

**Smith New
UNA Provost**

FLORENCE – The University of North Alabama last week named Dr. **Brien Smith**, of Youngstown State University, Provost and Executive Vice President for Academic Affairs.

Smith replaces Dr. **Ross Alexander**, who served in the role until his departure in July of 2023. Dr. **Katie Kinney**, Dean of the College of Education and Human Sciences at UNA, has been serving in the interim.



Smith

“Dr. Smith brings a wealth of experience across the academic spectrum that promises to serve UNA and our students and academic programs very well,” said UNA’s President Dr. **Ken Kitts**.

Smith completed his undergraduate, graduate, and doctoral degrees at Auburn. He has served as a professor, department chair, assistant dean, dean, and provost as part of his academic trajectory. In addition to his time at Youngstown State, Smith has also served in academic leadership at Indiana State and Ball State. His tenure at UNA is expected to begin around June 1.

Smith and his wife, Sherri, have four grown children.

**Board Seats
Open at UW**

FLORENCE – United Way of Northwest Alabama is reminding passionate and committed individuals from Colbert, Franklin, Lauderdale, and Marion counties that there are open positions on its Board of Directors. Bylaws limit UW board members to two consecutive three-year

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

Volume 140 Number 26

April 17, 2024

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Carnival Coming



Fun Event Next Week at North Alabama State Fairgrounds

MUSCLE SHOALS–The Spring Carnival at North Alabama State Fairgrounds is Tuesday-Saturday April 23-27. Join the fun from 6-10pm Tuesday-Friday and 3-10pm on Saturday. Gate admission is only \$5 (Age 12 and under, FREE) \$20 hand stamp for rides and as always, parking is FREE!

Popular rides include the Sea Ray, Catch ‘n Air, Himalaya, Loop O Plane, Space Loop, Starship 2000, Scrambler, the Zipper, Y Factor, numerous kiddie rides and more.

James Gang Amusements is based in Alabama. It owns the first and only Y-Factor thrill ride, built by Wisdom Manufacturing, an American Ride Manufacturer based out of Colorado. It is the

The new Y-Factor is a fun, fast-loading and embarking ride with a lot of light energy, a turning center, and spinning pods that raise to 40 feet out and over the midway. *Courtesy photo*

only ride of its type in the world. In addition, the carnival midway will be complete with a great compliment of games and your favorite food concessions, including cotton candy, corn dogs, funnel cakes, pizza, popcorn, candy apples, and more. Keep up with the latest on the North Alabama State fair’s social media pages, Facebook, Instagram, and X or on jamesgangamusement.com.

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**FRIDAY, APRIL 26
Find Your Groove**

SHEFFIELD–Muscle Shoals Sound Studio is celebrating 55 years of legendary musical history on Friday, April 26 with a with a special “Swampaversary” event. Gates open at 6:30pm. The Muscle Shoals Rhythm Section was one of the most prominent American studio session

The Swampers are pictured in front of their newly acquired Sheffield studio at 3614 Jackson Highway in April of 1969. From left are Barry Beckett, Roger Hawkins, David Hood, and Jimmy Johnson. Cher was the first artist to record at the studio. *Courtesy photo*

See **GROOVE..** Page 6



INSIDE this Issue

Automotive Inside
NOW
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- Cat & Kids
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Shorts...

Board Seats Open at UW

Continued from Page 1

terms, so there are regular openings for new viewpoints. As a vital pillar of our community, the United Way is always seeking to enhance its impact by welcoming varied perspectives and expertise to its leadership team.

"As we navigate the complex issues affecting our region, we recognize the importance of diverse voices and experiences in shaping our strategies and initiatives, said Jennifer McNulty, President, and CEO of United Way. We are looking forward to welcoming dynamic individuals from all walks of life."

The directors play a crucial role in guiding the strategic direction of United Way in its mission of improving lives and creating lasting change in our region by impacting over two dozen area non-profit programs. Board members contribute their insights, skills, and networks to drive innovative solutions to some of the most

pressing challenges facing our communities.

"We believe that by bringing together individuals with some contrasting perspectives, we can create stronger and more inclusive communities where everyone has the opportunity to thrive," added board president, David Greenfield.

Applications for the Board of Directors positions are now open, and interested individuals are invited to complete an interest survey found on www.uwnwal.org. To learn more about the application process and eligibility criteria, please contact McNulty at ceo@uwshoals.org

A Fundraiser from Frank's

MUSCLE SHOALS—The Healing Place presents Frank's Italian Fundraiser on Monday, April 22 from 3:30–6:30pm in the Healing Place activity room.

The menu includes: 5-layer, cheese lasagna with tomato sauce, fresh Italian salad and dressing, and homemade Italian bread. Buy your tickets now! Only \$12 PayPal or



Checks payments. All proceeds go to benefit grieving children and families in Colbert, Franklin, and Lauderdale counties.

Advance payments preferred for planning at: <https://app.autobooks.co/pay/the-healing-place-2> -- or pay at the door! Limited quantities may be available for non-preorders. Eat on-site or pick up for to-go orders!

The Healing Place is located at 2409 Wildwood Street in Muscle Shoals, just off Wilson Dam Rd. For more information, call 256-383-7133.

Meetings for District 1

FLORENCE—Florence City Council member, Kaytrina Simmons, invites all residents and business owners in District 1 to voice any ideas and suggestions at either or both of the following community meetings.

West Florence Area: April 22 from 6–7:30pm at Mt. Moriah PB Church (820 West Irvine Ave)

North Florence Area: April 29 from 6–7:30pm at Sherrod Ave Church of Christ (1207 Sherrod Ave)

To ensure all your concerns are addressed, please send them in advance to KSimmons@florenceal.org. Your participation is important.

April- Donate Life Month

FLORENCE—North Alabama Medical Center and Legacy of Hope celebrated National Donate Life Month on Friday, April 12 in the hospital's main lobby. The public heard stories of former patients whose lives were saved through organ, eye, or

See SHORTS...on Page 7

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<p>Chicken Drumsticks 99¢ Lb.</p> <p>Whole Chicken \$1.59 Lb.</p>	<p>Boneless Chicken Breast \$1.99 Lb.</p> <p>Whole Chicken Wings \$2.99 Lb.</p>	<p>Chicken Leg Quarters \$6.99 10 Lb. BAG</p> <p>Farm Raised Catfish Fillet \$18.99 4 Lb. BOX</p>	<p>Goat Meat (6-way cut) \$4.99 Lb.</p> <p>Oxtails \$7.99 Lb.</p>

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Grace Episcopal Church 103 Darby Ave. Sat, 4/20 8-2 Furniture, electronics, clothes, DVDs, bikes, tools, kitchen items, toys, crafts, and more! Benefits go to Church Community Service Group. Cash only.

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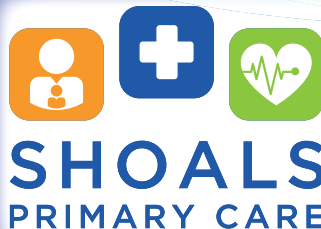
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ASK THE ATTORNEY

WHAT NOW?



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

In every other state except Alabama, compensatory damages are allowed to be awarded by a jury, if proven. In other words, if a nurse is killed by a drunk driver, and the nurse has a lifetime earning expectancy of a million dollars, juries in other states can consider that in making an award to his or her children, but not in Alabama.

Alabama will not allow a jury to consider compensatory damages such as past earnings or earning capacity in death cases.

Alabama has a procedure that calls for a circuit court after a jury verdict to review the amount awarded and consider several factors such as the conduct of the person who caused the death. The court considers their financial condition to prevent a company from being put out of business and the likelihood of preventing similar conduct in the future.

Circuit court judges are directed to consider reducing the judgment in a procedure known as remittitur, but not allowed to increase a jury award through additur, as in some other states.

In really big cases Joel and I will hear defense lawyers grump around and say that the largest death verdict ever affirmed by the Alabama Supreme Court is around seven million dollars. That's an old case and we always talk about inflation because that's relevant and the case they are referring to is about 15 years old.

Now the legislature wants to protect big trucking companies even more.

Now, lobbyists for trucking associations and insurance companies seek to limit damages to \$1,000,000, devaluing human life to a shocking extent. It's disheartening that while we advocate for protecting the life of the unborn, our state considers placing the top value on death at \$1,000,000. Can such compensation ever be just for families enduring an avoidable loss? It's crucial to voice opposition to this legislation by contacting our state senators and representatives, Tim Melson, Larry Stutts, Ben Harrison, Phillip Pettus, Kerry Underwood, Jamie Kiel, and Ernie Yarborough to affirm the value of human life.

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

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

Courier Journal Community Notes

Community Notes

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

• Email to editor@courierjournal.net

Singing River Church of Christ will host its 2024 Spring Gospel Meeting with Justin Roberson April 14-19. Sunday services are at 9:30am, 10:30am, and 4pm. The meeting continues Monday-Friday at 7pm nightly. Everyone is invited. Singing River is located 1800 Huntsville Road in Florence.

Saturday April Walking Tour in Sheffield and Tuscumbia. Free walking tours every Saturday in April starting at 10am, continuing a beloved tradition of exploring their rich history and architecture with knowledgeable guides.

Tuscumbia's tours vary weekly, featuring the First Presbyterian Church, the Winston Home, Locust Hill, and others, departing from the old Coldwater Books.

Sheffield's tours, led by Jimmy Austin, will explore the North Montgomery residential area and downtown business district, departing from Sheffield City Hall. Each tour lasts 60-90 minutes. Open to the public, for more details, contact Colbert County Tourism at 256-383-0783.

LifeSouth Bloodmobile Dates:

Tuesday, April 16 Deshler High School, 7:30am - 3:30pm

Wednesday, April 17 Collinwood High School, TN 8am - 3pm

Thursday, April 18 Muscle Shoals Electric Board, 10am - 4:30pm

Shoals Artists Guild Meeting Friday, April 19, 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

Basstactix Alabama Tournament at Riverfront Park in Sheffield on Saturday, April 20. To register or for more information, visit www.basstactixalabama.com.

Fishing Days at Deibert Park sponsored by the Florence Parks and Recreation Dept.

Tuesday, April 23, 6:30am - 11:30am
Saturday May 18, 10am - 2pm (Kids to Parks Day)

Catch and keep, catch and share, or catch and release. Bring your fishing tackle. No fishing licenses required.

Gospel Singing at Pleasant Ridge Baptist Church, 123 Taylor Rd. in the Petersville community, Saturday night April 20 at 6:30pm featuring the group "Reassurance." Everyone is welcome.

The Colbert County Republican Women's Club will host Emily Jones, Chapter Chair of the Madison Chapter of Moms for Liberty is its featured speaker for its meeting Tuesday April 16 at 6pm at Stephanos Southland in Sheffield. Moms for Liberty is a 501(c)4 nonprofit organization dedicated to fighting for the survival of America by unifying, educating and empowering parents to defend their parental rights at all levels of government. <https://www.momsforliberty.org/>

Jones will discuss the societal concerns which gave impetus to the foundation of Moms for Liberty, the group's mission, the accomplishments of the Madison Chapter, current focus of the group and answer questions. All are invited to attend! Please arrive before 5:30pm to order dinner.

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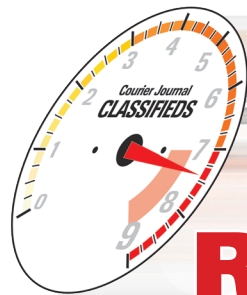
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Groove...

Continued from Page 1

bands from the 1960s to the 1980s. The musicians, both individually and as a group, have been associated with more than 500 recordings, including 75 gold and platinum hits. They were the first rhythm section to own a studio and operate publishing and production companies. It is said that the nickname, "The Swampers," was coined by producer Denny Cordell during recording sessions for Leon Russell because of their unique southern combination of R&B, soul, and country music known as the "Muscle Shoals Sound." Lynyrd Skynyrd references The Swampers in their classic, "Sweet Home Alabama."

Nashville rockers, "Hippies and Cowboys," will be headlining the concert that night on the grounds of the historic studio. A songwriter showcase featuring hit songwriters Mark Narmore and Billy Lawson will open the show. Food will be available for purchase along with merchandise from the studio and groovy merchandise for the event. Hippies and Cowboys will be performing some classics recorded at the studio along with original music. Tickets are \$55 general admission

and can be purchased at www.muscleshoalsoundstudio.org. Proceeds go toward upkeep and operations of the studio through the Muscle Shoals Music Foundation.

During the day on Friday, the studio is partnering with the Colbert County Animal Shelter and Pedigree for a discounted pet adoption event from 10am-3pm on the studio property.

The Muscle Shoals Music Foundation is a registered 501(c)(3) nonprofit organization and is tasked with the ownership and operation of the iconic 3614 Jackson Hwy recording studio. The foundation's mission encompasses the obvious musical heritage, as well as the continuation of what future generations of musicians will accomplish. One of the Foundation's key initiatives is fostering education in collaboration with local schools and audio engineering programs. Through internships, mentorship, and access to the historic facilities, the foundation provides students with hands-on experiences in music production.

For more information or sponsorship opportunities, call 256-978-5151.



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Monday - Friday

8:00am - 5:00pm

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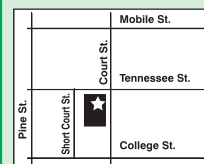
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INSERTS - 5 pm Thursday
DISPLAY ADS - 5 pm Thursday
CLASSIFIED ADS - 5 pm Friday unless otherwise specified

Community Notes...

Continued from page 5

Song Contest 2024 - Participants are now being accepted for the VIP - Songwriters Hall of Fame Museum's Song Contest 2024.

We accept all genres of music. Examples: Rock, Pop, Country, Christian Rock, Contemporary Christian, Traditional Country, R&B, Blues, Alternative, Christmas, Comedy, Folk, Bluegrass, Love, Gospel etc...

Deadline to enter is May 1. To get an entry form mailed to you call 256-604-1435. Leave your name, phone number, address and age on the answering machine if you don't get an answer.

The 2024 Colbert County Sports Hall of Fame class will be inducted Friday, April 19 at 7pm. The Ritz Theatre in downtown Sheffield will host the event. This year's honorees are Kenny Aycock, Ashleigh Bowens, Bo Carter, Dominique Croom, Wayne Evans, Marcus Hill, Jasmine Home, Hal Hughston, Jason Pruitt, Lane Roland, and Blair Woods

Tickets are \$10 and will be available at the door. For more information, contact Leroy Willis 256-412-2184.

Alice in Wonderland, a play based on the classic by Lewis Carroll, will be presented in two public performances, 2pm and 6pm, on Saturday, April 20 at Ritz Theatre in Sheffield.

As the curtain rises, Alice slides into view at the end of her long fall down the rabbit-hole. It is a more delightful place for the audience than for Alice, who is trying desperately to get back home. She tries to get help from the Mad Hatter, the Rabbit, and from the very nice Cheshire Cat. The play is long enough to contain the most delightful incidents but short enough to keep audience attention. Run time is approximately 45 minutes.

This is a Time Out for Theatre production at the Ritz, and there will be school field trip productions throughout the week. Tickets for Saturday are

\$10. Children in lap (ages 0-2) are free. Tickets are available online or by calling 256-383-0533. www.tennesseevallyarts.org

The Shoals Kidney Walk & Celebration is set for Saturday, April 27 at River Heritage Park, 15 Hightower Place in Florence. Registration is at 8:30am and the Celebration begins at 9am. All proceeds benefit the Alabama Kidney Foundation.

The 2024 Honorary Chair is Dr. Tera R. Kirkman, Dean and Professor, at the Anderson College of Nursing and Health Professions at the University of North Alabama.

The 2024 Honorary Patient Chair is DeMarius Porter, a 14-year-old 8th grader at Deshler who just received his kidney on March 10.

The Alabama Kidney Foundation serves kidney patients in the state through financial assistance, education and support services.

For more information, visit the Shoals Walk website: www.shoalskidneywalk.org or contact JoHelene Patrick at 256-975-0000 or johelene@alkidney.org.

The 55th Anniversary Fundraiser Concert at Muscle Shoals Sound Studio on April 26 promises to be an unforgettable night. Join with friends at 7pm at Muscle Shoals Sound, 3614 Jackson Highway in Sheffield, for a celebratory concert featuring the band, Hippies and Cowboys. More fantastic acts will be announced as well. Gates open at 6:30pm Enjoy the evening with food trucks, vendors, and special MSSS merchandise available throughout the event. This "Swampaversary" event is part of the initiative to keep the studio running for another 55 years and beyond! For more information, visit www.muscle ShoalsSoundStudio.org.

See NOTES... page 10

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Shorts...

April- Donate Life Month

Continued from Page 2

tissue donation. The significance of the time symbolizes that one donor can save eight lives.

"This April, we want to remind everyone that they can help save a life," said **Christy Keahey**, Executive Director Legacy of Hope. "Registering your decision to be an organ, eye, and tissue donor takes less than a minute and gives hope to those waiting. The decision to register as a donor is the beginning of a story that may bring life and healing to more than 75 people, their families and their communities."

Each April, several hospitals across Alabama fly Donate Life flags as part of their National Donate Life Month activities. The Donate Life flag serves as a display of unity, remembrance, and hope. NAMC's flag will be displayed in the cafeteria throughout the month.

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Community Notes...

Continued from page 7

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Computer and Technology Classes for May at the Florence-Lauderdale Public Library... Smartphone/Tablet Series All classes are FREE. Registration is required due to limited seating. Please call 256-764-6564 ext. 127 or email classes@fjpl.org to sign up.

The 20th Annual Swampers 5K & 1 Mile Run/Walk takes place Saturday, April 27 at the Muscle Shoals Middle School Gym, benefitting the Shoals Civic League. The 5k starts at 8am, the 1 Mile Fun Run/Walk begins at 9am. Packet pickup is Friday, April 26 from 4:30-6:30pm at the gym and Saturday morning. All runners will receive a t-shirt and all 5K finishers and kids 12 and under in the 1 Mile will receive a custom finishers medal. For more information, call 256-320-7490, email runnerdude413@aol.com, or visit www.swampers5k.com.

- Smartphone/Tablet Basics (iPhone and Android) Thursday, May 2 10:30am-12pm. Become familiar with navigating your iPhone or Android device. Learn the difference between wi-fi connections and data plans along with how to adjust text size and font. Learn basic definitions such as syncing, apps, and the cloud.

Homecoming at Salem Church of Christ is Sunday, April 28 featuring Lonnie Jones as the guest evangelist.

- Smartphone/Tablet Communications (iPhone and Android) Thursday, May 9 10:30am-12pm. Set up your email account for easy access on your iPhone or Android. Learn how to communicate with your contacts via text message, Facebook message, or video chat.

Lonnie's ministry spans 35 years including time as a pulpit minister, youth and family minister, professional counselor, and public safety chaplain assigned to a S.W.A.T. Team.

- Smartphone/Tablet Photos (iPhone and Android) Thursday, May 16 10:30am-12pm. Learn to use your iPhone or Android camera and share your photos via email, text message, Facebook, or Instagram.

Classes for all ages begin at 9am, Morning Worship at 10am, afternoon Worship is 1pm. Lunch will be provided in the activity building immediately following morning worship. Everyone is invited.

- Smartphone/Tablet Streaming (iPhone and Android) Thursday, May 23 10:30am-12pm. Become familiar with streaming music and videos on your device. Learn about apps such as Spotify, Pandora, Netflix, and YouTube.

A Life South Blood Drive will also take place on site from 11-3:30pm. Salem is located at 9671 Hwy 17 (Chisholm Hwy), north of Florence. salemchurchofchristzipcity.com

The first ever Muscle Shoals Motor Madness Car Show and Concert hosted by the City of Muscle Shoals. City Hall on Saturday, April 20 from 8am-3pm. There will be food trucks, door prizes, and 50/50 raffle. Deja Vu will take the stage from noon-3pm. Judging begins at noon. We encourage everyone to bring a lawn chair, and enjoy this community event at Muscle Shoals City Hall, located at 2010 E. Avalon Ave.

Senior Meals on Weekdays at 11:30am at The Club, 450 Country Club Road in Florence. \$1 donation

For more information on participating, please email kmccollister@muscleshoalsal.org or call 256-383-5675.

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Earth Month Wrap-up is April 27

- Spring is one of the best times to visit Cane Creek Canyon Nature Preserve, at 251 Loop Rd in Tuscumbia. The waterfalls are flowing and the wildflowers are blooming. On April 27, we will wrap up Earth Month by celebrating this extraordinary property with a day of hiking, wildflowers, food, and music! While the preserve will be open at 7am as usual, there will be special events throughout the day. For more information, visit www.landtrustna.org.

The Annual Shoals Master Gardeners Spring Plant Sale is Friday, April 26, from 8am-6pm and Saturday, April 27, from 8am-1:30pm at the Farmers Market, 451 Fairground Rd, in Florence (Cox Creek Pkwy & Chisholm Rd)
 Free admission and Free parking, Cash & Checks accepted

Choose from a wide selection of annuals, perennials, vegetables, natives, grasses, and more such as lenten roses, cannas, rudbeckia, daylilies, a variety of tomatoes and herbs, iris, Oakleaf hydrangeas, 3 foot tall blueberry bushes (Tif-blue, Climax and Premier), and Brown Turkey figs and more.

The 26th Annual Shoals-Area Special Olympics Charity Golf Tournament is accepting players and sponsors for the event 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.

Sharpening services will be available for dull gardening implements. Funds raised benefit public gardens and community service facilities throughout the Shoals area.

See NOTES... page 28

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Commentary

NPR- Narrowing of Diverse Views

Everyone who paid attention knew that National Public Radio had somewhat of a left-leaning ideology with most of its programming, at least from the 90's through the Obama administration. That is why some have had an issue with public funding being used to support it.

I used to listen to NPR on many Saturday mornings with a co-worker while wrapping up the following week's paper.

The one show I liked was *Car Talk*, hosted by an often-self-deprecating pair known as "Click and Clack, the Tappet Brothers." Tom and Ray Magliozzi hosted the show from Cambridge, MA and discussed automotive issues, responded to listener questions, and recreated and diagnosed unwanted sounds for decades until 2012 when Tom's health declined. The show was interesting, informative, humorous, and apolitical. Both men were appropriately inducted into the

See RADIO... 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*

THIS WEEK

April 17, 2024

Happening THIS WEEK

Revisit the Wonderland

SHEFFIELD—Alice in Wonderland, a play based on the classic by Lewis Carroll, will be presented in two public performances, 2pm and 6pm, on Saturday, April 20 at Ritz Theatre in Sheffield.

As the curtain rises, Alice slides into view at the end of her long fall down the rabbit-hole. It is a more delightful place

See ALICE...on Page 20



Learn About Native Dance

FLORENCE—The Florence Indian Mound Museum is hosting a series of free children's programs where students can explore the early history of the Shoals through short lessons and hands-on learning exercises. Each month will feature a practice that relates to Native American culture; participants will explore the history and cultural meaning behind each practice

See DANCE... on Page 26

THE 26TH ANNUAL SHOALS-AREA SPECIAL OLYMPICS Charity Golf Tournament is accepting players and sponsors for the event 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.



THE FIRST EVER MUSCLE SHOALS MOTOR MADNESS CAR SHOW and Concert hosted by the City of Muscle Shoals. City Hall on Saturday, April 20 from 8am-3pm. There will be food trucks, door prizes, and 50/50 raffle. Deja Vu will take the stage from noon-3pm. Judging begins at noon. We encourage everyone to bring a lawn chair, and enjoy this community event at Muscle Shoals City Hall, located at 2010 E. Avalon Ave. For more information on participating, please email kmccollister@muscleshoalsal.org or call 256-383-5675.

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YOUR Letters

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

- **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

One Proud Nanna!

Editor:

Congratulations to the Muscle Shoals Tri Cities All (TCA) parents, coaches and teams on the performance and winnings at the Spirit Brand National Championship April 6-7 in Gatlinburg, TN.

Jeremiah's dance team, Jeepers Creepers, won the Grand

Championship. His cheering team, Frightful Force, won the 1st Place Championship. Jeremiah earned two rings and two jerseys from his team's cheering and dancing competition. I am wearing one of his rings right now. He has total of four rings, because he also won two last month at the Orange Beach, AL competition. I am one proud Nanna!

Frances Sanderfer
Florence

More Alka Seltzer

Tom,

I just finished reading your column this week (April 10) and I said, "just finished it." I started it early afternoon and had to stop because I was gagging so much. Then, after taking an Alka Seltzer, I was able to continue. Again, I took another dose of Alka Seltzer so I could finish. I've got to say, you are this publication's MAGA King. You called Don Trump "President"...no, Tom he is the FORMER President.

You addressed the many trials of Don John, all of which he has tried to delay so he can escape justice for the

The Big Orange, Don John Trump, has professed his innocence of all crimes he is charged with...



See LETTERS... on Page 25



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ADOPT A FRIEND

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

MOCHI is an adorable, very playful little boy! He is around 4 months old and will be a smaller breed dog. Mochi is good with dogs and loves to run and play with kids but will nip trying to play. He is such a cute little boy! He is ready for a loving home of his own. **MOCHI IS UP FOR ADOPTION FOR \$50!** His fee includes a voucher for \$70 off of his mandatory neuter, \$15 rabies voucher, current vaccines, NexGard and wormer. For more information please contact **Colbert County animal shelter at 256-381-4073.**



Meet **GUAGE**. This sweet 21 pound boy is the sweetest boy! He is full grown. He is around 1 year-1.5 years old. Guage is good with people and kids. **HIS ADOPTION FEE IS \$25!** The fee covers a voucher for \$70, \$15 rabies voucher, current vaccines (minus rabies), NexGard and wormer. For more information please contact **Colbert County animal shelter at 256-381-4073.**



Meet Hazel. This sweet precious senior girl is looking for a place to call home. If you've never considered a senior dog, maybe you should! You might not be their person for their whole life, but they'll love you just the same. Older dogs are often less work. She keeps her kennel clean and good at walking on a leash. **HAZEL** is a very social dog that have most definitely been loved. She will need to be foster to adopt until treated for heartworms. Please call or come by **Florence Lauderdale animal services 256-760-6676** to meet this cute dog.



Meet Gunner. This sweet precious senior fella is looking for a place to call home. If you've never considered a senior dog, maybe you should! You might not be their person for their whole life, but they'll love you just the same. Older dogs are often less work. He keeps his kennel clean and good at walking on a leash. **GUNNER** is a very social dog that have most definitely been loved. He will need to be foster to adopt until treated for heartworms. He has the cutest face ever! Please call or come by **Florence Lauderdale animal services 256-760-6676** to meet this handsome fella.



Meet **PRISCILLA**. This beautiful senior girl is looking for a place to call home. If you've never considered a senior dog, you definitely should! You might not be their person for their whole life, but they'll love you just the same. Older dogs are often less work. She keeps her kennel clean and good at walking on a leash. This amazing is a very social dog that have most definitely been loved. She loves to smile and receive affection. She will need to be foster to adopt until treated for heartworms. Please call or come by **Florence Lauderdale animal services 256-760-6676** to meet this beautiful dog.



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Cat & Kids
by Cathy Turner

That Full Life, Tho...

Sometimes being retired gets a bad rap, as if it means being re-tired, or being tired over and over again. I have not found it to be so. There are some great benefits to being retired. Being retired means:

You have the time to go 40 miles per hour in the 45-mph speed zone on the road just outside your neighborhood. No longer do you have to put the pedal to the metal because you are late for work, soccer, or to get your hair done...

You have enough time to put the cart back into the cart rack in the parking lot or even take the cart all the way back into the store...

You have enough time to let the people out, who are trying to get into the heavy traffic.

Being retired means you can start watching a movie at 11:00 pm and still get a full night's sleep.

It means that thinking about whether you went to church yesterday is the only way that you know whether it's Monday or not. Retirement really means that you don't have much need to keep up with what day it is. Oh, and in retirement, we no longer take note of the 1st and the 15th of the month because Social Security comes on days different than that.

Retirement means you can put your reclining lawn chairs out and take your afternoon nap down by the river. Not working means I can be with my grandbabies any time I want!!!

Being retired means that you have brunch and lupper, and then late-night dessert and coffee.

Being retired means having new hobbies like learning Spanish or how to tie knots, or RVing, painting, going on mission trips, learning sign language, taking up fly-fishing or knitting, playing Rook, learning trombone or pickleball, volunteering at the elementary school or hospital, or writing books, poetry or songs, running,

hiking, swimming, line-dancing, cooking, visiting the sick, staying with elderly seniors, or getting a personal trainer! There are so many choices now that there is no rushing back to work!

Sit on your porch and listen to the rain or walk around the house all day in your pajamas.

The number one rule in our house in retirement is there is no judgment about when anyone takes a nap. No judgment. We have worked for decades, so we deserve a rest. And that official 3:00 pm retirement nap is a real thing. My sister told me about it, and I didn't believe her. But it's true, 3pm - down.

Being retired means not having to stick to a schedule for anything. Chores get done when the chores get done!

Retirement means having the time to enjoy my husband more. It's wonderful! We want to go for a walk, we go. We want to go out to eat, we go. We want to take a trip, we out! And we talk and share, and we help. It's even better and it's beautiful.

Retirement can be a blessing if you prepare for it - work, save, invest, put into your retirement account now, be loyal to one company (your retirement will build better), love your husband or wife well because that's who you will be spending your old age with (not your children).

Retirement means growing old, but that doesn't mean growing stale and grumpy. Keep moving - you have to move to keep moving. Keep learning. Keep playing. Honor yourself for your years of work and accomplishment, but keep serving.

Retirement truly means that God is not finished with you yet. Don't stop - grow! Show these young folks what kindness and wisdom looks like. Show them the benefits of having a full life.

Email comments or suggestions to CatnKids1@gmail.com

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2014 FORD FOCUS	1FADP3F29EL163278
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1998 FORD WINDSTAR	2FMZA5142WBD64331
2008 FORD FUSION	3FAHP08158R202488
2001 GMC YUKON	3GKEC16TX1G267006
1995 GMC SIERRA	1GTEC14H6S2541877
2010 HONDA PILOT	5FN9YF4H62AB035823
2004 MAZDA 6	1YVFP80D045N95720
1999 MERCURY COUGAR	1ZWFT61L5X5684997
1997 MERCEDES-BENZ SL	WDBFA67F0VF141870
2009 MITSUBISHI GALANT	4A3AB36F39E005430
2003 NISSAN ALTIMA	1N4AL11DX3C270767
2011 NISSAN ALTIMA	1N4AL2AP0BN423837
2014 NISSAN ALTIMA	1N4AL3AP5EC400432
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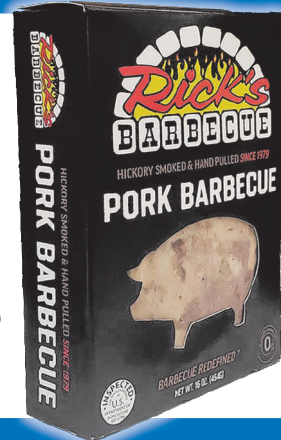


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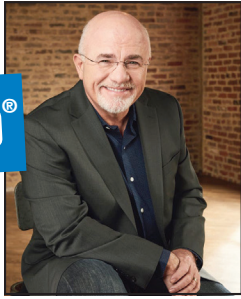


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PLUG IN OR PROMOTE FROM WITHIN?

Dave,
I own a small business with about 20 team members, and we're doing pretty well. Last year, we had revenues of about \$1.2 million and profits of \$250,000. How do I find leadership within my company that cares about the vision and value of my company enough to help me grow it to the next level? I have two people in mind here who have impressed me a lot in the last two years, and I'd like for one of them to take a step up in the company. I'd

like for this person to also challenge me and help me grow as a leader.

Troy

Troy,
I want leaders on my team who aren't afraid to bring things to my attention. If there are things they feel I need to work on, or look at differently, I want them to let me know. I'm not perfect, that's for sure. And I've made plenty of mistakes during my 30-plus years in business. But

when it comes right down to it, it's not *their* job to challenge *me* and help *me* grow. As a leader, that's on *me*. It's *my* responsibility to make sure I'm constantly challenging myself and growing as a leader and businessman.

Now, developing your team members and getting them to actually care and align with your mission? That is part of your job. You don't want leaders within your organization who aren't aligned with what you're trying to accomplish. When that happens, you've got a leader working a J-O-B. And at that point, they're no longer a leader. They're just a boss. Leaders lead. They show the way, they encourage and they lead by example. A boss just tells people what to do.

Over the years, I've had more luck promoting from within than I have bringing in someone new and plugging them in. Maybe there's someone there who's smart, already showing potential and demonstrating they care about the place and your mission. That's someone you can tap on the shoulder and start to move in a leadership direction. That kind of person is already fired up and wired up, so take the bridle off them and give them a chance to run.

Here's an easy first step: Find a really good small-business and leadership book, buy three copies and start a series of study sessions with you and the two team members you mentioned earlier. Let them know you feel they have real leadership potential, then read through the chapters together and discuss one or two over a lunch each week. Open up the discussions, and just let them talk. After a few weeks of this, it'll start to become clear really fast if either one is suited for a bigger role in the company. It'll become the ultimate interview process.

Great question, Troy. Best of luck to you and your company as you take this next big step!

Dave

**Leadership and small-business expert Dave Ramsey is CEO of Ramsey Solutions. He has authored eight national bestselling books, including EntreLeadership, and is a host of The Ramsey Show and The EntreLeadership Podcast.*

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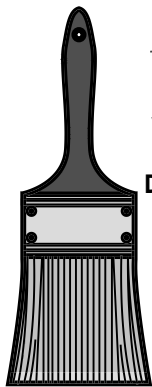
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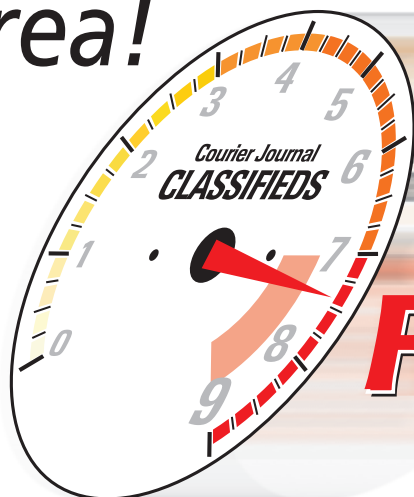
Freedom is not cheap. Salvation isn't either. It cost Christ His blood and death and sufferings of Hell for you so you could be saved. Would you not rather trust a living Saviour than a dead prophet? Are there any men out there willing to lead their homes in a biblical fashion away from this wicked and destructive ideology of this modern culture. Your soul and the souls of your family depend on your leadership. Life is not cheap, neither is a soul. **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 devil is loving the destruction of this nation. His time is short and he knows it. Time for all is running out. Do something eternal for yourself and family, take a stand for good. Get to church, get saved and make a difference while you can. The time is coming when: **Romans 14:12** "So then every one of us shall give account of himself to God." **Philippians 2:11** "And that every tongue should confess that Jesus Christ is Lord, to the glory of God the Father." Will you come and do it today?

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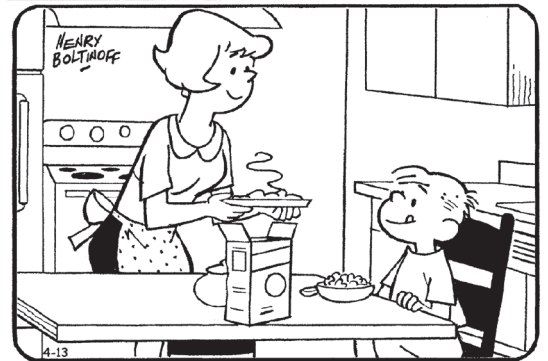
Continued from Page 12

for the audience than for Alice, who is trying desperately to get back home. She tries to get help from the Mad Hatter, the White Rabbit, and from the very nice Cheshire Cat. The play is long enough to contain the most delightful incidents but short enough to keep audience attention. Run time is approximately 45 minutes.

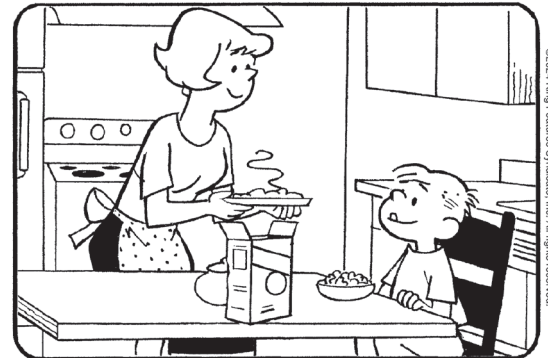
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Some examples of items that qualify as durable medical equipment are, but not limited to: Oxygen equipment and supplies, walkers, wheelchairs, hospital beds, infusion supplies, and patient lifts. Remember, these items should be used primarily at home. If you are residing in a nursing home or hospital, and that facility is providing you with Medicare covered care, it may not be considered your home. If you are staying in a skilled nursing facility, that facility will usually provide the durable medical equipment you need.

If you need durable medical equipment, make sure your doctor and durable medical equipment supplier are enrolled in Medicare. If you doctor or supplier is not enrolled, Medicare will not pay the claims they submit. Without any type of supplemental insurance, you typically will be responsible for 20% of the Medicare approved amount. Also, if you are on a Medicare Advantage Plan you may have copays or coinsurance.

One last thing. There are companies out there that will place outbound calls to Medicare beneficiaries offering to send you durable medical equipment or other items for free. A lady told us just last week this happened to her. The company offered to send her a knee brace at no cost. She didn't need the knee brace but they wanted to send it anyway. These companies will send you the item, then bill Medicare. Remember, nothing is free!! Someone is always paying.

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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Commentary...

Radio...

Continued from Page 12

National Radio Hall of Fame in 2014, and the Automotive Hall of Fame in 2018. (Reruns of the show are still available as podcasts.)

Most of NPR's other shows had a political flavor that I could do without.

That bent took an acute left about a decade ago when all pretenses were discarded. Add to that, in recent years NPR has also become a flag-waving proponent of the diversity, equity, and inclusion (DEI) initiative, a Marxist ideology intended to further divide America.

Last week, Uri Berliner, a senior editor, and current 25-year NPR employee, shared some of the company's long time, tightly held values in a now widely circulated written piece and explained why the company has lost the trust of many Americans.

Let's first establish the fact that Berliner is

no closet conservative. He addressed that in the first few sentences of his piece.

"You know the stereotype of the NPR listener: an EV-driving, Wordle-playing, tote bag-carrying coastal elite. It doesn't precisely describe me, but it's not far off. I'm Sarah Lawrence-educated, was raised by a lesbian peace activist mother, I drive a Subaru, and Spotify says my listening habits are most similar to people in Berkeley. I fit the NPR mold. I'll cop to that." He also eagerly voted Democrat in 2016 and 2020.

Berliner was not critical of NPR's recent efforts to create a more diverse workforce. On the contrary, he supported that. His critique was that the company's strategic quest for diversity was entirely about physical appearance, ethnicity, and sexual orientation. However, it was disinterested in procuring those with diverse ideas or viewpoints.

Berliner pointed out

that NPR's staff (like many in the alphabet media) was shellshocked when Donald Trump was elected in 2016. They just assumed that Hillary would be president.

He said disbelief and anger among the news staff soon gave way to the objective of making things as difficult as possible for the Trump presidency.

So, it is easy to see why Berliner admits that NPR's news coverage, has purposely fallen short on arguably the most controversial stories in recent years. Those include Trump's supposed collusion with Russia in the 2016 election, the origins of the virus that causes COVID-19, and the source and significance of emails associated with Hunter Biden's laptop right before the 2020 election. And, more recently, an obsessive lack of reason with regard to the Israel-Hamas conflict.

Berliner notes that in each of these cases, groupthink is what prevailed at NPR due to a complete lack of diverse views in its newsroom.

"In D.C., where NPR is headquartered and many of us live, I found 87 registered Democrats working in editorial positions and zero Republicans," he wrote, "None," adding, "An open-minded spirit no longer exists within NPR, and now, predictably, we don't have an audience that reflects America."

NPR's responses include an emotional support memo to the staff from chief news executive and chief content officer, Edith Chapin. She praised their progress and didn't agree with Berliner's take at all.

"We believe that inclusion - among our staff, with our sourcing, and in our overall coverage - is critical to telling the nuanced stories of this country and our world," adding, "None of our work is above scrutiny or critique. We must have vigorous discussions in the newsroom about how we serve the public as a whole."

I'm not sure how vigorous the discussions can be, and what they actually determine, if everyone involved is generally of the same opinion with the same goal: maintaining a Democrat in the White House at all costs.

One employee of color was concerned that, in prior years, he didn't see anyone who looked like him in his newsroom. Now four in ten are racial minorities.

Great, that row of thumbnail photos may look like a perfect cut of society on a police blotter. However, in the arena of ideas and the pursuit of accurate and fair coverage when it comes to the printed word, true diversity is the last thing they want.

They want their newsroom inundated with a progressive ideology, which it can be argued, doesn't represent progress at all.

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Savvy SENIOR

Healthy Travel Tips for Older Travelers

Dear Savvy Senior,

What tips can you offer retirees with health issues who are planning some trips? We've been looking forward to traveling again after staying home the past few years, but my husband has a heart condition and some back problems that worry me.

Concerned Wife

Dear Concerned,

A dream vacation can turn into a real nightmare if you get ill or injured while you're away and aren't prepared. Before setting out, here are some tips to help ensure a safe and healthy trip for you and your husband.

Get prepared: Before you go, talk with your doctor about your travel itinerary and what precautions you need to take before traveling. You should also have your doctor's contact information with you when you travel, as well as a list of the medications you're taking in case you need emergency medical care while you're away.

It's also a smart idea to locate health clinics or urgent care facilities near the areas you're visiting. Your hotel can help you with this or a simple internet search can identify nearby health care services. If you're traveling abroad, the U.S. consulate or embassy in the countries you're visiting (go to step.state.gov to enroll your trip) is a good place to get a referral. Or use the International Society of Travel Medicine's directory at ISTM.org.

If you're traveling outside the U.S., you also need to find out the health conditions of the country you're visiting and what, if any, vaccinations and/or preventative medications are recommended. See CDC.gov/travel or call 800-232-4636 to get this information.

Check your insurance: If you have private health insurance or a Medicare Advantage plan through an HMO or PPO that covers in-network doctors only, check your plan to find out what's covered if you need medical care when traveling outside your geographic area.

Beneficiaries that have original Medicare are covered everywhere in the U.S. But if you're traveling abroad, you won't be covered outside the U.S. and its territories except in rare circumstances, although some Medicare Advantage plans and some Medigap supplemental policies do provide limited coverage. Most private health plans don't pay health care costs outside the U.S. either. Be sure to check.

Many retirees traveling abroad purchase travel insurance with medical coverage, which may cover expenses if you cancel the trip, need to be treated while traveling or need to be evacuated for medical care. Make sure the policy will also cover your preexisting medical conditions. To shop and compare policies visit TravelsInsurance.com, InsureMyTrip.com or SquareMouth.com.

Organize your medications: Make sure you have a sufficient supply of medications to last the entire trip.

If traveling by air, you need to pack your medicine in your carry-on bag, so if your checked luggage gets lost or misdirected you won't be without. It's best to keep your medications in their original containers to get through airport security without delays. It's also a good idea to bring along a note from your doctor that explains why you take these medications, especially if syringes or other medical supplies are involved.

For airport security requirements visit TSA.gov - click on "Disabilities and Medical Conditions." You can also call TSA Cares at 855-787-2227 prior to traveling with questions about screening policies, procedures and what to expect at the security checkpoint.

Maximize technology: Keep a list of your medications and other important health and medical information handy on your smartphone so you can easily access and share it with emergency health care providers when you're traveling. Some good apps that can help with this are Backpack Health (BackpackHealth.com) and Capzule (Capzule.com).

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



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Annual Drinking Water Quality Report

GREENHILL WATER & FIRE PROTECTION AUTHORITY

January - December 2023

We're pleased to present to you this year's Annual Quality Water Report. This report is designed to inform you about the quality water and services we deliver to you every day. Our constant goal is to provide you with a safe and dependable supply of drinking water. We want you to understand the efforts we make to continually improve the water treatment process and protect our water resources. We are committed to ensuring the quality of your water. Greenhill's water sources are two groundwater wells which draw from the Tusculumbia/Fort Payne Aquifer and purchased water from Florence Water & Sewer Department (50%). Florence water is supplied by surface water from the Tennessee River and the Cypress Creek. In addition, Florence Water Department pumps ground water from two wells in the Killen and Center Star areas in Lauderdale County, which is blended with the treated surface water sources. In the water provided to our customers (from Greenhill), Chlorine is added for disinfection purposes, Caustic Soda is added to raise pH levels of the water that will prevent it from being corrosive and Aqua Gold to produce a desirable water quality by raising the pH level to reduce corrosion and acidic conditions. In the water provided to our customers (from Florence), Chlorine is added for disinfection purposes, Fluoride for the prevention of tooth decay, lime to produce a desirable water quality by raising the pH level to reduce corrosion and acidic conditions, Potassium Permanganate to oxidize iron, and aid in taste and odor control, Poly Aluminum Chloride for turbidity removal and Alum for coagulation. Also Florence has added a new treatment process called the MIEX system as a simple solution for meeting U.S. Environmental Protection Agency's (EPA) disinfection by-product (DBP) removal by employing a continuous ion exchange process. The Process removes dissolved organic carbon (DOC) allowing for improved drinking water quality and regulatory compliance. Greenhill Water & FPA and Florence Water & Sewer Department have implemented a Source Water Protection Plans. These plans provide more information such as potential sources of contaminations, which may affect our water source.

If you have any questions about this report or concerning your water utility, please contact Greg Thompson, Manager/Operator, (256) 757-2863. We want our valued customers to be informed about their water utility. If you want to learn more, please attend our regularly scheduled meetings held on the second Monday of each month at 1 PM at the water board office on County Road 8.

BOARD OF DIRECTORS

- Thomas J. Wallace, Chairman
- Larry A. Gist, Vice-Chairman
- Freddie E. Davis, Secretary/Treasurer

Greenhill Water & Fire Protection Authority and Florence Water & Sewer Department routinely monitors for contaminants in your drinking water according to Federal and State laws. This table shows the results of our monitoring for the period of January 1st to December 31st, 2023. All drinking water, including bottled drinking water, may be reasonably expected to contain at least small amounts of some contaminants. It's important to remember that the presence of these contaminants does not necessarily pose a health risk.

PLAIN LANGUAGE DEFINITION

- Not Required (NR)** - Laboratory analysis not required due to waiver granted by the Environmental Protection Agency for the State of Alabama.
- Parts per million (ppm) or Milligrams per liter (mg/l)** - one part per million corresponds to one minute in two years or a single penny in \$10,000.
- Parts per billion (ppb) or Micrograms per liter** - one part per billion corresponds to one minute in 2,000 years, or a single penny in \$10,000,000.
- Parts per trillion (ppt) or Nanograms per liter (nanograms/l)** - one part per trillion corresponds to one minute in 2,000,000 years, or a single penny in \$10,000,000,000.
- Parts per quadrillion (ppq) or Picograms per liter (picograms/l)** - one part per quadrillion corresponds to one minute in 2,000,000,000 years or one penny in \$10,000,000,000,000.
- Picocuries per liter (pCi/L)** - picocuries per liter is a measure of the radioactivity in water.
- Millirems per year (mrem/yr)** - measure of radiation absorbed by the body.
- Nephelometric Turbidity Unit (NTU)** - nephelometric turbidity unit is a measure of the clarity of water. Turbidity in excess of 5 NTU is just noticeable to the average person.
- Variances & Exemptions (V&E)** - State or EPA permission not to meet an MCL or a treatment technique under certain conditions.
- Action Level (AL)** - the concentration of a contaminant which, if exceeded, triggers treatment or other requirements which a water system must follow.
- Treatment Technique (TT)** - (mandatory language) A treatment technique is a required process intended to reduce the level of a contaminant in drinking water.
- Maximum Contaminant Level** - (mandatory language) The "Maximum Allowed" (MCL) is the highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.
- Maximum Contaminant Level Goal** - (mandatory language) The "Goal"(MCLG) is the level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.
- Maximum Residual Disinfectant Level Goal or MRDLG** - The level of a drinking water disinfectant below which there is no known or expected risk to health. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contaminants.
- Maximum Residual Disinfectant Level or MRDL** - The highest level of a disinfectant allowed in drinking water. There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants.

Contaminants that may be present in source water include:

- Microbial contaminants, such as viruses and bacteria, which may come from sewage treatment plants, septic systems, agricultural livestock operations, and wildlife.
- Inorganic contaminants, such as salts and metals, which can be naturally-occurring or result from urban storm water run-off, industrial or domestic wastewater discharges, oil and gas production, mining, or farming.
- Pesticides and herbicides, which may come from a variety of sources such as agriculture, storm water run-off, and residential uses.
- Organic chemical contaminants, including synthetic and volatile organic chemicals, which are by-products of industrial processes and petroleum production, and can also come from gas stations, urban storm water run-off, and septic systems.
- Radioactive contaminants, which can be naturally occurring or be the result of oil and gas production and mining activities.

Cryptosporidium

Cryptosporidium is a microbial pathogen found in surface water throughout the U.S. Although filtration removes Cryptosporidium, the most commonly-used filtration methods cannot guarantee 100 percent removal. Ingestion of Cryptosporidium may cause cryptosporidiosis, an abdominal infection. Symptoms of infection include nausea, diarrhea and abdominal cramps. Most healthy individuals can overcome the disease within a few weeks. However, immune-compromised individuals, infants and small children, and the elderly are at greater risk of developing life-threatening illness. We encourage immune-compromised individuals to consult their doctor regarding appropriate precautions to take to avoid infection. Cryptosporidium must be ingested to cause disease, and it may be spread through means other than drinking water. We currently monitor for Cryptosporidium and have had none detected.

Secondary Drinking Water Standards are guidelines regulating contaminants that may cause cosmetic effects (such as skin or tooth discoloration) or aesthetic effects (such as taste, odor, or color) in drinking water. ADEM has Secondary Drinking Water Standards established in state regulations applicable to water systems required to monitor for the various components.

GENERAL INFORMATION

The sources of drinking water (both tap water and bottled water) include rivers, lakes, streams, ponds, reservoirs, springs, and wells. As water travels over the surface of the land or through the ground, it dissolves naturally-occurring minerals and in some cases, radioactive material, and can pick up substances resulting from the presence of animals or from human activity.

Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers.

EPA (Environmental Protection Agency)/CDC (Center of Disease Control) guidelines on appropriate means to lessen the risk of infection by cryptosporidium and other microbiological contaminants are available from the Safe Drinking Water Hotline (800-426-4791). All Drinking water, including bottled drinking water, may be reasonably expected to contain at least small amounts of some constituents. It's important to remember that the presence of these constituents does not necessarily pose a health risk.

All drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the Environmental Protection Agency's Safe Drinking Water Hotline (1-800-426-4791).

MCL's are set at very stringent levels. To understand the possible health effects described for many regulated contaminants, a person would have to drink two liters of water every day at the MCL level for a lifetime to have a one-in-a-million chance of having the described health effect.

If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. The Greenhill water & Fire Protection Authority is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to 2 minutes before using water for drinking or cooking. If you are concerned about lead in your water, you may wish to have your water tested. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the Safe Drinking Water Hotline or at <http://www.epa.gov/safewater/lead>.

Unregulated contaminants are those for which EPA has not established drinking water standards. The purpose of unregulated contaminant monitoring is to assist EPA in determining the occurrence of unregulated contaminants in drinking water and whether future regulation is warranted.

Based on a study conducted by the ADEM with the approval of the EPA, a statewide waiver for the monitoring of Asbestos and Dioxin was issued.

Thus, monitoring for these contaminants was not required.

We at the Greenhill Water & Fire Protection Authority work around the clock to provide top quality water to every tap. We ask that all our customers help us protect our water sources which are the heart of our community, way of life and our children's future.

Table of Detected Drinking Water Contaminants									
CONTAMINANT	MCLG	MCL	Range			Amount Detected		Likely Source of Contamination	
Bacteriological Contaminants January - December 2023									
Total Coliform Bacteria (Florence)	0	< 5%				5%	Present or Absent	Naturally present in the environment	
Turbidity (Florence)	0	TT				0.10	NTU	Soil runoff	
Inorganic Contaminants January - December 2023									
Chlorine (Florence)	MRDLG 4	MRDL 4	0.5	-	2.7	2.7	ppm	Water additive used to control microbes	
Chlorine (Greenhill)	MRDLG 4	MRDL 4	1.0	-	1.7	1.4	ppm	Water additive used to control microbes	
Chromium	100	100	0.35	-	0.35	0.35	ppb	Discharge from steel and pulp mills erosion of natural deposits	
Copper (Greenhill)	1.3	AL=1.3	0.007	-	0.144	0.10	ppm	Corrosion of household plumbing systems; erosion of natural deposits; leaching from wood preservatives	
Fluoride (Florence)	4	4	ND	-	0.68	0.68	ppm	Water additive which promotes strong teeth; erosion of natural deposits; discharge from fertilizer and aluminum factories	
Fluoride (Greenhill)	4	4	0.02	-	0.02	0.02	ppm	Water additive which promotes strong teeth; erosion of natural deposits; discharge from fertilizer and aluminum factories	
Nickel	0.10	0.10	0.002	-	0.002	0.002	ppm	Erosion of natural deposits; discharge from refineries and landfills; runoff from cropland	
Nitrate (as N) Florence	10	10	ND	-	0.81	0.81	ppm	Runoff from fertilizer use; leaching from septic tanks, sewage; erosion of natural deposits	
Nitrate (as N) Greenhill	10	10	2.61	-	2.61	2.61	ppm	Runoff from fertilizer use; leaching from septic tanks, sewage; erosion of natural deposits	
Turbidity (Florence)	N/A	TT				0.10	NTU	Soil runoff	
Organic Contaminants January - December 2023									
Di(2-ethylhexyl)phthalates (Greenhill)	0	6	0.02	-	0.04	0.04	ppb	Discharge from rubber and chemical factories	
Haloacetic Acids (HAA5) Greenhill	N/A	60	8.0	-	20.0	16.13	ppb	By-product of drinking water chlorination	
Total Organic Carbon (TOC) Florence	N/A	TT	0.5	-	1.1	1.1	TT	Naturally present in the environment	
Total trihalomethanes (TTHM) Greenhill	0	80	16.0	-	53.0	33.38	ppb	By-product of drinking water chlorination	
Secondary Contaminants January - December 2023									
Chloride (Florence)	N/A	250	29.3	-	29.3	29.3	ppm	Naturally occurring in the environment or as a result of agricultural runoff	
Chloride (Greenhill)	N/A	250	4.42	-	4.42	4.42	ppm	Naturally occurring in the environment or as a result of agricultural runoff	
Copper	N/A	1	0.093	-	0.093	0.093	ppm	Erosion of natural deposits; leaching from pipes	
Sulfate (Florence)	N/A	250	9.50	-	9.5	9.5	ppm	Naturally occurring in the environment	
Sulfate (Greenhill)	N/A	250	0.39	-	0.39	0.39	ppm	Naturally occurring in the environment	
Total Dissolved Solids (Florence)	N/A	500	112	-	112	112	ppm	Erosion of natural deposits	
Total Dissolved Solids (Greenhill)	N/A	500	92	-	92	92	ppm	Erosion of natural deposits	
Zinc	N/A	5	12.2	-	12.2	12.2	ppm	Erosion of natural deposits	
Special Contaminants January - December 2023									
Calcium (Florence)	N/A	N/A	24.2	-	24.2	24.2	ppm	Erosion of natural deposits	
Calcium (Greenhill)	N/A	N/A	8.23	-	8.23	8.23	ppm	Erosion of natural deposits	
Carbon Dioxide (Florence)	N/A	N/A	13.1	-	13.1	13.1	ppm	Erosion of natural deposits	
Carbon Dioxide (Greenhill)	N/A	N/A	1.30	-	1.30	1.30	ppm	Erosion of natural deposits	
Magnesium (Florence)	N/A	N/A	3.80	-	3.80	3.80	ppm	Erosion of natural deposits	
Magnesium (Greenhill)	N/A	N/A	2.12	-	2.12	2.12	ppm	Erosion of natural deposits	
pH (Florence)	N/A	N/A	7.40	-	7.40	7.40	SU	Naturally occurring in the environment or as a result of treatment with water additives	
pH (Greenhill)	N/A	N/A	7.6	-	8.0	7.8	SU	Naturally occurring in the environment or as a result of treatment with water additives	
Sodium (Florence)	N/A	N/A	12.8	-	12.8	12.8	ppm	Naturally occurring in the environment	
Sodium (Greenhill)	N/A	N/A	25.5	-	25.5	25.5	ppm	Naturally occurring in the environment	
Specific Conductance (Greenhill)	N/A	<500	182.00	-	182.00	182.00	umhos	Naturally occurring in the environment or as a result of treatment with water additives	
Specific Conductance (Florence)	N/A	<501	222.0	-	222.0	222.0	umhos	Naturally occurring in the environment or as a result of treatment with water additives	
Sulfate (Florence)	N/A	N/A	9.50	-	9.50	9.50	ppm	Naturally occurring in the environment	
Sulfate (Greenhill)	N/A	N/A	0.21	-	0.21	0.21	ppm	Naturally occurring in the environment	
Total Alkalinity (Florence)	N/A	N/A	64.2	-	64.2	64.2	ppm	Erosion of natural deposits	
Total Alkalinity (Greenhill)	N/A	N/A	74.7	-	74.7	74.7	ppm	Erosion of natural deposits	
Total Hardness (as CaCO3) (Florence)	N/A	N/A	76.2	-	76.2	76.2	ppm	Naturally occurring in the environment or as a result of treatment with water additives	
Total Hardness (as CaCO3) (Greenhill)	N/A	N/A	29.3	-	29.3	29.3	ppm	Naturally occurring in the environment or as a result of treatment with water additives	
Unregulated Contaminants January - December 2023									
Bromochloromethane (Greenhill)	N/A	N/A	4.3	-	9.7	6.70	ppb	Naturally occurring in the environment or as a result of industrial discharge or agricultural runoff; by-product of chlorination	
Chloroform (Greenhill)	N/A	N/A	7.8	-	39.0	18.48	ppb	Naturally occurring in the environment or as a result of industrial discharge or agricultural runoff; by-product of chlorination	
Dibromochloromethane (Greenhill)	N/A	N/A	1.7	-	7.3	5.01	ppb	Naturally occurring in the environment	
Metolachlor (Greenhill)	N/A	N/A	0.07	-	0.07	0.07	ppm	Runoff/leaching from herbicide use	
Per-polyfluoroalkyl substances (PFAS)(Florence)	N/A	N/A	0.0029	-	0.014	0.0013	ppb	A man-made substance that repels both water and oil.	
Per-polyfluoroalkyl substances (PFAS)	N/A	N/A	ND	-	ND	ND	ppb	A man-made substance that repels both water and oil.	

Table of Primary Contaminants					
At high levels some primary contaminants are known to pose a health risks to humans. This table provides a quick glance of any primary contaminant detections.					
CONTAMINANT	MCL	AMOUNT DETECTED	CONTAMINANT	MCL	AMOUNT DETECTED
Bacteriological					
Total Coliform Bacteria (Florence)	< 5%	5%	Dalapon(ppb)	200	ND
Total Coliform Bacteria (Greenhill)	< 5%	0.93%	Dibromochloropropane(ppt)	200	ND
Turbidity (Florence)	TT	0.10	0-Dichlorobenzene(ppb)	600	ND
Fecal Coliform & E. coli	0	ND	p-Dichlorobenzene(ppb)	75	ND
Fecal Indicators (enterococci or coliform)	TT	ND	1,2-Dichloroethane(ppb)	5	ND
Radiological					
Beta-photon emitters (mrem/yr)	4	ND	1,1-Dichloroethylene(ppb)	7	ND
Alpha emitters (pCi/l)	15	ND	Cis-1,2-Dichloroethylene(ppb)	70	ND
Combined radium (pCi/l)	5	ND	trans-1,2-Dichloroethylene(ppb)	100	ND
Uranium(pCi/l)	30	ND	Dichloromethane(ppb)	5	ND
Inorganic					
Antimony (ppb)	6	ND	Di-(2-ethylhexyl)phthalate(ppb)	400	ND
Arsenic (ppb)	10	ND	Di-(2-ethylhexyl)phthalate(ppb)	6	0.04
Asbestos (MFL)	7	ND	Dinoseb(ppb)	7	ND
Barium (ppm)	2	0.02	Diquat(ppb)	20	ND
Beryllium (ppb)	4	ND	Endosulf(ppb)	100	ND
Bromate(ppb)	10	ND	Endrin(ppb)	2	ND
Cadmium (ppb)	5	ND	Epichlorohydrin	TT	ND
Chloramines(ppm)	4	ND	Ethylbenzene(ppb)	700	ND
Chlorine(ppm) (Florence)	4	2.7	Ethylene dibromide(ppt)	50	ND
Chlorine(ppm) (Greenhill)	4	1.4	Glyphosate(ppb)	700	ND
Chlorine dioxide(ppb)	800	ND	Haloacetic Acids(ppb) Greenhill	60	16.13
Chlortol(ppm)	1	0.62	Heptachlor(ppb)	400	ND
Chromium (ppb)	100	0.68	Heptachlor epoxide(ppt)	200	ND
Copper (ppm) Greenhill	AL=1.3	0.10	Hexachlorobenzene(ppb)	1	ND
Cyanide (ppb)	200	ND	Hexachlorocyclopentadiene(ppm)	50	ND
Fluoride (ppm) Florence	4	0.68	Lindane(ppt)	200	ND
Fluoride (ppm) Greenhill	4	0.02	Methoxychlor(ppb)	40	ND
Lead (ppb)	AL=15	ND	Oxamyl [V]date(ppb)	200	ND
Mercury (ppb)	2	ND	Permethrin(phenol)(ppb)	1	ND
Nickel (ppb)	0.10	0.002	Picloram(ppb)	500	ND
Nitrate (ppm) Florence	10	0.81	PCB(ppb)	500	ND
Nitrate (ppm) Greenhill	10	2.61	Simazine(ppb)	4	ND
Nitrite (ppm)	1	ND	Styrene(ppb)	100	ND
Total Nitrate & Nitrite	10	2.61	Tetrachloroethylene(ppb)	5	ND
Selenium(ppb)	50	ND	Toluene(ppm)	1	ND
Thallium (ppb)	2	ND	TOC (Florence)	TT	1.10
Organic Chemicals					
Acrylamide	TT	ND	TTHM(ppb) Greenhill	80	33.38
Alachlor(ppb)	2	ND	Triphenylamine(ppb)	3	ND
Atrazine(ppb)	3	ND	2,4,5-TP (Silvex)(ppb)	50	ND
Benazep(ppb)	5	ND	1,2,4-Trichlorobenzene(ppb)	70	ND
Benzen(ppb)	5	ND	1,1,1-Trichloroethane(ppb)	200	ND
Benzo(a)pyrene(PHAs)(ppt)	200	ND	1,1,2-Trichloroethane(ppb)	5	ND
Carbofuran(ppb)	40	ND	Trichloroethylene(ppb)	5	ND
Carbon Tetrachloride(ppb)	5	ND	Vinyl Chloride(ppb)	2	ND
Chlordane(ppb)	2	ND	Xylenes(ppm)	10	ND
Chlorobenzene(ppb)	100	ND			

Letters...

Need More Alka Seltzer

Continued from Page 12

crimes he is accused of committing. Note that I said *accused* since a person is "presumed innocent until proven guilty." The Big Orange, Don John Trump, has professed his innocence of all crimes he is charged with. If he believes he is innocent, then why does he continue to try to delay these numerous charges -- 91 currently -- of going to trial and having his lawyers present his case before a jury?

Like I love to say, MAGA is alive and well in Alabama.

However, I DID like the political cartoon and the clown picture at the end of your essay.

Larry J. Smith
Florence

The Window Will Shut

Editor:

President Biden seems to think criticizing and maligning Israel is acceptable. He doesn't know, or has forgotten,

the mindset of a vast number of American citizens. Israel is our ally and come November, they will be once again embraced and thought of that way by our government.

Let's remember that many American warships, aircraft, submarines, space satellites, and thousands of troops have all been at our disposal since Americans were first taken hostage. All of this sitting and twiddling their thumbs off the coast of Gaza, ten minutes away from the hostages. There has been no effort to retrieve our citizens. Biden doesn't even mention them.

Our adversaries know that their window of opportunity will shut emphatically after November. China is on the brink of their decision to invade Taiwan. Iran, North Korea, Russia, and proxy terrorists all know that, for the next seven months, they can basically act with impunity because of the world's perception of a doddering, enemy-placating American President.

Wayne South
Florence

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FOR SALE: DOUBLE BURIAL PLOTS in Tri-Cities Memorial, Garden of Good Sheppard, lot 163 block B units 1 and 2. Including 2 unlined vaults and companion memorial marker with base and vase. Two plots \$1000 each, 2 vaults at \$500 each, and marker with vase and base for \$1000, \$4000 for all. This is about 32% of going rate from Tri-Cities Call Mike at 615-957-2819

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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. Jab with a fork | ___ _ _ _ C _ | Nobel winner Curie | ___ _ _ _ R _ |
| 2. Snap into | ___ R ___ _ | Dreary | ___ L ___ _ |
| 3. Drying cloth | ___ _ _ _ L | Pisa sight | ___ _ _ _ R |
| 4. Every 24 hours | ___ A ___ _ | Lacy mat | ___ O ___ _ |
| 5. Gorge | ___ _ _ Y ___ | Big gun | ___ _ _ N ___ |
| 6. Salt | S ___ _ _ | Speaker's platform | P ___ _ _ |
| 7. Investigate | ___ _ _ B _ | Writing style | ___ _ _ S _ |
| 8. More rapidly | ___ _ S ___ | Hesitate, fumble | ___ _ L ___ |
| 9. Coarse | ___ _ _ _ H | Baton ___ | ___ _ _ E |
| 10. City of Light | ___ _ _ I _ | Hair divisions | ___ _ _ T _ |

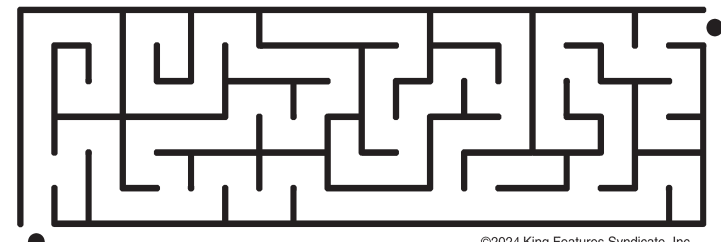
Puzzle Whirl

MINI SUDOKU

	5			4
	2	4		6
5		1		
			4	6
		2		5

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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Kids' Maze



WORD LADDERS
Can you go from VOGUE to SOLVE in 6 words?
Change one letter for each rung in the ladder.

VOGUE

SOLVE

Answers on Page 30

WORD SPIRAL

N O T

S I

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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Dance...

Continued from Page 12

while engaging in an activity related to that practice. The program and activity on Saturday, April 20 at 10am will focus on Native American Dance.

Native American dance is an important practice historically and in the present. Dance has been shared over the ages to celebrate special events in life, such as welcoming visitors, marking the change of seasons, celebrating friendship, and many different ceremonies. Join us for a short presentation on how important dance is to Native American communities and stay to learn a simple animal dance from the Eastern Band Cherokee Nation and watch a demonstration of the Stomp Dance of the Chickasaw Nation. Stay to listen to modern Native American music and come up with your own dance. We hope to see you there!

This program 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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Your pets are an important part of the family. They're with you from those big life moments to everyday adventures. And nothing matters more than protecting those you love. Whether you're a new or seasoned pet owner, pet medical insurance can help you prepare for the unknown.

How pet medical insurance can help your pet for the long-term

Pets get sick too. No matter the season, pets get sick — even the healthy ones. And sometimes more care is needed than expected. For example, if your new puppy gets into something they shouldn't, they may need hospitalization and testing.

To help protect your pet and your wallet, consider purchasing pet insurance the day you bring your dog or cat home. Starting and maintaining a policy when your pet is young and healthy — with less pre-existing conditions — will help ensure greater access to available benefits over their lifetime.

You might budget for many of your pet's needs like vaccinations and heartworm prevention, but what if something unexpected comes up? When you have a new puppy or kitten — or perhaps you've adopted a dog or cat who's a few years old — the unknown can happen at any time.

Many owners may choose to open a pet health savings account to help with those unexpected veterinary bills. While a pet savings account can be helpful for routine and preventative care, it's not always the safest bet when thinking about the things you can't plan for. It's hard to predict what will happen to your pet — or when. Even if you put away \$50 into a pet savings account every month, what happens if your pet has a \$1,000 issue during the second month of saving? Fortunately, pet medical insurance can help you plan for the future and deal with any unexpected medical costs that may arise.

Possibly extend your pet's life expectancy

With pet insurance, medical treatment for cats and dogs is much more accessible. Pet parents are often expected to immediately pay the full price of their vet bill, and sometimes even prior to receiving treatment. Without assistance from a pet medical policy, things like diagnostic tests, surgeries, medications, hospital stays, and prosthetic devices can quickly eat up a pet parent's budget. This often scares pet parents enough that they may hesitate about taking their pet to the vet.

Pets are family

At the end of the day, your pet is a part of the family. If your pet does become sick or injured, you want to help them get the care they need so they can live a long and healthy life. Contact your State Farm® agent today to discover how a Trupanion Pet Medical Insurance policy can help be there throughout your pet's life.



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SIGNS OF THE PAST

EARLY HISTORY OF LEXINGTON 1818

In 1816, the Chickasaws ceded land north of the Tennessee River to the government and, in 1817, the Cherokee ceded Doublehead's Reserve. These land acquisitions opened the area around modern-day Lexington to early settlers. Lauderdale County was created February 6, 1818, and land sales began at Huntsville in March 1818. The presence of a number of free-flowing springs north of here attracted those early settlers. Thomas Gresham, Revolutionary War veteran, settled west of here prior to 1810. His brother John, also a veteran of the war, entered land in the same section in 1818. Another veteran, Benjamin French, settled in the same general area. Beginning in March of 1818, 21 families entered land in and around Lexington, resulting in settlements throughout the area. A forerunner of Lexington was Dugout (so named because settlers lived in shallow caves dug into the hill), which was established north of here about 1820 on land holdings of Edward Potest, a veteran of the Revolutionary War. He settled near the Alabama-Tennessee line in 1818. This community had a gristmill, blacksmith shop and, later, a cotton gin. Porter Town was also north of Lexington and near Dugout. It was named for several Porter families who settled here during the 1820s. A gristmill and blacksmith shop were established in this community. Below was an early Bluewater Creek community a few miles northwest of Lexington. Also in that area was the post office of Coffton Gin. These settlements contributed to the development of Lexington. Some believe the town took its name from Lexington, Massachusetts because of its ties to the American Revolution.
(Continued on other side)

Location:

34.9695°N, 87.3702°W

579 Mill Cir, Lexington, AL

Lauderdale County was created in 1818 and land sales began in Huntsville. Several Revolutionary veterans settled here. "Some believe the town took its name from Lexington, Massachusetts because of its ties to the American Revolution".

~ Courtesy David Curott ~ author of
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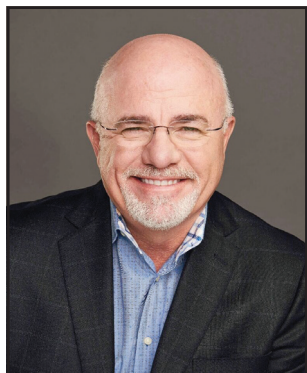
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SEE PAGE 6 FOR DETAILS

DAVE Says

by DAVE RAMSEY



A SAFETY NET, NOT A HAMMOCK

Dear Dave, My husband and I are in a bad situation, and we're thinking about taking my parents up on their offer to move in with them. We both work two jobs. I'm a medical transcriptionist with a small business on the side, and he's a warehouse clerk who is also

trying to get a business off the ground. Combined, we bring home about \$70,000 a year, plus we have \$80,000 in debt between credit cards and a car loan. On top of all this, our rent went up 18% at the first of the year, and we can't afford the increase. Should we move in with my folks? Melissa

Dear Melissa, I'm not opposed to families jumping into a situation together to solve a problem. That includes grown children moving back home for a short period of time. Sometimes, when the right people are involved (and proper boundary expectations are established and agreed upon), it can work out well for everyone. I just want you to be very careful that you're not using a move like this to mask the real problem.

I'm going to shoot straight with you. The real problem isn't an 18% jump in rent. The real problem is what that rent increase revealed about you both—the fact that you have weak careers. You guys are like two hamsters in a wheel right now. Neither one of you is afraid of work. That much is obvious. And you're working four jobs between the two of you, so there's no lack of effort. But you're not gaining any traction. You're not making a lot of money, and the debt hanging over your heads isn't helping either.

Your parents are obviously good-hearted people, Melissa. If you do this, I want you, your husband and your folks to go into it with this mindset—your stay with them is a brief stopover on your way to prosperity. Don't go into this—any of you—with an attitude of the world is mean, rent went up, and we can't make it out there. This is a safety net, not a hammock. Use this time to begin addressing your financial issues, and take a long, hard look at your career and income situation. If

you use this opportunity wisely, you can emerge in a better place with your money and with getting ahead in your careers. God bless you all! — Dave

Dave Ramsey is an eight-

time No. 1 national best-selling author, personal finance expert and host of *The Ramsey Show*, heard by more than 20 million listeners each week. He has appeared on *Good Morning America*, *CBS Mornings*, *Today Show*,

Fox News, *CNN*, *Fox Business*, and many more. Since 1992, Dave has helped people regain control of their money, build wealth and enhance their lives. He also serves as CEO for the company, *Ramsey Solutions*.

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Notes...

Continued from page 10

The Annual Colbert County Domestic Violence Coalition Diaper Drive is underway to help local families impacted by domestic violence. All sizes of new diapers, wipes, and pull-ups are being accepted at assorted locations throughout the county April 1-30. The healing place in muscle Shoals, Renaissance Antiques in Florence, Rio Grande Restaurant in Sheffield, Foodland Stores in Ford City, Elgin, Rogersville, Florence, and in Muscle Shoals (3413 Woodward Ave), Peoples Drug and Piggly Wiggly in Cherokee, Rain or Shine Laundromat in Florence, Studio 220 in Florence, Our Lady of the Shoals Catholic Church in Tuscumbia.

Monetary donations are also being accepted by mail at: CCDVRC - PO Box 454 Tuscumbia, AL 35674 or PAYPAL - Jenniferccdvr@gmail.com

The coalition meets on the second Tuesday of each month in the Helen Keller Public Library at 12pm. Call 256-284-2284 for more information.,

The Healing Place presents Frank's Italian Fundraiser on Monday, April 22 from 3:30-6:30pm in the Healing Place activity room.

The menu includes: 5 layer, cheese lasagna with tomato sauce, fresh Italian salad and dressing plus homemade Italian bread. Buy your tickets now! Only \$12 PayPal or Checks payments. All proceeds go to benefit grieving children and families in Colbert, Franklin, and Lauderdale counties. Advance payments preferred for planning at: <https://app.autobooks.co/pay/the-healing-place-2> -- or pay at the door! Limited quantities may be available for non-preorders. Eat on-site or pick up for to-go orders!

The Healing Place is located at 2409 Wildwood Street in Muscle Shoals, just off Wilson Dam Rd. For more information, call 256-383-7133.

Birding Day at the Tennessee Valley Museum of Art, 511 N Water St, in Tuscumbia on Saturday, April 27 Join Colbert County Tourism as they host a "Day of Birding" in conjunction with Alabama's 2024 Year of Birding. There will be an assortment of family-friendly crafts and activities on the grounds of the TVMA as well as free admission to the museum. Information: 256-383-0783

Sand Mountain Amphitheater will host Old Crow Medicine Show at 7:30pm on Saturday April 26. Special guest, Molly Tuttle & Golden Highway.

Since getting their start busking on street corners back in 1998, Old Crow Medicine Show has emerged as one of the most potent and influential forces in American roots music. Over the last quarter-century, the two-time Grammy Award-winning band has brought their raucous live show to audiences around the world and toured with the likes of Willie Nelson and John Prine, all while amassing an acclaimed catalog that includes such standouts as their double-platinum hit single "Wagon Wheel."

Tickets are available now and may be purchased at: sandmountainamphitheater.com. Sand Mountain Amphitheater is at 700 SMPA Blvd. in Albertville.

Saturday, April 27 at 1:30pm please join beekeepers, Fred and Linda Joly, at Historic Belle Mont on for their presentation, "Bees of Belle Mont." This program will cover the bees that have been at Belle Mont for centuries and are still there today! The program is intended for all ages and is free and open to the public. Please call 256-381-5052 or email bellemontmansion@gmail.com with any questions. Belle Mont is located at 1569 Cook Lane in Tuscumbia.

Church Women United invites everyone to May Friendship Day on Friday, May 3 at 10am at North Wood United Methodist Church, 1129 Wills Ave. in North Florence.

See NOTES... page 30

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Community Notes...

Continued from page 28

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/

The city of Florence will host a ribbon-cutting ceremony for the River Heritage Trail on Sunday, May 5, from 3-5pm. The entire Shoals community is invited to join in the grand opening celebration.

The River Heritage Trail Grand Opening will include an afternoon filled with excitement, music, and exploration. Attendees will have the opportunity to experience the natural beauty of the River Heritage Trail firsthand while enjoying live music and local food trucks.

The event will feature remarks from community leaders at 4pm, followed by the official ribbon-cutting ceremony, which will mark the trail's opening to the public.

Prepare for a journey through time and space at SPAN's Duel of the Decades Ball - STAR WARS Edition back by popular demand! Dust off your retro 70's and 80's attire and join us May 4 from 7-10pm at Burrell School in Florence at 610 W. College St. for a night of dance-offs, costume contests, and a "name that retro tune" challenge spearheaded with music by DJ Sugar B. It will be complete with disco dogs, popcorn, drinks, and special performances, all while supporting a great cause. Secure your spot now for just \$10. Let's make this bash one for the ages! May the 4th be with you! Tickets can be purchased Mon-Fri 8:30-4:30 by calling our office at 256-246-2060. SPAN is a nonresidential, coeducational program serving troubled

youth and helping them achieve success and become productive adults through education, counseling, and positive influences within their own communities.

Hi Neighbors of the Shoals meets on the 1st Tuesday of each month (May 7) at 10:30am in the Florence Public Library. This women's social group welcomes all ladies who are current residents of the Shoals area. Come join us! Contact Berta Birch, 256-777-3119, for further details.

The Friends of the Florence-Lauderdale Public Library will present a luncheon with Mee McCormick at noon Tuesday, May 7 at Pickett Place, 438 N. Seminary St, in Florence. Chosen as one of Southern Living's Cooks of the Year in 2020, Mee McCormick will share her journey of healing with foods, with ranching and farming, and the importance of gut health and cooking for the microbiome. Catering is by Jill's Sweet Memories. McCormick will also autograph and sign her cookbooks!

Tickets for Friends Members are \$30. General admission tickets are \$35 and are in sale at the Mitchell Burford Bookstore or online at Eventbrite.com. Search MeeMcCormick.

Osborn Hill Cemetery - Decoration Day will be on Saturday, May 4. The first Saturday of May has been observed as Decoration Day for well over 100 years. Please make plans for that special day to come to the cemetery. If you would like to donate to the Osborn Hill Cemetery Fund, please send your donations to: Osborn Hill Cemetery Fund, c/o Mrs. Lana Duncan 2330 Colburn Mtn. Road, Tusculmbia, AL 35674.

Jacksonburg Church of Christ, 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. Jacksonburg is located at 414 Lauderdale 28, Florence.

Friday, May 10, 10am-4pm. Pre-festival "Museum Day". Hosted by Belle Mont Celtic Fest. Chamber music, demonstrations, lectures on Celtic and Early American topics will be featured along with tours of the circa 1828 home and a demo of Gordon Setters will be included.

LifeSouth is in emergency need for blood donors. This year continues

to be difficult for LifeSouth and blood centers across the country with the impact of the pandemic causing a decrease in blood donations, while the need to help patients in local hospitals continues to increase.

Regular blood donors who have not given recently and first-time donors can make a major impact by donating. One donation can save up to three lives.

Donate at the Center, 307 Veterans Drive, Florence. Schedule an appointment, 256-765-7038. www.lifesouth.org. The hours are: Monday, Wednesday, Friday 9am-5pm; Tuesday and Thursday 9am-7pm; Saturday 9am-3pm; Sunday 1-5pm.

REVIVE AL - Hearts on Fire, a church growth workshop, June 12-15 at Heritage Christian University in Helton Drive in Florence. Keynote speakers for this home mission event overseen by the elders of Killen Church of Christ include Dr. Kirk Brothers, Stan Dean, Zack Martin, Matt Miller, Dr. Laws Rushing, and David Shannon.

There will be 40 "how-to" classes for men and women, panel discussions each day, and coffee and snacks provided by HCU. Visit homemission.org to view schedule; register at www.hcu.edu.

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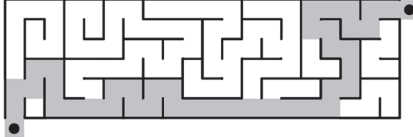


Puzzle Whirl Answers

Even Exchange answers

1. Pierce, Pierre
2. Break, Bleak
3. Towel, Tower
4. Daily, Doily
5. Canyon, Cannon
6. Sodium, Podium
7. Probe, Prose
8. Faster, Falter
9. Rough, Rouge
10. Paris, Parts

Kids' Maze Solution



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WORD LADDER
Answer
VOGUE, VAGUE, VALUE,
VALVE, SALVE, SOLVE

Word Spiral
Answer
NATIVISMS

MINI SUDOKU
Answer

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

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TAKING IN HOUSEMATES

When we were in college, we thought nothing of having two, three, or more housemates. That was common back then. Now that we're empty nesters, it's a perfect time to revive the practice. My wife and I have a four-bedroom house that we love, but the kids are all grown and it's too big (2700 sq. ft.) for just the two of us. It's also too expensive (taxes and mortgage) if we're going to save for our retirement in a few years, so we took in two housemates. They're boomers like us. We were careful in deciding who we would be willing to live with and it's worked out fine. We've become friends. We even share dinners most nights. The rent we collect makes our mortgage payment much easier to handle. Plus, it's a little like being 20 again! *Ted*

END OF THE MONTH TEST

I knew that my online shopping was becoming a problem when I got my monthly Visa bill and couldn't pay all of it. Therefore, I decided to try something new. I don't make any purchases until I get my credit card bill. Then I see how much I

could add to it and still pay off the entire bill. I allow myself to spend half that amount. The other half I put into a savings account that I just started. I still get to buy some of the things I want, but I don't have that sinking feeling when the credit card bill comes each month. *Ken*

HANDY DE-ODORIZER

Here's a handy way to get the stink off your hands after you cut up an onion. Just rub your hands in used coffee grounds and then wash them. Coffee grounds are an excellent odor eater. The gentle scrubbing of the grounds will soften your hands, too! *Carrie*

WHY I HAVE GROCERIES DELIVERED

I have recently been using a grocery delivery service and find that I am actually saving money. I am retired, and when my car gave out, I had been relying on family and friends to get me out to the store. I tried the service and found a few very good things. Yes, items are expensive, but I don't throw junk food into my cart. I can take my time and compare sizes and prices at my leisure. I can shop in the early morning in my nightie.

I'm not bothering anyone or using up their gas. For the most part, quality is excellent. I shop every two or three weeks, and I don't worry about running out of stuff. Mostly, it gives me back a little bit of independence that went away with my car. *Deborah C.*

DOLL CLOTHING

I have begun to sew doll clothes for my granddaughter's 18" doll. That particular doll fetches price tags of \$25-\$50 per garment. I even ran into a yard sale with identical clothing, but they wanted a minimum of \$15 per item, which was too much for too little. We are talking about dresses no larger than the size of my hand! As a solution, I now purchase clothing in a thrift clearance center where you pay 49 cents per pound for soft goods. A nice man's shirt or an adult woman's cotton dress yields more than enough fabric for a doll's wardrobe. *Carol in Ventura*

DEFROSTING BREAD

I go to the day old bread store once a month. I buy a few loaves and freeze all but one. They were always a little soggy when I defrosted them until I learned two tricks. First, I put the wrapped loaf into a gallon freezer bag and force out as much air as possible. This minimizes ice crystals. Then when I go to defrost it, I open the wrapper and put in a dry paper towel and reseal the package. The paper towel absorbs any moisture that's released as it defrosts. The loaf of bread comes out just like it was never frozen! *Noreen*

READY FOR GRILLING!

It's time to get my BBQ grill ready for spring! I've found an easy way to clean the grills. I put them in a plastic

garbage bag with a cup of ammonia and seal it overnight. The next day I can just wipe any burned on stuff off with a rag. Ready for some burgers, dogs and steaks! *Jeff*

DON'T MICROWAVE IT!

Maybe I'm overreacting, but I try to avoid microwave ovens as much as possible. When I have something to reheat, I use a large stainless steel cooking pot with a strainer insert and

steam it. Most foods reheat fine. A few things get too moist, but that's rare. I feel

better knowing that I'm not doing strange things with the food my family eats! *Abby*

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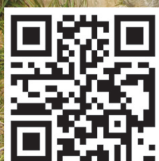
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