

Establishing Your Garden

SHOALS – Community Action Agency of Northwest Alabama Gerald Williams Cooperative Garden Program offers free vegetable seeds, plants, and fertilizer to qualifying local residents wishing to grow their own gardens.

SIGN UP IS AVAILABLE THROUGH MARCH 22.

To participate in the program applicants must reside in Lauderdale/Colbert or Franklin counties, and income must not exceed a monthly gross.

The maximum monthly household income can be:

- 1-person – \$1,882
- 2-persons – \$2,555
- 3-persons – \$3,227
- 4-persons – \$3,900

For each additional person, – add \$672
All applicants can call 256-248-1921 from 1-4 pm Monday-Friday for details.

The Cooperative Garden Program is a partnership of the Community Action, Agency of northwest Alabama, TVA Retirees, and many others.

Britt to Have Response

WASHINGTON, DC — Freshman Alabama Senator **Katie Britt**, the youngest female in the senate, will deliver the Republican response to President Joe

Britt

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

Volume 140 Number 20 March 6, 2024 POSTAL PATRON

Courier Journal

Serving Northwest Alabama and

PRSRST STD. ECRWSS US Postage Pd FLORENCE, AL PERMIT #44

BBB ACCREDITED BUSINESS A+

PRINTED WITH SOY INK

USPS Circulation Verification Available 219 W. Tennessee St. Florence, AL. 35630 256-764-4268



Courtesy photo

Martin Supply at 90

FLORENCE – Martin Supply, a leading provider of custom-tailored solutions for maintenance, repair, operation, and production supplies (MROP) in the industrial and construction markets, is celebrating its 90th anniversary. Established in 1934 by Louis Martin in Sheffield, the company has achieved solid growth and transformation and is now led by the third and fourth generations of the Martin family.

From its modest origins, Martin See **MARTIN SUPPLY...** on Page 9

On UNA's Campus
Greeks Turn 50

FLORENCE– Fraternity and Sorority Life at the University of North Alabama is celebrating 50 years of being on campus, and some exciting events are planned for this spring that will bring members of all Greek-letter organizations back to campus for a reunion as well as a day of community service. In recognition of this golden anniversary, the University will also induct the first members into

the newly established UNA Greek Hall of Fame.

“Greek-letter organizations, and Fraternity and Sorority Life in general,

See **GREEKS...** on Page 6

Anna Leigh Rossi, Director of Fraternity and Sorority Life at UNA points to the Phi Mu and Phi Gamma Delta Coats of Arms on a Guillot University Center wall that includes all 23 UNA Greek chapters.

UNA photo



Courier Journal Perma-Note

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- Easter Coloring!
- Bobblehead Winners
- Strange, But True
- Insurance Insights
- Pancakes Up!
- Cat & Kids
- Dave Ramsey
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- EXPOSURE
- 4 Day Sale
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- SIGNS of the PAST

Web Poll

Alabama Mystery Photo

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Outdoors

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Shorts...

Britt to Have Response

Continued from Page 1

Biden's State of the Union speech Thursday, March 7.

Britt, 42, is the first woman elected to the Senate from Alabama. In a joint statement with Senate Republican Leader **Mitch McConnell** and House Speaker **Mike Johnson**, Britt said that "it's time for the next generation to step up."

"The Republican Party is the party of hardworking parents and families, and I'm looking forward to putting this critical perspective front and center," Britt said.

Britt is a former congressional staffer and attorney who was elected in 2022. She replaced her former boss on the Senate Appropriations Committee, longtime Alabama Senator, **Richard Shelby**.

Unger Designs Showcased

FLORENCE – Jesselin Unger, a student in the University of North Alabama Fashion Merchandising and Design program, showcased her apparel designs March 1 during the 2024 Fashion Week Alabama fashion show in Huntsville, produced by the Alabama Fashion Alliance. Unger was chosen as the Style Tank Emerging Designer Finalist for the work she submitted.

"As a young child, I was interested in altering doll clothes to create better designs," said the student. "I always knew that my top career choice would be as a fashion designer. I genuinely cannot think of another career that would make me this happy. Fashion is the motivation for my creativity and work ethic."

The two-day event took place March 1-2 at the **C.T. Mitchell Foundation** in Huntsville.



Unger

15th Annual Trail Ride

FLORENCE—The 15th Annual Coats Farm Benefit Trail Ride and Auction takes place March 8-9 to benefit the North Alabama Christian Children's Home.

The Trail Ride begins Saturday, March 9 at 9am. Bring your own horse. The yard sale begins Friday, March 8 at 8am in the barn. The silent auction is March 9 at 9:30am and the live auction is March 9 at 12:15pm. New and used furniture, sports memorabilia, home goods, antiques, tools, appliances, horse tack and supplies, grass seed, and much more will be up for auction. Don't forget the stew, hamburgers, hotdogs, BBQ, and ham & beans that will be served at 11am. Homemade fried peach and apple pies will also be sold.

Coats Farm is at 1458 County Rd 298 in Florence. Follow the signs from Chisholm Hwy or US Highway 43. Contact **Chris Moran**, NACCH Director: 256-412-4897 with questions.

Bookstore's Grand Event

FLORENCE—Court Street Books, Florence's newest independent bookstore at 610 S. Court Street will host its grand opening on March 9.

The grand opening festivities get underway at 10am with a free tote bag or t-shirt being given to the first 15 paying customers. There will be free, open to the public hourly events such as children's story times, two giveaways, and a hair tinsel pop-up. Attendees can also expect SMASHED and Wander Coffee food trucks to be serving delicious fare throughout the event.

"As long-time book lovers, Wayne and I have always had a dream of bringing this concept to reality," said **Karmen Somers**, who owns the store with her husband, **Wayne Melvin, M.D.** "We're super excited to build community in the Shoals through books."

For more information, visit courtstreetbooks.com or follow on Facebook or Instagram.

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Ground Beef \$2.79 Lb. Beef Patties \$2.79 Lb.	Country Style Pork Ribs \$1.69 Lb. Sirloin Pork Chops \$1.69 Lb.	Boston Butt Pork Roast \$1.79 Lb. Whole Pork Ribs \$1.99 Lb.	Filet Mignon Steak \$11.99 Lb. Beef Stew Meat \$4.99 Lb.
Chicken Drumsticks 99¢ Lb. Chicken Thighs \$1.39 Lb.	Boneless Chicken Breast \$1.99 Lb. Whole Chicken Wings \$2.79 Lb.	Chicken Leg Quarters 10 Lb. Bag \$6.99 Farm Raised Catfish Fillet 4 Lb. BOX \$18.99	Boiled Crawfish \$2.99 Lb. Whole Rabbits \$15.99 EACH



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THANK YOU for reading the Courier Journal!

Yard Sales

An exclusive listing of the better sales in the Shoals area.

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

ESTATE SALE
105 Castleton Road,
Heathrow Subdivision
Florence, AL 35633

Sat., March 9th, 9am-2pm
Numbers given out at 8:30am
Sun., March 10th, 1pm-3pm

French Provincial Dining Room Set, Mid-Century Chairs, Wrought Iron Furniture, Wicker Chairs, Bates Bedspreads, Quilts, Washer & Dryer, Household items, Old Bottles, Tools, Shelving, AND MORE!

Cypress Creek Antiques and Estate Sales
256-275-0273
Go to estatesales.net for pictures

*We also have an Estate Sale on the same weekend right down the road at 332 Wheaton Drive. Come See Us There Too!

FLORENCE: YARD SALE Baptist Campus Ministries 670 N. Wood Ave. 3/9 6-1

Killen Estate/Mult-Family Garage Sale
183 Filotimo Way
Directions: Enter 59 Commerce Way, Killen, AL into GPS and follow signs!
Sat. 7am-2pm & Sun. 2pm-4pm
Car, Furniture, Collectibles, Household items, Office items, etc

ESTATE SALE
332 Wheaton Dr.,
Heathrow Sub.
Florence, AL 35633

Sat., March 9th, 9am-2pm
Numbers given out at 8:30am
Sun., March 10th, 1pm-3pm

Nice Dining Room Set, Rugs, Grandfather Clock, Curio Cabinet, Sofa, Bedroom Set, Recliner, Corner Cabinet, Patio Furniture, New Grill (just in time for Summer!), Tools, and MORE TOOLS!

Cypress Creek Antiques and Estate Sales
256-275-0273
Go to estatesales.net for pictures

*We are also having an Estate Sale right down the road at 105 Castleton Road on the same weekend. Come See Us!

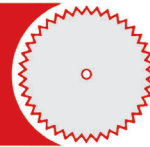
Seven Pure Bred German Shepherd Puppies
Father is Czech Working Line, (sable) and Mother is Show Line.(black & tan). Puppies are 3 sable males and 3 black & tan females, and 1 black & tan male. 8 weeks old, \$250 each, No papers. 256-345-3310

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starting at 9.98 select Vetality flea & tick
starting at 39.98 **\$10 off** NextStar flea & tick
\$59.98 Seresto flea & tick collar

20% off Dashed Add-On Package

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Enter code **89937** at checkout



Special Offer: For a limited time, bring this ad to any Pet Supplies Plus Grooming Salon and receive 10% off of your dog's grooming session! Experience the difference with our skilled groomers who are passionate about pets and dedicated to providing the highest level of care. PLU:81000

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TreehouseDentist.com

Community Notes

COMMUNITY NOTES may be submitted for non-profit, civic or church-related events and published free of charge. **ASSPACE 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

Orders are being taken now for the annual **chloe's fund fern plant sale**. Order by March 8 for early April pick up. Select from Boston Ferns in 10" hanging baskets or Kimberly Queen in 3-gallon pots. \$22 each - All sales pre-paid. To order contact Lisa Wilson Rim locally at 804-240-6880 or through Facebook Messenger.

All proceeds benefit Chloe's Fund for the emergency medical needs of shelter animals.

Robert Eaton Memorial Round Robin Social, Saturday March 9 Gattman Park Recreation Center, Muscle Shoals. Starting at 9am until the end of the day. Join this inaugural event for a chance to play in a round robin tournament on indoor courts, with a registration fee of \$30 per player. All skill levels are welcome, with individual registrations ensuring at least five games per player, assigned based on skill level and number of players. Proceeds will benefit Shoals CASA. Participants will receive a swag bag, and medals will be awarded to top players. Food available for purchase and a silent auction will be featured. Registration open until March 8. For more information, contact hbegley@shoalscasa.org.

Florence-Lauderdale Tourism is excited to announce that they now offer prints of The Shoals Mural at McFarland Park. They are 12 "x 36" and printed on archival paper. They are available for

purchase at the visitor center during our regular business hours.

Regular prints are: \$25. Signed and numbered prints are \$50 (Limited edition of 250)

Location 200 Jim Spain Drive, Florence in McFarland Park. Monday-Friday, 9am-5pm, Saturday, 10am-4pm.

AARP will be doing free taxes again this year at The Chapel at 600 N. Columbia Ave in Sheffield. We will be open every Monday, Wednesday, and Friday from 9am-3pm. Appointments are preferred, by calling Kim at 256-483-2894.

Senior meals 11:30am Monday-Friday at The Club, 450 Country Club Road, Florence. \$1 donation.

Jacksonburg Church of Christ will conduct a Spring Series at

7pm on Wednesdays in March and April. Schedule: March 6, Rick Collum, Sin and Temptation; March 13, Brad Adcock, Grief; March 20, Sonny Owens, Disappointments and Doubt; March 27, Jeff Abrams, Persecution; April 3, Rodney Livingston, Addiction; April 10, Scott Wright, Betrayal; April 17, Landon Willis, Financial Issues; April 24, Brian Jerrett, Family Issues. Everyone is welcome.

Jacksonburg is located at 414 Lauderdale Co. Rd. 28 in Florence.

Infants - Adults Clothes And Shoes Give Away, 8-10 am Thursday, March 7 at the Care Center, First Baptist Church in Killen. Winter Clearance - Come and fill your bag!

See NOTES... page 11

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Insurance Insights

Can You Drive Safely In Severe Weather?

It's helpful to know how to drive safely in ice, snow, rain, fog and other inclement weather.

Driving in regular weather can be hard, but when severe weather conditions hit, it's important to take extra precautions. You probably already know that slowing down and increasing concentration can make a big difference. But these safety tips for specific kinds of weather can help you get to your destination safely.

TIPS FOR DRIVING IN RAIN

- Turn on wipers. Yes, it's obvious, but remember to keep them maintained. Wipers should be replaced every six to twelve months for optimal performance. You may also want to consider curved beam wiper blades.
- Use headlights. Visibility is usually compromised in rainy conditions. Headlights can help. All states have laws requiring the use of headlights in low visibility.
- Keep windows clear. The defroster or air conditioner may help keep windows and mirrors clear.
- Be patient. Take it slower than normal and leave more room when stopping. Wet pavement may cause loss of traction and lead to sliding or hydroplaning.
- Do not cross flooded roadways. Because it's tough to tell how deep water may be, it's best to find an alternate route when there are heavy rains.
- Turn off cruise control. When roads are wet, it is best to allow the driver to control speed and react to conditions.

DRIVING IN FOG TIPS

- Turn on the low beams and fog lights. Headlights should be on and set to low beam in the fog.
- Wait it out. If you're having trouble seeing, safely pull over to the right side — well out of the traffic lane — and turn on your emergency flashers. Wait until visibility improves before continuing.

TIPS FOR DRIVING IN HIGH WINDS

- Look out. Keep an eye out for flying debris. And use extra caution near trailers, vans or vehicles carrying lightweight cargo.
- Some cars shouldn't be driven. It's best not to drive a trailer, van or other "high-profile" vehicle (autos with high centers of gravity like SUVs and trucks) in high winds.

INCLEMENT WEATHER DRIVING TIPS

- Turn on headlights and wipers.
 - Listen to the radio. Tune into a local weather station for storm and traffic updates.
 - Do not try to outrun a tornado. Get out of the car and find shelter. If you can't reach a safe structure, lie down in a ditch.
- ### DRIVING IN ALL TYPES OF WEATHER
- Buckle up. Every trip, every time.
 - Focus on your destination and avoid distractions.
 - Emergency kit. Pack and store an emergency kit in your trunk or cargo area with items you could use in the event of a roadside situation.
 - Recalls. Check to verify there are no safety recalls on your vehicle.
 - Give them room. If you see vehicles or emergency personnel on the side of the interstate, move to the opposite lane.

These tips may help ease some anxiety on the road during all kinds of weather. However, the unexpected can still happen. Learn more about how State Farm® can help after a crash.



State Farm® Insurance Agent
Rebecca Stutts Hovater



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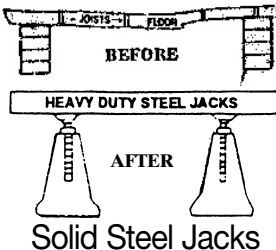
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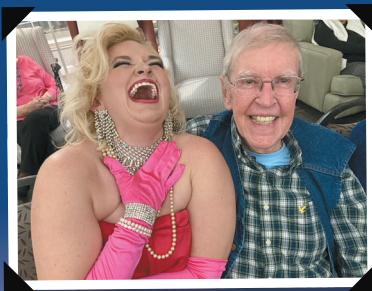
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The Renaissance of Florence



Courier Journal

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Greek...

Continued from Page 1

bring a vibrancy to the UNA campus," said Anna Leigh Rossi, Director of Fraternity and Sorority Life. "Bringing those alumni back to campus as well as celebrating inaugural inductees in the Greek Hall of Fame is an opportunity to recognize the incredible things these individuals have done as students and continue to do as alumni of the institution and within their communities."

The two-day reunion is scheduled for April 19-20. A Greek get-together will take place around Harrison Fountain on April 19, and it is there that the Greek Hall of Fame inductees will be announced. On April 20, Greek alumni as well as undergraduate members will participate in a day of community service, followed by lunch.

1973 marked the beginning of Fraternity and Sorority Life at UNA. Today, more than 50 years later, the UNA FSL community has 23 active chapters.

"This is definitely an exciting time for UNA's Greek chapters," said Stuart Ausborn, a member of Phi Gamma Delta fraternity as well as an event organizer. "The Greek Hall of Fame is really their moment to spotlight alums who maybe chartered their chapters or who have gone on to do extraordinary things in their careers or in community service. As we grow that group, we are going to continue to learn more about our Greek alumni."

After the April 19 induction of the Greek Hall of Fame members, it will shift to the fall as part of the annual Homecoming awards. Tickets and more information about the two-day reunion can be found at una.edu

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DEADLINES: Issues Published Every Wednesday
INSERTS - 5 pm Thursday
DISPLAY ADS - 5 pm Thursday
CLASSIFIED ADS - 5 pm Friday unless otherwise specified

219 W. Tennessee St.
Florence, AL 35630
256-764-4268
Fax: 256-760-9618

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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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Florence, AL 35630
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well in advance of the planned event. The Editor reserves right to shorten, edit, reword or omit submissions as seen fit. All information submitted for publication becomes property of the Courier Journal. Information published does not necessarily reflect an opinion or endorsement by the Courier Journal, members of its management, or its staff. Advertisers are responsible for all content and claims in their advertising.

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Martin Supply at 90...

Continued from Page 1

Supply has undergone a remarkable evolution, expanding its footprint to 48 distribution centers and integrated sites across the United States while also conducting business internationally. Over the course of its 90-year journey, the company has evolved, transcending its role as a mere product supplier to offer a comprehensive suite of services. The company's dedication to "helping companies operate better" has earned it a well-deserved reputation for quality

and reliability. "We are incredibly proud to celebrate our 90th anniversary," said David Ruggles, Co-CEO of Martin Supply. "Our success is a testament to the hard work and dedication of our employees, the trust of our valued customers, and the enduring support of our supply partners. We look forward to the next chapter of Martin Supply, continuing to exceed customer expectations." Co-CEO Douglas Ruggles, added, "Looking ahead, our vision for Martin Supply is one of continued innovation by using technology to deliver an unwavering commitment of value to our customers."

In honor of its 90th anniversary, Martin Supply has planned various events and initiatives throughout the year to express gratitude to its loyal customers, employees, and partners for their continued support.

For more information about Martin Supply's 90th Anniversary, visit martinsupply.com/90th-anniversary/.

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The Cooperative Garden Program is a partnership of the Community Action Agency NW-AL, TVA retirees, and many others.

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Meet **STEWIE**. This precious boys is 12-13 years old and 70 lbs. He might not make a good first impression from his kennel and he can be protective and need to warm up to new people but what a sweet old man. His BFF in his most recent home was a little girl. He has been an inside dog. He likes toys. He wags his tail in circles when it's time to go for a walk. He does this thing where he'll nudge you for more pets that will make you melt. He seems to do just fine on car rides. He's lived with cats before. He is the coolest grandpa around and he belongs in a home -- please come meet him. **ADOPTIONS ARE CURRENTLY \$85** and include everything your new pet needs to be on track for a happy, healthy life: vaccines, a microchip, spay/neuter, and heartworm test. Please call or come by **Florence Lauderdale animal services 256-760-6676** to meet this handsome fella.



Meet **CORA**. This pretty lady is the most adorable pup around. She has been with a loving foster who tells us she is so very precious, goofy and sweet. She loves snuggling and hanging out in laps and throwing her squeaky toys off the couch and pouncing after them. She has learned "sit", goes in her crate no problem, and is doing really well with housetraining (she's learning to ring her bell when she has to go). She is almost 5 months old and around 30 lbs and she could be your pride and joy!! **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 **Florence Lauderdale animal services 256-760-6676** to set up a meet with this beautiful girl.

RUBEN is a 2-3 year old shep mix he is full of energy and love! He also loves just laying around on the couch! Ruben can be dog selective and is a very vocal player! We would recommend bringing your furry friend along to meet him! Ruben is not good around chickens! This sweet boy loves to play ball and give hugs! He knows the command "sit". **RUBEN IS UP FOR ADOPTION FOR \$25!** His fee includes a voucher for \$70 off of his neuter, \$15 rabies voucher, current vaccines, wormer and NexGard. His adoption fee covers \$15 rabies voucher and voucher for \$70 off of his MANDATORY neuter! For more information please contact **Colbert County animal shelter at 256-381-4073**.



Sweet **CAROLINE**...Who needs a hiking buddy? This beautiful lady is a sweet heart who loves attention and has lots of energy. She gets along with cats, horses does not brother chickens. She is good with other dogs and kids. Please come meet her she is an absolute sweet heart. Great family dog to run and play with. Fostering is free!! **ADOPTION FEE IS \$25**. The fee includes current vaccines (apart from rabies), NexGard, heartgard, \$15 rabies voucher and a voucher for \$70 off of her mandatory spay! For more information please contact **Colbert County animal shelter at 256-381-4073**.



Meet **STEELE**. This smile will surely still your heart. He is full of energy and his personality is a fun and whimsical. He loves long walks and playing. He will stop for treats and likes head rubs. Please come meet this handsome boy. Fostering is free!! **ADOPTION FEE IS \$25**. The fee includes current vaccines (apart from rabies), NexGard, heartgard, \$15 rabies voucher and a voucher for \$70 off of his mandatory neuter! For more information please contact **Colbert County animal shelter at 256-381-4073**.

Notes...

Continued from page 4

First Missionary Baptist Church in Florence, located at 330 South Thompson Street, will celebrate the 41st Pastoral Anniversary of Rev. Joseph Marshall, on Sunday, March 10 at 11am. The guest speaker will be Rev. Bishop Dr. William Boyd, Pastor of St. Mark M. B. Church in Florence. Everyone is welcome.

The Book Bin Opening on March 9 from 11am - 6pm. Celebrate the launch of this charming independent bookstore at 2415-B Avalon Avenue, Muscle Shoals nestled behind Jules and Co in the same building, accessible through the rear parking. A haven for book lovers, featuring a selection of used, new, and well-loved books, alongside book-themed merchandise and accessories. The opening day festivities include trivia and door prizes.

LifeSouth Bloodmobile Dates:
Wednesday, March 6 Cherokee High School, 8am - 3pm
Wednesday, March 6 Easter Seals Rehabilitation, 9am - 1pm
Wednesday, March 6 Cherokee High School, 8am - 3pm
Wednesday, March 6 Easter Seals Rehabilitation, 9am - 1pm
Thursday, March 7 Holcim Building Solutions, 393 Denton Circle, Tuscumbia, 6am - 4pm
Thursday, March 7 Holcim Building Solutions, 393 Denton Circle, Tuscumbia, 6am - 4pm
Saturday, March 9 Kiwanis, 702 E Veterans Drive, Florence 6:30am - 2pm
Tuesday, March 12 Covenant Christian School, 1900 Covenant Dr, Tuscumbia, 8am - 3:30pm
Wednesday, March 13 Central High School, 7:30 am - 3:30 p

Enjoy a special Easter celebration from 3-5pm March 9 at Rick's Farm Market, 3406 S. Wilson Dam Road, in Muscle Shoals. Bring your own camera. Admission is free, making it an ideal outing for families looking to celebrate the Easter season. For more information, contact Rick's Farm Market at 256-668-0621.

Just a few months after the Dec. 7, 1941 attack on Pearl Harbor, with male pilots in short supply, 28 experienced civilian women pilots volunteered to deliver newly built trainer aircraft to flight schools in the South. They formed the country's first female squadron in late summer 1942. They were pioneers in

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See NOTES... page 13

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Commentary

Gender Fallacies Among Concerns

Revisiting some of the craziness in American society in this space this week, it is literally impossible to keep up.

All of 22 minutes. That is how long it took for a tampon dispenser in a boy's restroom at a Connecticut high school to be ripped from the wall and tampons scattered all over the floor. Some say the damage was a prank. I hope it was act of defiance against woke insanity invading our society.

"A student or students" was (were) subsequently disciplined, according to Brookfield High school's principal, Marc Balanda, who called the January 24 event "an egregious instance of vandalism and destruction of property."

A portion of the email Balanda to the school's staff and students the same day said he was "disgusted" and "dismayed" by the behavior.

"A dispenser with menstrual products was installed in the boy's bathroom near the

See **GENDER...** on Page 22

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*

March 6, 2024

THIS WEEK

Happening
THIS WEEK

Pancakes Up

Kiwanis Brings Community to the Florence Coliseum

FLORENCE – The Florence Kiwanis Club is hosting its 73rd Pancake Days event at the Florence-Lauderdale Coliseum on Friday, March 8 from 6am-7pm and Saturday, March 9 from 6am-1pm.

Advance tickets are \$9 (\$8 each for 10 or more) or \$6 for children 12 and under. Tickets are available from Florence Kiwanis



members OR at the following Florence locations: First Southern Bank (201 S Court

See **PANCAKES...** on Page 24

ORDERS ARE BEING TAKEN NOW FOR THE ANNUAL CHLOE'S FUND FERN PLANT SALE. Order by March 8 for early April pick up. Select from Boston Ferns in 10" hanging baskets or Kimberly Queen in 3-gallon pots. \$22 each – All sales pre-paid. To order contact Lisa Wilson Rim locally at 804-240-6880 or through Facebook Messenger. All proceeds benefit Chloe's Fund for the emergency medical needs of shelter animals.



EXPOSURE

TUSCUMBIA – The photographic presentation, *EXPOSURE: Contemporary Photography* continues through March 22 at the Tennessee Valley Museum of Art in Tuscumbia.

Works by Jillian Browning, Kaitlyn MacGrady, Michael Parker, and Jason Rice are featured.

Jillian Marie Browning is an interdisciplinary artist pursuing themes of feminism, identity, and the contemporary black experience. The Ocala

See **EXPOSURE...** on Page 28

THE TENNESSEE VALLEY ART ASSOCIATION presents the Share Your Voice showcase on Friday, March 8 at 7pm in the Ritz Theatre, downtown Sheffield. The creative process of our community will be on display at the event which may include song, poetry/pros, stand-up comedy, and performance art. General admission tickets are \$10 each for adults 18 and older. More details are available at tennesseevalleyarts.org

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- WOMEN -

MAR. 8-9, 12, 16 (TBA)

Atlantic Sun Conference Championship Tournament

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3 PM vs Murray State

5 PM vs Maryland Eastern Shore

SUN., MAR. 10 in Florence

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Visit www.roarlions.com for full team schedules and ticket information

YOUR Letters

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

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

Unbelievable

Editor:

Not long ago, I was thinking that Mr. Trump was going to be good for us and I would vote for him. That was until his insulting remark about US veterans, referring to us "suckers and losers."

Marines from 1968 to 1970. I am proud to have served our country.

The freedom that we all have goes back to our beginning. Veterans don't need to be insulted for our service. A lot of people gave so much for the freedom we have.

Anyone who says we are "suckers and losers" should be run out of the United States. Trump will not get my vote, and any veteran who votes for him must be out of their mind.

Rex Elliott
Lexington

Trump still has a cozy relationship with Saudi Arabia and Russia when it comes to buyers for his properties...

Column Rambles

Dear Editor,

I see the Trump propaganda machine is running at full speed in ruby red Florence and Lauderdale county, as your commentary in the February 28 issue of the *Courier-Journal* (*Day of Retaliation is Understandable*) demonstrates.

The recent court decision in New York found former president Don Trump to be guilty for financial crimes involving more than just "Merry Lardo" as you imply in the first paragraph of your commentary. In the final sentence of that first paragraph you say "The crime? A

See **LETTERS...** on Page 27

Notes...

Continued from page 11

military aviation who served in the Army Air Corps as an experimental program during World War II.

Lisa Taylor, executive director of the National WASP WWII Museum in Sweetwater, TX, will recount how the Women Airforce Service Pilots (WASP) volunteered for this thrilling

and historically important opportunity to fly the leading edge, technologically advanced aircraft of the time, during her presentation on Wednesday, March 13, at the Florence-Lauderdale Public Library. The 5pm presentation is a free event and is open to the public.

The Tuscumbia Kiwanis Club's Annual Pancake Day is on Friday and Saturday, March 15-16 at the Multipurpose Center on North Commons, near Deshler Middle School. All proceeds from Pancake Day goes to the local charities that Kiwanis supports.

Hours are 6am-1pm on Friday and 7-10am on Saturday. Advance tickets are available for \$8 from club members, the Helen Keller Public Library, and Fiddledee D Gift Shop. Tickets at the door will be \$10.

Computer and Technology Classes - Month of March, 2024
Florence Lauderdale Public Library- Microsoft Office Series

Microsoft Word Basics - Users will become familiar with page layout, font, copy, paste, insert, and saving documents in an orderly manner. Thursday, March 7, 10:30am-12pm

Microsoft PowerPoint Basics - Users will learn to create visually appealing presentations by editing slides and inserting images. Thursday, March 14, 10:30am-12pm

Microsoft Excel Part 1 - Users will advance their knowledge of spreadsheets and their functions. They will learn the purpose for creating such a document and how it may be helpful in the organization of textual lists or numerical data. Thursday, March 21 10:30am-12pm

Microsoft Excel Part 2 - This course will focus on Excel's functions and formulas. Formatting options and the process for inserting charts and graphs will be explained. Thursday, March 28, 10:30am-12pm

All classes are FREE. Registration is required due to limited seating. Please call 256-764-6564 ext. 127 or email classes@flpl.org to sign up.

Free Digital Literacy Course- February 29 - March 22, 4-8pm, Thursdays & Fridays at Northwest Shoals Community College building 127, room 113.

In this 4-week course, you will gain basic computer skills, Microsoft, suite skills, social media, tips, tricks, and more! Drawing for gift cards at each class and free Chrome Books at the end of the course for qualified participants!

For more information and to register, contact Heather Morgan at 256-331-8109 or Heather.Morgan@NWSCC.edu

Northwest RC&D Council invites you to attend its upcoming "Quarterly Council & Outreach meeting, Thursday March 14 - Registration: 9:30am Meeting: 10am

Lauderdale County Board of Education at 355 Co Rd 61 in Florence, just off of Florence Blvd.

Please let us know to expect your presence by Friday, March 8. 256-383-1446 or vking@nwalrcd.org

Florence Camerata presents, Singing Into Spring, a musical exploration of Broadway, show tunes, sentimental love songs and poetry in music! The show date is Tuesday, March 19 - the first day of Spring - at 7pm at First Presbyterian Church in downtown Florence. Join us in celebrating the new season with this delightful program. Admission is free, donations are gratefully accepted!

Genealogy Classes Thursdays at 1pm in February at Florence - Lauderdale Public Library These classes are designed to aid beginners in using Genealogy resources offered through the library!

1pm Thursday, February 29: Using the Digital Archive
Email: Lee@FLPL.orgCall. (256) 764-6564, ext. 130

United Cerebral Palsy of Northwest Alabama is gearing up for its 60th Annual CP Telethon on Sunday, March 3 from 1-4pm on My 8.

UCP provides free therapy and services to children who are developmentally disabled/delayed in northwest Alabama. UCP of northwest

Medicare Minute "Annual Wellness Visit"

Medicare wants you to be as healthy as possible. Because of this, Medicare offers you the opportunity to receive many of your preventive screenings and tests at no out-of-pocket cost to you. If you are in the first 12 months of starting your Part B, these benefits are called "Welcome to Medicare" visits. If you have had Part B for more than 12 months, they're called "Wellness" visits. There are, however, a couple of rules that must be followed for you to receive these benefits at no cost.

The first thing to know is, **you only receive one "Wellness" visit per year.** If you go to a specialist, and they code your visit as a "Wellness" visit, you cannot go to your primary care physician and receive another "Wellness" visit. It is your responsibility to know how your visit is coded. If you do not want a visit to a specialist or primary care physician coded as a "Wellness" visit you must speak up.

The second, and maybe the most important, thing to know is; for a visit to be coded as a "Wellness" visit it must be for **preventive services only.** Your "Medicare and You Handbook" states; **"If your doctor or other health care provider performs additional tests or services during the same visit that aren't covered under this preventive benefit, you may have to pay coinsurance, and the Part B deductible may apply."** In other words, if you are having a medical issue and go to your doctor and discuss this issue, you probably will not be able to use your "Wellness" visit and must pay your copay or coinsurance. **"Wellness" visits are for preventive screenings and tests only!**

If you go to your primary care physician or specialist, and they "break the news" to you that a visit is not eligible to be coded as "Wellness", please be patient with your provider. It's not that they do not want to help you; it's that Medicare will not approve it.

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



Ikey Fowler



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See NOTES... page 29

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Notice is hereby given that on **04/06/2024** at **11:00am**, the following vehicles will be sold at a Dealers only auction for cash. The auction will be held at **Smitty's Wrecker Service 212 Industrial Dr. Muscle Shoals, AL 35661**. Smitty's Wrecker Service will accept proof of ownership should anyone care to submit same, Monday through Friday between the hours of 9am and 5pm until the day of auction. All vehicles will be sold **AS IS FOR PARTS ONLY! NO TITLES OFFERED!!**

YEAR/MAKE/MODEL	VIN#		
2002 Chevrolet Tahoe	1GNEC13Z52J170307	2015 Jeep Patriot	1C4NJPF9FD178213
2010 Hyundai Elantra	KMHUAD9AU112655	1992 Chevrolet S10 Pickup	1GCCS19Z8N8184269
2001 Oldsmobile Aurora	1G3GR64H814277223	2011 Honda	JH2PC4006BK400978
2007 Toyota Camry	4T1BE46KX7U614305	2004 Chevrolet Impala	2G1WF52E949294470
2016 Nissan Maxima	1N4AA6APXGC378020	1999 Lincoln Town Car	1LNHM82W8XY685072
2009 Honda Accord	2HGFA16519H532741	2009 Chevrolet Malibu	1G1ZH57B89F158710
1999 Buick Le Sabre	1G4CW52K8X4617958	2008 Chevrolet Uplander	1GNDV331X8D102409
2005 Honda Civic	1HGCM72335A015872	2012 Dodge Avenger	SCRAP
2008 Ford Explorer	1FMEU64E88UA07054	2002 Ford Expedition	1FMRU17W32LA34930
SHAMROCK CAMPER		2015 Mazda 626	JM1GJ1U5XF1205531
1998 Toyota Camry	4T1BF22K8WU056458	2007 Cadillac CTS	1G6DP577270182343
2000 Ford Taurus	1FAFP5321YA214667	2011 Chevrolet Express	1GCSGAFX4B1170549
2004 Chevrolet Monte Carlo	2G1WW12E049370702	2007 Ford Fusion	3FAHP07Z07R279274
1994 Nissan Truck	1N6SD11S4RC403538	2013 Chrysler 200	1C3CCBABXDN669471
2005 Chrysler 300	2C3JA43R95H633736	2010 Chevrolet Cobalt	1G1AF5F51A7186748
2005 Toyota Camry	4T1BE32K45025358	2009 Chevrolet Malibu	1G1ZJ577594196035
1995 Ford	1FDKE30GS68HC1929	1986 Ford F350 Pickup	2FDJF37L9GCB74961
2000 Ford Focus	1FAFP3834YW347545	2002 Mercury Grand Marquis	2MEFM74W22X627291
2001 Chevrolet Lumina	2G1WL52J311228819	2014 Toyota Camry	4T1BF1FK2EU831422
1991 Jeep Cherokee	1J4FJ28S7ML574375	2014 KIA	KNDJN2A24E7723589
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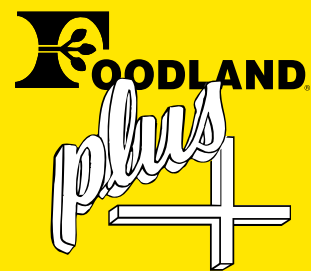


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The North Alabama Medical Center Emergency Department is staffed with nine full-time physicians dedicated to giving patients the best service in their greatest time of need.

Our physicians include (from left) Bob Flowers, MD; Steve Christian, MD; JD Snipes, MD; McRae Williams, MD, PhD; Bo Speyrer, MD; Mike Prince, MD; Medical ER Director Jeff Anderson, MD; Paul Southall, MD and Jackie Sneed, MD, MPH.



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Stressless: Tips for Calming Your Dog's Anxiety

Know your dog's enemy. Once you identify the triggers that cause your pup to stress out, they're a lot easier to avoid. Plus, you can slowly desensitize them to the source of their distress. You can also try to replace an anxious reaction with a positive association, e.g., give them a treat when something upsetting happens. Anxiety issues do not just disappear, so plan ahead for unsettling, predictable situations like fireworks or visitors to your home. There are also calming products that offer simple fixes for life's stressful moments. You can always talk about pet anxieties with your veterinarian.

Identifying Anxiety

Getting nervous now and then is normal for dogs; however, high levels of anxiousness can lead to anxiety disorders, behavioral problems and other health issues. If things like loud noises, unfamiliar experiences or other dogs upset your pup, it could be due to fear-related anxiety. If your dog gets anxious whenever they're left alone or separated from their people, this is probably separation anxiety. And with older dogs, cognitive dysfunction syndrome can lead to age-related anxiety. Of all the symptoms associated with anxiety, the most dangerous sign is aggression. If your dog becomes increasingly hostile, you should see a veterinarian because the issue could go beyond anxiety.

Signs of Anxiety

- Compulsive or Destructive Behavior
- Excessive Barking • Indoor Potty Accidents
- Pacing or Restlessness • Panting and/or Drooling

DOG CALMING AIDS

Relax. There are all sorts of stress-relieving remedies your dog can try. For example, calming supplements and treats can help temper the "freeze, fight or flight" reaction when canines get stressed. Calming vests can pacify your fur baby by applying pressure around them like a weighted blanket. Calming diffusers and sprays fill the air with safe, pet-soothing chemicals. And if necessary, talk with your veterinarian about prescription anxiety medications. Our online pharmacy can fill those.

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STRANGE but TRUE

• **Andrew Jackson's parrot** was kicked out of his funeral for swearing.

• **In 1947, The New York Times** opined that "the pizza could be as popular a snack as the hamburger if Americans only knew more about it."

• **Buzz Aldrin's mother's** maiden name was Moon.

• **When pirate Richard Worley**, captain of the New York's Revenge, captured his second ship, he named it the New York Revenge's Revenge.

• **Wisconsin is known as the Badger State** because the area's lead miners used to spend winters in tunnels burrowed into hills -- like badgers.

• **Jim Carrey** was the first actor to have three number one movies in one year.

• **The Palais Ideal in France** was built entirely of stones that a postman named Ferdinand Cheval picked up on his mail route.

• **Honey hunters in Mozambique** use special calls to recruit the services of birds known as honeyguides. The birds lead the humans to bees' nests, and in return, they get the leftover beeswax.

• **In 1964, a pre-fame 17-year-old David Bowie** was interviewed on the BBC program "Tonight" as the founder of The Society for the Prevention of Cruelty to Long-Haired Men.

• **Thomas Edison** nicknamed two of his kids Dot and Dash after the Morse code signals.

• **Army ants** that misinterpret the scent trails left by other ants will sometimes break

from the crowd and march in circles. If enough ants join them, they can form massive "death spirals."

• **John Quincy Adams** was an avid skinny-dipper who included dips in the Potomac River as a regular part of his exercise regimen.

• **Crayola** came from the words for "oily chalk."

• **The U.S. Senate's Rule XIX** states that U.S. senators cannot insult their colleagues.

First Thought for the Day: "Leaders can let you fail and yet not let you be a failure." -- Stanley McChrystal

• **A double rainbow** occurs when sunlight is reflected twice inside a raindrop. Look closely, and you'll see that the colors of the secondary rainbow appear in reverse order.

• **In an 897 A.D. event** known as the Cadaver Synod, Pope Stephen VI had the corpse of a previous pontiff, Formosus, exhumed, perched on a throne and

questioned about his "crimes," which were mostly about being on the wrong side of a political struggle.

• **Blood** makes up about 8% of your total body weight.

• **Floccinaucinihilipilification** -- one of the longest words in the English language -- is the act of estimating that something is worthless.

• **According to a Japanese study**, looking at cute animal pictures can boost your focus.

• **We hate to break it to you**, but Wendy's chocolate Frosty is actually half chocolate and half vanilla, because owner Dave Thomas thought an all-chocolate treat would be too overpowering when paired with the chain's burgers and fries.

• **At the Gettysburg reunion** in 1913, two men purchased a hatchet, walked to the site where their regiments had fought, and buried it.

• **An Oscar trophy** has a raw value of about \$600.

• **In a move that many may appreciate**, if not take the trouble to emulate, a British man changed his name to Tim Ppppppppprice to make it harder for telemarketers to pronounce.

• **A 1907 ad campaign for Kellogg's Corn Flakes** offered a free sample of cereal to any customer who would wink at their grocer.

• **The cubicle** derives its name not from its

shape, but from the Latin "cubiculum," meaning bedchamber.

• **It once took 27 hours** to create a single Peeps Marshmallow Chick. Today, it takes six minutes.

Last Thought for the Day: "Very often, a change of self is needed more than a change of scene." -- A.C. Benson

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Cat & Kids
by Cathy Turner

Strong Truth

I want to speak the truth clearly for my children's children and their children. Don't drink or do drugs - believe instead. This is what I learned from having a dad who was a raging alcoholic and a mom who drank with him for a time. When I say raging I don't mean the amount he drank. It took very little alcohol to make him drunk. I mean that drinking made him rage at night. Through the years that were my childhood, the treacherous nights, alcohol abuse and the recovery taught me several, many lessons. Here are the main truths I learned as a child.

Lesson #1: Life is scary and hard. Yes, I learned this from my parents. When Daddy was raging-cussing, fussing, fighting, throwing furniture,

throwing people - I was learning that life ain't right. My mother stopped drinking with my dad when I was in fourth grade because she was hospitalized with severe anemia. Before that she would drink and blackout. And as a small child, I would not be able to wake her up. I would think that she was dead, every time. That's a fear no child should have to face. That is innocence shattered. It is a high price the drinker pays for his or her need to escape. But once we made it through that rage, it set me up for stronger days.

Lesson #2: When your parents have problems, you know everyone has problems. This fact has implanted compassion in me. I have known all my life that life is a struggle. I have known all my life that you are struggling. And when it finally comes out, I am not surprised. And I am open to listening to you, loving you, helping you

find where true strength comes from. I learned this from rage. And truly, even though life is/was scary, I have never been a scared person.

Lesson #3: What we learned in my childhood was to keep going. Tomorrow is another day. When we heard the dishes rattling in the kitchen in the morning, it meant that we had made it through the night, and that we were in a new day. And this day could be better. Dad went to work, and sober in the days, he earned us a living. And in the days, we kids achieved in many ways, and so did Mom. We kept going. And our fortitude grew. Our constitutions got stronger. Out of the rubble of our childhood, God made us strong.

Lesson #4: Change can happen. I don't want my descendants to go through such trouble to learn to believe in themselves and to learn to believe in the power of God. I have been through the struggle for them. I just want them to listen to my words. It is the eternal power of God that you are looking for. God gave my family the opportunity to change. We learned His truth, obeyed His gospel and we became new and loved. There's no need to struggle. Just know that you are loved by your

Creator. There's no need for alcohol or escape routes. Just believe in yourself because He believes in you. Oh if I could constantly whisper in your ear, I would say, "God loves you and so do I."

Life, to me, has always been God made. Even as a child, I waited for Him. And He has walked me through it all. I don't pretend that life is good - I know it is. The only wish I have is for everyone to believe in His strength, and not just their own. His truth will make you strong.

Email comments or suggestions to CatnKids1@gmail.com

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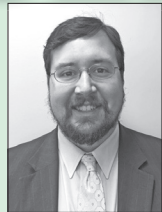
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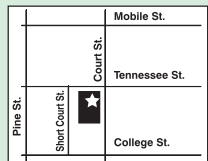
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Commentary

Gender...

Continued from Page 12

(main office). The installation was completed at 9:30am. By 9:52am, tampons were on the floor; the newly installed distribution box was ripped off the wall along with the masonry anchors, and the distribution box itself was destroyed."

Balanda said students shouldn't resort to vandalism when they "don't understand something."

"Ask for more information. Use your words to start a dialogue rather than using your hands to destroy something. In this instance, if you have questions, please let me know."

"On and after September 1, 2024, each local and regional board of education shall provide free menstrual products, as defined in section 18-69e, in women's restrooms, all-gender restrooms, and at least one men's restroom, which restrooms are accessible to students in grades three to twelve, inclusive, in each school under the jurisdiction of such boards and in a manner that does not stigmatize any student seeking such products."

No third-grade boy needs menstrual products or needs to think he needs them. THAT element is criminal.

Brookfield Schools Superintendent John Barile added that the school was approaching the matter from a restorative perspective in that they are providing both education on the issue and working to remediate this issue with students."

What kind of "restorative perspective?" And what "working to remediate this issue" in what capacity? The mindless wokeness of the local school board?

I'm surprised it took 22 minutes. Hats off to the kid(s) who brought reality back into the equation and can point out that these gender fluid clowns are delusional.

Meanwhile, your tax money is providing sweet salaries and retirement packages to some really

degenerate school officials around the country.

Senate Minority Leader, Mitch McConnell, 82, announced last week that he will step down from his position in November of this year.

He will have been the longest-serving Senate leader in US history. He helped in the passage of major tax cuts in 2017, led the way in confirming supposed conservatives to the Supreme Court, defeated the attempts at vague and unenforceable c a m p a i g n - f i n a n c e measures.

McConnell also had a number of public freezes in the past year and his very moderate, fence riding positions on the budget, illegal immigration, corporate contributions, and war funding have been a concern.

"One of life's most underappreciated talents is to know when it's time to move on to life's next chapter," McConnell said in a prepared statement. "So, I stand before you today ... to say that this will be my last term as Republican leader of the Senate."

McConnell was only a year or two late in his realization.

The news information and press releases we receive,

occasionally include people who want to be referenced with specific individual pronouns rather than the traditional "he" or "she."

This is a relatively recent phenomenon and so far, encompasses

those in the arts. People who identify as male or female generally use "he" or "she."

People who consider themselves nonbinary may prefer they/them pronouns.

I am told that the non-gendered pronouns of "they/them" make sense for someone who does not identify as strictly male or female. Those who consider themselves gender diverse or expansive, bigender, trans, nonbinary, or gender non-conforming may use a variety of pronouns, including "they/them" which they consider "singular gender neutral."

Other possible discussions on the topic aside, as a traditional news publication we are concerned with the proper usage of the terms. "They/them" indicates a plurality; two or more and has for many centuries.

Those reading about an individual and seeing the word "they" would naturally assume that there is someone else referenced in the article that they apparently missed.

Therefore, any incorrect pronoun usage in the release that we catch will either be corrected or will be avoided altogether.

We can dictate a lot and have a significant amount of control and freedom over our lives. However, with singular and plural pronouns established over the centuries, making such an exception is not grammatically correct and is simply not worth the confusion.

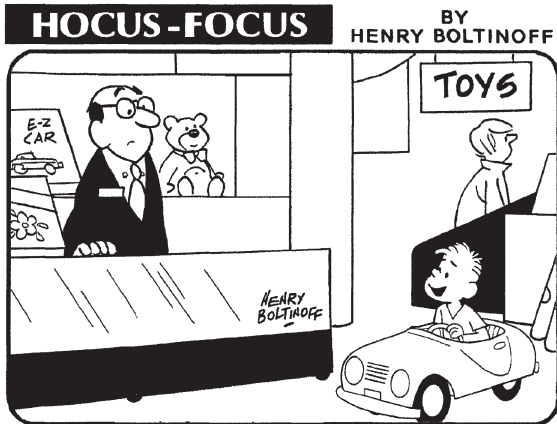
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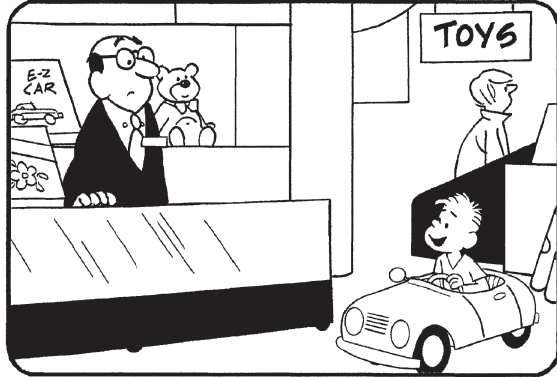
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Pancakes

Continued from Page 12

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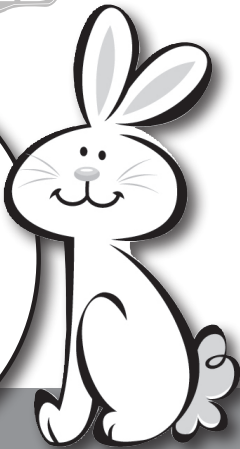
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Over the past several years, distracted driving has been one of the leading causes of car accidents throughout the United States.

Using a phone while driving is the most prevalent distracted driving activity that motorists engage in, but there are also other ways in which drivers are distracted such as eating or drinking, grooming themselves, and using entertainment systems.

If you are texting and driving down the highway at 55 mph, that's like traveling the length of a football field with your eyes closed. You can only drive safely when your full attention is on the road. Any activity that isn't related to driving is a potential distraction and increases your risk of a collision.

Distracted driving accidents are always preventable. Driving can become mundane at times, but it's important to distract yourself safely so that no one gets hurt. For example, listening to podcasts or music so that your primary focus is on driving.

If you are a parent, it is critical that you avoid distracted driving at all times, but especially in front of your children. Children will pick up on your actions much quicker than your words.

It's important to practice safe habits behind the wheel. You want to make sure that your passengers know how serious you are about driving without distractions. One of the most effective ways to lead is through example. Be a good example for your friends and family by avoiding driving while you're distracted.

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

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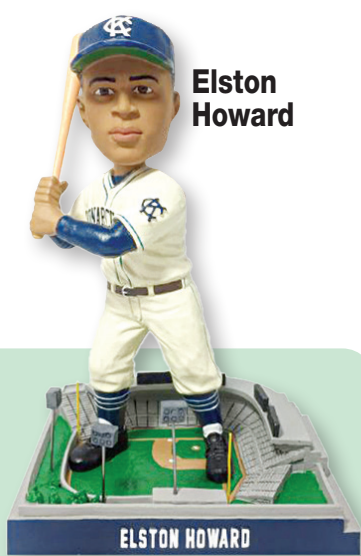
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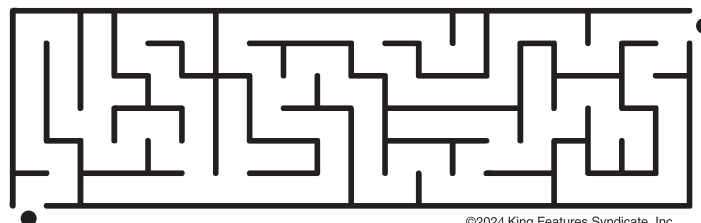
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Kids' Maze



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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. Personal conviction | B | _____ | Freedom from pain | R | _____ |
| 2. Pirate's board | L | _____ | Practical joke | R | _____ |
| 3. Semi or pickup | U | _____ | Runner's pathway | A | _____ |
| 4. Stagger | O | _____ | Space telescope | U | _____ |
| 5. Thirst quencher | T | _____ | Hem and haw | V | _____ |
| 6. Sluggish | L | _____ | Light rain | H | _____ |
| 7. Eden fruit | P | _____ | Plenty | M | _____ |
| 8. Dormant | T | _____ | Bemoan | M | _____ |
| 9. Singer Shelton | K | _____ | Razor, e.g. | D | _____ |
| 10. Ice cream spoon | C | _____ | Meddle | N | _____ |

WORD LADDERS

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

BLAME

FLUTE

Puzzle Whirl

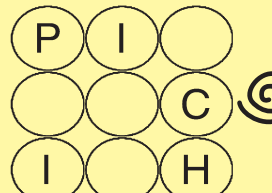
MINI SUDOKU

1			3	2
			4	1
2	4			
	6			
		4		
	3		2	

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

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WORD 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

Letters...

Column Rambles

Continued from Page 12

supposed excessive valuation of his Mar-a-Lago property in Florida." However, outside the former presidents spin machine was alive and well here.

First, the former president was found guilty of financial crimes that Trump, three of his adult children and the Trump Organization, of lying for a decade and inflating values of properties to secure more favorable loans and then reducing the values of his properties for tax assessment.

As far as his Mar-a-Lago assessment Trump valued that Florida property at \$612.1 million dollars while an assessor said its market value was no more than \$27.6 million. The Judge also, in his decision, wrote "He [Trump] also seems to imply that the numbers cannot be inflated because he could find a 'buyer from Saudi Arabia' to pay any price he suggests". Seems that Trump still has a cozy relationship with Saudi Arabia and Russia when it comes to buyers for his properties, and the court, correctly threw that Trump line of B/S out the window.

Trump was found guilty of fraud for inflating and deflating property values

for all of his properties when it help Trump secure more favorable loans or stay on the Forbes Magazine List of Wealthiest People in America, and the guilty verdict involved all of his properties not as you would have us believe "A supposed excessive valuation of his Mar-a-Lago property in Florida". Trump also claimed that he "was denied a jury trial", but that was his own fault because his attorneys failed to request a jury trial, not that the judge refused a jury... truth hurts for the MAGA crowd.

Your column continued to ramble about how Trump was wronged and is a victim of a court out to get him. Trump is lucky that his MAGA base, which is losing followers daily, is gullible and willing to swallow every lie that Trump feeds them. In contrast to MAGA voters, people that are well informed and vote for responsible candidates that will look out for their well being, unlike MAGA candidates that are only interested in power and money.

So when you really look at the crimes Trump was found guilty of it was far more than just a little slip on the value of *Merry Lardohhh*.

Larry J. Smith
Florence

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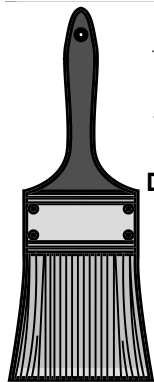
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Building on Tradition or Truth

Altering history and truth to prove tradition really voids all three. Many religionists have deceived billions with that practice. Most folks treat truth, because it berates humans in general, with disgust. People like to think they deserve God's best, when God says they deserve the worst. Correcting God and the truth are religions favorite pastime. Churches today are traditionally and financially minded. The Bible says: **Matthew 15:3** "But he (JESUS) answered and said unto them, Why do ye also transgress the commandment of God by your tradition?" **2 Thessalonians 2:15** "Therefore, brethren, stand fast, and hold the traditions which ye have been taught, whether by word, or our epistle." Does your tradition come by word or epistle? I trow not. I find them not in the book! MAN has continuously replaced and exchanged the truth with changing traditions and new books.

Jesus said: **John 14:6** "Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me." **John 8:32** "And ye shall know the truth, and the truth shall make you free." **John 8:36** "If the Son therefore shall make you free, ye shall be free indeed." Now, if you were free, you wouldn't be so worried about dying. A life built on tradition causes worry, doubt and uncertainty and confusion. A life built on truth promotes peace, joy, happiness, security and comfort and contentment. Now, honestly, where are you? Who controls your eternal future, God or you and your church? When you die, your eternity meets you face to face. With no Saviour, all ahead for you is bad. If you can still breathe, call on Christ today and ask Him to forgive you bring you to God. He'll do it. If you are not sure and are worried, trust Jesus to forgive and save you today. We live in a world today with few absolutes. Our world, without God is on a hopelessly dead-end street. The truth will open your eyes and save your soul. Believe on Christ today. Jesus said: **John 6:37** "All that the Father giveth me shall come to me; and him that cometh to me I will in no wise cast out."

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Savvy
SENIOR

Who Should Be Screened for Lung Cancer?

Dear Savvy Senior,

Who should be screened for lung cancer and how it's covered by Medicare? I used to smoke but quit many years ago and am wondering if I need to be tested.

Just Turned 65

Dear Just Turned,

Even if you haven't touched a cigarette in decades, you could still be due for an annual lung cancer screening, based on new recommendations from the American Cancer Society (ACS).

The new guidelines state that adults ages 50 to 80 who currently smoke or used to smoke the equivalent of one pack a day for 20 years should get an annual low-dose computed tomography scan (also called a CT scan), no matter how long ago you quit.

ACS guidelines previously said that those who quit 15 or more years ago were in the clear. But new studies have shown that expanding screening eligibility saves lives, even among people who quit smoking years earlier.

Early Detection Saves Lives

Lung cancer is the deadliest cancer in the United States. According to the American Cancer Society, an estimated 234,580 new cases are expected to be diagnosed in 2024, and about 125,070 Americans will die from the disease.

While lung cancer can occur in anyone at any age, cigarette smoking is the top risk factor and is linked to about 80 to 90 percent of lung cancer deaths, and most people diagnosed with the disease are age 65 or older.

What makes lung cancer especially tricky is that it's often symptomless until it's at an advanced stage, when it's harder to treat. Early detection can lead to a 20 to 25 percent improvement in survival rates, resulting in fewer deaths from lung cancer.

But a 2022 report from the American Lung Association found that only 5.8 percent of people eligible for lung cancer screening in the U.S. get screened, and the screening rate is as low as 1 percent in some states.

Screening & Coverage

If you fall into the population eligible for a lung cancer screening, start by speaking with your doctor, even if it's been a long time since you smoked.

Medicare Part B will cover lung cancer screenings with a low-dose CT scan once a year for people ages 50 to 77 who are current smokers or quit in the last 15 years and have a 20-pack-year history. Patients must have an order from their doctor or health care provider and should not have symptoms of lung cancer.

A low-dose CT scan is a noninvasive test where you lie down and hold your breath while being moved through a doughnut-shaped X-ray machine. The scan takes several X-ray images of the lungs and can help to identify possible abnormalities in the lung tissue.

There are some potential risks with this screening, including the possibility of false positives, which can lead to more scans or invasive procedures. According to the American Lung Association about 12 to 14 percent of lung cancer screening scans will have a false positive, which is about the same rate as with mammograms.

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.



Exposure... Continued from Page 12

Florida native received a BS in Photography from UCF in 2012 and an MFA in Studio Art from Florida State in 2015. Browning's work has been shown nationally and is included in several permanent collections.

Kaitlyn MacGrady is a therapeutic photographer. Her exhibit "Beyond the Frame: Emotions, Minds, and Politics Unveiled" is an immersive photography exhibit that delves into the intricate interplay of emotions, mental illness, and political viewpoints.

Michael Parker graduated from the Art Institute of Atlanta in 1998 where he began specializing in architectural photography. Over 25 years, he has travelled to more than 45 countries building an archive of iconic images. The dedicated urbanist and

Shoals cycling advocate believes that Tusculumbia and Sheffield are the best cycling cities in Alabama. His bicycle-centric exhibition "Rounds of Wanting" features all of the treasures he has captured on camera from the US, Europe, and Iceland.

Jason Rice is an astrophotographer based in Birmingham. He has long marveled at the universe through his interest in astronomy, ignited through attending the famous Space Camp in Huntsville as a teen. The accomplished musician recently discovered photography, specifically astrophotography, as a passion in early 2023. Through wide-field astrophotography, Jason is driven to explore the beauty of the universe, with Milky Way nightscapes as his central focus.

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- Household Items, old bottles • Tools Shelving AND MORE

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Community Notes...

Continued from page 13

Alabama currently serves approximately 60 children who have various delays or disabilities including cerebral palsy, autism, Down syndrome, cleft palate, spina bifida, etc. UCP can also provide funding to families developmentally disabled children also need sitters. UCP provides preschool services through its WeeCare preschool to children of all abilities. Florence High School produces the CP Telethon each year.
All of the money raised on March 3 will stay right here in northwest Alabama to help local children and their families. We hope you'll tune in and help!

Knox Media Group, Inc. and WKAX 1500 AM present Gospel Explosion, a free gospel concert scheduled for 5pm Sunday, March 3 at Galilee M.B. Church, 23001 County Rd. 14 (Waterloo Rd.) in Florence.
This free concert promises to be a soul-stirring experience, featuring talented artists and uplifting performances, including Tyeshia Rowlett, The Gray Sisters, Megan Humphrey, Randy Gaines, Deja King White, and Gospel Comedy with Juanica Baugh. Everyone is welcome. Show at 5pm, Doors open at 4pm.

MSAA Chapter of Delta Theta Sorority Inc., is accepting Scholarship applications for high school African American Seniors with a 3.00 GPA or higher in Lauderdale, Colbert and Franklin county. Apply at <https://forms.gle/JT26HkXQTZH7EVtQ8> until March 31.
MSAA Chapter of Delta Theta Sorority Inc., is hosting an essay contest.
The essay must be 250-300 words on the topic: "African American Women are Changing the Face of History." The essay must be received by March 31.
Essay can be submitted at <https://forms.gle/ysVojf1Ht3zZmz6eX9>. Prizes will be awarded in May. Contest is open to all high school students in Lauderdale, Colbert, and Franklin county.

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.
The Florence Kiwanis will host its 72nd Annual Pancake Day event on Friday, March 8 (6am-7pm) and Saturday, March 9 (6am-1pm) at the Florence-Lauderdale Coliseum. Tickets are available now through any Kiwanis member or can also be purchased at the following locations: First Southern Bank (201 S Court St, Florence); Harris Elder Law Office (421-B E. Tennessee St, Florence); United Community Bank (230 E. Tennessee

St, Florence); or Alabama Central Credit Union (501 E. Dr. Hicks Blvd, Florence). Tickets are \$9 in advance (\$6 for children less than 12), \$11 at the door, and \$8 each in bundles of 10 or more.
Misfit Quilters - March 10 • 1-4:30pm
Come join all the fun! All Quilters, crafters, scrapbookers, knitting, crocheting, etc. welcome. No charge to be a participant. Bring your project to work on. This is a monthly group (the 2nd Sunday of each month) Florence-Lauderdale Public Library.

The 26th Annual Shoals-Area Special Olympics Charity Golf Tournament is accepting players and sponsors. Join us on April 22 at Turtle Point Yacht and Country Club! We're seeking players and sponsors to support this wonderful cause. Tee off for a day of fun and philanthropy. Sign up now and make a difference on the green! Contact Marla at 256-710-0232 for details or learn more and register online at martinsupply.com/golf.
(Un)Settled: The Landscape in American Art is a collaborative exhibition that explores the rich, complicated, and evolving topic of the American landscape, from its origins in

See NOTES... page 30



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Community Notes...

Continued from page 29

19th-century painting to the present. The Montgomery Museum of Fine Arts is the first of the four contributing American South Consortium institutions to open the exhibition to the public, running Now–April 14. The multi-disciplinary show brings together 43 works of art that foreground multiple historic and cultural perspectives on landscape as a hallmark of national identity. The other three institutions comprising The American South Consortium that will also display this year include: The Wadsworth Atheneum Museum of Art in Hartford, CT, the Columbia Museum of Art in Columbia, SC, and the Mobile Museum of Art in Mobile, AL. "Alabamians have always had an unmistakable relationship with the land and incredible landscapes," said Al Head, Interim Director of the Montgomery Museum of Fine Arts. "Recognizing an opportunity to spotlight this long-standing love of the land, the MMFA is very pleased and proud to be part of the (Un)Settled: The Landscape of American Art exhibition. The Board and staff trust our viewers will identify with the artwork and find it to be an engaging trip through time and space." (Un)Settled is arranged in sections that present historic artworks in context with modern and contemporary examples. To tell a more comprehensive history, the curatorial selection

includes the voices of Native American communities, women, and artists of color. The curatorial selections also challenge the canonical narrative of American history and identity through landscape by including material culture and works by underrepresented artists. The Montgomery Museum of Fine Arts is located at One Museum Drive in Montgomery, AL.

Lifeguard Certification Classes
 The Sheffield Parks and Recreation, 2901 19th Ave., will offer Lifeguard Certification Classes this Spring. Class 1: March 11-12, March 14-16; Class 2: April 15-16, April 18-20; Class 3: June 3-4. Cost is \$230 for full certification and re-certification in \$130. Call 256-386-5615 for information or come to the Rec to sign up. Classes are limited to 10 people.

12th annual Run The Rolling Hills Trail Race in Campbellsville, TN.
 10K, 5K & Kids 1 Mile on Saturday, April 27 at 8:30am at 10601 Campbellsville Road (HWY 166), Pulaski, TN
 Day of Race Registration starts at 7:30am. Kids 1 Mile starts at 8:30am. 10K/5K starts at 9am
 Online Registration: www.raceentry.com/races/run-the-rolling-hills/2024/register
 Website: runtherollinghills5k.wordpress.com/

Jacksonburg Church of Christ, 414 Lauderdale 28, Florence, will observe Homecoming with Ben Hayes and Travis Creasy on Sunday, May 5. Bible study begins at 9am. Travis Creasy will speak at 9:45am, followed by a fellowship meal in the annex. Ben Hayes will speak at the 1:30pm service.

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

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

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.

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2003 BUICK CENTURY	2G4WS52J131156897	1997 FORD F-150	1FTDX176XVND44524	2003 BUICK CENTURY	2G4WS52J131156897
2015 CADILLAC SRX	3GYFNAE37FS611871	2011 FORD FUSION	3FAHP0JA3BR249696	2015 CADILLAC SRX	3GYFNAE37FS611871
2011 CHEVROLET CAMARO	2G1FK3DJ4B9190573	1997 HONDA ACCORD	JHMCD5632VC006421	2011 CHEVROLET CAMARO	2G1FK3DJ4B9190573
2010 CHEVROLET COBALT	1G1AD5F54A7182909	1996 HONDA 300 FORETRAX	478TE1406LA207319	2010 CHEVROLET COBALT	1G1AD5F54A7182909
2010 CHEVROLET IMPALA	2G1WC5EM3A1199148	2008 HYUNDAI ACCENT	KMHCN46C38U229280	2010 CHEVROLET IMPALA	2G1WC5EM3A1199148
2011 CHEVROLET IMPALA	2G1WG5EKXB1221957	2006 HYUNDAI SANTA FE	KM8SC13D16U103848	2011 CHEVROLET IMPALA	2G1WG5EKXB1221957
2004 CHEVROLET CAVALIER	1G1JH52F247162018	2002 HYUNDAI SONATA	KMHWF35H82A612156	2004 CHEVROLET CAVALIER	1G1JH52F247162018
2002 CHEVROLET CAVALIER	1G1JS124127347361	2001 JAGUAR S-TYPE	SAJDA01N91FM13138	2002 CHEVROLET CAVALIER	1G1JS124127347361
1995 CHEVROLET BLAZER	1GNCS13W9SK201620	2012 JEEP LIBERTY	1C4PJLAK3CW168746	1995 CHEVROLET BLAZER	1GNCS13W9SK201620
1997 CHEVROLET C/K 1500	2GCEK19ROV1267061	2000 JEEP GRAND CHEROKEE	1J4G248S4YC144872	1997 CHEVROLET C/K 1500	2GCEK19ROV1267061
2012 CHRYSLER 300	2C3CCAPT0CH290657	2006 JEEP LIBERTY	1J4GL48K66W143067	2012 CHRYSLER 300	2C3CCAPT0CH290657
1999 CHRYSLER 300M	2C3HE66G2XH838147	2005 JEEP GRAND CHEROKEE	1J4GS48X5C634051	1999 CHRYSLER 300M	2C3HE66G2XH838147
2014 CHRYSLER TOWN & COUNTRY	2C4RC1CG4ER224916	2010 JEEP PATRIOT	1J4ANT2GB2AD570490	2014 CHRYSLER TOWN & COUNTRY	2C4RC1CG4ER224916
1998 DODGE RAM PICKUP	3B7HC12Y6W6123311	2020 KIA FORTE	3KPP24AD1LE207523	1998 DODGE RAM PICKUP	3B7HC12Y6W6123311
2015 DODGE DART	1C3CDFAA4FD392191	2005 NISSAN ALTIMA	1N4AL11D55N420033	2015 DODGE DART	1C3CDFAA4FD392191
2005 FORD ESCAPE	1FMYU93125KA73135	2006 NISSAN ALTIMA	1N4BU31D9SC195409	2005 FORD ESCAPE	1FMYU93125KA73135
2011 FORD CROWN VIC	2FABP7BV7BX176544	1995 NISSAN ALTIMA	5N1ED28T11C515735	2011 FORD CROWN VIC	2FABP7BV7BX176544
1997 FORD CROWN VIC	2FALP74W1VX194472	2001 NISSAN XTERRA	JN8AZ1MU6BW058454	1997 FORD CROWN VIC	2FALP74W1VX194472
2007 FORD FOCUS	1FAHP37N27W283838	2011 NISSAN MURANO	1GHDX03E0WD104584	2007 FORD FOCUS	1FAHP37N27W283838
2005 FORD ESCAPE	1FMCU03125KA69057	1998 OLDSMOBILE SILHOUETTE	4T1SK12E6PU295380	2005 FORD ESCAPE	1FMCU03125KA69057
2003 FORD EXPEDITION	1FMRU17W73LC14641	1993 TOYOTA CAMRY	5YFB4MDE0RP104792	2003 FORD EXPEDITION	1FMRU17W73LC14641
2000 FORD EXPLORER	1FMZU62X9YUB80670	2024 TOYOTA COROLLA	JYAVM01EX8A121981	2000 FORD EXPLORER	1FMZU62X9YUB80670
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Even Exchange answers

1. Belief, Relief
2. Plank, Prank
3. Truck, Track
4. Hobble, Hubble
5. Water, Waver
6. Slower, Shower
7. Apple, Ample
8. Latent, Lament
9. Blake, Blade
10. Scoop, Snoop

Kids' Maze Solution

WORD LADDER
 Answer
BLAME, BLARE, FLARE, FLAKE, FLUKE, FLUTE

Word Spiral
 Answer
HAIRPIECE

MINI SUDOKU
 Answer

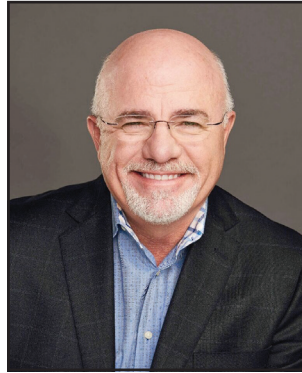
1	4	6	5	3	2
5	3	2	6	4	1
2	1	4	3	6	5
3	6	5	2	1	4
6	2	1	4	5	3
4	5	3	1	2	6

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Dear Dave,
 My wife and I have been married for nine months, and we've been following your Baby Steps plan for three months. We have about \$50,000 in debt, and I recently cashed out an old whole life policy that enabled us to pay off \$22,000 of our debt. My wife still feels weird about us doing that, since the money paid off all the student loan debt she accumulated before we got married but none of the debt I brought to the marriage. I look at everything as ours, not mine and hers. What can I do about her sense of guilt and feeling indebted to me?
 Anonymous

Dear Anonymous,
 This isn't an uncommon thing in situations like yours. But more than feeling indebted to someone or experiencing a sense of guilt or shame, it's really a discussion about differing views of marriage. You're never in debt to your spouse. You should be all in where your husband or wife is concerned. Remember the vows? For richer, for poorer. In sickness and in health. If she makes you chicken soup when you're sick, does she charge you for it? Of course not. When you get married, you agree to take on each other's burdens. Once you walk down the aisle with someone, you're choosing to serve each other. You're also choosing to take on each other's debt, income, assets and each other's crazy parents. Everything!
 It all boils down to having a shared view of a proper marriage relationship. And the proper (and biblical) view is we own everything. There's no *mine* and *yours* anymore. Now, you can't *make* her feel—or not feel—a certain way. But you can ask her questions to understand where she's coming from and what blockers are keeping her from being totally together in this. Talk about it. Put your heads together and practice thinking about your marriage as a union.
 It will take some encouragement from you and some getting used to on her part, but if you work together, it's a muscle you can grow and develop together!
 —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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