

**Local 4 Earn
Scholarships**

HUNTSVILLE – The Better Business Bureau of north Alabama recently hosted its 26th Annual Torch Awards for Ethics luncheon at the Westin Hotel in Huntsville.

This event also included the 22nd Annual presentation of Torch Scholarships to high school seniors across North Alabama. Awards were based partially on the submission of a short essay about the relationship between businesses and community. Thirteen scholarships were awarded with four going to students from the Shoals area.

- Those students were:
- **Emily Grace Clark** of Florence High School,
 - **Landon Michael Gerstman** of Covenant Christian School,
 - **Karlee Beth Krieger** of Rogers High School,
 - **Jadyn Kalla Parker** of Mars Hill Bible School.

According to BBB officials, there were several hundred business nominees this year in four Torch Award for Ethics categories – Small Size, Mid-Size, Large Size, and Government Contractor. Twelve of the initial nominees were officially invited to the luncheon. Two were from the Shoals area, the *Courier Journal* and Jill's Sweet Memories.

**NAMC 5 Year
Anniversary**

FLORENCE– North Alabama Medical Center officially celebrated the five-year anniversary of the new hospital's Florence opening on

More SHORTS... on Page 2

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Volume 140 Number 8

December 13, 2023

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Courier Journal



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Excitement Back at Shoals Royale

FLORENCE – United Way of Northwest Alabama's Board of Directors will host the 2nd Annual Shoals Royale on Saturday, January 20 from 6–11pm at the Marriott Shoals Conference Center.

This will be an incredibly fun night with authentic Las Vegas gaming to raise money for United Way of Northwest Alabama. You will feel as though you have entered a real



casino right here in the Shoals with fun and friendly dealers,

See ROYALE... on Page 10

Special Signee at NWSCC

Lopez Brings Youth to Patriot Baseball

MUSCLE SHOALS-- Not even a Saturday rain could not dampen the spirits of those who attended the December 2 signing event of 11 year-old Azaiah Lopez, from Muscle Shoals, to the Northwest Shoals baseball team and Patriot family.

Azaiah, who is in remission from pediatric cancer, joined



Azaiah Lopez signs with Patriots Baseball on Saturday, December 2 on the NWSCC Shoals campus. Courtesy photos

See SIGNEE... Page 12

Electric Bus First in Alabama



Courtesy photo

TUSCUMBIA – Tuscumbia City Schools established a positive trend with the announcement that it will be the first school system in Alabama to incorporate an electric school bus into its schedule. An official celebration presentation of the bus and ribbon cutting took place last week at Deshler High School.

See BUS... on Page 8

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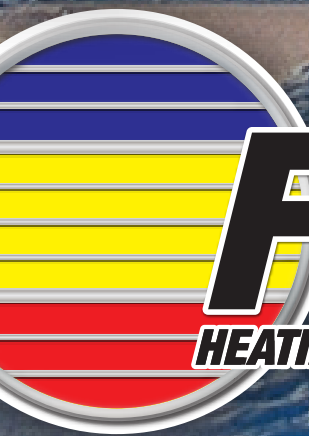
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Shorts...

NAMC 5 Year Anniversary

Continued from Page 1

Wednesday, December 6 with special events for patients and employees throughout the day. The 450,000-square-foot 263-bed acute care facility opened its doors on Friday, December 6, 2018.

"I can't believe we have been in our new home for five years," said NAMC CEO, **Russell Pigg**. "The new facility has helped us serve the community through

the pandemic, expand services, and keep more patients close to home for high-quality healthcare.

NAMC has admitted more than 10,000 patients including approximately 9,000 transfers from other facilities. A total of 25,893 heart catheterization procedures have been performed, and the hospital has completed 940 open heart surgeries and 1,750 robotic surgeries. NAMC has also cared for 173,376 patients in its emergency room and delivered 6,315 babies since its grand opening.

As a major tertiary care center for the region, NAMC offers a robust list of healthcare offerings including heart care, stroke care, emergency services, imaging, advanced surgical robotics, wound care, bariatric surgery, neurology and more.

C-suite school, the Executive Development Institute for Community Bankers® (EDI). Hall was among only eight graduates of the class honored during a ceremony this fall in Westminster, CO



Hall

"Lori's completion of the demanding Colorado Graduate School of Banking's Executive Development Institute (EDI) has provided her with priceless knowledge and abilities that will enhance both her personal growth and our overall success," stated **Rick Wardlaw**, CEO of Bank Independent. "Her graduation from the EDI is a testament to her dedication to progress and to strengthening her contributions to the bank."

Conservation and Natural Resources Commissioner Chris Blankenship. "Lake Guntersville State Park is an incredible setting to thank and acknowledge the efforts that help make our State Parks so welcoming."

Nominations are open to the public in the following Eagle Award categories:

• **Elected Official:** This award honors an elected official who has worked to support and fulfill the mission of Alabama State Parks in preserving natural areas, operating recreational facilities, and extending public knowledge of the state's natural environment.

• **Community Partner:** Honoring government organizations, chambers of commerce, tourism organizations, and local businesses who help parks succeed through collaboration and community support.

Community partners share the vision of successful parks fostering increasingly successful communities.

• **Park Partner:** This award honors organizations working to ensure the creation and ongoing maintenance of vital park amenities such as hiking and biking trails.

The nominee is a partnering organization that sees a need and collaborates with the leaders of Alabama State Parks to fill it.

• **Volunteer in Parks:** Honors Volunteers in Parks (VIPs) who help make Alabama State Parks destinations of excellence. Whether through physical labor at a single park or strategically planning for the parks system, VIP nominees are service-oriented individuals who keep park maintenance and growth at the forefront of all efforts.

• **Youth:** This award highlights K5-12th students who have made extraordinary contributions to a single state park or the system of Alabama State Parks through community service organizations or individual service efforts.

Winners will be honored on Saturday, January 20 as part of 2024's first Eagle Awareness Weekend at Lake Guntersville State Park. "Our State Parks System welcomes millions of visitors each year, and we recognize that many of the programs and amenities in our parks would not be possible without the contributions of so many individuals and organizations," said Alabama Department of

For Eagle Nominations



For Eagle Nominations

MONTGOMERY – The Alabama State Parks Division of the Alabama Department of Conservation and Natural Resources is now accepting nominations for the 8th Annual Eagle Awards which recognize special contributors to our state's parks.

Nominations are now open online at <https://www.alapark.com/eagle-awards-2024>, with awards presented in five categories: Elected Official, Community Partner, Park Partner, Volunteer in Parks (VIP) and Youth (K5 – 12th Grade). The deadline for submitting nominations is Friday, December 22.

Winners will be honored on Saturday, January 20 as part of 2024's first Eagle Awareness Weekend at Lake Guntersville State Park. "Our State Parks System welcomes millions of visitors each year, and we recognize that many of the programs and amenities in our parks would not be possible without the contributions of so many individuals and organizations," said Alabama Department of

Hall Through Grad Banking

BOULDER, CO – Lori Hall, VP Comptroller of Bank Independent, has completed the Graduate School of Banking at Colorado's exclusive

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More SHORTS...on Page 7

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

• Email to editor@courierjournal.net

A Home for The Pawlidsays Foster Program - At the Colbert County Animal Shelter, 5010 Missouri Street, Tuscumbia. 256-381-4073.

Choose to open up your heart to a shelter dog or cat this holiday season.

Foster Pick-up December 20, 11am-5pm. Foster Drop-Off December 29, 11am-5pm. Supplies will be provided as needed!

"It's a Wonderful Life" a live Radio Drama, presented by Full Moon Players, December 14-17, at Cypress Moon Studios, Sheffield.

Produced by Tonya Holly and Directed By Jennifer Adams. "It's a Wonderful" is presented by Through Dramatics Services, Inc.

Thursday-Saturday 7pm, Sunday 2pm. Tickets are \$15 in advance, \$20 at door.

Rated E - This show is recommended for everyone of all ages.

Shoals Artists Guild Meeting will NOT TAKE PLACE on Friday, December 15 this month, due to the holidays.

Live Nativity at First Cumberland Presbyterian Church on Darby Drive in Florence December 15, 16, 17 from 6-8pm each night. Drive through or walk through this presentation of the Live Nativity.

Green Hill United Methodist Church will host it's Christmas Celebration and Bring a Friend Day on Sunday, December 17 at 11am in the church sanctuary. The morning will feature vocalist and

recording artist, Thomas Martin; guest piano artist, Jones Webb; and vocalist and recording artist, Mary Carter Young.

Everyone is welcome. Green Hill UMC is located at 15050 County Road 47 in the Greenhill community.

Belle Mont Mansion is festively decorated for the season with natural greenery and fruit much as it would have been in the 1800's when the home was built. Two plump cedar trees are in place and dressed with old-fashioned ornaments and paper clippings in a style made popular by Queen Elizabeth and Prince Albert, who shared the German Christmas tree tradition which swept America during her reign.

The house will be open for tours on Sunday, December 17, from 1-4pm. The Sunday open is in addition to the regular hours, 10am-4pm Wednesdays - Saturdays. Belle Mont will be closed on Christmas Eve.

The home is located at 1569 Cook Lane in Tuscumbia. Admission is \$8 for adults, \$6 for seniors, military and students, \$4 for Children/Youth 6-18 years, and free for children under 6 years. For more information, please call 256-381-5052.

American Legion Post 31 will celebrate the holiday season with the annual Christmas Dinner on Monday, December 18, at 6pm at the Annex of the Tuscumbia Church of Christ, at the corner of Main and Fourth Streets. All members of the post, their guests, and all Veterans are invited. For more information, please call 256-762-5950.

7th Annual Holly Jolly Christmas Trolley on Thursday, December 21 from 5:30-7pm hosted by Singing River Literacy Council and the City of Tuscumbia.

The popular Christmas sing-a-long trolley ride will depart from the Tuscumbia Round House, located at 110 N. Indian Street in Tuscumbia. Admission is free, thanks to generous donations.

The trolley ride is open to the public. Each child who participates will receive a free Christmas book. Christmas stations inside the Round House will include face painting, snacks, games and read alouds. The trolley will run continuously from 5:30-7pm.

Muscle Shoals Sound Studio will be closed for Christmas December 23-January 2. It will reopen Wednesday January 3, 2024.

Tour prices will remain the same for 2024 as well as hours and tour times: 10-4 Tuesday - Friday with tours at 10:30, 11:30, 12:30, 1:30, 2:30 and 3:30. All tours are guided tours and are \$20/person. There are discounts for military, seniors, and for pre-arranged group tours of 20 or more.

For more information, call 256-978-5151 or visit www.muscleshoalsstudio.org

LifeSouth Bloodmobile Dates:
Thursday, December 14 Helen Keller Hospital, 9am - 6pm
Sunday, December 17 Lowe's - Muscle Shoals 10am - 4pm

The Lauderdale County Solid Waste Department will be closed Christmas Day Monday, December 25 and New Year's Day Monday, January 1. There will be no household or commercial garbage pickups those days. Household garbage collections will be delayed ONE DAY ONLY on Christmas and New Year's weeks.

The landfill will also be closed to the public on those holiday weekend Saturdays, December 23 and 30.

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> if you can't donate, please share this information.

The 2023 Tuscumbia Civitan Christmas Ornament is Deshler High School, celebrating the school's centennial. It is now available for purchase at Fiddledee! 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 13



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STRANGE but TRUE

- **Water itself does not conduct electricity** well, but the impurities found in water do.
- **When Ethiopian emperor Menelik II didn't feel well**, he would eat a few pages of the Bible. While this curious habit didn't do him any harm as long as his consumption was limited, in 1913, feeling particularly ill after a stroke, he ordered an entire Old Testament book of Kings to be fed to him, a page at a time, but died before he could complete it.
- **Humans can live unprotected in space** for about 30 seconds if they don't hold their breath.
- **Two actors have died while playing Judas Iscariot** in live productions of the biblical story by accidentally hanging themselves for real during his death scene.
- **Ever find yourself getting a little sleepy** during a virtual meeting? Contrary to popular belief, researchers have determined that the cause

isn't information overload, but mental underload and boredom. (Frankly, we're not too surprised!)

- **A 1999 study found that a single square kilometer (247 acres) of the Amazon rainforest can contain about 90,790 tons of living plants.**
- **As editors around the globe already know**, hearing grammatical errors can cause physical stress.
- **Following a nationwide legal battle** (and graceful concession from Gregory's Restaurant and Bar in New Jersey), Taco Bell successfully ensured that the term "Taco Tuesday" can be used freely throughout all 50 states.
- **If Earth's history was condensed into a 24-hour span**, life would have appeared at 4 a.m., land plants at 10:24 p.m., dinosaur extinction at 11:41 p.m., and human history would have begun at 11:58:43 p.m.
- **Sweden has a ski-through McDonald's.**

- **The world's most expensive perfume**, Clive Christian No. 1 Passant Guardant, will set you back a cool \$143,000 for a 30 ml bottle. Of course, it does come in a flask studded with 2,000 diamonds.
- **A 2018 psychology study found that millionaires who earned their wealth are moderately happier than those who inherited it.**
- **George Washington moved his slaves in and out of Pennsylvania every six months to avoid their taking advantage of a law whereby slaves residing in the state for longer periods could claim their freedom.**
- **When Peter Benchley had trouble coming up with a title for his novel "Jaws,"** his dad suggested "What's That Noshin' on My Leg."
- **Bored with your limited supply of cuss words?** Try learning Latin, which contains about 800 obscenities to English's approximately 20 (depending on how we define the latter).
- **In 1924**, half of the world's cars were made by Ford.
- **Folks who have difficulty recalling someone else's name shortly after they've met**

can blame it on the "next-in-line-effect," or having too much anxiety about themselves and what they'll say next to focus on the name of someone to whom they were just introduced.

- **A cyberchondriac** is someone who scours the internet looking for details about their illnesses.

- **Actor Frankie Muniz**, who starred as the titular character in the TV series "Malcolm in the Middle," doesn't recall his time on the show, due to multiple concussions and TIAs (transient ischemic attacks).
- **Fyodor Dostoevsky wrote "The Gambler"** to

pay off his gambling debts.

Thought for the Day:
"Don't confuse your path with your destination. Just because it's stormy now doesn't mean you aren't headed for sunshine later. Don't lose faith."
 -- Trent Shelton
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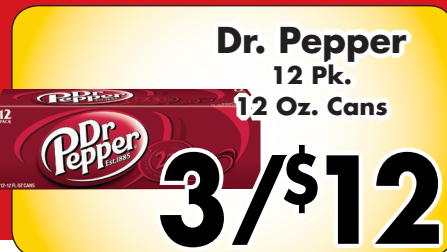
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Shorts...

Continued from Page 2

A Christmas Trolley Dec 21

TUSCUMBIA—Singing River Literacy Council and the city of Tuscombua are hosting the 7th Annual Holly Jolly Christmas Trolley on Thursday, December 21 from 5:30-7pm.

The popular Christmas sing-a-long trolley ride

will depart from the Tuscombua Round House, located at 110 N. Indian Street in Tuscombua. Admission is free, thanks to generous donations.

The trolley ride is open to the public. Each child who participates will receive a free Christmas book. Christmas stations inside the Round House will include face painting, snacks, games and read alouds. The trolley will run continuously from 5:30-7pm.

New Book for Simpson

SHOALS – Local author **Renea Simpson's** newest book, "Simpsonly the Best Spiritual Truths," is out and available online. Simpson discusses love, faith, friendships, relationships, nurses, life experiences, and more. She acknowledges that in this uncertain world of political correctness, it is breathtakingly beautiful to serve an awesome, all-powerful God!

"Through God all things are possible," Simpson said. Visit ReneaYvettePoetry.com

Your Opinion: Colbert Trails

FLORENCE—The National Park Service and the Muscle Shoals National Heritage Area want to hear your thoughts about Colbert County trail systems.

The National Park Service's Rivers, Trails and Conservation Assistance Program and the MSNHA will host two community-input meetings: 4:30-6:30pm Tuesday, December 12, at the Leighton Public Library and 4:30-6:30pm on Wednesday, December 13, at the Sheffield Public Library.

Anyone can attend and share comments about the trail and blueway maps the project team has developed. The map features proposed trail systems including the Singing River Trail and the National Trail of Tears Historic Trail and will become part of a trail-development master plan for Colbert County. "Comments submitted

See SHORTS...on Page 12



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Baked Goods for the Injured

FLORENCE—The dedicated volunteer Chloe's Fund bakers have been in the kitchen all week creating their wonderfully popular treats, including specialty platters, cakes, cookies, pies, breads, doggy treats and more! These items are made fresh to order and will sell out in advance of Chloe's Fund Jingle Paws Bake Sale on Saturday, December 16. However, they can be preordered to insure availability.

The Bake Sale menu is posted on the Chloe's Fund Facebook page and the Florence-Lauderdale Animal Services Facebook page. Bake Sale coordinator, **Lisa Wilson Rim**, can also text the menu in reply: 804-240-6880 (she's local) or Message her on Facebook to receive the menu. The deadline to pre-order the baked goods is 3pm on Wednesday, December 13. Otherwise, you can take your chances from 10am-1pm on Saturday, December 16 that the bakers prepared more than what was ordered. Pick-up for preordered goodies is also 10am-1pm Saturday at the Florence-Lauderdale Animal Services building, 3240 Roberson Road in Florence.

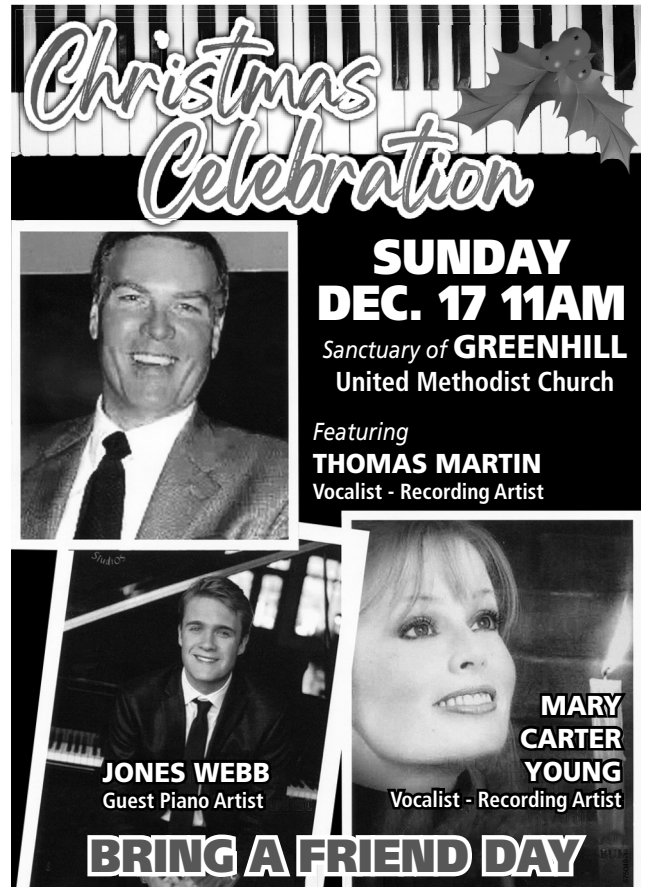
All proceeds go to Chloe's Fund, a 501(c)(3) which assists in Emergency Medical Expenses for our Shelter Animals and in Shelter Diversion.

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Kelley, Danielle	M34	Household, Misc
Moody, Brittany	N16	Household, Misc
Perry, Shelly	A34	Household, Misc
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Vela, Lisa	S28	Household, Misc
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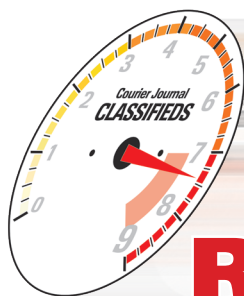
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Electric Bus...

Continued from Page 1

The Thomas Built Bus SAF-T-LINER® C2 Jouley is the first electric school bus being delivered through the EPA Clean School Bus Program. Transportation South, Inc. is Alabama's largest school bus provider, and Thomas Built Buses is the industry's largest provider of all-electric school buses. Both companies were on hand for last week's event.

With funding from the Bipartisan Infrastructure Law, EPA's Clean School Bus (CSB) Program provides \$5 billion over five years (FY 2022-2026) to replace existing school buses with zero-emission and low-emission models. Under the Program's first funding opportunity, the 2022 CSB Rebates, EPA solicited applications for zero-emission and low-emission school buses and awarded up to \$965 million to fund school bus replacements at nearly 400 schools. Tuscumbia was the very first order submitted to Thomas nationally.

"Tuscumbia City Schools is a trailblazer," said Bucky Law, President and CEO of Transportation South. "We thank them for your partnership as we move the needle in school transportation once again for a safer, cleaner,

school experience for our children and theirs."

Alabama school buses currently operate on fossil fuel. In contrast to current buses, the C2 Jouley is emissions-free at the tailpipe, noise pollution-free, and fossil fuel-free. Electricity has the lowest and most stable operating cost of any propulsion source.

The C2 Jouley has a 138-mile operating range, up to 220 kWh power, and a charging time of 2-3 hours at a DC charging station!

"We at strive for the very best for our students, drivers, faculty and community," said Tuscumbia City Schools Superintendent Russ Tate. "We are thrilled to be the first school system in Alabama to receive an electric school bus under the Clean School Bus Program."

Among all EV applications, school buses are the best suited for electrification because of:

- Low daily mileage
- Predictable, planned routes
- Health benefits for students and community
- Downtime between routes allowing for midday charging if needed
- Ability to provide power back to grid during peak times



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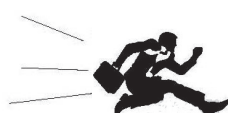


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Insurance Insights

Energy Saving Tips For Winter

Look at these tips to save money on winter energy expenses and help winterize your home wherever you live.

You've probably gotten out your winter coat and gloves - now it's time to winterize your home too. Chilly mornings and potential precipitation also may equal rising gas and electric bills. No matter if you're combating sub-zero temps or just cool mornings and nights, small changes can help lower the high cost of staying warm and cozy. Read on for strategies to help.

How to save heat energy

Adjust your ceiling fan. Change the controls so the fan rotates clockwise at a low setting.

Lower your thermostat.

Lower it at night by 10 degrees, and you might save up to 10% on your heating costs.

During extreme cold it is recommended to leave the thermostat on a consistent temperature so the furnace does not strain to catch up.

Consider a smart thermostat. Energy saving thermostats can pick up on your family's behaviors, can be accessed from a remote location via a smart phone, and may adjust temperatures based on the conditions of the environment like levels of humidity.

Lower the temperature on your water heater. Turn down the highest setting on your water heater to 120 degrees Fahrenheit to trim even more from your utility bills.

Close off unused rooms. Don't spend a lot of time in a guest room or finished attic? Close the vents and the door, too, to reduce the square feet you have to heat

Tips for indoor comfort

Run a humidifier. Part of the reason we feel cold in our homes during wintertime is because of the air around us.

Seal your windows and doors. Cold air seeping into your home equals more work by your HVAC system to keep the interior of your home warm. Take a good look at existing doors and windows and replace or add weather stripping to doors and fresh caulk to gaps in windows.

Winterize your furnace

Your HVAC system doesn't need a weekly cleaning like the rest of your home, but it does need a HVAC tune-up at least twice a year.

Set up a service call so a technician can make sure all parts and pieces are in good working order.

Change filters monthly.

Winterize your water lines

If you have any plumbing lines that are in uninsulated spaces or against an outside wall, cover them in pipe insulation foam (readily available at hardware stores).

Other saving tips

Swap out holiday lights. Widely available LED lights are also wallet-friendly, and have the added bonus of a longer life, too. According to energy.gov they only use 20% to 25% of the energy and last 15 to 25 times longer.

Take advantage of solar rays. Open curtains on south-facing windows during the day to soak up the sun's heat.



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Shoals Royale...

Continued from Page 1



quality gaming tables, and real casino chips! There will be heavy hors d'oeuvres, a cash bar, and a VIP lounge for top sponsors.

Larry Bowser, chair of the planning committee, said, "The inaugural Shoals Royale event really wowed attendees this past January, and we hope to make it even better this year," he said. We had some incredibly positive feedback from attendees and we are taking many of their suggestions into consideration as we plan our upcoming event."

The cost of an individual ticket is \$100 and \$175 for a couple. Each ticket includes \$50 of play money to get players started at the tables. Sponsorship opportunities are available ranging from \$250 - \$10,000 and the sponsors receive greater levels of play money. Your gaming success will improve your chances of winning some great prizes!

United Way of Northwest Alabama's

CEO, Jennifer McNulty stated, "Shoals Royale isn't just a night of gaming; it's an opportunity to get together as a community to have fun, get to know each other, and raise money for our community without the feeling of a typical fundraiser. It's fun. We're not actually gambling; we're playing for a better, stronger, community for us all."

Grab a group of friends, co-workers, a date, or come solo. We cannot wait to see you at Shoals Royale! Tickets can be purchased on United Way of Northwest Alabama's website, www.uwnwal.org or with the direct ticket link: https://shoalsroyale.cbo.io.

Our Board of Directors is passionate about United Way of Northwest Alabama," Bowser added. "We hope to raise a lot of money to pour back into our community."

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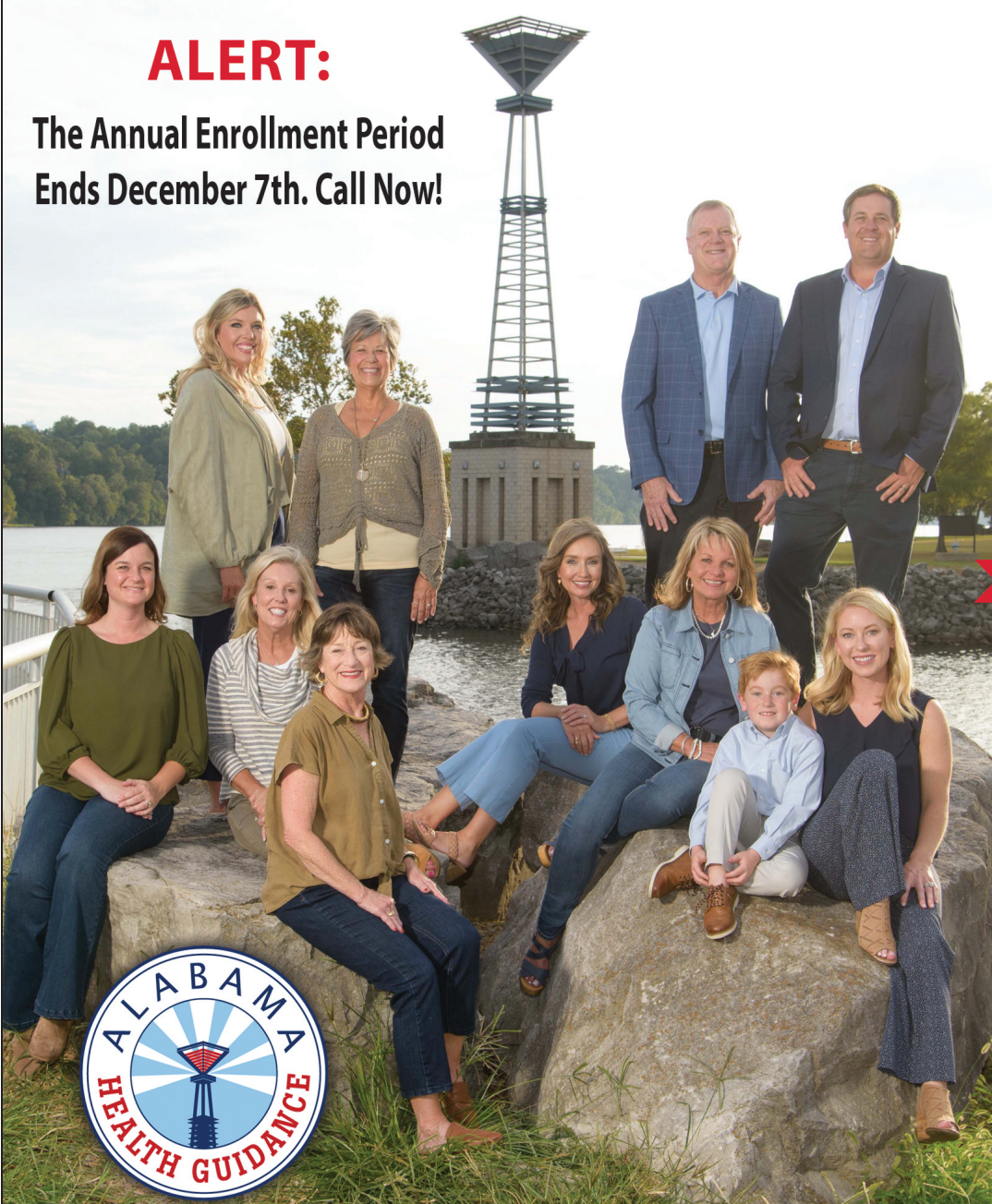
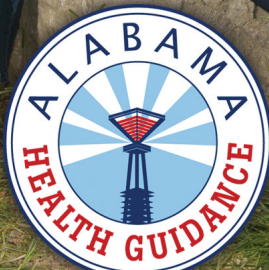
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Shorts...

Your Opinion: Colbert Trails

Continued from Page 7

during the community meetings will help identify priority projects for the community," said MSNHA Director **Carrie Crawford**.

Email msnha@una.edu for details about the community meetings. To learn more about NPS's RTCA program, visit www.nps.gov/orgs/rtca/index.htm

Turbines Up at Colbert

TUSCUMBIA— The Tennessee Valley Authority celebrated the expansion of the Colbert Combustion Turbine Plant recently with over 100 dignitaries attended the dedication event and touring the state-of-the-art facility in Tuscumbia.

The expansion demonstrates TVA's commitment to providing affordable, reliable, and clean energy to meet increasing demand in

north Alabama. Construction began on the Colbert Combustion Turbine Plant in the summer of 2021, with more than one million hours of work safely dedicated to the project. These hours were worked with no significant environmental events, no OSHA serious events, and no lost-time injuries.

TVA started commercial operation of three new units on July 25 of this year, ahead of schedule, and under budget. The additional 750 megawatts at Colbert provides enough dispatchable electricity

to power more than 400,000 homes.

"These units provide needed flexibility, responsiveness, and reliability for the power grid," said **Roger Waldrep**, Vice President of Major Projects. "They allow us to meet demand during peak periods, like the extremely hot days we experienced in August and September and the upcoming cold nights that are ahead this winter."

TVA plans to invest \$15 billion over the next three years to build additional generation and upgrade the existing system to ensure the region continues to benefit from affordable, reliable power.



Signee...

Continued from Page 1

the team during the ceremony at Patriot Park.

According to NWSCC Patriots Athletic Director Taylor Franks, when the College received this opportunity from the Alabama Community College Conference and the Friends of Jaclyn Foundation, it jumped at the opportunity.

"We are our community's college," said Franks. "When we found out about Azaiah and that we could adopt him and provide he and his family with additional support, our whole athletic department was pumped."

Azaiah's mother, Tiffany Lopez said the timing is ideal because the family has been in a celebratory mood since finding out on November 12 that Azaiah has gone into remission.

"He's super excited," Lopez said. "This is special, and he has been in this battle for two years now. He's been doing nonstop chemo."

The Alabama Community College Conference (ACCC) and the Friends of Jaclyn Foundation joined Northwest Shoals in spearheading the event. The goal of the foundation is to create a support system that extends beyond the conventional boundaries of a sports team, providing comfort and encouragement to children and their families.

The Friends of Jaclyn Foundation was created by Dennis Murphy. His daughter, Jaclyn, was diagnosed with a medulloblastoma, a malignant brain tumor, and she became connected to and later adopted by the Northwestern University lacrosse team as an honorary team member. "Jaclyn's

Azaiah Lopez receives a Patriots jersey and bat as his father and brother look on during his signing day event with NWSCC.

strength, courage, relentless spirit, and joy for life inspired the players," Murphy said. That team went on to a perfect season, winning their first NCAA national championship in 64 years.

Azaiah has come a long way over the past two years since the family received the stunning diagnosis. Azaiah spent a lot of time at Children's Hospital. He was in a wheelchair and on a feeding tube at one point, according to Tiffany.

He has been doing homeschool the last two years, and now he is back at McBride Elementary School, where he is in the sixth grade.

Azaiah's four siblings and parents joined in the ceremony, as did the players on Northwest Shoals baseball team.

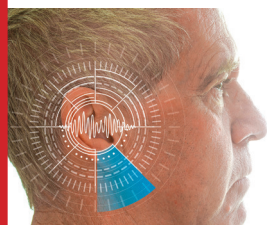
"When Azaiah's mom, Tiffany was telling his story to the crowd, there was hardly a dry eye in the room," said NWSCC President Dr. Jeff Goodwin. "It was great for all of us to hear, but it really gave our student-athletes a perspective of how fortunate they are to be able to continue to play the game they love."

"It's a family affair," said Northwest Shoals Athletic Director, Taylor Franks. "The baseball team may be the most excited. The guys are looking forward to his being a part of the team. We look forward to more events in the spring when they have games, and he can come out."

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Katenia Fitzgerald
Executive Administrator

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Notes...

Continued from page 4

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, December 26. Dinner at 6pm - Business at 7pm

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.

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.

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.

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.

See **NOTES...** page 17

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Commentary

Conveniences at Home Seem Ideal

The Courier Journal conducts a popular weekly football contest each week during the college season, entitled, Game Day Scorecard. While setting up the contest schedule for the coming Bowl season

and CFP playoffs from the schedule at espn.com, I noticed an interesting variation in ticket prices for the slate of games. As of this writing, there were still tickets available for all the games, including the two January 1 playoff games featuring Michigan/Alabama in the Rose Bowl and Washington/Texas in the Sugar Bowl, and the College Football Playoff National Championship game on January 8 in Houston.

It is interesting how the ticket prices vary, even for the prestigious New Year's Day games. For example, tickets for the Independence Bowl on December 16 between California and Texas Tech are available for a little as \$17 each. Tickets to the Arizona Bowl in Tucson

See **TICKETS...** on Page 28

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

In A Few Words



TOM MAGAZZU
Editor

Courier Journal

in the *Shoals*

THIS WEEK

December 13, 2023

Happening THIS WEEK

Young Learners Tradition of Finger Weaving

FLORENCE—The Florence Indian Mound Museum's Young Learner's series continues this Saturday, December 16, at 10am with a program and activity about Native American Finger Weaving.

Finger weaving is a traditional artform in many Native American and Indigenous nations. In the Cherokee tradition, finger woven regalia was historically used by men for adornment and trading with others. In the past, Chickasaw women would gather in groups

See **WEAVING...** on Page 24

Seasonal Bells

Red Kettles Ring Through Holidays

FLORENCE—The Red Kettle Campaign is the Salvation Army's oldest and most important annual fundraiser and the lifeline for many of the Salvation Army's vital programs. Every dollar raised through the 132-year-old campaign stays in the community and brings life-changing programs and services to those in need throughout the year.

The generosity poured into the Red Kettle Campaign from the community is the



foundation of the organization's programs to support those faced with impossible choices like paying the rent or keeping the utilities on. The Salvation Army stands in the gap for these families struggling with the continual squeeze of rising

See **THE RED...** on Page 39

GREEN HILL UNITED METHODIST CHURCH

will host its Christmas Celebration and Bring a Friend Day on Sunday, December 17 at 11am in the church sanctuary.

The morning will feature vocalist and recording artist, Thomas Martin; guest piano artist, Jones Webb; and vocalist and recording artist, Mary Carter Young. Everyone is welcome. Green Hill UMC is located at 15050 County Road 47 in the Greenhill community.

A DEIBERT CHRISTMAS

events in Florence's Deibert Park have been rescheduled for December 16 because of the threat of severe weather in the area this past Saturday.

Visit with Santa Manley and Mrs. Claus at the barn from 11am-1pm. Bring your own camera to take photos. Following that the 4th Annual Florence-Lauderdale Public Library Holiday Bike Parade will take in the park from 1:30-3pm. Participants can decorate bikes in the Christmas spirit and parade around the park. The Grinch will join in on the announcement of prize winners.

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YOUR Letters

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

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Editor-Courier Journal
219 W. Tennessee St., Florence, AL 35630
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Why Play the Game at All?

Dear Editor,

I am not a Florida State fan, but, good grief, they just got screwed by the playoff committee. An undefeated Power 5 conference champion at 13-1; 13 wins on the football field, but 1 loss on the conference table discussion.

Before I hear about the mighty SEC and how bad it would be to leave them out of the top four NCAA football playoff, let's step back a week or two.

We've already decided a win can be downgraded to equal a loss by committee. Let's play, 'What If?'

What if a week ago the Southeastern Conference committee decided Alabama's win at lowly Auburn should not have really been a win. What if the SEC decided that Alabama's last-minute miracle win against a sub .500 Auburn team that got crushed the week before by New Mexico St. wasn't really

...You are trying to control someone else. As far as I know, no damage is done to those not involved except the horrific and painful procedure that the unborn has to endure...



a 'win' and that Ole Miss and not Alabama deserved to play in the SEC Championship game?

Florida State won all 13 games on the field, no losses. They found a way to win. That is coaching to your team's strengths and covering up your weaknesses.

For that matter, Oregon, only two losses were to Washington, the undefeated #2 team in the nation, and both by only 3 points. Maybe Oregon should be ranked higher than Florida State AND Alabama.

If we are going to decide by committee who is going to win the game, why play the game at all?

Daniel Seamon
Tuscumbia

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

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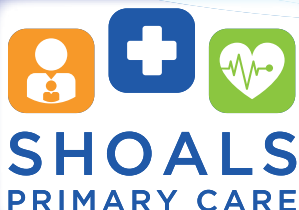


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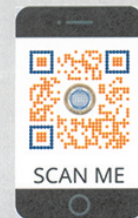
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Community Notes...

Continued from page 13

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.

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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 complimentary 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.

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

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.

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

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

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

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

60 or older? Join us for lunch Monday thru Friday at 11am for a one dollar donation. Our hours are 8:30am -12:30pm. Also if you would like to join Bingo every Tuesday and Thursday bring a small one dollar gift to play. Killen Senior Center, 227 J.C. Mauldin Hwy. Killen, 256-757-1792. See you soon!!

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

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

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

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

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.

In accordance with federal civil rights law and U.S. Department of Agriculture civil rights regulations and policies, our organization, Little People's Nursery School, Inc. in Killen, AL, is prohibited from discriminating on the basis of race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity. Program information may be made available in languages other than English. This institution is an equal opportunity provider.

See NOTES... page 31



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

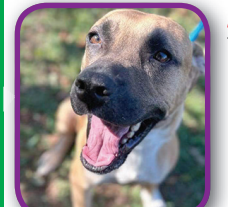
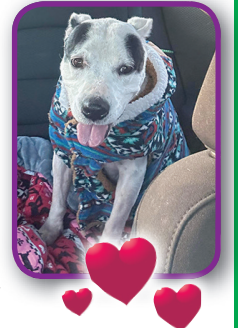


Look at those gorgeous eyes! **SHINEY**, this amazing girl is headed for 2 years old and about 45 pounds. She recently went to an event at Lowe's and was PERFECT. She rode perfect in the car. She is a sweet and beautiful girl that you will definitely want to meet. **ADOPTIONS ARE CURRENTLY \$85** and 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 beautiful girl.



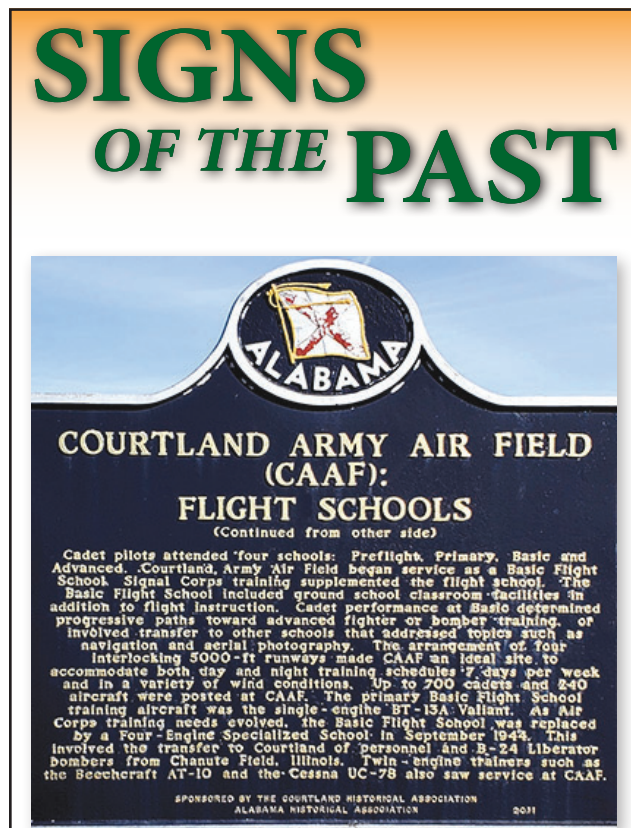
MORTY'S Christmas wish is for a home and family. This precious boy is 9 months old. Has been at the shelter since May and keeps getting overlooked. He has grown up at the shelter and needs someone to help teach him how to be a dog. He has been out several times on doggies days out and loves riding in the car. Morty is a sweet boy who has so much to offer. Please come foster or meet him. **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 precious boy.

ANALISE is a 3-4 year old pit type mix, who is the absolute best girl with kids!! She is in a foster home with 2 other dogs and cats!! She does ok with the dogs, she needs a very slow introduction!! She doesn't like them to be in her personal space. She was found starving on the side of the road with a huge mass on her belly!! She is doing great with house training!! She won't go in the house unless she absolutely can't hold it and at that point, she has puppy pads in her room at her foster's house. She walks great on a leash!! Doesn't hardly pull at all and LOVES to wear clothes!! She just had surgery to have the mass removed and is ready for her permanent home! **HER ADOPTION FEE IS \$85.** For more information please contact **Colbert County animal shelter at 256-381-4073.**



MILA is a 2-3 year old Curr mix, who is very dog friendly and wants to play all the time!! She LOVES being petted and given attention. Mila loves to be outside and loves being able to run and play!! All of her babies have now moved on and she is ready for her forever loving home. She is so deserving of the chance to have a happy life with people who love her as much as we do at the shelter! **MINA'S ADOPTION FEE IS \$85.** The fee includes current vaccines (apart from rabies), NexGard, heartgard, \$15 rabies voucher and a voucher for \$70 off of her mandatory spay! For more information please contact **Colbert County animal shelter at 256-381-4073.**

Meet **SADIE MAE**. She is about 1 year old and loves to play in water. She needs a lot of space to play because she is a very active girl!! She is good with other dogs and all people. **HER ADOPTION FEE IS \$85!** The fee includes a voucher for \$70 off of the mandatory spay, \$15 rabies voucher, current vaccines, NexGard and Wormer! For more information please contact **Colbert County animal shelter at 256-381-4073.**

SIGNS OF THE PAST

COURTLAND ARMY AIR FIELD (CAAF): FLIGHT SCHOOLS
(Continued from other side)

Cadet pilots attended four schools: Preflight, Primary, Basic and Advanced. Courtland Army Air Field began service as a Basic Flight School. Signal Corps training supplemented the flight school. The Basic Flight School included ground school classroom facilities. In addition to flight instruction, Cadet performance at Basic determined progressive paths toward advanced fighter or bomber training, or involved transfer to other schools that addressed topics such as navigation and aerial photography. The arrangement of four interlocking 5000-ft runways made CAAF an ideal site to accommodate both day and night training schedules: 7 days per week and in a variety of wind conditions. Up to 200 cadets and 240 aircraft were posted at CAAF. The primary Basic Flight School training aircraft was the single-engine BT-13A Valiant. As Air Corps training needs evolved, the Basic Flight School was replaced by a Four-Engine Specialized School in September 1944. This involved the transfer to Courtland of personnel and B-24 Liberator bombers from Chanute Field, Illinois. Twin-engine trainers such as the Beechcraft AT-10 and the Cessna UC-78 also saw service at CAAF.

SPONSORED BY THE COURTLAND HISTORICAL ASSOCIATION ALABAMA HISTORICAL ASSOCIATION 2021

Location: 34.6684°N, 87.3354°W
Handy Ave & Sanderson Ln, Courtland

This marker reminds us that Courtland Air Field was an important Basic Flight School with cadets and 240 aircraft posted there during World War II. It was a busy complex with hangers, barracks, warehouses, hospitals, clinics, dining halls, and maintenance shops; all vital to the national war effort.

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

NOTICE OF PUBLIC HEARING

In accordance with the Quality Housing and Work Responsibility Act of 1998, the Sheffield Housing Authority will hold a **Public Hearing on Tuesday, Jan. 4, 2024 at 10:00 AM** at the main office located at 505 N. Columbia Avenue, Downtown Sheffield, AL.

The purpose of this hearing is to solicit public comment on the Annual PHA Plan, the Moving to Work Supplement and the Capital Fund Five Year Action Plan. This hearing is open to all citizens of Sheffield. Any citizen with a physical disability or other special need may contact the Housing Authority at (256) 383-4773 so that we can make arrangements to get you there. In addition, effective with the publication of this notice, the Public Housing Agency Plan will be available for public review prior to the Public Hearing at the Housing Authority main office.

570437-1

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NIGHTSTAND, NEVER USED, 2 Drawer Grey, use anywhere in your home. \$75. 256-290-8653 Moulton

WE BUY JUNK CARS, Trucks or Vans with or without titles, Call Joel 256-303-7609

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Courier Journal

CHRISTMAS COLORING CONTEST 2023



McDonald's in Colbert County & Russellville

3 Age Groups: 2-4 • 5-7 • 8-10

Top 3 Winners in each Age Group Receive:

-  **Truman Stuffed Animal & Kidsville News! Pens from Courier Journal**
-  **Happy Meal from McDonald's in Colbert Co. & Russellville**

Info below must be completed to qualify.

First Name _____
Last Name _____
Age _____
Address _____
City _____
State _____ ZIP _____
Phone Number _____

Mail or Bring Entries to: Courier Journal
219 W. Tennessee St., Florence, AL 35630

LAST CHANCE! **ENTRY DEADLINE**
Thur., Dec. 14 NOON
Winners will be announced in the Courier Journal Dec. 20 issue & the January Issue of Kidsville News.



Drawings are judged by our staff on the basis of talent of the child's age ability. IT MUST BE COLORED BY THE CHILD. Winners are not selected at random. One entry per person. One winner per family. You may also download and print this entry form from our website: www.courierjournal.net

Merry Christmas With These Savings!



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Cook's BUTT PORTION HAM
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Cook's Hickory Smoked SHANK PORTION HAM
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Preferred Angus Beef WHOLE BONELESS RIBEYE
\$10.99 Lb.

Family Pack BONELESS RIBEYE STEAKS
\$11.99 Lb.



Fresh GROUND BEEF
73% Lean - Family Pack
\$3.29 Lb.

Red Delicious APPLES
8 Lbs.
\$5.99

Sweet Seedless HALOS 3 Lbs. OR California NAVELS 4 Lbs.
\$3.99



Preferred Angus Beef BONELESS BOTTOM ROUND ROAST
\$4.49 Lb.

Family Pack BOTTOM ROUND STEAK
\$4.99 Lb.



Sanderson Farm Fresh BONELESS SKINLESS CHICKEN BREAST
Family Pack
\$2.19 Lb.

TOMATOES On The Vine
Lb.
\$1.99

U.S. #1 Colorado Russet POTATOES
5 Lbs.
2/\$5

Mississippi SWEET POTATOES
Lb.
79¢

YELLOW ONIONS
3 Lbs.
2/\$4

Food Club Select VEGETABLES
15 Oz.
69¢

White Lily FLOUR OR MEAL
5 Lbs.
2/\$7

Fresh BROCCOLI CROWNS
Lb.
\$1.99

YELLOW OR ZUCCHINI SQUASH
Lb.
\$1.59

Blue Bell ICE CREAM
1/2 Gallon Or 12 Pk. Cups
\$5.99

Mrs. Smith's Or Edwards PIES
23-35 Oz.
\$5.99

Food Club SUGAR
granulated Sugar
4 Lbs.
2/\$6

Mt. Olive RELISH
2/\$3 8 Oz.

Folgers COFFEE
22-25 Oz.
\$7.99

Kraft REAL MAYO
30 Oz.
\$3.99

Crisco COOKING OIL
40 Oz.
\$3.99

Food Club CHEESE
SHREDDED, CHUNK OR CUBES
8 Oz.
5/\$10



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AD GOOD DEC. 13-19, 2023

MEAT



SNOW CRAB LEGS
1.5 Lbs. **\$13.99**



Preferred Angus Beef WHOLE TENDERLOIN FILLET
Lb. **\$17.99**

Family Pack TENDERLOIN STEAKS
\$19.99 Lb.



Wright Stack Pack BACON
40 Oz. **\$11.99**



Family Pack BONELESS PORK CHOPS
\$2.99 Lb.

Prairie Fresh BONELESS PORK LOINS
Lb. **\$2.19**



Smithfield SPIRAL CUT HALF HAM
Lb. **\$2.49**

Jimmy Dean Assorted BACON
12 Oz. **2/\$7**



Tennessee Pride ROLL SAUSAGE
Mild, Hot Or Sage
16 Oz. **2/\$7**



Kentucky Legend WHOLE BONELESS HAM
Lb. **\$5.29**

Kentucky Legend HALF BONELESS HAM
Lb. **\$5.29**



Pride of the Farm Self-Basting YOUNG TURKEY BREAST
Lb. **\$1.99**

Top Chick CHICKEN TENDERS
2 Lbs. **\$7.99**



Bryan COCKTAIL SMOKIES
Reg. Or Beef
13-14 Oz. **2/\$7**



Hillshire Assorted SMOKED SAUSAGE
12-14 Oz. **2/\$7**



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3 Lbs. **\$8.99**



Bryan Reg. Or Thick BOLOGNA
12 Oz. **2/\$5**



Tennessee Pride SAUSAGE BALLS
1 Lb. **\$4.99**



Hillshire Assorted Ultra Thin LUNCH MEATS
7-9 Oz. **\$4.29**

Oscar Fun Pak Asst. LUNCHABLES
8-10.7 Oz. **2/\$5**

Johnsonville GROUND SAUSAGE
1 Lb. **2/\$7**

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20-24 Oz. **\$3.99**

Homestyle MEATBALLS
5 Lbs. **\$16.99**

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Peeled & Deveined 2 Lbs. **\$12.99**

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BABY CUT CARROTS
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Bunch **99¢**



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Each **2/\$5**



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Eagle Brand Or Meadow Gold SWEETENED CONDENSED MILK 14 Oz. **2/\$5**

Angel Flake COCONUT 14 Oz. **2/\$6**

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Kraft MARSHMALLOWS 10-12 Oz. **2/\$3**

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CHEX CEREAL 12-14 Oz. **2/\$7**

Duncan Hines BROWNIES 18 Oz. **2/\$3**

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Mtn. Dew, Starry, Sunkist Or PEPSI
2 Liters



2/\$3

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Smucker's
JELLY OR JAM
2/\$5
18 Oz.

Nabisco NILLA WAFERS OR HONEY MAID GRAHAMS
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7-9 Oz.



2/\$8

Mtn. Dew, Starry, Sunkist Or PEPSI
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Heavy Duty 50 Sq. Ft.
Regular 75 Sq. Ft.



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Simply Done CUPS
18 Oz.
30 Ct.



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Golden Flake CHEESE PUFF OR CURLS OR PUFF CORN
6-8 Oz.



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

- TUSCUMBIA 103 West 1st Street • 7am-11pm • 256-383-9425
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Cat & Kids

by Cathy Turner

I Am Not Old!

Hey y'all...I am officially old. I have gotten my first Social Security check. Old. I arranged to start my retirement checks a few months ago, even though I stopped working a couple of years ago. Just blessed! But Social Security, to me, is a sure sign of old age. It's them saying, "It's over. Time for you to sit down, honey."

And that's not the only thing that is signaling my old age right now. I have a broke hip - it's not working well - and it hurts. I have over-used my hip all my life - doing, performing, spotting and coaching gymnastics, cheering and doing splits, swimming, diving, hiking, playing basketball, doing yoga, tai chi, judo, playing

tennis, flag football, pickleball, etc. It's done - my lead hip. I have been to the doctor already and he has said that my x-rays qualify me for a hip replacement. That's all that he told me. So I am waiting to see a different doctor on January 5th. He comes highly recommended, but meanwhile, I am dragging this leg around with me. When I move a certain way, it hurts! When I walk long distances, it hurts. When your hip bones - pelvic gridle is broken, it throws your whole skeleton off. So, I am a little rattley right now, and that has given me a sense that I am old.

But I am cool. I take these little steps that prevent me from waddling and I walk a little way, then I stop

and look around like I am trying to observe our wonderful world - when I am actually trying to let my hip catch up with what I am trying to do. Recently, during one of these fake pauses on a ramp leading to the beach, I got some really sweet, encouragement. As I was resting, a short little lady started to bop by me, but instead she stopped. She was about my age with a bright smile and pleasing blonde highlights. We greeted each other, and then she said, "Looks like you are having hip problems." (Obviously, I wasn't hiding it as well as I thought.) I confirmed it, and she laid down the sweetest words. She said that a year ago she, too, was limping because of her bad hip. She said that she was actually badly bent over and using a cane. She felt so old, like she was entering into the true old age phase of her life. She said that she finally consented to a hip replacement, did therapy and everything got back in line. She was good to go. With that she added, "Remember it's your hip that is broken, making

your body hurt. Your are not old. Get that hip replaced." She wished me luck and then she was gone. (Who was that glowing woman?)

It was so nice to be told - you are not old, it's your hip. This stranger knew my mind and now my mind has stopped going in the direction that it was going. I, now, am simply praying that my leg will stay in this hip until January - the rest I can manage. I'm not old. And Social Security - when I was growing up, folks made it sound like a death sentence. But I like it! I do what you want, as in not work, and I get a check, money, every month plus retirement! Y'all, I am not going to complain, I am gonna have a good time! I'm gonna keep moving and playing, and visiting my grandbabies. Well, I will do a little more moving after January. That little angel lady reminded me that part of happily being old is your peace of mind. Bring it!

Email comments or suggestions to CatnKids1@gmail.com.

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Jeremiah 29:11



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TEXT Text your zip code to 898-211

CHAT Visit 211connectsalabama.org



United Way of NW Alabama

NEED HELP?
CONTACT 2-1-1

Your link to community resources

VINTAGE GATE LEG DROP LEAF TABLE \$300 Text for picture 256-345-6911 Hartselle

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Wed, Thur, Fri 11-4

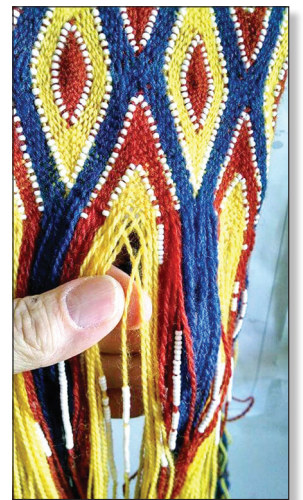
Soap Opera Preview

DAYS OF OUR LIVES Nicole anticipated the results of the DNA test. Dimitri received a surprise visitor. Holly told Johnny a big lie. Sloan attempted to stop Eric from viewing the DNA results. Dimitri debated turning himself in. Stefan shared his plans with Ava. Everett and Stephanie made a shocking discovery.

Harris and Ava had their first date. Rafe and Jada had some explaining to do. An emotional Wendy confided in Tripp. Stephanie confronted Chad. Alex and Theresa ran into Maggie and Konstantin. Steve and John found a big clue. Rafe had an important question for Jada. EJ asked too much of Nicole. Leo was stunned by Dimitri's revelation. *Wait to See: Sloan and Eric make a special introduction. Tate makes progress with romance. Johnny has a surprise for Chanel.*

GENERAL HOSPITAL Brook Lynn was skeptical. Drew informed Carly and Josslyn about his plans. Sonny and Nina had a disagreement. Molly presented TJ with an idea. Ned confided in Lois. Ava confronted Cyrus. Laura offered Esme reassurance. Curtis had questions for Sonny. Blaze opened up to Kristina. Dante talked to Sam about his discovery. Elizabeth and Jake opened up to each other. Alexis gave some legal help to Finn and Martin. Josslyn pressed Adam about his family. Spencer and Esme had a tense moment. Dante and Jordan revealed something to Laura. Dante provided proof to Anna. Carly was intrigued by a customer. Scott and Lucy reminisced together. Portia informed Curtis about an experimental procedure. Gregory, Alexis and Violet shared an awkward encounter. Anna updated Valentin. Molly and TJ made an offer. *Wait to See: Brook Lynn and Chase make an announcement. Lois and Olivia get some help from Cody. Tracy remembers her past.*

THE YOUNG AND THE RESTLESS Victor vowed revenge. Nikki struggled with her drinking. Jill worried about Billy's future. Victor warned Devon about Nate's deception. Victoria faced a tough decision about Claire. Daniel navigated his new normal with Heather. Victor was concerned about Nikki's sobriety. Lily confided in Nick. Tucker tried to recruit Nate. Jack received some unsettling news. Tucker stirred the pot between Jill and Mamie. *Wait to See: Michael surprises Phyllis. Danny cooks up a romantic night for Christine. Jill enlists Jack's help.*



Weaving...

Continued from Page 14

to weave. They would teach each other, share different methods of the craft, and create woven works while visiting with one another. Today, the artwork of finger weaving is worn as a part of regalia for both men and women during times of cultural celebration and to carry on tradition. It is practiced by individuals and passed down from generation to generation to keep the cultural practices alive. This program is free and is sponsored by the City of Florence Department of Arts and Museums and the Muscle Shoals National Heritage Area. The Florence Indian Mound Museum is located at 1028 S. Court St. in Florence. Call 256-760-6427 for more information. The monthly series of children's programs allows students to explore the early history of the Shoals through short lessons and hands-on learning exercises. Each month will feature a practice that relates to Native American culture.

The Printed Word Lasts Forever.

Print is right here – now, an hour from now, a week from now, and a year from now. **PRINT IS NEVER GONE.**

Courier Journal readers have all week to look through and digest what is happening and who is selling products and services locally. They enjoy the opportunity of seeing what is going on in our community without intrusion. The Courier Journal has an assortment of ad programs that can fit any budget.

The Courier Journal's four advertising executives put a combined 65 years of local print advertising sales experience to work for you.

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Sadonna Magazzu	256-740-4704	Gregg Scott	256-740-4705

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of your Community.

Courier Journal

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Community Notes

.....

Hometown MARKET *Merry Christmas!* **2 WEEKS OF SAVINGS**

PRICES VALID WEDNESDAY, DECEMBER 13 THRU TUESDAY, DECEMBER 26, 2023

CLOSED CHRISTMAS DAY



SLICED FREE! **Smithfield**

Smithfield Shank or Butt Portion Bone-In Ham **159⁹⁹ LB**

14.5 Oz. Select Varieties **Allens Green Beans**



4/\$5

10-12 Ct. Select Varieties **Sister Schubert's Dinner Yeast Rolls**



2/\$6

WITH \$1.00 OFF 2 DIGITAL COUPON

USE 1K IN A SINGLE TRANSACTION

SALE PRICE WITHOUT DIGITAL COUPON 2/7

23.5-36 Oz. Select Varieties **Edwards Pies**



3⁹⁹

WITH \$1.00 OFF 1 DIGITAL COUPON

USE 5K IN A SINGLE TRANSACTION

SALE PRICE WITHOUT DIGITAL COUPON \$4.99

12-24 Oz. Select Varieties **Bob Evans Side Dishes**



2⁹⁹

15 Lb. Bag **Russet Potatoes**



6⁹⁹ EA

14.5-15 Oz. Select Varieties **Libby's Vegetables**



39[¢]

WITH \$1.00 OFF 2 DIGITAL COUPON

USE 5K IN A SINGLE TRANSACTION

SALE PRICE WITHOUT DIGITAL COUPON 89[¢]

TABLE BUSTERS

4 Lb. Bag **Navel Oranges** **4⁹⁹**

12 Pk./12 Oz. Cans or 8 Pk./12 Oz. Bottles Select Varieties **Pepsi Products**

BUY 2 GET 3 FREE!

WITH DIGITAL COUPON

USE 3K IN A SINGLE TRANSACTION

PRICE WITHOUT DIGITAL COUPON *7.99

15-15.25 Oz. Select Varieties **Pillsbury Cake Mix**



79[¢]

WITH 20[¢] OFF 1 DIGITAL COUPON

USE 5K IN A SINGLE TRANSACTION

SALE PRICE WITHOUT DIGITAL COUPON 99[¢]

4,75-8 Oz. Select Varieties **Frito-Lay Chips or Popcorners** or 8-16 Oz. Select Varieties **On the Border Chips or Salsa**



1⁹⁹

WHEN YOU BUY 4 OR \$3.19 EACH

12 Oz. **Heinz Cocktail Sauce** **2/\$5**



10 Oz. Half Moon Tray **Sea Best Shrimp** **7⁹⁹**



USDA Choice **Salt & Sear Standing Rib Roast** **9⁹⁹ LB**



WHILE SUPPLIES LAST

2 DAY TABLE BUSTERS

FRIDAY & SATURDAY, DECEMBER 15 & 16, 2023

9⁹⁹ EA

3 Lb. Chub **Standard Pride 73% Lean, Fresh Ground Beef**



9⁹⁹ EA

4 Lb. Club Pack **Armour Meatballs**



9⁹⁹ EA

4 Lb. Box **Guidry's Catfish Nuggets**



99[¢]

17.5-18 Oz. Select Varieties **Kraft BBQ Sauce**



3⁹⁹

3 Lb. Bag, Georgia **Besties Satsuma Mandarins**



13⁹⁹

10.5 Oz. **Smithfield Hometown Original Fully Cooked Bacon**



25⁹⁹

24 Pk./12 Oz. Cans or Bottles **Michelob Ultra Beer**



3/\$9

WHEN YOU BUY 3 OR \$6.49 EACH

6 Pk./5 Liter Bottles Select Varieties **Pepsi Products**



WHERE AVAILABLE

Store Location | 1421 N. Wood Ave, Florence, AL • 256-284-2048

We Reserve The Right To Correct Printing Errors, None Sold To Dealers, Quantity Rights Reserved. Items May Not Be Available In All Stores.

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"Voice of the Grimson Tide"**



**You can hear all Football
& Basketball games on
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THEIR AD IS NOT HERE! Do you like to shop at certain stores? Are they not advertising their sales in the Courier Journal? Tell them that they should be.

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RC AIRPLANES One with engine \$150 Sky Raider, engineless \$150 54" Wingspan. 256-754-4445 Decatur

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with 50% or more service-related disability may qualify for a \$6,800 grant for a walk-in shower. Call Patrick today! 256-627-8007

PLAY THE GAME DAY SCORE CARD Contest every week during the football season. Win a \$50 gift card from 306 Barbecue for the best card and another \$50 gift card, plus \$50 cash if it is a perfect card. Only in the Courier Journal and at CourierJournal.net.

REMODELING CONSTRUCTION 40 YEARS EXPERIENCE Insured. Bathroom remodeled, Deck, Fences, etc. 256-762-4357

306 BARBECUE GAME DAY SCORE CARD

BEST ENTRY WINS A \$50 GIFT CARD TO 306 BARBECUE

A "Perfect" Winning Card ALSO wins \$50 CASH plus a 2nd \$50 GIFT CARD from 306 Barbecue!



MYRTLE BEACH BOWL <input type="checkbox"/> Georgia Southern <input type="checkbox"/> at Ohio	INDEPENDENCE BOWL <input type="checkbox"/> California at <input type="checkbox"/> Texas Tech	WK 16 Saturday December 16 CHECK BOX BESIDE EACH WINNING TEAM DEADLINE: FRIDAY, 5PM DEC. 15 MAIL-IN ENTRIES MUST BE POSTMARKED BY FRIDAY (vs: games at neutral location) TIE BREAKER Write Exact Score Below
NEW ORLEANS BOWL <input type="checkbox"/> Jacksonville St. <input type="checkbox"/> at Louisiana	FAMOUS TOASTERY BOWL <input type="checkbox"/> W. Kentucky at <input type="checkbox"/> Old Dominion	
CURE BOWL <input type="checkbox"/> Miami (OH) at <input type="checkbox"/> Appalachian St.	NATIONAL FOOTBALL LEAGUE <input type="checkbox"/> Pittsburgh at <input type="checkbox"/> Indianapolis	
NEW MEXICO BOWL <input type="checkbox"/> New Mexico St. <input type="checkbox"/> at Fresno St.	NATIONAL FOOTBALL LEAGUE <input type="checkbox"/> Baltimore at <input type="checkbox"/> Jacksonville	
LA BOWL <input type="checkbox"/> UCLA at <input type="checkbox"/> Boise St.	NATIONAL FOOTBALL LEAGUE <input type="checkbox"/> Philadelphia <input type="checkbox"/> at Seattle	
	NATIONAL FOOTBALL LEAGUE <input type="checkbox"/> Dallas at <input type="checkbox"/> Buffalo	



name _____

address _____ city _____ state _____ zip _____

day phone _____ evening phone _____

WEEK 14 - NOVEMBER 25 WINNER: KEIAIRE WEAVER OF FLORENCE

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



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

Medicare Minute

"Year-end Reminders"

We have spent the past two months discussing the Medicare Annual Enrollment Period. We have talked about Medicare health plans. We have covered the different types of health plans and how to choose the one that may be best for you. We also discussed Medicare prescription drug plans and how they can change and need to be reviewed each year. But, just because the Annual Enrollment Period is over doesn't mean you can go to sleep at the wheel. There are some things you need to stay on top of.

To begin with you should make sure you have received your enrollment card from each insurance company you signed up with. If you enrolled into a Medicare Supplement and prescription drug plan you should have received two cards. One card from the company handling your supplement and another card from the company handling your drug plan. If you enrolled in a Medicare Advantage plan you should have received one card and that's from the company your Advantage plan is with.

The second thing to verify is your premium is coming from the appropriate place such as your bank account or Social Security check. You may not know this until January. If the premium is taken out of your bank account, for example, and you don't see it deducted in January you will want to contact the company. You don't want to go two or three months without paying the premium and then have to pay those months at one time. It's better to address it up front.

On behalf of Lee, Hope, Beverly, Erica, Anah, Judy, Caycee, Heather, Lisa and myself, I would like to wish all of you a Merry Christmas and a Happy New Year!! We would also like to thank each of you who read our column each week. We have had many calls and visits from our readers and it's always appreciated!!

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.



Ikey Fowler

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THE BOY SCOUTS OF America is looking for "new to us" sailboats for our summer programs in the North Alabama area. Sailboats should be useable as it with all parts included. If you have a sun-fish, or other small sailboat, that you would like to donate, please call Chris Laycock at chris.laycock@scouting.org. The Boy Scouts of America prepare young people to make ethical and moral choices over their lifetimes by instilling the Values of the Scout Oath and Law, and your donation will make for quality programs for all of our youth where they will experience fun with purpose.

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A Central Storage, LLC, located at 5428 2nd Street, Muscle Shoals, AL 35661 in accordance with the Alabama Self-Storage Act; legal notice is hereby given to enforce a lien imposed on the follow property. Pursuant to Alabama codes 8-15-34 through 8-15-38; the following units will be sold or disposed of, on or after 12/13/23. Past due charges and fees will be accepted until 4pm on 12/13/23. A Central Storage, LLC reserves the right to withdraw any unit from sale or disposal.

Name	Unit#	Contents
Bates, Eric	L35	Household Misc
Cloud, Paige	E3/28	Household, Misc
Fuqua, Brittany	C8 & C9	Household, Misc
Ricks, Wendy	K13	Household, Misc
Smith, Deedra	137	Household, Misc
Tipps, Haile	E32	Household, Misc

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Commentary

Tickets...

Continued from Page 14

between Toledo and Wyoming on December 30 can be had for \$12 each. Tickets can be found for as little as \$19 for Auburn and Maryland in Nashville's Music City Bowl. It appears like they are begging for some butts in the seats.

Tickets for some other random games are more like what would be expected.

Cotton Bowl tickets for Missouri and Ohio State for as little as \$124 each.

Peach Bowl tickets for Ole Miss vs Penn St are as low as \$94.

Orange Bowl tickets for Georgia vs. Florida State selling for as little as \$121 each.

Then the minimum ticket prices jump for the playoff semifinals, Rose Bowl (\$440), Sugar Bowl (\$403).

The college football playoff national championship tickets on January 8 are as little as \$1,250-\$1,400 each. (And you'll need your oxygen tank and binoculars for most of those seats anyway.) Some lower-level end zone - 10 yard line seats range from about \$2,000 each for 1-3

seats to \$7,600 each in larger blocks. Most of the better seats are no longer available.

None of that includes airfare, accommodations, transportation, meals, gratuities, or souvenirs.

Those playoff events might be a nice once-in-a-lifetime trip, but there is a lot of expense, a lot of walking, and a lot of traffic.

At those prices, the concept of a widescreen television, a choice selection of food, snacks, and drink 15 feet away with no lines, friends, record/rewind functions, AND nearby restrooms, appears VERY attractive. That can be at home or at your favorite sports gathering place, like 306 Barbecue or Birdy's Sports Grill in Muscle Shoals - Both are sponsors of the Game

Day Scorecard Contest this year.

Now, if we can be sure one of our local cable providers won't be "in negotiations" with certain networks and temporarily off the air, we will be in great shape.

The college football playoff expands to 12 teams next year. So, the possibility exists that one or two teams could play four games in the postseason. I am not sure how many dedicated fans can afford travel to four consecutive playoff games in a month.

The Game Day Scorecard Contest still has four more weeks. So, enter each time. You may win a \$50 Gift Card to 306 Barbecue and \$50 Cash!

The entry form is inside every issue and online at www.courierjournal.net/gameday/

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Notes...

Continued from page 17

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.

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.

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See NOTES... page 36



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Savvy

SENIOR

How to Ease the Winter Blues

Dear Savvy Senior,
What can you tell me about seasonal affective disorder? I've always disliked winter, but since I retired and am home a lot more, the gray, cold winter months make me feel really blue.
Sad Sam

Dear Sam,

If you get depressed in the winter but feel better in spring and summer, you may indeed have seasonal affective disorder, or SAD, a wintertime depression that affects roughly 5 percent of Americans.

In most cases, SAD is related to the loss of sunlight in the winter months. Reduced sunlight can upset natural sleep-wake cycles and other circadian rhythms that can affect the body. It can also cause a drop in the brain chemical serotonin, which affects mood, and can increase the levels of the hormone melatonin, which can make you feel more tired and lethargic.

If you think you may have SAD, a trip to your doctor's office is the best way to diagnose it or you can take a SAD "self-assessment" test at the Center for Environmental Therapeutics website at CET.org/assessments. If you find that you have SAD, here are several treatment options and remedies that can help.

Light therapy: The most effective treatment for SAD is sitting in front of a specialized light therapy box for 20 to 30 minutes a day, within the first hour of waking up in the morning. Light therapy mimics outdoor light to cause a change in brain chemicals linked to mood.

While you can buy a light box without a prescription, it's best to use it under the guidance of a health care provider and follow the manufacturer's guidelines. Most health insurance plans do not cover the cost.

The best light therapy lamps provide 10,000 lux of illumination, many times stronger than typical indoor light, and have a diffuser screen that filters out ultraviolet rays and projects downward toward the eyes.

Some top-rated light therapy products include the Carex Day-Light Classic Plus Bright Lamp (\$145); Northern Light Technology Boxelite-OS (\$205); and the budget friendly Verilux HappyLight Luxe (\$70), all of which are available at Amazon.com.

Cognitive behavioral therapy: Even though SAD is considered to be a biological problem, identifying and changing thought and behavior patterns can help alleviate symptoms too. To help you with this, choose a therapist who specializes in cognitive behavioral therapy and who has experience in treating SAD. To locate someone in your area, Psychology Today offers a search tool at PsychologyToday.com/us/therapists/cognitive-behavioral-cbt.


Antidepressants: Some people with SAD benefit from antidepressant treatments too. Some proven medications to ask your doctor about are selective serotonin reuptake inhibitors (SSRIs) and the extended-release antidepressant bupropion.

But keep in mind that it may take several weeks to notice full benefits from an antidepressant. In addition, you may have to try different medications before you find one that works well for you and has the fewest side effects.

Lifestyle remedies: Some other things you can do to help alleviate your SAD symptoms include making your environment sunnier and brighter. So, open up your blinds, sit closer to bright windows and get outside as much as you can. Even on cold or cloudy days, outdoor light can help, especially if you spend some time outside within two hours of getting up in the morning.

Moderate exercise such as walking, swimming, yoga and even tai chi can also help alleviate SAD symptoms, as can social activities.

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.



Black Americans Need Better Immigration Policy

GUEST COMMENTARY
By *Andre Barnes*

Growing up on the rural farms of Halifax, Virginia, I pulled tobacco just like my great-grandfather Roosevelt, a sharecropper who provided for his family until he died in his late 80s. Just a generation before him, his father was a slave.

In the late 1990s, as I edged closer to high school graduation, I noticed a shift in the farm workforce. My fellow laborers were increasingly immigrants, rather than Black Americans like me.

It wasn't until later that I realized that the labor market changes I'd witnessed in my hometown were lower-wage immigrant workers displacing Black Americans, a nationwide phenomenon that had occurred several times throughout American history.

Reducing immigration is not a cure-all for the plights of Black Americans. But it's an immediate, tangible action that Congress could take -- one that, over the last 200 years, has been repeatedly proven to tighten labor markets

and improve workers' bargaining power.

Since the end of the Civil War, African Americans have repeatedly made progress in closing racial wealth and income gaps -- only to see that progress reversed by waves of immigration crashing onto U.S. shores to supply businesses with cheap labor.

This is not the fault of the immigrants themselves. Rather, the fault lies squarely with those elected officials who've allied themselves with Big Business, allowing the dilution of Black workers' bargaining power by importing cheap, desperate laborers by the tens of millions. The problem won't be fixed until Black voters hold those policymakers accountable at the ballot box.

In the decades after emancipation, Black Americans became essential workers in the factories of a rapidly industrializing nation. Their standard of living improved, despite pervasive racism.

But towards the end of the 19th century, the flow of legal immigrants -- increasingly from southern and eastern Europe -- turned into a

torrent. These desperate arrivals, who were willing to accept virtually any job at any wage, pushed Black workers out of many jobs.

Many of the Black leaders of the time, from Booker T. Washington to W. E. B. Du Bois to A. Philip Randolph, pleaded with policymakers to restrict immigration -- a historical fact that's little known today, but amply demonstrated in *Back of the Hiring Line*, a book by Roy Beck, the founder of my organization.

In the 1920s, a multiracial coalition of Americans succeeded in pressuring Congress to scale back immigration.

The slowdown in foreign migration enabled Black workers to reclaim the gains they'd lost. Between 1940 and 1980, Black wages quadrupled. The percentage of Black men considered middle class skyrocketed from 22% to 71%.

Unfortunately, Black workers lost ground after Congress reopened the cheap labor spigot with the Immigration and Nationality Act of 1965 and turned it full throttle with subsequent legislation throughout the 1980s and 1990s. Between 1979 and 2019, the median

wage of Black workers rose only 5.2%, while white workers' earnings swelled by 20%.

Economists have pointed to the increased immigration between 1980 and 2000 as the cause of 60% of the relative wage decline, while 25% of the decline was in employment, and 10% of the rise was in incarceration rates among less-educated Blacks.

Immigration's crowding-out effect continues. The Economist recently covered the replacement of African American agricultural workers in Mississippi -- in a county that's 70% Black -- by white South Africans brought here on H-2A guestworker visas.

Scaling back immigration would help the African American descendants of slaves, who have all too often been consigned to the back of the hiring line by businesses seeking the cheapest and most pliable labor allowed by elected officials who make and enforce immigration policy.

Andre Barnes is HBCU Engagement Director for NumbersUSA. This piece originally ran in the AFRO News.

Letters...

Continued from Page 14

We All Get the Choice

Editor:

Clarence Page in his syndicated commentary on November 18 indicated that the Dems rode the abortion issue all the way to winning elections in several states. Another writer on the same day indicated that there should be "absolutely no abortions whatsoever" otherwise God will punish the persons involved. I believe these are polar opposite views.

Anyway, I think the Republican Party should be The Big Tent Party as it was in the past. I am totally against abortion. However, I believe God gave each

person, including women, complete and total freedom. They may do something wrong and their freedom may be harmed or curtailed. Since God is behind it all, this freedom has been usurped by the laws of the land. I do believe all levels of government should get their noses out of our private lives and that especially includes abortion. Remove all the laws against curtailing such freedom.

You may say "Oh, we can't have any abortions." But, do you realize it is not your body? You are trying to control someone else. As far as I know, no damage is done to those not involved except the horrific and painful procedure that the unborn has to endure. A woman and others involved may suffer greatly from the feeling of guilt and some other feelings; but, let it be known that God abandons

no one and He punishes no one. Of course, the persons involved may have anguish and pain. However, in my opinion, God does no punishing whatsoever. God is a God of love, and that's it.

Now, let's get back to the Republican Party. They need to believe in one word, "GOD"! God gives women freedom. We should not take that away. Women have had it for centuries. It been a miniscule amount of time that the laws of the land have been against women. I think it is time to change that. If God allows women to have an abortion (no punishment from God), why do we have to punish women for wanting control of their own bodies? Again, I say to those lawyers who get elected on abortion planks, get out of controlling abortion. More lives may be saved if we give complete control

(what God allowed) back to women; that is, if we adopt policies that help women make other choices: adoption, etc. If the culture is changed over time, more lives may be saved.

Republicans, get the hell out of women's lives. Think, what would God do? God works through the hearts and minds (intellect) to change things in a culture for good over time. Give God the chance to do His job. God works at His own speed. So, don't usurp the Providence of God. Read the fourth stanza of the Star Spangled Banner. It does mention God or heaven three times and it does say something about the "land of the free." Let that be our motto, too, concerning the health and well-being of potential mothers.

Tom Jones
Florence

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The free ticket to real freedom. Thank God I don't have to work for it or struggle to be approved by God to obtain a permanent home in heaven, because the price has been paid for my free salvation. Truly, Jesus paid it all and all to Him I owe, sin hath left a crimson stain, He washed it white as snow. To the saved: **1 Corinthians 6:20** "For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's." **1 Corinthians 7:23** "Ye are bought with a price; be not ye the servants of men." **Hebrews 9:12** "Neither by the blood of goats and calves, but by his own blood he entered in once into the holy place, having obtained eternal redemption for us." **Ephesians 2:8-9** "For by grace are ye saved through faith; and that not of yourselves: it is the gift of God: Not of works, lest any man should boast." **2 Corinthians 9:15** "Thanks be unto God for his unspeakable gift." **Romans 5:18** "Therefore as by the offence of one judgment came upon all men to condemnation; even so by the righteousness of one the free gift came upon all men unto justification of life." Rejoice dear saint of God, you have it all and it was free. Not only, dear saint, is salvation free, but the bible promises two members of the Godhead to intercede and help us pray and assure our sonship and help with our daily trials. **Romans 8:16** "The Spirit itself beareth witness with our spirit, that we are the children of God." **Romans 8:26** "Likewise the Spirit also helpeth our infirmities: for we know not what we should pray for as we ought: but the Spirit itself maketh intercession for us with groanings which cannot be uttered." **Romans 8:34** "Who is he that condemneth? It is Christ that died, yea rather, that is risen again, who is even at the right hand of God, who also maketh intercession for us." **Romans 8:31** "What shall we then say to these things? If God be for us, who can be against us?" When Jesus frees us, dear saint, we are free indeed. What else do we need? Hallelujah!

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The 340B Drug Discount Program is for THE POOR, Not Megaprofits

GUEST COMMENTARY
By Howard Dean

Corporate greed is a powerful motivator. When our lawmakers draft legislation, they really ought to have a special committee to evaluate how corporations might exploit it.

No such committee exists, though. And that's one reason a program enacted in 1992 to give poor and underserved populations better access to costly prescription drugs has turned into a multibillion-dollar boondoggle for hospital mega-chains.

It's high time for Congress to restore the 340B drug discount program to its intended purpose.

The 340B program allows hospitals, specified clinics, and other "safety net" providers to purchase outpatient prescription drugs at significant discounts. Theoretically,

providers could pass along these savings to their underserved patients by charging them less for medications -- or reinvesting in services and facilities for those in need.

But nothing requires them to do that. So, very often, they don't. Instead, they use the discounts to pad their profits.

Though 340B participants get drugs at a discount, they can still seek reimbursement from commercial insurers, Medicare, and uninsured patients at the much higher market rates. On average, for example, hospitals price top oncology drugs 4.9 times higher than their discounted acquisition cost.

The number of entities eligible to receive 340B discounts has skyrocketed since the program's inception. Originally, only hospitals that served a "disproportionate share" of low-income Medicare or Medicaid patients, as

well as certain specified clinics, were eligible to participate. This amounted to only a few thousand providers.

The program expanded over the years but really took off in the mid-2000s. Large hospital groups discovered they could claim 340B discount pricing even for clinics serving wealthier patients. By expanding the number of 340B entities, they could maximize profits without spending a dime on populations in need.

Today, more than 50,000 hospitals, affiliated clinics, and other providers claim 340B discounts.

As the number of participating organizations has risen, so too has the grift. Discounted purchases accounted for about \$4 billion per year in 2009 but increased more than tenfold by 2022, to \$54 billion.

All of this wouldn't necessarily be cause for

concern if participating providers passed along their savings to patients. But study after study has shown that large hospital systems and big pharmacies are the primary beneficiaries of 340B discounts. And these entities are pocketing the profits at the expense of low-income patients.

It's time for Congress to act. The need for the 340B program -- to help underserved populations receive quality care -- remains just as pressing today as it was in 1992.

Reforming the 340B discount drug program should be a bipartisan priority. Let's close the loopholes, increase the oversight, re-examine which hospitals should qualify, and ensure that hospitals re-invest their savings into helping those who need it most.

Howard Dean is the Former Chair of the Democratic National Committee and Former Governor of Vermont.



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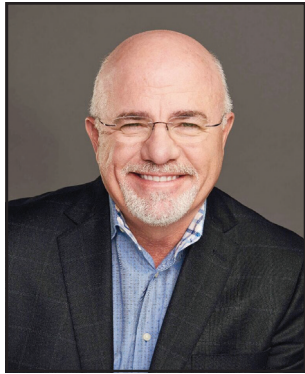
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DAVE Says

by DAVE RAMSEY

IT'S A CREDIT CARD ADDICTION



Dear Dave, I think my mother-in-law has a serious credit card problem. She can't afford stuff, but she shops anyway, chucks up more and more debt, acquires more credit cards, and thinks she'll pay for it all later somehow. Her ex-husband has bailed her out a few times, but he's unwilling to help anymore. My wife and I, and my wife's sister, want to address this issue, but we're all worried about her reaction, and we don't know where to start. Do you have any advice?

Randall

Dear Randall, First, everyone involved should understand they're likely to receive an angry response from this lady if she's confronted over her actions. Sometimes people get ticked off when they hear the truth, especially when it's connected to their own misbehavior. It may even be a good idea for your wife and her sister to get some advice from a family counselor beforehand. Really, what we're talking about here is

an intervention.

Also, you need to stay out of the discussion. This is something for her daughters to handle. Support your wife and her sister through it all, but if you're in there asking questions and probing around, you're liable to come off as the evil son-in-law. And you folks don't need to add any more problems to the mix.

They need to sit down with her in a quiet setting, one where there are no interruptions, no television and no one else. Start with the fact that they love her and care about her deeply. That's very important in a situation like this. But they also have to walk through what's really going on, and let her know they're tired of watching her destroy herself, and her finances, with her irresponsible behavior.

If she had a drinking problem, you'd want to try to make her see how alcohol was hurting her and the relationships she has with her family. In this case, she basically has a credit card addiction. And it's wreaking

havoc on her financial well-being and people who care about her.

So, show as much love and understanding as possible. But someone needs to say something soon.

—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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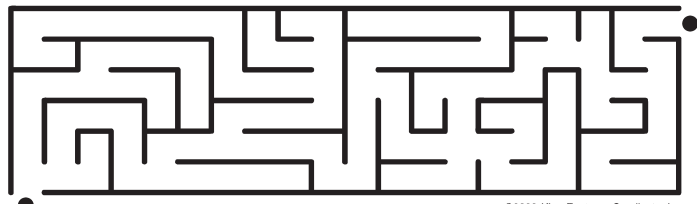
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Even Exchange by Donna Pettman

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. Uncover | _ _ _ V _ _ _ | Revoke | _ _ _ P _ _ _ |
| 2. Georgia fruit | _ _ E _ _ _ _ | Steam cook an egg | _ _ O _ _ _ _ |
| 3. Join together | _ _ _ _ _ N | More rapidly | _ _ _ _ _ R |
| 4. Dedicate | _ _ _ V _ _ _ | Designate | _ _ _ N _ _ _ |
| 5. Really speedy | _ _ _ _ _ C _ | Idiosyncrasy | _ _ _ _ _ R _ |
| 6. Correct | R _ _ _ _ _ | No longer dark | L _ _ _ _ _ |
| 7. Twisted cord | _ _ _ _ _ N _ | More than once | _ _ _ _ _ C _ |
| 8. Fissure | _ _ _ _ _ C _ | Gulp of air | _ _ _ _ _ T _ |
| 9. Calvary sword | _ _ A _ _ _ _ | Clear-headed | _ _ O _ _ _ _ |
| 10. Energetic and perky | _ _ I _ _ _ _ | Beautiful | _ _ O _ _ _ _ |

WORD LADDERS

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

STORE

AMONG

Answers on Page 38

Puzzle Whirl

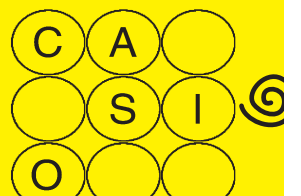
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5			6	2
	2		1	5
	1	3	5	
	5	2		
		5		3

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

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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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ASK THE ATTORNEY



Thomas McCutcheon

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

Single? No Kids? Who Will Handle Your Estate Planning?

We write a lot of wills for veterans and other first responders such as police officers, fire fighters, and paramedics. We do this as a community service and most lawyers do some work for the community pro bono (free).

I've always enjoyed talking to people about how to resolve estate issues. There are a lot of solutions that lawyers learn in law school and as they practice law. Usually, a lawyer can come up with a solution to problems that people have. There are a certain number of solutions that the law provides for in estate planning.

Single people without children often don't know who will handle their estate. They want someone trustworthy, and they worry about honesty and reliability.

You can also go to the American Bar Association website (americanbar.org) and search for "estate planning info and FAQs."

Years ago, I represented an estate where a teacher who taught in the Florence City School System for over 40 years tried to save money by typing her own will. She named a financial institution as her executor, but that financial institution went out of business. The successor corporation (the one that took its place) charged the estate eight (8) percent. It was extremely expensive, and two of her three children were teachers and the other an engineer. All well qualified. It cost a lot of money because she tried to save a little money.

A financial planner can handle your affairs. An attorney can handle your affairs. As a hard and fast rule this law firm would not act as an executor of an estate other than in some exceptional circumstances.

Think about trustworthy friends or extended family. Maybe the person who handles your estate is your best friend. And if you're both getting older, maybe it could be your best friend's child. Sometimes people have such strained relationships with their children that it just makes more sense to name someone else to handle their affairs after they are gone.

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

Please send the questions to: "Ask the Attorney," P. O. Box 38, Florence, Alabama 35631 or visit our website at: www.mhatty.com



facebook: McCutcheon and Hamner, P.C.

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

Notes...

Continued from page 31

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

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

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

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

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

REAL Rehomeducate 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 Rehomeducate Adopt Love or website www.rehomeducate.webs.com

City of Florence - Recycling Program:

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

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

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

- Florence Recycle Center: 1200 Terrace Street, Florence
- Florence Landfill: 29485 County Road 14, Florence

Wrapping Paper
All paper is recyclable if it will tear. We encourage you to reuse ribbons and bows, but they are not recyclable.

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

Alcoholics Anonymous - 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>

SHOP SMARTER Buy Local, Sell Local

Advertise in the Courier Journal
SEE PAGE 8 FOR DETAILS

See NOTES... page 38

Real Estate

FLORENCE HOUSES FOR RENT: 2 bdrm., 2 ba., \$800 month + deposit. 256-764-3986

PROPERTY FOR SALE in Muscle Shoals, 3.45 Acres on Mary Mack St., Call 256-740-1960

BARTON: NEW FULLY FURNISHED APARTMENT for Rent Barton Area, \$1000/month includes: All utilities, washer & dryer, wifi, upstairs studio Call 256-810-1950

For Rent Muscle Shoals, 2 or 3 Bedroom House and Apartment, \$700-\$750 per month, NO PETS, Call 256-349-0300

KILLEN: 25 C.R. 406 Water-front Wilson Lake on Shoals Creek 19± Acres. \$249,000 256-412-0969

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 (205) 310-3831
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ONLINE AUCTION
2 Tracts - Seperate Locations
Lawrenceburg, TN
December 6th-14th



Tract 1: 0.55 +/- acres - This tract fronts Business Av. and adjoins the east side of Kroger. There is city water, gas and sewer in the right of way of Business Av. The property is zoned C3, General Commercial.

Tract 2: 12.3 +/- acres - This tract consists of Lot 1 and Lot 3 of the platted minor subdivision Clayton Wilson East Property. The property fronts over 300ft on Springer Rd and is located just south of Crews St. There is city water, gas and sewer located in the right of way of Springer Rd. The property is zoned R3, Medium Density Residential. Tracts will only be offered individually.

Bid Online at: kingrealtyandauction.hibid.com

TERMS: 10% down payment due upon signing of the contract within 24 hours from end of sale. Balance due in 30 days. Seller will provide deed and owner's title insurance. Seller reserves the right to accept or reject any and all bids. Real Estate will be sold "AS-IS" without warranties of any kind.

All information contained in this ad is believed to be correct, but not guaranteed. Announcements made by Auction Company the day of sale supersede any printed material.



KING REALTY & AUCTION CO., INC.
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HENRY J. KING, BROKER (AL #5403 - TN #6919) • PAUL KING, III (AL #5354 - TN #7184)

FLORENCE: ROOMMATE TO SHARE HOUSE.
 Includes all utilities and cable. \$600/month 256-660-9118

Courtview Towers Studio Apartments 1 & 2 Bedrooms available.
 Convenient to downtown Florence. Rent based on income.
Equal Housing Opportunity
 256-767-0201



FLORENCE APARTMENTS FOR RENT: 507 S. Orleans St., 2 bdrm., next to Marriott Hotel, 55 and older or on Social Security. \$600 per month. CALL HUD HOME NETWORK 205-807-9005

RV LOTS FOR RENT GREAT LOCATION
 Hwy. 72 & Mulberry Lane Intersection, 12500 Hwy. 72 Barton, AL, 50 and 30 amp, WI-FI, sewer, electric, TV Room, washer & dryer included, sheds with picnic tables, walking trail, Tennessee River boat ramps nearby, \$400 per month Special! 256-810-1950 call or text



AUCTION
Sat., Dec. 16 10AM
140 +/- Acres - Pickwick Lake
Investment Opportunity
Pickwick St., Sheffield, AL

SALE SITE: The Village School, 207 Chickamauga St, Sheffield, AL



Real Estate: This 140+/- acre tract of undeveloped land lies between Pickwick Lake and Spring Creek inside the Sheffield city limits. The property fronts 3,152+/- ft along Pickwick Lake and 6,518+/- ft along Spring Creek. The property also fronts 1,101+/- ft on Pickwick St. and adjoins Rivermont Subdivision. Public water, natural gas, electricity and sewer are available. The property will be offered in one tract consisting of 140+/- acres as a final sale.

www.kingrealtyandauction.com

Seller: Associated Developers, Inc.

TERMS: 10% down payment on day of sale. Balance due in 30 days. Seller will furnish survey, deed and owner's title insurance. Seller reserves the right to accept or reject any and all bids. Real Estate will be sold "AS-IS" without warranties of any kind.

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AUCTION
Commercial Building
85 Scotty Moore Dr., Russellville, AL
Friday, Dec. 15th - 11A.M.



Real Estate: This former meat market sits on 0.5± acres at the corner of Scotty Moore Dr. and Village View Rd. in Russellville. Per county records, the building was constructed in 1992 and consists of approximately 3,370sf. Included with the building is various refrigeration equipment of unknown working condition. The property has good visibility from both AL 24 and Hwy 43.

Real Estate shown by appointment. Contact Agent's Office.

www.kingrealtyandauction.com

Sale Site: On Premises

TERMS: 10% down payment on day of sale. Balance due in 30 days. Seller will furnish deed and owner's title insurance. Seller reserves the right to accept or reject any and all bids. Real Estate and contents will be sold "AS-IS" without warranties of any kind.

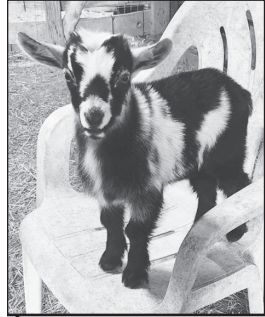
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Kane Rice-Owner
256-600-3239
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Notes...

Continued from page 36

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 complimentary cholesterol screening with each donation.

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PUBLIC AUCTION

River Road Storage

206 River Road • Muscle Shoals
256-381-4989

December 22 • 10am

RIVER ROAD STORAGE will sell at public auction, to satisfy an Operator Lien due to default in rent payments and fees, each of the following units and their contents:

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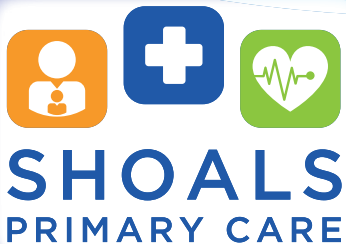
Admitting to Helen Keller Hospital and Shoals Hospital

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Tia S. Johnson of Tuscumbia who correctly guessed "W.C. Handy Home & Museum"

One entry per person. Winners will be announced each week in our paper and on our website. Winners can pick up their Gift Certificate at the Courier Journal office beginning Wednesdays after Noon.

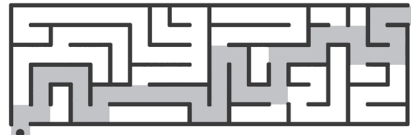


Puzzle Whirl Answers

Even Exchange answers

1. Reveal, Repeal
2. Peach, Poach
3. Fasten, Faster
4. Devote, Denote
5. Quick, Quirk
6. Right, Light
7. Twine, Twice
8. Breach, Breath
9. Saber, Sober
10. Lively, Lovely

Kids' Maze Solution



WORD LADDER

Answer
STORE, STONE, ATONE,
ALONE, ALONG, AMONG

Word Spiral Answer
OCCASIONS

MINI SUDOKU

Answer

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

SIGNS OF THE PAST



Location: 34.5628°N, 87.8406°W
Where Co Rd 49 meets Co Rd 58, Franklin Co

The county seat of Franklin Co began in Russellville. After Colbert Co was created by dividing Franklin Co, the seat was moved to the newly created town of Frankfort in 1849. Then, 30 years later in 1879, it was moved again. Here's an example of a town being created and later completely disappearing.

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

The Red Kettles...

Continued from Page 14

prices and diminished resources.

Red Kettles continue gracing the entrances of local stores and businesses through the holiday season. This year's local goal is to surpass \$150,000 in support food assistance, shelter assistance, emergency financial assistance, youth programs, and more.

The Salvation Army is embracing new ways to give back with the rise of cashless and online transactions. Donors can now easily contribute online at FlorenceKettle.org or at the kettles using various options, including credit cards, Apple Pay, Google Pay, PayPal, or Venmo.

You may visit SalvationArmyFlorence.org or call 256-764-4432 to volunteer, donate, or learn more about how you can support The Salvation Army this Christmas and beyond.

SATURN: SKY, 2007 \$6,650. Sports car 1 owner. To see call or text 256-476-2539

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This Ad Good Dec. 13-19, 2023



Big Star
Co. Rd. 47, St. Florian
256-764-0245



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BONELESS COUNTRY STYLE RIBS LB. \$1.99	SHANK PORTION HAM LB. \$1.49	KING'S HAWAIIAN SWEET ROLLS 12 OZ. PKG. 2/\$7	FRITO-LAY POTATO CHIPS 7-8 OZ. BAG 2/\$5
KRAFT VELVEETA 2 LB. PKG. PRE-PRICED \$8.49 \$6.99	MAYFIELD SELECT ICE CREAM 48 OZ. CTN. 2/\$7	MISSISSIPPI SWEET POTATOES LB. 49¢	JOSH RED WINE 750 ML BOTTLE \$14.99

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