

On Hispanic Heritage

FLORENCE – Hispanic Heritage Month at UNA gets underway September 20 from 1-3pm in front of Wesleyan Hall. “Latinos Driving Prosperity, Power, and Progress in America” is the theme for this year’s event, sponsored by the Department of Foreign Languages.

“There are an estimated 60 million Hispanic people in this country and 40 million who are Spanish-speaking,” said Dr. Claudia Vance, Chair of the Department of Foreign Languages and one of the organizers. “This event is a great way to celebrate Hispanic art, culture, and literature.”

See **SHORTS...** on Page 2

Volume 139 Number 48

September 20, 2023

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Courier Journal

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‘It’s Special’

Deshler at 100

By David Glovach
Times Daily Sports Writer
initially published September 14

TUSCUMBIA — Patrick Malone leans back at his desk for a quick moment and looks out his office door. Deshler had just finished a morning practice and the coach is making sure the locker room, just past the coaches’ conference table, is emptying accordingly. There are classes the players need to get to. It’s still the middle of the week.

But Malone sees what he needs to and turns away, getting back to what’s in front of him on his desk.



Dan Busey/TimesDaily

According to Malone, there’s just something about this place — Deshler High School. Everything here is comforting and familiar.

See **IT’S SPECIAL.....** on Page 6

Big Plans at Railroad Bridge

By Russ Corey
Times Daily Writer
initially published September 14

FLORENCE — A plan to enhance the old railroad bridge and make

it an even more popular attraction would include a walkway on the upper portion of the bridge, nature trails on Patton Island, and boardwalks and an observation area on the cylindrical mooring cells downstream from the historic structure.

The plans developed by a Tennessee RiverLine Team were on display for the public last Tuesday at Singin’ River Brewing Co. in Florence.

RiverLine representatives provided several

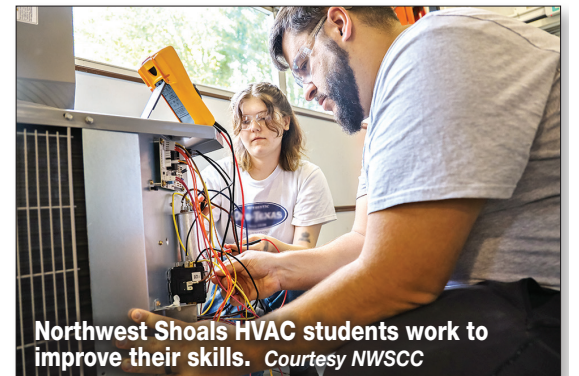
See **BRIDGE...** on Page 11

NWSCC Enrollment up 4%

MUSCLE SHOALS -- This fall Northwest Shoals Community College has enrolled approximately 4,200 students. This is an increase of over 4% from final fall 2022 figures (4,032).

Last fall, the college saw its largest enrollment since 2010. According to the NWSCC Dean of Students, Dr. Crystal Reed, college officials did not know

See **NWSCC...** on Page 10



Northwest Shoals HVAC students work to improve their skills. Courtesy NWSCC



Florence-Lauderdale Tourism President/CEO, Rob Carnegie, left, talks with Terrance “T.J.” Johnson, the programs coordinator for the Muscle Shoals National Heritage Area. Russ Corey/TimesDaily

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Brian Barton Auto Sales

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- Cat & Kids
- Dave Ramsey
- Puzzle Whirl

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- Gordon’s Art
- Your Letters

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Shorts...

On Hispanic Heritage

Continued from Page 1

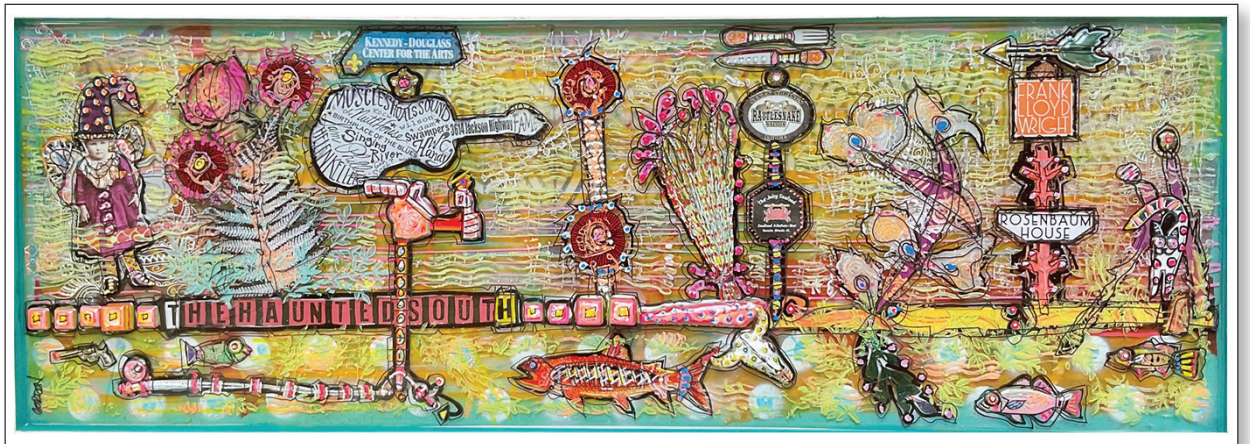
The first 50 attendees will receive a free Department of Foreign Languages t-shirt, and piñatas will be smashed beginning at 1:30pm. LaHacienda Mexican Restaurant will be catering, and there will be games, salsa music and dancing.

In the event of inclement weather, the event will move inside Wesleyan Hall. Future celebrations of global cultures will

include German Fest in October and French Week in November.

Gordon's Art at K-D Center

FLORENCE—The Kennedy-Douglass Center for the Arts is pleased to present the latest collection of paintings by **Emily Gordon** beginning Sept. 15, 2023. Emily's startlingly modern and colorful mixed media works consist of multiple layers of acrylic paint, interlaced with paraffin, resin, gold and silver



The Haunted South by Emily Gordon

leaf. This unique style of art evolved through years of extensive experimentation. Her paintings consist of trademark Arabic doors as well as minimalist, abstract designs.

Having lived in the Middle East for over half of her life, she admits a fascination for the sensual shapes, colors and designs of Arabic, Moorish, and Byzantine architecture. She communicates this passion through her work.

In Emily's latest collection, "The Haunted South," she is mesmerized by the mysteries of the Tennessee River Valley. With her signature artistic process, she entertains us. Are there spirits in the swaying ancient oaks? Are we

hearing forlorn blues drifting down the river?

Her paintings can be found worldwide, decorating palaces, corporate board rooms, hotels, airport lounges, and a permanent installation on board a large Boeing executive jet. She continues corporate commission projects and enjoys gallery exhibitions. "The Haunted South" will remain on display at the Kennedy-Douglass Art Center through October 25.

The Kennedy-Douglass Center for the Arts is free and open to the public Monday - Friday from 9-4 and on Sundays from 1-4. The art center is located at 217 E. Tuscaloosa St. Florence, AL and can be reached by calling (256) 760-6379.

UNA's Tiber Tabs Coulson

FLORENCE—University of North Alabama women's basketball head coach, **Missy Tiber**, has announced the promotion of former UNA player, **Kenysa Coulson**, into a full-time assistant coaching role for the Lions.

Lettering from 2017-20, Coulson was a part of a senior class that won more games than any group in program history. The three-year letterman played in 82 games with 60 starts during her career. She scored 648 points, pulled down 458 rebounds and dished out 232 assists.

Following her playing career, Coulson remained with the staff as a graduate assistant for both the 2020-21 and 2021-22 seasons. She served last season as the Director of Operations. Now, she will take on a new responsibility as an assistant coach.

"I am very excited to have Kenysa move up into a coaching assistant role," said Tiber. "She relates to players on a different level but also as a former player she understands the ins and outs of what we do."

travel and self-discovery. His latest project, an EP called, "Walk.Talk.Dance. Sing," was inspired by the events of the pandemic and explores the range of emotions that we all went through as a society and individuals.

His previous release, "The Four Directions Project," can be considered irresistibly uplifting, emotionally resonant, and down-to-earth.

Eli grew up in the diverse suburb of Silver Spring, Maryland, where a blending of incongruous backgrounds made an indelible impact on his pan-culture perspective. Prior to music calling Eli, he studied in Bloomington, Indiana, taught in the US, and lived in Tel Aviv and Andorra, before returning to the US to earn a Masters Degree in English Education.

A cross between The Avett Brothers and The Lumineers, Eli Lev has opened for both **Shooter Jennings** and **Lee DeWyze**, performed at The Kennedy Center and 9:30 Club in Washington, DC, and toured extensively within the US and abroad.

The Lava Room is located at 116 W. Mobile St. in Florence. For more information, visit his website, eli-lev.com

Eli Lev at the Lava Room

FLORENCE—Rising singer-songwriter **Eli Lev** will perform in Florence on October 2 in the Lava Room. Showtime is 8pm.

Eli Lev likes his position of "making the world a smaller place, one song at a time." Eli pens lyrics and melodies for everyday enlightenment, songs that resonate because they're heartfelt, earthy, and offer the wisdom he's gained through lifelong

Six PR Awards for NWSCC

MUSCLE SHOALS -- The Northwest Shoals Community College Public Relations and Marketing Department received six awards and was recognized for its outstanding marketing and public relations efforts by the Alabama Community College System Public Relations Association (ACCSPRA).

Last week during ACCSPRA's annual

See SHORTS... on Page 13

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Yard Sales

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To list your sale, use the classified form on page 6.

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

LEIGHTON: 5515 LAGRANGE ROAD Sat. 9/23 at 6:30 AM, Pre-Estate Yard Sale!

LEIGHTON: ESTATE SALE 155 Cotton Town Lane Sat. 1-3pm

FLORENCE CHURCH MISSIONS YARD SALE at Grace Bible Church 4660 Chisholm Rd. Fri., Sept. 22nd and Sat., Sept. 23rd, 7am-1pm. Furniture, Bike, Exercise Equipment, Kids Slide and many much more! *Inside If Raining* Cash/Check/CC Accepted. Map ID#1544

FLORENCE: 725 SANNONER AVE Sat. 9/23 7AM and Sun. 9/24 7AM, 3 Families! Something for everyone!! Map ID# 1545

FLORENCE YARD SALE 237 W. Sequoia Blvd Sat., Sept. 23rd Map ID#1543

FLORENCE GARAGE SALE 330 Flurnoy Ave., Forest Hills Sub., Sat. 7am-2pm, Basketball Goal, Kid's items, Men's Clothing, and much more! Cancelled if rain

TUSCUMBIA: YARD SALE 707 W Worthington Street Fri. Sat. 7am Furniture, Kitchen Items, bedding, clothes, shoes

FLORENCE: 109 JANA LANE (The Cedars) Fri. and Sat. 8AM-2PM, 3 Family Yard Sale! A little bit of a whole lot of stuff!

CENTER STAR: Multifamily Yard Sale Big Oak Subdivision 22nd-23rd 6 Until Too much to mention! Something for Everyone! Map ID #1546

KILLEN: 520 WESTFORK DRIVE HUGE SALE Sat. 7AM-Noon, Costume jewelry, clothes, pottery, paintings/pictures, household and yard items.

FLORENCE INSIDE ESTATE SALE WITH ANTIQUES, 3790 County Road 6, Thurs., 2pm-6pm, Fri. 8am-6pm, & Sat., 8am-noon, Cast Iron wash pot & skillets, Brass Bed, Crystal Light Fixture, Dolls, Tools, Fireplace Andirons, Cash Register, Spinning Wheel, Trunk, Furniture: Leather Recliners, King Bedroom Suite, Queen Bedroom Suite, Maple Table & Chairs, Bookcases, Microwave, Desk, TV, Side Tables, Chairs, Sofa, Bench. Household goods: Dishes, Glasses, Cookware, Linens, Decorative items, Mirrors, Garden Tools, Hand tools, Ladder, Washer, Coleman Stove & Lantern. CASH ONLY. Map ID# 1538

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• Email to editor@courierjournal.net;

The Kennedy-Douglass Center for the Arts is pleased to present the imaginative paintings by Alabama artist, Marian Baker, "Storytelling Time, Again," from Now-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.

Florence Parks and Recreation is hosting a Carolina Shag and Rumba Class on Thursdays from 3-4pm starting Sept 21. The instructor for the 6-week class at Royal Ave Recreation Center is Monica Patterson - 420 N. Royal Ave. in Florence. Call 256-760-6425 to register, space is limited.

What is Carolina Shag?...A fun dance to beach, boogie, and blues music. Shag is a fun version of the swing. What is Rumba?...A popular social dance great to know for weddings and social events. Rumba is easy to learn and danced to a variety of music. These dance classes are fun and exciting every week.

2023 Financial Literacy Seminar Part III Topics: Budgeting and Predatory Lending: Friday September 22 from 10am-12pm at the Alabama Music Hall of Fame Banquet Hall, 617 US-72 W in Tuscumbia (Lunch will be served immediately after)

The presenter is Dr. Dorothy Brandon, Extension Specialist with Alabama A&M University and Coordinator of Consumer and Personal Finance Programs.

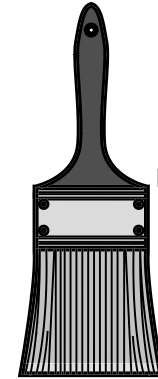
This is open to Small Farmers, Landowners, Agribusinesses, Community Gardeners, Extension Agents and all other interested parties. There is No Charge. However, Registration IS required by calling or texting 256-320-8051 or emailing oppia.burke@aamu.edu before September 20.

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Grace Bible Church - Missions Yard Sale on Friday and Saturday, September 22-23, 7am-1pm. Inside if raining. Check/Cash/Cards 4660 Chisholm Road, Florence.

Trail Riders United September See NOTES... page 27



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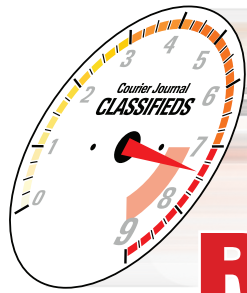
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It's Special...

Continued from Page 1

From the office Malone used to walk into as a player and now occupies, to the hill the field house sits on and the players run down on Friday nights, to the black painted paw prints on the sidewalk that lead to the stone fences outlining the stadium that's been around since 1941.

On the way in or out, you pass a list of teams that have accomplished something hanging on the side of another building, from winning area or region titles to state championships.

"As seniors here, you write this thing, 'In 10 years I will be ...,'" Malone said. "I think it's called a living prophecy or whatever. Mine was I wanted to be the head football coach at Deshler. I always wanted to be back here because I felt like I could pour into kids what was poured into me."

Malone isn't alone. Throughout the seasons and generations, those players, coaches and broadcasters associated with Deshler note the tradition and the expectations that come with suiting up for the Tigers. There's a lot of history to call upon and live up to, and perhaps more to come.

Deshler celebrated 100 years on Friday against

East Lawrence. It was a chance to honor its past and its importance to Tusculumbia.

"It's just one of those things and it's one of those places," Malone said, "where football brings everyone together and it's important."

BUILDING A HISTORY

It was to Harold Maples, even if he never played directly for Deshler.

"The Ineligibles" were Maples' team.

An unofficial offshoot might be the best way to describe Maples and his 30 classmates and what they had decided to form in the mid-1940s, both out of a want and a need.

"We just wanted to play football (for the high school), but we weren't allowed to," Maples said.

The reason?

Grades — or the lack of good ones — had prevented Maples and his cohorts from playing for the sanctioned varsity squad. They opted to form their own team. They borrowed old uniforms and equipment the high school team wasn't using. It wasn't the best. The helmets were still leather back then. There weren't any facemasks.

"You didn't have any of the protection like you

See DESHLER... on Page 7



Personnel

EDITOR & PUBLISHER

Thomas V. Magazzu

ADVERTISING EXECUTIVES

Sadonna B. Magazzu
Judy Cox
Gregg Scott
Heather Ridinger

GRAPHIC COORDINATORS

Russell Roden
Andrea L. Gray

OFFICE STAFF/CLASSIFIED

Janie Brasfield

CIRCULATION

Ted Fallin

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Deshler...

Continued from Page 6

have today," Maples said. But it was useful enough for what "The Ineligibles" wanted to do. The group, in essence, barnstormed, lining up games against whichever schools wanted to play. It won, according to Maples. The nickname soon stuck. "We played a whole bunch of teams from around here and beat all of them," said Maples, who was a sophomore that year. "It was fun. We just tried to beat people." "The Ineligibles" were disbanded after the end of the 1945 season. Half soon joined the varsity team, another half went to military school. Maples was part of the latter. But when Maples, now 94, looks back at his time playing for "The Ineligibles," it always brings back some fond memories. "It was just a good time," Maples said. There have never been any other teams similar to the Ineligibles. However, over the next few decades, Deshler began to emerge as a program that became difficult to beat and one that was expected to win. From 1975 to 2022, the Tigers have won 27 region or area titles. They won three state championships. The one in 1990 was the first. Back-to-back titles in 1998 and 1999 followed. There were state runners-up in 1991, 2003, 2004, 2005, 2007, 2010, 2014 and 2018. The program has reached the playoffs 39 times. "I think it's just buy-in," said Jimmy Gardner, who served as the Deshler

play-by-play announcer for 28 years before retiring last year. "We've had great coaches and great players, but we've also had a lot of great community support. It's a tight-knit community and that's what kids want to be." Consistency has been key. About the only notable changes to the uniforms were gray pants in the 1970s and red pants in 2017. Both were soon scrapped. "It started with coach (Tandy) Gerelds," said Scott Thompson, the quarterback for the Tigers in 1990. "He came in and just started a system that showed us how to be winners starting in the summertime, not just during the season. "He just changed the culture. He'd make you run something 100 times until you got it right. He was all about substance, nothing flashy." The results showed. Gerelds spent 11 seasons at Deshler from 1984-94. He won 101 games and led the Tigers to their first double-digit win season in 1987 when they went 11-2. But it was his 1990 team that meant something a little bit more. "That '90 championship team, everybody in the yard was one of those guys," said Malone, who grew up attending those games. "They just dominated all year. They won here back when you still played at home sites and you're watching it and you're like, 'It's over.' The whole town was here. I grew up around those teams.



"But when you look back and you wonder when it started or when the foundation was laid, and there were several good teams that came through, I think coach Gerelds really did that. That's where the 'We not me' came from." John Mothershed followed Gerelds as the head coach. Mothershed spent 28 years at Deshler, the last 19 leading the program. There were more state titles and more state title losses. But the Tigers always remained competitive. During Mothershed's tenure, Deshler was 201-53. "Tandy was the architect of that," Mothershed said. "When I took over in 1995, I was just smart enough not to change the design, but to put my personality on it. There's a process and a program and it's not just about the offense you run or the defense you have or what you do in the offseason. It's all encompassing. "It's the comments you make, the sayings you make, how you get your team to respond, finding your leaders. Everything is about the program. And that's what I learned from Tandy. You establish

Patrick Malone said playing at Deshler not only means a lot to the players, but the community as well.
Dan Busey/TimesDaily

what your program is, you don't just chase shiny objects. But you continue to grow and evolve."

MAKING IT SPECIAL

Mothershed feels the need to apologize for getting choked up while reliving different memories. There are some after wins and some after losses, but each holds a special meaning. "I can remember walking off Legion Field after the '98 championship, me and a couple of coaches and some players, and it was vacant," Mothershed said. "I've got chills right now thinking about it. I remember feeling it and saying we need to get back next year and we did.

There was one championship game Deshler lost. Mothershed's daughter, Emily, had started crying and the coach offered her a comforting shoulder as he did his other players. There was another time when he watched his son warm up for another championship game, this one at Auburn. "As a dad and a coach, that was a moment that touched me," Mothershed said, fighting back some emotions. "Man, that is really taking me back. There's so many special moments." It's been like that for most associated with the football team. And Deshler was more than eager to share it with their biggest supporters. As Malone said, elementary school students grow up wanting to be like their favorite Tiger player. It certainly didn't take new coaches long to notice that being a part of the program was a little bit different. Friday night football was meant to be a city event. "It was like nothing I'd ever been a part of," said Mars Hill coach, Darrell Higgins, who was the offensive coordinator for Mothershed. "Coming from Coffee, in such a big city like Florence, you didn't really have that community feel. In

Tuscumbia, everything was built around the football program. Friday nights, everything was shut down. "Everyone in town, that's all they talked about. You go to the gas station, the dentist, the grocery store, they talked about Deshler. It was special how much the community supported the players and the program." And that doesn't appear to be changing anytime soon. Certainly not after 100 years — and 694 wins. There might even be 100 more. "One of the ideas of Tuscumbia is Deshler High School and for so many years, Deshler football was at the peak of (Class) 4A sports and it gives people something to hang their hat on," Malone said. "They're proud and they're proud of what this program means. ... It's intriguing to see where this program is and where we can get it to go."

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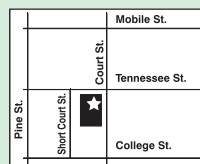
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NWSCC...

Continued from Page 1

if it would be sustainable. "To have an increase in enrollment after our 20% last year, it is a remarkable accomplishment for our enrollment management team to continue the momentum," said Reed. "We are already analyzing processes and strategies to see how we can better help more students come back to school or start their educational journey with us."

NWSCC saw its largest on-campus program increases in the Heating, Ventilation and Air Conditioning (HVAC) (up 52%). Also, five other programs increased over 10 percent from last fall: Accounting (up 28%), Automotive Technology (up 17%), Medical Assisting Technology (up 15%), Welding (up 13%) and Criminal Justice (up 11%). Other increases included dual enrollment increasing by over 4% as well as a 1% increase in first-time freshmen students.

According to NWSCC President, Dr. Jeff Goodwin, the College is working to build the best academic, extracurricular and athletic environment for its growing student base and the community. "We are working to transform Northwest Shoals into the model community college of the future," said Goodwin. "Colleges are changing every day. We are in the process of renovating both campuses in a way that we have flexible multi-purpose facilities to accommodate a variety of course offerings or community events."

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DISTRIBUTION SYSTEM OPERATOR

The Town of Cherokee Water and Gas is accepting applications for the position of **Distribution System Operator** (water and gas general laborer). This is a full-time position that will consist of water, gas, sewer and city maintenance.

Requirements: Experience working with natural gas and or a water utility is preferred. Applicants must possess a valid driver's license.

Benefits: Benefits will include BCBS health/dental insurance and State Retirement. Salary will be based on experience. Applications are available at Cherokee Town Hall during normal business hours (8:00 a.m. to 4:30 p.m.) Monday through Friday.

Apply: Applicants can also email their resume or application to cherokeewtpt@cherokeetel.net.

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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

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The City of Sheffield will begin taking applications for **POLICE OFFICER** Certified/Non-Certified

Applications will be accepted beginning **8am Monday, September 18, 2023** and will accept applications until position is filled. Applications may be obtained in **person** from the **City Clerks' Office** and the **City's Facebook page**. Completed application must be returned to the City Clerk's Office, **600 N. Montgomery Ave., Sheffield**

The City of Sheffield offers a Great Benefit Package

The City of Sheffield is an equal opportunity employer.

552016-1

Bridge...

Continued from Page 1

large panels depicting their vision for enhancing the old railroad bridge experience, presenting it more as a park.

There was also a video that takes viewers through the park from the proposed plaza near the existing parking lot, across the upper deck and through the proposed nature trails and overlooks.

The upper deck area of the bridge, where streetcars and rail cars once crossed the Tennessee River, is envisioned as a walkway with intermittent flower beds sown with self-seeding wildflowers.

A series of staircases provide access to the existing lower level, which was originally used for vehicle traffic.

A walkway would lead to proposed Patton Island Nature Trails, which would include boardwalks and permeable concrete trails due to the potential for flooding on the island.

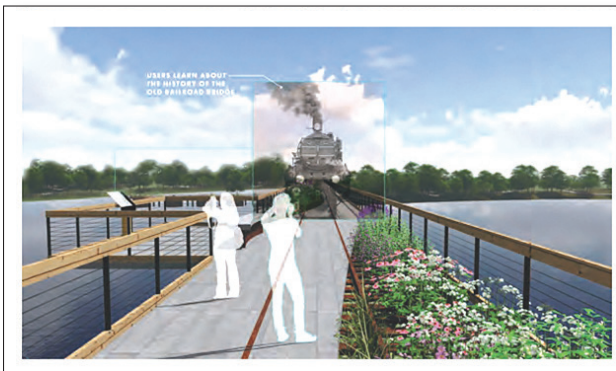
On the opposite side of the end of the bridge, boardwalks would lead to the mooring cells with boardwalks circling around



the cylindrical cells that were used to protect the bridge when the vertical lift portion of the bridge was in place. The cells would essentially become observation platforms.

The project would also include additional signage to help people get to the bridge.

Alexa McCullough is part of the five-person Tennessee RiverLine team that developed the project based on input from local stakeholders and the Muscle Shoals National Heritage Area, whose members were on hand Tuesday to explain the various aspects of the project.



McCullough fielded questions in front of a long narrow map depicting the entire project from the parking lot to the end of the bridge.

The public was encouraged to use tiny green, yellow, and red flags to indicate pieces of the project they wanted to see happen, pieces they were indifferent about, and pieces they could do without.

McCullough said the team also developed projects for eight other cities that are involved in the RiverLine's Tennessee RiverTowns program. The plans took about two months to complete and were based upon input from the community through a public meeting and visits to the bridge.

"Access to Patton Island was big," she said.

Carrie Crawford, the executive director of the Muscle Shoals National Heritage Area, said the old railroad bridge was selected as the Shoals RiverTowns project because of its location.

"One of the things that the leadership team wanted to make sure of is we found a project that was centrally located," Crawford said. "The middle of the river seemed like the best idea. And the old railroad bridge is such an amazing resource."

Florence Mayor Andy Betterton and Sheffield Mayor Steve Stanley attended the open house to view the renderings of the enhancement project.

"It was very impressive, much more involved than what I anticipated after the initial meeting we had," Stanley said. "They have certainly been creative in the design."

If funding can be found, Stanley said the project would certainly enhance the appearance of the bridge and provide additional amenities, which would draw more people to the attraction.

ACCESS TO PATTON ISLAND WILL LIKELY BE A CHALLENGE.

According to Patrick Osborne, planning and design manager for Tennessee RiverLine, the Tennessee Valley Authority has been involved with the RiverLine project for some time and is aware of the proposed plans for nature trails on Patton Island.

"TVA has been a part of the whole conversation," Crawford said.

There are various obstacles, such as National Environmental Protection Act assessments of the property to determine if the trails would cause negative environmental or cultural impacts to the island.

Osborne also said the U.S. Army Corps of Engineers is aware of the portion of the project involving the old mooring cells.

"They have the concept," Osborne said.

According to McCullough, the project was designed so that the bridge experience could still be enhanced even without the Patton Island overlooks.

"Just enhancing the experience of the railroad bridge would be an amazing project," Crawford said. "The bridge is one of the most visited places in the Shoals."

Tim Wagon, president of the Old Railroad Bridge Co., said if what he saw on the video could become reality, "I'm in."

"I love it," he said. Florence-Lauderdale

Tourism President/CEO Rob Carnegie said he and Crawford took a group to tour Patton Island.

He said Florence-Lauderdale Tourism has had an active part in the project.

In addition, Wagon said the Old Railroad Bridge Company is seeking volunteers to assist with replacing worn out planks on the walkway. Boards have been purchased and the work will take place later in the fall.

Artist renderings courtesy of Tennessee Riverline



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Commentary

Modern Amenities for an Old Bridge

Tennessee Riverline and the Muscle Shoals National Heritage Association hosted a community planning session one afternoon last week at Singing River Brewery to explore ideas for enhancing Old Railroad Bridge visitors' experience.

The folks with Tennessee Riverline had an impressive display of photography, detailed renderings, and video tours of some proposed enhancements for the parking and approach areas in Sheffield, the existing bridge span, and even some development options on the mooring cells and on Patton Island at the north end of the superstructure.

No expense was spared on possibilities as new walkways, overlooks, signage, and lush vegetation seemed to be everywhere, including across the top deck where the trains traversed for over a century.

Those attending included a nice mix of young adults who were largely unfamiliar

See MODERN... on Page 26

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

In A Few Words



TOM MAGAZZU
Editor

Courier Journal

THIS WEEK

in the Shoals

September 20, 2023

Happening THIS WEEK

'Night Mother' at Cypress Moon

Story is a Parent's Worst Nightmare

SHEFFIELD— The 2023 Full Moon Players season continues September 21-24 at Cypress Moon Studios in Sheffield with the Pulitzer Prize winning play by Marsha Norman, "Night Mother."

Adapted from the play by Marsha Norman, "Night, Mother" is the story of a parent's worst

See MOTHER... Page 26



Night Mother
Courtesy photo

VALLEY GROVE BAPTIST CHURCH celebrates 150 years the weekend of September 23-24. We will be hosting an open house on Saturday, September 23 from 2-5pm. The 10am Worship Service on Sunday, September 24 will include some former pastors and staff. Former, current and future members of our community are welcome to visit the church for this milestone anniversary at 3040 Old Hwy 20, Tuscumbia. 256-381-1662.

BETHEL CUMBERLAND CHURCH OF AMERICA, at 408 E. Alabama St. in Florence, will host its 125th Anniversary Celebration Services on Sunday, September 24. The guest minister for the 11am service is Rev. Dr. Deborah Matthews, former Senior Pastor at Highland Drive Christian Church in Jonesboro, AR. The guest minister for the 2pm service is Rev. Dr. Jeffery Braxton, Senior Pastor at First MB Church in Sheffield. Everyone is welcome.

I'LL TAKE YOU THERE, THE MUSCLE SHOALS MUSIC CELEBRATION CABARET is September 21-23 at the Ritz Studio, 111 W 3rd Street, Sheffield. Directed by Joey Wright and Jacob Adams and featuring talented soloists, this intimate event has limited seating. So, secure your tickets now! For more information, call 256-383-0533.

FOR CONSTITUTION DAY Colbert Co. Republicans Host Dinner at Locust Hill

TUSCUMBIA— Colbert County Republican Party will host a Constitution Day Dinner at 5:30pm on Monday, September 25 in the Locust Hill Event Center located at 209 S Cave Street in Tuscumbia.



Allen

Live music will be provided by Doctors & Lawyers & Such and the National Anthem will be sung by Grace Anne Underwood. The Keynote address will be delivered by Alabama Secretary of State, Wes Allen. Get a ticket for this family-

See ALLEN... Page 17

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YOUR Letters

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

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219 W. Tennessee St.,
Florence, AL 35630
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• FAX- 256-760-9618

Several References

Editor:

Many of those who think they are saved by faith only may not be familiar with the 2nd chapter of Acts, or the 6th and 8th chapters of Romans.

These three references from the New Testament stipulate baptism as a requirement for salvation. Even Jesus was baptized – not because he had sinned – but to obey his Father's commands, and as an example for us. I listen to Charles Stanley on TV, and he won't mention baptism. He has some great lessons, but he won't tell them what God commands to be saved.

Marshall Keeble, whose parents were both slaves in America, was

one of the finest Gospel preachers of his day. He once said, "You don't wash clean clothes, but dirty."

Here are some additional scriptural references that may help: Acts 2:38, Luke 12:50, Ephesians 4:5, Colossians 2:12, Matthew 3:13-17, and Galatians 3:27.

I pray that everyone will eagerly consider and obey God's commands. God bless all of you!

Jo Saint
Florence

GOP War Junkies

Dear Editor,

Has the GOP become an incredible war junkie? Judging from the presidential campaigns of Mike Pence and Nikki Haley and reckless statements from other establishment Republicans, such as Mitt Romney, the answer is a discouraging, "Yes."

See LETTERS... on Page 22

Yet, low and behold, one of the 16
was our very own Robert Aderholt...





NWSCC Director of Public Relations and Marketing, Trent Randolph, accepts six ACCSPRA Pyramid Awards.

NWSCC photo

Shorts...

Six PR Awards for NWSCC

Continued from Page 2

conference in Gulf Shores, NWSCC Director of Public Relations and Marketing, **Trent Randolph**, accepted two Pyramid Awards, three Awards of Achievement, and one Award of Merit.

The College was presented awards in the following categories for marketing and public relations materials created and/or used during the 2022-2023 year:

- **Pyramid Award** (1st place)
Athletics, T-Shirts
- **Award of Achievement** (2nd place)
Flyer, Photography (Graphically Manipulated), Photography (Unaltered)

- **Award of Merit** (3rd place)
Schedule / Annual Report / Registration Guides

The Pyramid Awards ceremony recognized best practices from Alabama Community College public relations and marketing professionals who submitted marketing and public relations materials to an independent panel of judges. Approximately 300 entries were submitted among almost 20 colleges.

Sept: Sepsis Awareness!

MONTGOMERY—Governor **Kay Ivey** recently signed a proclamation recognizing the month of September as Sepsis Awareness Month in Alabama and

encouraging Alabamians to learn the signs and symptoms and to seek treatment when needed.

According to the Alabama Hospital Association, sepsis is a serious condition inside the hospital and in the community. Alabama has the second highest rate of sepsis in the country based on the CDC's data which also states that sepsis claims the lives of 350,000 adults each year in the United States – more than from prostate cancer, breast cancer, and opioid overdose combined.

“Sepsis is the body’s overwhelming and life-threatening response to infection that can lead to tissue damage and organ failure,” said **Donald E. Williamson, MD**, president of the Alabama Hospital Association. “Staff at our hospitals work very hard to catch the condition early and treat it, but it’s also important that members of the public do their part to avoid hospitalization. If individuals can remember the acronym “TIME,” it will help. “TIME” stands for “abnormal Temperature,” “signs of an Infection,” “Mental decline,” and “Extremely ill (severe pain or shortness of breath).”

Experts state that for every hour that treatment is delayed for individuals with sepsis, the risk of death increases by 8%. 80% of sepsis patients are 50 years of age or older.

For more information, visit www.sepsisalliance.org.

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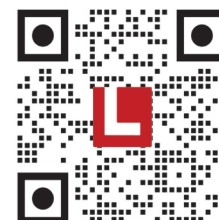
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Insurance Insights

What To Do If You Win The Lottery

Advice for before you turn in your ticket, after you claim the money and staying normal.

Chances are 1 in over 292,000,000 for winning the Powerball, while chances are greater for you to be struck by lightning in your lifetime. Nor is playing the lottery a sound financial plan.

Before turning in the winning ticket

- **Secure your ticket.** Make several copies of both sides to show your lawyer and/or accountant (see below), and then lock the actual ticket away in a bank safe deposit box or a secure personal safe. Once you have a team of advisors in place, have them look over the rules and contract before you sign the original ticket.
- **Take a deep breath and take your time.** You have a set amount of time to turn in your ticket, so don't run off to the lottery office first thing the next morning.
- **Protect your privacy.** As tempting as it may be to shout it from the rooftops and throw a huge "I won the lottery!" party, keep it as much to yourself as possible, especially before turning in your ticket. Some lotteries will require you to make your name public, give interviews or show up at a press conference.
- **Put together a crack team.** You're going to need a lawyer, accountant and financial advisor who have experience with large financial windfalls — finding them should be one of your first steps before you claim your money.
- **Make a general plan.** Before you start forming specific financial plans with your advisors, step back and think big-picture about what you want from this money.
- **Lump sum or annuities?** One of the first decisions you and your team will have to make is whether to take your winnings in one lump sum (usually around 60% of the total value) or have it paid out to you annually over a period of time. Long-term investments take financial wisdom and restraint, but with careful planning, you may be able to grow your lump-sum winnings larger than the future annuity payments would have been.
- **Plan for beyond.** Sadly, winning the lottery is unlikely to also make you immortal. Work with your team right away to sort out your estate planning, including your will, so your family is taken care of if something happens to you.

Once you have your money

- **Bank it.** Don't show up at the cashier counter with a check for millions — talk to the bank's upper management or private banking department ahead of time to discuss the best options for holding large amounts of money. Remember, the government only insures individual bank accounts up to \$250,000, so think about spreading your wealth around multiple accounts and banks.
- **Set a budget.** Silly, right? You have all the money you'd ever need — why do you need a budget? Actually, it's not silly at all. Sit down with your advisors and take a hard look at how much you really have after federal, state and local taxes; what new annual expenses you'll have (for things like property taxes and upkeep and paying your financial team); and how much you want to give to charity.

Maintain your perspective and sense of self

- **Don't quit your day job.** Certainly not until you have your lottery money in hand, but even then, consider sticking with some sort of part-time work or at least a passionate hobby.
- **Keep a healthy mind and body.** We all know money can't buy happiness — in fact, some folks say winning the lottery and dealing with the money and requests for help and loans ruined their lives with stress.



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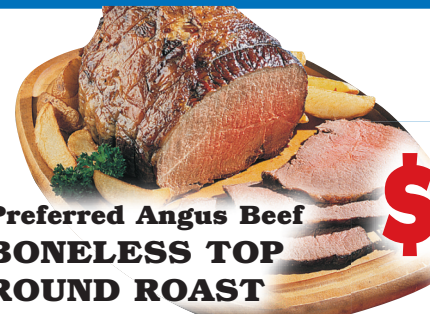


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Cat & Kids

by Cathy Turner

A Worthy Conference

Some have asked about the Transform Ladies Conference that I spoke at in Pigeon Forge with 1500 sister-friends in attendance. It was beyond wonderful! It was fun and meaty, uplifting and appropriate. Keynote speaker, Debbie Dupuy, said on Facebook of the weekend, "It was like an infusion of love, encouragement, and hope!"

I finished my Friday night keynote feeling that I had completed my thought. Since "Worthy" was the theme, one statement I made was, "You are needed. God needs you and when you doubt it, you are doubting the handiwork and plan of God. When you complain about yourself to yourself, you are robbing God of His glory - His perfection - His heavenly rightness. Don't complain about yourself, ladies. God doesn't want to hear it."

The country song that I led 1500 ladies in, acapella, was Thomas Rhett's "Thank You Lord". In one line of the song, he thanks the Lord "for my babies, for my girl, for the way they rule my world..." In our version everybody's husband's name was Earl! "For my babies, for my Earl, for the way they rule my world, I just gotta say, 'Thank you, Lord.'" I gave the ladies permission to talk about "Earl" kindly the rest of the weekend. They loved it and the Laredo cowgirl boots that I was wearing were toe-tapping by the time we sang the song all the way through! It sounded like the song! And my affirming choral director, sister-friend, Hannah Bradford, told me that I nailed it! That I with my deaf, untrained self "started each verse at the same pitch every time" was just God!

The singing all weekend was heavenly.

Harmonizing, and loving and uplifting - it was angelic! The sound is still chiming in my ears. And the words that were shared were so powerful and practical. There were three keynotes and other shorter talks. Here are some memorable quotes:

"Find your mission, get outside yourself, serve others and you will feel their love coming back to you."

"...make sure what you are choosing lines up with the vow you made when you said that you love God."

"Young ladies, do not stay in a relationship where he is demeaning you as a person, either verbally, emotionally or psychologically. Get out! And if he ever hits you, or pushes you, or makes you do things that you are not comfortable with - walk away, run. Because the time for a divorce is when you are dating!"

"One generation's optional is the next generation's unnecessary."

"Before God can heal...I have to deal."

JJ Davenport, the other keynote, shared an

original poem that just clears up "Worthy":

"My worth comes not from the gold on my hand, not from my job, and not from my man.

My worth was bought on a ragged old tree on a dark day that would end in victory.

My worth is not because of my works, because of the people I have saved, or my little quirks.

My worth comes from my Father, who saw fit to have a plan and never quit.

My worth requires obedient faith, an unwavering love and enormous, enormous, enormous grace.

My worth can't be bought - for the price has been paid. And through baptism I am saved.

My worth you see, can never come from earthly things, for my ransom was paid by a heavenly King.

So, one day I'll be asked, 'Are you worthy to pass?' And my answer will be, 'Jesus died for me.'"

These are the things that have been on my mind since I got back. It's like we took a little trip to a heavenly place and we were mad that we had to come back. But we re-learned that God deems us worthy of His love. So since we had to come back here, we are ready to "Keep moving - Finish Strong!" Let's go! #TLC2023

Email comments or suggestions to CatnKids1@gmail.com

Allen...

Continued from Page 12

friendly, casual dress event for a \$25 donation at their website, www.colbertrepublicanparty.com, call 256-762-4072, or pay at the door. Tickets include all access and a delicious barbeque dinner provided by Colbert County Commissioner, Tyrus Mansel. Children under 10 are free, but please make contact so planners know how many are coming and their names.

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ASK THE ATTORNEY



Thomas McCutcheon

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Q Should I give a statement to an insurance company after a car wreck?

Peter, Sheffield, AL

A The short answer is no. Unless your accident was one where you were stopped at a light and hit from the rear then please don't give a statement without talking to a personal injury lawyer. This is not a business that lends itself well to high volume. Any accident that involves speed, time and distance will be gotten wrong in a statement.

How far away from the other car were you when you first saw it? 75-feet.

How fast were you going? 45 miles-an-hour.

How long was it before you saw the other car before the impact? 10 seconds.

There is no way that can be true. 45 mph is about 60 feet per second. If you saw the other car for 10 seconds, you traveled 600 feet. Two football fields. But you said they were 75 feet away. There is just no way to get it right unless you go to the scene with your lawyer and measure and pace and make sure that your answers are the truth.

Face facts, insurance companies do not want to pay claims. If they can dispute liability, you're in for a long ride. If they can't dispute liability, every single time they will dispute the extent or cause of your injuries. I have literally had insurance defense lawyers say that a meniscal tear to a knee is like "lopping off a mole" and that they could probably do it.

A vast majority of claims are valued by ICE (injury claims evaluator) or other computer driven claims programs. The insurance adjuster that you speak with doesn't have the authority to override the amount of money dictated by a computer. At the end of the day, personal injury law is personal to the individual who was injured. Don't give a statement unless and until you can do it accurately.

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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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.



Medicare Minute

"Medicare and the Marketplace"

Some of the most frequently asked questions we get from people under the age of 65 concerns the relationship between the Marketplace (Obamacare) and Medicare. There seems to be a great deal of confusion about how these two insurance programs work. Here are this week's questions:

Will my Marketplace insurance end automatically when I become eligible at age 65 for Medicare? The short answer to this question is "no". You must go to healthcare.gov or contact your Marketplace insurance carrier to cancel your plan.

Can I keep my Marketplace plan after I become eligible for Medicare? Yes, you can keep your Marketplace plan after becoming eligible for Medicare. This will not, however, exempt you from enrolling into Medicare Part A and Part B during your initial enrollment period. If you delay your enrollment into Part B, or Part A if you must pay a premium for it, you may be assessed a late enrollment penalty if you decide to sign up after the initial enrollment period.

I am receiving a tax credit to help pay for my Marketplace plan. Will I continue to receive this tax credit once I become Medicare eligible? This is a tricky one. Once your Medicare Part A coverage starts, you won't be eligible for a premium tax credit for a Marketplace plan. If you kept your Marketplace plan, you'd have to pay full price.

Can you give me an example of losing my tax credit? Let's say you are on a Marketplace plan that has a premium of \$1,100 per month. You have a tax credit of \$1,000 per month which means you would pay a monthly premium of \$100 per month for your plan. Once your Medicare Part A begins the \$1,000 tax credit goes away and you would have to pay the full premium of \$1,100 per month.

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



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Letters...

GOP War Junkies

Continued from Page 12

War has become a convenient cop-out for these Republicans. It allows them to pontificate about foreign threats, while going AWOL from the real battle here at home. Rub off their toughness and you'll find a shirker underneath.

Why not allow the Democrats to wear the mantle of "war party" for a change?

The war in Ukraine illustrates how lethal war has become. Post-modern warfare between peers will be an unspeakable nightmare. No civilized person would want his countrymen involved in it.

What we need today are genuine statesmen, men and women who can sit across the table from a foreign adversary and work out difficulties. Ideally, we should be able to stay ahead of problems.

Instead of continuously associating the GOP with

foreign wars, why not equalize the approach, and emphasize the party's support of diplomacy? Or do the Republican candidates not have diplomatic skill?

Thomas Ponder Killen

Another Run on Liberties?

To the Editor:

We're hearing there is a new variant of Covid-19; a virus that has never been proven to exist. These psychopathic globalists have been gathering their stones for another attack on our liberties.

I wonder how many professing Christian churches will bow down to tyranny and close their doors when the new restrictions come into play.

I wonder how many people will suffer from depression from the lockdowns and kill themselves.

I wonder how many small businesses will

be destroyed because of a run on our God-given liberties.

I wonder why many American citizens will allow themselves to be experimented on with an injection that is called a vaccine when they have no idea what is in it.

I wonder why many people don't listen to our warnings and are caught up in materialism and entertainment, instead of doing research about what we're saying. I wonder why they are not standing up against this tyranny that seeks to destroy everything we hold sacred; even life itself.

Janice Gross Williams Killen

Childhood Mutilation

Editor;

Responding to the letter entitled, "LGBTQ+More Vocal" in your Sept. 6 issue, the writer asked what is going on with the state legislatures seeking to restrict LGBTQ+

rights, especially the gender-affirming medical treatments for children.

Noted liberal talk show host Bill Maher said, "It's terrifying that they're calling it gender-affirming care, when it's really childhood mutilation, before you have the ability to figure what permanent means."

The legislature is trying to do two things:

(1) The legislature is trying to protect kids and teens who have been made to question their God-given gender and make life-altering decisions they are not physically, emotionally, intellectually, or spiritually equipped to make.

(2) The legislature is trying to ensure parental rights in the lives of their own children in response to a push already underway in some states to take away these rights from parents and give them to the schools, libraries, or local governments. Kids have a far better chance of being protected from future regret by the large majority of parents than they do by educators and

bureaucrats pushing their own agenda.

To quote Maher again, he said, "If kids knew what they wanted to be at age eight, the world would be filled with cowboys and princesses. I wanted to be a pirate. Thank God nobody took me seriously and scheduled me for eye removal and peg-leg surgery."

As for more than two genders, I will let the writer take that up with our creator who made us "male and female." He is the one who assigns our gender when He creates us in the womb. Doctors simply take a look at a baby in the womb with ultrasound about 14-21 weeks into the pregnancy and without any hesitation declare it to be a boy or a girl. I truly believe that if you were to raise a child without any indoctrination about its gender that at some point early on, that child would conclude that it is a boy or a girl without any help from others.

Truman Kimbrough Sheffield

No Aderholt Opposition?

Editor;

Anyone who doesn't know we are in a deeply divided country right now truly is not paying attention. Entire institutions of our government are being used in partisan ways. One fundamental of our country should never change, and that is our equality under the law.

Since the election of Donald Trump in 2016, this hallmark has changed. If one doesn't just get their news from the legacy media, this information is readily available. We shouldn't trust ABC, CBS, NBC, CNN, or even Fox for getting news! What you get there is the narrative the left wing wants you to hear.

America is now under a two-tiered justice system. Hillary Clinton was not prosecuted for keeping and then destroying sensitive government emails on a

See LETTERS... Page 25

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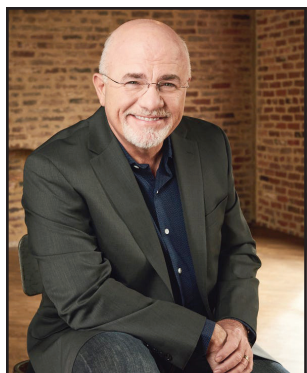
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DAVE Says

by DAVE RAMSEY



TAKE THE BIGGER CHECK

Dear Dave,
My car was declared totaled because of hail damage, and my insurance company says I have two options. One is to take a higher total loss settlement check of \$19,000 and use it toward the purchase of another car. The insurance company would then take possession of the car. The other option is to accept a check for \$13,000 and have the car on a salvage title. The car is worth \$15,000, and I have 20% car replacement assistance on my policy that increases the total loss settlement to the \$19,000 amount I mentioned earlier. I'm on Baby Step 3 of your plan, and I owe nothing on the car. What should I do?

— Meagan

Dear Meagan,
Take the bigger check! That's a quick and easy decision, but give me a minute to explain why. It's not about being greedy—it's a little more complicated than that.

If you had \$19,000 in your pocket, would you go buy a \$6,000 hail-damaged, salvage-title vehicle for everyday driving? Of course, you wouldn't do that! The insurance company is probably hoping you'll overlook the \$19,000 offer and essentially pay \$6,000 for this beat-up car. No.

Thank. You. I'll pass on that deal.

With \$19,000, you'll have plenty of cash to rent a car for a couple of weeks and take time to find a great-quality used car at a good price. You might even be able to negotiate with the insurance company to give you a little time to look for another ride before they come pick up the old one.

But no, you don't want that messed up, old car. Why would you? That thing probably looks like a kid with a bad case of acne right now. Go find yourself a nice car, hon. There are plenty of affordable, slightly used vehicles on the market right now. There's no reason for you to drive around in something that's all beat up if you don't have to.

Best of luck, Meagan!
— 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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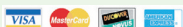
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Soap Opera Preview

DAYS OF OUR LIVES
Alex and Brady hunted for the truth in Greece. Stefan and Gabi were thrilled by Stefan's prospects. Leo confronted Dimitri. Theresa bumped into a loved one. Belle panicked when Shawn went missing. Rafe questioned Tripp about a shocking discovery. Ava and Harris searched for Susan in London. Wendy spied on EJ. Rafe put Tripp in the hot seat. EJ caught Wendy trying to hack into his phone. Jada confronted Talia about her questionable behavior. Johnny and Chanel's romance blossoms. Vivian and Maggie butt heads. Chad was shocked to have a new boss. Kayla pressed Stephanie about her relationship with Chad. Brady and Alex grew suspicious of Theresa. Justin and Maggie made a shocking discovery. *Wait to See: Vivian has a proposition for Philip. Marriage is on the horizon for two couples. Theresa confronts Alex and shares parental concerns with Brady.*

GENERAL HOSPITAL
Valentin received a big shock. Martin found himself in the hot seat. Brook Lynn made a confession. Marshall was very concerned. Nina offered assistance. Marshall was adamant. Eddie booked a gig. Portia felt left out. Sonny cautioned Dex. Anna got a visitor. Brook Lynn rebuked Tracy. Lucy and Maxie clashed. Nina treaded carefully. Cody apologized. Liz and Finn weighed in on Gregory's care. Drew updated Carly. Diane met with Robert. Anna hit a dead end. Sam asked Willow for a favor. Valentin sought

out Dante. Curtis voiced his reservations. Spencer and Trina were filled with anticipation. *Wait to See: Drew is targeted. Kristina makes a new friend. Molly gets some well-received news.*
THE YOUNG AND THE RESTLESS
Victor sent Victoria a powerful message. Adam gave into temptation. Nikki did damage control. Jack gave Tucker some unsolicited advice. Tessa returned home. Phyllis was backed into a corner. Victor delivered some unsettling news to Lily. Billy went rogue. Kyle and Summer called a truce. Victor lost patience with Victoria's insubordination. Nikki forced Audra to make a tough decision. Lily presented Devon with a mystery. *Wait to See: Jack stands his ground. Tucker reveals a dangerous plan to Phyllis. Audra gives Kyle a reality check.*

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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.

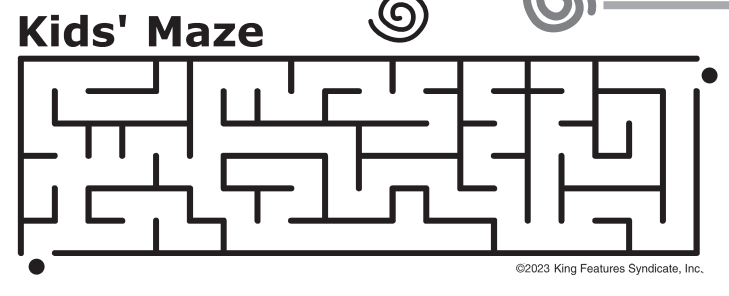
1. Use energy	___ _ _ E ___ _	Increase in size	___ _ _ A ___ _
2. Medicinal lotion	___ A ___ _ _	Decipher a mystery	___ O ___ _ _
3. Pulsate	___ _ _ _ B	Toss	___ _ _ _ W
4. Financier	___ _ N ___ _	Frontrunner	___ _ A ___ _ _
5. Lorelei's river	R ___ _ _ _	Glow	S ___ _ _ _
6. Used your cell	___ _ _ L ___ _	Comforted	___ _ _ M ___ _
7. Like some clouds	___ H ___ _ _	Inscribe	___ R ___ _ _
8. Paper fastener	___ _ _ P ___ _	Horse shed	___ _ _ B ___ _
9. Brags	___ _ _ _ S	King's headwear	___ _ _ _ N
10. Dish	___ _ _ T ___ _	"Melrose ___ _"	___ _ _ C ___ _

Puzzle Whirl

MINI SUDOKU

2		4	5
			6
	6		2
4			
3	4		5
	1		

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

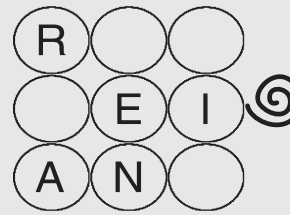
Can you go from BLIND to FLOUR in 6 words?
Change one letter for each rung in the ladder.

BLIND

FLOUR

Answers on Page 30

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.

Letters...

No Aderholt Opposition?

Continued from Page 22

private server. Donald Trump faced Russian collusion allegations before and throughout his presidency. Those hamstrung his administration. January 6 participants are still being hunted down, arrested, and sentenced to the maximum extent of the law. One J6 defendant just had 10 years added to his sentence for shaking a temporary metal fence outside the capital. BLM rioters are not pursued AND are receiving financial settlements for their rights being denied. Portland area rioters who threw explosive objects at federal buildings and pointed lasers into eyes of federal officials are not even being sought.

The Hunter Biden laptop has been in the possession of the FBI since 2019, yet no indictment has been issued against him - although there are obvious federal gun violations on video. Parents who showed up at local school board meetings to protect their children have become FBI targets. A person who was praying outside an abortion clinic had his house raided pre-dawn in front of his children with FBI agents wielding long guns, even though the person had volunteered to surrender himself. The list goes on and on. All these actions have been done by the FBI. After writing this, I may be on a watch list.

The FBI now wants a new headquarters building, projected at over \$4 billion. Representative Andrew Clyde (R-GA) introduced an appropriations amendment in Congress in July, to rescind \$670 million in this year's FBI budget. The amendment failed because 16 Republicans voted against rescinding the money. That is not surprising; the Republican Party is full of RINO's. Yet, low and behold, one of the 16 was our very own Robert Aderholt - 4th congressional district of Alabama, and a prominent voice in Washington DC for much of Lauderdale County. I now reside just outside his district to the east, but I was shocked he

would vote to fund a new multi-billion-dollar FBI building after the agency has so blatantly gone after conservative America.

Keep in mind, this wasn't some "all or nothing" omnibus or continuing resolution. This was a vote on a single amendment to an appropriations bill. I can't explain Aderholt's reasoning. When I attempted to reach his office via his congressional mail page, I was informed I was outside of his district. However, I know a lot of people inside his district. On this issue alone he should face a primary opponent! He should be made to answer why he voted to fund a new FBI headquarters larger than our pentagon. This justice system is actively trying to prevent a man, who 75 million Americans voted for, from even being on the ballot. While Republicans have a majority in the House of Representatives, federal agencies must be defunded and defanged.

Greg Duncan
Center Star

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Florence City Schools						
COMBINED STATEMENT OF REVENUES, EXPENDITURES, AND CHANGES IN FUND BALANCES						
ALL GOVERNMENTAL FUND TYPES AND EXPENDABLE TRUST FUNDS						
FOR THE FISCAL YEAR ENDED SEPTEMBER 30, 2022						
						EXHIBIT F-II-A
FUND TYPES DESCRIPTION	GENERAL	GOVERNMENTAL			FIDUCIARY	TOTAL (Memo Only)
		SPECIAL REVENUE	DEBT SERVICE	CAPITAL PROJECTS	EXPENDABLE TRUST	
REVENUES						
STATE REVENUES	30,798,357.98	0.00	323,414.22	1,418,896.06	0.00	32,540,668.26
FEDERAL REVENUES	1,740.00	10,150,604.09	0.00	0.00	0.00	10,152,344.09
LOCAL REVENUES	24,744,279.83	1,214,754.03	39,228.47	6,805,650.78	752,147.24	33,556,060.35
OTHER REVENUES	173,091.08	1,259,020.82	0.00	0.00	0.00	1,432,111.90
TOTAL REVENUES	55,717,468.89	12,624,378.94	362,642.69	8,224,546.84	752,147.24	77,681,184.60
EXPENDITURES:						
INSTRUCTIONAL SERVICES	28,590,905.12	6,030,213.77	0.00	224,418.81	186,691.73	35,032,229.43
INSTRUCTIONAL SUPPORT SERVICES	9,251,253.44	1,015,402.59	0.00	565,117.59	303,766.69	11,135,540.31
OPERATIONS & MAINTENANCE	6,199,379.80	341,629.37	0.00	53,257.45	6,137.04	6,600,403.66
AUXILIARY SERVICES	1,979,542.58	3,864,169.14	0.00	0.00	25,860.20	5,869,571.92
GENERAL ADMINISTRATIVE SERVICES	1,701,335.25	329,902.98	0.00	78,647.65	0.00	2,109,885.88
CAPITAL OUTLAY	1,267,973.00	0.00	0.00	1,252,055.08	0.00	2,520,028.08
DEBT SERVICES						
PRINCIPAL	0.00	0.00	1,728,888.65	0.00	0.00	1,728,888.65
INTEREST	0.00	0.00	1,846,204.57	0.00	0.00	1,846,204.57
OTHER DEBT SERVICES	0.00	0.00	10,560.00	140,923.00	0.00	151,483.00
OTHER EXPENDITURES	1,961,028.11	1,161,169.37	0.00	0.00	149,194.84	3,271,392.32
TOTAL EXPENDITURES	50,951,417.30	12,742,487.22	3,585,653.22	2,314,419.58	671,650.50	70,265,627.82
OTHER FUND SOURCES (USES):						
TRANSFERS IN	865,355.28	903,481.72	3,345,475.85	523,995.41	152,610.00	5,790,918.26
OTHER FUND SOURCES	304,724.16	0.00	0.00	10,138,454.40	0.00	10,443,178.56
TRANSFERS OUT	1,898,563.01	295,193.88	0.00	3,345,475.85	251,685.52	5,790,918.26
OTHER FUND USES	0.00	87,164.55	0.00	0.00	0.00	87,164.55
TOTAL OTHER FUND SOURCES (USES)	(728,483.57)	521,123.29	3,345,475.85	7,316,973.96	(99,075.52)	10,356,014.01
EXCESS REVENUES & OTHER SOURCES						
OVER(UNDER)EXPENDITURES & OTHER FUND USES	4,037,568.02	403,015.01	122,465.32	13,227,101.22	(18,578.78)	17,771,570.79
BEGINNING FUND BALANCE - OCT 1	15,917,875.66	1,575,510.68	1,858,486.49	3,857,946.24	511,435.74	23,721,254.81
ENDING FUND BALANC - SEP 30	19,955,443.68	1,978,525.69	1,980,951.81	17,085,047.46	492,856.96	41,492,825.60



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Mother...

Continued from Page 12

nightmare. What would you do if someone you loved sat down with you one night and calmly told you that they were going to end their life before morning? This is Thelma Cates' dilemma. Her daughter Jessie has had it. A middle-aged epileptic unable to drive or hold a job, with a failed marriage and a drug-addicted runaway son on the wrong side of the law, Jessie can find no reason to keep living. How can Thelma convince her daughter that life is worth living if she can't feel her pain? How can she end her daughter's embrace of death before morning?

The play is produced by Tonya Holly, directed by Brynn Albretsen and Simon Eli Milliman, and stars Elizabeth Ragsdale and Macy Ladner.

A brief panel discussion will follow on Mental Health and Suicide Awareness.

Tickets are \$15 in advance or \$20 at the door. September 21-23 the plays are at 7pm, September 24 at 2pm. For tickets and more information: CypressMoonStudios.org 256-335-6961.

Commentary

Modern...

Continued from Page 12

with the Old Railroad Bridge and its storied history, and seasoned adults who remember when the bridge was operational into the 1980's and before when the lift span - and even the turn span - over the navigation canal were still in place and operational. Quick trivia question: Who remembers what happened to that lift span that was erected here in 1962?

Attendees were encouraged to indicate their preferences and priorities for areas to be considered for enhancement. Of course, there were no budgets or estimates included with any elements since no materials costs, engineering requirements, or timelines could be estimated at this very early juncture.

It will be interesting to see progresses from this initial session and what kind of funding is available in state and federal quality of life budgets - if any.

Regardless, let's hope that the historical integrity of the bridge is maintained with whatever developments take place.

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Notes...

Continued from page 4

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.

Tennessee Valley Art Association presents a film screening of the 1986 classic, "Labyrinth" on Saturday, September 23, at 2pm at the Ritz Theatre in downtown Sheffield

Sixteen-year-old Sarah must solve a labyrinth to rescue her baby brother when he is taken by the Goblin King. Join the ominous journey with David Bowie and Jennifer Connelly, from the creators of The Muppets and The Dark Crystal

Tickets are \$10 online (plus tax), \$13 plus tax at the door general admission. Tickets available at tennesseevalleyarts.org - Licensed by Swank Motion Pictures.

Your tickets will be emailed to you upon purchase. Please have your tickets either loaded on your phone or printed when you arrive at the theatre. TVAA is unable to offer refunds on purchased tickets. Consider adding 3rd party purchase protection. *Call 256-383-0533 for ADA Seating.

The 2023 Full Moon Players season continues September 21-24 at Cypress Moon Studios in Sheffield with the Pulitzer Prize winning play by Marsha Norman, "Night, Mother."

Adapted from the play by Marsha Norman, "night, Mother" is the story of a parent's worst nightmare. What would you do if someone you loved sat down with you one night and calmly told you that they were going to end their life before morning? This is Thelma Cates' dilemma. Her daughter Jessie has had it. A middle-aged epileptic unable to drive or hold a job, with a failed marriage and a drug-addicted runaway son on the wrong side of the law, Jessie can find no reason to keep living. How can Thelma convince her daughter that life is worth living if she can't feel her pain? How can she end her daughter's embrace of death before morning?

The play is produced by Tonya Holly, directed by Brynn Albreitsen and Simon Eli Milliman and stars Elizabeth Ragsdale and Macy Ladner.

Tickets are \$15 in advance or \$20 at the door. September 21-23 the plays are at 7pm, September 24 at 2pm. For tickets and more information: CypressMoonStudios.org 256-335-6961.

LifeSouth Bloodmobile Dates:

Wednesday, September 20 First Baptist Church Colbert Heights, 6000 Woodmont Dr., Tusculumbia, 5pm - 8pm

Sunday, September 24 Walmart, 2701 Cloverdale Rd. Florence, 10am - 4pm

Monday, September 25 UNA Alpha Tau Omega Fraternity, 450 Campbell Street, Florence, 11am - 6pm

Tuesday, September 26 UNA- Student Nurses Association, Student Recreation Center, 333 Covington St., Florence, 8am - 5pm

Wednesday, September 27 Colbert Heights High School, 6825 Woodmont Dr., Tusculumbia, 8am - 3:30pm

Fall Festival - Killen Farmers Market at Killen Park on Saturday, September 23 from 11am - 5pm. Live Music by Cane Creek Cliff Dwellers and the Cadillac, Farm Fresh Seasonal Produce - Fall Treats from Local Bakers, Arts & Craft Vendors, Food Trucks, Raffle and much more! Kids Activities Area with games, bouncy houses, face painting, etc.

Enjoy the many local sellers of seasonal fruits/vegetables, meats, baked goods, eggs, local honey, flowers, plants, beverages and coffee.

Specialty Items include Popcorn, popsicles, cupcakes and pastries. Crafts: Handmade bath and body care products, textiles, wood working, jewelry, and artists, local CBD products.

Enjoy the shaded selling areas, playgrounds, walking paths, accessible restrooms, and ample parking. Killen Park is located just off of US 72 at Lock Six Road.

Bethel Cumberland Church of America, at 408 E. Alabama St. in Florence, will host its 125th Anniversary Celebration Services on Sunday, September 24. The guest minister for the 11am service is Rev. Dr. Deborah Matthews, former Senior Pastor at Highland Drive Christian Church in Jonesboro, AR.

The guest minister for the 2pm service is Rev. Dr. Jeffery Braxton, Senior Pastor First MB Church, in Sheffield. Everyone welcome.

The 2023 Allen Family reunion will commence at noon on Sunday, September 24 at the H.D. Allen Park on Bluewater Creek west of Lexington. Please bring a dish for lunch.

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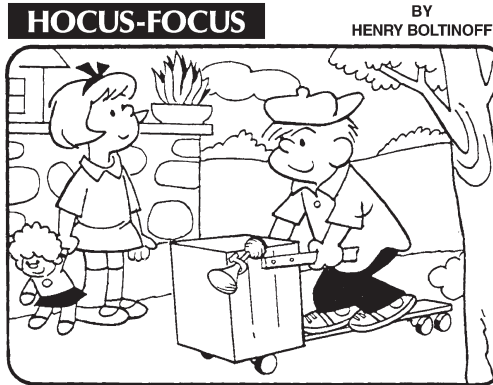
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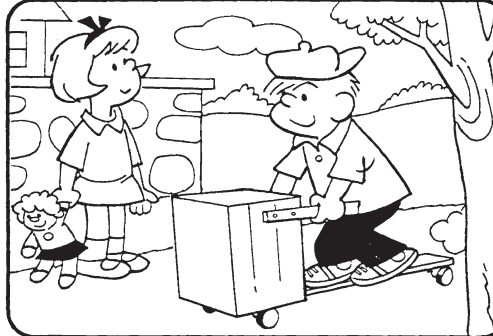
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~ Courtesy David Curott ~ author of "Signs of the Past" and "More Signs of the Past"



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Savvy SENIOR

Best Stair Lifts of 2023

Dear Savvy Senior,
 Because of chronic arthritis, I have a very difficult time going up and down stairs anymore and am interested in purchasing a stair lift for my two-story house. Can you recommend some good companies?
 Arthritic Andy

Dear Andy,
 Yes, of course! A good home stair lift is a great mobility solution for anyone who is unable, or has a difficult time climbing stairs. To help you choose a quality stair lift that meets your needs and budget, here are a few shopping tips along with some top-rated companies.

What to Know
 There are two basic types of stair lifts that are sold today: straight and curved. The type you need will depend upon the design of your staircase.

A straight stair lift is one that travels in a straight line up a flight of stairs uninterrupted by landings, bends or curves, and costs anywhere between \$2,000 and \$5,000 installed. Curved lifts, however, are much more elaborate and will go around corners, bends and changes in direction. Curved lifts are also much more expensive, typically running between \$8,500 and \$15,000 or more depending on the complexity of the installation.

Most stair lifts available today also have seats, armrests and footplates that fold up out of the way, and swivel seats that make getting into and out of the chair easier. They also come with standard safety features like seatbelts, braking systems and footrest sensors, push-button or rocker-switch controls located on the armrest for easy operation, and "call send" controls which allow you to call or send the unit to the other end of the stairs. Make sure the lift you choose has all these features.

If you are a large person, you may need to get a heavy-duty lift with a wider seat and bigger lifting capacity - all companies offer them. Or, if you're tall, find out about raising the seat height during installation.

Depending on the company, you may also have the option of choosing between an electric (AC) and a battery powered (DC) stair lift. Electric stair lifts are simpler and cheaper than battery powered units, but if your home loses power so does your lift. While battery powered lifts work even if there's a power failure.

Best Stair Lifts
 To help you choose a great stair lift the National Council on Aging, which is a national nonprofit organization that advocates for older Americans, put together a review team to research the different companies. Their list of best stair lifts of 2023 includes:

- Editor's Pick: Bruno (bruno.com)
 - Most Affordable: AmeriGlide (ameriglide.com)
 - Best Customer Reviews: Acorn (acornstairlifts.com)
 - Most Supportive Design: Harmar (harmar.com)
 - Most Adaptable to the Home: Access BDD (accessbdd.com)
 - Best for Arthritis: Stannah (stannah-stairlifts.com)
- See NCOA.org/adviser/stair-lifts/best-stair-lifts to read their detailed reviews.

Financial Help
 Unfortunately, health insurance including original Medicare does not cover home stair lifts, but some Medicare Advantage plans may help pay. Or, if you have long-term care insurance it too may cover a portion of the costs.

If you qualify for Medicaid, many states offer waivers that may help pay for a lift, and the VA has several grant and benefit programs that may offer assistance too if you're a veteran.

To save some money, you may want to consider purchasing a used or refurbished model. Or, if you need a stair lift for only a short period of time, consider renting one. Most companies offer these options, and many offer financings too.

To get started, contact some of the previously listed stair lift companies who will put you in touch with a dealer in your area. All dealers provide free in-home assessments and estimates and can help you choose an appropriate lift.

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



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Military Firefighters, Unjustly Denied VA Benefits

– How the “Michael Lecik Military Firefighters Protection Act” Might be a Game Changer

by Miguel Leyva

Firefighters encounter countless health hazards regularly on the job, such as carbon monoxide, asbestos, benzene, sulfur dioxide, particulates, and hydrogen cyanide. Toxic exposure is highly prevalent among these brave people, so cancer is the leading cause of death among firefighters. They are 9% more likely to develop cancer and have a 14% higher risk of dying from cancer. Military firefighters are no exception, as they are exposed to the same harmful agents

occupationally.

While most veterans injured by toxic exposure that occurred during active duty are entitled to VA benefits such as disability compensation, military firefighters are often denied these benefits. This is because the VA does not recognize the connection between military firefighting and cancer as a service-connected disability. Perhaps the most eye-opening example in this regard is the story of Michael Lecik, a former U.S. Air Force firefighter diagnosed with multiple myeloma in 2019. After filing a VA claim for his diagnosis, Lecik was denied the benefits he was entitled to, and in 2021, he passed away.

Still, the death of Michael Lecik might not be in vain, as in 2020, the Michael Lecik Military Firefighters Protection Act was introduced by Representative Abigail Spanberger. The primary

goal of this bill is to establish presumptions of service connection for diseases associated with firefighting, including lung cancer, multiple myeloma, heart disease, bladder cancer, and skin cancer. However, because the bill did not become law, it was reintroduced in 2021.

Firefighters have a significantly higher risk of developing some cancers than the general population. According to a study, they are twice as likely to come to struggle with mesothelioma, a very aggressive cancer occurring on the outer lining of the lungs. The only cause of mesothelioma is exposure to asbestos, which is currently present in approximately 30 million homes and 20% of public and commercial buildings across the country. Military firefighters are exposed to asbestos even more often, as the mineral

was extensively used in the military between the 1920s and the 1980s, and it is still present in many structures.

The Michael Lecik Military Firefighters Protection Act is currently awaiting to become law. If the bill was signed into law, military firefighters would no longer have to struggle financially due to the high cost of cancer treatment, and we might also witness fewer deaths within this vulnerable demographic.

Miguel Leyva is a case manager at Atraxia Law in San Diego, CA. He provides assistance to military firefighters injured by toxic exposure during active duty. Miguel helps veterans with cancer and other diseases gather and organize relevant information about their injuries so they can subsequently file a claim.

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Community Notes...

Continued from page 27

Lexington Senior Center Swap John's Dinner - Tuesday, September 26, 4pm-7pm. Your choice of Shrimp, Fish Or Chicken. Meal Includes: slaw, fries dessert & drink. \$14 per plate.

Adult Game Night - Thursday, September 28, 5pm-6pm, at the Florence-Lauderdale Public Library, 350 N. Wood Ave., Florence.
Additional Date, 5pm-6pm: Thursday, October 26.

Enameling Workshop with Cathy Talbot, Saturday, September 30
Session 1: 9:30AM -12:30PM, Session 2: 2:30PM - 5:30PM at the Ritz Theatre Encore Room and Set Shop, downtown Sheffield

From hand fabricating the metal for jewelry or art objects to torch or kiln firing the glass, it's all about the technique and color, color, color. Cathy also enjoys sharing the art as a guest instructor at area studios and community outreach programs. Cathy is a member of Craftsmen's Guild of MS, TN Crafts Southwest Chapter, and The Enamelists Society. Learn the basics of vitreous enameling on copper. All materials provided to create at least one pendant and earrings. Designs will vary. Just bring your imagination and desire to create.

We've got all the supplies- just bring your imagination and desire to learn vitreous enameling!

Fee: \$200 (\$180 with TVAA membership at the Scholar's Circle level or above)

Payment: Payment is due at the time of registration online or by calling the Tennessee Valley Museum of Art at 256-383-0533. The TVMA is located at 511 N. Water St. in Tusculmbia. Class fees are non-refundable.

The Scooters for Hooters Poker Run is September 30 leaving from Natchez Trace Harley Davidson in Tusculmbia. A day of riding, music, and community,

all supporting breast cancer survivors. Registration starts at 9am, kickstands up at 10am. The entry fee is just \$20 per bike, which includes lunch after the ride, entry into the thrilling Poker Run where you can test your riding skills and luck for some fantastic prizes. Don't forget to try your luck in the 50/50 drawing for a chance to win big. As the sun sets, enjoy the rocking tunes of the LA Outlaws on the big stage. Information: 256-383-5814.

Chicano Voices Speak is a carefully curated exhibition created by the Tennessee Valley Museum of Art in Tusculmbia, offering viewers the opportunity to consider the cultural, social and political intersections of the United States and Mexico, the establishment and maintenance of cultural identity and the physical and social borders that exist between them. The exhibit runs through September 30.

The artists invited to participate are from across the United States and identify as Chicano/x, Hispanic, Latino/x or work with the subject of immigration and culture. The artists include: Juan Fuentes, Carlos Barberena, Celeste De Luna, Diego Marcial Rios, Eugene Rodriguez, Fernando marti, Frank Estrada, Raoul Deal and Favianna Rodriguez.

The Run2TheCross 5K and Fun Run, Thursday, October 5 at CrossPoint church of Christ in Florence. Registration begins at 4:30pm. Fun run begins at 5:30pm. 5K begins at 5:45pm A Candlelight Devotional gets underway at 6:45pm. Singing by Scarlott, Bonnie, and Ava Thompson.

Please come out and support us as we bring glory and honor to God and to remember and honor the memory of Jon Willingham.

You may donate: Venmo: @Run2theCross-DW. Website: https://www.run2thecross5k.com/ Mailing address: 151 Shadybrook Dr Florence, AL 35630.

The Annual Belle Mont Quilt Show will be on display at historic Belle Mont Mansion, 1569 Cook Lane in Tusculmbia, during museum hours, Wednesday -Saturdays, October 4-28, from 10am-4pm More than 20 antique or vintage quilts will be featured, curated by Glenn Rikard from private collections. Regular admission rates apply.

In addition, each Friday at 1pm during the Belle Mont Quilt Show (Oct. 6, 13, 20, and 27) at 1pm, Rikard will host a discussion of the quilts with a guided tour of the exhibit. Individuals are invited to bring quilts from their private collections

for "show and tell".

For more information or to schedule group tours: 256-381-5052 or bellemontmansion@gmail.com. Find info on Facebook or visit bellemontmansion.godaddysites.com

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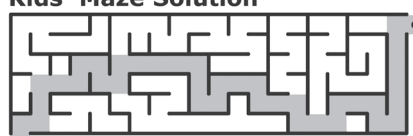
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2. Salve, Solve
3. Throb, Throw
4. Lender, Leader
5. Rhine, Shine
6. Called, Calmed
7. White, Write
8. Staple, Stable
9. Crows, Crown
10. Plate, Place

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WORD LADDER

Answer
BLIND, BLOND, BLOOD
FLOOD, FLOOR, FLOUR

Word Spiral Answer
RATIONALE

MINI SUDOKU

Answer

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

What's All the Buzz About Honey?

by Katie Nichols

AUBURN UNIVERSITY—The arrival of fall generally signifies the end of honey harvest for most beekeepers in the United States. Always a popular sweetener, honey has made a comeback as consumers shift their preference toward local products. September is National Honey Month, which makes it a great time to think about the contributions of pollinators near and far, as well as the apiculturists who care for them.

The Alabama Cooperative Extension System recognizes the value of the work that pollinators do in the state — in the backyard, on the farm and all of the places in between. Members of the Alabama Extension beekeeping team, Allyson Shabel and Jack Rowe, work together to provide resources, training and community for beekeepers in Alabama.

LOCAL HONEY

Rowe, an Alabama Extension regional agent, said honey can be used in cooking, for medicinal purposes, as a preservative and a sweetener.

"Honey is good for cooking, preserving foods and even just for sweetening," Rowe said. "It is the sweetener of the whole past ages of humanity."

He said one of the best ways to support communities and local people is by purchasing locally grown and produced products. Local honey is available at most farm stands or farmers markets.

"Local honey is one of those joys in our culinary lives," Rowe said. "It is fragrant, tasty, supports local people and keeps the ideals of local life and food alive."

Rowe said while honey is a favorite of many, there is a common misconception about its health benefits. Many believe that honey from local hives prevents seasonal allergies. However, this is not supported by scientific evidence.



"The plants the bees feed from are not the ones releasing airborne pollen," Rowe said. "Also, honey never contacts any of our nasal membranes."

BEEKEEPING BENEFITS

Shabel, an Alabama Extension urban regional agent, said beekeeping is a great hobby to help you connect to the environment around you. Beekeepers also play a key role in protecting and caring for local pollinators. Bees pollinate local crops for farmers, while also producing honey for communities.

"Protecting pollinator populations in your local environment is important," Shabel said. "Many flowering plants in your landscape rely on pollinators to produce the next generation of seeds."

Beekeeping also provides an opportunity to stay active. From lifting heavy boxes to wearing protective suits in hot weather, beekeeping requires physical endurance and disciplined time management to make sure the colony survives.

"Beekeeping can be physically demanding but very rewarding," Shabel said. "It is a very physical hobby that requires strength and stamina."

MORE INFORMATION

Rowe and Shabel share current events and information through their monthly beekeeping newsletter as well as through their *At Home Beekeeping* series, which can be joined remotely via Facebook or Zoom on the last Tuesday of each month.

Learn more about protecting pollinators in the Pollinators section of www.aces.edu.

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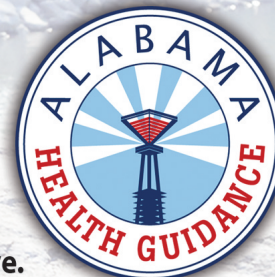
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