

Joining Y is Free in Jan.

FLORENCE—The family-friendly YMCA of the Shoals has a wide variety of programs for people of all ages and interests with exercise equipment, group exercise classes, youth activities and much more.

Individual membership rates for full access range from \$16-\$39 per month and family packages offer big discounts. Facility memberships includes full use of the facilities, and all program classes are included in memberships.

And remember, there is no joining fee in January!

Prospective members are welcome to explore the facility located on Helton Drive in Florence. Tours are available during regular business hours.

For more information, visit YMCAShoals.org

Guild Hosts Rainwater

FLORENCE—The Shoals Writers Guild has scheduled three impressive presentations for its monthly meeting at 10am on Saturday, January 20 in the ground floor colonnade of the Florence-Lauderdale Public Library.



Rainwater

First, Jacquie Rainwater, former Miss University of North Alabama and now the leader of the non-profit head injury foundation, "Living Out the Miracle," will share highlights from her new book, *On a Limb and a Prayer*.

More SHORTS... on Page 2

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Volume 140 Number 13

January 17, 2024

POSTAL PATRON

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Courier Journal For information Call 256-740-4701

SCS Teacher of Year

SHEFFIELD—Mrs. Jessie Underwood of L.E. Willson Elementary School is this year's SCS Teacher of the Year. She is now vying for one of 16 district level positions--8 from elementary and 8 from secondary. Four finalists will be selected from which a committee will choose the State Teacher of the Year in early spring.

Pictured from left: L.E. Willson assistant principal Julie Flippo; principal Jill Johnson; Honoree, Jessie Underwood; superintendent, Carlos Nelson; and asst. superintendent, Darryl Washington.

SCS Courtesy photo



INSIDE this Issue

- Medicare Minute
- Computer Skeptic
- Savvy Senior
- Dave Ramsey
- Puzzle Whirl
- Ask the Attorney
- On Your Debt
- Adopt-a-Friend
- Your Letters
- Strange But True



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- Moments in Time
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The Touch Premier

Opera Birmingham Offers Intimate Keller Glimpse

BIRMINGHAM—The world premiere of TOUCH will take place on Friday, January 19 at 7:30pm in Birmingham, with a repeat performance on Sunday, January 21 at 2:30pm.

TOUCH is the groundbreaking event from Opera Birmingham that offers an intimate glimpse into the extraordinary lives of Helen Keller and her devoted teacher and companion, Anne Sullivan. This production will transport audiences

See TOUCH... on Page 6



Touch promotional graphic features adults Helen Keller, left, and Annie Sullivan.

HPI Hosts Annual Meeting in New Brick & Ivy Venue

FLORENCE—Heritage Preservation, Inc. will host its annual meeting at 2pm on Sunday, January 21 at Brick and Ivy, the event center in the recently-restored historic building at 1128 North Wood Avenue in Florence. It is located next to the pocket park. The public is invited.

HPI is the local, community-based non-profit organization dedicated to the preservation of historic structures, sites, and documents in Florence and Lauderdale County.

A highlight of the gathering will be a presentation by

See HPI MEETING... Page 11

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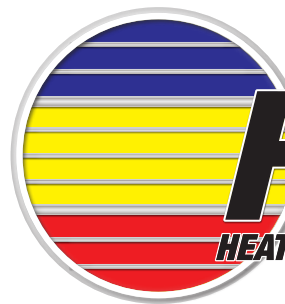
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Shorts...

Guild Hosts Rainwater

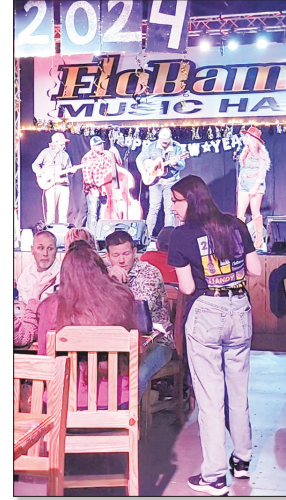
Continued from Page 1

It details the harrowing accident in Florence during the 1994 ice storm which almost took Rainwater's life, and it chronicles the long, slow recuperative period that required years of rehabilitation for the author. First responder **Jeff Street**, along with a local resident in the neighborhood where the accident occurred, will also speak briefly. Copies of her book will be available for purchase, with all proceeds to benefit the non-profit head injury foundation.

Following *Rainwater*, a second presentation will feature local author **Nancy Owen Nelson**.

Then, **Jake Berry**, owner and publisher of 7 Points Press in Florence, will share information about his company, including his publishing requirements.

Book signings and a Q&A will round out the morning. The entire session is free and open to the public. For further information, email shoalswritersguild@gmail.com



FloBama To Be Featured

FLORENCE—America's Best Restaurants is a national media and marketing company focusing on bringing attention to local, independently owned restaurants. They will bring their ABR Roadshow to FloBama on January 22. Popular dishes will be highlighted, along with an extensive on-camera interview with owners and brothers Bart and Drew Davis about the restaurant's special place in the community. The episode will air later on social media channels.

Established in 2013, FloBama is a ten-thousand square foot restaurant and live music venue with a thirty-foot stage with lights and an in-house sound engineer. The brothers Davis had a vision of "bringing a little bit of Nashville back to the Shoals" through their motto of "Eat, Listen, Enjoy."

The menu offers a large selection of sandwiches, salads, spuds, and barbecue options. Smoked wings, ribs, and the Bama Burger are popular options that may be on the episode.

America's Best Restaurants will be filming on location on January 22 from 9am-noon. The restaurant's finished episode premiere date will be announced on their Facebook page and will be featured on America's Best Restaurants' website at americasbestrestaurants.com.

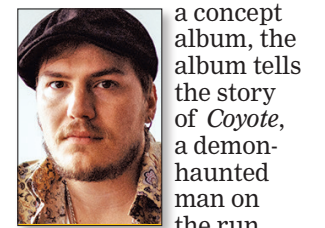
Restaurants featured on the ABR Roadshow are found through customer nominations or by a restaurant applying to be featured.

LeBlanc Tour for Coyote

FLORENCE—Acclaimed singer/songwriter/multi-instrumentalist **Dylan LeBlanc** will perform at For The Record Music Hall on Huntsville Rd. in Florence on January 18.

LeBlanc is touring in support of *Coyote*, his new cinematic folk rock concept album that has received praise from American Songwriter, No Depression, Far Out, PopMatters, and more since its October 20th release on ATO Records. Advance tickets are \$22.50 and are available at Fanimal.com – search, Leblanc.

Coyote is a throwback to the days of old-school outlaws. Both a semi-autobiographical and



concept album, the album tells the story of *Coyote*, a demon-haunted man on the run who lives a dangerous life and is always on the edge.

LeBlanc's musical journey began in Muscle Shoals, where his musician father James LeBlanc recorded, performed, and made a living. Those roots had a hand in the creation of LeBlanc's fifth studio album, which was recorded at Fame Recording Studios in Muscle Shoals and features father **James** as the mixer and on guitar, keys, bass, and background vocals on many songs. *Coyote* is LeBlanc's first self-produced release, boasting his hand-picked lineup of session players, such as drummer **Fred Eltringham** (Ringo Starr, Sheryl Crow), pianist **Jim "Moose" Brown** (Bob Seger), and bass player **Seth Kaufman** (Lana Del Rey). *Coyote* is the follow-up to LeBlanc's 2019 record, *Renegade*, an album that was well received by the press with positive coverage that included *Rolling Stone Country*, *American Songwriter*, *No Depression*, and more.

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More SHORTS... on Pg 9



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<p>Chicken Drumsticks 99¢ Lb.</p> <p>Chicken Thighs \$1.29 Lb.</p>	<p>Boneless Chicken Breast \$1.99 Lb.</p> <p>Chicken Tenders \$2.79 Lb.</p>	<p>Whole Chicken Wings \$2.49 Lb.</p> <p>Chicken Leg Quarters \$5.99 10 Lb. Bag</p>	<p>Farm Raised Catfish Fillet \$16.99 4 Lb. Box</p> <p>Pork Belly (Skin On) \$3.99 Lb.</p>

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SIGNS OF THE PAST



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

Demand for pilot training fell during 1943-44, and many airfields were gradually deactivated nationwide. As an emergency temporary construction, CAAF was also slated for closure, and was officially deactivated on 30 June 1945. Over the next three decades, most of the buildings were removed or destroyed. By request of the Air National Guard, a steel-framed hangar was moved to the Birmingham Municipal Airport around 1950. Until the mid-1980s the CAAF property was used as a poultry farm, an auto race course, an auction facility, and a home for crop duster aircraft. Proposed uses included a horse race track, a coal gasification plant, and a prison, but none of those materialized. Lawrence County acquired the land in 1985 for use as an industrial park and a public airport was activated using two of the original runways. The 1990s saw a rebirth of the site with the advent of several light industrial businesses and a Lockheed-Martin missile assembly plant. US Army aviation returned to the site when the Redstone Test Center began using the property for helicopter and fixed-wing aircraft testing in 2010.

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Location: 34.6684°N, 87.3354°W
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Courtland

After being a vital training field during WWII, the Courtland Air Base was deactivated in 1945. Most buildings and hangars were removed or destroyed. Lawrence Co. acquired the land in 1985 and half the original runways became a public airport.

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

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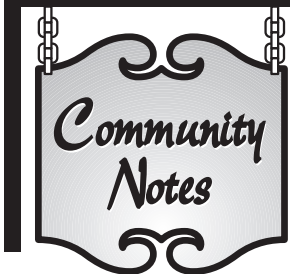
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COMMUNITY NOTES may be submitted for non-profit, civic or church-related events and published free of charge **AS SPACE IS AVAILABLE** in the Courier Journal. **Community Notes must be submitted in writing by 3pm Friday for consideration in the following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

- Email to editor@courierjournal.net

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.

LifeSouth Bloodmobile Dates: 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

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

See NOTES... page 11

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STATE OF ALABAMA, LAUDERDALE COUNTY NOTICE OF ABANDONED AND UNCLAIMED MOTOR VEHICLES.

Notice is hereby given that on the **23RD DAY OF FEBRUARY 2024 from 9:00am-3:00pm** we will be accepting **SEALED BIDS** on the following vehicles to dealers only. Vehicles will be sold for parts only. No titles will be offered.

FRANKIE'S AUTO & TOWING, 990 County Road 28, Florence, AL 35634.

Frankie's Auto & Towing will accept proof of ownership should anyone care to submit the same Monday-Friday 8:00am-5:00pm until the day of the sale. Vehicles may be viewed starting Monday February 19, 2024 between the hours of 8:00am-5:00pm. Vehicles must be paid for by Monday, February 26, 2024. Frankie's Auto & Towing reserves the right to accept or reject any and all bids.

Year/Make/Model	VIN#	Color
2014 Dodge Journey	3C4PDCAB8ET317183	Orange
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1993 Chevrolet S-10	1GCCS19Z5P0168242	Green
2007 ALLRoad Dirtbike	LXYPCML0670K39649	Red
2006 Dodge Grand Caravan	2D4GP44L86R784161	Blue
1999 Lincoln Town Car	1LNHM83W6XY654952	Gold
2002 Buick Regal	2G4WF551821235059	White
1999 Nissan Pathfinder	JN8AR05Y6XW313512	White
2004 Pontiac Grand Am	1G2NF52E94M578756	Red
2002 GMC Sierra 3500	1GTJC39UX2E291700	Silver/Brown
2000 Ford Mustang	1FAPP4042YF172786	Silver
2019 Dodge Grand Caravan	2C4RDGBG7KR794003	Gray
2001 Ford Ranger	1FTYR14U11PA56484	Red
1997 Chevrolet S-10	1GCCS14X1V8106843	Green
2005 Dodge Grand Caravan	2D4GP44L65R482303	Silver
1989 Chevrolet G20 Van	2GBEG25K9K4147287	Maroon
1992 Chevrolet S-10	1GCCS14R2N8212171	Black
2006 Suzuki Forenza	KL5JD56Z96K425022	Red
2006 Toyota Tacoma	5TETX22N46Z210641	Silver
1997 Ford F150	1FTDF17W2VLA93674	Red
2004 Jeep Grand Cherokee	1J4GX48S24C416671	Blue
1998 Ford F150	2FTRX08L7WCA80951	Black
1993 Ford F150	1FTDF15Y7PNB19164	White/Black
2006 Lexus IS2	JTHBK262662011295	Blue
2011 Kia Forte	KNAFT4A2XB5353308	Black
2007 Ford F150	1FTRF14W47NA48916	Blue
1998 Chevrolet S10	1GCCS1441WK230931	Silver/Tan
2005 Ford Crown Victoria	2FAFP71WX5X160922	Blue
2008 Chevrolet Cobalt	1G1AL18F387126522	Gray
1999 Dodge Ram 1500	3B7HC13Z1XM596396	Red
2013 Honda CR-V	5J6RM4H59DL017798	White
1978 Chevrolet Pickup	CCD148A130815	White

The Shoals Piecemakers Quilt Exhibition runs through February 16 at Kennedy Douglass Center for the Arts, 217 E. Tuscaloosa St., Florence.

The K-D Center 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.

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

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 21** Japan - with Dr. Rozalyn Love

January 28 Key West, FL - with Glen Evans

Sponsored by the Friends of the Library. For more information, contact Sheronda@FLPL.org, 256-764-6564, ext 128 or FLPL.org/ Friends 256-764-6464, ext 119.

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

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

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!



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Savvy SENIOR

Best Dating Apps for Retirees

Dear Savvy Senior,

Can you recommend some good online dating apps or sites for retirees? I'm a 66-year-old widow and would like to find a new friend to spend time with, but don't know where to turn.

Cautious Carol

Dear Carol,

Whether you're interested in dating again or just looking for a friend to spend time with, online dating sites and apps have become an easy and convenient way for older adults to meet new single people without ever having to leave home.

And to make things even easier, most sites today use matchmaking algorithms that factor in your interests and preferences so they can steer you to matches that are best suited for you. Here are some other tips to help you get started.

Choose a site: There are dozens of different matchmaking websites and apps available today, so choosing can be a bit confusing. While many sites offer free trials or watered-down free content, finding out the price can be difficult until you register and provide some information. In general, viewing complete profiles and messaging potential dates will require a monthly fee, which can range anywhere between \$10 and \$40 per month.

Some top mainstream sites/apps that are popular among older adults are *eHarmony.com*, *Match.com* and *OKCupid.com*. If, however, you're interested in more age specific sites, some great options are *OurTime.com* or *SilverSingles.com*.

Or if you have a specific kind of person you'd like to meet, there are dozens of niche sites like: *EliteSingles.com* for educated professionals; *ChristianMingle.com* for Christian singles; *BLK-app.com* for black singles; *JSwipeApp.com* for Jewish singles; and *Facebook.com/dating* for people who love Facebook.

Create a profile: When you join a matchmaking site, you'll need to create a personality profile that reflects who you are, including recent photos, hobbies, interests, favorite activities and more. If you need some help, sites like *ProfileHelper.com* can write one for you for a fee.

Practice caution: When you register with a site you remain anonymous. No one gets access to your personal contact information until you decide to give it out, so be prudent to whom you give it. Before meeting, you should chat on the phone or video chat a few times, and when you do meet in person for the first time, meet in a public place or bring a friend along. And if someone asks for money or your financial information, don't give it out. Online dating/sweetheart scams are rampant so be very cautious.

Be skeptical: In an effort to get more responses, many people will exaggerate or flat out lie in their profiles, or post pictures that are 10 years old or 20 pounds lighter. So, don't believe everything you see or read.

Make an effort: A lot of times, people – especially women – sit back and let others come to them. Don't be afraid to make the first move. When you find someone you like, send a short note that says, "I really enjoyed your profile. I think we have some things in common." Keep it simple.

Don't get discouraged: If you don't get a response from someone, don't let it bother you. Just move on. There are many others that will be interested in you and it only takes one person to make online dating worthwhile.

Send your senior questions to:
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P.O. Box 5443,
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or visit SavvySenior.org.
Jim Miller is a contributor to the
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Touch...

Continued from Page 1

into the captivating world of these iconic women, shedding light on their remarkable achievements, their unbreakable bond, and their transformative journey.

The production marks a historic moment for both Opera Birmingham and the world of opera and brings national recognition to the state of Alabama. It is produced and presented by Opera Birmingham. Each performance will take place at RMT Arts Campus, located at 1600 3rd Ave S, Birmingham in the Main Theatre.

Opera Birmingham commissioned composer and librettist Carla Lucero, along with co-librettist Marianna Mott Newirth, to craft this powerful opera encapsulating the life of Helen Keller and the pivotal role Anne Sullivan played as her teacher and confidant. TOUCH delves into the untold aspects of Helen Keller's adult life. It also reveals the significant influence she and her teacher, Anne Sullivan, had as advocates, humanitarians, and activists.

This two-act chamber opera, spanning 90 minutes, is sung in English, and interpreted in American Sign Language (ASL) with projected text above the stage. The production features three principal singing roles – Anne Sullivan Macy, John Macy, and Peter Fagan – alongside an

actor portraying Helen Keller and a versatile ensemble of six singers representing Helen's voice while also doubling in secondary roles.

TOUCH picks up where the play The Miracle Worker concludes, providing a look into the complex relationships between Helen Keller, Anne Sullivan Macy, John Macy (Anne's husband), and Peter Fagan (Helen's interpreter and star-crossed lover). The opera explores themes of disability, agency, and advocacy. TOUCH sheds light on Helen Keller's unyielding dedication to women's suffrage, civil rights, and disability rights. The opera captures the essence of Miss Keller's monumental achievements while revealing her personal struggles and unwavering determination.

"We are immensely honored to bring the incredible story of Helen Keller and Anne Sullivan to the stage in TOUCH," said Keith A. Wolfe-Hughes, General Director of Opera Birmingham. "Their story of resilience, perseverance, and the profound impact they had on the world is nothing short of extraordinary. With this opera, we hope to honor their lives, celebrate their triumphs, and raise awareness about the importance of accessibility and inclusivity."

Tickets for the world premiere of TOUCH are now available for purchase through Opera Birmingham's website, www.operabirmingham.org/touch, or by calling the Opera Birmingham box office at 205-322-6737.

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Journal**

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Medicare Minute

"Signing up for Medicare Part 2"

Most Americans qualify for Medicare by turning 65 but there are other ways to qualify such as being disabled, having End Stage Renal disease (ESRD) or ALS. Today we are going to look at how you would sign up if you are disabled.

If you are under the age of 65 and disabled, you will automatically be enrolled in Part A and Part B after you have received Social Security or Railroad Retirement Board (RRB) benefits for at least 24 months. If you are disabled, covered by your or your spouse's group health plan and wish to stay on that plan, my suggestion is to contact the plan and confirm that you can remain on the plan even though you have Medicare. This may allow you to delay your Part B until a later date.

You are eligible for Medicare if you have End Stage Renal Disease and you've worked the required amount of time under Social Security, RRB or as a government employee OR you're already getting or are eligible for Social Security or RRB benefits OR you're the spouse or dependent child of one of the previous requirements. You should contact Social Security or the RRB for the amount of time worked to be eligible for Medicare.

If you're under 65 and have ALS your Medicare benefits should begin the first month you start receiving your Social Security or RRB benefits. Again contact Social Security or RRB for a list of the benefits.

Whether it's SSI or RRB disability, ESRD or ALS, I would encourage you to NEVER voluntarily leave your current health plan until you have covered all your bases with your current plan and Medicare. In most cases once you leave you cannot go back!! If you are faced with any of these 3 situations and need additional assistance feel free to contact our office.

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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Moments in Time



- On Jan. 22, 2006, Evo Morales became Bolivia's first indigenous president, with a primary focus on fighting poverty and reducing the influence of transnational corporations. As more than half of the country's population identified as indigenous at the time, political analysts drew comparisons with the election of Nelson Mandela to the South African presidency in 1994.

- On Jan. 23, 1986, the first musical artists were inducted into the Rock & Roll Hall of Fame, including Elvis Presley, James Brown and Ray Charles. Generally, the number of inductees each year ranges from about a half-dozen to a dozen.

- On Jan. 24, 1908, the first Boy Scout troop was organized by cavalry officer Lieutenant General Robert Baden-Powell in England, who had also written a book called "Scouting for Boys." Two years later, Baden-Powell went on to organize the Girl Guides as a separate entity.

- On Jan. 25, 2005, more than 300 people died in a stampede at the Mandher Devi Temple in India during the annual Kalubai Jatra pilgrimage, which takes place during the first full moon of January and is marked by animal sacrifices to the goddess Kalubai. The pilgrimage attracts over 350,000 Hindus every year.

- On Jan. 26, 2014, two white "Peace" doves released by Pope Francis were attacked by a seagull and crow shortly after they were set free. Thousands of people witnessed the attacks, as they had been observing the Pope's Angelus prayer.

- On Jan. 27, 1944, following the loss of hundreds of thousands of Russian lives, the siege of Leningrad was finally broken after 872 days,

during which German forces had allowed no food or medical supplies to enter the country.

- On Jan. 28, 1917, U.S. forces gave up searching for Mexican revolutionary Pancho Villa after nearly a year, following his massacre of 16 American citizens at Santa Isabel in northern Mexico and another 17 U.S. citizens in Columbus, New Mexico. President Woodrow Wilson had sent U.S. forces into Mexico with orders to capture Villa dead or alive.

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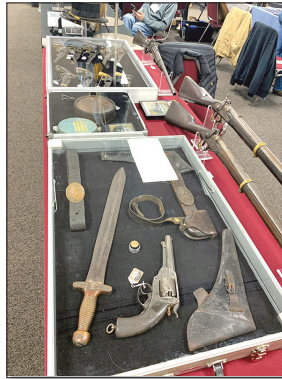
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Shorts...

Continued from Page 2

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On display will be arrowheads and tools made by early inhabitants of the Americas. Also displays of Civil War artifacts, bottles, coins, pocketknives, fossils, and other collectables.

There will be people displaying from all over the southeast as well as local collectors. Attending this year will be **Jerry Dickey**, Artifact Authenticator and Appraiser.

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January 19 is National Popcorn Day, a day bursting with goodness and good taste. National Popcorn Day celebrates one of nature's most extraordinary foods. Popcorn has the unique ability to literally turn itself inside out, providing whole-grain goodness in a tasty snack.



If you're looking for ways to celebrate, why not try some of the recipes you'll find on our website? We have hundreds to choose from—savory, sweet, and just about every flavor in between. You're sure to satisfy your craving for something delicious (and you might even discover new taste sensations).

Share your celebration ideas or a favorite recipe on Popcorn.org social media pages or get inspired with some of the activities below.

Thanks to Leslie F., a teacher from Concord, Illinois, who sent the following suggestions for Popcorn Day activities:

- **Stringing Popcorn:** This can be hung outside for birds to eat. Need: sewing needles, string, popcorn.
- **Guess the Amount:** Fill container with kernels and have students guess. Need: popcorn kernels, container.
- **Popcorn Air Hockey:** Can you "volley" the kernel back and forth 20 times without letting it fall? Need: flat surface

(table), straw (to blow), coffee stirrers (as paddles) or hands (as paddles).

- **Popcorn Relay Race:** Need: popcorn, spoons.
- **Popcorn Basketball:** Can you flick a piece of popcorn into the basket? Need: popcorn, baskets (i.e. muffin tins, small cups), backboards (wall, cardboard).
- **Popcorn word search (puzzle maker):** Use these words: popcorn, pop, kernel, explode, heat, moisture, grain, snack, crunchy, butter, oil, salt, fiber, bag, hull.
- **Write a Popcorn Haiku (5, 7, 5 syllable pattern poem):** Like this!
Oil, kernels, heat, time
Many loud explosions heard
Pop, crunch, snack time. Yum!
- **How many words can you make from this phrase?** "Fresh hot popcorn," "Popcorn tastes good," "I like popcorn," "Hot buttered popcorn."
- **Popcorn coloring pages.**
- **Read facts about popcorn and write about the history of popcorn.**



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EMPLOYMENT Opportunities

Community Notes...

Continued from page 4

Shoals Writers Guild will host Jacque Rainwater, Miss UNA 1994 at 10am on Saturday, January 20 at the Florence Lauderdale Public Library, just weeks from the 30th anniversary of her Walnut Street ice storm accident.

First responders EMT, Jeff Street and Walnut Street resident, Billy Warren, will share their experience with the harrowing event. Author Nancy Owen Nelson and Jake Berry, owner of 7 Points Publishing will share their publications and publishing requirements beginning at 11am. For more information email: shoalswritersguild@gmail.com.

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.

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.

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, rjpettus@shoalschamber.com.

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

One trip is scheduled with a different travel company.

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

Call Collette at 800-340-5158 to sign up directly with them. You'll be traveling with us (The Club).

The Kennedy-Douglass Center for the Arts will present This House Was Full of People: The Art of Mary Wallace Kirk through February 29.

Mary Wallace Kirk (1889-1978) was a poet, author, and educator, as well as an artist. She was born in 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/ragschoals/>

See NOTES... page 30

HPI Annual Meeting...

Continued from Page 1

historian Patricia Hartley, who will review her important new book entitled, *A Pictorial History of Lauderdale County*. It has received excellent reviews for its comprehensive coverage and vintage photographs of the interesting history of the entire county.

Admission to this event is free. Refreshments will be served at its conclusion.

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2012 CHEVROLET CRUZE	1G1PG5SC5C7361467	2008 HYUNDAI SONATA
1989 CHEVROLET S-10	1GNCT18Z3K0197494	2006 INFINITI G35
2008 CHEVROLET HHR	3GNDA23D68S550288	2007 JEEP COMPASS
2012 CHEVROLET CRUZE	1G1PG5SCXC7166044	2002 LINCOLN TOWNCAR
2008 CHEVROLET TRAILBLAZER	1GNDS13S382152554	1997 MAZDA PICK-UP
2007 CHEVROLET TAHOE	1GNFK13027J274298	2002 MERCEDES BENZ
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		1HGCP26858A088844
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		JNKC51E76M519830
		1J8FF47WX7D193022
		1LNHM82W42Y639246
		4F4CR16X5VTM21061
		WDBJF70J12B421428
		3MEHM07Z17R671875
		ML32A3HJXHH012581
		1N6ED29X73C401650
		3N1CN7AP9KL875430
		JN1CA21D3VT814398
		JN8AS58T29W328450
		JN8AZ08T54W226339
		JN8AZ1MU2DW204447
		1GKER33797J170050
		1G2JB12F847358812
		1G2NF52E84C135813
		1G2NW12M8TC817430
		1G8AF52F03Z207726
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Commentary

Finally, a Parity that was Elusive

The collective exhale heard last Wednesday evening among over a dozen Southeastern Conference football coaches and other prospective competitors was one of obvious relief. It almost overpowered the collective gasps from Alabama fans.

Nick Saban's sudden retirement is a milestone for the sport, and a solemn event for football fans everywhere regardless of their allegiance. However, he was every coach's problem if they wanted to compete at the highest level. Their teams were likely to cross paths with Alabama's crimson and white jerseys. That usually didn't end well. That includes the team I follow, which is not in the SEC.

So much talk about creating parity in major college football, has been just that – talk. With few exceptions, the power was revolving around 6-8 teams every year. And Tuscaloosa always seemed to be the epicenter. Now that Saban has retired,

See SABAN... on Page 24

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

January 17, 2024

Happening
THIS WEEK

Ancient Tattooing

FLORENCE – Archaeology at Pope's Tavern is hosting a presentation and workshop with Dr. Andrew Gillreath-Brown on Saturday, January 21 at 1pm. This is one of a series of workshops at Pope's Tavern that explores different aspects of history and archaeology. Gillreath-Brown will share a brief overview of ancient tattooing and show off

a cactus spine tattoo tool replica he used for experimental tattooing. Attendees will also have an opportunity to try experimental tattooing too!

See TATTOOS...
on Page 18



January Young Learners Discuss Native American Jewelry

FLORENCE—The Young Learners series at the Florence Indian Mound Museum will continue Saturday, January 20 at 10am with a program and activity about Native

American Jewelry.

Jewelry is an important form of art and culture for many Native American tribes. In the past and present, jewelry making is passed down as a cultural practice and is used for

adornment and individual and familial identification. This art form is created through a variety of different mediums. Historically, jewelry was

See JEWELRY... on Page 26

KICK OFF THE NEW YEAR AT THE 2ND ANNUAL SHOALS SCALE BACK

event Saturday, January 20 from 1-5pm in the 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 accessible educational information to help you be your healthiest self. Vendors are welcome; contact Kaytrina Simmons at 256-349-3879 or Susan Bentley, WHNP, at 256-856-3918.

CONNECT GROUP OF THE SHOALS

will be at Sky Zone on Sunday, January 21 from 11am-12 noon! The first 25 RSVPs will receive half-off jump fee for special needs children. Sky Zone 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 or text 256-339-8327. We look forward to meeting you!

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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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In 2016, Dr. Sonnie Hereford III, 85, died two weeks before the ribbon cutting on the Sonnie Hereford III Elementary School named for him by the Board of Education.

His is the Last Word

Editor,

In response to Tom Jones' letter of December 13, *We All Get the Choice*, about a woman's right to choose, we all need to read Jeremiah 1:5. God knew us when we were formed in our mother's womb. Deuteronomy 30:19 says, "I call heaven and earth to witness against you today, that I have set before you life and death, blessing and curse; therefore, choose life, that you and your offspring may live."

God and the Republican Party does not give women the right to murder unborn children. Does the unborn child have a right to live?

In John 12:48, GOD said the word that I have spoken the same shall judge him in the last day. So, you see it is God who gets

the last word in this matter, not us.

Rogers Kimbrell
Florence

Huntsville's Integration

Editor:

August 28, 1963: Excerpt from Rev. Martin Luther King, Jr.'s, "I Have a Dream" speech during the March on Washington.

"I have a dream that one day down in Alabama with its vicious racists, with its governor having his lips dripping with the words of interposition and nullification, one day right down in Alabama little black boys and black girls will be able

See LETTERS... on Pg 20

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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.

GULLIVER and his brothers and sisters have been at the shelter since mid-October. They were probably born in April, so are about 9 months old. Please keep in mind that the shelter is likely the only home these older puppies can remember. Most will not already be house-trained, so be patient; confine them to easy-to-clean areas for a little while; and give these babies a chance to learn your house rules. Gully spent a few days with a foster home over the holidays and has learned so much! He won't go potty while on the leash yet, so he will need some space to stretch his legs, like a big yard. He is getting used to walking on grass and leaves ... He LOVES to be around people, so he's not a flight risk while he's in your yard with you. Gully should do well in just about any home! **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 guy.



GRAHAM is a cutie from a litter of older puppies that came to the shelter in mid-October. He's about 45 pounds at 9 months old, and won't get much bigger. He recently spent a week in a foster home, where he did very well at leash walking. He slowly relaxed from the stress of being in the loud shelter, developing more independence and confidence. He's not aggressive, and gets along with horses and cats. He's smart, alert and curious about everything! He plays with other dogs well, but his personality is more people-oriented. He doesn't like cold weather, and prefers playing inside to playing outside. He takes bath day well, and is doing fine on house-training so far. Graham is a good-looking, loyal young dog who is going to become an outstanding best friend for 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 sweet pup.



Meet **APOLLO**. This sweet boy was dumped this weekend in the cold rain hungry and cold. He is such an amazing dog. Apollo loves people and other dogs. He's extremely gentle and loving. He deserves a wonderful home. Please come meet him and see for yourself how amazing he is. If you are interested in Apollo, **HE WILL BE AVAILABLE FOR ADOPTION FOR \$25** in 5 days after the stray hold is up. He can currently be fostered until then. His fee includes a voucher for \$70 off of his neuter, \$15 rabies voucher, current shots and wormer and NexGard! For more information please contact **Colbert County animal shelter at 256-381-4073**.



DAISY has been with us far too long! She has grown up in the shelter and is desperately searching for her own home and family! She is dog friendly and people friendly! She might not be best suited for small children because she does have a lot of energy and she jumps to give love. Daisy is full of energy and just looking for a home with a big yard that she can run in! She is spunky and super loving! **DAISY IS UP FOR ADOPTION FOR \$25**. Her fee includes a voucher for \$70 off of her spay, \$15 rabies voucher, current vaccines, wormer and NexGard! She will also have her own leash, collar and blanket to leave with her. For more information please contact **Colbert County animal shelter at 256-381-4073**.



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 cute guy.



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B. Grant McNutt
Managing Attorney

What Can I Expect At A Social Security Disability Hearing?

That is a very broad question. So let me start off by saying that the social security disability hearing is not supposed to be an adversarial event, e.g., the courtroom-type action you see on Law & Order or Matlock with objections flying and lots of yelling.

Instead, it is supposed to be more of a fact-finding exercise; you and your attorney having a conversation in front of the judge about what ails you. Occasionally, the judge may interject with a follow up question wanting more details but generally the disability hearings consist of me soliciting direct testimony from you about your diagnoses, their symptoms and how they keep you from essentially working a full-time job.

A legal construct called the "rules of evidence" is usually not in play, where there are restrictions on how questions are asked, and objections made when they are not followed. There are no other attorneys in the courtroom.

In fact, usually the only people present are the judge, the vocational expert, the courtroom reporter, you and me. It is a private social security hearing, so there are no spectators allowed.

Again, broadly speaking, the judge will lead off by thanking us for coming, swear you and the vocational expert in and ask you a series of background questions, e.g., your name, age, address, education, job history, etc.

Following that, most often the judge will hand the case off to me and we will have the conversation I described above. After we have finished, the judge will ask the vocational expert about your past work and what education and abilities were required to perform it.

With those particulars in mind, the

judge will then ask a series of hypothetical questions about an individual -- not you -- who is your age, has your education and also has your past work experience, if subjected to certain sets of physical and or emotional limitations, could that person perform your past or any other work in the national or regional economy. Typically, the vocational expert will not have any questions for you.

Most hearings will last around 40 to 50 minutes.

Then the judge will thank us for coming and tell us that a decision will be published within a few months.

But and this is a big but, every judge is different, and everyone will run the hearing the way they want to. Some like to ask all the questions, some will hardly ask any. Some like briefs, pre-trial orders, some do not. It is important for us to know exactly what each judge expects and prepare for it accordingly, which we do through a series of pretrial conferences.


When we show up for the social security disability hearing, you will know exactly what to expect and be fully prepared for it.

If you suffer from a severe impairment that is expected to last more than twelve months and that prevents you from doing any of your past or other work and you have applied for Social Security benefits, but have been denied, please contact our office to set up a free consultation appointment to discuss your situation.

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AD GOOD JAN. 17-23, 2024

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Oscar Mayer BACON Reg. or Thick 16 Oz. \$4⁹⁹	Eckrich FRANKS 2/\$3 12 oz. Gwaltney CHEESE FRANKS \$1 ⁹⁹ 16 oz.
Hillshire ULTRA THINS 7-9 Oz. 2/\$9	L'IL Butcher Shoppe SMOKED SAUSAGE 16 Oz. \$4⁷⁹
Wright's Stack Pack SLICED BACON 40 Oz. \$12⁹⁹	Williams - Mild SAUSAGE PATTIES 28 Oz. \$7³⁹
Eckrich BOLOGNA 14 Oz. \$2³⁹	Eckrich SMOKED SAUSAGE Assorted 12-14 Oz. \$2⁹⁹

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STRANGE but TRUE

By Lucie Winborne

• **From 1953 to 1959, the Cincinnati Reds baseball team went by a different moniker, the Cincinnati Redlegs, in response to America's fear of communism during the McCarthy era, when the term "Reds" could be problematic.**

• **The word "whisky" comes from the Gaelic phrase "uisge beatha," or "water of life."**

• **According to researchers at Japan's Nagoya University, electric eels can use their shock to transfer genetic material to nearby fish larvae, altering the larva's genes in the process.**

• **An AI program using merely 10 seconds of human speech has been able to identify whether someone has diabetes with 89% accuracy.**

• **Workers at an Akron, Ohio, auto wrecking company creatively stopped a potential car thief by using a forklift to raise him, while inside the vehicle, 20 feet into the air until (no doubt amused) police arrived on the scene.**

• **If you make a visit to Iceland, you might run across a tiny, intricately designed house known as an alfhof. But it wasn't built for a family of dolls. Rather, such structures are created for the "hidden folk" of Icelandic folklore, creatures often invisible to humans but who are believed to lead lives similar to ours.**

• **Smokers with better math skills are more inclined to quit smoking.**

• **When Reza Baluchi, a 44-year-old man from Florida, aspired to cross the Atlantic on a visit to London, he didn't take a plane or boat, but a floating contraption much like a giant hamster wheel! Unfortunately, his mode of transportation was deemed "manifestly unsafe" by the Coast Guard off the coast of Georgia's Tybee Island, and after a three-day standoff, Baluchi's mission was aborted.**

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

Continued from Page 12

Gillreath-Brown, PhD graduate of Washington State University and a fellow Alabamian, was published in the Journal of Archaeological Science: Reports in 2019, receiving international attention in publications such as National Geographic for his identification of the oldest tattooing implement in Western North America.

The program is free and is sponsored by the City of Florence Department of Arts and Museums.

Pope's Tavern Museum is a museum dedicated to the early (1800-1870) history of Florence and Lauderdale County. It is located at 203 Hermitage Drive and is open, Tuesday - Saturday from 10am-4pm. Please call 256-760-6439 for more information.

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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!

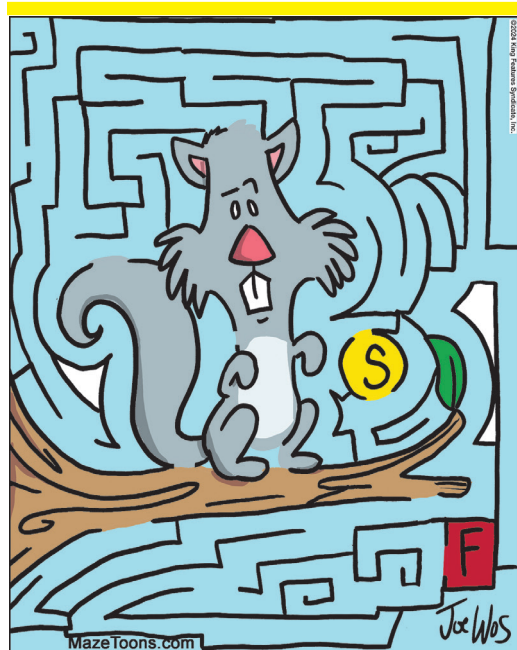
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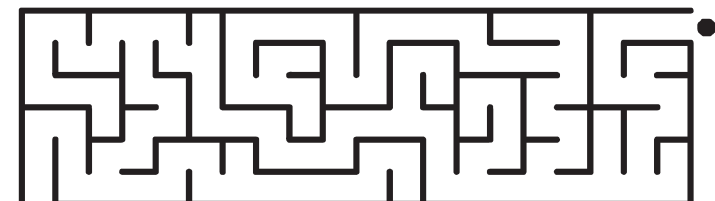
256-648-5710

For accomodation 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.



Kids' Maze



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Even Exchange by Donna Pettman

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

- | | | | |
|----------------------|---------------|--------------------|---------------|
| 1. Oscar or Emmy | ___ _ _ _ D | Cognizant | ___ _ _ _ E |
| 2. Big Ben's city | ___ O ___ _ | President Johnson | ___ Y ___ _ |
| 3. Clamor | ___ _ I ___ | Vikinglike | ___ _ R ___ |
| 4. Muffler | ___ _ _ _ F | Frighten | ___ _ _ _ E |
| 5. Most peculiar | ___ D ___ _ | First born | ___ L ___ _ |
| 6. Breezy | ___ I ___ _ | Peter Pan's friend | ___ E ___ _ |
| 7. Confessional user | ___ _ _ N ___ | Choir member | ___ _ _ G ___ |
| 8. Hive product | H ___ _ _ | Moolah | M ___ _ _ |
| 9. Witch's whammy | ___ _ _ S _ | Highway sign | ___ _ _ V _ |
| 10. Team member | ___ L ___ _ | Religious plea | ___ R ___ _ |

WORD LADDERS

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

ARMED

PILES

Puzzle Whirl

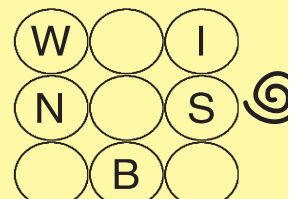
MINI SUDOKU

				6
			2 5	
2		5		
	5			1
5	1			
4				

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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LB

Green
Bell Peppers

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EA

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Chili Beans
Red Beans
MILD CHILI SAUCE

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Select Varieties
Bush's
Best Beans

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TACO SHELLS

10 Ct.
Always Save
Crunchy
Taco Shells

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Always Save
Taco Sauce

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Select Varieties

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Picante Sauce

15.5-16 Oz.
Select Varieties

1.69

Always Save
Hot Sauce

12 Oz.
Select Varieties

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CRUNCHY TACO
DINNER KIT

8.85-14.6 Oz. or 12 Ct.
Select Varieties
Taco Bell
Dinner Kits or
Flavored Shells

2.99

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6 Pk./16-16.9 Oz. Bottles
Select Varieties

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ORTEGA
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Select Varieties

5/\$5

BUY MORE *Save* MORE

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KIT BLENDED
SLOPPY JOE

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Select Varieties
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or Chili Beans or
Sloppy Joe Sauce

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ea*

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KETCHUP

32 Oz.
Select Varieties

1.89
ea*

RED GOLD
DICED TOMATOES

14.5-15 Oz.
Select Varieties
Red Gold
Tomatoes

59¢
ea*

RED GOLD
VEGETABLE JUICE
OR TOMATO JUICE

46 Oz.
Select Varieties
Red Gold
Tomato Juice or
Vegetable Juice

2.19
ea*

RED GOLD
PETTITE DICED
TOMATOES

28-29 Oz.
Select Varieties
Red Gold
Tomatoes or
Tomato Sauce

1.59
ea*

RED GOLD
SALSA

16 Oz.
Select Varieties
Red Gold Salsa

1.49
ea*

RED GOLD
TOMATO SAUCE

8 Oz.
Select Varieties
Red Gold
Tomato Sauce

29¢
ea*

Zesta
Original
SALTINES

16 Oz.
Select Varieties
Zesta
Saltines

2.59
ea*

Daisy
SOUR CREAM

24 Oz.
Select Varieties
Daisy
Sour Cream

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Huntsville's Integration

Continued from Page 12

to join hands with little white boys and white girls as sisters and brothers. I have a dream today."

September 9, 1963: Four black children;

John Brewton, Veronica Pearson, David Piggie, and young Sonnie Hereford IV; integrate Huntsville Schools making the system the first to integrate in Alabama. The Civil Rights Act in 1964 gives the Federal Government authority to forcibly desegregate schools. As schools integrate in

Huntsville, it led to the now famous picture of Governor Wallace reading the Birmingham News with headline, "Huntsville defies Wallace".

Dr. Sonnie Hereford, III was a retired physician and a civil rights advocate who made history in 1963 with his son in Huntsville. In 2016, Dr. Sonnie

Hereford III, 85, died two weeks before the ribbon cutting on the Sonnie Hereford III Elementary School named for him by the Board of Education.

Sonnie Hereford Elementary is a public school is part of Huntsville City school district. It serves 562 students in K-6, 89% of which are Black, Latino, Native American, or Asian. The student/teacher ratio is 18:1. Teachers at the school have had two projects funded through Donors Choose, a 501-(3)(c) nonprofit organization that allows individuals to donate directly to public school classroom projects.

Frances Sanderfer
killen/Rogersville

Humane and Orderly

Editor:

All of former President Trump's legal woes stem from actions taken right before the 2020 election. A last-minute maneuver

by many Democrat-run cities to change voting procedures because of Covid-19. Most of these moves were reversed by their state's legislature, but only well after the election. It really boils down to that and the Supreme Court being slow to step in and quash the partisan shenanigans by democrats that are so obviously intended to hinder his momentum in the upcoming election.

I'm not a big fan of President Trump's theatrics. However, I place his policies against how radically different Biden's are. I look at each element - from the military, immigration, foreign status and ability, the economy, energy independence, parental rights, our Constitutional Rights, challenging overly-progressive teaching methods and curriculum, openness to answering questions while in office, not hiding or being hidden from the public, calling out mainstream media over biases, not leaving allies

See LETTERS... Page 29

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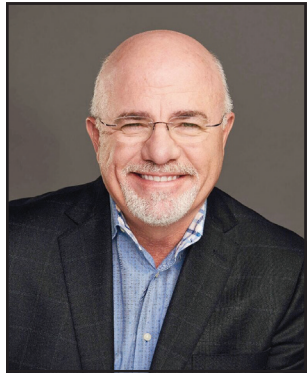


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DAVE Says

by DAVE RAMSEY



GUIDE THEM, BUT LET THEM LEARN FROM THEIR MISTAKES

Dear Dave,
My wife and I have started teaching our five-year-old son about money. Do you feel we should step in and fix things when he makes mistakes, or let him experience the consequences of his actions? It's so hard on my wife, especially, to see him disappointed when he makes a mistake, and his plans don't work out.

Lane

Dear Lane,
I know this might sound mean to some folks, but sometimes a good financial disappointment when you're young is the best thing that can happen to you. They're hard to watch happen, or to experience, but often they'll teach life-long lessons. No decent parent wants to see their child sad or hurt, but reality is a pretty good teacher when it comes to learning how the world really works.

One of the jobs of a parent is to look for teachable moments with their kids. Of course, when it comes to teaching there's always a chance the student won't learn the lesson well enough the first time around. I'm not sure how you're doing things, but if I were in your shoes, I'd follow these steps. First, give him a chance to earn some money. In my book, that means work. No allowances! There's a lot of self-esteem and value to be found in accomplishing

a given task successfully. Then, once you pay him for the work he does, you have another perfect chance for teachable moments, because you can help him learn about saving, spending and giving, and how to do all three wisely.

It's always hard on parents when they see their kids unhappy. I know we went through it with ours. As a parent and protector, you want to jump in and make everything okay. But the hard truth is that fixing or doing everything for them is the easy way out. And in the process of doing that, a child will begin to develop a sort of learned helplessness.

Sometimes, Lane, you need to love kids enough to not do things for them. Let them make some mistakes, experience the consequences and fix things themselves. And it's better for them to do all this while they're still under your guidance and protection.

—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, 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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Community Notes

Take Note... of your Community.

See NOTES beginning on page 4

SO, YOUR BELOVED PC - the repository of your deepest YouTube playlists, your meticulously curated cat video collection, and that embarrassing vacation photo where you look vaguely like a startled turtle - has gone kaput. Time to hand it over to the tech gods at the local repair shop, right? But wait, a shiver crawls down your spine. What about your data? Are those cat videos safe from nefarious technicians with a penchant for feline frolics? Is your digital soul about to be bartered on the black market for...a lifetime supply of printer ink?



Jim Fisher

Fear not, intrepid reader, for I

PC REPAIR: Is Your Digital Soul Up For Grabs? *by "The Computer Skeptic"*

have lived in the depths of this digital dilemma for about 30 years and have learned a thing or two: how confident can you be that your data is safe in the hands of strangers armed with screwdrivers and thermal paste?

We know that handing over your PC is like leaving your diary open in the cafeteria and hoping nobody draws mustaches on your selfies. Sure, some repair shops have the security of Fort Knox (minus the laser sharks, probably), but others resemble the digital equivalent of a garage sale hosted by a cast of characters from "That 70's Show". You

got your bored teenager with questionable coding skills, your uncle who still thinks floppy disks are cutting-edge, and the mysterious guy in the back who talks in binary and wears an "I Fix Macs" T-shirt with a suspicious amount of cat hair on it.

If you're struggling with who to trust with your metal-and-plastic baby, there are good guys out there. Here are some tips to boost your confidence:

- 1. Do your research:** Read online reviews, and ask friends for recommendations.
- 2. Look for a shop** that's been around forever.

3. Backup, backup, backup: Before surrendering your PC, back up your data like your life depends on it. Cloud storage, external hard drives, carrier pigeons - whatever floats your digital boat. Service shops won't destroy your data on purpose, but might charge extra if they have to back it up for you and do something drastic such as erasing your computer and starting all over.

4. Encryption is your friend: Password-protect your sensitive files and folders. It's like putting a chastity belt on your data, except less awkward and way more secure.

The Bottom Line: Can you be 100% confident your data is safe at a PC repair shop? In the world of technology, the answer is always a hair-raising "maybe." But by taking precautions and choosing wisely, you can at least

decrease the chances of your cat videos becoming the next viral sensation (unless that's actually your dream, in which case, more power to you). Remember, your digital life is precious, so treat it with the same care you'd give your collection of rare Beanie Babies. Just maybe without the weird chanting and ceremonial sacrifices.

Now go forth, brave computer warrior, and may your PC return from the repair shop with its digital dignity intact.

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

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Thank you to our many sponsors that appear around this space as well. They make this contest possible. Please patronize them whenever possible. See you next year!

GAME DAY SCORECARD WINNERS IN 2023

- | | |
|---|--|
| Week 1 - Sept 2 Linda Carroll, Killen | Week 9 - Oct 28 Milton Ray Malone, M.S. |
| Week 2 - Sept 9 Kevin Arp, Florence | Week 10- Nov 4 Scott Frame, Florence |
| Week 3 - Sept 16 Vickie Wallace, Decatur | Week 11- Nov 11 Torrian Pearsall, Sheffield |
| Week 4 - Sept 23 - 2 Perfect Card Winners w/ Exact Scores on Tiebreaker
Todd Hipps, Tuscumbia
Randy Wood, Muscle Shoals | Week 12- Nov 18 Anthony Manley, Florence |
| Week 5 - Sept 30 Camden Seal, M.S. | Week 13- Nov 25 Charles Gross, Anderson |
| Week 6 - Oct 7 Turner A. Hannah, Florence | Week 14- Dec 2 Keiaire Weaver, Florence
Dec 9 OPEN WEEK |
| Week 7 - Oct 14 Kim Riedout, Florence | Week 16 - Dec 16: Frankie Tubbs, M.S. |
| Week 8 - Oct 21 Susan Hutchins, Town Creek | Week 17 - Dec 23-28: Kevin Arp, Florence |
| | Week 18 - Dec 30 Mary Allison, Florence |
| | Week 19 - Jan 7-8 David Herston, Florence |



ASK THE ATTORNEY



Thomas McCutcheon

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Camp Lejeune Justice Act Claims' Deadline Approaching

Camp Lejeune Justice Act is part of a larger bill: H.R. 3967 – Honoring our PACT Act of 2022.

The Bill was signed into an Act of August 10, 2022. Which means you have two (2) years from enactment of Act (August 10, 2022) to file a claim. The deadline to file a claim is **August 10, 2024**.

A person must have been exposed to the contaminated water at Camp Lejeune from August 1, 1953 to December 31, 1987 for at least 30 days and the injury was caused by exposure to the contaminated water.

Death cases that would have been past the statute of limitations before this Act are now able to be filed.

Exposure to the contaminated water is required. This concern extends mainly to civilian contractors. Merely being present on the base will not be enough.

Some health problems are "Tier 1" and are presumed to have been caused by the contaminated water at Camp Lejeune. The conditions contained in Tier 1 include: Bladder Cancer, Breast Cancer, Esophageal Cancer, Kidney Cancer, Leukemia, Lung Cancer, Multiple Myeloma, Non-Hodgkin's Lymphoma, Female Infertility, Hepatic Steatosis, Miscarriage, Myelodysplastic Syndromes, Neurobehavioral Effects, Parkinson's Disease, Renal Toxicity, Scleroderma.

There are some "Tier 2" health problems that are included but those require more proof.

Joel and I are handling these cases. If you believe you meet the requirements, please call us and schedule a free consultation.

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

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



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Commentary

Saban's Exit Creates Parity

Continued from Page 12

that long-awaited parity might finally arrive.

No Alabama fan could have imagined such success or such an extended stay when Saban was announced as Alabama's newest coach on January 4, 2007. The university was just hoping to salvage program respectability

after a series of disappointing coaching hires and an average of only 8 wins per season in the 24 years since Bear Bryant retired. And that includes Gene Stallings' '92 national title.

Besides, Saban couldn't firmly decide where he even wanted to coach. I was critical of him in this space after the hiring, focusing on his lack of honesty and sincerity stemming from repetitive, often angry denials of any interests outside being head coach of the Miami Dolphins when questioned about his interest in Alabama.

With the understanding that it's all about leverage and negotiation, Alabama's late Athletic Director, Mal Moore, wasn't taking no for an answer.

Now, current AD Greg Byrne has a historic decision ahead of him that will most certainly define his professional career. As of this writing, a successor had yet to be announced. There was only speculation and rumor. Who wants the pressure of following such a legendary coach anyway?

Saban created a pro football farm system at UA while establishing a winning tradition that

eclipsed all the greats, 49 first round draft choices – far more than the 29 games he lost as Alabama's coach – and this year's draft should push him over 50.

Saban set an unrealistically high bar when it came to procuring talented athletes and getting them to buy in. Even this year's group that was arguably his most disjointed team since his first year as Alabama's coach was only two plays away from playing for the national championship.

Saban's tenure was more impressive than all the other college football legends, including Bear Bryant, Bud Wilkinson, Tom Osborne, Joe Pa, Bobby Bowden, Frank Leahy... all of them. This distinction comes from Saban's ability to adjust to changes on and off the field.

Coming to town as a defensive wizard, Saban's defenses ranked first or second from 2008-2017. When he realized that offenses were taking over the game, he pivoted, corralled a young offensive genius named Kiffin and began to shift emphasis. His offenses ranked either first or second from 2018-2022.

Saban also had scholarship limits – 85 to be exact. This is something that the legendary coaches and teams of yesteryear didn't have to deal with. They could put 120-150 kids on scholarship just to keep other schools from getting them.

Saban mellowed extensively in his time at Alabama, adapting to the mentality of current players who required a little more coddling than those who played before – and likely university requests if the truth be known. I preferred the fierier Nick, the one who would cut a reporter off at the knees for a stupid question. Though I'm sure the lower key helped his blood pressure.

We haven't even touched on the tens of millions he and Miss Terry invested in and helped raise for the Tuscaloosa community or what Saban alone did for student enrollment and academic perception.

Saban never had a losing record during a season as a college coach. At Alabama, he averaged 12.1 wins per year. Let that sink in for a second while you contemplate the future in Tuscaloosa, the expanded SEC, and college football.

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Jewelry...

Continued from Page 12

made of natural materials, such as shells and nuts which were carved into beads. As trading with Europeans increased, beading became more popular. The stories of the Native American peoples were reflected as symbols of design within the beaded jewelry. Today, this art is made from metals, seeds, nuts, stone, fish bone, as well as synthetic beads. It is passed from teacher to student in order to preserve the artistic and cultural practice within families and groups or worn in cultural identification and celebration. A short informational presentation on the art of Native American jewelry making will precede the students' opportunity to create their own beaded jewelry. They will be able to take their creations home or put them on display as part of our youth education exhibit.

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.

This monthly series of children's programs allows students can

explore the early history of the Shoals through short lessons and hands-on learning exercises related to Native American culture. Participants explore the history and cultural meaning behind each practice while engaging in an activity related to that practice.

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For Fiscal Year Ended September 30, 2023

Exhibit F-III-A

141 - Florence City Schools

Description	GENERAL			SPECIAL REVENUE		VARIANCE Favorable (Unfavorable)
	Budget	Actual	Variance Favorable (Unfavorable)	Budget	Actual	
Revenues						
State Sources	\$34,589,510.53	\$35,081,583.90	\$492,073.37	\$0.00	\$0.00	\$0.00
Federal Sources	\$1,500.00	\$1,520.00	\$20.00	\$19,693,217.14	\$14,040,666.79	(\$5,652,550.35)
Local Sources	\$20,438,280.00	\$26,170,016.50	\$5,731,736.50	\$1,245,719.08	\$1,534,282.55	\$288,563.47
Other Sources	\$145,500.00	\$123,377.95	(\$22,122.05)	\$504,207.29	\$145,357.45	(\$358,849.84)
Total Revenues:	\$55,174,790.53	\$61,376,498.35	\$6,201,707.82	\$21,443,143.51	\$15,720,306.79	(\$5,722,836.72)
Expenditures						
Instructional Services	\$29,624,145.52	\$30,034,264.90	(\$410,119.38)	\$6,595,804.27	\$4,898,982.37	\$1,696,821.90
Instructional Support Services	\$9,073,988.99	\$9,604,549.90	(\$530,560.91)	\$2,282,540.19	\$1,818,469.64	\$464,070.55
Operation & Maintenance Services	\$6,905,644.59	\$6,879,950.72	\$25,693.87	\$940,948.03	\$359,805.69	\$581,142.34
Auxiliary Services	\$1,896,619.00	\$1,947,470.82	(\$50,851.82)	\$4,846,376.34	\$4,578,188.83	\$268,187.51
General Administrative Services	\$1,638,364.00	\$2,165,352.78	(\$526,988.78)	\$651,944.71	\$766,262.14	(\$114,317.43)
Special Revenue Outlay	\$300,000.00	\$138,225.00	\$161,775.00	\$5,250,000.00	\$4,135,056.08	\$1,114,943.92
General Service	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
Other Expenditures	\$2,243,914.35	\$2,563,808.72	(\$319,894.37)	\$1,842,192.49	\$933,303.56	\$908,888.93
Total Expenditures:	\$51,682,676.45	\$53,333,622.84	(\$1,650,946.39)	\$22,409,806.03	\$17,490,068.31	\$4,919,737.72
Other Financing Sources (Uses)						
Other Financing Sources:	\$2,136,162.18	\$1,260,008.72	(\$876,153.46)	\$752,000.00	\$1,371,414.32	\$619,414.32
Other Financing Uses:	\$2,510,719.15	\$1,658,314.62	\$852,404.53	\$87,164.55	\$639,300.17	(\$552,135.62)
Total Other Financing Sources (Uses):	(\$374,556.97)	(\$398,305.90)	(\$23,748.93)	\$664,835.45	\$732,114.15	\$67,278.70
Excess Revenues and Other Sources Over (Under) Expenditures and Other Uses:	\$3,117,557.11	\$7,644,569.61	\$4,527,012.50	(\$301,827.07)	(\$1,037,647.37)	(\$735,820.30)
Beginning Fund Balance - Oct. 1:	\$20,141,431.40	\$19,955,443.68	(\$185,987.72)	\$1,978,525.69	\$1,978,525.69	\$0.00
Ending Fund Balance - Sept. 30:	\$23,258,988.51	\$27,600,013.29	\$4,341,024.78	\$1,676,698.62	\$940,878.32	(\$735,820.30)

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Letters...

Humane and Orderly

Continued from Page 20

and hostages in harm's way over a reluctance to anger our enemies. Big differences outweigh eccentricities. Four years to reverse some of the damage caused by the Biden administration, then a fresh Conservative to pave a better path for America for another eight years. With help from Congress, I could envision a safer, stronger, and more vibrant country. A country willing to stand up against evil, with a humane and orderly immigration policy, embracing those who come legally. One with understanding and acceptance towards adults with varying identities and preferences, with protection for a child's development. To me, it's not rocket science. I'm not sure that's even taught anymore.

Wayne South
Florence

Trump and Immunity

Editor:

"It's the opening of a Pandora's Box," said Donald Trump on January 9, musing on the possibility of a court rejecting his claim that, as a former president, he must enjoy life-long immunity from criminal prosecution for pretty much anything and

everything he did while in office.

"[I]f I wasn't given immunity, then other presidents that we talked about today, President Obama with the drone strikes, which were really bad. They were mistakes, they were terrible mistakes. You really can't put a president in that position. ... A president has to have immunity."

Personally, I'd like to see that Pandora's Box opened in precisely the way Trump mentions.

In 2011, then-president Barack Obama ordered the murder of an American citizen -- Anwar al-Awlaki -- in Yemen. Whatever his alleged crimes might have been, he hadn't been charged with, arrested for (or taken in resistance of arrest for), tried for, or convicted of those crimes in the United States. The basis for the murder was a Justice Department memo that wasn't publicly released until 2014.

Later that year al-Awlaki's 16-year-old son, Abdulrahman -- also an American citizen -- died in another Obama-authorized drone strike. When questioned on the matter, White House press secretary Robert Gibbs blamed the victim for having the wrong father.

In 2017, US Navy SEALs murdered yet a third al-Awlaki -- eight-year-old American citizen Nawar, Anwar's daughter and Abdulrahman's half-sister -- in a raid approved by then President Donald Trump.

What's so outrageous about suggesting that a

president who orders American citizens murdered should be required to answer in the same way, and face the same penalties, as a Mafia don who orders a competitor killed, or a regular American who hires a hitman to murder a spouse?

Over time, American presidents have come to enjoy nearly unlimited power with little likelihood of being held accountable for how they exercise that power, and minimal penalties when they are.

Trump argues that that small likelihood and those minimal penalties should both be reduced to zero.

Don't get me wrong: I believe that former presidents accused of crimes are entitled to the due process of law they denied to Anwar, Abdulrhman, and Nawar al-Awlaki.

But broad immunity for real crimes isn't due process of law. In fact, it DENIES due process of law, and justice in general, to the victims of presidential crimes.

Presidents should be held to a higher, not lower, standard of conduct than those they presume to rule.

Thomas L. Knapp
Director, William
Lloyd Garrison Center
for Libertarian
Advocacy Journalism
Gainesville, FL

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Courier Journal

Notes...

Continued from page 11

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.

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 6th Annual Northwest Alabama Farm Toy Show takes place at Clarion Inn Hotel, 4900 Hatch Blvd in Sheffield on Friday, February 9 from 5-8:30pm, and Saturday, February 10 from 8:30am - 2pm

Admission is \$3. Kids 12 and under admitted free. The show benefits the Deshler High School FFA

Facebook - Northwest Alabama Farm Toy Show (256) 320-7490 nwalfarmtoyshow@gmail.com

We will have vendors selling all types of farm toys from miniature to pedal tractors, trucks, and other toys. We will also have a farm display competition and have remote control farm equipment being demonstrated.

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.

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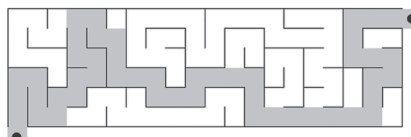


Puzzle Whirl Answers

Even Exchange answers

- Award, Aware
- London, Lyndon
- Noise, Norse
- Scarf, Scare
- Oddest, Oldest
- Windy, Wendy
- Sinner, Singer
- Honey, Money
- Curse, Curve
- Player, Prayer

Kids' Maze Solution



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WORD LADDER

Answer
ARMED, AIMED, TIMED, TIMES, TILES, PILES

Word Spiral Answer
WAISTBAND

MINI SUDOKU

Answer

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

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God's Timeclock

God's main concern right now is to see the kingdoms of this world given back to the Lord Jesus Christ where they belong. How soon this event takes place is seen by the world's effort to force the nation of Israel, God's timeclock, to stop cleansing their own land from people sworn to eliminate them from the face of the earth. Currently, the assembly of today's wizards in Africa find it easier to intimidate Israel with only 25 to 30 million worldwide than 7 billion of their enemies. Genocide is acceptable if only approved by them. Lack of a fear of God and having a fear of God's enemies will make any group of nations or people do anything. The world, the flesh and the Devil have great hatred for anything God loves. We are commanded: **1 John 2:15** "Love not the world, neither the things that are in the world. If any man love the world, the love of the Father is not in him." **1 John 2:16** "For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world." **MEMORIZE!** One or more of these get us all!

When Israel is just about wiped out, you can look for the 2nd advent. Look for the rod of iron! **Zechariah 14:9** "And the LORD shall be king over all the earth; in that day shall there be one LORD, and his name one." **Revelation 11:15** "And the seventh angel sounded; and there were great voices in heaven, saying, The kingdoms of this world are become the kingdoms of our Lord, and of his Christ; and he shall reign for ever and ever." **Revelation 19:15C** "and he shall rule them with a rod of iron:" Pick on Israel (GOD'S TIMECLOCK) (THE APPLE OF HIS EYE) now if you will, but payday's coming. **Zechariah 12:3** "And in that day will I make Jerusalem a burdensome stone for all people: all that burden themselves with it shall be cut in pieces, though all the people of the earth be gathered together against it." Read all of Romans 11 and Revelation 19. Fighting against God? You have no chance! **GET SAVED!**

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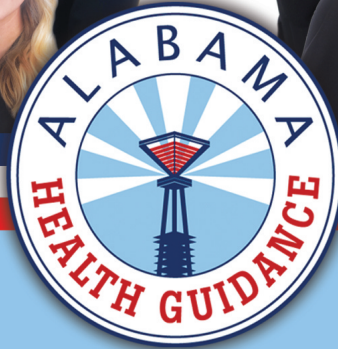
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