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SRDs Clear Aligner Day

FLORENCE-Singing River Dentistry, at 2461 Helton Dr. in Florence, is hosting Clear Aligner Day on Friday, March 15. The usual \$125 consultation fee is being

waived and prices for all Reveal Clear Aligners will be reduced by 20%.

Clear aligners can correct dental issues such as crowding, spacing, and bite problems. They are also far less invasive and less expensive than corrective surgeries.

The Singing River promotion includes a free For information about advertising in premium positions like this, please call 256-740-470 digital scan, retainers, and free whitening toothpaste. Financing is available, so call 256-767-7141 for more information.

Volume 140 Number 21

March 13, 2024

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Increase in All NWSCC Areas Takes Enrollment to Over 4.300

MUSCLE SHOALS -- Northwest Shoals Community College recently announced a notable 11% increase in enrollment for the Spring 2024 semester, as total enrollment reached 4,302 students. These numbers are up from 3,882 students in the Spring of 2023.

See SURGE... on Page 7

USPS Circulation Verification Available member oger Fuller n action during last ear's Pancake Day.

Leap Babies at NAMC

Anniversary with Boyd



Boyd

The Muscle Shoals Area Alumnae Chapter of Delta Sigma Theta Sorority, Inc. will celebrate its 58th year and the 111th founding

FLORENCE-

anniversary by hosting its

See SHORTs... on Page 2



Karson Scott Bailey was the first leap day baby born at NAMC in 2024. The proud parents are Haley Scott and Joseph Bailey of Mount Hope.

FLORENCE - The Labor and Delivery staff at North Alabama Medical Center had a busy day on Thursday, February 29 with the most babies born on any Leap Day since 1980 at the facility.

Karson Scott Bailey was the first to be born at NAMC on the special day that comes once every four years. He weighed 7 pounds and 6 ounces and was an even 20 inches in length. Dr. Brent Hurd conducted the delivery at 7:45am to deliver Karson to the proud parents, Haley Scott, and Joseph Bailey of Mount Hope.

"We are completely over the moon," said Scott. "He is absolutely

See BABIES... on Page 6

Kiwanians w/ Hot Pancakes in Tuscumbia

TUSCUMBIA-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.

Pancake Day 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.

See TUSCUMBIA PANCAKES... Pg. 3

INSIDE this Issue



Advance Auto Sales

- Medicare Minute
- Ask the Attorney
- Easter Coloring
- Taste of Sheffield Puzzle Whirly
- On Your Debt
- Vocabulary **Parade**
- Dave Ramsey
- Computer Skeptic



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Shorts...

Anniversary with Boyd

Continued from Page 1

Founders Day Luncheon Celebration at 11:30am on Saturday, March 23 at the Marriott **Shoals Conference** Center in Florence. The guest speaker is Dr. Gwendolyn Boyd, the organization's 22nd National President. The theme for this year's event is, "Looking Back on our Heritage with Pride: Moving Forward with Fortitude.

On this special occasion, the members honor the wisdom, courage, and tenacity of their Founders. These include 22 dynamic women who dared to dream and in 1913, on the campus of Howard University laid the foundation for the organization that continues to uplift. empower, and inspire. The event on March 23 will help reinforce the commitment to sisterhood, scholarship, service, and social action, carrying forward the legacy and passion of those original trailblazers.

Rabbits \$

The Muscle Shoals area chapter was chartered on March 12, 1966, with the goal of impacting the lives in empowering communities in Colbert and Lauderdale Counties, while enhancing cultural, economic, educational, political, and social development.

Tickets are available from any Delta Sigma Theta member or online at www.dstshoals.org.

WWII Pilots Were Female

FLORENCE-In 1942, just a few months after the attack on Pearl Harbor, it was apparent



Taylor

ranking military leaders that there were not enough trained male pilots available to deliver newly built

trainer aircraft to flight schools in the South.

Twenty-eight experienced civilian women pilots volunteered to take those ferrying jobs. They formed the country's first female squadron in late summer 1942. They were pioneers in military aviation who served in the Army Air Corps as an experimental program during World War II.

Lisa Taylor is executive director of the National WASP WWII Museum in Sweetwater, Texas. She 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.

WASP volunteer pilots flew every aircraft in the inventory and proved military aircraft do not care what gender is behind the controls.

During her tenure at the National WASP WWII Museum, a role Taylor accepted in 2019, she has led and completed an expansion initiative at the museum that

has doubled campus facilities, expanded exhibits, and established school-age programs. Visit the museum's website at waspmuseum.

New VOCAL Alabama ED

MONTGOMERY-The VOCAL Board of Directors for Alabama recently announced that Wanda Miller has been selected as the organization's new executive director.

Miller has extensive experience as an advocate for crime victims. Her efforts have been focused on legislative concerns, law enforcement training, public awareness. and the establishment of programs to benefit crime victims across Alabama. She recently retired from the Jefferson County Sheriff's Office as the Supervisor of the Victim Assistance Unit in the **Criminal Investigations** Unit.

"At a time when victim advocacy has been subjected to inexplicable vilification by our state media, the families that we serve need our leadership and reassurance more than ever," remarked C.J. Robinson, Chairman of the Board of Directors. "Wanda is well-prepared to expand VOCAL's reach and influence across our great state."

Miller succeeds longtime VOCAL Director, Janette Grantham.

Miriam Shehane, VOCAL's founder, added, "I am so pleased that Wanda is carrying the torch forward for VOCAL. I thank God that the work we began over four decades ago to help victims of crime will continue under the direction of such an able and dedicated person.

Miller's tenure as executive director begins this month.

'VOCAL is so special, and the only entity of its kind in Alabama. I feel a great sense of duty and responsibility to carry on Miriam's legacy, to build on our strong foundation while expanding our reach and strengthening our partnerships across the state," Miller said. "It is an exciting time for our organization.

More SHORTs...on Page 5





Fillet

Wings

Tuscumbia Pancakes

Continued from Page 1

"This is our big fund-raising event for the year, and it's also a fun event for club members and members of our community," said Club Treasurer, David Fleming. Kiwanis Clubs focus on helping children, and 100% of what we make on Pancake Day goes to the charities that we support," added Kiwanis member, Roger Fuller.

Members also participate in hands-on activities, such as helping build beds for Sleep In Heavenly Peace, a local charity that provides beds to children in need.

"There are a lot of local charities doing important work", said member Sue Pilkilton. "The community's support of Pancake Day allows us to help them with funding."

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FLORENCE: GARAGE SALE 113 Lancaster Rd 3/15 and 3/16 7am-Noon

> The American Legion -Florence Post #11 318 S. COURT STREET 256-764-5122 BENEFIT YARD SALE

Fri., Apr. 19, Sat., Apr. 20, 7:00 a.m. until 1:00 p.m. Donations accepted each MON. WED. & FRI. Leading up to the Sale Days. Most items are \$1- Thanks for supporting our Local Veterans

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

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

WE MUST receive your ad by Friday prior to the Wednesday release date. (8 days before a Saturday sale)

ESTATE SALE 188 Kenwood Drive Muscle Shoals, AL 35661

Fri., March 15th 9am-3pm (Numbers given out at 8:30am) Sat., March 16th 9am-2pm (Numbers given out at 8:30am) Sun., March 17th 1pm-3pm

Two Story Home on Wilson Lake features an extensive art collection including paints, block prints, serigraphs and more! 2015 Toyota Rav-4, Oriental Rugs, Leather Sofa & Chairs, Thomasville Bedroom Set, Wrought Iron Patio Furniture, Wicker Patio Set, Quilts, Jewelry, Bose Radio CD Player, Washer/Dryer, House and Garage Full!.

Directions: Take River Road to Lime Kiln Roan, turn left at the Shell Gas Station. Turn left onto Hunter Road and go past the entrance to Robert Trent Jones Golf Course. Stay on Hunter Road and turn right on Kenwood

*Parking is limited. Please do not block driveways and mailboxes.

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YORKIE PUPPIES, four boys, born Jan 27th, will be ready on March 9th; Also three boys and one girl, born Feb. 16th, ready March 29th, CKC Registered, wormer & shots up to date, \$1,000, Call 205-269-0883 or 205-269-1889.

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ESTATE SALE

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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@courieriournal.net

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.

Jacksonburg Church of Christ will conduct a Spring Series at 7pm on Wednesdays in March and April. Schedule: 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 we:come.

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

LifeSouth Bloodmobile Dates: Tuesday, March 12 Covenant Christian School, 8am - 3:30 pm

See NOTES... page 29

LIQUIDATION AUCTION

Manuel's Merchandise Thrifty Yard Sale

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World Turning, the acclaimed Fleetwood Mac tribute band from Nashville, will perform at the Ritz Theatre in Sheffield Friday, March 15 at 7pm. Since 2013, World Turning has been entertaining audiences across the United States at both public and private events. The band typically performs a 2-3 hour show that features Fleetwood Mac's greatest hits, along with B-sides, early tracks, and solo efforts from Lindsey Buckingham and Stevie Nicks. More information can be found at www. worldturningband.com. Tickets are \$35 and are available at tennesseevalleyarts.org. Promotional photo

Shorts...

Continued from Page 2

MSNHA Gear **Loan to Hikers**

SHOALS-Premier outdoor recreation sites to visit in northwest Alabama are almost endless. Muscle Shoals National Heritage Area wants you to explore them more using MSNHA's backpacking loan closet.

The loan closet provides free gear rentals for organizations and organized community groups from or visiting a site within the MSNHA (Lauderdale, Colbert, Lawrence, Limestone,

Franklin or Morgan counties). MSNHA's goal is to help groups who want to experience camping or backpacking, but don't have access to gear, get outside. MSNHA will also facilitate training for renters who want to learn the basics of using provided outdoor equipment.

Prospective renters can learn more and inquire about rentals through the MSNHA website, msnha. una.edu.

Looking for a Hit and Run

TUPELO, MS. -National Park Service law enforcement rangers are asking for the public's help in locating and identifying a vehicle involved in a hit-andrun collision on Natchez Trace Parkway.

On Sunday, February 25 a dark colored 2009-2012 Buick Enclave was involved in a collision near Pharr Mounds, at milepost 286.7. The driver fled the scene without stopping. The suspected vehicle was being driven by a white male described to be late middle aged to elderly. The last known direction of the vehicle was heading northbound on Natchez Trace Parkway

See SHORTs...on Page 10

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Babies...

Continued from Page 1

perfect. NAMC has been phenomenal in all ways possible."

NAMC celebrated the occasion of these providing births by "leapfrog" hats to each new baby. "Every day is a celebration day on the labor and delivery unit at North Alabama Medical Center," shared Director of Labor and Delivery, Kendra Smith. "But it's really fun when there's a special occasion to mark a birth or we get to join in the fun by talking to mom or dad about how they'll celebrate for years to come.

Other babies born on Leap Day include Julian Ellis Fox, born to Kyle and Alicia Fox of Rogersville; Decker Lee Goad, born to Randy and Brilee Goad of Killen; Wesley Masayi David Siro, born to Wungathing Siro and Allison House of

Florence and Ruthie Nell Belue, born to Jarrod and Ivie Belue of Anderson, and more.

Alabama's North Center for Women and Children welcomes approximately babies each year. The Center, located within the hospital, offers obstetrics and gynecology care, as well as pediatrics, breast health and educational classes for new and mothers. expecting mothers. The L&D unit features two HOPE Suite rooms geared toward natural births and include a laboring tub, Bluetooth balls, a... NAMC monitoring birthing birthing swing. NAMC maintains a Level II special care nursery.

CONTACT 2-1-1

Your link to community resources



Courier Journal

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Your Courier Journal is published for total saturation, direct-mail delivery every Wednesday to 51,892 Shoals area and surrounding homes. It is Alabama's Largest Weekly-Mailed Direct, and enjoys a larger circulation than all local subscriber based newspapers combined.

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: written form to:

219 W. Tennessee St. Florence, AL 35630 or email to: editor@courierjournal.net

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 Advertisers are responsible for all content and claims in their advertising.

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Surge...

Continued from Page 1

"We are excited to see such a significant increase in enrollment for the Spring 2024 semester, stated NWSCC President Dr. Jeff Goodwin. "This growth highlights our desire to educate our community, particularly in training the skilled workforce of tomorrow. noteworthy that spring enrollment rarely surpasses the fall, making this achievement even more remarkable.

The college is pleased to observe a substantial 15.5% growth in dual enrollment, reflecting NWSCC's strong partnerships with local high schools and the desire of students to earn college credits while still in high school.

Additionally, NWSCC has experienced a nearly 7% increase in first-time freshmen, demonstrating the college's appeal to students new seeking quality higher education opportunities.

"It is a great testament to our team and partnerships to continue the increase

ALL RESIDENTS

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of first-time freshmen," said Dr. Crystal Reed, NWSCC Dean "The college Students. is working every day to meet our community and students where they are. I believe our continued growth speaks to that commitment we have for serving our community however we can.'

NWSCC

increases in students only taking online courses (21%) and key career technical courses on-campus. The largest increase was in Heating, Ventilation, and (HVAC) Conditioning which rose by 48%. Four other programs also saw increases over last spring: Accounting (78%), Welding (9.5%), Carpentry (7%),and Medical Assisting Technology (5%).



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EGAL NOTION

State of Alabama, Colbert County Notice of abandoned and unclaimed motor vehicles. Notice is hereby given that on this 15th day of March 2024, from 9am - 12pm. We will be accepting bids on the following vehicle to dealers only. Vehicle will be sold for parts only. No titles will be offered.

2003 Cadillac Escalade, white VIN#1GYEC63TX3R234579

H&H Towing 5082 Woodmont Drive, Tuscumbia, AL 35674. We will accept proof of ownership should anyone care to submit the same on the day of bids. Vehicle may be viewed on March 15, 2024 at 8am.

H&H Towing reserves the right to accept any or all bids.

Community Action of Northwest Alabama's

CERALD WILLIAMS COOPERATIVE CARDEN PROGRAM

FREE vegetable garden supplies to help qualifying local residents wishing to grow their own gardens.

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PARTICIPENTS IN THE PROGRAM MUST:

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- +MUST NOT EXCEED MONTHLY GROSS (PRIOR TO TAKE-OUT SEE BELOW)

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- +2 Person household- \$2,555
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always up for doing things their way. When it comes to keeping their teeth healthy and clean though, they need a little extra help from you. Maintain-

ing a dental care routine for your cat can protect them from gingivitis, tooth decay and tooth loss.

Brush Up At Home

Brushing cat's teeth at home might seem intimidating, but it doesn't have to make their claws come out. Make sure you have a toothbrush and toothpaste made especially for your cat in a flavor they'll like - you can find everything from poultry to seafood flavors. Brush their teeth at a time when they're feeling relaxed (maybe after a mid-afternoon nap or catnip play session). Start slow and let them take breaks. if needed, but aim to brush their teeth and gums for around 30 seconds. Rinsing isn't necessary since cat-clusive toothpastes are able to be swallowed.

Start Kittens on a Clean Tooth

If you have a kitten at home, don't count out on dental health. It's never too soon to start a teeth cleaning routine. Plus, the earlier you start brushing their teeth at home, the easier it'll be when they grow up.

While nothing can replace the benefits of at-home brushing, dental treats and chew toys (with catnip!) can be a fun way to incorporate teeth-friendly behaviors without the toothbrush.

Trust Your Vet

If your cat's teeth need a little extra TLC, your vet can provide a dental cleaning to remove plaque and polish the teeth (while under anesthesia). Your furry friend might need this procedure if they're getting older. Talk to your vet if you think it's time to schedule a teeth cleaning.

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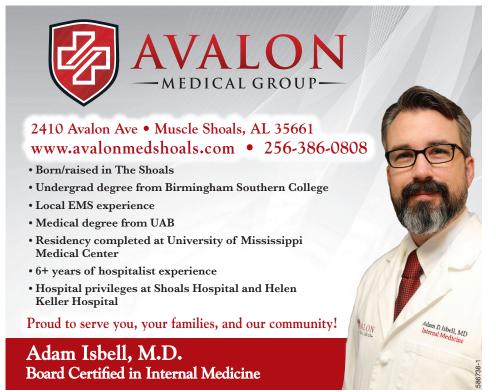
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Hourly pay is \$13-\$16 depending upon experience.
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- Taking and delivering messages
- Helping walk-in customers
 Assisting with daily workflow
 Keeping an inventory of office
- supplies and ordering new mate-rials

 •Maintaining files
 •Scheduling meetings and sending meeting invites
 - Completing various other administrative duties.

The ideal candidate for this position is highly organized, has strong attention to detail with professionalism in a fast-paced environment. Must be able to multitask, prioritize deadlines and keep information strictly confidential.

This position requires a high school degree or equivalent, at least two years of administrative experience, and proficiency with office phones, computer and software experience with MS Office programs including Excel, PowerPoint, Word and office

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The Times Daily is seeking a creative, organized journalist to plan daily cover age for and to help coordinate the production of our Lifestyle pages.

Job Description:

The Lifestyle Coordinator will be responsible for managing content for the paper's Lifestyle pages, including local stories, columns, calendar items, briefs and press releases. The job also includes the pagination of the daily editorial page, and making last-minute corrections and changes to the YourLife pages and other special sections.

Requirements:

We need an energetic, inquisitive and productive professional with excellent planning, reporting and writing skills.

The right candidate must be familiar with the Adobe InDesign program; have experience in handling Associated Press and feature service copy; have strong editing skills; and be capable of providing web updates and tweets. Ability to consistently meet established writing deadlines is a must.

The successful candidate will need a ollege degree or equivalent experience passion for journalism, a reputation fo quality and integrity, and the planning skills necessary to provide section budgets for each day of publication.

Apply:For more information call 256-740-5721

Candidates need to send cover letter, resume and writing clips to:
Gary E. Maitland,
Executive Editor
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or email:
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TimesDaily.com.

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This position requires a high school degree or equivalent, at least two years of administrative experience, and proficiency with office phones, computer and software experience with MS Office programs including Excel, PowerPoint, Word and office equipment.

A bachelor's degree is preferred.

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Threadgill Primary School



hosted a vocabulary parade Friday morning. . Students in prekindergarten through 2nd grade dressed to represent a vocabulary word learned last week during Read **Across America** activities.

Beginning in the cafeteria, students paraded through the school hallways lined with parents and other school supporters.



her snow-covered parasol (Blizzard). At right is kindergarten student, Karen Moore (Celebration) with reading specialist, Anna Wicks.

Shorts...

Looking for a Hit and Run

Continued from Page 5

at 1:19pm. The Buick may be missing some of the front chrome trim piece near the driver's side headlight.

If anyone has any information about this vehicle, please contact Natchez Trace Parkway at 1-800-300-PARK.

Year 6 for the Mom Prom

FLORENCE-For the past five years, a group of volunteer moms on a mission have given their time and resources to help fundraise for a big cause!

"It's so wonderful when women from a variety of backgrounds team up to accomplish something that can leave a legacy for the next generation." said Safer Birth in Bama President, Jessica Thompson.

Mom Prom is a ladies' night out for a cause...

an event founded by an everyday Michigan mom in 2006 as an effort to fundraise for a special cause. After being featured on *Good* Morning America, the concept took off.

Shoals Mom Prom is a great excuse to dress up formal, fancy, tacky, classy, or themed. This year's Mom Prom has a Regency era Bridgerton style theme. While dressing up is not required, no one can resist being the 'diamond of the season."

The ladies at this event really show out! We have seen some of the most stunning, dazzling formal wear as well as intricately themed attire complete with hair and make-up. Themed, prom dress, or streetwear - we don't care! Mom Prom is about feeling your best and having a good time," Thompson aded.

This year's 6th annual event is set to take place

See SHORTs...on Page 11

Shorts...

Year 6 for the Mom Prom

Continued from Page 10

July 19 at Singin' River Brewery's Live Venue, In addition to the ticketed Mom Prom, there will also be a Handy Event Block Party open to the public with a live band, food trucks, and vendors. Shoals Mom Prom is hoping for an unprecedented turn out this year.

"We appreciate all of the incredible support from the community that helps to make this event successful," said Haley Crowell, Vice-President of Safer Birth in Bama.

If you are interested in becoming a sponsor for this event more information about sponsorship, vendor opportunities, and tickets can be found for purchase at www.ShoalsMomProm. com.

For more information, visit www. shoalsmomprom.com and www.saferbirthinbama. org.

SHS Band has MPA Honor

SHEFFIELD-The Sheffield High School Sound of the Shoals concert band has, for the third consecutive year. scored straight superior ratings in the Music Performance Assessment (MPA) State Contest.

The competition was hosted by the University of North Alabama bands on March 5 and is the most prestigious in the state for all bands. Three judges evaluate a band's performance on stage while looking at the actual music the band is playing. The sight-reading judge is located away from the stage in a different building. Three selections are performed and are judged according to the following areas-Tone, Intonation, Technique, Interpretations, Balance, Musical Effect, and Stage Deportment. A total of 5 points can be awarded in each category. In order to

See SHORTs...on Page 14

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Commentary

The Phenomenon of Ponytail Pete

ure, basketball fans are familiar with Pat Summitt's Tennessee teams that overshadowed the men's team for two decades, with 12 national championship game appearances and 8 In A

FeW

Words

TOM MAGAZZU

Editor

national titles, and UConn's run of excellence with legendary winning streaks and 11 national titles under coach Geno Auriemma. Both programs had a litany of stars that lifted the college game and later the WNBA. However, nothing has caught on like the Caitlin Clark phenomenon.

The Iowa senior has drawn more attention personally than any other player in the history of the women's college game. Her performance on the court game after game has lifted

her past all others in NCAA scoring history. including Pistol Pete Maravich on the men's side. Clark now has over 3,700 career points and is still playing this season.

Clark scored 35 points, passing Maravich during the Hawkeyes' 93–83 home win

See PONY TAIL... on Page 26

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

Courier Journal

hoals

THE TASTE OF

Sheffield

SHEFFIELD -- Sheffield City Schools presents the "Taste of Sheffield" Tasting Fair, a Center of the Shoals event, on Tuesday, March 19 from 5-6:30pm on the back terrace of L.E. Willson Elementary School. Tickets are \$10 and will allow for the ticket holder's choice of five restaurant vendors among the 10 participants.

Advance tickets are available by calling Lisa Rickman at Sheffield High School at 256-

TUESDAY, MARCH 19 TASTE OF SHEFFIELD TASTING

> 443-8954. Tickets will also be available at the door. In the case of rain, the event will be

See TASTE... on Page 22

AMERICAN LEGION POST #31 IN TUSCUMBIA will

celebrate its 105th birthday with a dinner on Monday, March 18 at 6:15pm in the Tuscumbia Church of Christ Annex, located at the corner of Main and Fourth Streets in Tuscumbia. ALL VETERANS and their families are invited. For more information, please call 256-762-5950.

A Class in Creating Herbal Soaps



FLORENCE-Florence Arts and Museums is partnering with Summer McCreless. an herbalist who specializes in regional plant and material knowledge, to conduct a series of workshops, presentations, and demonstrations where participants can explore aspects of our region's tangible history.

See PLANTS... on Page 31

BASEBALL

THE LAUDERDALE **COUNTY SPORTS HALL**

OF FAME induction banquet takes place at 6:30pm Saturday, March 16 at the Marriott Shoals Conference Center. This year's inductees include Colby Butler, Bob Grisham, Michelle Morris McFall, Kirk Thigpen, Frank Singleton, Corev Murks, Tony Clinton, Betty Crosby, Greg Tyon, and Tonya Helton

Young. Tickets are on sale for \$40 per ticket and tables of 8 may be reserved by calling Steve Harrison at 256-810-3460

THE SHOALS ARTISTS **GUILD MEETS** Friday,

March 15 from 10am-noon at the Southall-Moore House, next to the Kennedy-Douglass Art Center in Downtown Florence. For more info, contact Carolyn Wear at 256-710-6854.

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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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To 1st Responders

Editor:

I'd like to give a shout-out to all of our area first responders, 911 dispatchers, police officers, fire and rescue personnel, and medical responders.

The jobs you do, the things you see, and the dangers you face day after day should give us all pause before we jump to criticize any of you. The same goes for all of our local government officials and employees.

Thank you for helping us every chance you get while holding us accountable when you must. You often see us at our worst, yet treat us with respect.

From myself and thousands

...Given the low ranking of Alabama education, we need to explore ways to improve the system...

of other citizens, I'd just like to sincerely say, "Thank You."

Wayne South

Some Lurid Plans

To the Editor:

These psychopathic globalists believe in a metaphysical law where they have to announce what they're going to do prior to doing it.

If they announce plans and you remain silent, they think you are giving your consent.

Schwab of Globalist Klaus the World Economic Forum has predicted an imminent Cyber Attack.

Could this be their plan to bring down the electrical grid?

Janice Gross Williams

See LETTERS... on Page 20



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 pay friend today. Help us help new friend today.

FRIEND 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 you 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.



Meet **STEELE**. This smile will surely steal your heart. He is full of energy and his personality is a fun and whimsical. He loves long walks and playing. He is people and dog friendly! He doesn't like chickens.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.

ETHAN looks like he could have malinois in his mix and while he is very regal looking he's still kind of a giant puppy! He loves to play with toys

is a little clumsy, and can be a nervous Nellie but warms up quickly. He'll need some help building his confidence but we think he'll be a very loyal friend. He's almost a year and he's about 60 lbs --please come meet him and our other dogs! ADOPTIONS ARE CURRENTLY \$85 and include everything your new set needs to be on teach for a happy healthy life; vaccines

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



KENNETH showed up at someone's house last month, hitched a ride to us, and has been stealing hearts since! He is super wiggly and cuddly and it doesn't take much at all for him to go belly up. He loves toys, keeps a clean kennel, and he has blue twinkles in his eyes. He's probably 2 or so and he's 50 lbs and he needs a home -- please come meet him and our other dogs! ADOPTIONS ARE CURRENTLY \$85 and include everything your new pet needs to be on track for a happy, healthy life: vaccines, a microchip, spay/neuter, and heartworm test. Please call or come by **Florence Lauderdale animal services 256- 760-6676** to meet this precious dog.

This is KRIS and we think she's a pretty special lady! She always looks a little sad and has lovingly been nicknamed Eeyore but she is soo sweet and social. She is very wiggly when shown any attention, she appreciates belly rubs, and she's full of kisses. She keeps a clean kennel, she has been lovely on leash, she rides well in a car, and she has been very mild mannered since joining us. We think she's 8 and she's about 55 lbs and she needs a 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 amazing dog.



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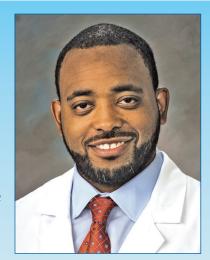
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Shorts...

SHS Band has **MPA** Honor

Continued from Page 11

receive straight superior ratings, the points for each individual judge have to total 32-35.

The sight-reading evaluator also judges according to the same scoring guide. The only difference here is that the band must play a selection that they have seen before.

The band has now passed Music Performance Assessment 9 of the previous 11 years of competition.

Kinetic Art on **Sunday 3/17**

FLORENCE-The Kennedy-Douglass Center for the Arts Volunteers are pleased to present the next program in their Art Adventure Series, "Kinetic Art." This presentation is scheduled for Sunday, March 17 from 2-4pm at the Kennedy-Douglass Art Center. This new series offers free art history presentations and handson activities designed for teens and adults.

Kinetic art takes many forms. These forms include mobiles that spin and twirl, mechanical sculptures that make complex moves, pieces that walk, or paintings that appear to rotate and vibrate. Join art educator, Elizabeth Renault and explore a variety of kinetic art forms as she highlights well-known artists who are renowned in the field of kinetic art. Afterwards, join **Barb** Hendricks, long-time



area art instructor, who will offer a hands-on activity, "Alexander **Calder**: Inventor of the Mobile." Don't miss this opportunity to create your own mobile with an array of materials!

"Art Adventures" will be offered every third Sunday afternoon through April at 2pm. For more information on scheduled topics, go to the KDAC website calendar found at florencealmuseums.com. The art center is located at 217 E. Tuscaloosa St. in Florence and may be reached by calling 256-760-

Fires Will Be **Along Trace**

TUPELO-The National Park Service will conduct prescribed fires along Natchez Trace Parkway throughout March. Firefighters plan burns close to the Shoals:

 Tishomingo County: Tishomingo State Park, Milepost 303-305

 Colbert County, Alabama: Freedom Hills, Milepost 312-319

Motorists should reduce speed to 30 mph, turn on headlights, and stay alert when smoke is visible. Be aware of park rangers, firefighters, and equipment along the roadway.

There may be short term closures of trails and pullouts during the burns. If visibility falls below 500 feet, the parkway may be closed until smoke has cleared.

Prescribed fires reduce hazardous fuels that could burn in a wildfire and help restore native prairie and open woodlands.

March Young Learners

FLORENCE-The Florence Indian Mound Museum is hosting a program and activity about Southeastern Native American music on Saturday, March 16, at 10am. The program is part of the monthly Young Learners series where students explore the early history of the Shoals through short lessons and hands-on learning exercises.

Music is an artistic expression that has been shared by Southeastern Native American people for centuries. Music was and is still used for self-expression, as the carrier of language, and as a catalyst for keeping culture alive. Today the music of the Native American people of the Southeast continues to be celebrated and shared in many ways.

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.

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

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1FTEW1C88AFC09836	White	
1J4GX48S41C722508	Red	
	3B7HC13Z1XM596396 1GKFK13098J238638 1HD1KEM16DB690344 1FTEW1C88AFC09836	3B7HC13Z1XM596396 Red 1GKFK13098J238638 White 1HD1KEM16DB690344 Black 1FTEW1C88AFC09836 White



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Medicare Minute

"Mail, Calls and Door Knocking'

WARNING!! If you are turning 65 over the next few months you will be inundated with mail, phone calls and sometimes people actually knocking on your door. These are just three of the ways companies market Medicare health and drug plans. Over the next couple of weeks, we will look at different marketing methods and what the companies are trying to accomplish with each.

Phone calls - Supplement companies are well known for making out bound calls to people turning 65. Once they have you on the line, they're only objective is to sell you a Medicare plan. It's perfectly ok to sign up over the phone but, if you have a problem with the plan you enrolled in, your agent may be in Florida or California and unwilling to help you. Also, if you ever fill out a request for information online, that request is immediately sent out to several agents and the phone calls will double.

Door knocking - I've never understood why anyone would buy something as important as their Medicare health plan from someone who showed up unannounced at their door. People who market door to door are usually out of town agents. They will buy the same list that direct mail companies buy and literally find your house and knock on your door. It is not a good idea to buy this way for a couple of reasons. First, are you willing to trust someone who shows up at your door with your personal information, such as Social Security number and checking account information. Secondly, it can be dangerous!! Any law enforcement person would advise you to never allow someone you don't know into your house.

The solution to this is to find a local agent that can help you. They will make sure you get the right plan and you'll be able to find them if you need them.

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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ON YOUR DEBT

Maximizing Your Tax Refund: A Strategic Approach To Paying For Your Bankruptcy Filing



B. Grant McNutt Managing Attorney

The decision to file for bankruptcy is often fraught with anxiety and financial uncertainty. Yet, it can provide a fresh start for those overwhelmed by debt. One of the practical concerns about bankruptcy is the cost involved in filing. Interestingly, your annual tax refund, an often-overlooked asset, can be a strategic resource in this process. This article will explore how to utilize your tax refund effectively to cover the costs of filing for bankruptcy, ensuring you can navigate this financial reset with one less worry.

Understanding The Costs Of Bankruptcy

Filing for bankruptcy involves various expenses, including court fees, mandatory credit counseling sessions, and attorney fees. These costs can vary depending on your location and the complexity of your case but typically range from a few hundred to a few thousand dollars. For many, these costs can represent a significant barrier to seeking bankruptcy relief.

The Role Of Your Tax Refund

Your tax refund represents a potential source of funds that can be allocated toward covering your bankruptcy filing costs. Instead of viewing your tax refund as bonus money for discretionary spending, consider it a lifeline to achieve financial freedom through bankruptcy.

Strategic Planning

Timing Your Filing: If you anticipate receiving a tax refund, plan your bankruptcy filing accordingly. Consult with us early in the year to prepare your filing shortly after you receive your refund. This timing ensures that you have the funds available to cover the necessary expenses.

Choosing the Right Bankruptcy Chapter: & Botes provide guidance on It's crucial to consult with our team of bankruptcy attorneys to determine whether your stress! We want to help!

The decision to file for bankruptcy is ten fraught with anxiety and financial your situation. Each chapter has different cortainty. Yet, it can provide a fresh start those overwhelmed by debt. One of the

Protecting Your Tax Refund: In some cases, your tax refund may be considered part of your bankruptcy estate and could be used to pay creditors. However, specific exemptions may protect your refund either partially or entirely. An experienced bankruptcy attorney can advise you on how to legally protect your refund to the fullest extent possible.

Conclusion

Your tax refund offers a unique opportunity to invest in your financial future by covering the costs of filing for bankruptcy. By strategically planning your filing and utilizing your refund wisely, you can navigate through bankruptcy more smoothly and start anew. Remember, consulting with a knowledgeable bankruptcy attorney is crucial in making informed decisions throughout this process. They can provide personalized advice on utilizing your tax refund efficiently, ensuring that your journey to financial recovery is as seamless as possible.

Contact The Bond & Botes Law Offices

Are you considering filing for bankruptcy and unsure how to afford the associated costs? Let your tax refund be the stepping stone to your financial reset.

Please call us for an absolutely free and confidential consultation. We'd love to discuss your finances with you if you have had a serious reduction in income or have lost your job or find yourself in financial trouble of any kind. Debt can be overwhelming. The attorneys here at Bond & Botes provide guidance on helping clients reduce or eliminate debt. We can alleviate your stress! We want to help!

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Letters...

Continued from Page 12

Solid Public **Education** is **Imperative**

Editor;

Republican politicians Alabama school promoting choice and highlighting parental rights. Choice, competition, and parent involvement in education are valuable. However, they should not take away from the rights of students, teachers, and taxpavers.

Some students do not

want private/religious/ home they and others may not succeed in those environments as well as they would in public schools.

There has been discussion in much the legislature and in the Times Daily about how the choice/savings account/private school subsidy program will work and at what cost to public education. There is no consensus on how or if it will be monitored.

The bottom line is that students need qualified teachers, testing, counseling, and opportunities for joining and working with diverse groups. Public schools provide that.

Taxpayer and society objectives are to prepare our children to be successful economically. informed politically, and socialized responsible adults. Exam scores alone are not a sufficient measurement of education even if standardized testing is included for all aspects of choice.

Given the low ranking of Alabama education, we need to explore ways to improve the system. Undermining teachers and diverting public education funds do not seem smart ways to do that. Just because politicians want emulate the Republican governors in Virginia and Florida who ran on the charged issue of parental rights in education does not mean we should forsake a solid public system that needs our attention, resources, and reinvigoration.

Let's work for the greater good rather than the privileged few.

Dan Waterman Killen

schooling, and Is Passover Jewish Only?

What do you think? Perhaps you may think that it has been "done away with" under the Old Covenant. Maybe you have been taught these things like me. Do you believe Christians should also celebrate it? In John 1:29, the prophet John saw Yahshua coming toward him and said, "Behold the Lamb of God, who takes away the sins of the world." The Truth is that Yahshua (Jesus) gave His life to become a Passover Lamb for us all.

This article to argue or debate doctrines or to condemn anyone, rather simply to encourage us to take a deeper look at why all of God's children should be celebrating Passover and Resurrection Day.

A passage in the beginning of Exodus tells us how our Father provided a way for the Israelites to offer animal as their an Passover lamb to bring them Deliverance from bondage. This was the first Covenant of Passover. Many years later, our Father gave us a different Lamb on Passover: He provided us His only Son to atone for our sins and bring us deliverance and freedom.

In Luke 22, Yahshua had his Disciples prepare the Passover Table where He would explain to them that the unleavened bread was His Body, and the wine was His Blood. He told them this would be the New Covenant. He become our Final Passover Lamb. Are you

See LETTERS... Page 24

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A FRIEND WHO SWEARS THEY READ ALL MY ARTICLES fell for this scam recently. So this is a re-do of a previous article and a reminder to be skeptical out

We've discussed "phishing" quite a few times in this space.

Phishing is when a scammer attempts to trick you (usually via email) into giving up your login ID and password to gain access to an online account such as



Jim Fisher

your bank or retail shopping website. Thanks to the advent of text-based Two-factor Authentication (2FA) it's become harder for scammers

GONE SMISHING

by "The Computer Skeptic"

to gain access even if they have have socially engineered a your user ID and password.

2FA is a security protocol that requires that you enter a multi-digit code that was sent to your phone via text message after you enter your username and password. You'll use this code to log in to your account from a computer you've not used before. If a scammer doesn't have your phone they will not be able to see this code. Without that code, they won't gain access to your account. Unfortunately, the scammers

new trick called "smishing." Smishing is an acronym that combines "short message service" or SMS--aka "text messaging"--with phishing.

So, if a scammer has your email address and password they simply need to somehow convince you to give them that code. The way this usually works is the scammer will spoof the number of a legitimate company (for example, Visa" or perhaps your brokerage account),

and send you a text claiming they've detected "suspicious login activity" on your account. To avoid locking your account, they'll request that you forward them the 6-digit code they are about to send to you. The truth is that they already have your username and password, they are simply trying to get you to send them the code that gives them full access to your account.

So if you receive one of these random text messages, just keep the following in mind:

No legitimate company will ever require you to share these codes with their support or security teams. If anyone asks for that code, assume they are a scammer.

If you do receive one of these fake 2FA messages, that means someone already has your username and password

but can't yet access your account. You don't want them to have that password, either, so I suggest you log in to your account using the official address of the website and then change your password.

You can also switch to using an authenticator app instead of SMS-based 2FA. I'll cover authenticator apps in my next exciting installment. Until then, please be suspicious of any strange text messages you will inevitably receive.

For auestions or comments. Contact the Computer Skeptic, Jim Fisher at <u>Jim@ExcelAL.com</u>



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Taste...

Continued from Page 12

moved to the school among the whole Shoals cafeteria.

from the Proceeds Taste of Sheffield go to Sheffield City Schools for the purchase of three digital reader-board signs for Sheffield High School, Sheffield Junior

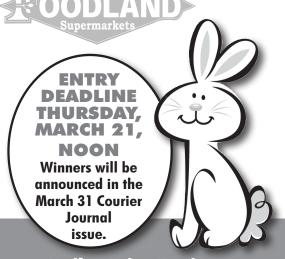
High, and L.E. Willson.
"The hope for this event is not only to raise money for the need of signage, but also to raise awareness.

area, of the fine dining establishments available in Sheffield," Rickman said. "As the center of the Shoals, Sheffield offers a tremendous variety of cuisines. We welcome our friends from all over the Shoals to have dinner with us on the 19th on the terrace overlooking the beautiful Tennessee River.'

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Thomas McCutcheon

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Issues To Consider In An On-The-Job Injury **Settlement**

Workers' compensation pays for medical bills related to an on-thejob injury, temporary total disability benefits, vocational disability, future medical services and permanent partial or permanent total disability.

Those are a lot of issues to consider. Often there are other issues that an employer will want to consider such as a voluntary resignation and occasionally they

want the settlement to be confidential. An important consideration is the inclusion of "social security language" which can and does protect social security benefits from being reduced if the injured worker obtains social security disability also.

It seems difficult and overly complicated, and it can be. One of the issues that lawyers occasionally encounter are judges who have different standards for approving a settlement. Some judges just will not close future medical benefits and other judges require future medical benefits be handled by a third-party administrator. All judges advise injured workers of their rights in a settlement. Some judges do it very simply by telling the injured worker that if they get better, they keep the money, but if they get worse, they don't get any more money. They generally advise them about their rights to keep their future medical benefits open for life. I've never seen a judge do a really bad job, but I have seen different standards applied by different courts.

Sometimes it's extremely advantageous to close future medical benefits simply because there is no future medical treatment related to the injury. If someone is on expensive medication or has hardware that can potentially cause problems, then leave medicals open. On the other hand, the next time that worker has a fall or a car accident, the workers compensation carrier will deny treatment and the injured worker won't get medical treatment and may not be entitled to it.

There are other ways to get settlements approved, but the important point is that the injured workers understand their rights and make the decision that is best for them.

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

Please send the questions to: "Ask the Attorney,"

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Letters...

Is Passover Jewish Only?

Continued from Page 20

now putting His blood over the doorpost of your heart?

He asked of them this one thing, which is the same thing the Father asked from the people on the first Passover in Exodus, "To Remember." It truly is a time to remember how much The Father loves us and has always provided a way for our atonement through a lamb, so we can draw close to Him. It's a time to honor one of Yahshua's last requests at the table as He said. "Do this in remembrance of Me." This Last Supper table was like an altar. So, today as Passover and the Feast of First Fruits/ Resurrection draws near, let us also prepare our hearts as a table to come back and remember all He has done for us.

Passover is when we all, like Israel, have a choice. We must choose to remember The Lamb who is our True Salvation. This requires removing all the easter bunny and eggs from the altar of our hearts. He alone is worthy of all our praise and worship.

As the Jewish people gather to celebrate Passover, may we, who are also believers from around the world, keep this Feast. Let us join together and give thanks to Yahshua, Jesus our Passover. I Corinthians

Blessings to you all.

Mona Allen Killen

Apache Was Not Wanted

Editor,

In the past several months crashes helicopters have become too common. My memory and some brief research led to the following comments. The first flight of the Apache was on August 30, 1975. SEVEN years later the Apache was approved for mass production! Some in our military did not want the Apache.

The Apache is the most difficult helicopter for our military to fly. The eyes of the pilot must work separately. Several pilots have stated that this caused headaches that take a year to get over. Those piloting the Apache should include only activeduty personnel who can practice daily. I would not feel safe in an Apache. It has been announced that the Apache's will be grounded for a full review.

May God grant to those who gave their life protecting us, special mercy, grace. forgiveness.

Bill Smoak Florence

Need to Shop Smarter

Editor:

The egg industry made billions out of the lies they spread. This year, they don't seem to care enough to lie to you. You will buy them because you are not your parent who would have said... BOYCOTT! You can use mayo or oil or applesauce. Be smart - $$15\,\mathrm{for}$ a dozen eggs should never have happened. Eggland's Best never had one bird sick. No flu. But the price of Eggland's Best is still tripled in price just because you will buy them.

Easter will come either way. The plastic eggs are colorful and cheaper than

We need to be smarter. Economics is not a

high school subject that is taught anymore. They need it. We need it. Buy low. You've heard that all your life. Well, do it.

Linda Johnson Florence

MINI SUDOKU

6

3

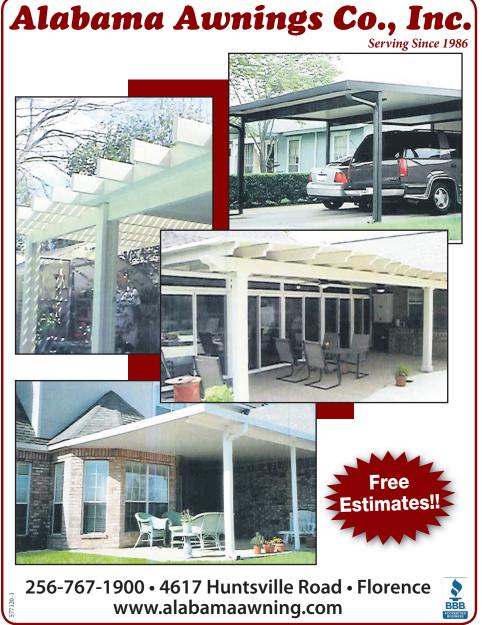
mber in the empty boxes in such a warrow across, each column down and nall 6-box square contains all of the numbers from one to six.

6 4 5

6

5

5 4







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

. Prickly sensation		Become ensnarled
. Schoolgirl infatuatior	n U	Fall asleep quickly
. Foxhole	U	Financier
. Fussy	C	Smallest finger
. Earth's sister planet	U _	Expresses oneself
. Land owner		Four-sided shape
. Thick string	E	Identical siblings
. He wanted "more"	0	A thin slice
. Nobleman	R	Breakfast meat
. Young canine	_ U	Red flower

WORD	LADDERS)
------	---------	---

Can you go from STAKE to PRONE in 6 words?

STAKE

PRONE

_ C _ _





nine-letter word that starts at one of the four corners and moves clockwise around **HOCUS-FOCUS**

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



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Commentary

Pony Tail...

Continued from Page 12

over Big Ten conference leader, Ohio State recently.

Over 4.4 million televisions were tuned into that game late in the second half. No regular season women's college basketball game on any network has had more viewers since 3.9 million televisions had the January 1999 game between Tennessee and Connecticut, according to Sports Media Watch.

As the odds-on favorite to win the national player of the year for a second consecutive year, Clark is on track to lead the nation in scoring for the third time in her four years. She is also set lead the nation in scoring and assists for the second time. She would be the first player in Division I history to accomplish either feat. Clark is averaging right at 29 points per game in her 130-game career so far with 8.1 assists.

Iowa's arena has been sold out every game this year to watch "Ponytail Pete" as some refer to her. Arenas for Iowa's road games have been sold out as well, with tickets on the secondary market often going for 10-20 times face value. There has never been such an individual college draw, men's or women's.

Clark's run has also brought due recognition to Maravich, the LSU star from over 50 years ago who died tragically in 1988 at age 40 after a pick-up basketball game with regular Joes. Pistol Pete lit up college scoreboards like no one before or after him. He was also decades ahead of others when it came to dribbling, ball-handling, and passing.

Maravich played in an era before the three-point shot, before the shot clock, and before freshman were eligible to play on varsity teams college from (1967-70). He also played on mediocre LSU teams that never made it to the NCAA tournament. There was

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Last year, Clark's Iowa squad upset the undefeated South Carolina Gamecocks at the Final Four before

losing to LSU in the National Championship Game. The Big Conference and NCAA tournaments are upon us. Caitlin Clark will continue to be a huge draw as long as the sixth-ranked Hawkeyes can keep winning in the postseason. She will move on to the WNBA next year, but her overall value to the college game and young players moving forward is more than we could have possibly imagined.

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The Bible is written in ~ seventh-grade English, and it's amazing how little the bible-belt seems to read, believe, teach, know and preach the whole Bible! Just in the O.T., there are 500 to 700 prophecies yet to take place. Can you, who have been in church almost all your life, quote me just 3 verses? Why not? What happens when you go to church? Jesus said: John 12:48 "He that rejecteth me, and receiveth not my words, hath one that judgeth him: the word that I have spoken, the same shall judge him in the last day." Timothy was instructed to: James 1:21 "Wherefore lay apart all filthiness and superfluity of naughtiness, and receive with meekness the engrafted word, which is able to save your souls." Ephesians 2:8 "For by grace are ye saved through faith; and that not of yourselves: it is the gift of God:" Romans 10:17 "So then faith cometh by hearing, and hearing by the word of God." Are you a member of the blind leaders of the blind? See Matthew 15:14.

Mark 8:36-37 "For what shall it profit a man, if he shall gain the whole world, and lose his own soul? Or what shall a man give in exchange for his soul?" The wealth of the entire world cannot match the value of your soul! You better get some eternal insurance. It only comes through Jesus Christ! Christ paid your sin debt and suffered your death and hell for you. Jesus only can give you eternal life and save you. Nothing else can! Hebrews 2:9 "But we see Jesus, who was made a little lower than the angels for the suffering of death, crowned with glory and honour; that he by the grace of God should taste death for every man." Hebrews 7:25 "Wherefore he is able also to save them to the uttermost that come unto God by him, seeing he ever liveth to make intercession for them." What are you waiting for? Ask Christ to forgive you and save you and bring you to God today, He will. Quit hiding behind your church! Get your head out of the sand!

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Notes...

Continued from page 4

Wednesday, March 13 Central High

Thursday, March 14 Lexington High

School, 7:30 am - 3:30 pm
Friday, March 15 Sheffield High
School, 7:30 am - 4 pm
Tuesday, March 19 Department
of Transportation, 295 Hwy 20 E,
Tuscumbia, 7:30 am - 2 pm

Thursday, March 28 Russellville Hospital, 10 am - 6 pm

The next quarterly meeting of the Muscle Shoals TVARA Chapter will be held on Wednesday, March 13 at 10am at the TVA Community Credit Union on Wilson Dam Road in Muscle Shoals. The speaker will be Kevin Jackson, President of Shoals Economic Development Authority (Shoals EDA). Plan to stay for a free lunch of pizza and cookies and the announcing of four \$25 cash door prizes.

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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 <u>Wednesday, March</u> 13, at the Florence-Lauderdale Public Library. The 5pm presentation is a free event and is open to the public.

Shoals Artists Guild Meeting Friday, March 15, 10am-Noon at the Southall-Moore House, next to the Kennedy-Douglass Art Center, Downtown Florence. For more info, contact Carolyn Wear, 256-710-6854.

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. Al 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.

The Lauderdale County Sports Hall of Fame induction banquet takes place at 6:30pm on Saturday, March 16 at the Marriott Shoals Conference Center, This year's inductees include Colby Butler, Bob Grisham, Michelle Morris McFall, Kirk Thigpen, Frank Singleton, Corey Murks, Tony Clinton, Betty Crosby, Greg Tyon, and Tonya Helton Young. Tickets are on sale for \$40 each and

tables of 8 may be reserved by calling Steve Harrison at 256–810–3460.

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

See NOTES... page 30

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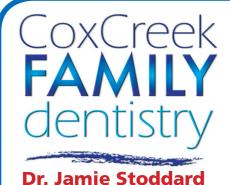
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Notes...

Continued from page 29

Microsoft PowerPoint Basics - Users will learn to create visually appealing presentations by editing slides and inserting images. Thursday, March 14,

10:30am-12pm <u>Microsoft Excel Part 1</u> - 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 <u>Microsoft Excel Part 2</u> - 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

The Community Action Agency of Northwest Alabama's 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.

More than 400 Girl Scout Troops North-Central Alabama will begin Girl Scout cookie booth sales at local businesses going on now. Those who are interested in purchasing Girl Scout cookies can find a booth near them by using the Cookie Finder mobile app, or by visiting the "Find Cookies" page on our website www.girlscoutsnca.org. Girls will be conducting booth sales from Friday, NOW-Sunday, March 24.

Northwest RC&D Council invites you to attend its upcoming "Quarterly Council & Outreach meeting, Thur. 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

by DAVE RAMSEY

TAKE CONTROL OF YOUR MIND AND MONEY

Dear Dave,

I'm trying to work my way to live on a budget, but I'm money goes. Can you help? Lindley

can be hard at first. And Luke's training, Yoda tells honestly, it usually takes him, "Do, or do not. There honestly, it usually takes folks who are new to doing is no try." In a larger sense, it about three or four Yoda is urging Luke to months of practice before focus and work harder, they start getting it right instead of continuing and seeing the results.

someone \$55,000 a year. I generally have to throw yourself into recommend keeping your mortgage or rent payment fully commit, and stop at about 25% of your take- making excuses. You have home pay. Sometimes you to focus, and fight to make can slide by paying a little it happen. more, but in those cases, you'd really have to be on broke at the end of every top of your finances. So, pay period. We both know the biggest thing you can do right now is take control down and get your mind in of your money, instead of gear. Make. This. Happen. letting it—or a lack of it control you. And the best way to make all this happen is by consistently living on a realistic, written monthly an

Once you start doing this, out of debt, but it seems like you've taken your first big something always happens step toward having a real to stall things or knock me gameplan for your money. backwards. I make \$55,000 At that point, the idea of a year, I'm single and I have trying to live on a budget \$15,000 in debt, along with aends, and the fact that you mortgage payment of \$1,224 are living on a budget, and a month. I've been trying telling your money what to do-instead of a lack of still not sure where all my it dictating what you can do-becomes more of a reality.

Remember the Star Wars Dear Lindley, movie "The Empire Strikes I know living on a budget Back"? At one point during Yoda is urging Luke to with half-hearted attempts For starters, your house and giving up easily. If payment is a little heavy you want to accomplish a making difficult task, Lindley, you it completely. You must

> It's no fun waking up this. So, put your head

You can do it!

-Dave

Dave Ramsey is eight-time national bestselling author, personal finance expert and host of The Ramsey Show. He has appeared on Good Morning America, CBSThis 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.







Even Exchange

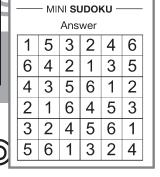
- Tingle, Tangle
- Bunker, Banker
- Picky, Pinky
- Squire, Square
- Twine, Twins
- Oliver, Silver
- Baron, Bacon
- Puppy, Poppy

Kids' Maze Solution

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Plants...

Continued from Page 12

Pope's Tavern Museum will host an herbal soap workshop at making 2pm on Sunday, March 17 that will provide an opportunity for people to engage with the history of native plants of the states, southeastern while learning about the processes and uses in soap making, both past and present. Attendees will have the opportunity to receive recipes and take home a small bar of soap. Register by clicking on the Eventbrite link or by calling us at the number listed below. Space is limited, so be sure to register soon!

McCreless has been practicing herbalism for over 11 years, teaching herbal education and plant identification and uses in North Alabama. She has over 20 years of experience and education in plant identification in the United States.

This program is sponsored by the City of Florence Department Arts and Museums and the Muscle Shoals National Heritage Area. Pope's Tavern is located at 203 Hermitage Drive in Florence. Call 256-760-6379 for more information and to register.

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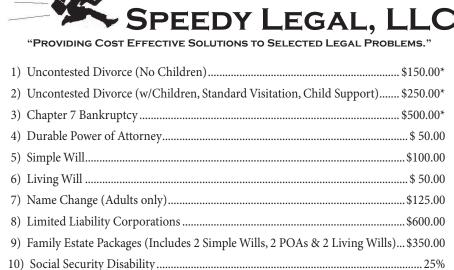
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