

**Drop-Off in
Our Office**

Volume 140 Number 5

November 22, 2023

POSTAL PATRON



FLORENCE—The *Courier Journal* and *TimesDaily* office, at 219 W. Tennessee St. in Florence, is a drop off location for Toys for Tots. New and unwrapped toys may be placed in the donation box located in our front lobby by Thursday, November 30. Office hours are 8am-5pm, Monday-Friday.

Courier Journal

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**UNA's Walker
Extended**

FLORENCE—UNA women's soccer head coach, **Chris Walker**, received a contract extension last week through the 2025 season with an option for 2026. The announcement from Director of Athletics,



Walker Dr. **Josh Looney**, comes on the heels of a landmark season for the UNA women's soccer program. Despite being picked for last place in the ASUN preseason polls, the team finished with an 11-5-6 overall record and played in the Atlantic Sun Conference Championship Final November 5 in Nashville.

"Chris Walker has guided our women's soccer program

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

**REMINDER:
AD DEADLINE**

for the Nov. 29 issue is
**Weds,
Nov. 22**

Display ads - Noon
Classified ads - 4:30pm

Automotive Inside



Ray Miller Buick-GMC
Advance Auto Sales



Staff photo: TVM

Governor Ivey joined local officials last week for the groundbreaking of the Workforce Development Center. Pictured shoveling with Ivey are L-R: Lauderdale County Commissioner Joe Hackworth, State Senator Tim Melson, Commissioner Roger Garner, and Commission Chairman Danny Pettus.

**Gov. Ivey
Grabs a
Shovel**

FLORENCE—The long-awaited official groundbreaking for the Lauderdale County Workforce Development Center took place Friday, November 17 with Governor Kay Ivey in attendance. The originally scheduled groundbreaking was postponed because State Senator Tim Melson had emergency medical issues while outside the country with other state officials on an economic development trip. However, work at the site has been underway for several

See **IVEY HELPS...** on Page 15

**Super Cheers
in Sheffield**

SHEFFIELD – Sheffield High School and Sheffield Junior High School cheer squads brought home first place honors on Saturday, November 11 by winning their respective classes in the 2023 AHSAA North Super Regionals. There

See **CHEER...** on Page 6

Brooks High School hosted a commitment signing for four of their senior athletes last week. Pictured l-r:

- Christian Chatterton committed to Auburn Baseball. He is a right-handed pitcher and infielder.
- Abby Herndon committing to Ole Miss Softball. She is a left-handed pitcher and utility player.
- Ellie Partrick committed to the University of Alabama in Track & Field. She excels in the javelin.
- Seth Walton committed to Calhoun Community College in Baseball. He is an outfielder and utility player. *Courtesy photo*



INSIDE this Issue

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- A&M Leads Macy's
- Computer Skeptic
- Dave Ramsey

- GAME DAY SCORE CARD 2023**
- Adopt-a-Friend
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Shorts...

UNA's Walker Extended

Continued from Page 1

to two Atlantic Sun final appearances in our short NCAA Division I history while leading equally impressive academic and community accomplishments as UNA's head coach," said Looney. "He is a visible and respected leader throughout our campus and soccer communities, and we are confident in Chris' ability to continue elevating Lion Women's Soccer to new heights."

Walker has led the burgeoning program to two conference tournament finals, doing so in 2018 and 2023. He owns a 4-2-1 postseason record since UNA joined the ASUN in 2018. Walker recently completed his 11th season. The program also finished the 2023 season tied for the NCAA lead in shutouts with 13 behind ASUN Goalkeeper of the Year **Adriana Wright**, setting a new school record in the process. UNA also celebrated five all-conference selections, one all-freshman selection, and three Academic All-ASUN selections.

"I'm excited to continue to build and work with this group of talented student-athletes," said Walker. "We navigated the transition from D2 to D1, and now we want to continue to be competitive and



A Friends 'Thank You'

Appreciation was extended to Florence-Lauderdale Friends of the Library board members at the October meeting as they completed a six-year term of service. Debra Dombrowski served as a previous president and board member. Sarah Ware served as secretary and board member, and Anne Smith served as board member and will continue to serve as Manager of the Friends Bookstore. Shown left to right: Brenda Baker, treasurer; Dr. Kathryn Thigpen, secretary; Anne Smith; Sarah Ware; and Jan Irons Harris, president. Not pictured Debra Dombrowski.

successful at this level. UNA is a special place, and the community has shown great support of our program."

Ice Skating in Muscle Shoals

MUSCLE SHOALS — A temporary ice-skating rink behind Muscle Shoals City Hall will provide a different type of recreational option for Shoals residents while offering local schools and non-profits a unique way to raise money.

The portable rink was delivered and was assembled on the lawn between the back of city hall and the amphitheater last week. The rink will open to the public November 26

and will remain open until January 14. Hours will be Thursdays and Fridays from 3–8pm and Saturdays and Sundays from noon–8pm. The public will be able to rent skates and try their hand at ice skating for \$12 per half hour.

Alyssa Crow, the director of events and engagement for the Shoals Chamber of Commerce, said the chamber gave Shoals cities the opportunity to host and Mayor Mike Lockhart jumped on it.

Crow said the ice surface is actually Glice, a brand name of a synthetic ice used in a variety of applications. "It provides a unique experience for our city and community and will

See SHORTs...on Page 8

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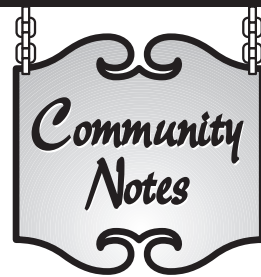
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of 20 or more.
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If you can't donate, please share this information.

The Lauderdale County Solid Waste Department - including the landfill - will be **CLOSED Thanksgiving Day, November 23.** So, residential and household garbage collections will be delayed by one day. Thursday's normal pickup will be on Friday, and Friday's will move to Saturday. In addition, the landfill will also be closed to the public on Saturday, November 25 since heavier commercial and household garbage delivery is anticipated from the holiday. Anyone with any questions is encouraged to contact the solid waste department at 256-760-5878.

LifeSouth Bloodmobile Dates:
Saturday, November 25 Walmart - Cloverdale Road - Florence, 10am - 4pm
Tuesday, November 27 Deshler High School, 7:30 am - 3:00 pm
Sunday, December 3, Elgin Missionary Baptist Church, 11am - 4pm
Thursday, December 14 Helen Keller Hospital, 9am - 6pm
Sunday, December 17 Lowe's - Muscle Shoals 10am - 4pm

Gerald Clemmons needs a kidney!
Gerald is a lifelong resident of Lauderdale County. He has kidney disease and is on dialysis. He has been told that he needs a kidney transplant, and a living donor is his best chance to survive. Please consider becoming a living kidney donor for him at Vanderbilt Hospital.

You can help! To be a donor, you will need to: know your blood type, be at least 18 years of age, be in good physical health, and have a good mental disposition. This week can provide more information: <https://bit.ly/VandyLivingDonor>

Prepare for a night of enchanting melodies and vibrant performances at **Burritt on the Mountain's Old Church building Tuesday, November 28** at 7pm. The doors open at 6:40pm for advance ticket holders, offering a chance to secure prime seats for an unforgettable evening with John and Vickie LeCroy with Special Guest Stephan Dudash.

John and Vickie LeCroy are a dynamic duo boasting over three decades of collaboration. With John on guitar and vocals and Vickie on violin and vocals, their repertoire spans genres and eras worldwide. Accompanying them is the remarkable 5-string violist Stephan Dudash, a seasoned artist with a rich musical history who is known for his mastery across genres, including jazz, bluegrass, swing, and classical.

Adding to the night's charm as the opening act is Jerry LeCroy, a blues enthusiast and HTMA member since the early '90s. Advance ticket are \$10 available at huntsvillefolk.org until 4pm on the day of the event. Tickets at the door are \$12 (subject to availability). Children under 12 admitted Free (also subject to availability).

The 2023 Tuscumbia Civitan Christmas Ornament is Deshler High School, celebrating the school's centennial. It is now available for purchase at Fiddledee D! Gift Shop, 111 S. Main St., in Tuscumbia, at Helen Keller Library, 511 N. Main St. in Tuscumbia, and at financial institutions in the city. The cost is \$20 cash or check only (to Tuscumbia Civitan Club). Proceeds benefit local charities. For more information or to purchase by mail or Paypal: Tuscumbiacivitan@gmail.com. For more information, please call 256-710-1440.

See NOTES... page 7

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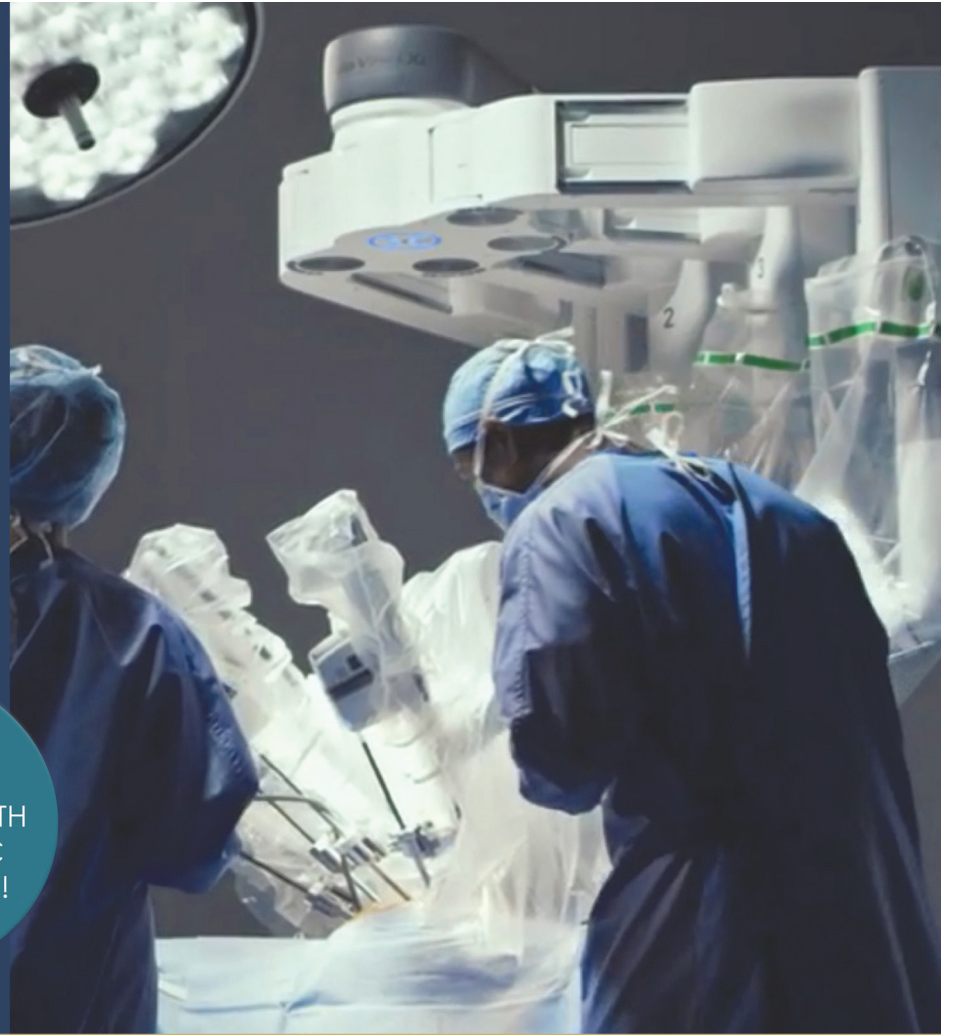
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Helen Keller Hospital invites you to try your hand at robotic surgery! This is a FREE community event that will allow attendees to get a hands-on surgery simulation with the *da Vinci Xi Surgical System*.

HKH surgeons specializing in robotic-assisted surgery will share brief presentations on how this technology helps them achieve shorter hospital stays, fewer complications and improved overall outcomes for patients.

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Cheer... Continued from Page 1

were 12 teams competing at the high school level and 18 in the junior high.

The squads now advance to the 2023 AHSAA State Championship in December at the Birmingham Crossplex to compete to be the 2A State Champions. Sponsor/

Coach Nick Reid leads the high school group. Sponsor/Coach Kelsey Weaver leads the junior varsity group.

Both teams also qualified to compete at the UCA National High School Cheerleading Championship in Orlando



Florida in February, 2024.

The cheer teams are accepting donations to help cover travel expenses in February. Cash or checks may be brought to the Sheffield High School office or mailed to SHS Cheer at 2800 E. 19th Ave., Sheffield, AL 35660.

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SEE PAGE 8 FOR DETAILS



Community Notes...

Continued from page 4

The Florence Beautification Board presents *The Wildflower Project!* Through this project, you can contribute to the future of our community's sustainable growth. There are several tiers of involvement, Tier 1 - \$100; Tier 2 - \$200; Tier 3 - \$1,000. To donate, you may give checks to the Beautification Board City of Florence, PO Box 98, Florence, AL 35631. Contributions are tax-deductible.

Every Light A Prayer for Peace will take place **Friday, December 1** at Pope's Tavern, located at 203 Hermitage Drive in Florence. The program will begin at 5 pm as children from Riverhill Elementary will sing. The program is to honor our veterans and those serving now. The public is welcome. There is no charge to attend.

Holiday Shopping Bazaar at Cross Brand Cowboy Church, December 2 9am-4pm. Come join the fun! Vendors, Fajitas cook-off, Cobbler cook off, Angel Tree, and lots more. Cross Brand is located at 5255 Co Rd 33 in Center Star behind Woods Flooring.

The Kennedy-Douglass Center for the Arts is hosting the Quad Cities Photography Club Member Exhibition through December 28. The Quad Cities Photography Club was created in January 2022. Their mission is to provide an informal, friendly, and supportive environment for local photographers at all levels of experience and with interests in all types of photographic imagery. They share ideas and knowledge with one another through participation in meetings, guest lectures, and club excursions.

The Kennedy-Douglass Center for the Arts is 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 at 256-760-6379.

Disabled American Veterans - Veterans Serving Veterans. 1409 W. 11th St., Sheffield, 256-381-8229. Open Mon-Wed, 9am-1:30pm. Meets every fourth Tuesday of each month, November 28. Dinner at 6pm - Business at 7pm.

Christmas Wonderland, Wednesday-Thursday December 1 and 2, 5pm-8:30pm each night, presented by the Elgin Senior Center. 2519 Hwy 101, Just South of Hwy 72, Rogersville.

No admission fee/Donations welcome.
 • Sponsored Trees & Table Displays
 • Photos with Santa • Manger Scenes • Elves & More!
 • Sweet Treats • Hot Cocoa • Coffee
 • Spice Tea • Soft Drinks and more will be for sale.
 Come see the lights and decorations in the gym. (The gym now has new heating.) Come out for a night of fun with your family!

The Winter Art Market is open to the public beginning on Tuesday, November 28 from 9am-5pm Tuesday-Friday and 10am-5pm on Saturday at Tennessee Valley Museum of Art, 511 W. Water St. in Tusculoosa. Dozens of artists and artisans. Museum admission: \$5 for adults, \$3 for students, free for TVAA members.

Florence Camerata, the area's premiere volunteer community chorus, will be performing its annual holiday concert, *Christmas in the Shoals*, on **Tuesday, December 5 at 7pm** at the First Presbyterian Church on E. Mobile St in downtown Florence.

This concert will feature a wonderful variety of Christmas music, some old familiar favorites along with some beautiful lesser-known pieces.

The concert is under the direction of veteran conductor, Rebecca Rockhill, and is accompanied by collaborative pianist, Karen Cantrell.

Admission to the concert is free; a donation box is available for those who

wish to support this non-profit musical organization.

"It's a Dickens Christmas, Y'all," is returning to downtown Tusculoosa on Saturday, December 9, from 10am - 4pm. The free downtown festival will have Dickens characters, carolers, and brass bands along Main Street throughout the day. Look for the Carriage rides, trolley tours, Victorian dancers, an Arts & Crafts market tent, a petting zoo, food vendors, themed specials at downtown shops and eateries, and maybe even a little "snow."

Special events (some with modest admission charges) include: "Scones and Moans", Breakfast with Santa, Poetry and Music at St. John's Church, Milk and Cookies with Tiny Tim, Fezziwig Strut Your Mutt Dog Parade, S'mores Firepit, Cookie Decorating, Ornament Making, and a Holiday High Tea in the historic clubhouse at the Tennessee Valley Country Club. Santa will make his annual visit to Tusculoosa during the event. An evening trolley tour will showcase a "Parade" of Holiday Porches.

The Charles Dickens themed Christmas festival is sponsored, with community participation, by Tusculoosa Retail Development, Inc.

For more information, call 256-383-9797, 256-627-9823 or Colbert Tourism at 256-383-0783. Follow on Facebook - 13th Annual It's A Dickens Christmas Y'all.

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

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

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

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

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

Social Dance on Tuesday Nights, 6:30-8:45, at The Club (Florence Senior Center), 450 Country Club Drive in Florence. Music from across the decades provided by The Browns. The Club is an alcohol, drug, smoke, and weapon-free facility. 256-760-6420.

Joints in Motion, chair exercise class, Tuesday, Thursday, and Friday at The Club (Florence Senior Center), 9:30am. No charge. BINGO Wednesdays 10:15am until our 11:30am lunch (w/ \$1 lunch donation)! If you are 60+ you can join us for lunch and games. 256-760-6420.

The Club (Florence Senior Center) and Diamond Tours presents the Myrtle Beach Holiday Show Trip November 27-December 2, 2023. Call for more info or to book, Fran 256-760-6642. Trip fees are due now. There are 6 openings left. Departure on November 27 from The Club, 450 Country Club Drive in Florence.

The Club (Florence Senior Center) and Diamond Tours Diamonds in the Rough 2024 trip information. www.GroupTrips.com/TheClub

• Nashville Show Trip, April 15-17, #2089232, Double Occupancy Rate \$582, Single Rate \$672

• Niagara Falls Trip, June 23-29, #2101920, Double Occupancy Rate \$1187, Single Rate \$1421

• Mt. Rushmore and the Badlands, August 17-25, #2092162, Double Occupancy Rate \$1542, Single Rate \$1872

• Mackinac Island Trip, Sept 22-28, 2024, #209362, Double Occupancy Rate \$1086, Single Rate \$1335

• Pigeon Forge and Smokey Mountain Show Trip, November 11-15, 2024, #2076085, Double Occupancy Rate \$918, Single Rate \$1067

Personal Checks or Money Orders made to Diamond Tours. Please no cash or Credit Cards. Call 256-760-6642 come by The Club to pay for your trips. 450 Country Club Drive, Florence fdavis@florenceal.org

THESE TWO TRIPS are scheduled with a different travel company. Call Collette at 800-340-5158 to sign up directly with them. You'll be traveling with us (The Club).

• Alaska Discovery Land and Cruise, May 29-June 9, 2024. 24 spaces available.

• Magical Christmas Market Germany, December 10-17, 2024. 21 spaces available.

See NOTES... page 16

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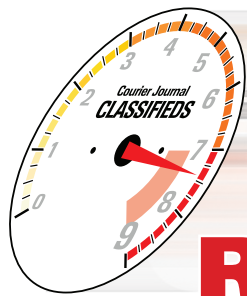
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STATE OF ALABAMA, COLBERT COUNTY NOTICE OF ABANDONED AND UNCLAIMED MOTOR VEHICLES

Notice is hereby given that on **12/9/2023 at 11am** the following motor vehicles will be sold at **Dealers** Only auction for cash. The auction will be held at **Smitty's Wrecker Service, 212 Industrial Dr., Muscle Shoals, AL 35661**. Smitty's Wrecker Service will accept proof of ownership should anyone care to submit same, **Monday through Friday, between the hours of 9am and 5pm until day of auction**. All vehicles will be sold **AS IS FOR PARTS ONLY! NO TITLES OFFERED!!**

YEAR/MAKE/MODEL	VIN#	YEAR/MAKE/MODEL	VIN#
2014 Dodge Charger	2C3CDXAT1EH207314	1994 Ford Ranger Pickup	4F4GR12ARTM02622
2002 Jeep Cherokee	1J4GX58SX2C238382	2011 Jeep Liberty	1J4PP2GKOBW594774
2008 Nissan Altima	1N4AL2158C161946	1995 Chevrolet Silverado Pickup	2GCEC19H7S1197350
2003 Toyota Matrix	2T1KY32E63C124005	1998 Toyota Camry	4T1BG22K2WU192288
2001 Ford F150 Pickup	1FTRW08L71KD80951	2006 Jeep Cherokee	1J4HR48N36C160519
1998 Pontiac Grand Prix	1G2WJ52MXWE246021	2006 Chevrolet Avalanche Pickup	3GNEC12Z46G155743
2017 Nissan Maxima	1N4AA6AP4HC382324		4WHEELER
2006 Suzuki Grand Vitara	JS3TE947064101181	1996 Nissan Sentra	1N4AB41D8TC789661
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2004 Chevrolet Silverado Pickup	2GCEC19T341237947	2000 Mercury Grand Marquis	2MEFM75W0YX699453
2013 Dodge Journey	3C4PDCBGXDT722082	2000 Chevrolet	1GNDU03E0YD324610
2000 Chevrolet Impala	2G1WF52E5Y9113449	2014 Toyota Truck	JT4RN50R0E0040834
2006 Chrysler Town & Country	2A4GP54L76R621899	2007 Nissan Murano	JN8AZ08W87W627933
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Shorts...

Ice Skating in Muscle Shoals

Continued from Page 2

be available throughout the holiday season," Lockhart said. "We have had a tremendous response from the public, and the community is excited."

"For the most part, it's a kickoff event for the entire community," Crow said. "We wanted to do something to bring the community together. What better way to do it than an ice-skating rink."

The rink is sponsored by the Shoals Chamber of Commerce, the city of Muscle

Care Needed for Cooking

FLORENCE - The holiday season is almost here, and it is a time when home cooking activities are at their peak. Unfortunately, all this cooking leads to a related peak in cooking fires. Cooking fires are responsible for nearly half (49%) of all home fires, according to the National Fire Protection Association (NFPA). That's why it is critical to know and use safe cooking practices, according to **Mike Wesson** of SERVPRO of the Quad Cities.

According to the NFPA, Thanksgiving is the leading day of the year for home cooking fires, with more than three times the daily average for such incidents. The fire and water remediation specialists from SERVPRO in the Shoals area urge home cooks to take some basic safety steps recommended by the NFPA to help prevent cooking fires.

- Keep your cooking area clean and keep anything that can burn (dish towels, oven mitts, packaging) at least three feet away from cooking equipment.

- Keep a close eye on what's cooking, setting a timer to help you monitor foods with longer cooking times.

- Keep in mind that the leading contributing factor to cooking fires and to fire deaths overall is unattended cooking.

Therefore, plan to be at home and in or near the kitchen at all times when cooking.

More than two-thirds of home cooking fires begin with the ignition of cooking materials, including food, fat, and grease. So the NFPA strongly discourages the use of things like Turkey fryers that use large amounts of oil at high temperatures. "If you do use one, follow all placement, use, and safety instructions carefully," added Wesson.

If the unexpected does happen, local SERVPRO franchises specialize in disaster restoration, cleanup, and repair services. For more information, please visit www.servpro.com, or call **Richard Robey** in Limestone and Lawrence counties at 256-233-4033, or **Wesson** in the Shoals at 256-383-4470.

Florence Gets \$329K Grant

MONTGOMERY — Governor **Kay Ivey** has recently released more than \$2.5 million from the Emergency Solutions Grants program to assist Alabamians who are homeless or close to becoming homeless.

The funds will help local governments and nonprofit agencies provide housing and other related services to homeless people or people facing homelessness. The Alabama Department of Economic and Community Affairs is administering the grants from funds made available by the U.S. Department of Housing and Urban Development. Eight metropolitan areas across Alabama were selected including the city of Florence.

The city's \$329,060 will assist the homeless and those who are near

See SHORTS...on Page 12

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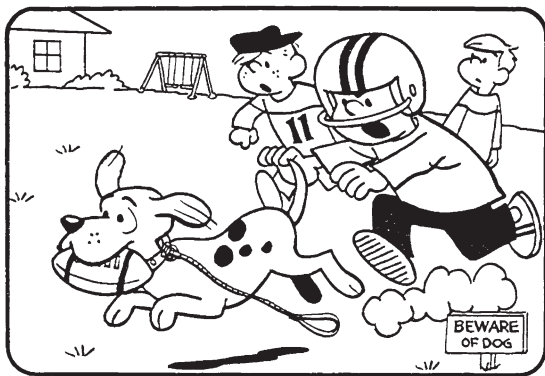
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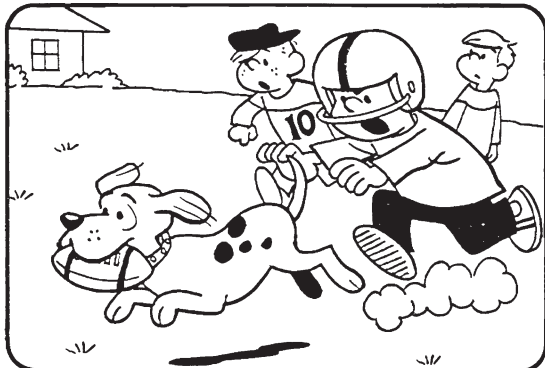
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HOCUS-FOCUS BY HENRY BOLTINOFF



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Differences: 1. Swing set is different. 3. Number is different. 4. Leash is missing. 5. Helmet stripe is missing. 6. Sign is missing. 2. Dog's ear is missing. 3. Number is different.

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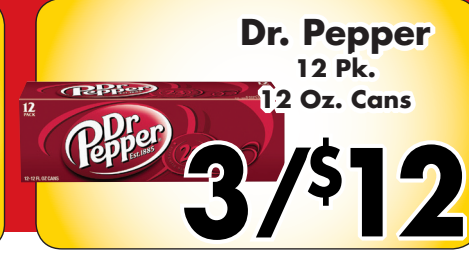
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IT HAPPENS TO ALL OF US: THINGS START RUNNING A LITTLE SLOWER. Our memory isn't quite what it used to be. We need to perform scheduled maintenance more often. We don't get turned on as easily. There comes a point when we should consider simply giving up and starting over. It's all rather depressing, you know?



Jim Fisher

Hey, wait a minute... I'm talking about your computer. What in the world did you think I was discussing?

Anyway, my office has recently seen a rash of ancient, slow computers and

Getting Old Is Bothersome

by "The Computer Skeptic"

an equal number of customers who did not want to buy a new computer because "This one has been working just fine for 10 years!" Our technicians often plead with a customer to not spend money upgrading their old computer.

I get it; you paid a lot of money for that computer years ago and, by golly, it should last a lifetime. Unfortunately, reality doesn't care. So, with the Christmas shopping season fast approaching, here are some tips for when to buy a new computer and when to

keep what you have.

The average lifetime of a business computer is 3 - 5 years. Business users have high demands such as being in front of the computer 8 hours-a-day, running word processors, spreadsheets, and multiple tabs open in their browser.

Home users may only use their computer for surfing the web, occasional word processing, and perhaps a game of solitaire. These users may be able to use their computer for up to 8 years.

If your slow computer is less than 5 years old, then it may be worth spending some money on an upgrade. For example, if your computer only has 8GB RAM, spending \$50 to upgrade to 16GB might add some life to your old junker. If your computer takes more than a minute to come alive in the morning, then you probably have a mechanical hard drive. Spending a couple of hundred dollars (parts and labor) in upgrading to a solid-state hard drive will make a tremendous difference and can add years to the life of your computer.

If you're ready to junk it all and upgrade to a new computer, then plan to spend at least \$500 on a new computer. The minimum specifications for a home

user are a 256GB solid-state hard drive and 16GB of RAM. Business users should consult with a computer nerd before spending a dime but generally should budget for at least \$600 - \$800. Technicians can transfer all your data from your old one to a new one making the transition nearly painless. Regardless of business or home use, you get what you pay for with computers so let price be your guide.

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

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STRANGE but TRUE

- **To visit every child in the world,** Santa Claus would need to travel at 3,000 times the speed of sound. But who says he couldn't? Not us! He's Santa!
- **If you were drafted during the American Civil War,** you could legally pay someone \$300 (roughly equivalent to \$5,000 earned by an unskilled worker in 2018) to go in your place. The practice, known as commutation, was actually intended to raise money for the war effort.

- **Need a morning pick-me-up?** A cup of java is most effective if consumed between 9:30 and 11:30 a.m.
- **Six hundred Americans** die each year from falling out of bed.
- **A 99-year-old man** divorced his 96-year-old wife after 77 years of wedlock when he discovered she'd had an affair in the 1940s.
- **Elvis Presley** failed a music class in high school.
- **On average, people who complain live**

longer! Verbally releasing their grievances boosts their health by increasing their immunity. Of course, some of us may wish to keep that nugget of information to ourselves.

- **Oxford University researchers** discovered that people who opt for genetic research have a genetic predisposition to do so.
- **George Washington** stopped the Revolutionary War by ordering a ceasefire in order to return a lost terrier that belonged to British Gen. William Howe, via one of Washington's aides under a flag of truce, after having the dog fed, cleaned and brushed in Washington's own tent.

- **Leo Fender,** inventor of the Telecaster and Stratocaster guitars, could not actually play the instrument himself.
- **Despite its nickname,** Florida isn't the sunniest state. Arizona is.

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•2022 25' Better Built trailer with dual tandem wheels. Looking to supplement for retirement income? This is everything you need. For more information or to see, Call 256-366-0966.

Shorts...

Florence Gets \$329K Grant

Continued from Page 8

homelessness in Colbert, Franklin, Lauderdale, Lawrence, Marion, and Winston counties through the Community Action Agency of Northwest Alabama, The Salvation Army of the Shoals, and MOM's Inc.

"With help from this grant program, local governments and nonprofits have been able to step in to help people in Alabama with emergency housing needs," ADECA Director **Kenneth Boswell** said. "ADECA joins Gov. Ivey in commending the work those organizations do to help people who are going through rough times."

ornament in the ongoing series that showcases historical sites and landmarks in the community.

Civitan president, **Fred Joly** said, "When club members discovered that Deshler would be celebrating the school's centennial during the 2023 football season, the decision to feature the school this year was an easy one. We believe folks will be thrilled to acquire this special ornament commemorating the rich history of Deshler High School and the beauty of the campus."

The pre-existing Deshler Female Institute (established in 1874) located on Main Street, was razed in 1922. By 1924 construction on the same site was complete for a new school, which carried the name Deshler High School. In the 1950's the City of Tuscumbia purchased the former William Winston home (circa 1830), located on North Commons. The city constructed a new high school, incorporating the Winston Home as the centerpiece of the campus.

The ornament is now available for purchase at Fiddledee D! Gift Shop on S. Main St, the Helen Keller Library, at 511 N. Main St, and at financial institutions in the city. The cost is \$20, cash or check only to Tuscumbia Civitan Club. Proceeds benefit local charities. For more information or to purchase by mail or Paypal, email Tuscumbiacivitan@gmail.com or call 256-710-1440.



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Ornaments Available in Tuscumbia

TUSCUMBIA—The 2023 Tuscumbia Civitan Christmas Ornament is Deshler High School, helping to celebrating the centennial of the school. It is the 28th



Shoals Elks 2860 Exalted Ruler, Jackie Streit, left, receives a plaque from American Legion Commander, Doug Hargett.

Courtesy photo

Shoals Elks Recognized

TUSCUMBIA—Commander **Doug Hargett**, American Legion Post 31 Commander, recently presented Shoals Elks Lodge with a plaque in appreciation for the Lodge's support for local veterans in nursing homes, assisted living and hospice. Donations included 30 boxes of food, clothing, and personal hygiene items. The American Legion entitled the project "Christmas In July."

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CHEVROLET: TAHOE, 2007 \$4,500, red, chrome wheels, leather heated seats, fully loaded, car runs, Call 256-767-3519 Florence

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1291 HWY 72 W Tuscumbia Open every Friday and Saturday 8-4 Sunday 10-4 clearance sale all clothes are a dime. Different merchandise weekly. Appliances, furniture, toys, tools, holiday decor and much more inside and out. Huge Christmas decor sale Nov. 17-19 Closed Thanksgiving week

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Commentary

A slightly modified reprint from November 21, 2017

Tarnished Spirit of Thanksgiving

Hopefully, we can all find the time to slow down this weekend and pause for some quiet reflection in Thanksgiving. This is the day that has been traditionally recognized by Americans as an opportunity to thank God for the blessings we have as a nation and what it represents.

Times were so much simpler. Yet, life was so much more difficult when that first Thanksgiving was celebrated by the crew and 38 settlers from the ship Margaret of Bristol, England on the day they landed at Berkeley Hundred on the James River in Charles City County, Virginia. The London Company, proprietors of the vessel, instructed the settlers that "the day of our ship's arrival...shall be yearly and perpetually kept as a day of Thanksgiving." The date was December 4, 1619, 11 months before the pilgrims arrived at Plymouth, Massachusetts and would soon celebrate what most of us

In A Few Words



TOM MAGAZZU
Editor

See SPIRIT... on Page 28

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

Courier Journal

in the *Shoals*

THIS WEEK

November 22, 2023

Happening
THIS WEEK

Maroon and White to Lead Macy's

NEW YORK – When the 97th edition of the Macy's Thanksgiving Day Parade gets the whistle on Thursday morning, the Alabama A&M University Marching Maroon and White Band will be the first band to be seen by millions across the country live on TV.

The parade will officially welcome the holiday season on November 23 at 7:30am CST through NBC-TV's national telecast hosted by the TODAY Show's Savannah Guthrie, Hoda Kotb, and Al Roker. Fans can also stream the



See A&M...
Page 23

Courtesy photo



Winter Art Market - Members Go First

TUSCUMBIA–The Tennessee Valley Art Association is hosting its 4th Annual Winter Art Market November 28–December 23 at the Tennessee Valley Museum of Art.

The TVAA member opening is on Saturday, November 25 as art association members get an early preview and first-chance shopping.

Dozens of artists and artisans create a unique holiday shopping experience, with hundreds of one-of-a-kind pieces of art to choose from.

See MARKET... on Page 35

THE ANNUAL TUSCUMBIA CHRISTMAS PARADE

will take place on Tuesday, November 28 at 6pm. If rescheduled due to weather, the date is Tuesday, December 5. There will be a change in the parade route this year: the parade will cross Main Street and continue on North Commons Street to Ivy Green, turn left on Indian Street, turn left on Almon Street and then turn right on Water Street. After continuing on Water Street, the parade will turn left onto Sixth Street and then turn left onto Main Street to North Commons Street, and turn right onto Commons.

The parade is sponsored by the Tuscumbia Civitan Club. This marks the 25th year that James McCorkle will serve as Director of the Tuscumbia Christmas Parade. Please call 256-483-6786 with questions regarding the parade.

THE LAUDERDALE COUNTY SOLID WASTE DEPARTMENT

- including the landfill - will be CLOSED Thanksgiving Day, November 23. So, residential and household garbage collections will be delayed by one day. Thursday's normal pickup will be on Friday, and Friday's will move to Saturday. In addition, the landfill will also be closed to the public on Saturday, November 25 since heavier commercial and household garbage delivery is anticipated from the holiday.

BASKETBALL MEN

WED. NOV. 22 • 2PM
at UT Martin in Martin, TN

SUN. NOV. 26 • 3PM
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BASKETBALL WOMEN

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vs UT Martin
Flowers Hall, Florence

SUN. NOV. 26 • 6PM
at UTEP
in El Paso, Texas

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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.

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

The Wrong Time

Editor:

With Thanksgiving approaching, I went to a large local retailer to pick up a few last-minute items for the holiday. I noticed that people were mostly shopping for Christmas.

I have believed for many years that Thanksgiving was set for the wrong time of year. First, that is not when the harvest is. Many states, including Massachusetts, where the pilgrims landed, was probably a foot under snow by then.

I have heard many people complain about Christmas being brought out in stores before Thanksgiving. The stores have no choice. It has to get out! Sometimes there's not even a

...Surely, it can offer some assistance to the developing cultivated-meat industry which holds so much promise... ”

month between the two holidays. We lose so much of the spirit of Thanksgiving by having it so close to Christmas. And think about the meals for both holiday. We're still eating leftovers when Christmas rolls around. And let's not forget the shopping! We're trying to prepare for two holidays at once. Then POW... everything is all over!

When I lived in Canada, Thanksgiving was in the beginning of October closer to harvest time. It was great! We could relax and

prepare, since there was no other holiday. Then after Halloween we had almost two months to prepare for Christmas. We could relax and enjoy the preparations.

We should move Thanksgiving back where it belongs!

Stephanie Holman
Florence

See LETTERS... on Page 33

VINTAGE COUCH AND CHAIR FRAMES
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Ivey Helps To Break Ground...

Continued from Page 1

weeks. Melson has been a primary force on the Workforce Development Center project. Therefore, the ceremony was rescheduled for last week now that Melson's health has improved. Ivey included \$3,000,000 in the 2024 Education Trust Fund (ETF) supplemental budget for the center which is a multi-level partnership between the state of Alabama, the Lauderdale County Commission, local K-12 school systems, and the Tennessee Valley Authority. Ivey was joined at the event by Lauderdale County Commissioners, Roger Garner; Joe Hackworth, Brad Black, Commission Chair,

Danny Pettus; Senator Melson; UNA President, Dr. Ken Kitts, and numerous other officials and dignitaries.

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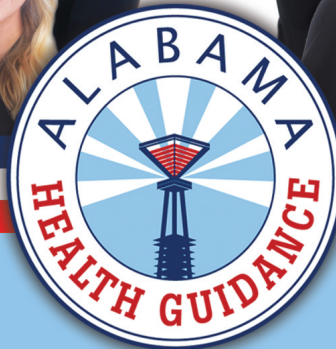
Local Medicare Insurance Specialists

Florence Office - 885 Florence Blvd.

Muscle Shoals Office - 410 S. Wilson Dam Rd.

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www.AlabamaHealthGuidance.com

256-648-5220



Notes...

Continued from page 7

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

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

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

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

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

Public Notice and Opportunity to Comment - The Lauderdale County School System is attempting to locate any child with disabilities, ages 0-21, who may be living in the Lauderdale County School District and who are not currently in a school program.

Anyone knowing of a child, who may be in need of Special Services, is asked to contact Mrs. Kim Meeks, Director of Special Education at 256-760-1324 between the hours of 8am and 4pm, Monday-Friday. All information will be kept strictly confidential.

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

If you or a loved one are struggling with Methamphetamines, reach out for help. Narconon helps people all over the U.S. find treatment to end the web that traps those in addiction. To learn what to look for visit: <https://www.narcononnewliferetreat.org>

Narconon New Life Retreat www.narcononnewliferetreat.org
Narconon can help you take steps to overcome addiction in your family. Call today for free screenings or referrals. 1-800-431-1754.

The Library of Things - Items to Borrow Don't Buy. Items available for check out at Muscle Shoals Public Library, 1918 Avalon Ave, Muscle Shoals:

- Metal Detector • Tape Measure
- Projector • Level/Measuring Tool Set
- Binoculars • Radon Detector
- Auto-Leveling Laser/Stud Sensor
- Wrist Blood Pressure Monitor

Call 256-386-9212 or visit online at youseemore.com/muscleshoals

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

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

See NOTES... page 23

EMPLOYMENT Opportunities

Northwest-Shoals Community College announces the following open positions:

- Psychology Instructor
- Administrative Assistant to the President
- Dual Enrollment Specialist
- Academic Advisor and Database Specialist-Educational Talent Search
- Upward Bound Academic Advisor
- Lead Testing Specialist
- LMS/Distance Education Support Coordinator
- Computer Network Technician

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

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BCA General Contractors is now hiring in the Decatur and Florence areas and are looking for candidates for the following positions:

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Minimum requirements:
1 year experience, Valid Driver's License, and Must be able to communicate using the English language

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KENNEL HELP, TUSCUMBIA.
Permanent/part time, 7am-9am and 4pm-6pm daily, small dogs. Dependable person and car, 256-627-8822.

GRADE IV WATER TREATMENT PLANT OPERATOR

The Town of Cherokee is accepting applications for a full-time **Grade IV Water Treatment Plant Operator.**

Requirements:
Applicants must have a current Grade IV certification to be considered for the position. Applicants must possess a valid driver's license and have considerable knowledge of surface water treatment and willingness to work weekends and holidays. Schedule is flexible.

How to apply:
Applications are available at Cherokee Town Hall during normal business hours (8:00 a.m. to 4:30 p.m.) Monday - Friday or by emailing cherokeewtpt@cherokeetel.net. Please send finished applications and/or resumes to: P.O. Box D Cherokee, AL 35616 or email to: cherokeewtpt@cherokeetel.net (preferred). For more information contact 256-359-6684.

The Colbert County Commission accepting employment applications for a **Mechanic I Position** with the Road Department.

Hourly Wage of \$16.34/hr
With full benefits and state retirement.

Job Description and Application are available at the **Alabama Career Center**
500 South Montgomery Ave., Sheffield
Deadline for applications is November 30, 2023
Colbert County Commission is an equal opportunity employer.

The Colbert County Commission accepting employment applications for a **HIGHWAY MAINTENANCE TECH (HMT1)** with the County Road Department.

Starting pay is \$13.92/hr
plus health insurance and other benefits.

Job Description and Application are available at the **Alabama Career Center**
500 South Montgomery Ave., Sheffield
Deadline for applications is November 30, 2023
Colbert County Commission is an equal opportunity employer.

Hillcrest Motel
N. Jackson Hwy, Sheffield
HOUSEKEEPER WANTED
Part-Time
(3 to 4 hours per day)
Prior experience preferred
Please call 256-383-2631

The Colbert County Commission will be accepting employment applications for **Knuckle Boom Operator**
Starting pay is \$15.05/hour
plus health insurance and other benefits

Job Description and Application are available at the **Alabama Career Center**
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Deadline for applications is Dec. 4, 2023
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Negotiation, Mediation, Arbitration or Trial

No insurance company will pay money without proof that money is owed. This is especially true in personal injury cases where documentation of medical expenses, injuries, lost wages and other claims is required. Unless the claim is documented, the claim will not be paid.

Your attorney should know the value of the case after becoming thoroughly familiar with the injuries and medical documents that prove these injuries. A demand letter containing the information needed for an insurance company to evaluate a claim adds to the value of a claim. This letter should address why the other party is at fault and the damages.

At this point negotiation can take place to settle the case. The majority of cases are settled after documentation is obtained and received by the insurance company. This includes documentation of how the bills were paid, whether it was Blue Cross Blue Shield, Medicare, Medicaid or if they were not paid. If the case is filed for trial, most cases are still negotiated for settlement.

Those cases that can't settle are often ordered to mediation by the court. Mediation is an opportunity for all the parties to be present with a mediator who can help the parties reach an enforceable resolution. We mediate a lot of cases. The mediator does not have the authority to decide the case absent an agreement between the parties.

If a case is not settled it is then referred over for a trial. A trial will resolve the issues one way or the other. Outcomes at trial can be good, bad or indifferent. It is that uncertainty that truly promotes settlement through negotiation or mediation. A trial means that a judge decides what law applies and the jury decides what the facts of the case are and then applies the law to the facts to render a decision known as a verdict, stated in dollars, or for the defendant.

Certain types of contracts contain agreements not to go to court but to instead arbitrate. Automobile purchase contracts almost always contain an agreement to arbitrate. These agreements are enforced by the court. During arbitration both parties present evidence that is generally admissible but under a more relaxed evidentiary standard and the arbitrator makes the final decision. Arbitration decisions are generally not reviewable by the courts.

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

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We will not print your full name in the article. We will not be able to return any written or preprinted items which are submitted.



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ATTORNEYS AT LAW

DAVE Says

by DAVE RAMSEY

GO INTO DEBT FOR A WEDDING? NOPE

Dear Dave,
Our daughter's college education is pretty much paid for already through grants and scholarships, and my wife and I make good money. We just started your plan, so when we get to Baby Step 5, saving for college, can we substitute that with saving for a wedding?
Benton

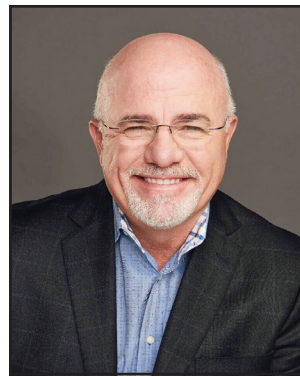
Dear Benton,
I'm glad you're thinking ahead, buddy. And I don't have a problem with your idea. It's always a good plan to save for a wedding, if you have the financial resources to do so.

Did you know the average wedding in America this year, according to Zola.com, ran around \$29,000? Of course, you don't have to pay anything close to that amount to make a wedding a beautiful and memorable occasion. Your household income, debt, savings and other factors will all play a part in how much you can legitimately afford.

Sit down with your wife, crunch some numbers and see what makes sense in your situation. Just remember to pay cash for the wedding. If you have to go into debt to make it happen, you're spending way too much!
—Dave

DON'T PANIC, YOU HAVE PLENTY OF TIME

Dear Dave,
My husband and I have just \$12,000 to pay off before we're debt-free. We've paid off almost \$70,000 in debt in the last two years, and we both just turned 50. We would like to buy a house



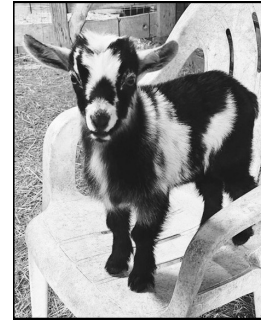
soon, but we know we need an emergency fund. It would take us over a year to build up an emergency fund, so since we're getting older, should we make adjustments to the Baby Steps?
Debbie

Dear Debbie,
You've been making great progress, and you obviously have a good income to be able to pay off debt that quickly. But it shouldn't take you two a year to build up an emergency fund, considering the rate at which you've been paying off debt.

Yes, you need a fully funded emergency fund of three to six months of expenses set aside before you start saving a down payment for a home. Maybe in your case, you could lean a little more toward the three-month side with your emergency fund. Then, after you're all moved in, you could revisit the emergency fund and beef it up to six months.

Fifty isn't old, Debbie. Just stay on course and stick with the plan. You two have plenty of time to get your finances in order and find a great home!
—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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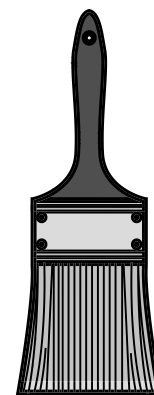
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Courier Journal

Community Notes

6 Steps to Make Thanksgiving Dementia-Friendly

With families and friends nationwide preparing for Thanksgiving, the Alzheimer's Foundation of America (AFA) is offering 6 steps to create a dementia-friendly Thanksgiving for the more than 6 million Americans living with Alzheimer's disease or another dementia-related illness.

"We want individuals living with dementia to experience the joy and togetherness that comes

with Thanksgiving, which is why it's important for family caregivers to be proactive and sensitive to their loved ones' needs," said Jennifer Reeder, LCSW, SIFI, AFA's Director of Educational and Social Services. "A few small adaptations can make a big difference in enabling someone with dementia to participate in, and enjoy, Thanksgiving celebrations."

AFA offers the following 6 steps to help make a Thanksgiving

celebration dementia-friendly:

- Factor the person's routine into scheduling the celebration. Changes in daily routine can be challenging for someone living with dementia, so to the greatest extent possible, plan the celebration around their routine. Consider holding celebrations earlier in the day to minimize the potential impact of "sundowning" - a common syndrome that can cause agitation and confusion in the late afternoon-early evening as the sun sets.
- Plan for help. Relatives and friends are often eager to assist but may not know how. Give them specific tasks that they can help with, such as asking them to bring a dish, help with cooking, shopping, or decorating, or spending time with your loved one while you are preparing for the celebration.
- Prepare your loved one. Try to familiarize them with the guests beforehand by showing photos, sharing stories,

or arranging a phone or Facetime chat prior to the celebration. You could also make an invitation to the event to share with your loved one so they know the details and that it will be happening.

- Prepare your guests. Consider sharing beneficial information with guests about your loved one—such as ways to communicate with the person, what they respond well to, and what may cause distress—especially if they have not seen the person recently. This will help facilitate positive interactions and engagement.
- Keep your loved one involved. Make adaptations that enable your loved one to participate in the celebration by focusing on what they can do, rather than what they cannot. Invite them to help by preparing ingredients for a simple dish, setting the table, decorating, and other activities. Playing familiar music or going through old photos are forms of reminiscence

that can bring joy and foster positivity during the celebration. Singing familiar songs, arts and crafts, and having a snack together are great intergenerational activities that kids can participate in as well.

- Have a quiet space available. Prepare a quiet place away from the crowd where the person with dementia can go if the celebration becomes too much for them. Have familiar comfort items available (i.e., favorite blanket, sweater, stuffed animal) that will help them feel safe and comfortable. Try to control the flow

of visitors when possible; those in the early stages are better able to interact than those in later stages.

Families who have questions about creating a dementia-friendly Thanksgiving celebration or any other question relating to dementia or caregiving can contact the Alzheimer's Foundation of America's Helpline, seven days a week, by phone (866-232-8484), text message (646-586-5283), or web chat (www.alzfdn.org).

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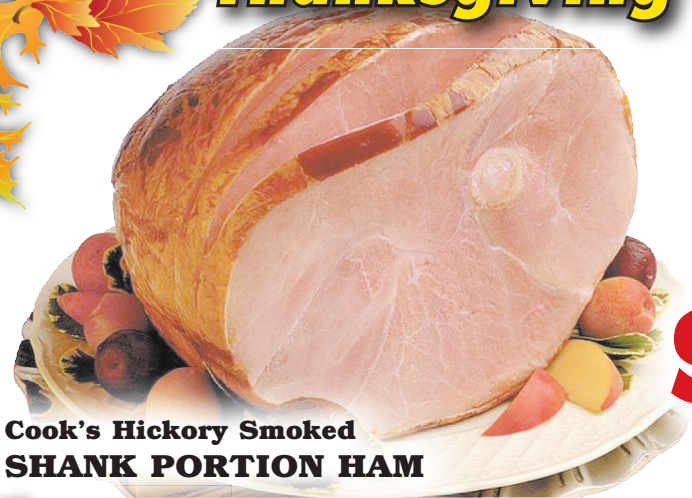
Courier Journal It's online every week beginning on Tuesday morning.

Happy Thanksgiving

Closing at 2PM Thanksgiving Day



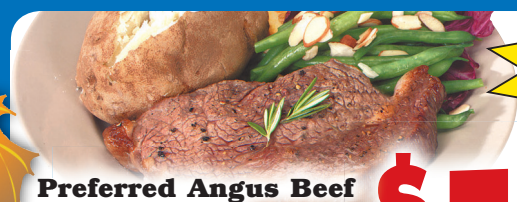
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Notes...

Continued from page 16

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The Batting Brigade Quilt Guild meets every 2nd Monday at 9:30am at Edgemont Methodist Church, 1330 Eauclaire Ave in Florence. Everyone interested in Quilting is welcome - from beginners to expert

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

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

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

The Little Ryman - Gospel, Bluegrass, country, oldies and open mic. Every Friday 6-8:30 p.m. No dancing or alcohol, and free admission. 18210 Hwy. 72 W., Tusculumbia. 256-810-5866

Alabama Music Hall of Fame - Star Player exhibit will be on display at the Alabama Music Hall of Fame, 617 U.S. 72, Tusculumbia. Rotating exhibits at the hall of fame highlight accomplishments of area music achievers. Details: 256-381-4417.

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

A&M...

Continued from Page 14

broadcast on Peacock. In addition to AAMU band's parade performance, the Dancing Divas will be featured in a special performance with the famous Rockettes at Radio City Music Hall. The band also has a few other surprises that will fill its schedule while in the Big Apple.

The A&M Band is reportedly the first of eleven marching bands from around the country that will perform during the parade.

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This World Is Not Our Final Home

In the midst of global instability, the saved can take heart knowing that this world is not our final home. Never measure your security or future in terms of how much land or money you possess. When we pass, everything is left behind. Remember, "only one life will soon be past, only what's done for Christ will last." Every breath and every day is a gift from Almighty God! Sadly, a lot of saved folk have abandoned the rights of free speech and worship in favour of staying in a comfort zone at home. God left us here for a reason, to carry on his work until He comes again to take us home. Years ago, a preacher told the congregation; "If God does anything, he'll do it through you." Ask yourself, "what has God done through me?" I asked a church goer recently; "has God ever called you to do anything?" He replied; "I don't know." Any saved Bible student that studies at all knows every saved individual, teacher, preacher, pastor has been called by God to some work in this church age. Gifts are given to us. See: Ephesians 4:7-15 and study.

Years ago, our plant manager was asked if we could receive a few extra benefits. He replied, "what have you done for me lately?" In light of our prayer lives, this should make us do some serious thinking. Is God our band aid kit or does He have all of us? If you claim to be a Christian, can the world see a difference between you and them? If you are not saved, this world is still not your final home. Young or middle aged or older folk, if you are not saved, the lake of fire is your eternal home. Come to church, ask us how to get right with God. We will show you from the bible how you can know whether you are saved or not. You may leave this planet soon. You must have a Saviour when you enter eternity. There is only one. His name is Jesus Christ. You need Him above everything else. Come visit this Sunday. God bless!

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See NOTES... page 35

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WK 13 Saturday November 25

CHECK BOX BESIDE EACH WINNING TEAM

DEADLINE: FRIDAY, 5PM Nov. 24

MAIL-IN ENTRIES MUST BE POSTMARKED BY FRIDAY (vs: games at neutral location)

TIE BREAKER
Write Exact Score Below

<input type="checkbox"/> Ohio St. at Michigan

name _____

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WEEK 11 NOV. 11 WINNER - PERFECT CARD! TORRIAN PEARSALL OF SHEFFIELD

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



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

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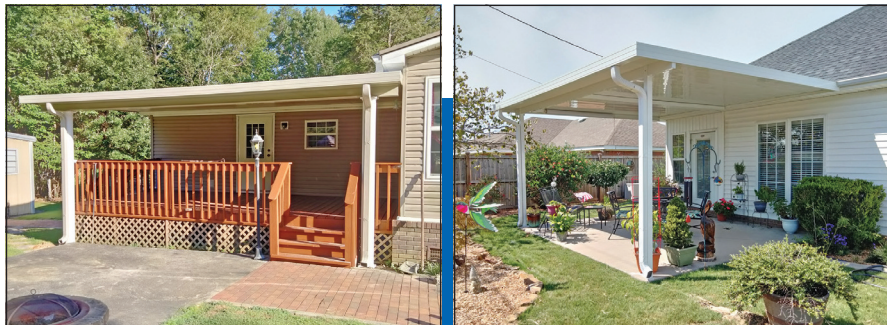
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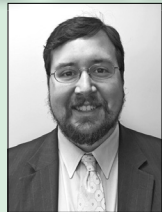
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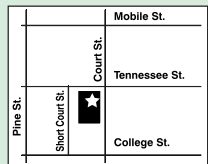
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563631-1

Commentary

Spirit...

Continued from Page 14

think of as the first Thanksgiving.

Some historians argue that the real first Thanksgiving took place in 1565 in St. Augustine, Florida when Pedro Menéndez de Avilés and 800 Spanish settlers founded the city and celebrated a Catholic Mass of Thanksgiving.

Regardless, George Washington established the holiday in 1789, and Abraham Lincoln issued his Thanksgiving proclamation in 1863 during a painful and bloody Civil War. It read, in part, "I do, therefore, invite my fellow-citizens in every part of the United States, and also those who are at sea and those who are sojourning in foreign lands, to set apart and observe the last Thursday of November next as a Day of Thanksgiving and Praise to our beneficent Father who dwelleth in the heavens..." In 1941 Franklin D. Roosevelt formalized it as taking place on the fourth Thursday in November.

For centuries Americans have traditionally set aside this day in recognition of God.

There is no escaping the revisionist history that we now hear; the brief and whitewashed accounts our children often receive in school and groups like the

Freedom From Religion Foundation that provoke societal secularization.

The nation is veering away from its Christian legacy and the traditions of religious freedom.

Many in younger generations don't understand that faith is what built this nation and sustained it for so long. Over the centuries so many pivotal points in our history went our way as a nation, and our freedoms and blessings were maintained for no logically apparent reason.

Those instances were generations ago when we were still God-fearing, respectful, and morally upright... One nation under God as it were. We banned together and sacrificed with common goals; politics of self was not a consideration. Now it seems as if it is the only thing.

Many of our friends and neighbors have endured some extremely difficult and challenging times in recent years, and national tragedies seem to be a common occurrence.

Personal circumstances, losses, regrets, and health issues may weigh heavily for some of us. They may seem to challenge our faith and our capacity for endurance. Yet, as a country we have been fortunate as of late. Major worries seem to revolve around internal strife and division. It's no coincidence that the division coincides with

our spiritual falling away.

History books rarely refer to our nation giving thanks to God for the blessings of a harvest and the abundance of food we have at our national disposal. Notwithstanding, it's important to remember that was commonplace not too long ago.

We are at odds on politics, citizenship, social standing, materialism, personal protection, gender issues, and morality. I'm not sure why God would give us much of an ear these days. However, we should give thanks that we still have countless blessings, most of which are too easy to take for granted. We only need to look at news from other countries if we have trouble recalling a few.

While giving thanks, be sure to include those who have served this country past and present. Some are among the thousands of Americans who are not able to spend time with family and friends this weekend.

It will take a refresher of faith, an understanding of past human rights errors, our facing some uncomfortable realities, utilizing our common sense, and a sincere heart of thanksgiving to build America back to a point of cohesion and mutual respect once again.

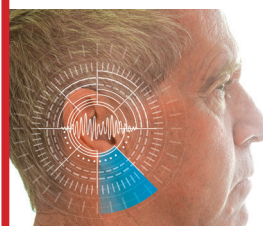
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Medicare Minute

"Prescription Drug Plans 2"

When looking at a prescription drug plan the first thing that most people look at is how much the plan cost. There are drug plans that cost less than \$20. There are also plans that cost more than \$100. Conventional wisdom tells us that something that cost \$100 has to be better than something that cost \$20, but when talking about Medicare prescription drug plans this isn't necessarily true. You have to look deeper than the premium of the plan to see if it's the right fit for you.

One important part of a drug plan is the deductible phase of the plan. A deductible is the amount of money you must pay out of your pocket before your plan will begin to pay. For example, if your plan has a \$505 deductible you may have to pay the first \$505 before the plan will pay. The good news is plans treat deductibles differently. Some plans have deductibles on all tiers of drugs. On some plans the deductible only pertains to tier 3, 4 or 5 drugs but not tier 1 or 2 drugs. Other plans have no deductible at all. The way to know if your plan has a deductible on the prescriptions you are taking is to look at the plan's Formulary to find your drug's tier and the Summary of Benefits to see if you have a deductible.

You will also want to know if the plan requires you to pay a coinsurance on any of your prescriptions. A coinsurance is a percentage you will pay on your prescription. A lot of plans have a coinsurance on tier 4 and tier 5 prescriptions. This means if you have a coinsurance of 20% on your prescription, and the prescription retails for \$500, you would pay 20% or \$100. Next week we will look at copays, formularies and provider networks.

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



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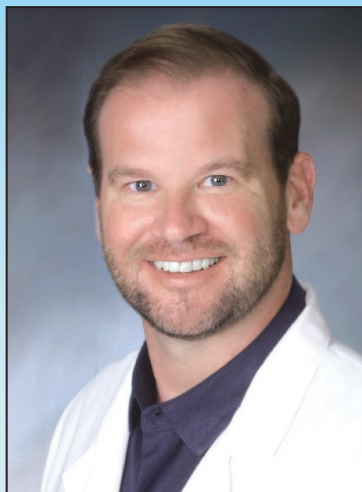
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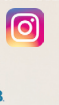
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B. Grant McNutt
Managing Attorney

Thanksgiving Day is a national holiday celebrated as a day of giving thanks for the many good things that we have in our lives. As a Christian, I call these good things blessings. Although it may sound strange to some, I am thankful to be a consumer bankruptcy attorney. Many of my friends and family members think that my work must be sad as I deal with people who are unable to pay their bills as they become due. They assume that my clients are deadbeats or so down and out that they cannot possibly be pleasant to be around. To the contrary, most of my clients are good hard-working people to which something unfortunate has happened. More often than not, they have been injured or ill and are overwhelmed by medical debt. Sometimes they have been through a divorce or lost a job. The fact is, life brings unexpected events that can very quickly turn a person that is doing well financially into one that is not. In all reality, it is but for the grace of God that we are not in that position at any given moment.

So why am I thankful? Because I have the opportunity to help my clients turn their lives around. By the time they come to see me, they may have experienced fear and anxiety that can be unbearable. Money problems lead to marital and other serious problems. I have had quite a few prospective clients referred to me by divorce attorneys. My clients come into my office with their marriages on the rocks. Their wages are sometimes being garnished. Perhaps they face an imminent foreclosure or repossession. The bankruptcy laws allow me to stop all of these things almost instantly. I often say that there is no other type of attorney that can do more good for their clients more quickly than I can. When I file

a bankruptcy petition for my client, the court immediately enters an order called an "automatic stay". If a creditor continues virtually any collection activity with knowledge that a bankruptcy has been filed, it may be subject to sanctions by the bankruptcy Judge. As you might imagine, my bankruptcy clients are pretty happy when I make one of their abusive creditors pay them money!

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So, I am thankful to be a bankruptcy attorney. I am thankful to work with a staff that is truly concerned about helping our clients. I am thankful for a loving wife and two children that do not get frustrated with me when I take an afterhours call, text or email to help someone in desperate financial need. I am thankful to be able to help people overcome stress and anxiety caused by money problems.

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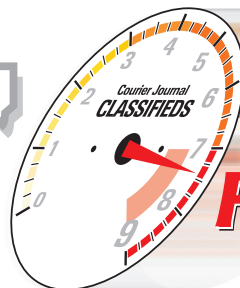


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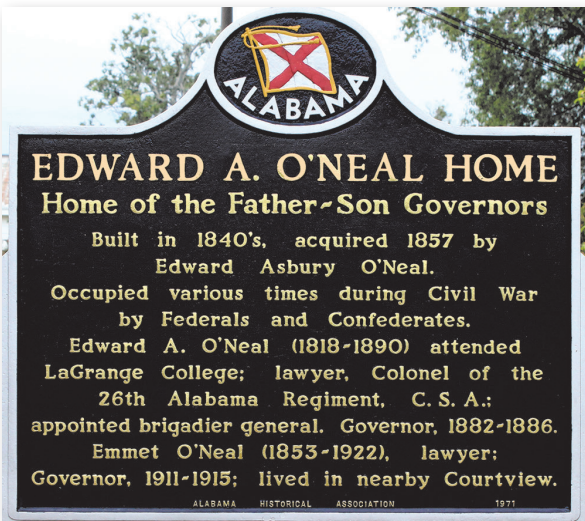
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568460-1

SIGNS OF THE PAST



Location: 34.8051°N, 87.6789°W
464 N. Court St, Florence, AL

Edward A. O'Neal strongly believed in secession, and was appointed a Brig. General by Gen. Robert E. Lee. After the war he was governor from 1882-1886. His son Emmet was Governor 1911-1915 and was responsible for restrictive suffrage laws.

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

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MEDICARE ANNUAL ENROLLMENT OCT 15 - DEC 7

Contact your LOCAL Medicare specialist for your FREE plan review **(256) 648-5220**

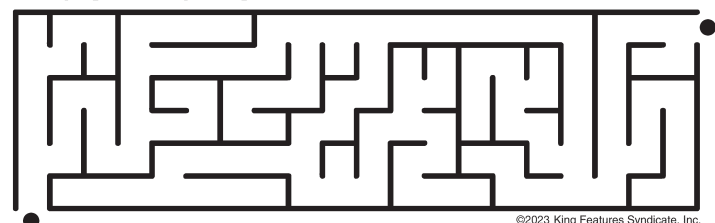
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Currently we represent 9 organizations which offer 80 products in your area. You can always contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) for help with plan choices.



Kids' Maze



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Even Exchange by Donna Pettman

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

- | | | | |
|-----------------------|-----------|--------------------|-----------|
| 1. Lower leg joint | ___ K ___ | Viewpoint | ___ G ___ |
| 2. Shindig instrument | F ___ | Equidistant | M ___ |
| 3. Humpback or nurse | ___ K | High-pitched | ___ P |
| 4. Coal worker | ___ N | Penny pincher | ___ S |
| 5. Beekeeper's farm | ___ P | Bird farm | ___ V |
| 6. Work of fiction | ___ V | Peace prize giver | ___ B |
| 7. Squabble | ___ I | Financier | ___ A |
| 8. Like the grass | ___ N | Welcome warmly | ___ T |
| 9. Governing body | ___ N | Tranquilize | ___ D |
| 10. Toffee or bonbon | ___ N | Golfer's assistant | ___ D |

Puzzle Whirl

MINI SUDOKU					
6	1	2			4
	4				6
5	2		1	4	
2					
1	6				2

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.
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WORD LADDERS

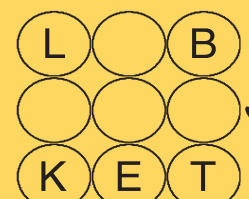
Can you go from OWNED to ASHES in 6 words?
Change one letter for each rung in the ladder.

OWNED

ASHES

Answers on Page 34

WORD SPIRAL



Fill in the missing letters to reveal the nine-letter word that starts at one of the four corners and moves clockwise around the perimeter before ending in the center.
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HAVE YOU SEEN KIDSVILLE News! Yet? It's the Shoals' fun, family newspaper for parents, teachers and kids K-6th grade and IT'S FREE! Kidsville News! is delivered in the classrooms. Copies may also be obtained at any local library, several area merchants that cater to kids and the Courier Journal business office, 219 W. Tennessee St., Florence.

Letters...

Continued from Page 14

A Farm Bill Addition

To the editor,

The delayed federal farm bill should include increased public funding for cultivated-meat research. For those who aren't familiar with the

term, cultivated meat is grown from livestock cells without slaughter. It has the potential to dramatically reduce the suffering we inflict on animals, greenhouse-gas emissions, and pandemic risk.

The Department of Agriculture has provided billions of dollars in subsidies to livestock producers. Surely, it can offer some assistance to the developing cultivated-meat industry which holds so much promise. Forward-thinking legislators should make certain this happens by including more government money for cellular-agriculture research in the farm bill.

Jon Hochschartner
Granby, CT

Be a Winner, Give Thanks

Editor,

Thanksgiving season is a good time to say thanks, but we need to make it a lifestyle.

An attitude of thanksgiving is a good way to live. When you are daily thankful for your food, shelter, and the simplest things, it elevates your sense of well-being. We decrease our sense of well-being when we spend all our time looking at what others seem to have.

Others may seem to have such great lives that we start missing our own blessings.

The greatest blessings in life are the ability to walk across the floor; take yourself to the bathroom; enjoy a car ride; feed yourself; have meaningful conversations with other people; enjoy whatever income you have; walk through the grocery store; go to church, or enjoy watching television.

Give thanks today for everything and anything. Say thank you often. Teach your children and grandchildren to say thank you and to say it often.

Be helpful. Be active in clearing the table, offering to wash dishes, and put stuff away. An ounce of effort goes a long way. Don't leave all the mess for the person who spent days cooking your meal.

Be wise. Don't kill yourself eating. If you gain ten pounds in November and December, it will take you two-three months to lose the weight. It's tough to lose a pound a week.

Be safe. Millions of people are traveling. If you must travel, don't push it. Slow down and enjoy the drive. Leave an hour early and take your time. If you don't have to go anywhere, be glad and relax.

Jesus healed ten men with leprosy as described in Luke 17: 11-19. Only one of the healed men returned to Jesus to say thanks. Jesus asked, "Were not all ten cleansed? Where are the other nine? But only this one has returned to say thank you? Jesus said to him, "Rise and go; your faith has made you well." This scripture demonstrates the power of a thankful spirit. This man's life was changed even more because he was thankful. It's easy to see ungratefulness all around us. The vast majority of those healed were ungrateful. Let's not live like the majority. Let's be like the winner of this story. He was the person who gave thanks.

Dr. Glenn Mollette
Newburgh, IN



Savvy SENIOR

The Hidden Danger of Untreated Heartburn

Dear Savvy Senior,
Is regular heartburn or acid reflux anything to worry about? I eat a lot of Rolaids throughout the day to help manage it, but it's gotten worse with age and it keeps me up at night too. What can you tell me?
Belching Bob

Dear Bob,

Almost everyone experiences heartburn or acid reflux from time to time, but frequent episodes can signal a much more serious problem. It's estimated that more than 60 million Americans experience heartburn at least once a month, with around 15 million people who suffer from it daily.

Heartburn symptoms show up in a variety of ways – as a burning pain behind the breastbone, indigestion, or a sour or burning taste in the back of the throat. Other symptoms may include chest pain, excessive belching, a long-term cough, sore throat or hoarseness.

If you're plagued by heartburn two or more times a week, and it's not responding well to over-the-counter antacids you need to see your doctor, who may refer you to a gastroenterologist. Frequent bouts may mean you have gastroesophageal reflux disease, or GERDs, which can severely irritate and damage the lining of your esophagus, putting you at risk of Barrett's esophagus and esophageal cancer if it's not treated.

Lifestyle Adjustments

Depending on the frequency and severity of your heartburn, there are a number of lifestyle adjustments you can make that can help provide relief and avoid a more serious problem down the road, such as:

- **Avoid trigger foods:** Some foods can trigger heartburn symptoms like citrus fruits, tomatoes, fatty foods, chocolate, garlic, onions, spicy foods, mints, alcohol, coffee and sodas. You should keep a food diary to track which foods cause you the most problems and avoid them.

- **Eat smaller, slower and earlier:** Smaller portions at mealtime and eating slower can help reduce heartburn symptoms. You should also wait at least three hours after eating before lying down or going to bed.

- **Lose weight:** Having excess weight around the midsection puts pressure on the abdomen, pushing up the stomach and causing acid to back up into the esophagus.

- **Quit smoking:** Smoking can increase stomach acid and weaken the valve that prevents acid from entering the esophagus.

- **Sleep elevated:** To help keep the acid down while sleeping, get a wedge-shaped pillow to prop yourself up a few inches. If that's not enough, try elevating the head of your bed six to eight inches by placing blocks under the bedposts or insert a wedge between your mattress and box spring. Wedges are available at drugstores and medical supply stores. Sleeping on the left side may also help keep the acid down.

Treatment Options

If the lifestyle adjustments don't solve the problem, or if antacids (Tums, Rolaids, Maalox, Mylanta or Alka-Seltzer) aren't doing the trick, there are a variety of over the counter (OTC) and prescription medications that can help, including:

- **H-2 Blockers:** Available as both OTC and prescription strength, these drugs (Pepcid, Tagamet, Axid and Zantac) reduce how much acid your stomach makes but may not be strong enough for serious symptoms.

- **Proton-Pump Inhibitors (PPI):** If you have frequent and severe heartburn symptoms PPIs are long-acting prescription medications that block acid production and allow time for damaged esophageal tissue to heal. They include Nexium, Prevacid, Prilosec, Zegerid, Protonix, Aciphex and Dexilant. Prevacid, Nexium, Prilosec and Zegerid are also available OTC. But be aware that long-term use of PPIs can increase your risk for osteoporosis and chronic kidney disease.

If the medications aren't enough, there are also surgical procedures that can tighten or strengthen the lower esophageal sphincter so gastric fluids can't wash back up into the esophagus.

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



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Soap Opera Preview

DAYS OF OUR LIVES Xander made a choice regarding the custody suit. Alex interrupted Brady and Theresa during a conflict. Paulina tasked Harris to investigate Salem's drug crisis. Ava stood her ground, but Harris found her in a precarious situation. EJ tried to support Nicole. Johnny reunited with Chanel. Sloan's secret nearly came out. Stefan was demanding of EJ. Paulina invited Abe to Thanksgiving dinner. Ava received a warning. Clyde Weston met with Stefan. Sloan told Eric some exciting news. Stephanie was suspicious of Chad. Johnny called Chanel after seeing something concerning. Chanel had suspicions about Holly. Paulina and Abe shared a memorable moment. *Wait to See: Nicole insists on seeing her child. Ava*

gets a surprise partner. Leo learns some shocking news from Harris.
GENERAL HOSPITAL Carly made a decision. Ned was irritated with Michael and Drew. Blaze invited Kristina to her recording session. Alexis counseled Finn. Josslyn assisted Adam. Sonny confronted Cyrus. Nina tried to get the truth from Charlotte. Anna was heartbroken. Curtis told Jordan about his revelation. Drew paid Carly a surprise visit. Anna and Valentin had a confrontation. Sonny made an offer to Sasha. Jordan asked for Laura's help. Dante discovered a lead in Anna's case. Alexis was horrified. Thanksgiving began in Port Charles with Lois' mother, Gloria, arriving at the Quartermaines to help with the turkey. Robert had a surprise for Anna. *Wait to See:*

Valentin gently confronts Charlotte. Kristina invites Blaze to Alexis' for Thanksgiving. Sasha and Cody get asked if they are dating.
THE YOUNG AND THE RESTLESS Jack prepared to retaliate against Tucker. Mamie was faced with a difficult decision. Jill worked to

build her team. Victor learned some disturbing news. Kyle kept Audra on her toes. *Wait to See: Nikki plots her escape. Michael and Gloria return home with some shocking news. Ashley strikes a deal with Tucker.*

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PUBLIC NOTICE

The Sheffield Housing Authority announces that it will be Closing its Public Housing one (1) bedroom waiting list as of Dec. 1, 2023.

No new applications are being accepted.

If you have already submitted an application your name will remain on the waiting list.

A 14 day notification will be given by Public Notice when the waiting list re-opens.

Sheffield Housing Authority is an Equal Opportunity Housing Organization.

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Market...

Continued from Page 14

Three-quarters of the Winter Art Market proceeds go directly to the individual artists and small businesses creating the artwork, while one quarter supports the Tennessee Valley Art Association, a 501 (c) 3 nonprofit.

"Artists really love this event because it brings them sales and exposure, without as much work and stress as a traditional art festival. As an art association, we're glad to be able to support artists in this way," said Christi Britten, the Tennessee Valley Art Association's executive director.

"When you shop at the market, you also support the TVAA," Britten added. "Your purchases help us build our community and children's theatre programs at The Ritz, bring more exciting art exhibitions to the museum, and offer more arts education through our new Tennessee Valley School of Arts."

Museum hours are Tuesday-Friday 9am-5pm and Saturday 10am-5pm

Museum admission is \$5 for adults, \$3 for students, and free for TVAA members.

Notes...

Continued from page 23

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

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

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

Please bring a photo ID and proof of address.

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

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

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

Grief can be an overwhelming

season to go through. There is a monthly grief support group that meets on the third Friday of each month at 10am at First Baptist Church of Rogersville, 222 College Street. Come and share and let us pray with you for strength and comfort! These groups are FREE, open to the public, and include supportive materials. Another grief support meeting also takes place at 10am every first Tuesday at Cliff

Haven Church in Sheffield. These groups are sponsored by Kindred Hospice. For more information, call 256-764-0873.

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

time! Let us help!

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

See NOTES... page 38

Turning 65? Time for a MEDICARE Insurance Plan? Register Today!

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▶ Our **"Third Thursday" Medicare Education Classes**, offered each month, allow you the opportunity to learn more. Call to register now to attend one of these classes!



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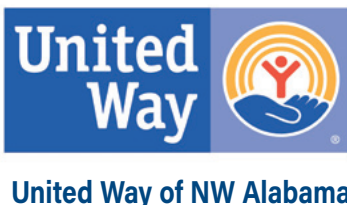
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Personal Property: Dining room and bedroom suites, marble top table, piano, misc. furniture, glassware, china, vinyl records, vintage items, memorabilia, pottery, stoneware jugs, misc. tools and more.

Open House: Sun. Nov. 26, 1-3PM
Pick Up: Sat. Dec. 2, 9-2PM
Seller: Glendale S. Pender

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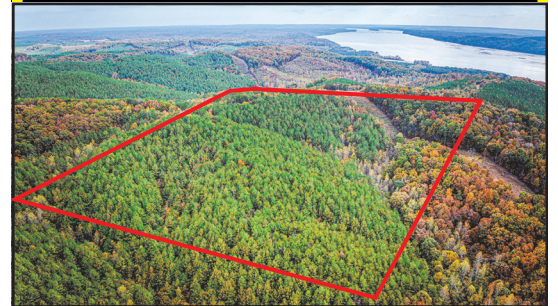
TERMS: Personal Property - Cash or good check day of pickup. Debit and credit cards accepted through online auction website. **Real Estate** - 10% down payment with balance due within 45 days. Seller reserves the right to accept or reject any and all bids. Real Estate and Personal Property will be sold "AS-IS" without warranties of any kind.

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256-766-9700

No representation is made that the quality of the dental services to be performed is greater than the quality of dental services performed by other dentists.

Notes...

Continued from page 35

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

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

For more information call 256.764.0873.

These groups are sponsored by Kindred Hospice.

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

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

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

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

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

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

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

- Flea/Tick Control
- HW Testing
- HW Preventative
- Vaccine

Submit your Pet Wellness application from our Facebook page REAL Rehome Educate Adopt Love or website www.rehomeandeducate.webs.com

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

Cardboard Boxes
Place large, broken-down cardboard

boxes 3 feet away from your recycle and garbage carts. Remove all contents from each box before recycling as Styrofoam and plastic film are NOT recyclable.

Televisions/Electronics

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

--Florence Recycle Center: 1200 Terrace Street, Florence

--Florence Landfill: 29485 County Road 14, Florence

Wrapping Paper

All paper is recyclable if it will tear. We

encourage you to reuse ribbons and bows, but they are not recyclable.

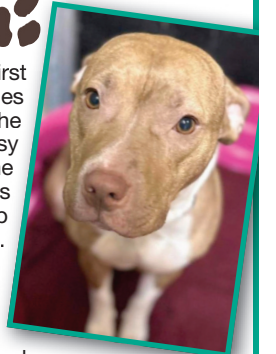
Alcoholics Anonymous - Shoals Area AA (Lauderdale, Colbert, Franklin and Lawrence counties) has an up-to-date meeting schedule as well as local AA events on their website: www.shoalsaa.org and a 24-hour hotline: 256-415-7719. To find AA meetings worldwide, get the AA Meeting Guide app: <https://www.aa.org/meeting-guide-app>

See NOTES... page 39



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

HAZEL is a 1.5-2 year old pit mix. She is the sweetest girl in the world! She is a little shy at first but craves attention! She literally cries when you talk to her because all she wants is your love. She is not a messy girl at all and she babies her toys! She loves her blankets, and is very calm as far as we have seen. Hazel will climb in your lap to get love and attention. The **ADOPTION FEE IS \$85**. This fee includes a voucher for \$70 off of his neuter, a \$15 rabies voucher, parvo and distemper vaccines, the first booster shot, Nexgard, and dewormer. For more information please contact **Colbert County animal shelter** at 256-381-4073.



AUGIE is adorable, very waggly and super friendly. This precious boy can entertain himself with toys, and he keeps a clean kennel, and he's just one of those dogs that it's hard not to be happy around! Augie is around 3, and about 60 lbs. We hope you'll come meet him and our other sweet dogs. **ADOPTIONS ARE CURRENTLY \$85** and include

everything your new pet needs to be on track for a happy, healthy life: vaccines, a microchip, spay/neuter, and heartworm test. Please call or come by **Florence Lauderdale animal services** 256-760-6676 to meet this amazing dog.

KENNEDY is the sweetest little buddy. He loves all the toys and likes to gather them up to admire. This amazing boy already knows "sit" and "paw", and he is an A+ car rider. Kennedy is very cuddly and attentive, and playful dogs at the shelter. He does his best to keep a clean kennel. We think this handsome boy is 1.5 years old and he's a perfect medium size at 40 lbs. Kennedy is very charming and seems like he'd make a great sidekick. **ADOPTIONS ARE CURRENTLY \$85** and include

everything your new pet needs to be on track for a happy, healthy life: vaccines, a microchip, spay/neuter, and heartworm test. Please call or come by **Florence Lauderdale animal services** 256-760-6676 to meet this handsome fella.



Lexington Clinic

Welcomes

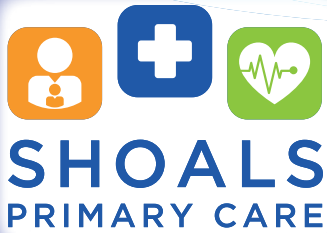
Kim Crain
Board Certified
Family Nurse
Practitioner



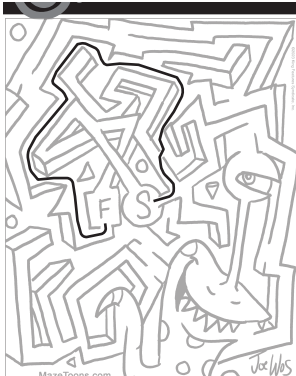
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Monday-Thursday 8am - 5pm • Friday 8am-Noon



11631 Hwy 101,
Lexington, AL
(256) 229-6262
shoalsprimarycarellc.com

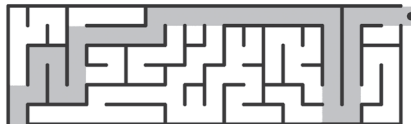


Even Exchange answers

1. Ankle, Angle
2. Fiddle, Middle
3. Shark, Sharp
4. Miner, Miser
5. Apiary, Aviary
6. Novel, Nobel
7. Bicker, Backer
8. Green, Greet
9. Senate, Sedate
10. Candy, Caddy

Puzzle Whirl Answers

Kids' Maze Solution



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WORD LADDER

Answer
OWNED, AWNED, ACNED, ACHED, ASHED, ASHES

Word Spiral Answer

KILOBYTES

MINI SUDOKU

Answer

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

Notes...

Continued from page 38

Al-Anon

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

256-648-5777.

- Al-Anon, 6pm Thursdays, First Baptist Church, Jackson Avenue, Russellville.
- Hope Al-Anon and Shoals Al-Teen (ages 12-18), 6pm, Monday, Highland Park Church of Christ, 600 Geneva Ave., Muscle Shoals.
- Florence Freedom AFG, 11am, Tuesday, Mission of Mercy, 414 Tuscaloosa St., Florence.

Narcotics Anonymous

- Narcotics Anonymous Survival meets daily, noon and 7pm, 1614 State St., Florence. Nonsmoking. 256-500-8889
- Real Hope, 6-7pm, Tuesdays and Thursdays, New Beginning Church, 855 Florence Blvd., Florence. Nonsmoking. 800-

239-5509

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

Crisis lines

- Battered or abused women in need of counseling and/or emergency shelter may call Safeplace crisis line, 256-767-6210, 24 hours.
- Rape Crisis Line available 24 hours. 256-767-1100

LifeSouth is in emergency need for blood donors. This year continues to be difficult for LifeSouth and blood centers across the country with the impact of the pandemic

causing a decrease in blood donations, while the need to help patients in local hospitals continues to increase.

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

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

To find a donor center or mobile blood

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



AVALON

MEDICAL GROUP

2410 E. Avalon Ave
Muscle Shoals
www.avalonmedshoals.com
256-386-0808



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Tracey Owen, CRNP and a team of caring professionals
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Luke 10:27

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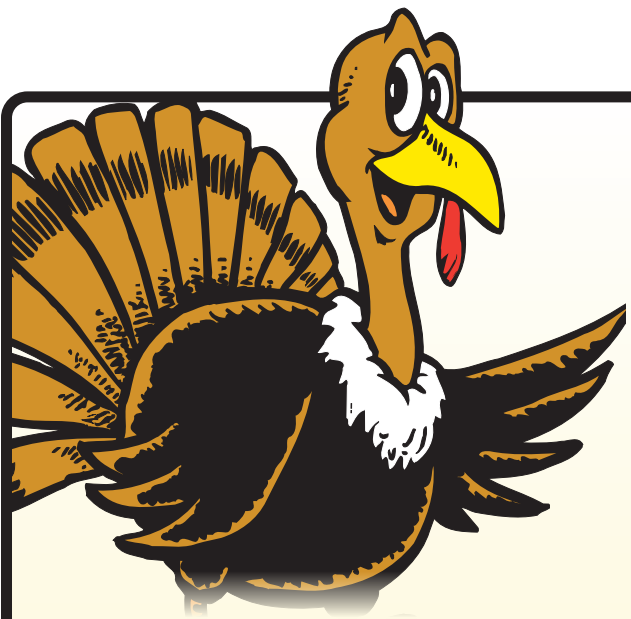
Open 7:30-11 Thanksgiving Day



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+ Buick Conquest Cash \$1,250
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Sik#23B027
See salesman for details.

2024 TERRAIN
Ray Miller Discount \$1,647
Total Savings
\$1,647 WAC



Sik #24G052
See salesman for details.

2023 ENVISION
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Total Savings
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Auto, Full Power,
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2 Door, Leather,
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19 Ford F140 Supercrew
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Leather, Full Power,
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21 GMC Yukon
#23G-172A, SLT, 3rd Row,
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21 GMC Sierra 2500HD Denali
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