

Volume 140 Number 12

January 10, 2024

POSTAL PATRON

Courier Journal

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Bussey is a Scholar AA

FLORENCE— University of North Alabama senior **Alice Bussey** was selected to the 2023 United Soccer Coaches NCAA Division I Women's Scholar All-American second team. Bussey was previously selected to the United Soccer Coaches All-South Region first team.

Bussey was one of 45 members of the three Scholar All-America teams. She is one of just two ASUN student-athletes selected, joining Lipscomb's **Kelli Beiler**.

Bussey started in all 22 matches for the Lions in 2023 and closed out her 2023 campaign with a team-best seven goals and 17 points. She ranked second in the ASUN in game-winning goals this season with nine.

Bussey was selected ASUN All-Conference first-team, Academic All-ASUN.

Bussey has participated in 70 matches over her UNA career, which includes 64 starts. She is pursuing a bachelor's degree in biology and has maintained a 3.67 GPA.



Bussey

Welcoming 1st at NAMC

FLORENCE— North Alabama Medical Center rang in 2024 with one of the year's first local bundles of joy. Weighing six pounds and 11 ounces and measuring 21 inches, **Jay'Leigh Faith Southward** was born to **Danielle Lowery** and **Devarious Southward** on January 2 at 5:30pm.

More SHORTs... on Page 2

Automotive Inside



Ray Miller Buick-GMC
Advance Auto Sales

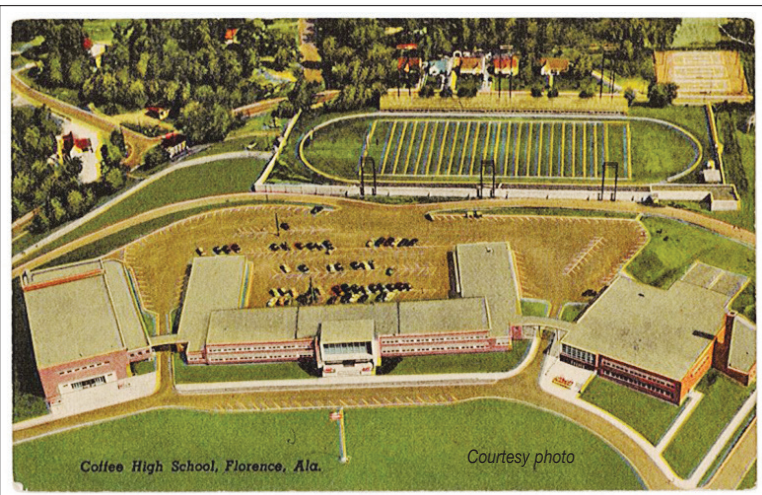
The Second Coffee High

by **Billy Warren**
Florence City Historian
initially published on 1/4/24
in *Florence Then & Now*

FLORENCE – A group of former Coffee High School students, teachers, and administrators – along with other interested citizens – met on the northeast corner of Cherry Street and Hermitage Drive at 10am Thursday, December 21. The occasion? It

was time for the highly anticipated unveiling of the new historic marker that commemorates the life of the second Coffee High School. (The first Coffee High School, which also has a historic marker, was located just a few blocks south on Hermitage Drive where the UNA tennis courts are

See COFFEE... on Page 11



Coffee High School, Florence, Ala.

Courtesy photo

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Spurrier Keynote at Lions' Dinner

FLORENCE – The University of North Alabama Lions Athletic Club has announced **Steve Spurrier** as its keynote speaker for the 2024 Lion Pride Dinner and Auction on August 8.



Spurrier

The event is sponsored by the UNA Foundation and will be at the Marriott Shoals Conference Center beginning at 5pm. After dinner, there will be addresses by speakers representing UNA and a silent auction, and the keynote address by Spurrier followed by a Q&A.

The Miami native went to high school in Johnson City, TN. Spurrier chose the University of Florida to further his education on scholarship because of its aggressive passing game.

See SPURRIER... on Page 6

2nd Shoals Royale is January 20

SHOALS – The United Way of Northwest Alabama invites you to attend the eagerly anticipated 2nd Annual Shoals Royale on Saturday, January 20. This spectacular event offers an exciting evening filled with laughter and entertainment that will have a positive impact on our community.

Whether you are a dedicated philanthropist or simply looking for a night of fun, Shoals Royale promises an unforgettable experience in the Marriott

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- MLK Unity Breakfast
- Strange But True
- Cat & Kids
- Hocus Focus
- Get Out of Town
- Moments in Time
- SIGNS of the PAST



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Shorts...

Welcoming 1st at NAMC

Continued from Page 1

"Everyone here did a great job, before, during and after the delivery," said Lowery. "We are so thankful that everything went smoothly."

The Center for Women and Children's Health



Danielle Lowery with her newborn, Jay'Leigh Southward, at NAMC offer the new year.
Courtesy photo

McClain Part of 20 Rising

SHEFFIELD-Bank Independent recently announced that Huntsville City President, **DeMarco McClain**, was named one of Business *Alabama Magazine's* 20 Rising Stars for Banking in 2023. This prestigious list highlights leaders shaping the future of banking in Alabama.

"This honor recognizes DeMarco's immense talents and exemplary leadership as our Huntsville City President," said Bank Independent President, **Macke Mauldin**. He is deeply engaged with the Huntsville community, constantly innovating to serve their needs. This acknowledgment from *Business Alabama* is well-deserved."

McClain earned a bachelor's degree in business administration from Auburn University Montgomery in 2002 and an MBA from Troy University in 2014. He graduated from the University of South Alabama's Banking School in 2018 and is active with the Alabama Bankers Association. He is a graduate of the LSU School of Banking and has more than 20 years of experience in banking.



McClain

"I owe much of this success to my colleagues at Bank Independent who have been invaluable mentors and supporters," said McClain. "We are doing incredible work to serve our customers and communities. Being part of such a dedicated team inspires me daily to aim higher and work harder."

McClain works with Christian Job Corps of Madison County, the Village of Promise, Huntsville's Committee of 100, and Huntsville's Public Building Authority. He has also served on the Board of control for the Von Braun Center for the past three years.

at NAMC offers a unique birth experience, featuring nine all-private delivery suites, including two HOPE Suite delivery rooms, outfitted with birthing tubs, where patients can experience a natural delivery experience if they choose.

"One of our greatest privileges is helping our community's families welcome their newest additions in a healthy, positive, and memorable way," said NAMC Director of Women and Children's Services, **Kendra Smith**.

Virtual tours of the facility including the special care nursery and HOPE suites, and any additional information on OBGYN services can be found at //namccares.com/obgyn.

TVA's Burns thru March

KNOXVILLE-TVA Natural Resources Management has started its prescribed fire program on public lands in Alabama. The counties where burns may be carried out include Colbert, Franklin, Lauderdale, and Limestone. All prescribed fire use is subject to favorable weather conditions and the availability of fire personnel. The planned time period for burning is January-March 2024.

Prescribed burns are sometimes referred to as controlled burns. They are valuable tools in protecting and improving natural resources. They can help maintain and establish wildlife habitat and reduce thatch and leaves that help fuel wildfires. Burns also stimulate the growth of desirable vegetation and recycle nutrients back into the soil.

Safety is a top priority. Fire managers, including those from the Alabama Forestry Commission, are partnering to prepare written prescribed burn plans. Proper permits are obtained and landowners within a reasonable distance of the burn are notified. All weather conditions are closely monitored to ensure prescription parameters are met. TVA and partners have safely conducted prescribed burns on more than 20,000 acres of public land in recent years.

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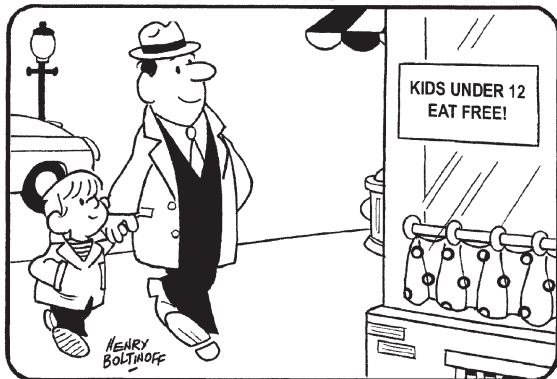
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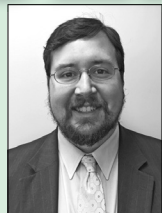
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Community Notes

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

Twitty & Lynn, Conway Twitty's Grandson and Loretta Lynn's granddaughter will perform at 7:30pm January 12 at Norton Auditorium, 500 N. Pine Street, Florence. will be January 5 - February 16 at Kennedy Douglass Center for the Arts, 217 E. Tuscaloosa St., Florence.
Some tickets still available in a link at bandsintown.com

The Shoals Piecemakers Quilt Exhibition will be Now - February 16 at Kennedy Douglass Center for the Arts, 217 E. Tuscaloosa St., Florence.

Ivy Green, the birthplace of Helen Keller, will be closed for interior painting from January 8-21. Normal business hours will resume on Monday, January 22.

Ice Skating - Ice skating is at the Public Ice-Skating Rink, 2010 Avalon Ave., Muscle Shoals. Schedule: 3-8 p.m. Thursday and Friday; noon-8p.m. Saturday and Sunday through Jan. 14. Admission: \$12 and includes skate rental.

Get Out of Town! Sundays in January at 2pm. Learn about all sorts of worldly destinations from a new

presenter each week! At the Florence-Lauderdale Public Library
January 14 Paris - with Robert Rausch & UNA Art Department Students
January 21 Japan - with Dr. Rozalyn Love
January 28 Key West, FL - with Glen Evans
Sheronda@FLPL.org, 256-764-6564, ext 128 or FLPL.org/Friends 256-764-6464, ext 119
Sponsored by the Friends of the Library

Pastor Nick & Carlinda Ray and the congregation of the Sunnyside Church of God in Tusculmbia invite you to help celebrate its centennial on Sunday, January 14. Featured guests include Purpose and former Church of God General Overseer & Alabama Administrative Bishop and current 1st Assistant General Overseer, Dr. Raymond F. Culpepper. The special service time will begin at 10:30am. Everyone is welcome. Sunnyside is located at 10340 Frankfort Road.

In honor of the Martin Luther King national holiday January 15, the National Civil Rights Museum in Memphis will host a daylong celebration dedicated to the legacy of Dr. Martin Luther King, Jr., with a special emphasis on community service. The public is invited to join this celebration, taking advantage of extended hours from 8am-6pm. Thanks to the generous support of FedEx, admission to the museum on King Day will be free for all guests.

King Day will kick off yearlong observances themed "History Moves Us Forward" as the Museum focuses on major civil rights milestones with anniversaries in 2024. The year includes highlights of the 60th anniversary of the Civil Rights Act of 1964 ending legal segregation, Mississippi Freedom Summer dedicated to voter education, the Mississippi Freedom Democratic Party that challenged at the Democratic Convention, and the presentation of the Nobel Peace Prize to Dr. King.

For more information about King Day at the National Civil Rights Museum, visit kingday.org.

"Fox on the Fairway" - The Bay Tree Council for the Performing Arts in Red Bay will present "Fox on the Fairway," by Ken Ludwig and directed by Molly Thorn, Feb. 15-18 at Weatherford Center, Fourth Ave. S.E., Red Bay. Dinner is available for each performance. For groups, call Beth Hammock at 256-668-0045 for information. The tickets for the play are \$10 each and the dinner is \$20 each, \$30 both. Dinner must be reserved in advance.

Travel Booklets Journaling Workshop - Tuesday, January 16 at 5:30 p.m. at the Florence-Lauderdale Public Library. Save your spot - Registration required!
Register by emailing Adults@FLPL.org. For more info: Katie@FLPL.org or call 256-764-6564, ext. 136.

Don't Break the Bank - Wednesday, January 17 at 4 p.m. at the Florence-Lauderdale Public Library, for FLPL Teens.

A fun class for teens and tweens that allows you to "live" financially as an adult through a fun board game! The class also includes a discussion period about what their strategies were and the value of the different components of the game. 256-764-6564, ext. 124. Teens@FLPL.org

"A Few Good Men" - Presented by the Zodiac Players, show dates, Jan. 18-21 at Shoals Theatre.

Connect Group of the Shoals will be at Sky Zone on Sunday, January 21 from 11am-12 noon! The first 25 RSVPs will get half-off jump fee for special needs kids. Skyzone requires use of socks so parents will be responsible for bringing those. RSVP's will close one week prior to the event. Sky Zone is located at 250 Mangum Street in Florence beside Walmart. RSVP to connectgroupshoals@gmail.com, text 256-339-8327. We look forward to meeting you!

See NOTES... page 7

LEGAL NOTICE

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NOTICE OF ABANDONED AND UNCLAIMED MOTOR VEHICLES

Notice is hereby given that on **Saturday, the 17th day of February, 2024 at 9:00 am.** The following motor vehicles will be sold at public auction for cash. The Auction will be held at **Horne Wrecker Service, Inc., 1634 State Street, Florence, Alabama.** Horne Wrecker Service Inc. will accept proof of ownership should anyone care to submit same, Monday through Friday, between the hours of 8 am and 4:30pm, until the day of the sale. **Vehicles may be viewed starting Monday, February 12th, 2024 between the hours of 8am and 4:30pm.**

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12 NISSAN ALTIMA	1N4AL2APXCNC451713	N/A	WHITE	HUNTSVILLE ROAD
03 NISSAN PATHFINDER	JNBDRO9Y33W829649	N/A	BLACK	CO RD 41
06 NISSAN PATHFINDER	5NIAR18U06C630417	AL 41JK411	GRAY	FOOD OUTLET
07 SATURN AURA	1GBZV57727F164294	N/A	BLUE	CO RD 10
02 TOYOTA CAMRY	4T1BE32K22U049475	AL 8931BDO	RED	FLORENCE BLVD
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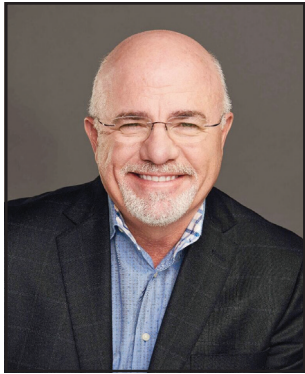


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DAVE Says

by DAVE RAMSEY

WORK HARD NOW, CELEBRATE LATER



a new business, a good rule of thumb is this: Everything's going to take twice as long to accomplish as you thought it would, and everything's going to be twice as expensive as you thought it'd be. I'm sure you're both smart people, but my guess is you're not exceptions to this rule when it comes to opening and running a small business.

Think about it, every single dollar connected with your business could mean the difference between survival and going under. Like I said, I kind of get your husband's thought process, but it would be a very unwise idea right now. You've got to look at the big picture. You're going to be heartbroken, and maybe in a real financial bind, if you have to close up shop in a few months because you ran out of money.

On the other hand, if you work hard now, stay smart and make this thing a success, you can take a vacation—and really celebrate—when the time is right!

—Dave

consuming, and to make it a success you'll both have to eat, sleep and breathe it for a very long time.

But here's the reality of your situation. Right now, you're basically unemployed. On top of that, you have just \$40,000 with which to start a business. It's time to rev up your engines and get to work, not spend a bunch of money vacationing. Trust me, there'll be plenty of time to celebrate after you've won, maybe in even bigger and better ways, if you'll just delay gratification and put in the dedication and hard work now.

When it comes to opening

Dear Dave,
My husband and I bought a franchise recently, and we are opening our business in a couple of months. We've got \$40,000 saved up, but my husband wants us to take a two-week vacation before we open for business. He feels that the business will completely consume us for the next two or three years, and he wants to go into things relaxed and refreshed. How do you feel about this idea?

Jill

Dear Jill,
I understand where your husband's coming from. A business is very time

** 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, Today, 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 for Ramsey Solutions.*

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Spurrier...

Continued from Page 1

During his senior year, Spurrier led Florida to a No. 11 ranking and an 8-2 record, winning the 1966 Heisman Trophy, the Walter Camp Award, and was a unanimous All-American.

Spurrier finished his college career with 4,848 passing yards and 37 touchdowns, establishing numerous Florida and SEC records along the way.

He used that experience to establish a coaching career that spanned over 400 games. These include a national championship team, seven conference titles and nine conference Coach of the Year awards. Spurrier won 72% of the college games he coached.

As a coach, Spurrier led Duke to the 1989 Atlantic Coast Conference championship before returning to his alma mater, the University of Florida, as head coach in 1990. During his 12 seasons with the Gators, Spurrier's teams won six Southeastern Conference (SEC) championships, one national title, and finished ranked in the nation's top 10 nine times.

He then spent a year as coach of the Washington Redskins (now Commanders) of the NFL before returning to the college ranks at South Carolina. Spurrier remained there for 12 years.

In his first season at South Carolina, Spurrier led the Gamecocks to a 7-5 record and a second-place finish in the SEC Eastern Division. In doing so, he posted a five-game winning streak. This was the 15th-consecutive year in which he had a five-game winning streak, something no other coach in college history had accomplished. He was honored as the SEC Coach of the Year by the Associated Press after leading the Gamecocks to a school-record five straight SEC wins. This record included their first-ever win at Tennessee and their first win over Florida since the 1930s.

In all, Spurrier compiled a 226-85-2 record in 25 seasons as a major college head coach. He became the fourth coach to record 100 or more wins as an SEC coach against SEC competition — not including three wins against SEC teams

while coaching at Duke. Only Paul "Bear" Bryant (159) won more SEC conference games than Coach Spurrier's 131. Spurrier passed John Vaught (106) and Vince Dooley (105) during the 2010 campaign.

Spurrier was selected by the San Francisco 49ers with the third overall pick in the 1967 NFL Draft. He played there for nine years, spelling John Brodie as quarterback in 1972 and leading the 49ers to a third-consecutive NFC West Title.

Fondly known as "The Head Ball Coach," Spurrier is a member of the Orange Bowl Hall of Fame, the National High School Hall of Fame, the Florida Football Ring of Honor (2006), the South Carolina Hall of Fame (2021) and the College Football Hall of Fame as both a player (1986) and a coach (2017). These achievements make him the fourth person to be selected as both a player and a coach.

"The Lions Athletic Club is proud to bring such a distinguished guest to the entire UNA Community," said club vice president Dan Penny. "Steve Spurrier is not only a Heisman Trophy winner but an accomplished coach. We look forward to another sellout in August."

The last three Lion Pride Dinner and Auction keynote speakers include Pete Rose, Bill Walton, and Archie Manning, the last of which entertained a sold-out crowd in August of 2023.

Sponsorship and meet and greet packages for the coming event are available now. Tables of eight are \$1,240 each. Individual tickets will go on sale in the summer, if available.

For more information, contact Megan Dye at 256-765-4615 or at smlovelace@una.edu.

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

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Community Notes...

Continued from page 4

Kick off the new year at the 2nd Annual Shoals Scale Back event Saturday, January 20 from 1 - 5 pm at Coach Mitchell Harvest Gym at Burrell Slater, 610 West College Street in Florence.

Join Florence City Council member, Kaytrina Simmons; Susan Bentley, WHNP; Javar Myatt-Jones, MD; and the Florence Parks & Recreation Department for this free community, Shoals Area program - a time to come together on health and fitness. Everyone's fitness journey is unique. Last year, there were over 300 attendees from across the region. There will be lots of educational information to help you be your healthiest self by recognizing the dangers. Vendors are welcome; contact Kaytrina Simmons at 256-349-3879 or Susan Bentley, WHNP, at 256-856-3918.

Ritz Theatre - The Tennessee Valley Art Association announced plays for the Ritz Theatre's 2023-24 season. Schedule: "Company," Feb. 23-25, March 1-2. Season tickets are \$75; individual plays range from \$15-\$25. The theater is at 111 W. Third St., Sheffield. Season tickets and individual play tickets are available at tennesseevalleyarts.org. 256-383-0533

Shoals CASA is currently looking for new CASA volunteers (Court Appointed Special Advocates) who have a passion for helping children. This is rewarding, active work with local foster children who need someone who represents THEIR interests. The CASA staff makes sure that caring community volunteers have the training, information, and support they need to give local abused and neglected children a voice within the court and child welfare system - A positive adult relationship who will demonstrate compassion and a passion to help children reach a safe and permanent home. The nature of this opportunity will require a background check, references, and six weeks of free training. Other CASA advocates have said it is the most rewarding work they have ever done. The new training class starts in late January.

Please call Heather Begley, Shoals CASA's Executive Director, for more information. 256-765-0041.

LifeSouth Bloodmobile Dates:
Tuesday, January 9 American Wholesale Book Company, Florence, 5am - 12pm
Wednesday, January 10 American Wholesale Book Company, Florence, 12pm - 7pm
Friday, January 12 Axe Kicking - Florence, 418 S Royal Ave., 2pm - 8pm
Saturday, January 13 Axe Kicking - 303 Vine St. Loretto, TN 2pm - 8pm
Monday, January 22 Colbert County Health Dept., Sheffield, 9am - 3pm
Wednesday, January 24 Colbert County High School, 2200 High School S., Leighton 8am - 3:30pm
Tuesday, January 30 Heritage Christian University, Florence, 9am - 4pm
Wednesday, January 31 Brooks High School, 4300 US-72, Killen, 7:30am - 4pm

Outsmart the Scammers! **Wednesday, January 24** at 9am at The Healing Place, 2409 Wildwood St in Muscle Shoals.

Please join us for this free program sponsored by The Healing Place, A Center for Loss and Change. The presenter is Adam McCollum, a Financial Advisor from Edward Jones.

Incidents of fraud are on the rise, and scammers' tactics are becoming more complex. While no one is immune, there are steps you can take to Outsmart the Scammers. Join us for this presentation and learn about the following strategies:
 • How to spot certain red flags that may indicate a fraudulent encounter

- Resources you can turn to in the event you or a loved one is targeted
 - Steps you can take now to help protect yourself and your loved ones
- Please RSVP to 256-383-7133

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.

2 trips available - The Club will travel with a different travel company with these two 2024 trips. Must call the company directly for these adventures: Alaska Discovery Land and Cruise, May 29-June 9, and Magical Christmas Market Germany, Dec. 10-17, 2024. Call Collette at 1-800-340-5158.

The Kennedy-Douglass Center for the Arts will present This House Was Full of People: The Art of Mary Wallace Kirk from January 7 - February 29. An opening reception will take place at 2pm on Sunday, January 7.

See NOTES... page 30

Our Final Tomorrow

When we're young, we hardly ever think about death and eternity, but as we age it becomes tragic if we carry this mindset with us into old age. Oh yes, we have some life insurance, and maybe a small amount saved or pension for our old, old age. We own our house and a decent truck and car and plan to enjoy life for many, many years. BUT, what have you done to prepare yourself and family for eternity? ~95%, a good guess, of this world will enter eternity unprepared. We're very proud when our family succeeds at anything. I think maybe 70% of all parents want what's best for their family and strive to make some things happen. But what about eternity and all of you meeting God? The graveyards prove death is real. But a few feet underground, does not end it all. There's another part of us, our soul, that you cannot see that will live forever either in heaven or hell. God has a plan for everyone laid out in the bible. All I ask is, "is it not worth two hours of your time to come visit us and find out some of these things?"

God requires that we must meet Him prepared. The bible clearly states what ahead for those prepared and those unprepared. It's my job to teach and show you what's ahead. It's your job at least to show up and find out what's next for you and your family. There's one tomorrow with your name on it. When God calls you, you must go, ready or not. The Bible contains tomorrows' news today. God has given us all one short lifetime to get ready to meet him. No matter how rotten you are or how good you are, you need a Saviour when you meet Him. There is one available. **John 3:16** "For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life." Get ready for your final tomorrow. Come see us Sunday @10:00am, and find out what God has done, is doing, and will do with all of us. You need to prepare to meet God!

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If you are qualifying for Medicare by turning 65 you will have a 7 month window to enroll in Medicare. This window is based off of the month you turn 65. It starts 3 months prior to the month you turn 65 and extends 3 months past the month you turn 65. For example, if you are turning 65 in September your IEP begins in June and extends all the way through the month of December. If you are eligible, you may not have to pay a premium for Part A, but Part B will have a premium.

For those electing to sign up for Part B after their IEP a late-enrollment penalty may be assessed. This penalty can last as long as you have Part B and there may be a gap in your health coverage. However, one exception to this rule is being employed and having coverage through your company's group health plan. If this applies to you check with your benefit coordinator, Medicare or contact our office.

In most cases, if you are already drawing your Social Security or Railroad Retirement Board benefits you should automatically be signed up for Part A and Part B. If you are not drawing your Social Security or RRB benefits and want to sign up for Medicare you can do so by signing up online at ssa.gov, visit your local Social Security office or give our office a call and we can help direct you.

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



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HAVE YOU SEEN KIDSVILLE NEWS! Yet? It's the Shoals' fun, family newspaper for parents, teachers and kids K-6th grade and IT'S FREE! Kidsville News! is delivered in the classrooms. Copies may also be obtained at any local library, several area merchants that cater to kids and the Courier Journal business office, 219 W. Tennessee St., Florence.

Royale...

Continued from Page 1

Shoals Conference Center ballroom.

Some smaller sponsorship opportunities are still available, as are individual and couples tickets.

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Supporters can come alone, or they can grab their spouse, significant other, or a friend to increase the value and the fun. Each ticket purchase entitles patrons to an exhilarating gaming experience. They also receive a \$50 playing chip to truly make the most of their time at the casino. As a bonus, each ticket includes one complimentary drink ticket. This allows guests to savor a refreshing beverage as they revel in the Shoals Royale casino experience.

For more information on Shoals Royale or to purchase tickets, please call 256-764-5892. To see a short video of some of last year's excitement, visit mediazilla.com/wogVK9WXWT

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Moments in Time



- **On Jan. 15, 1759,** French philosopher Voltaire's satire "Candide" was published anonymously in five editions and five countries. It was immediately and widely banned for its religious blasphemy, political sedition and (for the time) obscenity, but went on to become a bestseller and remains one of the most frequently taught works of French literature.
- **On Jan. 16, 1962,** filming began on the first James Bond film, "Dr. No," starring Sean Connery as the suave titular spy, in Kingston, Jamaica. While critical reception was mixed, the movie was financially successful and came to be considered one of the series' best installments.
- **On Jan. 17, 2000,** all 50 states of America celebrated Martin Luther King Jr. Day. The federal holiday was signed into law in 1983 and took effect three years later, with New Hampshire becoming the last state to name a holiday after the slain civil rights leader in 1999.
- **On Jan. 18, 1986,** the song "That's What Friends Are For" by Dionne & Friends, featuring Elton John,

- Gladys Knight and Stevie Wonder, hit No. 1 on the Billboard Hot 100. Released to help support victims of AIDS and increase awareness about the disease, it helped earn \$3 million for the cause.
- **On Jan. 19, 1977,** President Gerald Ford pardoned Tokyo Rose, a Japanese-American woman whose real name was Iva Toguri, shortly before leaving office. Acting on orders from the Japanese government, Toguri (along with other women) broadcast phony announcements regarding U.S. troop losses in an attempt to undermine the morale of Allied soldiers.
- **On Jan. 20, 1863,** the four-day Mud March, initiated by Civil War Major General Ambrose Burnside, began. Burnside's aim was to attack Robert E. Lee's army, but winter rains had made the roads nearly impassable and the mission failed.
- **On Jan. 21, 1997,** Newt Gingrich became the first speaker in the history of the U.S. House of Representatives to be given a formal reprimand for ethics violations after the House voted 395-28 in favor of the measure.

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Coffee...

Continued from Page 1

today.) On that chilly December morning, the crowd cheered when the covering was removed from the new marker and proud alumna, Glyndell (Whitsett) Clemmons, read aloud the text inscribed on each side. Briefly, it tells the lifespan of the school (1951-2004), the names of the principals who oversaw the teachers and students during those 53 years, and other interesting information. It even includes the lyrics of the school's Alma Mater which students proudly sang (or played as members of the marching band) at gatherings of all types.

Look carefully at the accompanying photograph. It is an aerial view of the 25-acre campus which was designed by the world-famous firm established in 1858 by Frederick Law Olmsted, America's first landscape architectural company. The panoramic shot of the front façade of the grand building clearly shows its International Modern design which was popular in the U.S. and Europe from, roughly, 1930 to 1960. The total cost of the three buildings (auditorium, academic and gymnasium) was \$1,100,000. When Coffee High merged with Bradshaw High to form Florence High in 2004, the Coffee High buildings continued to be the home of students and faculty in grades 7-9. However, the building was razed in 2016 and replaced by the large Greek Revival structure for all students in the entire school system who are in grades 7 and 8.

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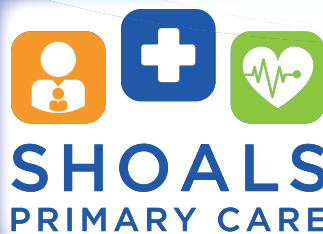
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Commentary

Candidate Won't Be Trampled

I am not necessarily a political fan of Republican Presidential candidate, Vivak Ramaswamy. He likes to fence-straddle like most politicians. However, he is not a 'politician' in the strict sense of the word. He is always open to interviews and never runs from a question. He also never stumbles. His calm, objective, and suave responses to predictably skewed questions often track back to the agreeable middle.

In A Few Words



TOM MAGAZZU
Editor

The second-generation Indian American attended Catholic school as a youth, so there is some Judeo-Christian familiarity along with his generational Hinduism. It allows him to draw from both perspectives when addressing his audience, like this example during an interview with NBC News this past summer.

"I'm a person of faith. Evangelical Christians across the state are also people of faith. We found commonality in our need to

See **VIVEK...** on Page 24

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

Courier Journal

in the Shoals

THIS WEEK

January 10, 2024

Happening THIS WEEK

Alpha Hosts 32nd Annual MLK Unity Breakfast

FLORENCE—The 32nd Annual Martin Luther King Unity Breakfast takes place Monday, January 15 at 8am at the Shoals Marriott Conference Center. This community event is sponsored by the Alpha Phi Alpha Fraternity, Inc., Kappa Nu Lambda chapter at UNA. This year's theme is, "The Importance of Community in Today's America." This year's speaker will be the Rev. Dr. Christopher Jermaine Turner, Pastor of the Pine Grove M.B. Church in Harvest, Alabama.

See **KING...** on Page 29



Get Out of Town!

from the Convenience of the Colonnade

FLORENCE—The Florence-Lauderdale Public Library's popular 'Get Out of Town' series returns this month on the first floor colonnade at 2pm for a new travel experience every Sunday. The January 7 program was on Austria, with Yvonne Foster. Visit Paris with Robert Rausch and

UNA Department of Art students, on January 14. Japan is introduced on January 21 by Dr. Rozalyn Love. A little closer to home, tour Key West, Florida with Glen Evans, on January 28. The programs are free and open to the public! The Florence Lauderdale Public Library is at 350 N Wood Ave. in Florence.

IVY GREEN, THE BIRTHPLACE OF HELEN KELLER, will be closed for interior painting from January 8-21. Normal business hours will resume on Monday, January 22.

IN HONOR OF THE MARTIN LUTHER KING NATIONAL HOLIDAY JANUARY 15, the National Civil Rights Museum in Memphis will host a daylong celebration dedicated to the legacy of Dr. Martin Luther King, Jr., with a special emphasis on community service. The public is invited to join this celebration, taking advantage of extended hours from 8am-6pm. Thanks to the generous support of FedEx, admission to the museum on King Day will be free for all guests. King Day will kick off yearlong observances themed "History Moves Us Forward" as the Museum focuses on major civil rights milestones with anniversaries in 2024. The year includes highlights of the 60th anniversary of the Civil Rights Act of 1964 ending legal segregation, Mississippi Freedom Summer dedicated to voter education, the Mississippi Freedom Democratic Party that challenged at the Democratic Convention, and the presentation of the Nobel Peace Prize to Dr. King. For more information about King Day at the National Civil Rights Museum, visit kingday.org.

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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.

Who Approves It?

Editor:

Here's some frightening information for you. The Lauderdale County School board has put all your children's information on one website: parchment.com.

Every record they have. Every record of your kids, my kids,

everyone's kids.

Who gave them that idiotic lunatic of an idea? You? Not me, either.

And you must pay for their services. This sounds more like a scam fed to the elderly and doddering. Who thinks it can't be hacked? If Amazon can get hacked, then so can this dishwasher startup.

Linda Johnson
Florence

They Still Lure Us

Editor:

No winner, not even a million-dollar winner. Since the computer picked the numbers, it also picked the Power Play payout, which was 10 times the amount of the prize. Now, isn't that SWELL since the Power Play payout mostly never goes above 2 or 3 times the amount of money for a winner. So, once again, the computer picked the numbers where no one could win big so that they could again build up a bigger pot to attract buyers. It also picked the highest payout for Power Play 10, which hardly ever gets picked when

Keep in mind that food often has more calories than we think...



See **LETTERS...** on Page 18

- by Mail, in Person, or Mail Slot
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- e-mail: editor@courierjournal.net
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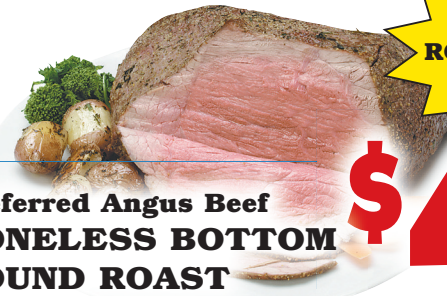
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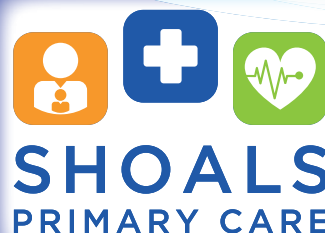
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Letters...

They Still Lure Us

Continued from Page 12

there is a winner. I remember when winners were picked often when the jackpot hot \$50-\$100 million.

How strange that now most jackpots build up to over \$300 million to lure buyers. Where is government investigation and oversight to protect people from scams?

Paul Sabatino
Florence

Beginning 2024 a Little Heavier?

Editor:

2024 is here and congratulations – you are here to celebrate!

This is the time of the year when people are making New Year's resolutions. Typically, the most common is to lose a few pounds.

I suspect you want to lose a couple of pounds. Maybe you need to lose several pounds like I do. From September 1–December 27, I gained 15 pounds. On September 1, I weighed 198 pounds. Then on December 27, I weighed 213 pounds.

My trend started when I had my colonoscopy. My doctor didn't want me to eat any salads and a number of other healthy foods in preparation for my procedure. I had some very happy meals and gained almost two pounds leading up to my test. A couple of family get togethers, a vacation, Thanksgiving and Christmas added up to 15 pounds. I can tell the difference when I put my shoes on.

Developing plantar fasciitis and a sore foot didn't help matters either. Many Americans deal with this occasional foot issue. During flare ups, it really hurts to walk.

The only way I'll be able to shed the pounds is to get really strict with my eating. We gain weight by eating too much and we lose weight when we cut back the portions and eat much less. A lot of our

eating is habit. We think we have to be eating all the time. Winter months are tough because we sit in front of the TV and think we must have food going into our mouths.

Consider proportional eating. Eat three small meals a day. Women can typically lose weight if they keep the calories to 1200 a day. If you are active, then maybe 1400. Aim for three 400 calorie meals. Men typically can lose on about 1700 calories a day. This gives you three meals at just under 600 per meal. Keep in mind that food often has more calories than we think.

Another option is to graze all day. A fitness trainer friend eats six times a day, but it's only about 300 calories at a time. The upside to this plan is that you are looking forward to your next little meal. If you like to eat all the time, this may be your best plan.

Any activity will also help. Winter months are tough, so you have to be creative. Walk in place. Clean your house. Do sit-ups while watching television. Do some toe touches, pushups, squats, and anything that will get your heart rate up. Gym memberships soar at this time of the year. If you have time to go to the gym, it might help you get through the winter. Mentally, it might help you to get out of the house.

I'm with you on this. My hope is to lose one pound a week. I may be back where I want to be by Easter. Drop me a note at GlennMollette.com or gmollette@aol.com and let me know how you are doing. I'll post more later if I have been able to shed my extra pounds.
Good luck!

Dr. Glenn Mollette
Newburgh, IN

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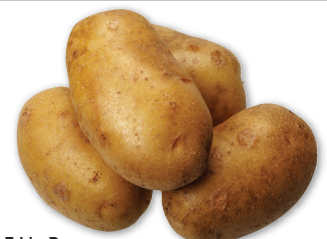
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or Velveeta
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SALE PRICE WITHOUT
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4 Oz.
Select Varieties
Idahoan
Mashed Potatoes

3/\$4



4.5 Oz.
Select Varieties
Shake 'N Bake
Pork Seasoning

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8-16 Oz.
Select Varieties
Pictsweet
Vegetables

5/\$5



10.75 Oz.
Select Varieties
Campbell's
Tomato or Chicken
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4/\$5



12 Oz.
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1.99
LB



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**Courier
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Cat & Kids

by Cathy Turner

“Hallelujah Applesauce!”

Over the holidays, everybody was at Gran’s house. I had all my children, all the grandchildren, and my sisters and their husbands. I got all I wanted for Christmas. There was lots of eating, laughter, and noise. It was wonderful!

Some of the noise came from Ruby, our oldest grand. She has recently made the 3rd to 5th grade cheerleading squad at her school. So, over the holiday we would ask Ruby to cheer. She’s got those “Stomp and Shake” cheers down. Ruby is a little reserved so her mom, our daughter Lora, would try to cheer with her to encourage a little more “shake”. Ruby would push her out of the way and keep on cheering. Truth be told, Lora played basketball, so she is really enjoying being a Cheer Mom and learning all the cheers with Ruby. She even gave her husband a “Cheer Dad” shirt for Christmas.

Also creating a lot of noise was 4-year-old Jericho, Ruby’s little brother. This holiday we called him, “Flash!” As we were visiting, Jericho would zip through the kitchen into the dining

room and zip back. Or he would run through the den and up the stairs to find his folks. And sometimes when Ruby was cheering, Jericho would run over and tackle her. “Flash!” All boy! I just love him!

Our granddaughter, Mica, tends to be quiet when Ruby is around. She follows her lead. But then being the last in the house, we followed Mica’s choices for the last few days. She and I always connect through crafting. This visit, Mica and I painted aprons. She used the stencils I provided until she wanted to go “freehand”. Freestyling is Micah’s M.O. I love it! I loved connecting in the quietness.

Our newest grandbaby, Canaan, loved watching the crowd, especially his cousins. There was so much going on that Canaan wasn’t as noisy as he usually is, except in one situation - while he was eating. Canaan is 7 months old and is being introduced to solid food. Rice cereal and oatmeal have gone fine. So, over the holidays for the first time, his mom gave him applesauce. I’m telling y’all, that applesauce sent Canaan somewhere he had never been! He started

banging both hands on his chair, shaking his head, throwing his hands up in the air and grabbing for the spoon. After more applesauce, the banging started again. This time not only did he throw his hands up, but he threw his head back... “Hallelujah applesauce!” This first encounter with sweets was a “Hallelujah” time for Canaan. We laughed so hard! We joined him! “Hallelujah applesauce!” “Thank you, Mama, for giving me something I love!” “Thank you for giving me something I didn’t know I wanted!” “Hallelujah applesauce!” This happened several times. Not only did he throw up his hands and throw back his head, but he stayed back there for a second or two, and then he leaned forward and started banging again! I don’t know what he was thinking, but Canaan was great! “Give me that spoon!” Just pure arms up/head back appreciation. Hilarious!

When was the last time you had a true “Hallelujah applesauce!” moment when you enjoyed something so thoroughly that you had to put your hands up in the air? Take time in the noise to feel it, see it, taste it. All I have to say is that having noise in my house again this Christmas was just “Hallelujah applesauce!” “Hallelujah, thank you Lord!” Family is the best thing ever! I am still smiling. Amen Canaan! “Hallelujah applesauce!” (Put your hands up!)

Email comments or suggestions to CatnKids1@gmail.com.

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Notice is hereby given that on **2/10/2024** at 9AM The following vehicles will be sold at Dealer’s auction only for cash. The auction will be held at Andy’s Wrecker Service, 20850 Hwy 72., Tuscumbia, Alabama, 35674. Andy’s Wrecker will accept proof of ownership should anyone care to submit the same, Monday Through Friday, between the hours of 9AM and 5PM until day of sale. Vehicles may be viewed starting 2/9/2024 between the hours of 9am and 5pm. **NO TITLES OFFERED! VEHICLES ARE SOLD FOR PARTS AND SCRAP ONLY.** Auctioneer Barry L. Stewart #1239

Year/Make	Model	Vin#	Color
1967 Mercury	Cougar	7F91C517250	Black
2004 Jeep	Grand Cherokee	1J4GX48S34C201736	White
2011 Mercedes	C300	WDDGF5EBOBA512641	Black
2012 Toyota	RAV4	2T3ZF4DV1CW122465	Brown
2007 Lexus	IS250	JTHBK262275033245	Silver
2005 Ford	500	1FAPP24175G200950	Gold
1986 Chevrolet	C6500	1GBK7D1B5GV116526	White
2005 Jeep	Grand Cherokee	1/4HR58265C595769	White
2007 Volvo	VNL	4V4NC9TJ07N442803	White
2005 Cadillac	SRX	1GYEE637850226887	White
2016 Chevrolet	Malibu	1G1ZESST1GF207011	White
2007 Honda	Civic	JHMFA36F575016578	Gray
2015 Ford	Taurus	1FAHP2F8XFG104749	Gray
2010 Ford	Fusion	3FAHP0HA1AR328367	Black
2008 Suzuki	SX4	JS2YC415585101678	Silver
2008 Mitsubishi	Gallant	4A3AB36FX8E022773	Tan
2002 Jeep	Liberty	1J8GL58K02W260545	Silver
1990 Chevrolet	Silverado	1GCDC14Z8LE207105	Brown
2006 Volkswagon	New Beetle	3VWRF31YX6M319193	Blue
2006 Ford	Escape	1FMYU02ZX6KD55687	Black
2013 Buick	Verano	1G4PP5SK9D4217580	Red
2006 Ford	E250	1FTNS24LX6DB10703	White
2006 Nissan	Maxima	1N4BA41E56C863218	Beige
2004 Chevrolet	Trailblazer	1GNDS135942147787	Silver
2009 Nissan	Altima	1N4AL2AP7AN442304	White
2007 Kia	Spectra	KNAFE121775460290	Silver
2001 Volkswagon	Jetta	3VWTF69M81M201870	Silver
2009 Pontiac	G6	1G2ZG57B894194956	White
2004 Nissan	Murano	UN8AZ08T14W216701	Gray
2009 Pontiac	G6	1G2ZH57NX94152196	White
2001 Buick	Century	2G4WS52351101550	Gold
Yamaha	4-wheeler	L9NACMK38M1202067	BLK/WH
2008 Chevrolet	Equinox	2NDL13F486004808	Silver
2003 Ford	Ranger	1FTYR10D53PA94051	White
2000 Honda	Civic	1HGEJ8149L112858	Green
2005 Polaris	Sportsman 400	4XAMH42A35B676307	Black

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STRANGE but TRUE

by Lucie Winborne

• **The first 72 hours in jail** pose the highest risk of death for an inmate, for any reason.

• **The cat in "The Godfather"** was a stray that director Francis Ford Coppola found in the studio and handed to Marlon Brando before the shot. The animal took a shine to Brando and settled in his lap, purring so loudly that the crew was afraid the noise would drown out the dialogue!

• **And speaking of cats ...** cheetahs communicate with house cat-like meows rather than roars like most big cats.

• **Benjamin Franklin** sold chocolate in his print shop in Philadelphia.

• **Forget about whether pineapple belongs** on a pizza -- how about snake? For a limited time snake will be on Pizza Hut's menu in Hong Kong, as the restaurant partners with another eatery known for its snake stew.

• **A tool bag** lost during a spacewalk orbits Earth and is visible to people on the ground.

• **Researchers at George Washington**

University found that the skin behind our ears and between our toes has a different set of microbes than those found on more frequently washed areas, so heed Mama's advice and don't forget to scrub them.

• **In 1873**, billiards became the first sport to have a world championship.

• **Prior to the 17th century**, common folk seated themselves on stools and benches, while chairs were designed for royalty and the rich.

• **Pogonophobia** is the fear or dislike of beards.

• **For Scrabble's 50th anniversary** in 1988, a giant game utilizing six-foot tiles that required two large men to lift was played in Britain's Wembley Stadium.

• **Fireflies** are the most efficient producers of light in the world.

• **Tong Aonan** solved 840 Rubik's cubes, then used them to create a portrait of his crush and declare his love for her. Sadly, she rejected him

• **A runaway tortoise** in Putnam County, Florida, covered a span of five miles in three and a half years before

ending up at Florida's Wildest Animal Rescue, where a staff member was able to determine its identity and reunite it with its owners.

• **Snake Venom**, the world's strongest beer, has an alcohol level of 67.5%.

• **Breton, a great white shark**, created a self-portrait of sorts with its GPS tracker on its travels through the Atlantic Ocean. What made the mapped outline remarkable was its resemblance to a great white shark!

• **Anuptaphobia** is the fear of being single forever.

• **Sixteen-year-old Titanic survivor** Katherine Gilnagh didn't understand the ship's dire situation until she made it safely to New York, but thought that being put into lifeboats and picked up by the Carpathia was part of the voyage.

• **Asian hair** grows 30% faster than Caucasian hair.

• **The soft drink Mountain Dew** was created in Tennessee in the 1940s as a mixer for whiskey, hence its name (a slang term for moonshine).

• **If, like many Americans**, you have trouble getting to sleep, you might try the advice of researchers and go low-tech camping for at least a week. The lack of electronics helps reset the body clock and synchronize melatonin hormones with sunrise and sunset.

• **A bookstore in Australia** wraps its volumes in paper with short descriptions attached so potential buyers won't "judge a book by its cover."

Thoughts for the Day:

"How wonderful is it that nobody need wait a single moment before starting to improve the world." -- Anne Frank

"If you can't fly, then run. If you can't run, then walk. If you can't walk, then crawl. But whatever you do, you have to keep moving forward." -- Martin Luther King Jr.

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Courier Journal

Mystery Photo of the week

January 10

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Insurance Insights

Consulting a Professional for Retirement Savings

Find out how most Americans are doing with their retirement savings, if they are comfortable managing it, and the traits they want in a professional.

Do I have enough time and money?

The dilemma of having enough time to save sufficiently to be able to enjoy retirement may be a concern. There are many unknowns since no one knows their exact lifespan or if they will have enough saved by retirement. You know you need to save but how much?

Millennials who begin their careers owing large student loans could have less in retirement savings than their debt-free peers. According to the 2019 Retirement Confidence Survey from the Employee Benefit Research Institute, nearly six in ten workers without a retirement plan have less than \$1,000 in savings and investments. As retirement nears, if there is existing debt and then health care expenses are added in, retirement plans may be shifted.

Consulting a professional for retirement planning

Regardless of your experience level, it never hurts to get professional advice on how best to reach your financial goals. Many find they would prefer to rely on outside experts to monitor and manage their retirement savings plan. Assess your financial goals, time horizon and tolerance or risk.

- Analyze the potential risks and rewards of various investments.

- Understand the value of a long-term investment perspective and diversified asset mix.

Not all professionals are equal, so when it comes time to seek out assistance find someone who:

1. Listens to you.

Everybody has unique financial needs and goals. Your financial professional should be a partner on your investment journey. That means you'll need to find somebody who will take the time to listen to you and will help you prioritize your goals in a realistic way.

2. Helps you understand.

Two of the most important factors in the choices you make are the amount of time until you need to reach your investment goals, known as your time horizon, and the amount of risk you're willing to take on with your investments.

3. Has the resources you need.

Your financial professional needs to have access to the right mix of products and services. A comprehensive strategy won't do you any good if you can't invest in the right products. Take a close look at the types of products and the fund families your financial professional can offer, including whether they offer products such as life insurance or annuities in addition to mutual funds.

4. Is in it for the long haul.

Long-term investing is about more than just setting up the right portfolio and watching it grow, though that's important. Look for a financial professional who also will be there for you when life changes or market fluctuations raise questions about the suitability of your strategy.



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BRYAN **CORN DOGS**
REGULAR OR BEEF
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WRIGHT BACON
\$7.98 24 OZ.

5 OZ. **STARKIST CHUNK LIGHT TUNA**
98¢

24 OZ. **PREGO SPAGHETTI SAUCE**
2/\$4

11 OZ. **FRUITY OR COCOA PEBBLES CEREAL**
\$2.98

7.8 OZ. **VAN CAMP'S BEANEE WEENEE**
4/\$5

6-7 OZ. **HAMBURGER HELPER**
2/\$3

15 OZ. **HUNT'S MANWICH**
2/\$3

DAIRY SPECIALS

4-6 OZ. **YOPLAIT YOGURT**
58¢

PRODUCE SPECIALS

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9-10 OZ. **TOTINO'S PIZZAS**
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58¢

15-16 OZ. **HUNGRY MAN FROZEN DINNERS**
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Commentary

Vivek...

Continued from Page 12

defend religious liberty, to stand for faith and patriotism and stand unapologetically for the fact that we are one nation under God."

He IS good. His practice of drawing parallels between two wildly differing religious perspectives is convincing. Yet, living faithfully under either one of these umbrellas would totally exclude recognizing the other.

While in Iowa last Wednesday, Vivek's response to a divisive baiting by a leftist reporter is one for the ages, employing both brilliant tact and a searing sharpness. The video of his response was trending heavily on social media afterward. Below is the text of his response. We ALL should engrain this in our consciousness.

YOUNG FEMALE REPORTER:

"You didn't say that you condemn white supremacy, though."

VIVAK:

"I'm not gonna recite some catechism for you.

I'm against vicious racial discrimination in this country, so I'm not pledging allegiance to your new religion of modern wokeism which actually fits the test. I'm not going to bend the knee to your religion, I'm sorry. I'm not asking you to bend the knee to mine, and I'm not going to bend a knee to yours. But, do I condemn vicious racial discrimination? Yes, I do. Am I gonna play your silly game of gotcha? No, I'm not.

And frankly, this is why people have lost trust. And I know you're going to go print the headline tomorrow. I already know this; we already know how your game works. 'Vivek Ramaswamy refuses to condemn white supremacy' - because you asked a stupid question.

The reality is that I condemn vicious racial discrimination in this country, but the kind of vicious and systematic racial discrimination we see today is discrimination on the basis of race in a very different direction.

You wanna know what the best way is to end discrimination on the basis of race? Stop discriminating on the

basis of race. Do that and we're going to move this country forward. And I don't care whether you're black or white or brown, or anything in between. That's how we're going to unite this country.

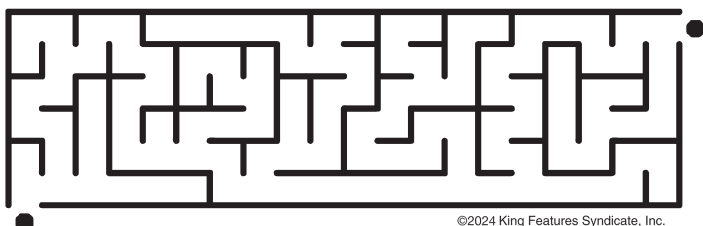
You people have been responsible for dividing this country to a breaking point, creating a projection of national division. I meet people from the South Side of Chicago to meetings like this one, of every shade of melanin, multiple, from man to woman -- doesn't make a difference -- who are hungry for reviving unity in this country. And you with your catechism that you try to get politicians to whatever fake headline you're going to print on the basis of this conversation tomorrow. That's what's dividing this country to a breaking point. Shame on you. Look people in the eye and tell them what you've actually failed to tell them for the last five years.

Own the accountability for your own failures as the media. That's how we rebuild trust in this country. And until then, I don't have a lot of patience to play the games."

Yes, he IS good.



Kids' Maze



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Even Exchange by Donna Pettman

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

- | | | | |
|-----------------------|-----------|----------------------|-----------|
| 1. Sand castle locale | ___ A ___ | Judge's seat | ___ N ___ |
| 2. Ordinary | ___ L | Bates from "Psycho" | ___ N |
| 3. Groucho's sibling | ___ O | Nags relentlessly | ___ S |
| 4. Goopy to the touch | ___ I ___ | Hefty | ___ O ___ |
| 5. Adobe piece | ___ C | Cool, like the air | ___ S |
| 6. Stopwatch | ___ M ___ | Sher Khan, e.g. | ___ G ___ |
| 7. Self-pride | V ___ | Mental health | S ___ |
| 8. Wisconsin mammal | ___ D ___ | Grocery store worker | ___ G ___ |
| 9. Hand warmer | ___ V | Circular map | ___ B |
| 10. Spaceship | R ___ | Photo pendant | L ___ |

WORD LADDERS

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

PLOYS

SHIPS

Puzzle Whirl

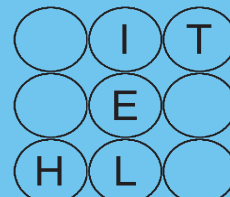
MINI SUDOKU

6	1			
5			1	
6		5		
3	1	4	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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Answers on Page 30

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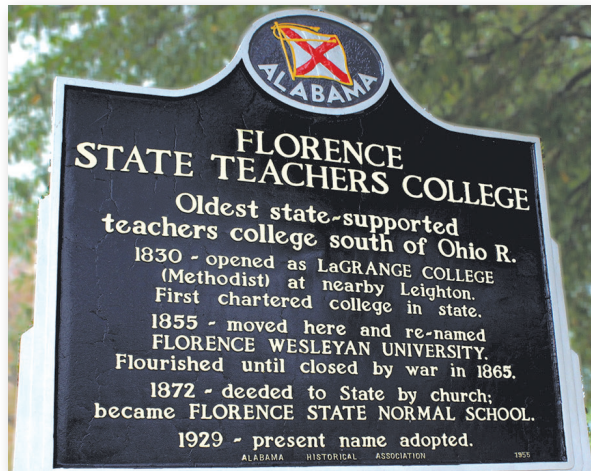
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- 1830 LaGrange College
- 1855 Florence Wesleyan University
- 1872 State Normal School
- 1929 Florence State Teachers College
- 1956 Florence State College
- 1967 Florence State University
- 1974 The University of North Alabama posted in 1955; when the name was Florence State Teachers College (marker Renovated in 2013)

~ Courtesy David Curott ~ author of Historical Markers & other "Signs of the Past"



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Preparing for the Bear of Winter

As our cold winter weather prepares to impact a large portion of the country, homeowners can take advantage of a few tips and advice on how to prepare homes for comfort and convenience, and to help minimize potential damage and costs. Lowe's storm and weather experts offer some tips on how to stay safe and what tools, supplies and expertise are needed for the harshest weather conditions.

Below is the list of winter home preparation tips, courtesy of Lowe's.

Winter Weather Preparedness Tips

Clean the Gutters: It's advised to clean gutters after fall. Clean gutters will allow melting snow to drain properly.

Block the Cold: Caulk around windows and use foam outlet protectors to prevent cold air from entering your home.

Get a Programmable Thermostat: In the winter months, it's ideal to keep the thermostat at 68 degrees Fahrenheit when you're at home. Programmable thermostats enable customized settings, so the system runs when you need it most, keeping your home comfortable and bills down.

Bring in the Outdoors: Cold temperatures, snow and ice can damage outdoor furniture and grills. If possible, store

them in the garage or basement. If you don't have storage space for your items, purchase furniture covers and grill covers to protect them.

Make your Furnace More Efficient: Your furnace will function more efficiently with a clean filter, which should be replaced at least every three months.

Be Roof Ready: Inspect the roof and look for broken, frayed, curled or missing shingles; clogged valleys; damaged flashing; or deterioration. Cut back overhanging branches to prevent damage and check the attic and ceilings for staining from water leakage. Ensure the attic is properly ventilated to prevent mold and mildew.

Stock-Up: Prepare in advance with a winter survival kit, which could include a first aid kit, snow shovel, ice scraper, ice melt, flashlights, extra batteries, a weather radio, blankets and an emergency car kit.

Protect Your Pipes: Even here in the north Alabama region of the United States, you'll need

to protect your pipes and exterior faucets from bursting this winter using tubular pipe wrap, rolled pipe wrap, insulation fittings, and faucet covers.

Prepare for Power Outages: A generator can keep the power and lights on in case of prolonged outages.



GENESIS LAWN CARE SERVICES

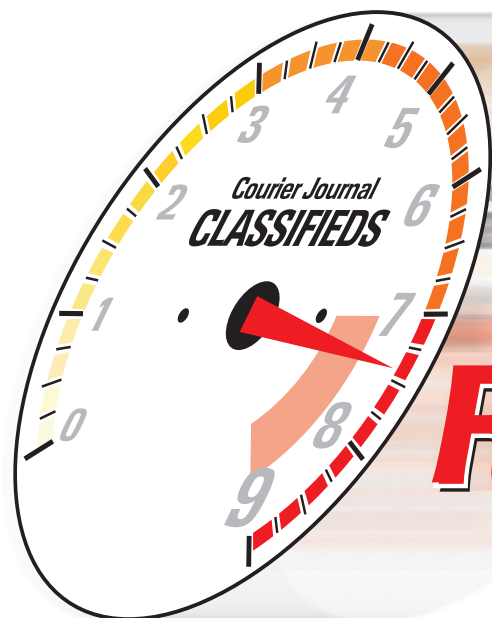
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See the Classified Form on page 6 for details.

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Savvy SENIOR

Toenail Trimming Tips for Seniors

Dear Savvy Senior,
 Can you recommend some good toenail clipping solutions for seniors? My toenails have gotten increasingly thick since I've gotten older and have become very difficult for me to reach down and cut.
 Almost 80

Dear Almost,
 Trimming your toenails is a task that most people don't think much about, but as we get older it can become very challenging. For many older adults, like yourself, toenails can become thicker and harder to cut, and reduced flexibility can make it more difficult to even get into the right position to cut them. Fortunately, there are solutions available that can make this job a little easier.
 One of the simplest tricks

for cutting thick toenails is to simply take a bath or shower, or soak your feet in warm water, prior to cutting them. The water helps soften them for easier cutting.

There are also toenail softening creams you can buy, like "Miracle of Aloe Toenail Soft" and "Barielle Toenail Softening Cream," that temporarily softens thick, hard nails. Just rub it into your toenails at bedtime and in the morning, they'll be easier to cut and file.

Most people's toenails grow about 1/16 inch per month, so it's appropriate to cut them every six to eight weeks.

When cutting nails, take care not to cut too far down. Overaggressive trimming and cutting the toenails too short can lead to ingrown

toenails. Podiatrists typically recommend leaving a very small bit (about 1/32 inch) of nail past the nail bed when trimming.

You may also want to avoid a rounded cut. It's best to cut the nails fairly straight across, ensuring that the corners of the nail do not cut into the skin folds of the toe. And use an emery board to smooth the jagged edges and corners that can snag and potentially tear the nail as it grows.

Top Toenail Clippers

There are a number of medical-grade or specialty toenail clippers recommended by professionals for older adults.

For thick nails the "New Huing Podiatrist Toenail Clippers" is a top option. This clipper has a sharp, curved blade that easily cuts through any toenail, no matter how hard or thick it has gotten, and a nonslip, cushion grip that allows for comfortable clipping.

For those with limited mobility, check out the "Clipperpro Omega Select Toenail Clipper," which has a long plastic grip that's much larger than that of a standard

set of nail clippers and a blade head that swivels 180 degrees. Both of those features make this clipper much easier to use for anyone with arthritis or mobility issues, since they have more control and an added range they can reach.

And for people who have a hard time bending over, there are long handled toenail clippers like the "DriFeez Long Handle Toenail Clippers" which come in four sizes - 20, 24, 28 and 32 inches long. It also has a heavy-duty clipper with a 1/8-inch-wide jaw opening designed to cut thick toenails.

All of these clippers are available online at sites like Amazon.com or Walmart.com at prices ranging between \$10 and \$40.

Toenail Trimming Services
 If you get to the point that you can't, or would rather not cut your own toenails, a podiatrist can provide both foot and toenail care. But be aware that routine foot care is not covered by Medicare unless you have an underlying condition or injury that requires a professional to tend to your feet.

If you are generally in good health, regular pedicures at a nail salon is good option for

getting your toenails cut and is much cheaper than visiting a podiatrist.

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



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All winners will be listed next week along with final week's winner.



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King...

Continued from Page 12

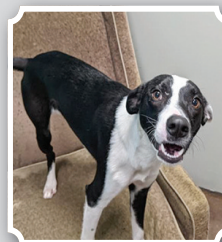
The youth perspective presenter will be Florence Freshman Center student, Nora Jackson, daughter of Clark and Cindy Jackson.

Individual tickets can be purchased for \$30. Preferred seating tables of 10 are available for \$350. Proceeds from the event assist in funding programs for area students.

Courier Journal
ADOPT A FRIEND

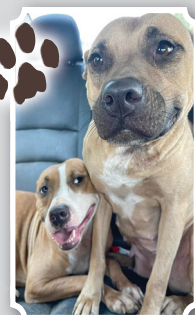
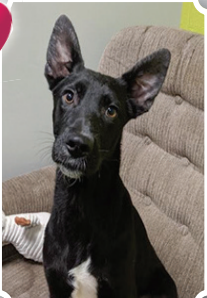
The animals you see here are currently in local animal shelters or rescue facilities. Adoption fees vary and include having your new friend spayed or neutered, if necessary. Help us help these and other animals by adopting a new friend today.

Meet **LEWIS**. This amazing boy always has a smile on his face and will cheer you up every day. He's large size with medium energy and loves to play. He's waiting on his forever home with you. **ADOPTIONS ARE CURRENTLY \$85** and include everything your new pet needs to be on track for a happy, healthy life: vaccines, a microchip, spay/neuter, and heartworm test. Please call or come by Florence Lauderdale animal services **256-760-6676** to meet this handsome fella.



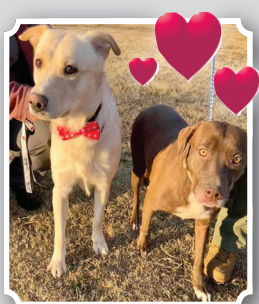
MURRAY is a black and white mixed breed dog. He's young, medium sized and loves to go on walks and play. He would be great for an active family. **ADOPTIONS ARE CURRENTLY \$85** and include everything your new pet needs to be on track for a happy, healthy life: vaccines, a microchip, spay/neuter, and heartworm test. Please call or come by Florence Lauderdale animal services **256-760-6676** to meet this sweet guy.

Meet **GILMORE**. This handsome guy is more laid back and reserved. He does love to play and be active as well. He walks good on a leash and loves attention. **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 fun pup.



Meet **MAMA BEAR AND BABY BEAR**. These 2 have always been together! I bet you guessed it... these 2 are mom and son! Baby Bear is a big mama's boy! He did not do good when separated from mom, for this reason, these babies are a bonded pair!! They are both super friendly! They were with another dog when they came in! We aren't sure about cats but they are people friendly! Mama Bear is already spayed! If you would like to meet this mother/son pair, please contact the Colbert County Animal Shelter! **THEIR ADOPTION FEE IS \$25 EACH**. This fee includes a voucher for \$ 70 off of Baby Bear's neuter, 2 \$15 rabies vouchers, current vaccines, wormer and NexGard! For more information please contact **Colbert County animal shelter at 256-381-4073**.

WILLOW AND GRACE came from a very bad situation where they weren't shown love. These precious girls were kept out on a chain all day every day with no food, water or shelter. It's past time for them to find a home. They have been with us for 1 year and always get overlooked! The reason they are still here is because they are shy and haven't had a lot of human interaction. Willow is more outgoing and Grace is extremely shy and stays in the back corner shaking but when you take them outside they both light up! All they have ever know was each other but we do feel they could be separated. Willow would do fine Grace just needs someone to show her a little extra love.



They are both females Around 3 years old and scheduled to be spayed on Jan 22. Willow and Grace have both been tested with cats and have done great! Fostering is free. For more information please contact **Colbert County animal shelter at 256-381-4073**. **ADOPTION FEE CURRENTLY \$25 EACH.**

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Our next Medicare Class is Thursday, Jan. 18th **Educate before Enrolling**

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

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For accommodation of persons with special needs at meetings, call 256-648-5710

We do not offer every plan available in your area. Currently we represent 9 organizations which offer 80 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) for help with plan choices.

Community Notes...

Continued from page 7

The Kennedy-Douglass Center for the Arts is pleased to present, This House Was Full of People: The Art of Mary Wallace Kirk from Now-February 29. Mary Wallace Kirk (1889-1978) was a poet, author, and educator, as well as an artist. She was born and lived in Tusculumbia nearly all her life. Her finely detailed renderings of the rural surroundings of her home captured fragments of time and preserved them in etchings, prints, watercolors, and sketches. This exhibition is comprised of art and memorabilia on loan from private collectors throughout the community and the Florence-Lauderdale Public Library.

Kirk trained at the Art Students League in New York, where she studied etching with Harry Sternberg. She produced local landscapes as they appeared in the early 20th century. Most of the exhibited work dates to the 1930s and 1940s. Kirk mainly created etchings of cabins of people she knew. By the 1950s, after producing 80 etchings over the course of her career, Kirk focused on her duties as a trustee of her alma mater Agnes Scott College, in Decatur Georgia, and on two memoirs illustrated with reproductions of her prints.

The Kennedy-Douglass Center for the Arts is located at 217 E. Tuscaloosa St. in Florence. It is open to the public Monday - Friday from 9am-4pm and on Sundays from 1-4. The art center is located at 217 E. Tuscaloosa St. Florence. Please call 256-760-6379 for details.

Director sought - Zodiac Players of the Shoals Community Theatre is accepting director applications for the 2024-25 season. If interested in submitting a show proposal, please submit a brief proposal of the show along with application to direct and experience. Include concept of the show

production. Submissions due by Jan. 1 and will be presented to the Zodiac Board for approval. Submit to: rjpettus@gmail.com, rpettus@shoalschamber.com.

Upcoming trips - The Club, Florence Parks and Recreation Department, will sponsor trips through 2024. Open to the public. Schedule for trips include Nashville Show Trip, April 15-17; Niagara Falls Trip, June 23-29; Mt. Rushmore and the Badlands, Aug. 17-25; Mackinac Island Trip, Sept. 22-28; Pigeon Forge and Smokey Mountain Show Trip, Nov. 11-15. fdavis@florenceal.org, 256-760-6642

Mary Wallace Kirk (1889-1978) was a poet, author, and educator, as well as an artist. She was born and resided in Tusculumbia nearly all her life. Her finely detailed renderings of the rural surroundings of her home captured fragments of time and preserved them in etchings, prints, watercolors, and sketches.

This exhibition comprises art and memorabilia on loan from private collectors throughout the community and the Florence-Lauderdale Public Library.

The Kennedy-Douglass Center for the Arts is located at 217 E. Tuscaloosa St. in Florence. It is open to the public Monday - Friday from 9-4 and Sunday from 1-4. There is no admission charge. Please call 256-760-6379 for more information.

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/>

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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.

Joins 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.

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 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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Call for more information. SSG Candi Flanagan at 251-459-4309.

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.

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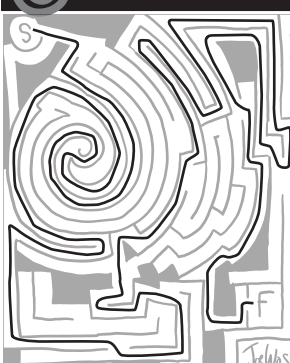
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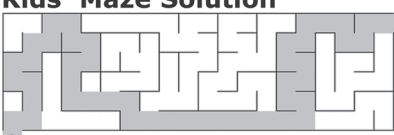
Even Exchange
answers

1. Beach, Bench
2. Normal, Norman
3. Harpo, Harps
4. Sticky, Stocky
5. Brick, Brisk
6. Timer, Tiger
7. Vanity, Sanity
8. Badger, Bagger
9. Glove, Globe
10. Rocket, Locket

Puzzle Whirl

Answers

Kids' Maze Solution



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WORD LADDER

Answer

PLOYS, PLOTS, SLOTS, SHOTS, SHOPS, SHIPS

Word Spiral

Answer

HABITABLE

MINI SUDOKU

Answer

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

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Our smartphones are windows into our lives.

They contain information on who we are talking to and how we spend our time with a precise record of phone calls, text messages, emails, and apps. The wealth of information in your phone makes it the perfect target for prying eyes. Unfortunately, there's a good chance those eyes may belong to your partner.

Here at WhistleOut, we surveyed 1,000 Americans to learn just how common snooping through your partner's phone actually is. We found that over a third of Americans (36%) admit to snooping in their partner's phone and 58% of Americans think that snooping is okay. This behavior happens across all ages and among both men and women. It can also lead to major arguments and a loss of trust in your relationship.

What is phone snooping?

Phone snooping is searching another individual's phone without their knowledge.

Many times this behavior is driven by suspicion, like looking for secrets or invading someone's privacy. However, it can also be caused by curiosity. For example, if someone has ever given you their phone to look at

Over 1/3 of Americans Admit Snooping on Their Partner's Phone

By Max McCaskill WhistleOut.com

vacation photos and you absentmindedly kept swiping after they ended, you were technically phone snooping.

Snooping can happen in any relationship, such as romantic partners, among friends, or even a parent searching their child's phone. That said, snooping among partners often carries extra stigma. While it can be simple curiosity, it usually occurs because you suspect your partner is doing something wrong or you no longer trust them.

What are phone snoopers looking for?

Because your phone holds tons of information, phone snoopers can sift through a lot of data.

Common targets for snooping include:

- Texts
- Phone calls and voicemails
- Direct messages in social media apps
- Emails
- Photos
- Apps (such as dating and financial apps)

Opinions on phone snooping

A majority of Americans believe that snooping is okay. That statistic includes all genders, but men are slightly more likely to support the practice. That said, only 36% of Americans admitted they've actually acted on those impulses.

- 58% of Americans think snooping on their partner's phone is okay
- Men are slightly more likely to think phone snooping is okay than women
- Over a third of Americans (36%) admit to snooping on their partner's phone

Phone snooping is a problem for all generations

The major differences in opinions on phone snooping are between the generations. Gen Z reported the highest rates of thinking phone snooping is okay, while baby boomers and Gen Xers reported the lowest.

- 82% of Gen Zers think phone snooping is okay, while 65% of

Millennials think it's okay

- Less than half of Gen Xers and Baby Boomers think phone snooping is ever justified

• Millennials are the most likely to have looked through their partner's phone with over half (54%) admitting to snooping. Baby Boomers are the least likely to have snooped on their partner's phone (17%), followed by Gen Z (34%)

Millennials are the big story here. The majority of that generation believes that phone snooping is okay and over half of them have done it in the past.

Gen Z, while having the highest support for phone snooping, actually has some of the lowest rates of people who admitted to snooping. This could be because of Gen Z's overall approach to technology and social

media. They are generally more open online with fewer reservations about protecting their privacy. Most of them are also tech-savvy enough to poke around social media to answer their questions without feeling the need to break into their partner's phone.

Many phone snoopers don't find anything incriminating

What do people find when they snoop on their partner's phone? Most commonly, people found nothing at all that would sully their relationship. That said, some people found their partner was cheating or talking to an ex.

- 1 in 3 people who snooped found that their partner was cheating, while 1 in 4 found that their partner was talking to an ex.

• 44% of phone snoopers found nothing incriminating

If the rates of people caught cheating or talking to an ex seem high, keep in mind that many people only snoop on their partner's

phone if they're already suspicious something is happening. There's a bit of a confirmation bias in analyzing the findings of people who already suspect their partner is hiding something.

Most people don't regret phone snooping

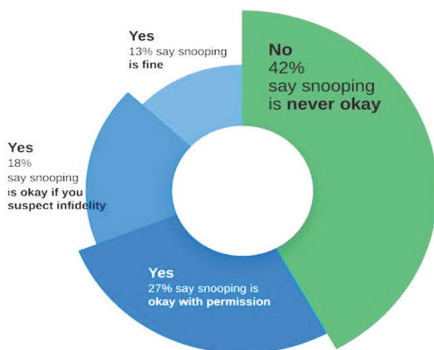
Regardless of what people find on their partner's phones, the majority of people who snoop don't regret it. That said, confronting your partner or getting caught can have consequences. Some snooping incidents have led to major arguments and break-ups.

- 68% of people who snooped say they don't regret snooping through their partner's phone
- Over 1 in 4 phone snooping incidents led to an intense argument (27%)
- However, in nearly the same amount of cases (26%) the partner was actually okay with the phone snooping

Methodology: We conducted a survey of 1000 U.S. adults using Pollfish. These results are post-stratified.

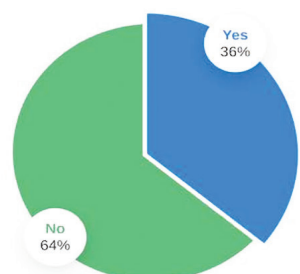
Phone Snooping

Do you think snooping on your partner's phone is ever justified?

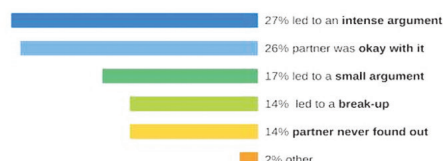


don't regret their decision to snoop on their partner's phone.

Have you ever snooped on a partner's phone?



What happened after the phone snooping occurred?



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