

**CB&S Names
Thorpe CAO**

RUSSELLVILLE-CB&S Bank is excited to announce the promotion of Taron Thorpe to Chief Analytics Officer. Prior to this new role, Thorpe was a Regional Market President for CB&S Bank.

Thorpe graduated from Auburn University with a degree in Agricultural Business and Economics and a Master of Business Administration as well as the LSU Graduate School of Banking.

As a specialist in financial goal achievement with over 25 years of business experience, Thorpe has been an active and integral part of the community's growth.

Thorpe is a graduate and former chairman of Leadership Greater Huntsville. He is the current vice chair of The Schools Foundation for Huntsville, Madison, and Madison County Schools, and he works closely with many non-profit organizations in the Huntsville area including Kids to Love.

"Taron's knowledge of our company and exceptional leadership skills make him well equipped to seamlessly transition into the position, ensuring continuity in our operations and enabling us to maintain our momentum in achieving remarkable milestones here at CB&S Bank," said Mike Ross, bank President and CEO.

More SHORTs... on Page 2

Volume 140 Number 27

April 24, 2024

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UNA Inducts Four into Greek HOF

FLORENCE – Four University of North Alabama alumni will be inducted into the inaugural Greek Hall of Fame as

**INAUGURAL CLASS
UNA GREEK
HALL OF FAME**

- Name - Organization
Michael Anthony Phi Gamma Delta
Larry Softley, Jr. Alpha Phi Alpha
Rebecca Batchelor Reeves Phi Mu
Malaea Nelms Seleski Zeta Tau Alpha

part of the recent 50th anniversary weekend celebrating Fraternity and Sorority Life at UNA.

"Our panel of judges spent a long time reviewing our many applications and we are thrilled with those who have been selected for this inaugural class," said Anna Leigh Rossi, Director of Fraternity and Sorority

See GREEK.. on Page 10

Celebrating Life

DeMarcus Porter, center, a kidney patient and leader of Team D, are among those taking part in the Shoals Kidney Walk & Celebration this Saturday at the River Heritage Park.

Courtesy photo



Kicking Kidney Disease Out The Door in 2024

FLORENCE—DeMarius Porter, a 14-year-old 8th grader at Deshler, was diagnosed with kidney disease last year. He needed hemodialysis, which meant appointments three times a week for three hours per treatment. This did not include added expenses and the 45 minutes in the car each trip. However, Porter just received a kidney transplant on March 10 and is doing well.

It is for those types of successes that

the Shoals Kidney Walk & Celebration takes place. This year's event is Saturday, April 27 at River Heritage Park. The park is located beside the Marriott-Shoals Conference Center on Hightower Place. Registration is at 8:30am and the Celebration begins at 9am. All proceeds benefit the Alabama Kidney Foundation. Porter is the 2024 Honorary Patient Chair for the event.

See KIDNEY.... on Page 6

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INSIDE this Issue

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Ray Miller Buick-GMC
Advance Auto Sales

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- Computer Skeptic
- Puzzle Whirl

- Medicare Minute
- Lorrie Morgan
- Your Letters
- Yard Sale Season



- Swampers 5K and 1M Run/Walk
- Dave Ramsey
- Adopt-a-Friend
- SIGNS of the PAST

Online Only:

- Mystery Photo Race** WIN A MEAL FOR 2
- Alabama Outdoors
 - Web Poll

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Ford City Clinic

Lisa Gamble,
CRNP



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Shorts...

Continued from Page 1

UTD Acquires OSA Plant

MUSCLE SHOALS—United Treating & Distribution, (UTD), a producer of pressure-treated wood and distributor of building products serving residential and industrial customers, is pleased to announce we have acquired OSA's wood treating plant and its associated assets located in Ringgold, Georgia.

UTD was founded in 2006 and has a customer base spanning 19 states. UTD supplies both treated and untreated lumber. The company also distributes various building materials like aluminum railing and composite decking to retail lumber yards, contractor yards, multi-family markets, portable barn builders, utility trailer manufacturers, components for pallet and crating industry and other markets.

"With our mission to glorify Jesus Christ, this acquisition gives us the ability to further our vision and expand our reach," said Chad

Epperson, UTD's owner and CEO. "We are excited about this opportunity to grow and live out our Brand Commitment of 'striving to do what we say we will do while delivering good news fast and bad news faster.' We look forward to continuing our commitment to building trust one delivery at a time."

Awards for Men's Tennis

ATLANTA – The UNA men's tennis team earned four postseason honors from the Atlantic Sun Conference, with sophomore **Lachlan Brain** and freshmen **Izan Orgiles** and **Birtan Duran** all receiving awards, the league announced Wednesday.

Brain received his third overall postseason honor with a first team All-ASUN selection. Duran was a unanimous selection to the all-freshman team — the lone freshman to achieve the feat. Orgiles rounded out the awards with an all-freshman selection, as well as winning the ASUN Freshman of the Year. He joined Brain as one of two UNA players to win the award in the Division I era.

The program record season continues for UNA Men's Tennis this year, as the team earned the most single-season postseason awards in the Division I era.

Brain finished the season with 24 wins, finishing with an 11-8 record in singles along with five doubles wins. She set the North Alabama Division I program record for singles wins in a season, playing primarily from the second flight.

Orgiles finished his first season with 25 wins total, securing a 13-8 record in singles with a 12-5 record in doubles. He played across the top four flights in singles,

going 1-0 from flight one, 4-4 from flight two, 3-4 from flight three and 5-0 from flight four. In doubles, the freshman went 2-0 from flight one, 3-2 from flight two and 7-3 from flight three.

Duran closed the regular season with a 15-6 record in singles with a 7-9 record in doubles. He played in every flight, including a 1-0 record in the second flight and a 5-0 record in the fifth. In doubles, the freshman went 5-8 from flight one and 2-1 from flight three. He earned his first ASUN Men's Tennis Player of the Week on March 6 – the third for UNA this season.

Ansorge is All Freshman

ATLANTA – The Atlantic Sun Conference announced the 2024 postseason awards for women's tennis Wednesday afternoon, with freshman **Emma Ansorge** being named to the all-freshman team.

The awards are voted on by the league's head coaches. This marks the first career postseason award for Ansorge and the first non-academic postseason honor in the program's Division I history.

Ansorge's sensational first year culminates with the all-freshman nod after finishing with a team-high 14 wins in singles along with five doubles wins. She set the North Alabama Division I program record for singles wins in a season, playing primarily from the second flight.

WIC Income Guidelines

MONTGOMERY—Alabama's income guidelines for the

See SHORTS...on Page 9



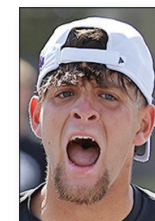
Duran



Brain



Ansorge



Orgiles

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Frog Legs \$7.99 Lb.

Whole Rabbits \$15.99 EACH



Yard Sales

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

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

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

TUSCUMBIA: YARD SALE 2520 Blue Rd. Sat. 4/27, Sun 4/28 and Sat, 5/4, Sun. 5/5 8am-5pm

RUSSELLVILLE: Estate Sale 256 1st St Wed. 4/24 and Thurs. 4/25 Everything in the home is for sale. Look up Kathy Oliver Grissom's Facebook page for photos of items for sale.

FLORENCE: INDOOR HOME SALE 827 W. Alabama St 1.5 blocks from old ECM Hospital on left. 4/24-27 10-5pm No early arrivals please. Furniture, jewelry, glassware, paintings, houseware, Holiday, fabrics, lamps, Sterling, teacups



SHEFFIELD: YARD SALE 709 Edgewood Dr Sat. April 27 7-2 Downsize our Monogram/Vinyl and EBAY business. Lots Blanks. NEW and used Fishing, NEW knives, Golf, Holiday, dishes, Temp-tations, Toys, Part of the Rivermont Neighborhood Sale

FLORENCE ESTATE SALE 202 Harrington Lane Creekwood Sub. Thurs., 3pm-6pm, and Fri. & Sat., 9am-4pm. Collectibles, Furniture, Thimbles, John Deere Toy Tractors, Household, Items A to Z! See pictures on www.estatesales.org

SHEFFIELD: 709 Edgewood Dr April 27th Sat. 7 am, RIVERMONT/VILLAGE NEIGHBORHOOD SALE, 1 of 2. Visit us again on May 4th.

FLORENCE GARAGE SALE 205 Breckenridge Court, Cedar Park Sub., Fri. 1pm-5pm and Sat. 7am-noon. Household décor, ladies clothing, shoes, boots, purses, kitchen items, collectibles and more!

COURTLAND: YARD SALE 2445 Jefferson Street April 26-27 7 until ? clothes, furniture, toys and other household items

MUSCLE SHOALS: By appointment only, due to family illness. Cemetery flowers saddles, vases, etc. misc. items, reduced prices

IT'S YARD SALE SEASON! Get a free yard sale kit with your prepaid red lined yard sale ad. Deadline Friday: 8 days prior to a Saturday sale. See Page 6 or visit www.courierjournal.net.

MUSCLE SHOALS: MULTI-FAMILY YARD SALE 3410 Brush St. Behind Rural King. Sat. 4/27 7am-Noon Houseware, clothing, furniture, misc. items

MULTIFAMILY

TUSCUMBIA CHURCH YARD SALE, 4801 US Hwy 43 (across from Greenway Chevrolet) Sat., April 27th, 7am-noon, CHRIST THE KING LUHERAN CHURCH, A Lot of Everything!!

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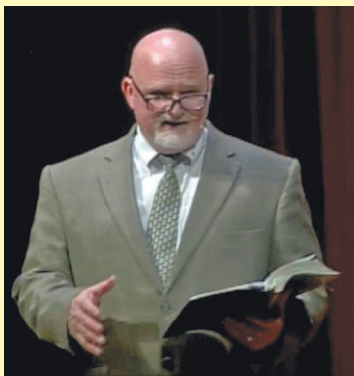


HOMECOMING

— Sunday, April 28, 2024 —

Salem Church of Christ

Lonnie's ministry spans a 35 year period including pulpit minister, youth and family minister, professional counselor and public safety chaplain assigned to a S.W.A.T team.



LONNIE JONES

Classes for all ages 9am
Morning Worship 10am
Evening Worship 1pm
Life South Blood Drive 11-3:30

Lunch will be provided in the activity building immediately following morning worship.

Everyone Invited!

9671 Hwy. 17, Florence, AL

SalemChurchofChristZipCity.com

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

LifeSouth Bloodmobile Dates:

Thursday, April 25 North Alabama Medical Center - Florence, 7am - 5pm

Saturday, April 27 Summer Fest, 830 Lock Six Road Killen, 9am - 4pm

Sunday, April 28 Salem Church of Christ, Florence 11am - 3:30pm

Monday, April 29 Colbert County High School, 8am - 3:30pm

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

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

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.

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.

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

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.

See NOTES... page 22



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Deadline Friday at 4:30pm - 8 days prior to a Saturday Sale



Pet Passions from *Pet Supplies Plus*

BRING ON THE SUDS!

Loving our dogs comes naturally. However, when it comes to proper grooming and cleaning, it can be a bit of a learning curve for many new dog owners. Questions like "how often should I bathe my dog?" are met with a wide variety of responses.

To help make things simple, we've created this guide to help you determine the right amount of wash, rinse and repeat needed to keep your dog C.L.E.A.N:

- Coat Type -- Lifestyle -- Environment
- Allergies and Skin Conditions -- Nose Test

Coat

Different breeds have different needs, and so do their coats. Dogs with shorter coats can typically be bathed every 1-3 months, while medium-long coats require more frequent bathing— every 4-6 weeks is a good rule of thumb.

However, when it comes to their coats, texture matters too. For dogs with smooth coats, like pugs or greyhounds, only 3-4 times per year is recommended. Rougher, more bristly coats, like that of a Scottish terrier or Brussels Griffon, require more frequent bathing and upkeep. And for dogs with wavy coats, like a poodle or a Komondor, bathing frequency depends on the breed. Consult with your vet or a grooming specialist.

Lifestyle

Lifestyle and activity level are also important. If your dog is active and loves to spend time playing outside and rolling around in who-knows-what, you will need to bathe them more often. Nap-enthusiast and those who like to snoozing in the sun, can have a regular regular bathing routine.

Environment

Environment plays a big role in how often you should wash your dog. If you live in the city, chances are your dog isn't getting too dirty on your daily walks. Country-dwelling dogs may get into more sticky (or muddy) situations, resulting in the need for a good scrub down.

Environmental elements can also increase the risks of fleas and ticks, so check your dog frequently and bath accordingly.

Allergies (And Skin Conditions)

Some dogs have allergies, fungal or bacterial infections, rashes, or sensitive skin conditions. So frequency and shampoo type will depend on the nature of their condition. In those situations, consult your veterinarian.

Nose Test

When all else fails, trust your nose. If you aren't sure if your pup needs a bath, brace yourself, lean in and take a big whiff.

By considering these five variables, you can help keep your pup looking, feeling, and of course, smelling their best. Pet Supplies Plus has a grooming special going on now.

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Commercial Rate 4 LINES Each additional line add \$1.50 - applies to anyone engaged in sale of goods/services on a recurring basis or for profit, licensed or not - including pets. 6 Weeks \$39 - Each additional line - add \$7.50 total **\$8.00** Week

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Yard Sales 6 LINES Each additional line - \$1.50 YARD SALES - An exclusive listing of the area's better sales prominently placed **\$12.50** Week

Employment 6 LINES Each additional line - \$2.25 EMPLOYMENT - Looking for employment or Businesses looking for employees **\$15.50** Week

Private Party Auto Rate Up to 8 LINES for 4 weeks. Each additional line - \$2.25. **\$17.00** 4 wks

*one line is approx. 30 characters

Form with multiple blank lines for ad content.

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Please Print Ad Clearly. NOT RESPONSIBLE for illegible handwriting

Questions? Call our office at 256-764-4268.

Kidney...

Continued from Page 1

He also has a team in the walk this weekend. Team D is pictured with this article.

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.

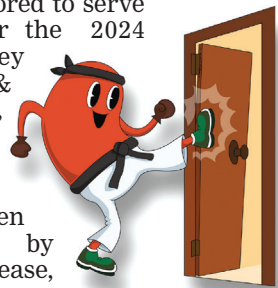
"I am honored to serve as Chair for the 2024 Shoals Kidney Walk & Celebration," said Dr. Kirkman. "Our family has been affected by kidney disease, and we are thankful that we live in an area with access to options, and we have reliable transportation. Not everyone is so fortunate. We look forward to seeing you at the Kidney Walk and Celebration this year!"

Kidney Disease is devastating to many dialysis patients physically, emotionally, and financially. The Alabama Kidney Foundation (AKF) focuses on providing these patients and their families with education, support, and financial assistance, including help with treatment-related transportation costs. The AKF is the only

state-based non-profit organization dedicated to improving the quality of life for Alabama's increasing number of kidney patients.

There is no fee to join in the walk which offers help and hope to Alabama's kidney patients. Any gifts, donations, or pledges for walk participants are welcomed and appreciated.

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, Director of Corporate & Community Partnerships, at 256-975-0000 or johelene@alkidney.org.



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	4	\$57,720	\$1,110
	5	\$67,673	\$1,302
	6	\$77,626	\$1,493

*Each unborn infant counts as one in the family size.
 *For additional family sizes, please visit www.alabamapublichealth.gov/wic.

State's New WIC Income Guidelines

Continued from Page 2

Special Supplemental Nutrition Program for Women, Infants, and Children (better known as WIC) have increased and additional people may qualify. If you are a woman who is pregnant, has had a baby within the past six months, or are currently breastfeeding, or if you are the parent or guardian of a child up to age 5, you are encouraged to contact your local county health department or WIC agency to apply.

WIC participants may receive food benefits for each qualifying family member. Increased cash value benefits are available to purchase fresh and frozen fruits and vegetables. Each child receives \$26/month, pregnant and postpartum women receive \$47/month, and breastfeeding women receive \$52/month. In addition to nutritious food benefits, WIC participants receive free nutrition education, breastfeeding support, and healthcare referrals. Alabama's WIC Program provides electronic food benefits, making the shopping experience much easier.

Under the 2024 federal poverty guidelines, more families may be eligible for the program. WIC is open to participants with incomes up to 185 percent of the federal poverty level. Check the table below to see if your family may qualify:

WIC participants must have both a limited income and a nutritional need.

For more details, please go to <http://www.alabamapublichealth.gov/wic> or call the statewide toll-free line at 1-888-942-4673 (1-888-WIC-HOPE).

Area Teams in Rocketry Challenge

THE PLAINS, VA—Five student teams from northwest Alabama are among 100 national finalists in the American Rocketry Challenge. The students will compete against other teams at the National Finals, taking place on May 18 in The Plains, Virginia, just outside Washington, DC.

Teams will compete for the title of national champion and receiving an all-expense paid trip to the International Rocketry Challenge in July at the Farnborough Air Show in England, and for \$100,000 in prizes. The top 25 teams will automatically receive invitations to NASA's Student Launch workshop.

All five teams have previously competed in the National Finals.

- They are:
- **Muscle Shoals High School (2 teams)**, advised by **Holly Brooks**
 - **Lawrence County High School**, advised by **Tara Martin**
 - **Russellville High School**, advised by **Gabriel Willis**
 - **Tharptown High School**, advised by **Areanna Orozco**

This year's initial competition featured a record 922 teams and more than 5,000 students from 45 states. For 2024, each team was required to design, build, and launch model rockets that safely carry one large hen egg to an altitude of 820 feet, stay airborne for between 43 and 46 seconds, and return the rocket to the ground safely. The rocket must separate into two parts after apogee—one section of the rocket must contain the egg and altimeter, and the second the rocket motor(s)—and both parts

See SHORTS...Page 13

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EMPLOYMENT Opportunities

Greek...

Continued from Page 1

Life. "They are great representatives of their organizations, but they also live out the ideals of fraternity and sorority members of service to others and their communities."

The inductees are:

- Michael Anthony, Phi Gamma Delta, was initiated into the Phi Upsilon chapter of Phi Gamma Delta (FIJI) in 1994. He is a resident of Chattanooga, Tennessee and is employed by the city as the Director of Safety, Compliance, and Risk Management.

- Larry Softley Jr., Alpha Phi Alpha Fraternity, Inc., was initiated as a member of the Kappa Gamma chapter of Alpha Phi Alpha Fraternity, Inc. in 1985 and has been an active member of the

Shoals community and Alpha Phi Alpha for the past 39 years.

- Rebecca Batchelor Reeves, Phi Mu, is a charter member of the Theta Alpha chapter of Phi Mu and was initiated in 1973, the same year fraternity and sorority life was founded at UNA. She lives in Russellville and is an avid public servant.

- Malaea Nelms Seleski, Zeta Tau Alpha, was initiated into the Eta Rho chapter of Zeta Tau Alpha in 1988 and has been active in the ZTA and National Panhellenic Conference since her graduation in 1991.

The four were formally recognized at the Greek Alumni Mixer on April 19 on campus.

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Guest Commentary

Biden Admin's Relentless DEI Push Continues

Residents used to appoint diplomats to defend the interests of the United States and the public against foreign adversaries. That looks now like a gauzy past. Today, you have President Joe Biden's appointees, who want to demolish the society they purport to represent.

Sadly, this is no exaggeration. On April 2, Secretary of State Antony Blinken appointed Zakiya Carr Johnson as the State Department's new chief diversity and inclusion officer to "advance our deep commitment to diversity, equity, inclusion, and accessibility (DEIA) in the department."



MIKE GONZALEZ

The fact that the Biden administration stubbornly clings to DEI—the way President Barack Obama said Americans clung to their

See DEI PUSH... on Page 18

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

Courier Journal

in the Shoals

THIS WEEK

April 24, 2024

Happening THIS WEEK

Lace Up

Swampers 5K & 1 Mile Run is a 20-Year Community Tradition

MUSCLE SHOALS—The Shoals community is invited to lace up their running shoes for the 20th Annual Swampers 5K and 1 Mile Run/Walk on Saturday, April 27 at Muscle Shoals Middle School. This year marks two decades of promoting family fitness and community engagement through this cherished event. The 5K starts at 8am. The 1 Mile Run/Walk follows at 9:05am.

"We created this event 20 years ago to get families out to exercise together, and it has been great seeing so many



kids and families out running together," said Josh Aycock, event organizer. "The 5K course is flat and

See 20TH 5K... on Page 20

VOCAL OF THE SHOALS ANNUAL CANDLELIGHT VIGIL is Tuesday, April 23 at 7pm in Wilson Park in Downtown Florence. The Keynote Speaker will be Attorney General Steve Marshall. Other featured speakers include Lauderdale County DA, Chris Connolly, Executive Director of VOCAL, Wanda Miller, and representatives from the Florence Police Dept, Cramer Children's Center, Safe Place, The Healing Place, One Place of Shoals, Shoals Homicide Survivors, and VOCAL. Music will be provided by Alyssa Ashley-Guin and Gary Nichols. This is a public event open to everyone. RAINSITE is First Baptist Church of Florence next to the park. In addition, VOCAL will also be placing white crosses with a photo in front of the Lauderdale County Courthouse during the week to honor and remember crime victims.

Morgan in Concert Saturday

FLORENCE—Country Legend Lorrie Morgan will be in concert Saturday, April 27 at 7:30pm in UNA's Norton Auditorium. Morgan is presented as a fundraiser for Shoals Scholar Dollars. Tickets are \$45-\$75 available

only online and seating is reserved.

Morgan was the first woman in her genre to begin her career with three consecutive Platinum

See MORGAN... on Page 17

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SAT. APR. 27 (DH)
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SMOKE ON THE WATER TAKES PLACE from 9am–4pm on Saturday, April 27 at McFarland Park in Florence. Admission is \$5. This Kansas City Backyard Barbecue Contest and Festival benefits Shoals Scholar Dollars. It is sanctioned by the Kansas City Barbecue Society and the Alabama Barbecue Association. There will be live music, Food trucks, inflatable, games, and an opportunity to vote on the best barbecue teams. More details are available at Smokeonthewaterfestival.com.

YOUR Letters

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

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Inspire Aderholt

Editor:

As a caregiver for my mother with Alzheimer's, I understand firsthand the impact this disease has on families across America. Watching my mother go from a healthy, vibrant, and active woman who remained involved with her community and church fade slowly, memory by memory, was extraordinarily difficult.

Last week, I attended the 2024 AIM Advocacy Forum with my fellow Alzheimer's Association advocates from across the country. We met with Congressman Robert Aderholt on Capitol Hill to call for support of Accelerating Access to Dementia & Alzheimer's Provider Training

(AADAPT) Act, which will empower primary care providers to better diagnose Alzheimer's and other dementia and deliver high quality, person-centered care in community-based settings.

We also asked for support for the Reauthorization Act of 2024, which would continue strengthening the Alzheimer's public health infrastructure, empowering public

health departments in communities throughout the nation to implement dementia interventions such as increasing early detection and diagnosis, reducing risk, and supporting the needs of caregivers.

Please join me and the Alzheimer's Association in encouraging Congressman Aderholt to advance policies that will continue making progress in the fight against Alzheimer's and other forms of dementia.

To learn more about this disease and how you can join the fight to end Alzheimer's, please visit alzimpact.org

Malinda Moore
Boaz, AL

More LETTERS... on Page 24

It has the potential to dramatically reduce our greenhouse-gas emissions...



Shorts...

Rocketry Challenge

Continued from Page 9

must land with their own parachutes.

Sponsored by the Aerospace Industries Association, the National Association of Rocketry, and more than 20 industry partners, the American Rocketry Challenge is the aerospace and defense industry's flagship program designed to encourage students to pursue study and careers in science, technology, engineering, and math (STEM).

The list of all 100 National Finalists and press release can be found at www.rocketcontest.org/result/2024-finalists/

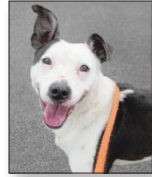
New 'Senior for Seniors'

FLORENCE – Florence Lauderdale Animal Services has established

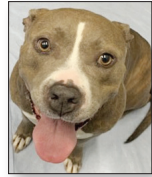
a new wrinkle in the adoption process that matching area seniors, and one that should help the older dogs get out of the shelter more quickly.

"I'm calling it 'Senior for Seniors,' where people 55 and older can now pay a flat \$25 for the dogs that are 5 years or older," noted Danielle White, in a recent social media post. She is a new employee at the shelter who spearheaded the program. "In order for this program to be successful, we need people who want to adopt dogs that are older, and often have a more difficult time getting out of the shelter with good families in a good, stable home." A couple of the many are shown here.

Older dogs are usually more relaxed, better house-trained, require less attention, and they can slide right into our busy lives, much easier



Grover, 7



Katana, 5

than a puppy or young dog. Their size, personality, and temperament are already established, yet they can bring large amounts love and light into our lives.

"These dogs have brightened my life just by me working here at the shelter," White added. "This has given me a purpose, so I want to help them the same way they helped me."

For more information about the program, contact FLAS at 256-760-6676 or follow them on FB Florence Lauderdale Animal Services.

Shoals Elks' New Officers

Shoals Elks Lodge recently installed officers for the 2024-2025 Elk year. Pictured at right - Front Row (left to right) Pam Marks, Esteemed Leading Knight; Nora Gibson, Inner Guard; Micki Krnc, Treasurer; Barbara Danley, Esquire; Linda Waide, Chaplain; Peggy Monroe, Tiler. Back Row (left to right) Dan Barger, Lodge Secretary; James Bragwell, Esteemed Lecturing Knight; Gary Helmick, Exalted Ruler; Johnny Howard, Esteemed Loyal Knight; James Luncford, Trustee.



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YOU KNOW I AM AVERSE TO WRITING ABOUT CONTROVERSIAL SUBJECTS

in this little column but the latest headlines and talk among the community have created an uproar. Against my better judgment, my fingers are jumping to create some words on the subject because this calamitous news is of vital importance to all citizens of the area. As with so many news items in these dramatic times, there is a lot of misinformation being spread and I hope to clear some of this mess up for both of my readers. So with no further adieu, let's discuss the contentious issue of how to pay for a parking spot in

CONTROVERSY IN FLORENCE

by "The Computer Skeptic"



Jim Fisher

downtown Florence.

The city of Florence recently contracted with a nationwide parking meter management company called ParkMobile. It's pretty simple to use, but compared to using a quarter, it does take some getting used to. You can download the app manually from the comfort of your living room or you can scan a little QR code with your smart phone after you slide into the parking space. It is located on the meter. The app will then guide you through paying for

your "zone" to park in using your credit card.

I just launched the app from home and poked around a little. Florence is not yet mapped into the app, so if you perform a search for "Florence AL" in the app, you will not find it. That's no big deal since you can simply enter the 6-digit number located on the meter itself, but it is something to be aware of. The cost of reserving a spot was about 70 cents/ hour. That vast amount of money seems to be quite a contentious issue among certain

citizens used to paying a dime. I think it's a bargain.

I've heard concerns that personal information could be "hacked" by the app. That is a legitimate concern with any and all organizations that collect personal information. Earlier this year, ParkMobile was the victim of a large data breach where license plate numbers, names, and email addresses were stolen. That stinks but the reality is that website and data breaches happen all the time.

Your credit card number (and everything else about you) is already out there even if you don't use it anywhere on the internet. So using an app to pay for a parking meter is just as safe as using it to pay for a meal at a restaurant. If the event that your account gets hacked and someone spends millions of dollars parking all over the

country, you are personally liable for exactly none of that according to federal law.

Despite a few drawbacks, ParkMobile can be a convenient way to pay for parking. Make sure you enter the correct license plate number and parking zone. Double-check your parking transaction before you confirm it. Make sure you are paying for the correct amount of time and that you are parked in the correct zone. Or maybe just use a quarter.

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

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Morgan...

Continued from Page 12

albums and has one of the most eloquently emotive voices of modern times. Come and hear her sing some of her most torching performances including "Watch Me," "What Part of No," "Five Minutes," her epic, "Something in Red," and more. As a member of the Grand Ole Opry since she was 24, Morgan has racked up numerous awards for her range of emotional songs and albums.

For tickets or more information, visit the calendar of events listing at www.una.edu/schoolofhearts/



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Guest Commentary... Mike Gonzalez

DEI Push

Continued from Page 12

guns and Bibles—is puzzling. The private sector seems to be running away from DEI with as much speed as it initially rushed into the embrace of these dubious training sessions and practices.

The adoption of diversity, equity, and inclusion peaked in the tumultuous summer of 2020, when U.S. cities were rocked by hundreds of riots led by Black Lives Matter, an organization founded by Marxists intent on upending American society. The violence intimidated the gatekeepers of our cultural institutions into accepting deep cultural transformation, and thus, the surge of DEI.

The reason often given by companies for now stiff-arming DEI is that it has proved to be divisive. It turns out that forcing the public into “anti-racism” training that reminded many of the struggle sessions of the Cultural Revolution in China was not popular.

There is also the fact that evidence is piling up that DEI doesn’t work—i.e., it doesn’t translate into higher profits or other better outcomes.

Yet, undeterred by

popular antagonism, the Biden administration marches on to the DEI beat.

Which brings us back to Johnson’s appointment at the State Department. Who is she exactly? The public has a right to sift through what she thinks and says.

Johnson has bounced between DEI jobs at the State Department, where she was director of the so-called Race, Ethnicity, and Social Inclusion Unit for six years. She’s also worked for Congress and lefty nongovernmental organizations, including six years at Brazil’s very lefty “Geledes instituto da mulher Negra” (Geledes Black Women’s Institute). Prior to that employment, Johnson was a defender of Brazil’s Marxist president, Inacio Lula Da Silva.

Johnson’s views of the United States, the country she now represents, come straight out of the playbook of critical race theory: The U.S. is systemically rotten and thus requires systemic overhaul.

“Because we live and work within systems, and those systems, as I mentioned before, are so deeply rooted in patriarchy, in colonialism, in racism, in otherism, we tend to be very resistant to shifts and changes,” Johnson said in a 10-minute video on “intersectional feminism” she made in 2020 for a consulting firm she founded. “In order to make any change, we’ve literally got to be about dismantling that traditional structure at every juncture.”

Johnson’s talk was replete with the terms of critical race theory that have forged the new woke dialect learned in today’s universities and then carried forth into the workplace. Words such as “representation,” “intersectionality,” “patriarchy,” “interrogate,” etc. As with all CRT experts, everything often boils down to “power dynamics,” a term Johnson uses over and over.

Society is “laden with traditions that already carry power dynamics, be they from histories of colonialism, or patriarchy, or misogyny,” she claimed. “There are hierarchies and values, and those values really

make it difficult to navigate and think about a future that is different than the way things have always been.”

How do you change so much “iniquity” saturating American society, and the West in general? “Analyzing those power dynamics on a day-to-day basis is how we move ahead,” Johnson said in the video.

In a paper she co-authored for Germany’s Heinrich Boll Foundation in 2020 with five other women who had formed the intersectionality group Action Circle, Johnson further elucidates what ails us. “Everything is interconnected, whether we are combatting racism, confronting patriarchy, or dismantling white supremacy,” she wrote.

As a founder of Action Circle, she wrote that she would “challenge this group not to fall victim to a Eurocentric mindset,” adding: “I do not believe that the way we construct solutions to the most pressing issues we are facing in this world should model a colonizer’s map of how to do things.”

Biden’s secretary of state has appointed this ideologue as witch-hunt supremo at the State Department, no doubt to ferret out malcontents who have lived abroad and whose experiences don’t quite square with the notion that we Americans live under “systems of oppression.”

We once confronted enemies. Now the enemy is us.

Originally published by the *Washington Examiner* April 8, 2024
The Daily Signal April 10, 2024

Mike Gonzalez, a senior fellow at The Heritage Foundation, is a widely experienced international correspondent, commentator, and editor who has reported from Asia, Europe, and Latin America. He served in the George W. Bush administration, first at the Securities and Exchange Commission and then at the State Department and is the author of the book “BLM: The Making of a New Marxist Revolution.”

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ON YOUR DEBT

Rebuilding Your Financial Future: The Positive Impact Of Filing For Bankruptcy On Your Credit Report



B. Grant McNutt
Managing Attorney

If you're considering reaching out to a bankruptcy attorney or pondering over the decision of filing for bankruptcy, you're likely navigating through a tumultuous financial landscape. The thought of impacting your credit score further may seem daunting, but it's important to understand that for many, filing for bankruptcy is a step towards financial recovery and stability.

Understanding The Impact On Your Credit Score

Initially, filing for bankruptcy will have a negative impact on your credit report. Whether it's Chapter 7, Chapter 13, or any other type of bankruptcy, the filing will appear on your credit report for a period of 7 to 10 years. However, for most individuals seeking debt relief through bankruptcy, their credit score has already been affected by missed payments, high debt levels, and other financial difficulties.

The silver lining here is that bankruptcy can actually serve as a foundation for rebuilding your credit score over time. By the time many consumers consider hiring a bankruptcy lawyer, their credit score is already reflecting their financial struggles. Filing for bankruptcy provides a clean slate in many respects, allowing for the discharge of most debts and stopping creditors from continuing collection actions that can further harm your credit score.

The Road To Credit Recovery

After the completion of the bankruptcy process, you have the opportunity to rebuild your credit. Here are some steps to positively impact your credit score post-bankruptcy:

- **Automatic Stay Benefits:** The automatic stay in bankruptcy halts most creditor actions, preventing further damage to your credit score by stopping late fees and penalties.
- **Debt-to-Income Ratio Improvement:** Filing for bankruptcy can significantly improve your debt-to-income ratio, making you more appealing to future lenders.
- **Responsible Credit Use:** After bankruptcy, obtaining a secured credit card or a small installment loan and making timely payments can help rebuild your credit.
- **Credit Counseling and Financial Education:** As part of the bankruptcy process, participating in credit counseling and debtor education

courses provides valuable insights into managing finances and avoiding future debts.

- **Regular Monitoring:** Regularly monitor your credit report for inaccuracies and track your progress.

A New Beginning, Not An End

Bankruptcy should not be viewed as the end of your financial journey but as a steppingstone towards a more stable financial future. It's a legal tool designed for debt relief and offers a second chance for those overwhelmed by financial burdens. By addressing your current financial situation, you're taking a proactive step towards recovery.

Filing for bankruptcy with the assistance of a knowledgeable bankruptcy attorney can navigate you through the complexities of the process, ensuring that you take full advantage of the opportunity to reset your financial standing. Remember, bankruptcy is a fresh start, and with the right strategies, your credit score can and will improve over time, opening the door to a brighter financial future.

Embrace The Fresh Start

In summary, while bankruptcy does impact your credit report in the short term, it also provides a structured pathway to eliminate overwhelming debts and rebuild your credit over time. With strategic financial planning and responsible credit management, the decision to file for bankruptcy can mark the beginning of your journey towards financial independence and a healthier credit score. Remember, you're not alone in this journey; a bankruptcy attorney can provide the guidance and support you need to navigate this challenging but ultimately rewarding process.

Contact The Bond & Botes Law Offices

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

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20th 5K...

Continued from Page 12

fast, designed to be open for one hour, and followed by a 1 Mile Run/Walk that's perfect for all ages and fitness levels."

Participants will receive a commemorative Swampers run t-shirt, and all 5K finishers, as well as children aged 12 and under participating in the 1 Mile, will be awarded finishers medals.



This milestone event will also feature a team competition, school competition, and plaques for age group winners, adding a competitive edge for those looking to challenge themselves or their group.

For more information, to volunteer, or to register, please visit the event website or contact the event organizers through the provided contact details.

- **Online -** www.swampers5k.com
- **Email -** swampers5k@gmail.com
- **Call 256-320-7490**

This year, all proceeds will be generously donated to the Shoals Civic League. Organizers are excited to continue this tradition and look forward to welcoming runners and walkers of all ages to participate in this special 20th anniversary event!



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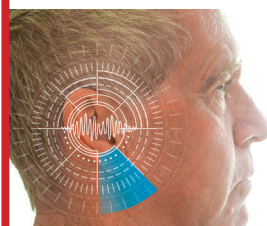


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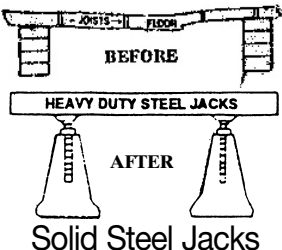
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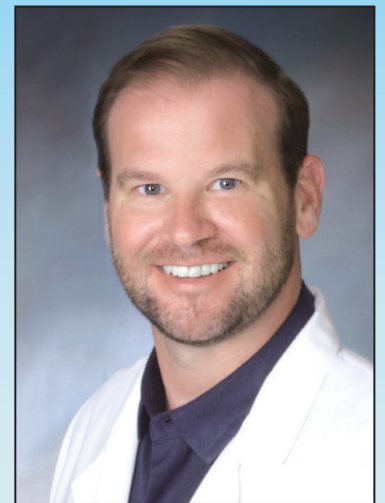
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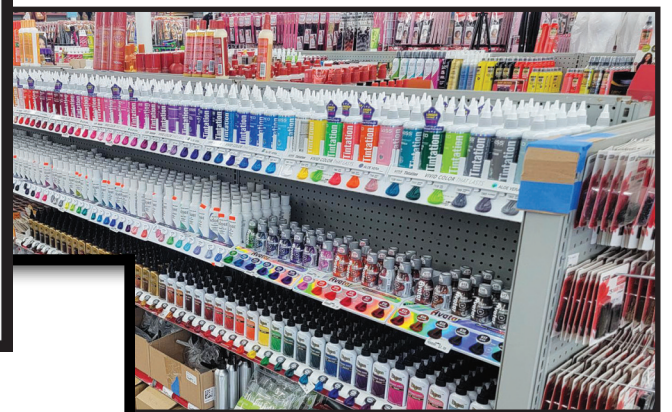


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Community Notes...

Continued from page 4

Sheffield High School's 2024 Job Fair takes place on Wednesday, April 24, from 1-4pm in the athletic facility. The public is invited to attend from 3-4pm. Employers from various sectors from throughout the Shoals area will be on hand to assist interested individuals with job applications and to discuss employment opportunities.

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

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.muscleshoalsstudio.org.

Please join beekeepers, Fred and Linda Joly, at Historic Belle Mont on Saturday, April 27 at 1:30pm 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 Tusculmbia.

Killer Beaz will perform at 7:30pm Friday, April 26 in the Shoals Theatre. at 123 N. Seminary St. Doors open at 6:30pm.

Tickets start at \$30 in the balcony, \$35 in the Orchestra sections and three rows in Orchestra Center are \$55 each with limited availability for VIP Meet and Greet. All seating is reserved.

Killer Beaz has his own, unique brand of Hard Hitting - Laugh out Loud-Everyman-style comedy. Beaz has been entertaining audiences worldwide with many thousands of radio, television,

and stage appearances. However, his passion is his live stage performance. He is an award winning artist and has been signed with both Sony and Warner Brothers Records.

For more details and tickets, visit www.theshoalstheatre.org/events

Spring Carnival at North Alabama State Fairgrounds runs from 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 from James Gang Amusements based in Alabama will be on site 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.

The Third UNAfied Dinner, a showcase of the creative culinary skills of students in the Jeff Eubanks Culinary Arts Management program at UNA is scheduled for Thursday, April 25 at the Marriott Shoals Conference Center.

Co-hosted by the Jeff Eubanks Culinary Arts Management program and the Marriott Shoals Hotel and Spa, the event is an opportunity for the community to enjoy the mastery of the students in the program as they work with chefs from UNA and the Marriott to create a four-course meal. The dinner also serves as a fundraiser for the Jeffrey Charles Eubanks Endowment fund established in February 2020 after Eubanks' passing.

The dinner will begin at 5:30 with cocktail hour and hors oeuvres, followed by dinner service at 6:30. Entertainment will be provided by jazz musicians Brad Guin and Clayton Ivey.

Tickets can be found at https://givebutter.com/c/UNAfied2024

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 Tusculmbia. 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.landtrustal.org.

Kickstands up for Diapers for the Shoals Poker Scramble 2024, Saturday, April 27 -- Register at 10am, Kickstands up at 11am, Kickstand down at 3pm. Three Stops - Rio Grande- Sheffield; -Rattlesnake Saloon; -Speakeasy/Kingpin, Tusculmbia

Want to donate, sponsor or for more info: Contact: CCDVRC at 256-284-2284. \$20 Per Bike/Ride for registration and card. Bring 1 package of diapers for a second card. Starts at Spring Park in Tusculmbia, (Pavilion 1) Tusculmbia. If it Rolls, it Rides! We Ride, Rain or Shine! Colbert County Domestic Violence Response Coalition is a 501(c)(3) nonprofit organization. All donations are tax deductible. Thank you for your continued support. 50/50 Drawing, T-shirts available.

See NOTES... page 24

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ASK THE ATTORNEY



Thomas McCutcheon

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

Q My husband and I have a child together and we currently do not have a Will, or any person declared to be our child's legal guardian should we both perish. What would happen to our child if we passed away before we write a Will? Also, any advice on selecting a guardian for him? - Meg

A The court is always going to have the ultimate say about where the child is placed and who looks after their money. If you choose someone who robs a bank or molests a child, the court will prevent that person from acting as a guardian of the child or as a conservator of their money. If you don't choose anyone, the court will.

It would save a lot of money and time to appoint or designate the person you would like to become the guardian and custodian of a minor child. Unfortunately, but frequently, monetary concerns override the true desire to parent a child. What I mean by that is all too frequently people will fight to take care of a child so that they can get the social security check or other funds that the child is entitled to.

A Will is not and shouldn't be expensive. Before I started practicing law, I worked for a very large firm that had lots of wealthy clients. At that time, the tax laws were different, and a good estate plan was well worth paying for. Congress saw fit to change the law in 1986 and allow estates to pass to the heirs tax free as long as certain requirements were met including the size of the estate. Since that time, the size of the estate that is allowed to pass tax free has grown to over twelve million dollars and that amount currently goes up every year.

I think it's safe to say that if you have an estate that is going to have tax problems then you have probably met someone who can solve them, such as a CPA or tax lawyer.

It's always a good idea to have a Will that relieves the guardian or conservator of the expense of having a continuing bond that is going to be paid for out of the child's money. A wise choice stated in a Will will be followed, and it helps everyone follow the wishes of the parents when their wishes are made known in a valid Will.

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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Community Notes...

Continued from page 22

Computer and Technology Classes in 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@flpl.org to sign up.

- 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.

- 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.

- 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.

- 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.

Frontier Days featuring Chuckwagon Races at Rattlesnake Saloon April 25-30. There will be a variety of games for kids of all ages. Come see the Full Rodeo, Bull Riding, Chuck Wagon Racing, Live Music, all sorts of vendors, and much, much more. For more information, visit www.rattlesnakesaloon.net.

Recall LaGrange will take place on Saturday, May 4 from 10am-4pm at the LaGrange College Site Park in Leighton. Since 1988, the LaGrange Living Historical Association, has sponsored many historical events, including the LaGrange Distillery Raid, scheduled this year at 2pm. Recall LaGrange includes demonstrations, arts and crafts, food, vendors, educational, lectures, school field, trips, music, and more. Recall LaGrange takes place annually the first Saturday in May. For more information, call 256-702-69534 Colbert County Tourism at 256-383-0783.

Smoke on the Water takes place from 9am-4pm on Saturday, April 27 at McFarland Park in Florence. Admission is \$5. This Kansas City Backyard Barbecue Contest and Festival benefits Shoals Scholar Dollars. It is sanctioned by the Kansas City Barbeque Society and the Alabama Barbeque Association. There will be live music, Food trucks, inflatable, games, and an opportunity to vote on the best barbecue teams. More details are available at Smokeonthewaterfestival.com.

The Secret Sisters in Concert at the Shoals Theatre, 123 N. Seminary St. in Florence on Saturday, April 27- Two Shows at 7pm and 10pm

Ticket levels currently available include VIP: \$110; Orchestra: \$30 and Balcony: \$25 - on sale now.

VIP tickets feature early entry into the main theater at 6pm, meet-and-greet with the Sisters, personal photos, soundcheck, Q & A, autographed tour poster, commemorative laminate, prime seating in theater. Tickets available at www.theshoalstheatre.org/calendar.

Birding Day at the Tennessee Valley Museum of Art, 511 N Water St, in Tusculumbia 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

See NOTES... page 28

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Letters...

Continued from Page 12

Should Lead the World

To the editor,

I was pleased to learn an Australian company has received approval to sell cultivated quail meat in Singapore. For those who don't know, cultivated meat is grown from animal cells, without slaughter. It has the potential to dramatically reduce our greenhouse-gas emissions, pandemic risk, and the suffering we inflict on our fellow creatures.

Instead of standing in the way of progress, American politicians should support increased public funding for cellular-agriculture research. A number of technological hurdles remain that prevent the nascent industry from taking off. These can be surmounted with further development. The United States should be leading the world in this revolutionary new field.

Jon Hochschartner
Granby, CT

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Kids' Maze



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Even Exchange by Donna Pettman

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

- | | | | |
|----------------------|-------------|----------------------|-------------|
| 1. Ice cream portion | _ C _ _ _ | One-mast sailboat | _ L _ _ _ |
| 2. Beginning | _ _ _ S _ _ | Electrical plug | _ _ _ L _ _ |
| 3. Park chair | _ E _ _ _ | Group of grapes | _ U _ _ _ |
| 4. Talking bird | P _ _ _ _ | Treat for Bugs Bunny | C _ _ _ _ |
| 5. Paired with gin | _ _ N _ _ | Subject | _ _ P _ _ |
| 6. Eat voraciously | _ _ _ _ R | Pious | _ _ _ _ T |
| 7. Bracelet location | _ R _ _ _ | Old card game | _ H _ _ _ |
| 8. Beautiful | _ _ V _ _ | Secluded | _ _ N _ _ |
| 9. Stockholm native | _ W _ _ _ | Velvety leather | _ U _ _ _ |
| 10. Dirty look | _ _ _ R _ | Open space | _ _ _ D _ |

WORD LADDERS

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

PRIMA

TRIBE

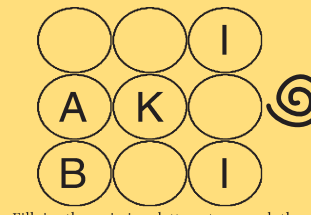
Puzzle Whirl

MINI SUDOKU

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

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

WORD SPIRAL

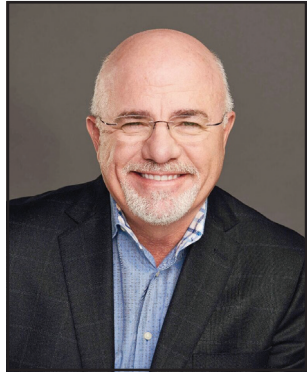


Fill in the missing letters to reveal the nine-letter word that starts at one of the four corners and moves clockwise around the perimeter before ending in the center.

Answers on Page 30

DAVE Says

by DAVE RAMSEY



roommate agreement isn't working out because he's not living up to his agreement to pay half the bills. Give him every chance to give a reasonable explanation for things, but make sure he understands that you two aren't going to be able to be roommates much longer unless he starts paying on time.

Being understanding is key in a situation like this, Mikhail. You don't want to approach him with a bunch of accusations, but at the same time, you need to know what's going on. Maybe he needs help learning to budget money properly. You said both of you have good jobs, so that means his money has to be going *somewhere*. The problem is it sounds like it's not going to the right places.

When a friend is having a rough time, you should always do what you reasonably can do to help. But in this case, he's got obligations he needs—and agreed—to live up to. Do what you can, but in the end, he should understand it's time for him to get his act together.

—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.

WHERE'S THE MONEY GOING?

Dear Dave,

I have a roommate, and we've shared the same two-bedroom apartment for about three years. During that time, we've always had an agreement that we would split the bills fifty-fifty. But for the last several months, he's been very late paying his half of the bills. There have even been a few times when he didn't pay his part at all, and I had to cover the entire bill. We both work good jobs, so money isn't an issue. He says he's broke, but when I ask him where all his money goes, he just shrugs and acts like he doesn't know. We're good friends, so I don't want to be cruel. How can I approach him about the situation?
Mikhail

Dear Mikhail,

No matter whether you're talking about friendships

or business dealings, to be unclear is to be unkind. Believe me, I understand you don't want to be mean to a friend. But situations like this should always be addressed directly and quickly, before things get out of hand.

You said you were good friends, and not just roommates, right? My advice is to suggest a night where you both just hang out at the apartment. Offer to pay for dinner to be delivered, and just relax and watch a movie or a game together. Before the night's over, tell him there's something you've been wanting to talk to him about, and begin an understanding—but firm—conversation about the last few months and the situation with the bills. Let him know he's a good friend, and you enjoy his company, but the

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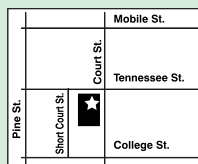
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Rebellion Against God

This generation is especially full of it. The bible says: **1 Samuel 15:23** "For rebellion is as the sin of witchcraft, and stubbornness is as iniquity and idolatry. Because thou hast rejected the word of the LORD, he hath also rejected thee (SAUL) from being king."

The real issue is righteousness. This self-righteous religious church world is putting their righteousness up against God's righteousness. Good luck with that. When you reject God's word, God rejects you. The almost 300 versions books out there, all claiming to be better than the last one, proves the point. All error stems from rejecting and not believing and correcting the King James Version. Churches now have become entertainment centers or precursors to a wake, and are out of order. There is no movement by the Holy Spirit in them because "Ichabod" has prevailed and taken over a long time ago. We are commanded: **Ephesians 5:18** "And be not drunk with wine, wherein is excess; but be filled with the Spirit;" How can you be full of something you haven't got? We have today a whole generation or two of juveniles that were never taught and are totally unaware of what Almighty God requires of them. No wonder we are in such a mess.

People have become their own God. Your simple belief in God is not enough to get to heaven. Note: **James 2:19** "Thou believest that there is one God; thou doest well: the devils also believe, and tremble." **Isaiah 64:6** "But we are all as an unclean thing, and all our righteousnesses are as filthy rags; and we all do fade as a leaf; and our iniquities, like the wind, have taken us away." **Romans 3:23** "For all have sinned, and come short of the glory of God;" To get to heaven, you must have God's righteousness and God's righteousness is Jesus Christ, and it's free. SEE: **Philippians 2:9**. Look: **Ephesians 2:8-9** "For by grace are ye saved through faith; and that not of yourselves: it is the gift of God: Not of works, lest any man should boast." See 1 Peter 3:18 and ask Christ to forgive you and bring you to God. If Christ doesn't do it, call me. Jesus suffered and died for you. Trust Him.

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Medicare Minute "Medicare vs Medicaid"

It seems like potential cuts to Medicaid are all over the news lately. People who confuse Medicare and Medicaid are obviously concerned. This is easy to do because they both can be related to a person's health insurance. Although they coordinate in many ways, they are two distinctive programs.

Medicare is a federal health insurance program. There are three ways to qualify for Medicare. The first way is to be 65 years of age or older. The second way is to have been on Social Security disability for at least 24 months. The third way to qualify for Medicare is be any age and have either end-stage renal disease or ALS. Medicare is not income based as far as qualifying. As long as you meet one of the three requirements above you will qualify for Medicare. Your income, however, can affect the amount you pay for your Part B premium.

Medicaid is a state health insurance program. Medicaid is income and resource based, meaning you will qualify or not according to how much money you make and/or how much money you have saved. In 2024 if you made less than \$1,275 as an individual or \$1,724 as a couple you could qualify for Medicaid. Whereas Medicare has deductibles and coinsurance, Medicaid will take care of most of your healthcare cost. A person on Medicaid can also get a break on how much they pay on their prescription drugs.

Medicare and Medicaid will coordinate in a couple of ways. In some counties in north Alabama there is a Medicare plan that will coordinate with Medicaid. To qualify for this plan you must be on Medicare and Medicaid. This is referred to as "dual eligible". Also, if you make more than the Medicaid limits but are under \$1,906 as an individual or \$2,575 as a couple you may qualify for "extra help". This would help you on your prescription drug cost.

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 ikew@alabamahealthguidance.com. Alabama Health Guidance is an independent insurance agency and is not affiliated with Medicare or any other government agency.



Ikey Fowler

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HOCUS-FOCUS BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Paper is moved. 2. Foot is missing. 3. Collar is added. 4. Phone is moved. 5. Desk legs are longer. 6. Man is standing straighter.

Community Notes...

Continued from page 24

Volunteers are needed at Florence Lauderdale Animal Services. All ages and interests are sought. It's an ideal option for high school students who need service letters for scholarships, or just want to contribute, and have specific/tight windows of availability. Volunteers can be those who like to work with animals, or those who would rather just do other work around the facilities. Contact Whitney at 256-762-1124 or Carla at 256-904-0517.

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 Tusculumbia.

Monetary donations are also being accepted by mail at: CCDVRC - PO Box

454 Tusculumbia, AL 35674 or PYPAL - 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.

Sand Mountain Amphitheater will host Old Crow Medicine Show at 7:30pm on Saturday April 27. 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.

See NOTES... page 30

BELGIAN MALINOIS PUPPIES, 16 weeks old. UTD on shots, wormed, \$400 each. 1 male, 2 females 256-398-5990 Sheffield

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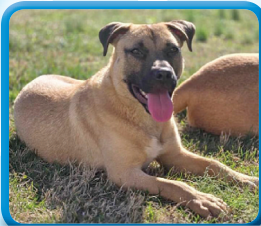


This sweet 21 pound boy is the sweetest boy! He is full grown. He is around 1 year-1.5 years old. **GUAGE** is good with people and kids. **HIS ADOPTION FEE IS \$25!** The fee covers a voucher for \$70, \$15 rabies voucher, current vaccines (minus rabies), NexGard and wormer. For more information please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



ASPEN is a very vocal, very loving, 1.5 year old Siberian Husky. She is beautiful, as we can all see. Please don't let that be all that catches your eye. You will need to KNOW this breed to be a successful husky owner! These dogs need LOTS of exercise and activity. They are not well suited for a family who likes to lounge around. She will need a VERY secure fenced yard, as Huskies are known escape artists. Aspen isn't good with other animals and not well suited for small children! She is partially blind in one eye due to trauma to her head at some point in her short life. Please note that if you live in the city, she is VERY vocal! She howls like a husky does at any sound or at the lack of attention. She needs to be in an only dog in a home as she isn't good with others but she needs a chance for love. She is already spayed and up to date on vaccines, including rabies! **HER ADOPTION FEE IS \$25.** For more information please contact Colbert County animal shelter at 256-381-4073.

NANNEE is sweet, playful, and cuddly. She does startle at noises, and will sometimes bark at silly things, but she is a sweet puppy who truly wants to be near you. Nannee is not a velcro dog, but she enjoys being nearby. She has grown to love toys and tug of war, but hasn't mastered fetch! She does sit for treats, is housebroken, and is crate trained. Nannee is spayed and house trained. She also does not chew or jump on you—except in play. Nannee is 1.5 years old, or so. She is around 30 pounds. She is a mixed breed. **ADOPTIONS ARE CURRENTLY \$85** and include everything your new pet needs to be on track for a happy, healthy life: vaccines, a microchip, spay/neuter, and heartworm test. She is in a foster home so we would have to make an appointment to meet her. **Please call 256-718-5171** set up a time to meet this super awesome dog.



If your dog needs a buddy, we'd like to nominate our most adorable brindle boy, **DARWIN!** He is basically a giant puppy and loves playing with other dogs here. His likes also include any and all toys, cuddling, and dunking his whole face in the water bowl (the cutest!). We think he's around 9 months old and he's about 45 lbs and he needs a home! Please ask to meet him when you visit! **ADOPTIONS ARE CURRENTLY \$85** and include everything your new pet needs to be on track for a happy, healthy life: vaccines, a microchip, spay/neuter, and heartworm test. **Please call or come by Florence Lauderdale animal services 256-760-6676** to meet this cute dog.

and heartworm test. **Please call or come by Florence Lauderdale animal services 256-760-6676** to meet this cute dog.

POWER TOOLS Craftsman Band Saw \$115, Joiner \$90, End sander \$75, Heavy duty work table 2'x4' \$45, Bubble sander, motor \$35, 30 gal. air tank on wheels \$35, 256-381-5669 9-6

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Community Notes...

Continued from page 28

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

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 Campbellville 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/

National Day of Prayer is Thursday, May 2 in Wilson Park, downtown Florence at 12 noon. The rain location is First Baptist Church of Florence across the street from Wilson Park. Please bring a lawn chair.

This will be a time of prayer for our community led by local ministers and community leaders. The theme for this year is "Lift up the Word - Light up the World."

The local coordinator for the National Day of Prayer is Justin Pannell, Minister at Sherrod Ave. Church of Christ.

Infants-Adults Clothes and Shoes Giveaway on Thursday, May 2 from 8-10am at the Care Center, First Baptist Church, Killen

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.

The Summer Music Series at Wilson Park returns for 2024 sponsored by Florence Parks and Recreation Dept.

"Music in the Park" - during the lunch hour every Wednesday in May.
 May 1 - Shannon Knight
 May 8 - Kane Creek Cliff Dwellers
 May 15 - The Cadillacs
 May 22 - Jeff Hornbuckle/Jacob Adams
 May 29 - Trey Nichols
 "Friday Night Stars and Guitars" - every Friday night at 7pm in June.
 June 7 - Deja Vu
 June 14 - David Phillips Band
 June 21 - Father and Sons
 June 28 - Joseph Baldwin

These are FREE concerts for the community. Bring a lawn chair and a meet up with friends to enjoy MUSIC. Hope to see you at the park.

Partnerships for these musical events, include Muscle Shoals National Heritage, First Metro Bank, and Florence Lauderdale Tourism.

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 MeelMcCormick.

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.

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Puzzle Whirl Answers

Even Exchange answers

1. Scoop, Sloop
2. Outset, Outlet
3. Bench, Bunch
4. Parrot, Carrot
5. Tonic, Topic
6. Devour, Devout
7. Wrist, Whist
8. Lovely, Lonely
9. Swede, Suede
10. Glare, Glade

Kids' Maze Solution



WORD LADDER

Answer

PRIMA, PRIME, PRIDE, BRIDE, BRIBE, TRIBE

MINI SUDOKU

Answer

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

Word Spiral Answer

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