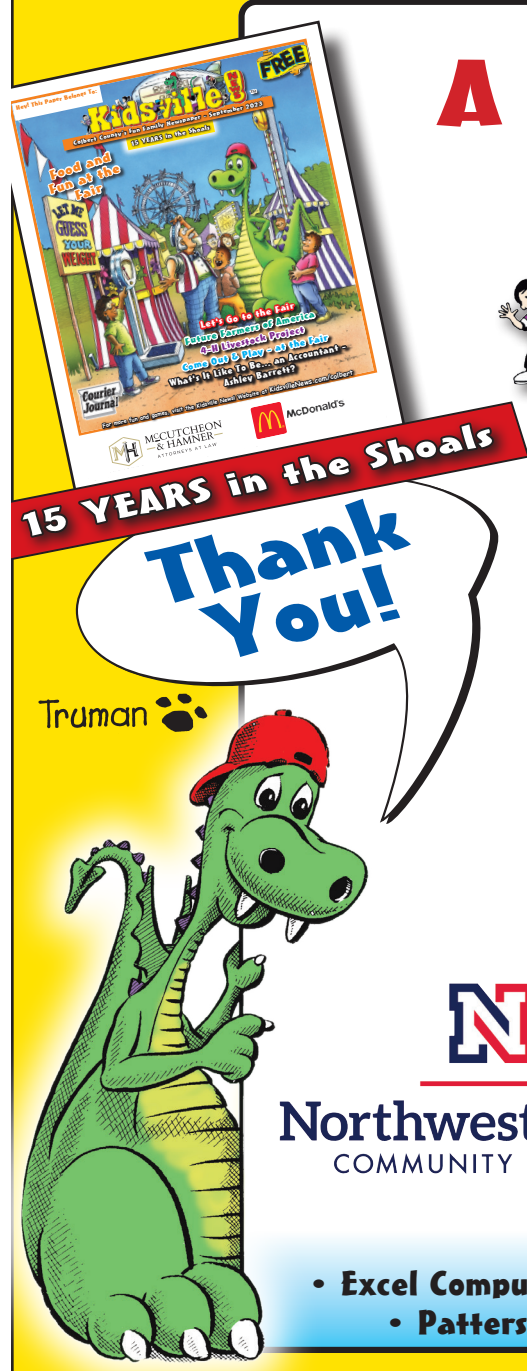
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Savvy SENIOR

Best Medical Alert Systems You Don't Have to Wear

Dear Savvy Senior,
Are there any monitored medical alert devices that you know of that don't require pushing a wearable help button? My 82-year-old father, who lives alone, has fallen twice during the past year but doesn't like wearing an SOS pendant button.

Searching Daughter

Dear Searching,

Yes, there are actually several monitored medical alert systems and other technologies on the market today that have voice-activated capabilities that let seniors call for help using voice commands, without pushing a wearable help button.

These new technologies are very helpful for elderly seniors that live alone who forget, or prefer not to wear a help button, as well as for those who have physical challenges that makes using a help button difficult.

By simply speaking the "wake words" these devices will connect your dad to a trained dispatcher at a 24/7 monitoring center who will find out what the problem is, and get him the help he needs, whether it's calling emergency services, or contacting a family member, friend or neighbor to come and help him.

All of these technologies also offer family/caregiver smartphone apps that will help you keep tabs on your dad from afar and notify you know if a problem occurs.

Hands-Free Medical Alerts

Some of the best voice-focused medical alert systems available today are GetSafe, Aloe Care Health and HandsFree Health.

Rated by U.S. News & World Report as their No. 1 medical alert system for 2023, GetSafe (GetSafe.com) comes with a cellular base console, voice-activated and push wall buttons, an optional personal help button and fall detection sensors. To call for help your dad would simply say "Call 911" twice and he would be connected to GetSafe's 24/7 monitoring service. Prices for GetSafe start at \$79 plus a \$30 monthly monitoring fee.

Another highly rated system is Aloe Care Health (AloeCare.com), which comes with a voice-activated Smart Hub and optional wearable help button with fall detection capabilities. This system would connect your dad to the Aloe Care 24/7 monitoring center by simply saying "Emergency" repeatedly until connected. It can also make voice command nonemergency calls to preassigned contacts. Prices start at \$150 plus a monthly fee of \$30.

The WellBe by HandsFree Health (HandsFreeHealth.com) is a nice third option to consider. This comes with the WellBe Medical Alert Speaker that would let your dad call for help by saying "OK WellBe Call Emergency."

WellBe also offers hands-free calling and messaging to contacts, will answer health questions, and provide reminders for medications and doctor appointments. It also offers a medical alert watch and pendant (sold separately) with fall detection capabilities. WellBe starts at \$100 plus \$20/month.

Smart Home Solution

Instead of a traditional medical alert system, another terrific hands-free way to call for help is to get your dad an Amazon Echo device (prices range from \$50 to \$250) and sign him up for Alexa Together (Amazon.com/AlexaTogether). This is remote caregiving service that will turn his Echo into a medical alert system. To get help your dad would say "Alexa, call for help" to be connected to their 24/7 Urgent Response center.

Alexa Together, which costs \$20/month, also works with compatible third-party fall detection devices like Vayyar and AltumView. If a fall is detected, Alexa can ask your dad if he needs help, then connect him to the Urgent Response line and alert his emergency contacts.

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



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Greetings From The



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Pinta...

Continued from Page 14

Pinta was the first ship to sight land on the famous voyage of discovery in October of 1492.

The public is invited to step back in time and explore the Pinta for self-guided tours from 9am-5pm daily. No reservations are necessary. Tickets are purchased at the Ship. Prices are \$8 for Adults, \$7 for Seniors/Military (65+), and \$6 for Children (5 - 16). Children 4 and under are free.

Teachers or organizations wishing to schedule a 30-minute guided tour with a crew member during the weekdays should go to ninapinta.org/tour/html. Group tours require a minimum of 15 people. Please call 251-293-4193 or email ninapintatour@gmail.com for any inquires.

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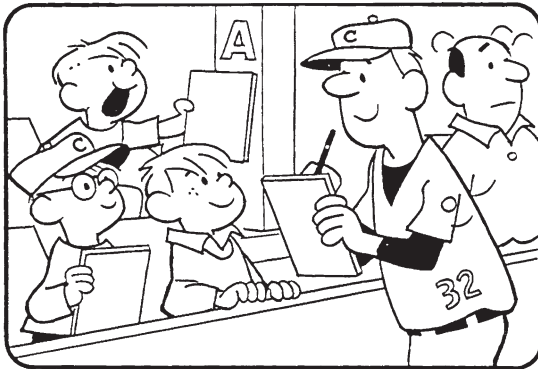


HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Sign is missing. 2. Pen is missing. 3. Hand is moved. 4. Sleeve is shorter. 5. Number is different. 6. Hair is different.

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Soap Opera Preview

DAYS OF OUR LIVES Chloe was shocked to see Philip. Sarah was rushed to the hospital. Despite urging from others, Shawn resisted seeking help. Kate worried Rex's relationship was going to end in heartbreak. Shawn hit rock bottom. Paulina's

news impacted Rafe and Jada. Steve gave Abe advice on the next steps with Paulina. Brady learned that Philip was alive. Gabi and Stefan did some investigative work. Dimitri schemed to sort out the validity of his marriage. Leo ran into

Sonny. Alex struggled with guilt in the wake of Victor's death. Dimitri was skeptical of Leo's plan. Gabi and Stefan were determined to learn the truth. Belle urged Brady not to press charges. Xander made a shocking discovery about Philip. *Wait to See: Shawn makes amends. Brady gets a surprise visit. Rafe makes an important professional decision.*

GENERAL HOSPITAL Elizabeth comforted Finn. Stella counseled Curtis.

See SOAPS below

ON YOUR DEBT

Beware Of Cosigning A Loan Or Debt



**B. Grant
McNutt**
Managing
Attorney

During a consultation, clients may need to discuss how they can deal with a cosigned debt. It might be that they want to untangle themselves from a cosigned debt or it might be that they need to protect someone that has co-signed a debt obligation for them. Or, someone may say, "Well, my sister signed first and I signed second." It is generally at that point I try and explain that as far as the creditors are concerned, it doesn't matter who signed the obligation first or second, both who signed are equally responsible. If the loan was for the benefit of the sister and she was making payments but later defaulted, the creditor will begin collecting from the cosigner and vice-versa. Either way, if one defaults, the other will be considered by the creditor as "Plan B" and be called upon to step up to the line and finish the race.

This is the point at which I begin my short coaching on the pitfalls of cosigning a debt (whether you are the "primary" or the cosigner). The creditor is banking on one of the parties defaulting on the loan thereby leaving the cosigner as the responsible party. Most of the time, someone will explain to me that the creditor advised that the cosigner is necessary for a better interest rate. But make no mistake about it, the cosigner is necessary so that there will be TWO people to collect from if or when there is a default. Additionally, and in the majority of the cases, obtaining a "better" or "lower" interest rate has absolutely nothing to do with the need for a cosigner. The creditor is likely in the "high-risk lending" business and the interest rate will be the same, cosigner or not. There will now be two or more persons responsible to pay 18%, 24% 32% or 49.60% interest! Yes, those are actual interest rates on actual contracts drawn up by actual creditors or lenders, or should I say, predatory lenders. It's appalling to see numbers like those listed above.

Dangers Of Cosigning A Loan

If you are asked by someone to sign with them for a debt, I don't care if it is a beloved family member or dearest friend, don't do it!! Further, I advise people that it's always best to keep in-laws as in-laws and not make them outlaws by asking family members or even best friends to co-sign a debt with you. Don't believe me, well the bible in Proverbs

11:15 instructs us, "There's danger in putting up security for a stranger's debt; it's safer not to guarantee another's debt." and

Proverbs 22:26 says "Don't agree to guarantee another person's debt or put-up security for someone else."

Whether or not you are a believer and follower, this is excellent advice.

The problem that you face is that once you have signed the dotted line, there is no undoing! You will be stuck. You will need to pray that nothing ever happens to that family member or friend you cosigned with. But if something does happen, get ready for your phone to start ringing, or worse yet, you may be served with a lawsuit or garnishment for a debt you didn't realize had defaulted. Often, clients sit across my desk in shock because they never even knew that payments were not being made on the loan and now, they find themselves scrambling for a resolution.

Protecting A Co-Signer

On the flip side, if you have asked someone to cosign with you and they graciously agreed to do so and now you find yourself in dire need to resolve debt problems but do not want to negatively affect your cosigner, there are some options. One of the best courses of action to take may be to file a chapter 13 bankruptcy wherein we can "special class" the cosigned debt and offer to pay the debt in full at the full contract rate of interest in order to protect the cosigner. This means that at the end of the case, the debt plus the interest will have been completely paid, all the while protecting the cosigner from collection efforts during the pendency of the case. It is the best "win-win" for everyone involved.

Of all of the scenarios I have seen, probably cosigned debts are the most agonizing for all parties involved. But none of us can undo the past. It is always best to seek legal advice from one of our attorneys for your situation. All of our attorneys are very understanding and will offer practical solutions that will best suit you. Whether you are trying to get "released" from an obligation for a debt you cosigned or keeping your cosigners protected, whatever your goal we can help you. Please give us a call! **We can alleviate your stress! We want to help!**

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Include your name, address, phone number, and your photo.

*Tailgate Recipe of the Week Rules

Recipe must (1) include recipe name and the number of servings that the recipe yields, (2) use ingredients that are available in most grocery stores, (3) list ingredients with measurements in order to use, (4) include step by step preparation and cooking directions, (5) **Provide a photo of yourself to use in the actual recipe as submitted by, along with your name, address and phone number.**

Entries must be submitted by the dates and times specified (August 24, 2023 – November 20, 2023) to be eligible for the applicable Weekly Contest Period. Multiple entries per week are permitted, but each recipe must be different, submitted as a separate entry and must meet the above requirements. Entries generated by script, macro, or other automated means or practices, or by means that subvert the entry process will be void. All entries become the property of the Newspaper and will not be returned.

By Submitting an entry, entrant acknowledges and agrees that Newspaper may obtain many entries in connection with the contest and/or other contests staged and/or promoted by Newspaper, and that such entries may be similar or identical in theme, idea, format or other respects to other entries submitted in connection with this contest and /or other contests sponsored by the Newspaper or submitted for other reasons or materials developed by the Newspaper. Entrants waive any and all claims entrant may have had, may have, and/or may have in the future, that any entry and/or other works accepted, reviewed and /or used by the entrant may be similar to his/her entry, or that any compensation is due to entrant in connection with such entry or other works used by Newspaper.

Eligibility: Legal residents of the 50 United States and the District of Columbia, 21 years of age or older at the time of entry are eligible to enter, except employees of Newspaper and any other organizations affiliated with the sponsorship, fulfillment, administration, prize support, advertisement or promotion of the contest and /or their respective agents, affiliates, subsidiaries and their immediate family members (regardless of where they reside) or household members, whether or not related. "Immediate family members" shall mean parents, step-parents, children, step-children, step siblings, or spouses. "Household members" shall mean people who share the same residence at least three months a year.



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Soaps...

Continued from above

Kristina sought out Alexis. Carly pressed Diane. Lucy confronted Martin. Jackson Montgomery returned to Port Charles. Cyrus probed Drew. Gladys found herself in a pickle. Brick and Sonny put their heads together. Tracy created a stir. Lucy was blindsided. Dante tried to visit Sasha. Cody put on a show. Selina was foiled. Nina

received some shocking intel. Diane's curiosity was piqued. Brook Lynn lashed out. Chase made a proposition. Spencer confided in Alexis. Ava was frustrated. Olivia tried to jog Eddie's memory. Chase made a strong case. *Wait to See: Josslyn opens up to Carly. Brook Lynn voices her doubts. Nina visits Wiley.*

THE YOUNG AND THE RESTLESS Victor played his cards close to the vest. Nick and Sharon considered going rogue. Sally set boundaries with Adam. Tucker caused

tension between Jack and Billy. Mariah and Tessa received news about Aria. Ashley saw a new side to Diane. Victor lost his patience with the Newman siblings. Sharon made a tough decision. Nate fought for his place at Newman Enterprises. Victor made a game-changing decision at Newman, while Adam prepared for revenge. *Wait to See: Nikki gives Audra a risky assignment. Jack and Ashley call a truce. Billy pushes Adam's buttons.*

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Letters...

Fully Agree, Except

Continued from Page 14

As far as the indictments, who are you going to believe - the cheaters or the cheated? The Truth will set you free.

Roger Dale Franks
Florence

He's Already Convicted

Editor,

In his August 16 letter entitled "Protecting Our Vote," Mr. Weekly stated in his first sentence, "Evidence revealed in the latest federal indictment of Donald Trump" a total assumption of guilt that indicates the Washington Democrats and media (hereafter the media) are successful in their lies.

Maybe he missed the civics class about how our system works. Federal, state, and local criminal indictments come from a Grand Jury that has secret meetings, with unknown members, led by a prosecutor that may insert lies if that is his/her level of morality. The defendant does not have a representative present;

that is why we have trials in this country to get both sides of an issue.

Is this administration afraid of Trump? If he wins, many people will do prison time for their actions these last three years. The President, as the public leader, will bear the brunt. Many others followed orders, suggested, and implemented criminal activities.

If not the current President, who is responsible for the botched Afghanistan withdrawal costing 13 service personnel their lives, and leaving billions in sophisticated military equipment for the Taliban, a world-wide terrorist organization? Who is responsible for giving the Taliban a list of the names of Afghans working with our military so they could "protect" them? Weaponizing the Federal Department of Justice and the FBI using them to support known lies and take many unlawful actions? Shutting down the Keystone pipeline construction? Stopping all drilling in the USA and selling a sizable amount of our fuel reserves to Russia and China? Buying oil back from those entities to lower \$6 per gallon gasoline prices? Refusing to close our southern border, allowing several

million people into our country with no background information and overloading the infrastructure of many cities with this unplanned influx - trying to increase Democratic voters? Allowing the Climate Change (still unproven) attitude to become the deciding factor in almost every decision? Controlling the President's public responses through his hearing aids? Publicly suggesting paying no attention to Supreme Court decisions? Supporting defunding local police forces allowing major crimes to completely destroy major cities run by Democrats? Electing a documented lifetime liar and plagiarizer as our current President?

Mr. Weekly has already convicted Mr. Trump and appears not worried about the media's lies or misleading spin on almost all the issues to protect the current President and his administration.

Floyd Price
Florence

Dems Didn't Want Blacks

Editor:

In response to Dan Waterman's August

23 letter, entitled, "The Goal of Democracy," he stated that the GOP supermajority denies one out of every seven black citizens in Alabama a vote today.

All Alabama citizens can vote in the next election with a voter ID. It is not the GOP that can deny anyone to vote. I think Dan has forgotten our history. It was the white Democrats that started the Ku Klux Klan in 1865, and nearly all southern states by 1870. The KKK became a vehicle for the white resistance to the Republican Party's policies aimed at establishing political and economic equality for Black Americans. In the 1920s white Democrats in the KKK exceeded 4 million in the United States.

Senator Strom Thurmond was a member of the KKK. The Democrat that succeeded him was Robert C Byrd, also a member of the KKK.

You see Dan, it was the Democrats who did not want the Blacks to vote, not the Republicans. My wife and I are white, and we will vote in the next election, and so will every Black citizen with the proper ID.

Rogers Kimbrell
Florence

He Brought Me Through

Dear Editor,

This is a thank you note to all the people who God sent to me in July 2023 when I called 911 for help. I had been struggling with COPD, allergies, and with smoking. I thought I had a plan, but my plan was not working. God had a different plan.

I awoke around 2am and could not breathe. I used my oxygen and did two or three breathing treatments. Nothing was working.

When I called for help, the fireman arrived within 15 minutes. I had not locked my door, so they came right in. The ambulance arrived shortly after. Together they convinced me to go to the hospital.

I was rushed into the emergency room at Helen Keller Hospital where a staff of doctors and nurses worked to clear my air passages. From there I was sent to the ICU, because they needed to continue to clear my airways. I was in ICU four days and then was put on the fourth floor. I was better, but still not breathing on my own. I was very weak.

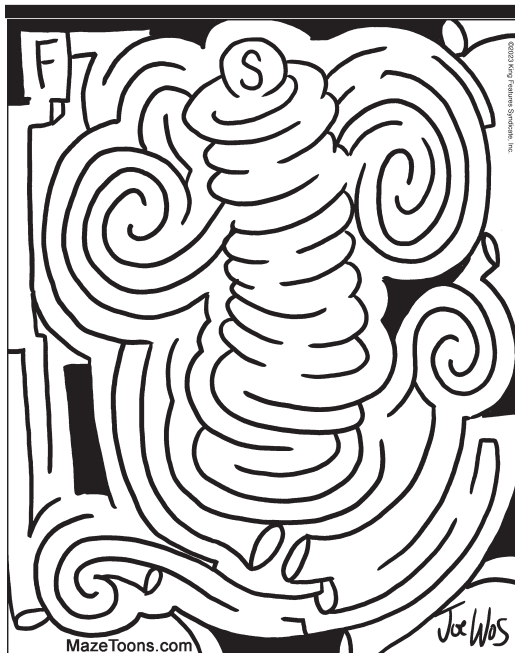
During this time my children from Oklahoma

came to see me. That was a blessing. Some I had not seen in eight years. It filled my spirits very much. The night it all changed I have been put on a breathing machine at around 11:30. Instead of just the machine noise, I heard a voice. For the seven hours I wore the mask on my face the voice said over and over, breathe, breathe, breathe. Over and over, I heard it. The respiratory nurse came in at 6:30am and took it off.

I started getting better that day. My children even saw a difference in me that day. That night, God answered my prayer. He gave me a second chance to live. Thank you to the firemen, ambulance people, nurses, doctors and all the people I needed to keep me alive.

Jesus is the answer for the world today. No doubt. God gave me a chance to be here longer to serve His Son, Jesus Christ our Savior. I am 72 years old now. I don't know how long I will have to serve, but I know I will until the day I die and go to be with Him forever and ever.

Glenda Coffey
Muscle Shoals



Kids' Maze



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Even Exchange by Donna Pettman

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

- | | | | |
|-----------------------|---------------|------------------|---------------|
| 1. Steed's fast pace | ___ _ _ _ _ P | 4 quarts | ___ _ _ _ _ N |
| 2. Dry | ___ _ R ___ | Pumpkin home | ___ _ T ___ |
| 3. Vandyke, e.g. | ___ E ___ | Wood panel | ___ O ___ |
| 4. Milk container | ___ _ _ T ___ | Graphite element | ___ _ _ B ___ |
| 5. Skater's figure | E ___ _ _ _ | After dark | N ___ _ _ _ |
| 6. She's very Swift | ___ _ Y ___ _ | Clothes maker | ___ _ I ___ _ |
| 7. Arthurian wizard | M ___ _ _ _ | Composer Irving | B ___ _ _ _ |
| 8. Spook | ___ _ A ___ | Tally | ___ _ O ___ |
| 9. Wee ketchup holder | ___ A ___ _ _ | Fence style | ___ _ I ___ _ |
| 10. Colorado tree | ___ _ P ___ | Pale-looking | ___ _ H ___ |

Puzzle Whirl

MINI SUDOKU

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

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

WORD LADDERS

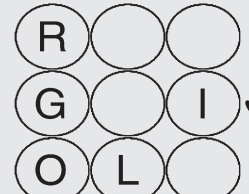
Can you go from BURNT to CUFFS in 6 words? Change one letter for each rung in the ladder.

BURNT

CUFFS

Answers on Page 37

WORD SPIRAL



Fill in the missing letters to reveal the nine-letter word that starts at one of the four corners and moves clockwise around the perimeter before ending in the center.

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Moments in Time



- **On Aug. 28, 1789,** William Herschel, court astronomer under England's King George III, discovered Enceladus, one of Saturn's innermost moons, while using his new 40-foot telescope for the first time. Enceladus reflects almost 100% of the sunlight that strikes it and has at least five different types of terrain.
- **On Aug. 29, 1998,** a strike by 6,200 Northwest Airlines pilots seeking a 15% pay raise left 70,000 frustrated passengers high and dry around the U.S. The pilots had been in contract negotiations for more than two years, and an agreement was finally reached on Sept. 10 after the strike had cost the airline \$26 million per day.
- **On Aug. 30, 1951,** Sgt. John R. Rice, a decorated World War II veteran and part-Native American soldier killed in the Korean War, was refused burial in Sioux City, Iowa's Memorial Park Cemetery on the grounds of his ethnicity. After hearing the news at a press conference, President Harry Truman authorized a telegram to Rice's widow, Evelyn, offering her a plot in Arlington National Cemetery, which she accepted.
- **On Aug. 31, 1888,** 43-year-old Mary Ann "Polly" Nichols, a prostitute from London's East End and married but separated mother

of five, was found brutally murdered near Whitechapel Road, becoming the first known victim of serial killer Jack the Ripper.

• **On Sept. 1, 2013,** new internet restrictions imposed by the Vietnamese government prohibited the country's users from discussing current affairs, with social media and other sites, including blogs, limited to sharing personal information but not news stories. The law was criticized by both internet companies and a number of human rights groups.

• **On Sept. 2, 1969,** the original "Star Trek" TV series aired its final episode after running for just three years. While it never rose higher than No. 52 in the ratings, it remains a beloved cult classic, eventually

generating movies and other series.

• **On Sept. 3, 1908,** J.M. Barrie's play "What Every Woman Knows" debuted at London's Duke of York's Theatre. Written prior to the women's suffrage movement, the show's theme suggested that "every woman knows" she's really the invisible power behind the success of the men in her life.

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SEPT 2 TBA Gospel Choir Workshop Lead by Renowned Singer & Song Writer David Frazier
Where: Galilee MB Church
23001 County Rd 14, Florence, AL

SEPT. 3 5 PM Pastor Moshu T. Knox Gospel Birthday Celebration Featuring Zacardi Cortez, David Frazier & Workshop Choir
Where: Galilee MB Church
23001 County Rd 14, Florence, AL

Courier Journal 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.

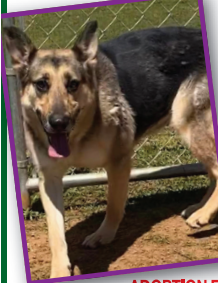


Meet **TOOTSIE**. This girl is an adorable little hippo! She is housebroken, she grew up around children, and is a friend to dogs but not cats. Tootsie is a very good, loving girl who is almost 8 years old and around 60 lb. This amazing dog is waiting on you. **ADOPTIONS ARE CURRENTLY \$25** and include everything your new pet needs to be on track for a happy, healthy life: vaccines, a microchip, spay/neuter, and heartworm test. Please call or come by **Florence Lauderdale animal services** 256-760-6676 to meet this sweet dog.



ARVIN is a super handsome white shepherd mix that has been syrupy sweet since joining us! He likes toys, does his best to keep a clean kennel, has a gentle way about him, and is very loving. We think he's around a year old and he's a lanky 40 lbs. **ADOPTIONS ARE CURRENTLY \$25** and include everything your new pet needs to be on track for a happy, healthy life: vaccines, a microchip, spay/neuter, and heartworm test. We have lots of wonderful dogs for you to meet. Please call or come by **Florence Lauderdale animal services** 256-760-6676 to meet this amazing dog.

This pretty little lady is **DIOR** and she needs a home! Dior loves playing with other dogs at the shelter and recently went on a doggie day out where she charmed everyone on campus with play bows and kisses. Dior is about 7 months old and 35 pounds. **ADOPTIONS ARE CURRENTLY \$25** and include everything your new pet needs to be on track for a happy, healthy life: vaccines, a microchip, spay/neuter, and heartworm test. Please call or come by **Florence Lauderdale animal services** 256-760-6676 to meet this adorable dog.



LUNA is a very special girl! She came to us over 1 year ago when she was literally skin draped over bone! Luna is going to need a very special adopter! Someone with patience and lots of love to give her. She has been with us for nearly a year. She has been looked at several times but always passed on because she needs a little extra care. Luna will win your heart over if you will give her the chance! She is very timid with new people. She doesn't like to load up in the car on her own. She is leery of humans, with every reason to be. She is already spayed and she is already microchipped! She is just waiting on her person to come along and give her the best forever home! **THE ADOPTION FEE IS \$25** 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.

This **COOL MAN** loves kids! He knows how to sit, lay and loves playing outside. This amazing dog also loves to be able to go inside and rest when needed. He isn't great with other dogs and might work best as an only dog. **THE ADOPTION FEE IS \$25** 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.



ASK THE ATTORNEY



Thomas McCutcheon

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

TORTS v. CRIMES

Torts are civil, as opposed to criminal, wrongs. Wrongs can be as varied and diverse, as unique and unusual, as is a person's thoughts and actions.

Torts result in lawsuits when someone is careless in doing or failing to do something like yielding the right of way. The injured person sues for a tort.

A crime is a different kind of insult. It is an insult against the state rather than against some other particular person. It is tried in the criminal courts, which are very different than civil courts. Criminal cases have their own rules of procedure, a different burden of proof, and are geared towards making sure that an innocent person is not convicted. A tort and a crime may be the result of the same trauma (a hit, an injury, a blow). Our law, based on Common-law traditions, requires separate trials in separate courts.

Personal injury lawsuits arise from a duty to act or not act in a particular way that causes harm to another person. Those duties arise from common-law ideas of what a reasonable person would do under the same or similar circumstances. Driving the speed limit in fog so thick you can't see five feet in front of your car is not reasonable. Sure, you're driving the speed limit, but you can't see and that's not reasonable.

Certain automobile accident cases are governed by statute as well. For every 10 mph there has to be 20 feet of distance between you and the car ahead of you. If there is a rear-end collision that particular statute creates a duty that was breached.

Crimes are statutory in nature. Crimes generally require criminal intent to commit a crime. There are some crimes such as statutory rape that are crimes simply because the Legislature says they are. The age of consent in Alabama is 16 years of age and it doesn't matter if her mother said she was 25 years old and had a birth certificate to prove it. I do imagine the court would take that into consideration at sentencing though.

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

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

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

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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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Commentary
Mocs...
Continued from Page 14

embarked on a comprehensive identity program in 1996. A new direction for the athletic identity was determined, moving away from the politically incorrect Native American Indian imagery."

"Several identities have been used in the past. With the old nickname "Moccasins," a snake was used in the 1920s, A moccasin shoe was even used in the 1980s, and an Indian was used until the year of major change in 1996.

In 1996 it was decided to adopt the State Bird of Tennessee, the Mockingbird, as the core of the new identity while incorporating the strong regional imagery of Chattanooga's vast railroad history."

The website indicates that in 1996 the nickname "Moccasins" was shortened to simply "Mocs." (Wikipedia lists 1997). Scrapy is named after legendary football coach, A.C. "Scrapy" Moore, "A re-design in 2008 puts Scrapy in the image of the State Bird of Tennessee, a Mockingbird."

That is good information to know. I'm glad I checked. UTC apparently felt obligated to jump through a litany of hoops for appearances.

With all due respect to the university, its athletic program, the native peoples of the

region, and its beautiful surroundings, great efforts have been made to distance the athletic department from assuming the right to use any native American references.

That's quite interesting for a school named Chattanooga from the city of Chattanooga in the state of Tennessee.

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Terms: 10% down payment, close in 30 days. Seller will provide survey, deed and owner's title insurance. No percolation tests have been performed on this property. The cabin's septic system was installed prior to Sellers' ownership. Neither Seller nor Agent make any warranties or representations pertaining to any aspect of the septic system or to the percolation of any of the tracts whatsoever. Seller reserves the right to accept or reject any and all bids. Real Estate will be sold "AS-IS" without warranties of any kind.

All information contained in this ad is believed to be correct, but not guaranteed. Changes made by the Auction Company during the online auction supersede any printed material.



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Even Exchange answers

- Gallop, Gallon
- Parch, Patch
- Beard, Board
- Carton, Carbon
- Eight, Night
- Taylor, Tailor
- Merlin, Berlin
- Scare, Score
- Packet, Picket
- Aspen, Ashen

WORD LADDER

BURNT, BURN, TURNS,
TURFS, TUFFS, CUFFS

Word Spiral Answer


RADIOLOGY

MINI SUDOKU

Answer

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

Kids' Maze Solution



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Notes...

Continued from page 17

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.

The "Pinta", a Replica of a Portuguese Caravel used by Columbus and many early explorers will open as a "floating museum" for dockside educational tours September 1-4 at Joe Wheeler State Park Marina in Rogersville. The Pinta was the first ship to sight land on the famous voyage of discovery on October 12, 1492.

The general public is invited to step back in time and explore the Pinta for self-guided tours from 9am-5pm daily. No reservations are necessary. Tickets are purchased at the Ship and prices are \$8 for Adults, \$7 for Seniors/Military (65+), and \$6 for Children (5 - 16). Children 4 and under are free.

Killen Farmers Market at Killen Park, US 72 at Lock Six Rd. Hours: Saturday (8am-Noon), Tuesday (3-6pm) through September.

Enjoy the many local sellers of seasonal fruits/vegetables, meats baked goods, eggs, local honey, flowers, plants, beverages and coffee. Specialty Items: Popcorn, popsicles, cupcakes and pastries. Crafts: Handmade bath and body care products, textiles, wood working, jewelry and artists. Local CBD products.

Come and enjoy our family friendly market with shaded selling areas, playgrounds, walking paths, accessible restrooms and ample parking.

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.

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.

See NOTES... page 39

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SIGNS OF THE PAST

Admiral Richard H. Jackson

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CITY OF FLORENCE
WALK OF HONOR

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

Richard Harrison Jackson was born May 10, 1866. He entered the U.S. Naval Academy in 1883 after being appointed by Congressman Joseph Wheeler. He married Catherine Sampson in 1897 and became a four-star admiral in the United States Navy. Jackson died October 2, 1971 at the age of 105 as the longest living graduate of any military academy.

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

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Labor...

Continued from Page 14

Dollar tickets will be sold all day for giveaway prizes. Area businesses and donated many prizes to honor and celebrate the working man and women of our area. The grand prize this year is a trailer cub cadet lawnmower package and two \$1000 drawings. You do not have to be present to win.

- OTHER HONOREES THIS YEAR INCLUDE:**
- **2023 Friend of Labor – Tori, Bailey**
 - **Administrative Person of the Year – Mrs. Stacy Johnson Teamsters Local 402**
 - **Labor Person of the Year – announced at Labor Day Dinner Reception**
 - **Hall of Fame (living)- Tim Burns, Retired business agent from the Carpenters Local 1209**

- **Hall of Fame (posthumous)- Willard Coe, Former business agent from laborers, local 366**
- **Friend of Labor (posthumous) - June Brewer, past member of the government workers retired from Operating Engineers Local 320.**

The 5th Annual Car Show sponsored by the Labor Council will take place on the water wheel side of the park. Tony Couch will provide entertain with music and stories. Registration begins at 8am. Area auto parts stores and detail shops have donated many prize items for the car show. Trophies will be given out at 1pm.

For more information, please contact the shells labor Council office Monday-Friday from 8am-noon, at 256-383-2758.

Notes...

Continued from page 38

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/ragshoals/>

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.

Methamphetamine is a powerful and addictive stimulant drug. It is important to know the many mental and physical symptoms and signs of abuse. Meth use releases large amounts of the chemical in the brain associated with pleasure, motivation, and movement contributing to its strong addictive qualities. It is important to know the signs of use if you suspect a loved one of using meth.

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

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Ray Miller Discount \$3020
+Buick/GMC Loyalty \$250

Total Savings \$3,270 OFF WAC



Sik #23B048 **2023 ENVISION**
Ray Miller Discount \$1624
+Buick/GMC Loyalty \$750

Total Savings \$2,374 OFF WAC



Sik #23G-097 **2023 SIERRA 1500**
Ray Miller Discount \$3391
+Buick/GMC Loyalty \$2500

Total Savings \$5,891 OFF WAC



Sik #23B036 **2023 ENCLAVE**
Ray Miller Discount \$4,000

Total Savings \$4,000 OFF WAC

We Are Your **CARFAX** Advantage Dealer!



17 Kia Soul
#23B-065A, 4 Door, Auto, Full Power, Local Trade!
\$10,888



16 Hyundai Santa Fe
#23B-068B, 4 Door, Automatic, Full Power, Nice Trade!
\$11,988



18 Chevy Equinox
#23G-119A, 4 Door, Sunroof, 6 Yr/100K Limited Warranty!
\$24,788



18 GMC Acadia Denali
#23B-103A, V6, 3rd Row, Local Trade!
\$25,788



21 GMC Terrain
#23B-035A, 4 Door, Elevation Pkg., 6yr/100k Limited Warranty!
\$26,888



22 Toyota Corolla Cross
#23G-122C, 4 Door, Auto, Full Power, Local Trade!
\$27,888



13 F150 King Ranch
#23G-155A, Crew Cab, 4x4, Loaded, 81,000 Miles!
\$29,888



20 Honda Pilot
#23B-033A, 4 Door, 3rd Row, Leather, Navigation!
\$32,788



19 F150 Supercrew
#23G-092A, XLT, Full Power, Nice, Local Trade!
\$37,888



18 Nissan Titan Crew Cab
#24G-013B, Pro4-X, Leather, 4x4, Loaded!
\$38,788



19 Toyota Tacoma Crew Cab
#23G-130C, V6, TRD Pkg, Nice!
\$40,888



18 Chevy Silverado High Country
#23G-135A, Crew Cab, 4x4, Sunroof, Loaded!
\$40,888



19 GMC Sierra Crew Cab, X31
#19P-1458, 1 Owner, Low Miles, 6yr/100k Limited Warranty!
\$51,888



21 GMC Sierra SLT X31
#23P-3484A, 1 Owner, 6yr/100k Limited Warranty!
\$52,888



22 Ford F150 Supercrew
#24G-024A, XLT, Leather, One Owner, 4x4, Nice!
\$54,788



22 Ford F250 King Ranch
#23G-152A, Sunroof, 1 Owner!
\$71,888



21 Ford F250 Platinum
#24B-020A, Crew Cab, Diesel, 1 Owner!
\$74,888



22 GMC Sierra 3500HD-AT4
#24G-017A, Crew Cab, Tech Pkg, Sunroof, 1 Owner!
\$78,688



22 GMC Yukon Denali
#23G-115A, 4 Door, 1 Owner, 6yr/100k Limited Warranty!
\$78,788



23 GMC Yukon XL Denali
#23P-9509, 1 Owner, 6yr/100k Limited Warranty!
\$87,888

