

# Grads Walk on May 9

MUSCLE SHOALS -- Northwest Shoals Community College will conduct its 2023-2024 commencement ceremonies Thursday, May 9 in the Patriot Center (gym) on the Shoals campus for both the Phil Campbell and Shoals campuses.

Nursing Pinning and Commencement ceremonies will take place Thursday, May 9 in the following order:



- Nurse Pinning Ceremony (ADN and PN) - 11am at Highland Park Baptist Church, Muscle Shoals
- NWSCC Commencement - 4pm; NWSCC Shoals campus at the Patriot Center
- NWSCC Commencement - 6:30pm; NWSCC Shoals campus at the Patriot Center (gym)

Graduates from the summer semester of 2023 through spring semester of 2024 will be recognized.

"Our graduates' dedication, resilience, and passion have fueled their journey to this moment," said NWSCC President Dr. Jeff Goodwin. "This is a special day they will always remember, and I look forward to seeing the positive impact they have on our community moving forward."

Approximately 790 students have completed requirements for graduation. Approximately 285 students plan to participate in graduation ceremonies.

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



# MOTHER'S DAY!

Volume 140 Number 29

May 8, 2024

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## Old Railroad Bridge Nominated to National Register



**Volunteers replace old planks with new on the Old Railroad Bridge in May 2023 with aid of a four-wheeler and trailer.**

Photo: Russ Corey

By **Russ Corey**  
Times Daily Staff Writer

SHEFFIELD -- An Alabama Historical Commission review board has approved the nomination of the old railroad bridge to the National Register of Historic Places.

The nomination was approved

during a board meeting last week.

Alabama Historical Commission National Register & Easements Coordinator Christy Anderson said the next step will be putting together the nomination package.

"Now that the nomination has been

See **RR BRIDGE....** on Page 21

## Dining for Dollars at The Red Clay

SHEFFIELD -- Sheffield City Schools Center of the Shoals Campaign is hosting Dining for Dollars, a celebrity waiting event, on Thursday, May 16, 5-8pm at The Red Clay Table in downtown Sheffield.



The restaurant is giving 25% of its sales during the three-hour dinner span to Sheffield City Schools towards the purchase of new digital signage at three

See **RED CLAY....** on Page 6

Courier Journal Perma-Note  
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## Event Nets \$43K

FLORENCE -The 26th Annual Shoals Area Special Olympics charity golf tournament took place recently at Turtle Point Yacht and Country Club. Over 200 players, sponsors, and supporters gathered for a day of golfing excellence, all in the name of supporting a cause close to their hearts.

See **SPECIAL OLYMPICS...** on Page 6



**Pictured L-R at the Special Olympics Golf Tourney are Hanna Ruggles, Douglas Ruggles, Linda Emnace, Tommy Morson, and Ben Morson.**

## INSIDE this Issue

### Automotive Inside



Ray Miller Buick-GMC  
Advance Auto Sales  
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- Ask the Attorney
- On Your Debt
- Dollar Stretcher
- Savvy Senior



- Medicare Minute
- Dave Ramsey
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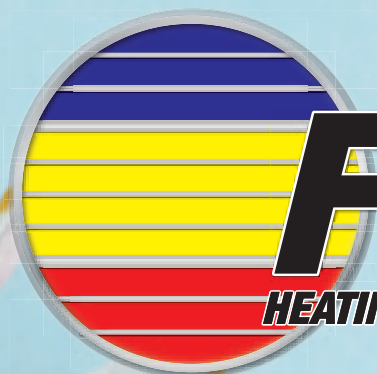
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# Shorts...

Continued from Page 1

## Post #31, Elks Gift Veterans

TUSCUMBIA—Colbert County's American Legion Post #31 and Shoals Elks Lodge will be providing gift bags for area veterans who are in nursing homes, assisted living facilities, and those who are under hospice care. The drive to secure items for these bags is underway.

Over the past year, approximately 250 veterans in need were gifted through this program sponsored by American Legion Post #31. They were also aided with the help of the Shoals Elks Lodge, concerned individuals, and corporate sponsors. The public is invited and requested to help again this year with this worthwhile project that has brought comfort and caring to veterans who might not otherwise receive gifts from family and loved ones.

Post #31 is kicking off the drive ahead of Memorial Day and will be gathering items to include in this year's gift bags. They will be distributed

throughout the year in Colbert, Franklin, and Lauderdale counties, and will culminate with Christmas gift-giving. Men's white socks (size adult 8-12) and men's white tee shirts (size XL) are needed. Individuals and groups who wish to help may drop these items off at **Emily Cooper Studio and Art Supply**, located at 108 North Main Street, Tuscumbia, next door to the Tuscumbia Church of Christ Annex. Hours are Tuesday – Friday, 10am-4pm.

For further information or to speak to someone about additional ways to help, call Post Commander, **Doug Hargett**, at 256-483-0610.

## Oakley Buys Deerfield Pl.

FLORENCE—The Birmingham-based Oakley Group recently acquired the 110-unit Florence apartment community Deerfield Place.

The complex totals 137,500 net rentable square feet in 13 one-story brick buildings and two two-story

brick buildings with architectural shingle roofs on about 12 acres at 137 Deerfield Place.

The company's CEO, **David Oakley**, is a Shoals native and believes in the Shoals real estate market. Oakley's real estate investment firm purchased the property from the original developer, Pinehurst Investments LLC.

It includes green space, a clubhouse, and a dog park and walking trail. All of which were built in 2018. It was more than 95% occupied at the time of the sale.

Oakley plans to provide light enhancements and build a fitness center and outdoor community gathering place.

## Gross, Poole are Speakers

FLORENCE – Spring commencement ceremonies at the University of North Alabama are set for Friday and Saturday, May 10-11, at Norton Auditorium.

**Cody Gross**, the head football coach at Athens High School and quarterback for the UNA Lions from 1992-1995 as part of the Division II National Championship teams, will provide the addresses for both Friday ceremonies. **Bill Poole**, Director of the Alabama Department of Finance, will serve as the speaker for the three

Saturday ceremonies.

"Commencement is an opportunity for our students to celebrate their academic achievements, knowing their UNA education has set them up for success in today's global economy," said UNA President **Dr. Ken Kitts**. "Our speakers are part of this special occasion, and their unique perspectives will only serve to enhance the event for our graduates and others who attend."

In addition to being on the NCAA Division II National Championship teams in 1993, 1994, and 1995, Gross ranks second in UNA history for most career touchdowns at 40. He has the career record for most rushing yards by a UNA quarterback with 1,930 yards. He was also selected first-team All-American and as Gulf South Conference Player of the Year in 1995. Gross is a two-time UNA graduate who is moving into his ninth year as an educator and coach at Athens High School.

Poole was appointed Finance Director for the State of Alabama in August of 2021. As Alabama's chief financial officer, he serves as an advisor to the governor and the legislature in all financial matters and is charged with promoting and protecting the financial interests of Alabama. Prior to that, Poole served for 11 years

See SHORTS...Page 22



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 <p><b>Ground Beef</b> \$2<sup>89</sup> Lb.        Beef Patties \$2<sup>89</sup> Lb.</p>	 <p><b>Pork Belly (Skin On)</b> \$2<sup>99</sup> Lb.        Whole Pork Spare Ribs \$1<sup>99</sup> Lb.</p>	 <p><b>Pork Steak</b> \$2<sup>29</sup> Lb.        Boston Butt Pork Roast \$1<sup>99</sup> Lb.</p>	 <p><b>Country Style Pork Ribs</b> \$1<sup>79</sup> Lb.        Sirloin Pork Chops \$1<sup>79</sup> Lb.</p>
 <p><b>Chicken Drumsticks</b> \$1<sup>19</sup> Lb.        Whole Chicken \$1<sup>69</sup> Lb.</p>	 <p><b>Boneless Chicken Breast</b> \$2<sup>29</sup> Lb.        Whole Chicken Wings \$2<sup>99</sup> Lb.</p>	 <p><b>Farm Raised Catfish Fillets</b> \$18<sup>99</sup> 4Lb. BOX        Whole Catfish \$24<sup>99</sup> 4Lb. BOX</p>	 <p><b>Zeigler Bacon</b> \$3<sup>99</sup> Lb.        Chicken Leg Quarters \$6<sup>99</sup> 10Lb. BAG</p>



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# 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 ESTATE SALE**  
508 E. 3rd St., Thurs., - Sat., May 9th-May 11th, 9am-2pm  
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**FLORENCE GARAGE/MOVING SALE**, 319 Warren Ave., Off Sherrod Ave., Fri. & Sat., Little bit of everything. Furniture and much more!

**CHEROKEE: YARD SALE** 8460 Old Lee Hwy Sat 5/11 8-3 pm Lots of misc. good stuff!

**MUSCLE SHOALS: YARD SALE**  
215 Brooke Drive Sat. May 11th 7-12 Bedding, lamps, accent pillows, tools, old coins, home decor, and clothes



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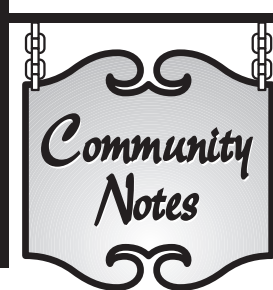
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COMMUNITY NOTES may be submitted for non-profit, civic or church-related events and published free of charge AS SPACE IS AVAILABLE in the Courier Journal. Community Notes must be submitted in writing by 3pm Friday for consideration in the following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

• Email to [editor@courierjournal.net](mailto:editor@courierjournal.net)

**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.

**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](mailto:classes@flpl.org) to sign up.

• 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.

**LifeSouth Bloodmobile Dates:**  
**Thursday, May 9** Muscle Shoals High School, 1900 Avalon Ave. Muscle Shoals, 8am - 4pm  
**Friday, May 10** L.E. Willson Elementary School, 2200 E 31st St., Sheffield, 8:30am - 2pm  
**Saturday, May 11** Killen Farmer's Market, 319 JC Mauldin Highway, Killen, 8am - 3pm

**Monday, May 13** Long Lewis Volkswagon Mitsubishi, 1602 Florence Blvd., Florence, 1pm - 6pm  
**Tuesday, May 14** The Villas at Riverside, 130 River Rd., Muscle Shoals, 2pm - 7pm

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

**Take mom out for Mother's Day brunch** Saturday, May 11 at 11am at Tennessee Valley Museum of Art, 511 N. Water St. in Tuscumbia. Enjoy a brunch buffet as you sit among the art pieces in the museum galleries.

Tickets are only \$20. RSVP at 256-383-0533 or [tennesseevalleyarts.org](mailto:tennesseevalleyarts.org)  
Works on display: Art of the Print: 500 Years of Printmaking - "What Night Tells the Day" installations by Douglas Baulos.

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

"Music in the Park" - during the lunch hour every Wednesday in May.

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.

**Looking for something fun to do on Mother's Day?** Come join the Misfit Quilters group at the Florence Lauderdale Public Library from 1-4pm on Sunday May 12. Bring your project to work on. We meet in the Board Room on the right as you enter from parking lot. All adults welcome.

**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.

**The Florence-Lauderdale Coliseum will host the Walk Across Florence Parks Wrap Party** on Tuesday, May 7 from 10am-1pm. Everyone is invited to enjoy the Alabama Cooperative Extension's Mobile Nutrition Lab and celebrate along with this year's walking participants. The Mobile Extension Lab will offer cooking demonstrations, healthy, tasty treats, diet and nutrition information, recipes, and much more. This is a free event for the public, and everyone is welcome.

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# NOTICE OF PUBLIC HEARING

In accordance with the Quality Housing and Work Responsibility Act of 1998 the **Sheffield Housing Authority** will hold a **Public Hearing on Monday, June 24, 2024 at 10AM** at the main office located at **505 N. Columbia Ave., Sheffield, AL 35660**

The purpose of this hearing is to solicit public comment on the Revised Annual PHA Plan, Moving to Work Supplement and updates to ACOP and Admin plans. This hearing is open to all citizens of Sheffield. Any citizen with a physical disability or other special need may contact the Housing Authority at (256) 383-4773 so that we can make arrangements to get you there. In addition, effective with the publication of this notice, the Public Housing Agency Plan will be available for public review prior to the Public Hearing at the Housing Authority main office.

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See NOTES... page 18

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We pay as cut or lump sum.  
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Earning is really easy! Enrollments must be in place and all of the following transactions and activities must post and settle to your Kasasa Cash account during each Monthly Qualification Cycle:

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**Qualification Information:** To earn your rewards, the following enrollments must be in place and all transactions and activities must post and settle to your Kasasa Cash account during each Monthly Qualification Cycle. At least 1 ACH credit or ACH payment transaction(s). At least 15 debit card purchases. Be enrolled in and have agreed to receive e-statements rather than paper statements. Be enrolled in and log into online banking. Maintain a valid email address on record with our bank. Account transactions and activities may take one or more days to post and settle to the account and all must do so during the Monthly Qualification Cycle in order to qualify for the account's rewards. \*Monthly Qualification Cycle\* means a period beginning one (1) banking day prior to the first day of the current statement cycle through one (1) banking day prior to the last business day of the current statement cycle. See our website or contact one of our branch service representatives for specific Monthly Qualification Cycle dates. **Reward Information:** When your Kasasa Cash account qualifications are met during a Monthly Qualification Cycle, daily balances up to and including \$25,000 in your Kasasa Cash account earn an interest rate of 5.50% resulting in an APY of 5.50%, and daily balances over \$25,000 earn an interest rate of 0.50% on the portion of the daily balance over \$25,000, resulting in a range from 5.50% to 0.50% APY depending on the account's daily balance. When your Kasasa Cash qualifications are not met, the interest rate earned on the account's entire average daily balance will be 0.05% resulting in an annual percentage yield of 0.05%. Interest will be credited to your Kasasa Cash account on the last day of the current statement cycle. APY = Annual Percentage Yield. APYs accurate as of 04/01/2024. Rates, rewards, and bonuses, if any, are variable and may change after account is opened, rates may change without notice to you. No minimum balance is required to earn or receive the account's rewards. Rewards less than a penny cannot be distributed. Fees may reduce earnings. **Additional Information:** Account approval, conditions, qualifications, limits, timeframes, enrollments, log-ons and other requirements apply. \$50 minimum deposit is required to open the account. There are no recurring monthly maintenance charges or fees to open or close this account. Advertised information and rewards are based on all account qualifications being met during each cycle period. Contact one of our bank service representatives for additional information, account details, restrictions, reward calculations, processing limitations, cycle dates and enrollment instructions. Member FDIC. **Trademarks:** Kasasa and Kasasa Cash are trademarks of Kasasa, Ltd., registered in the U.S.A.

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**Courier Journal**

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**HOUSECLEANING** for your office or home. Call 555-1234 for a free estimate. 15 years experience. Insured. References available.

Attract the most attention and sell your items red line fast when you choose to **Red Line** your Classified Ad. **THE FIRST LINE OF YOUR AD APPEARS IN RED CAPS.**

### TNValleyStuff.com

As an added bonus for our advertisers, all classified ads placed in the Courier Journal are also online at [TNValleyStuff.com](http://TNValleyStuff.com).

**ONLINE** – at our Website...  
Go to [www.courierjournal.net](http://www.courierjournal.net) and click "Place a Classified"

**PHONE** – 8AM-5PM Mon-Fri  
Charge to Credit/Debit Card by calling **256-764-4268**

**FAX** – 24 HRS - Charge to Credit / Debit Card by faxing an ad to **256-760-9618**. Include exp. date. List how many weeks the ad is to run.

**MAIL** – Mail your written ad to address at right. Include your phone number. We will call to finalize your ad. List how many weeks the ad is to run.

**OFFICE** – Drop by our office at your convenience 8-5 Monday-Friday and write/submit it there.

ADVANCE PAYMENT IS REQUIRED in cash, check or Credit/Debit Card. Phone-in Ads MUST be Charged to Credit/Debit Card! NO EXCEPTIONS! NO REFUNDS!

**DEADLINE: Friday 5pm**

**Private Party Rate** 4 LINES Each additional line - \$1.50 - Prepay - **\$5.50** Week  
NO REAL ESTATE • 1 item per ad - 4 Weeks/4 lines 1 ITEM \$16 Each additional line - add \$4.50

**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 **\$12.50** Week  
YARD SALES - An exclusive listing of the area's better sales prominently placed

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EMPLOYMENT - Looking for employment or Businesses looking for employees

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Each additional line - \$2.25 **\*one line is approx. 30 characters**

Form with multiple empty lines for text entry.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Phone \_\_\_\_\_

➔ **HOW MANY WEEKS?** Multiply the number of weeks - X - the cost of the ad.... \_\_\_\_\_

**YES! RED LINE MY AD!**  PLEASE CHECK THE BOX **only \$4 additional**

**MAILING ADDRESS:** Courier Journal, 219 W. Tennessee St., Florence, AL 35630  
**Please Print Ad Clearly.** NOT RESPONSIBLE for illegible handwriting  
**Questions?** Call our office at 256-764-4268.

## Special Olympics...

Continued from Page 1

The event surpassed all expectations by raising an impressive \$43,000 that will make a tangible difference in the lives of individuals with special needs in our community.

Martin Supply was the title sponsor and Long Lewis Foundation was the Platinum Sponsor.

"We are incredibly grateful to everyone who participated, sponsored, and supported this tournament," said Douglas Ruggles, Co-CEO of Martin Supply. "Together, we have made a significant impact on the lives of individuals with special needs in the Shoals area. This event demonstrates what can be achieved when a community comes together for a common cause."

Tournament will include a \$10,000 donation towards the development of two adaptive playgrounds, one at Hibbett School in Florence and one at Muscle Shoals Middle School.

Spearheaded by Russell Mefford of Muscle Shoals Meets, the \$140,000 playground projects hope to provide greater special needs accessibility in our community. The initiative is closely tied to an upcoming charity concert scheduled

for August 23-24 at Norton Auditorium featuring various guest performers, including the Fiddleworms, who have been instrumental in hosting the Muscle Shoals Meets charity shows for the past six years.

For more information or to get involved in future events, please contact Marla Davenport, at [mdaven@martinsupply.com](mailto:mdaven@martinsupply.com).



### Your Best Value in Advertising

### Courier Journal

**256-764-4268**

### NEED HELP?

CONTACT 2-1-1

Your link to community resources



### Personnel

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Ted Fallin

#### OFFICE HOURS:

Monday - Friday  
8:00am - 5:00pm  
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**DEADLINES:** Issues Published Every Wednesday

INSERTS - 5 pm Thursday

DISPLAY ADS - 5 pm Thursday

CLASSIFIED ADS - 5 pm Friday unless otherwise specified

**219 W. Tennessee St.**

Florence, AL 35630

256-764-4268

Fax: 256-760-9618

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

**EDITORIAL POLICY:** Your Courier Journal accepts a variety of news releases, photos, stories, Letters to the Editor and upcoming community, church or civic events for publication as space permits. Please submit all materials in written form to:

**219 W. Tennessee St.**

**Florence, AL 35630**

or email to:

[editor@courierjournal.net](mailto:editor@courierjournal.net)

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

## Red Clay...

Continued from Page 1

of the schools.

Celebrity waiters will be assisting diners and competing against each other to earn the most tips (which also will be donated). Desserts prepared by the Sheffield High School Culinary Department will be available for sale as well.

The evening promises to be filled with great food, fun, and entertaining wait service.

Please book reservations by calling 256-320-5500.

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**Family Practice**

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We install all types of floor covering. Give us a call today for a free estimate. 256-284-8074

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**TINY TOY POODLES CKC** Registered, 2 beautiful males, \$300 each call or text 256-398-5336 Phil Campbell

**VEGETABLE PLANTS: COLE CROPS,** 30+ varieties of tomatoes, peppers, squash, cucumbers, melons, herbs, etc. Nothing over \$1 per plant. **Closed on Sundays and May 9th**, Joe P Gingerich, 225 Dooley Road, Etheridge, TN 38456.

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mobile service available.  
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**Aerating Your Lawn...**

- Lets air, water, and nutrients into your root system.
- Relieves compaction in your soil
- Allows grass roots to spread more easily.

I will also do a soil test so the needed nutrients can be added during the aeration.

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If you're looking for the **car of your dreams**, allow me to help those dreams come true. Come shop with

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There's never a fee for our services.

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- Medicare Education
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**Any Medicare Questions?**  
We can provide answers to help.

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256-648-5710      www.AlabamaHealthGuidance.com      256-648-5220

We do not offer every plan available in your area. Currently we represent 9 organizations which offer 80 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) for help with plan choices.





# Peoples piggly wiggly

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Limited quantities. Sorry no rain checks.  
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Prices Good  
May 8-14, 2024



**Ribeye Steaks**  
**\$9.99**  
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Springer Mountain  
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*Ask Cashier for \$1.50 OFF  
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Today's Cut  
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Cajun Breaded  
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2.5 Lbs.

*Happy*  
**MOTHER'S DAY!**



Today's Cut  
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Seafarer  
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or Crab Sticks**  
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1 Lb.



Premium  
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12 Oz.



Kentucky Legend  
**1/4 Sliced Hams**  
**\$54.99**  
per Lb.



Van Camp's (Original)  
**Beane Weenee**  
10 Oz.  
**\$1.29**



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**Steak Sauce**  
10 Oz.  
**\$4.89**



Kraft (Original)  
**Mayonnaise**  
30 Oz.  
**\$4.99**



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Wesson or Crisco  
**Canola Oil 40 oz. &  
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11 Oz.  
**4/\$3**



**Frito Lay Products**  
Lay's Potato Chips 7.75 Oz.  
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6 Pk.  
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12 Pk.  
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**2/\$13**



**Coke Products**  
2 Liter  
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Assorted  
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7-13 Oz.  
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## THE SEASON'S FINEST PRODUCE



Halo  
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**\$4.99**  
3 Lb. Bag



Dole  
**Shredded Lettuce 8 oz. or  
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Mississippi  
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AL CERT# 23180

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**FREE FRIED PICKLE** with any **Voodoo WING CO.** \$10 purchase.

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- Great Beer Specials
- 17 Signature Sauces
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**25% OFF SELECT ITEMS** EXPIRES 5-18-24

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Benefit	Fixed Annuities	CDs
Guaranteed Income Stream	Yes	No
Tax-Deferred Growth	Yes	No
Penalty-Free Withdrawals	Yes, some	No
Bypass of Probate	Yes	Yes
Principal Protection	Yes	Yes
Insured Growth	Yes (by the issuing company)	Yes (by the FDIC)
Fees	No	No

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Great for high school students (age 16 +)

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Call Erica 256-762-2352

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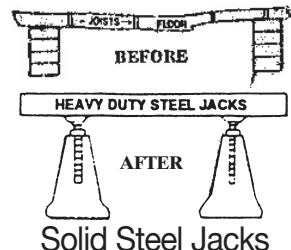
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Home Owned & Operated in the Shoals by Wayne Lawhorn  
**Let Us Add Stability to Your Flooring**

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Solid Steel Jacks

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doors, drywall finishing,  
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bathrooms, vinyl siding,  
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PLOTS** in Tri-Cities Memorial, Gar-  
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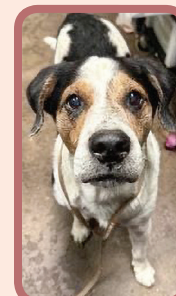
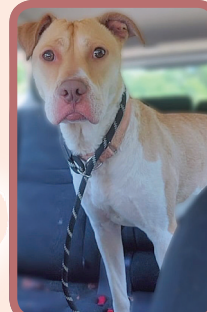
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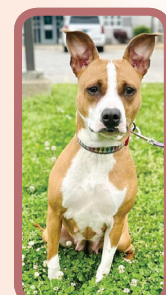
The animals you see here are currently in local  
animal shelters or rescue facilities. Adoption fees  
vary and include having your new friend spayed  
or neutered, if necessary. Help us help these  
and other animals  
by adopting a  
new friend today.

**ALLIE** is a 2-year-old Labrador  
Retriever mix and is a very sweet girl!  
She is a little shy with new people but  
warms up quickly! She is people friendly,  
dog friendly and is also crate trained. She  
loves pup cups, toys, car rides, lounging  
on the couch, and playing outdoors!  
**ALLIE IS AVAILABLE FOR ADOPTION,  
AT FLORENCE LAUDERDALE ANIMAL  
SHELTER, FOR \$25!** Her fee includes  
spay/neuter, vaccines, microchip, and a  
heartworm test.



**GNASHER** is an 8-year-old Hound Mix and  
has been a shelter dog since February 22nd.  
He is a very sweet old man but is currently on  
anxiety medicine. He developed a gypsy spirit  
as a stray and getting used to a structured  
environment has been difficult for him. On a  
leash, Gnasher can be very reactive. He is  
people-friendly and dog-friendly (has done  
great in groups) but not a fan of the feline  
friends. He is neutered, current on rabies, and  
microchipped. **GNASHER IS AVAILABLE FOR  
ADOPTION, AT FLORENCE LAUDERDALE  
ANIMAL SHELTER, FOR \$25!** Come break  
him out of the shelter so he can get back to  
being a gypsy soul!

**PABLO** is a lab mix and is almost  
a year old. He has been with us since  
he was 3 months old! He was dropped  
off as a result of an unwanted litter! We  
honestly can't understand why he is still  
at the shelter! He is dog friendly, and  
cat friendly. He walks great on a leash.  
He has a great personality. Pablo is so  
deserving of the best home! He wants  
a warm bed, siblings (furry or human),  
a yard to play in, a couch to lay on...  
the list could go on and on. Pablo is up  
for adoption for \$25! This fee includes  
current vaccines, preventatives,  
voucher for \$70 off of his neuter and  
\$15 rabies voucher! **HIS ADOPTION FEE IS \$25.** For more information  
please contact Colbert County animal shelter at 256-381-4073.



**GRACIE** is about 3 years old and came to  
us out of a cruelty case. She is a little weary of  
new people at first and hasn't been around kids  
much. When she was around kids, she was okay.  
She loves other dogs but isn't a fan of the feline  
friends! Gracie is a very clean girl! She is quiet  
and loves just laying on her bed with her toys!  
She walks great on a leash and loves it outside  
in the fresh cut grass. **THIS SWEET GIRL IS UP  
FOR ADOPTION FOR \$25!** Her fee includes  
a voucher for \$70 off of her spay, \$15 rabies  
voucher, current vaccines and preventatives!  
For more information please contact Colbert  
County animal shelter at 256-381-4073.



**Pet Passions** from Pet Supplies Plus 

## Making the Most of the First 30 Days with your New Cat or Kitten

### Designate a Feeding Station

Keep the food and water area away from the litter box. Cats don't like them to share the same space.

Keep your cat on the same food they are already eating. You can transition over a 10-day period.

It's important to monitor how much your pet is eating, drinking, and using the restroom. If you notice anything out of the ordinary with their stool, or if they aren't urinating regularly, which can be dangerous for cats, contact your vet immediately.

### Establish a Safe Zone

Cats need their own space to feel safe. For the first few days or weeks, provide a small room (like the bathroom or laundry room) with food, water, toys, a litter box, and a comfortable place to sleep while they acclimate. Cats like to escape to small spaces, so a carrier or a covered cat bed can work.

Cats can easily slither into small spaces like ductwork, registers and drains. Before you release them into your home, cover up nooks and crannies.

Make sure there is room for you to spend time and bond with your cat, but never force the interaction. Let them come to you.

### Set Up the Litter Box

Fill the litter box with 1-2 inches of litter and keep it in their room to give them privacy. Once they transition out of the room, make sure the litter box is in a private and quiet place.

**Institute a Scratch Post**  
A cat's claws are nails that continually grow. To wear them down and protect your furniture, provide scratching posts, or better yet, a piece of cat furniture that can satisfy their scratching, playing, and climbing instincts.

### Encourage Play

Keep them stimulated with a wide variety of toys - from teasers to stuffed mice - to inspire your kitty.

### Make the Introduction

Abrupt introductions to other pets may cause your cat to go into survival mode. To avoid this, make sure they are relaxed and in their safe zone first, letting them sniff each other through the door. Share items like clothing, towels, or blankets so they get used to the other pets' scent. Gradually add supervised visits through a pet gate, with lots of treats, and eventually feed them at the same time in close proximity. When ready, supervise them together and encourage play - keeping a barrier close by just in case. Reinforce good behavior.

Courtesy of

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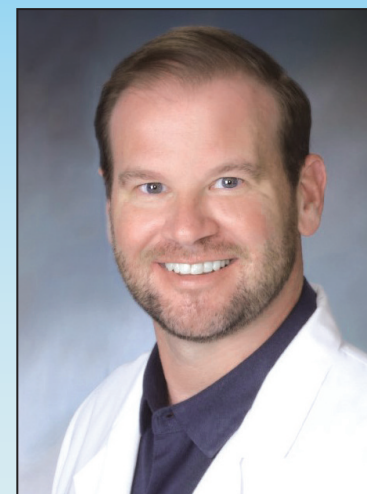
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Commentary

# Special Times We Long For

**M**ost people my age have lost one or both parents, if not from sickness or accident at an early age, then natural causes in their seventies and eighties. If you still have both, regardless of their ages and degree of health, you are truly blessed.

Times were different back when I was a rambunctious kid in the late 60's. Mothers may not have been breadwinners, but were usually the anchors of the household, cooking, cleaning, washing, bathing, helping with homework, and making any boo-boos feel better. There were far fewer distractions for both children and parents and fewer things going on away from home, so there was some quality time spent. Most meals were at home, including those in the evening, and unusually the whole family was there and seated at the table.

I was the oldest of three and was a proud antagonist to my brother and sister, 5 and

See **SPECIAL TIMES...** on Page 27

*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

# THIS WEEK

# in the Shoals

May 8, 2024

**Happening THIS WEEK**

## SCS Drama - Three Nights of Frozen Jr.

FLORENCE –The Shoals Christian School Drama Department presents Disney's Frozen Jr. on Thursday-Saturday May 9-11 at 7:30pm.

The 60-minute musical tells the story of true love and acceptance between sisters and expands upon the emotional relationship and journey between Princesses Anna and Elsa. When faced

See **FROZEN JR....** on Page 31



Promotional graphic

**LOOKING FOR SOMETHING FUN TO DO ON MOTHER'S DAY?**

Come join the Misfit Quilters group at the Florence Lauderdale Public Library from 1-4pm on Sunday May 12. Bring your project to work on. We meet in the Board Room on the right as you enter from parking lot. All adults welcome.

## Kickoff for 100 Alabama Miles

ALBERTVILLE – Kick-start an active, healthy lifestyle while exploring Alabama's natural beauty and connecting with fellow participants at Sand Mountain Park on Saturday, May 11 from 9-10am in front of the Fitness Center for the 100 Alabama Miles Challenge kickoff event.

The 100 Alabama Miles Challenge encourages all Alabamians to get outside

and walk, run, hike, bike, swim, paddle, ride, or roll with family and friends for 100 miles each year. Participants can join in at home, in their neighborhood, or at their favorite gym. However, the program encourages participants to get their miles in by visiting Alabama's beautiful parks,

See **100 ALABAMA MILES...** on Page 31

**BELLE MONT CELTIC FEST**

will host a Pre-Festival "Museum Day" Friday, May 10, from 10am-4pm. Chamber music, demonstrations, lectures on Celtic and Early American topics will be featured along with tours of the circa 1828 home. A demo of Gordon Setters will be included.



## SOFTBALL

MAY 7 - 11 TBA

Atlantic Sun Conference  
Championship Tournament  
In Oxford, AL

## NORTH ALABAMA



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## BASEBALL

FRI. MAY 10 • 6PM

SAT. MAY 11 • 3PM

SUN. MAY 12 • NOON

vs N. Florida in Florence

TUES. MAY 14 • 6PM

at Mississippi State in Starkville, MS



Visit [www.roarlions.com](http://www.roarlions.com) for full team schedules and ticket information

**TRINITY MISSIONARY BAPTIST CHURCH WELCOMES**

ladies to watch the CeCe Winans Generations Live Conference via Simulcast on May 10 at 6:45pm and May 11 at 8:45am at 606 Marietta St. in Florence. Registration is \$20 for adults and \$10 for college students (includes lunch) Register through the church website, [trinitymbchurch.org](http://trinitymbchurch.org)

## 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](mailto:editor@courierjournal.net)**
- **FAX- 256-760-9618**

### Should Guard His Mouth

Editor;

This letter is in response to Tom House of Killen, writer of "MAGA Fools, Hamas Thugs" on May 1. Tom, read Proverbs 21:23: Maliciously calling another person a fool is equivalent to murder and worthy of discipline by God. "Whoever guards his mouth and tongue keeps his soul from troubles" (Proverbs 21:23).

**Jane Hensley Brasfield**  
Florence

### Proud Voter in His Footsteps

Editor;

I have been voting in the state of Alabama for 50-plus years. Our mother, Johnnie Ophelia Smith Harden, told me and my sister Faye after we finished school to go register to vote. Many black parents in Lauderdale Co. had their children register to vote. Our ancestors voted and they paved the way for us Blacks to continue the fight and the right to vote.

I have documentation

about one of my ancestors, Peter Harden, who registered to vote in Lauderdale County, Election District 40, and Precinct 2 in 1867. He helped pave the way.

I lived in Rogersville for 11 years. I voted at the Precinct of Rogersville Baptist Church.

I was proud to know that I was following in the footsteps of Peter Harden.

**Frances Sanderfer**  
Florence

**More LETTERS...**  
on Page 27

*...Unrest throughout the world would be settled...*





# Moments in Time



- **On May 6, 1979**, more than 65,000 anti-nuclear power demonstrators marched on the U.S. Capitol in protest against more nuclear power plants. Consumer advocate Ralph Nader had described nuclear power as "our country's technological Vietnam." The group was formed after the accident at the Three Mile Island nuclear plant.
- **On May 7, 1934**, the Pearl of Lao Tzu, almost 10 inches around and weighing about 14 pounds, was found by a diver in a giant clam in the Palawan Sea. Gemologists did not consider it to be a true pearl, however, as it did not have the iridescence of true pearls.
- **On May 8, 1988**, Stella Nickell, who put cyanide in Excedrin capsules, including her husband's, as well as five additional bottles

she placed on store shelves in the Seattle area, was convicted of her husband's murder and that of Susan Snow, who had ingested one of the capsules and died instantly.

- **On May 9, 2005**, the Thorp processing plant in Sellafield, U.K., experienced a leakage of about 20 tons of nuclear material via a cracked pipe. While the leak was contained and didn't impose a risk to the public, the estimated cost to repair the damage was expected to fall heavily on taxpayers.
- **On May 10, 1899**, singer/actor/dancer Fred Astaire was born in Omaha, NE. Widely considered the most influential dancer in the history of film, his stage and subsequent movie and television careers spanned a total of 76 years.

- **On May 11, 2006**, a Chinese website called Baidupedia was launched in China. The American website Wikipedia had been growing in popularity in China until the government banned it in 2005. Baidupedia was set to feature a similar

format of a user-created encyclopedia, though it would be subjected to far heavier self-censorship in order to remain in good standing with the country's government.

- **On May 12, 1981**, following the death of IRA hunger striker

Bobby Sands on May 5, a second striker; 25-year-old Francis Hughes, died of starvation in Northern Ireland's Maze Prison.  
(c) 2024 King Features Synd., Inc.

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**A CONFESSION: I'M NOT REALLY SMART.** However, I am just barely smart enough that if you teach me something 10 or 12 times, I'll pick it right up. So with 35 years of learning the same things over and over, I've learned a trick or two about computers that seem to impress some of my clients. Honestly, y'all are too easy to impress. I only LOOK like I know what I'm doing.

I recently hit on one reason why that is: A recent survey I read said that about 80% of computer users have never heard of something called "keyboard shortcuts." Yep, 80% of you do not know the simple tricks that make



Jim Fisher

# SHORTCUT TO SMARTS

by "The Computer Skeptic"

you look smart and save lots of time. So let's learn a few, shall we?

First a bit of history: Every PC keyboard has a "CONTROL" key. In the dark ages of computing, this key was used in combination with another key to signal the computer to "control" where the next character will be placed on the display, eject a printed page, erase the screen, ring the terminal bell, or some other operation. It's largely fallen from that kind of use but that's

why it exists in the first place. It is usually abbreviated as CTRL. On a Macintosh computer, the same key is called the COMMAND key and it serves the same function.

To use a keyboard shortcut, you press and hold the CTRL and another key at the same time. For instance, I can use my mouse to highlight this sentence then press CTRL+B to "B"old-face the type.

I can highlight another part of a sentence then press CTRL+U then CTRL+I to both

"U"nderline and "I"tallicise the text. See how easy that is?

The most important time saving shortcuts are for COPY, CUT and PASTE. Highlight a bit of text or a picture in a document or website and press the CTRL+C to copy the object into computer memory. You can then paste that text into another document by pressing CTRL+V. Why "V" for "paste"? Turns out that V stands for "vipectus" which is a latin word for "paste." It might also stem from V's resemblance to a down arrow. Similarly, CTRL+X looks like scissors and "cuts" (removes) instead of copying highlighted objects or text from a document.

Other impressive shortcuts are "CTRL+A" to select "A"ll of the objects on a page. Once you select all, you can "C"opy the entire page to another

document then CTRL+V to paste the contents into another document.

If you somehow mangle your document in the process, CTRL+Z is your saviour. CTRL+Z translates to "undo." You can press CTRL+Z multiple times to backtrack lots of mistakes.

Impressive huh? Well, not really. But now that you know some tricks, you can at least look impressive.

For questions or comments, Contact the Computer Skeptic, Jim Fisher at [Jim@ExcelAL.com](mailto:Jim@ExcelAL.com)

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# SIGNS OF THE PAST

**ALABAMA**

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Established in 1894 as New Salem Presbyterian Church. Originally affiliated with the Cumberland Presbyterian Church, the first recorded meeting was held in 1897. William White, Pastor. The Church became affiliated with Presbyterian U.S.A. in 1907. In 1976, it became the property of the Grassy community under the direction of New Salem Cemetery Inc. Grassy Memorial Cemetery Inc. was formed in 1998 by the Grassy community to direct the operation of the Chapel and Cemetery. May this Chapel continue to serve the families of Grassy in the future as it has in the past.

ALABAMA HISTORICAL ASSOCIATION 2002

**Location: 34.9716°N, 87.3000°W**  
**Hwy 89 & Hwy 64, Lexington, Lauderdale Co.**

The marker says it best: "May this Chapel continue to serve the families of Grassy in the future as it has in the past".

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



# Happy Mother's Day



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**Knorr RICE OR PASTA SIDES**  
4-5 Oz.

**4/\$5**



**Van Camp's BEANEE WEENEES**  
7 Oz.

**4/\$5**



**Food Club Select VEGETABLES**  
14-15 Oz. Can

**88¢**



**Kraft SHREDS OR CHUNK CHEESE** 8 Oz.

**4/\$10**



**Wishbone DRESSING**  
15 Oz.

**2/\$4**



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**AD GOOD MAY 8-14, 2024**



<p><b>Margaret Holmes GREEN BEANS</b> 27 Oz.</p>  <p><b>2/\$4</b></p>	<p><b>Food Club PANCAKE SYRUP</b> 24 Oz.</p>  <p><b>2/\$5</b></p>	<p><b>DORITOS</b> 6-10 Oz.</p>  <p><b>2/\$7</b></p>	<p><b>Sprite, Mello Yello, Dr. Pepper Or COCA-COLA</b> 6 Pk. Half Liters</p>  <p><b>3/\$12</b></p>
<p><b>Food Club POP CORN</b> 6 Pk.</p>  <p><b>2/\$5</b></p>	<p><b>Nature Valley Or General Mills Cereal BARS</b> 6-8 ct.</p>  <p><b>2/\$6</b></p>	<p><b>RUFFLES</b> 7-9 Oz.</p>  <p><b>2/\$8</b></p>	<p><b>Sprite, Mello Yello, Dr. Pepper Or COCA-COLA</b> 2 Liters</p>  <p><b>\$1.79</b></p>
<p><b>Dixie PLATES</b> 20-50 Ct.</p>  <p><b>2/\$7</b></p>	<p><b>Planters DRY ROASTED PEANUTS</b> 16 Oz.</p>  <p><b>2/\$7</b></p>	<p><b>Golden Flake, UTZ, Or Zapp's CHIPS</b> 8-12 Oz.</p>  <p><b>2/\$5</b></p>	<p><b>POWERADE</b> 28 Oz.</p>  <p><b>99¢</b></p>
<p><b>Gain LAUNDRY DETERGENT</b> 61 Loads/88 Oz.</p>  <p><b>\$9.99</b></p>	<p><b>Simply Done BATH TISSUE</b> 12 Double Rolls</p>  <p><b>\$4.99</b></p>	<p><b>Blue Bell ICE CREAM</b> 1/2 Gallon</p>  <p><b>\$6.99</b></p>	<p><b>Dasani WATER</b> 24 Pk. Half Liters</p>  <p><b>\$5.99</b></p>

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<p><b>Blue Bonnet MARGARINE</b> 15 Oz. Bowl</p> <p><b>2/\$4</b></p>	<p><b>HOT POCKETS</b> 8-9 Oz.</p> <p><b>2/\$4</b></p>
<p><b>Food Club YOGURT</b> 6 Oz.</p> <p><b>5/\$3</b></p>	<p><b>Mary B's BISCUITS</b> 20 Ct.</p> <p><b>\$4.99</b></p>
<p><b>Pillsbury BISCUITS</b> 5 Ct.</p> <p><b>2/\$3</b></p>	<p><b>Totino's PIZZA ROLLS</b> 100 Ct.</p> <p><b>\$9.99</b></p>
<p><b>Silk ALMOND MILK</b> 64 Oz.</p> <p><b>2/\$6</b></p>	<p><b>Mama Lucia's MEATBALLS</b> 10 Oz.</p> <p><b>2/\$5</b></p>

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<p><b>Miller Lite Or Coors Light BEER</b> 12 Pk. Cans Or Btl.</p> <p><b>\$12.99</b></p>	<p><b>Natural Or Natural Light BEER</b> 15 Pk. Cans</p> <p><b>\$11.99</b></p>
<p><b>Menage a Trois Sweets Or Blends WINE</b> 750 ML</p> <p><b>\$9.99</b></p>	<p><b>Daily's COCKTAIL Pouches</b> 5 Pk.</p> <p><b>5/\$10</b></p>

**Not Available At All Locations!**

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<p><b>Springer Mountain Farms FRESH WHOLE CHICKEN</b></p>  <p><b>\$1.99</b> Lb.</p>	<p><b>Preferred Angus Beef WHOLE TENDERLOIN FILLET</b></p>  <p><b>\$16.99</b> Lb.</p>
<p><b>Prairie Fresh Bone-In CENTER CUT PORK CHOPS Family Pack</b></p>  <p><b>\$2.69</b> 1 Lb.</p>	<p><b>Aunt Bessie's ST. LOUIS SPARE RIBS</b></p>  <p><b>\$2.99</b> Lb. - 2 Pcs.</p>
<p><b>Smithfield PORK LOIN FILLETS</b></p>  <p><b>\$5.99</b> 23-27.2 Oz.</p>	<p><b>Cook's Hickory Smoked SHANK PORTION HAM</b></p>  <p><b>\$1.99</b> Lb.</p>
<p><b>Daily's BACON Regular Or Applewood</b></p>  <p><b>\$4.99</b> 16 Oz.</p>	<p><b>Dean's SAUSAGE Mild Or Hot</b></p>  <p><b>2/\$7</b> 1 Lb.</p>

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transportation, the lack of a vehicle is a real problem. Some mistakes are avoidable. The insurance companies know the rules and tend to follow them.

The old Kelly Bluebook values are gone because the internet provides a public market value for vehicles. Your vehicle's value is about what other vehicles like yours sell for. Research Auto Trader or CarFax.com to see what cars like yours are selling for. Of course, low mileage is worth more, and high mileage is worth less. "Sentimental value" (it was my grandfather's truck) does not exist.

Don't rent an expensive car if you don't have to. You will probably spend more than your auto insurance is willing to reimburse you. I advise people to use their own motor vehicle insurance and pay the deductible. The insurance companies will work it out and, if possible, refund your deductible.

If your automobile is deemed a total loss, it's crucial to start shopping for a replacement vehicle immediately. Once the insurance company makes its total loss offer, it does not have to pay storage fees. Do not allow the vehicle to sit in a wrecker yard. The daily charges add up quickly. It is a mistake not to move the car to your property while a dispute is ongoing. I once resolved a case where the dispute took 400 days at \$40 a day before they came in to see me.

You will need to know where the title is and the loan payoff amount. You will also need the lender's name and address.

This may sound complicated, but it's not if you know the rules. If you've been in a car accident and have property damage or a question— call us. We're here to help!

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

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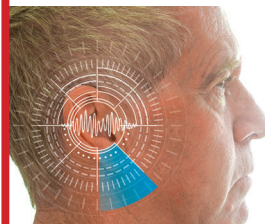
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# Community Notes...

Continued from page 4

This year the walking program focused on enjoying the many walking trails of Florence parks and going inside to the YMCA track on inclement weather days. The Shoals Community Clinic created the walking challenge in 2018 with

funds received from American Walks Community Change Grant program. The goals of the program is to imprint good habits to overcome a sedentary lifestyle and encourage people to adopt a more active lifestyle. Walking 30 minutes a day can reduce the burden of chronic diseases, increase longevity, and benefit mental health.

levels, and youth are welcome with adult supervision. For more information, call 256-383-0533. Share your creations using the hashtag #WorldCollageDayTVMA 111 W. Third St. in Sheffield.

monthly breakfast from 8-10am. The meeting was delayed one week because the ALGOP State Executive Committee held its Presidential Delegate Selection on May 4.

The Shoals Republican Club will meet on Saturday, May 11 for the

Continued on page 29



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**Join the community in downtown Tuscumbia** for the first Second Saturday of 2024 in May 11, held in conjunction with the Shoals Cottagecore Festival. From 11am-8pm, enjoy music, vendors, and demonstrations in the beautiful surroundings of downtown Tuscumbia. For more information, follow Second Saturdays Tuscumbia on Facebook or email logandis1@comcast.net.

**The 1st Annual Shoals Cottagecore Festival** is coming Downtown Tuscumbia May 11. This event focuses on getting back to our roots, wholesome and simplistic living, using nature and knowledge to nurture new relationships, support artisans and small businesses, and fellowship together. From 11am-8pm, enjoy music, vendors, and demonstrations. Amazing vendors, delicious food, and music will make your soul smile! This event is FREE to the public. For more information, visit the Shoals Cottagecore Festival 2024 event page on FB.

**World Collage Day May 11** by creating your own memory collage at the Ritz Studio in Sheffield from 10am-12:30pm. Local artist, Taryn Chase Jackson, and family history documentarian, Shannon Milliman, will guide participants on capturing and preserving life's special moments through collage. Materials are provided, but bringing personal items like photographs, letters, and ticket stubs is encouraged. This Mother's Day weekend activity is open to the public, suitable for all skill

## A Good Example

The Apostle Paul exhorted young preacher Timothy: **1 Timothy 4:12** "Let no man despise thy youth; but be thou an example of the believers, in word, in conversation, in charity, in spirit, in faith, in purity." **1 Timothy 6:20** "O Timothy, keep that which is committed to thy trust, avoiding profane and vain babblings, and oppositions of science falsely so called:" **1 Timothy 5:22** "Lay hands suddenly on no man, neither be partaker of other men's sins: keep thyself pure." **1 Timothy 6:10-12** "For the love of money is the root of all evil: which while some coveted after, they have erred from the faith, and pierced themselves through with many sorrows. But thou, O man of God, flee these things; and follow after righteousness, godliness, faith, love, patience, meekness. Fight the good fight of faith, lay hold on eternal life, whereunto thou art also called, and hast professed a good profession before many witnesses." **2 Timothy 4:1-2** "I charge thee therefore before God, and the Lord Jesus Christ, who shall judge the quick and the dead at his appearing and his kingdom; Preach the word; be instant in season, out of season; reprove, rebuke, exhort with all longsuffering and doctrine."

It's hard to find a man like that nowadays, isn't it? Almost like trying to find a minnow in the middle of the Pacific Ocean. There has never been a time more needful for saved, called, spirit-filled preachers unafraid to speak out, than today! Today, God should have a voice in what's going on and He doesn't. Most speakers today are afraid to offend anyone, and so doing become an offence to God. Matthew 16:23. Homes today make up the church and the Nation. Dads and Moms, what kind of examples are you putting forth for your children? I would say a lot of it is seen in our institutions of higher learning. Rejecting and neglecting God, Bible and church comes under the law of sowing and reaping. Man, are we ever reaping it today. If you're a bible student, look up the phrase "in that day" in two books; Isaiah and Jeremiah and call me and tell me that O.T. has all been fulfilled, and you are a good example!

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**1-VISIT**

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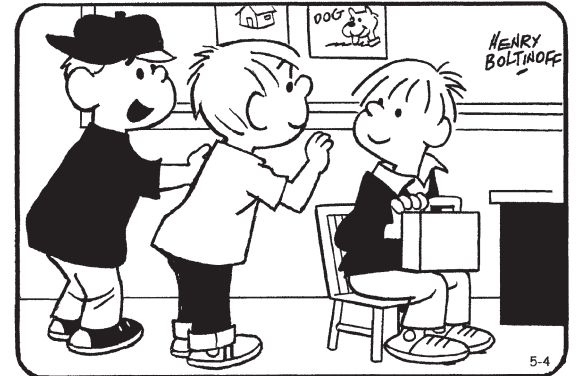
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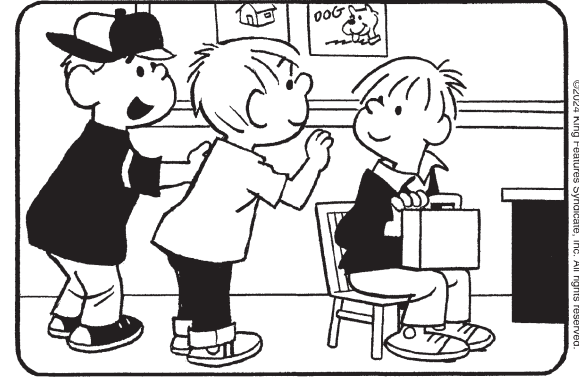
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RL#22283



# RR Bridge

Continued from Page 1

passed by the state review board, it will go to the National Park Service," said Clayton Davis, a historic preservationist with the Muscle Shoals National Heritage Area. "Specifically, it goes to the Keeper of the National Register, who has final say on approval and listing on the register."

Once it is nominated, Anderson said the National Park Service will have 45 days to review and render a decision.

Davis said the same nomination form reviewed by the Historical Commission will be sent to the National Park Service with a few updates and clarifications.

Davis said he does not have confirmation the nomination has been forwarded to the Park Service. If it hasn't already been sent, he anticipates it will be sent soon. Davis said the Memphis & Charleston Railroad Bridge is being nominated under National Register Criterion A and Criterion C.

He explained Criterion A refers to properties that are associated with

events that have made a significant historical contribution. Criterion C refers to properties that have distinct characteristics of a certain type, period, or method of construction, or that have high artistic value, are the work of a master, or are a distinguishable entity.

More specifically, Davis said Areas of Significance were transportation for Criterion A and engineering for Criterion C.

"We argued that the bridge was locally significant for its connections to railroad and transportation history in the Shoals," Davis said. "Further, we argued that it was similarly significant for its uncommon double-deck design and its construction method, a tower on wheels on the upper deck that replaced spans from above."

Davis said the nomination paperwork required thorough background documentation of the bridge's history and usage.

It also called for a defined Period of Significance, or the time range in which the property was significant under the selected criterion.

For documentation

purposes, Davis said they listed the bridge's Period of Significance as 1893-1939, which covers the construction of the still-standing bridge and ends when O'Neal Bridge opened.

Sheffield Mayor Steve Stanley said he was surprised the old railroad bridge was not on the National Register of Historic Places. He said the non-profit Old Railroad Bridge Company was formed to acquire

the bridge from Norfolk Southern Railway and save it from demolition.

"The Old Railroad Bridge Co. acquired the bridge and some adjacent property about same time the city of Sheffield bought the right of way leading to the bridge and built Ashe Boulevard and a walking trail."

Ashe Boulevard leads to a parking lot that serves the bridge.

Article first published May 1, 2024 in TimesDaily

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## Shorts...

### Gross, Poole are Speakers

Continued from Page 2

in the Alabama House of Representatives. He is a graduate of the University of Alabama School of Law and lives in Tuscaloosa.

### Love Moms! Bake Sale

FLORENCE—The Chloe's Fund volunteer bakers are hard at it preparing for the *We Love Moms! Bake Sale* Saturday, May 11 from 10am-1pm at Florence Lauderdale Animal Services. Take your pick from cookies, cakes, pies, tarts, pudding, cupcakes, fresh breads – or any combination. FLAS is located at 3240 Roberson Rd. In the Florence Industrial Park.

However, preordering is HIGHLY recommended, so you can be assured of a purchase. The updated pre-order menu is on Chloe's Fund Facebook page, or you can text **Lisa Wilson Rim**, Bake Sale Coordinator, at 804-240-6880. The deadline to pre-order the baked goods is Tuesday, May

7. If you don't pre-order, you will have to take a chance on finding some items Saturday if more were baked than were preordered.

Plants and crafts will also be for sale! All proceeds raised from the sales go toward providing emergency medical care funds for animals at Florence Lauderdale Animal Services.

### Women's BB Camp Dates

FLORENCE—The University of North Alabama women's basketball program and head coach **Candi Whitaker** announced details last week for the 2024 UNA Women's Basketball Camps to be hosted this summer at Flowers Hall.

The Lions will host three camps during the summer, led by Coach Whitaker and the UNA Women's Basketball coaching staff. The camps are open to all, limited by number, age, grade level, and gender.

The camp opens with a skills camp from June 4-6, with the three-day camp having two sessions each day, K-4th grade session from 9am-12pm, followed by a 5th-8th grade session from 1-4 pm.

Skills camp is designed for elementary through middle school age players with the goal to give campers tools to grow as basketball players and equip them with fundamentals and drills to continue improving beyond camp.

UNA will also host an elite camp on June 7 from 1-4pm, designed for high school basketball players to develop their skill set with on-court instruction.

The summer will conclude with a Little Lions camp on June 21 which will be open to all boys and girls ages 2-5. Campers will receive a camp t-shirt and small basketball while being introduced to the game of basketball.

Fans can visit the camp website for more information, [www.unagirlsbasketballcamp.com/index.cfm](http://www.unagirlsbasketballcamp.com/index.cfm)

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# Mystery Photo

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**Week of May 1 winner is Harold Nesmith of Rogersville** who correctly guessed **"Sheffield Rutland Field"**

One entry per person. Winners will be announced each week in our paper and on our website. Winners can pick up their Gift Certificate at the Courier Journal office beginning Wednesdays after Noon.





This Ad Good May 8-14 2024

# Medicare Minute "Medicare Fraud"

As of October 2023, there were 64 million people enrolled in Medicare. A large majority of agents who assist Medicare beneficiaries are upstanding, ethical people. But Medicare is no different than any other industry. Where there is opportunity, there will be scam artists.

So, how are Medicare beneficiaries taken advantage of? Most scams happen over the phone. People who reach out to you by phone are known as telemarketers. Telemarketers are trained to get as much information out of you as they can, including your personal and Medicare information. They are also trained to talk fast and never take "no" for an answer. They may be offering walkers, wheelchairs, back braces, or Medicare Advantage Plans.

Here are some tips to help you avoid being scammed. First is never, never, NEVER give your Medicare or Social Security number out over the phone. If someone calls representing your insurance company, and they ask for your Medicare number, do not give it to them. If they are truly your insurance company, they will already have it.

The second thing to avoid is allowing anyone, except your doctor or other provider, to review your medical records or services. Third, never join a Medicare Advantage plan or Prescription Drug plan over the phone without checking with Medicare first. The commercials you see on television are designed to entice you to call an 800 number. Once you make that call the odds are you will be enrolled in a Medicare plan whether you wanted it or not.

The most important thing to remember is Medicare will never call you unless you have called Medicare and left a message. Also, Medicare will never visit you at your home. If you suspect someone has contacted you without your consent call 1-800-Medicare.

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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CLASSIFIED FORM ON PAGE 6

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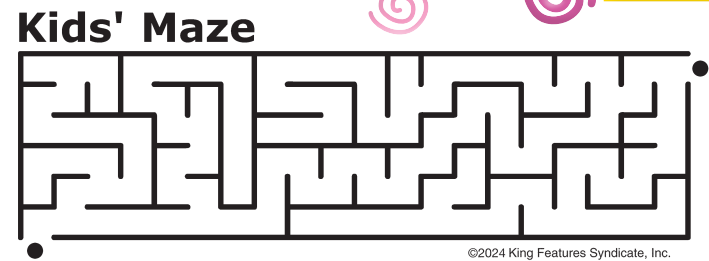
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### Even Exchange by Donna Pettman

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. Thin biscuit          | ___ F ___ | Las Vegas stake      | ___ G ___ |
| 2. Anticipate            | ___ C ___ | Skilled professional | ___ R ___ |
| 3. Gladden               | ___ A ___ | Cream of the crop    | ___ I ___ |
| 4. Coastline             | ___ E ___ | Not very tall        | ___ T ___ |
| 5. Colonel's sound-alike | ___ R ___ | Canine shelter       | ___ N ___ |
| 6. Flexible              | ___ I ___ | Planks and boards    | ___ U ___ |
| 7. Comedian Seinfeld     | J ___     | Absorbent cloth      | T ___     |
| 8. Wholesale's opposite  | ___ L ___ | Keep                 | ___ N ___ |
| 9. Indigenous            | ___ C ___ | Faithful             | ___ Y ___ |
| 10. Warehouse platform   | ___ A ___ | BB                   | ___ E ___ |

## Puzzle Whirl

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

Place a number in the empty boxes in such a way that each row across, each column down and each small 6-box square contains all of the numbers from one to six.  
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Can you go from PEDAL to MEDIC in 6 words? Change one letter for each rung in the ladder.

PEDAL

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

MEDIC

Answers on Page 32

**WORD SPIRAL**

○	E	○
F	Y	○
○	A	H

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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# ON YOUR DEBT

## Navigating The Surge In Bankruptcy Filings: What You Need To Know



**B. Grant McNutt**  
Managing Attorney

Recent data from the United States Courts, published on April 25, 2024, reveals a significant 16 percent increase in bankruptcy filings over the 12-month period ending March 31, 2024. This rise in filings indicates a growing number of Americans are facing financial challenges that require legal intervention. Understanding the factors contributing to this trend and knowing when to seek the guidance of a bankruptcy attorney can be crucial in managing and overcoming financial distress.

### Understanding The Surge In Bankruptcy Filings

The increase in bankruptcy filings can be attributed to a variety of economic pressures such as rising living costs, high-interest rates, and stagnant wage growth. These factors make it difficult for individuals and families to keep up with debt obligations, leading many to consider bankruptcy as a viable option to regain financial stability.

### When To Consult A Bankruptcy Attorney

1. **Persistent Debt Collection Calls:** If you are frequently contacted by debt collectors and find it increasingly difficult to manage your debts, consulting with a bankruptcy attorney can provide you with strategies to address these challenges.

2. **Facing Foreclosure or Repossession:** If you are at risk of losing your home, vehicle, or other assets, a bankruptcy attorney can help you understand your options under bankruptcy protection, potentially allowing you to retain your property.

3. **Unmanageable Credit Card Debts:** High-interest rates on credit card debts can lead to unmanageable balances. A bankruptcy attorney can advise on possible debt relief options available through bankruptcy filings.

4. **Legal Actions for Debt:** If you are facing lawsuits over unpaid debts, a bankruptcy filing might halt these legal actions and provide a structured plan to deal with creditors.

### The Role Of Bankruptcy In Financial Recovery

Filing for bankruptcy is not merely about eliminating debts—it's a legal tool designed for financial rehabilitation. Bankruptcy can:

- Provide a fresh start by discharging eligible debts.
- Restructure debts to make repayments more manageable.
- Stop foreclosures, evictions, and utility shut offs.
- Prevent wage garnishment and alleviate the financial strain.

Bankruptcy attorneys are essential in navigating the complexities of bankruptcy law, ensuring that filings are handled correctly and that the interests of their clients are protected throughout the process.

### Ongoing Support And Financial Education

Beyond legal assistance, bankruptcy attorneys often provide valuable financial education and resources to help clients manage their finances post-bankruptcy. This support is crucial in preventing future financial issues and in building a stable financial foundation.

### Conclusion

The recent surge in bankruptcy filings reflects broader economic challenges and highlights the importance of understanding one's legal and financial options. If you find yourself struggling with debt, a consultation with a qualified bankruptcy attorney can provide clarity and a pathway to financial stability. Remember, the goal of bankruptcy is not just to clear debt but to offer a new beginning and a brighter financial future.

### Call To Action

If you are experiencing financial distress or considering bankruptcy, it's important to act promptly.

### Contact The Bond & Botes Law Offices

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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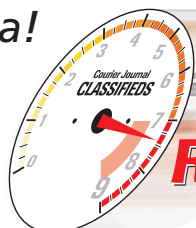
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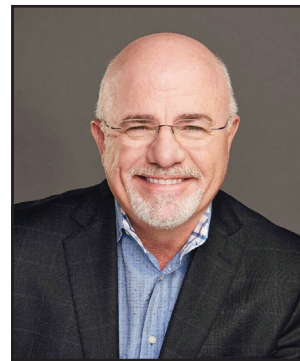
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**DAVE Says**

by DAVE RAMSEY



this situation. But 100% of the time, I'd rather have personal loan debt than IRS debt. In my mind, it's the lesser of two evils.  
— 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.

**THE LESSER OF TWO EVILS**

Dear Dave,  
My husband and I are following your plan, and we're on Baby Step 2. We just learned that the person who has done our taxes for the last three years made mistakes on all our returns. They were really nice and did our taxes for free, but now we owe back taxes in the amount of \$18,000. Since we're still paying off debt, the only savings we have is the \$1,000 in our beginner emergency fund. Should we take out a personal loan to take care of this, or set up payments with the IRS?  
Laura

banks or credit unions over any of the mega banks. Places like Bank of America and Fifth Third just have no soul or empathy whatsoever. And the customer service at a credit union or small bank is a hundred times better than what you'll find at a big bank. Sure, they're still bankers, but there's a human element in there. You're not just a number to them like you are to the mega banks.

I hate debt, Laura, and I'm sorry you guys are in

Dear Laura,  
Take out a personal loan. Period.

Let this sink in for a minute. How often does Dave Ramsey tell people to borrow money? Almost never. Why am I doing it now, in this situation? Because the IRS is the worst creditor on the planet. They have almost unlimited power, which they use and abuse, and they have ridiculously high penalties and interest rates. With a personal loan from a local bank or credit union, you'll at least have more input and flexibility in deciding the terms of the agreement.

Now, I don't know about you, but if the person doing my taxes screwed things up to the tune of \$18,000, I'd find someone else in a heartbeat. I understand you want to work with someone nice, and free is usually a great price. But in this case, free was not so free after all.

Just go to your local bank or credit union, explain the situation and see what you can work out. I always recommend small

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Commentary

Special Times...

Continued from Page 12

7 years younger, respectively. It was worse when I knew Dad was out of town on business for a few days. I made life more difficult for my mother, which is one of the things I truly regret. She rarely tried to spank me because I was too quick. However, like a veteran Italian cook, frustrated, and venting in love, she could accurately fling a wooden spoon. I wish she were still here to do that.

Rarely did she tell Dad I had acted up when he got home, either. She knew that would not end well for me. Plus, she knew it wasn't fair to burden him with that responsibility as he arrived home.

What many of us would give to cherish another few healthful moments with them...

Mother's Day is a difficult day for many of us.

This year is a little more impactful for our family as next week will mark the twenty-fifth year since we lost our mother at the relatively young age of 67. She pre-deceased our father by eighteen years. Sometimes she still feels so close and it only seems like ten years. At other times it feels like forty. Yet, I still want to grab the phone and share some news. We still miss her every day.

Many of you know the feeling all too well.

With Mother's Day being this Sunday, be sure to spend some personal time with your mother if you still have the connection. If distance is a hindrance, make that call in a timely manner.

You've heard it before: Life is precious, and tomorrow is not guaranteed. Don't let special opportunities slip by. Cherish the time and the occasions that you have to make memories with your parents. Most of us know some who have regrets. We never know when sharing quality time will cease. Spend an extra few minutes this weekend with the person who loves you the most.

Happy Mother's Day, Moms!

Letters... Continued from Page 12

DT Would Be Better

Editor:

Trump would be better for America than Biden because anyone would be better than Biden. The economy would settle down. Military patriotism and respect would reemerge. Unrest throughout the world would be settled. Gas prices would be cheap again. Prices on groceries would settle down. Insurance rates would come down. Our depleted military would strengthen. International relations would be reaffirmed. Our southern border would be guarded with an immigration system that encourages honest entry into our country.

We would be able to walk through our neighborhoods with a sense of peace and belonging. We would reestablish respect for law enforcement and municipal workers.

Each state elects its own leadership. Democrats would be better served focusing on county and state elections, rather than bypassing the Constitution, slamming Supreme Court justices, and having the department of justice interfere with their Presidential opponent.

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# Hawk Pride Mountain Water Annual Drinking Water Quality Report

for January through December 2023

The Hawk Pride Water System is pleased to provide you with this year's Annual Water Quality Report. We want to keep you informed about the excellent water and services we have delivered to you over the past year. Our goal is and always has been, to provide to you a safe and dependable supply of drinking water. We want you to understand the efforts we make to maintain and continually improve the water you receive and to protect our water supply.

Our water is groundwater drawing from the Fort Payne Chert aquifer. Each water system must complete a Source Water Assessment Program (SWAP). The SWAP is comprised of four distinct activities: delineation of the

source water assessment area, contaminant inventory, susceptibility analysis and public awareness. Hawk Pride has completed each required component of the source water assessment. We are interconnected with Franklin County for emergency purposes. To provide safe drinking water Alum, Aqua Mag, and chlorine is added as a disinfectant.

Hawk Pride Water is pleased to report that our drinking water is safe and meets federal and state requirements. If you have any questions about this report or concerning your water utility, contact Water Operator Steven James at 256-627-6463. If you want to learn more, please attend any of our regularly scheduled meetings. Call

### Board Members

Greg Dalrymple • Craig Black  
• Randy Gargi

As you can see by the table, our system had no violations of allowable limits of contaminants in your drinking water. We are proud that your drinking water meets or exceeds all Federal and State requirements. We have learned through our monitoring and testing that some constituents have been detected.

All drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of these 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 (800426-4791).

The sources of drinking water (both tap and bottled water) include rivers, lakes, streams, ponds, reservoirs, springs and wells. As water travels over the surface of land or through the ground, it dissolves naturally occurring minerals and radioactive material, and it

can pick up substances resulting from the presence of animals or from human activity.

Hawk Pride Water System wants you to be aware that there is not a problem with lead in our drinking water. However, 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. Hawk Pride Water System 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>.

MCL's are set at very stringent levels. To understand the possible health effects described for many regulated

constituents, a person would have to drink 2 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.

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/CDC guidelines on appropriate means to lessen the risk of infection by cryptosporidium and other microbiological contaminants are available from the Safe Drinking Water Hotline (1-800-426-4791). All drinking water, including bottled water, may be reasonably expected to contain at least small amounts of some constituents. It is important to remember that the presence of these constituents does not necessarily pose a health risk.

Hawk Pride Water System also tests for disinfection byproducts in your water, such as trihalomethanes and haloacetic acids. Disinfection byproducts are contaminants that develop when chlorine breaks down over an extended period. All test results were well within state and federal standards.

Based on a study conducted by ADEM with the approval of the EPA a statewide waiver for the monitoring of asbestos and dioxin was issued. Thus, monitoring for these contaminants is not required.

Hawk Pride Water System strives to provide a dependable and safe supply of water to all consumers. We ask that you be considerate when accidents or mother nature hinder our efforts to supply your water. Regardless of the time, or weather, water works personnel are on call and working to keep your water flowing. Please help us protect our water sources, which is, a vital part of our lives, and our children's future.

Contaminants that may be present in source water include; presented in the following tables show the results of our monitoring period of January 1st to December 31st, 2023.

## 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
<b>Bacteriological</b>			Endothall(ppb)	100	ND
Total Coliform Bacteria	< 5%	ND	Endrin(ppb)	2	ND
Turbidity	TT	0.039	Epichlorohydrin	TT	ND
Fecal Coliform & E. coli	0.3	ND	Ethylbenzene(ppb)	700	ND
<b>Radiological</b>			Ethylene dibromide(ppb)	50	ND
Beta/Photon emitters (mrem/yr)	4	ND	Glyphosate(ppb)	700	ND
Alpha emitters (pci/l)	15	2.7	Haloacetic Acids(ug/l)	60	3.01
Combined radium (pci/l)	5	0.78	Heptachlor(ppb)	400	ND
Uranium(ppb)	15	2.7	Heptachlor epoxide(ppb)	200	ND
<b>Inorganic</b>			Hexachlorobenzene(ppb)	1	ND
Antimony (ppb)	6	ND	Hexachlorocyclopentadiene(ppm)	50	ND
Arsenic (ppb)	10	ND	Lindane(ppb)	200	ND
Asbestos (MFL)	7	ND	Methoxychlor(ppb)	40	ND
Barium (ppm)	2	0.03	Oxamyl [Vydate](ppb)	200	ND
Beryllium (ppb)	4	ND	Pentachloropheno(ppb)	1	ND
Bromate(ppb)	10	ND	Picloram(ppb)	500	ND
Cadmium (ppb)	5	ND	PCBs(ppb)	500	ND
Chloramines(ppm)	4	ND	Simazine(ppb)	4	ND
Chlorine(ppm)	4	1.95	Styrene(ppb)	100	ND
Chlorine dioxide(ppb)	800	ND	Tetrachloroethylene(ppb)	5	ND
Chlotite(ppm)	1	ND	Toluene(ppm)	1	ND
Chromium (ppb)	100	ND	TOC	TT	<0.500
Copper (ppm)	AL=1.3	0.19	TTHM(ppb)	80	7.54
Cyanide (ppb)	200	ND	Toxaphene(ppb)	3	ND
Fluoride (ppm)	4	ND	2,4,5-TP (Silvex)(ppb)	50	ND
Lead (ppb)	AL=15	0.8	1,2,4-Trichlorobenzene(ppb)	70	ND
Mercury (ppb)	2	0.22	1,1,1-Trichloroethane(ppb)	200	ND
Nickel	0.1	ND	1,1,2-Trichloroethane(ppb)	5	ND
Nitrate (ppm)	10	1.22	Trichloroethylene(ppb)	5	ND
Nitrite (ppm)	1	ND	Vinyl Chloride(ppb)	2	ND
Total Nitrate & Nitrite	10	1.22	Xylenes(ppm)	10	ND
Selenium(ppb)	50	ND			
Thallium(ppb)	2	ND			

This table shows the results of our monitoring for the period of January 1st to December 31st, 2023. It is important to remember that the presence of these constituents does not necessarily pose a health risk. This table has many abbreviations you might not be familiar with. To help you better understand these abbreviations we have provided the following definitions:

- **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.

office for meeting date and times at (256) 381-4520.

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.

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. The EPA or ADEM requires us to monitor for certain contaminants less than once per year because the concentrations of these contaminants do not change frequently. The table below lists all of the drinking water contaminants that we detected.

### Table of Detected Drinking Water Contaminants

CONTAMINANT	MCLG	MCL	Range	Amount Detected	Likely Source of Contamination
<b>Bacteriological Contaminants January - December 2023</b>					
Turbidity	0	TT		0.039 NTU	Soil runoff
<b>Inorganic Contaminants January - December 2023</b>					
Barium	2	2	0.03 - 0.03	0.03 ppm	Discharge of drilling wastes; discharge from metal refineries; erosion of natural deposits
Chlorine	MRDLG 4	MRDL 4	1.70 - 2.2	1.95 ppm	Water additive used to control microbes
Copper	1.3	AL=1.3	No. of Sites above action level 0	0.19 ppm	Corrosion of household plumbing systems; erosion of natural deposits; leaching from wood preservatives
Lead	0	AL=15	No. of Sites above action level 0	0.8 ppm	Corrosion of household plumbing systems; erosion of natural deposits
Nitrate (as N)	10	10	1.22 - 1.22	1.22 ppm	Runoff from fertilizer use; leaching from septic tanks, sewage; erosion of natural deposits
Nitrite (as N)	1	1	ND - ND	ND ppm	Runoff from fertilizer use; leaching from septic tanks, sewage; erosion of natural deposits
Total Nitrate & Nitrite	10	10	1.22 - 1.22	1.22 ppm	Runoff from fertilizer use; leaching from septic tanks, sewage; erosion of natural deposits
<b>Organic Contaminants January - December 2023</b>					
Total Organic Carbon (TOC)	N/A	TT	<0.500 - <0.500	<0.500 ppm	Naturally present in the environment
Total trihalomethanes (TTHM)	0	80	7.10 - 8.20	7.54 ppb	By-product of drinking water chlorination
Haloacetic Acids (HAA5)	0	60	ND - 4.65	3.01 ppb	By-product of drinking water chlorination
<b>Secondary Contaminants January - December 2023</b>					
Chloride	N/A	250	6.37 - 6.37	6.37 ppm	Naturally occurring in the environment or as a result of agricultural runoff
Copper	N/A	1	0.001 - 0.001	0.001 ppm	Erosion of natural deposits; leaching from pipes
Sulfate	N/A	250	5.58 - 5.58	5.58 ppm	Naturally occurring in the environment
Total Dissolved Solids	N/A	500	240.0 - 240.0	240.0 ppm	Erosion of natural deposits
<b>Special Contaminants January - December 2023</b>					
Calcium	N/A	N/A	84.5 - 84.5	84.5 ppm	Erosion of natural deposits
Carbon Dioxide	N/A	N/A	6.16 - 6.16	6.16 ppm	Erosion of natural deposits
Magnesium	N/A	N/A	3.14 - 3.14	3.14 ppm	Erosion of natural deposits
pH	N/A	N/A	7.1 - 7.1	7.1 SU	Naturally occurring in the environment or as a result of treatment with water additives
Sodium	N/A	N/A	3.58 - 3.58	3.58 ppm	Naturally occurring in the environment
Specific Conductance	N/A	<500	418 - 418	418 umhos	Naturally occurring in the environment or as a result of treatment with water additives
Temperature	N/A	N/A	18.47 - 18.47	18.47	Naturally occurring in the environment.
Total Alkalinity	N/A	N/A	204.0 - 217.0	209.0 ppm	Erosion of natural deposits
Total Hardness (as CaCO3)	N/A	N/A	224.0 - 224.0	224.0 ppm	Naturally occurring in the environment or as a result of treatment with water additives
<b>Unregulated Contaminants January - December 2023</b>					
Bromodichloromethane	N/A	N/A	1.95 - 3.13	2.40 ppb	Naturally occurring in the environment or as a result of industrial discharge or agricultural runoff; by-product of chlorination
Chloroform	N/A	N/A	3.63 - 5.58	4.27 ppb	Naturally occurring in the environment or as a result of industrial discharge or agricultural runoff; by-product of chlorination
Dibromochloromethane	N/A	N/A	1.10 - 1.83	1.47 mg/l	Naturally occurring in the environment
Per-and polyfluoroalkyl	N/A	N/A	3.70 - 6.95	5.32 ppt	A man-made substance that repels both water and oil.





# Savvy SENIOR

## Ways to Make Gardening Easier as You Age

Dear Savvy Senior,  
What gardening tips can you offer to older seniors? I love to putter around and work in the garden, but my back and knees have caused me to curtail my gardening activities, which I miss greatly.

Older Gardner

Dear Older,  
There's no doubt that gardening can be hard on an aging body. Joints stiffen up, kneeling for prolonged periods hurts, and bending and reaching can strain muscles. But that doesn't mean you have to give up your hobby. You just need to garden differently, add some special tools and know your limits. Here are some tips that may help you.

### Limber Up

With gardening, good form is very important as well as not overdoing any one activity. A common problem is that gardeners often kneel or squat, putting extra pressure on their knees. Then, to spare their knees, they might stand and bend over for long stretches to weed, dig and plant, straining their back and spine.

To help protect your body, you need to warm up before beginning. Start by stretching, focusing on the legs and lower back. And keep changing positions and activities. Don't spend hours weeding a flowerbed. After 15 minutes of weeding, you should stand up, stretch, and switch to another activity like pruning the bushes or just take a break.

It's also important that you recognize your physical limitations and don't try to do too much all at once. And, when lifting heavier objects, remember to use your legs to preserve your back. You can do this by keeping the item close to your body and squatting to keep your back as vertical as possible.

### Get Better Tools

The right gardening equipment can help too. Kneeling pads can protect knees, and garden seats or stools are both back and knee savers. Lightweight garden carts can make hauling bags of mulch, dirt, plants or other heavy objects much easier. And long-handled gardening and weeding tools can help ease the strain on the back by keeping you in a standing upright position versus bent over.

There are also ergonomic gardening and pruning tools with fatter handles and other design features that can make lawn and garden activities a little easier. Fiskars and Felco make a number of specialty tools that you can buy online or at local retail stores that sell lawn and garden supplies. Also check out *Gardeners.com* and *RadiusGarden.com*, two online stores that sell specialized gardening tools and equipment that are very helpful to older gardeners.

### Make Watering Easier

The chore of carrying water or handling a heavy, awkward hose can also be difficult for older gardeners. Some helpful options include lightweight fabric or expandable hoses instead of heavy rubber hoses; soaker or drip hoses that can be snaked throughout the garden; thin coil hoses that can be used on the patio or small areas; a hose caddy and reel for easier hose transport around the yard; and a self-winding hose chest that puts the hose up automatically. There are also a variety of ergonomic watering wands that are lightweight, easy to grip, and reach those hard-to-get-to plants.

To find these types of watering aids check with your local lawn and garden supplies stores or visit *Gardeners.com*.

### Bring the Garden to You

If your backyard garden has become too much to handle, you should consider elevated garden beds or container gardening – using big pots, window boxes, hanging baskets, barrels or tub planters. This is a much easier way to garden because it eliminates much of the bend and strain of gardening but still provides the pleasure of making things grow.

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



## Community Notes...

Continued from page 18

Also, because of a scheduling conflict with the Helen Keller Library, the meeting will take place at the 110 Building, Room 104, on the campus of Northwest Shoals Community College in Muscle Shoals. From George Wallace Blvd, turn on Technology Drive. The 110 Building is on the left. There is plenty of parking in front of the building and to the right next to the Hospitality Center (a white building).

There will be a panel discussion on Family Law, including topics such as parental rights, grandparent rights, guardianship, divorce decrees, school-relations, adoption, legal classification of a minor, and children's rights. As of now, our panelists include: Circuit Judge Kyle Brown, Colbert County; District Judge Chad Smith, Colbert County; Probate Judge Will Motlow, Lauderdale County; Nathan Fuller, Republican nominee for Colbert County Superintendent

Join local artists and crafters at the Shoals Arts and Crafts Swap at Gattman Park in Muscle Shoals on Sunday, May 12. Trade unwanted or no longer needed craft items. It's a great opportunity to mingle, learn, and get inspiration from each other. Tickets are \$10 each, covering your space for setup and including pizza and drinks.

Shoals Artists Guild Meeting Friday, May 17, 10am-Noon at the Southall-Moore House, next to the Kennedy-Douglass Art Center, Downtown Florence. For more info, contact Carolyn Wear, 256-710-6854.

The Tennessee Valley Museum of Art at 511 North Water Street in Tusculumbia will host a closing reception and artist talk May 17 at 6pm for "What the Night Tells the Day: An Installation by Douglas Baulos. For more details, contact the Tennessee Valley Art Association at 256.383.0533 or email [tvaa@tennesseevalleyarts.org](mailto:tvaa@tennesseevalleyarts.org).

The 3rd Annual Marines Helping Marines 4 Man Scramble Tournament will take place on May 18 at Cypress Lakes Golf & Tennis Club, 1311 East 6th

St in Muscle Shoals with a shotgun start at 8:30am. This tournament benefits all veterans and the Conley Detachment #1477. Prizes include 1st Flight & 2nd Flight Winner, Closest to the Pin Contests

on the Par 3's, Putting Contest, Longest Drive Contest, and a \$500 Hole in One Contest on a selected hole. The entry fee is \$400/ team, which includes Green Fee, Cart, Range Balls, Beverages, and Lunch. Hole Sponsorships are available for \$100. For more information, contact Mike at 256-443-6779.

Roots-Rock, Blues, and Americana Continued on page 30

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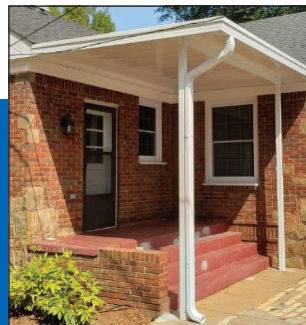
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No matter who you are or where you are in life, you can be assured that God loves you and has a purpose for your life.

Because of sin (falling short of God's righteous standard), we are separated from God and are spiritually dead (Romans 3:23). However, because God loves us, He provided a way for us to connect with Him by sending His Son, Jesus, who never sinned, to die in our place as payment for our sin. John 3:16 says, "God loved the world in this way: He gave His One and Only Son, so that everyone who believes in Him will not perish but have eternal life."

To begin a personal relationship with God, agree

with Him about your sin and your need for forgiveness. If you are ready to make this choice, as an affirmation of your belief, you may wish to pray a prayer like this one: *Dear God, I understand I am a sinner, but I believe Jesus died for my sins, and I now accept His gift of eternal life. Thank You for forgiving my sins. Thank You for my new life. From this day on, I choose to follow You and Your will for my life.*

If you choose to begin a personal relationship with God through His Son, Jesus, please share this with the person of church that gave you this. To learn more, visit [sbc.net/knowjesus](http://sbc.net/knowjesus).

courtesy of 1 Stop Rentals, Sheffield, AL

## Community Notes...

Continued from page 29

with a suggested donation of \$10 at the door. No one will be turned away for lack of funds. Proceeds will benefit The Village School Foundation. For more information, visit [www.thevillageschoolfoundation.org](http://www.thevillageschoolfoundation.org).

**Mhoontown Methodist Church in Cherokee** is having its annual Homecoming on Sunday, May 19. Worship service will begin at 1am. Lunch at noon, and Unity Four from Iuka, MS will be the featured guests to sing at 1:10pm. The church is located at 1135 Mhoontown Rd. in Cherokee. Everyone is welcome.

**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](http://www.lifesouth.org). The hours are: Monday, Wednesday, Friday 9am-5pm; Tuesday and Thursday 9am-7pm; Saturday 9am-3pm; Sunday 1-5pm.

**Trinity MB Church welcomes ladies** to view the CeCe Winans Generations Live Conference via Simulcast on May 10 at 6:45pm and May 11 at 8:45am at 606 Marietta St. in Florence.

Registration is \$20 for adults and \$10 for college students (includes lunch)

Register through the church website, [trinitymbchurch.org](http://trinitymbchurch.org)

**The Shoals Christian School Drama Department** presents Disney's Frozen Jr. on Thursday-Saturday May 9-11 at 7:30pm. The 60-minute musical tells the story of true love and acceptance between sisters, Frozen Jr. expands upon the emotional relationship and journey between Princesses Anna and Elsa. When faced with danger, the two discover their hidden potential and the powerful bond of sisterhood. The Shoals Christian School talented cast consists of 68 students.

Tickets are \$10 for adults, \$8 for students/children, and \$6 for ages 5 and under. Families/Groups of 5 or more are \$8 per ticket. Advance tickets are on sale now and can be purchased by calling Shoals Christian School at 256-767-7070 or by coming by school which is located on 301 Heathrow Drive in Florence. Tickets will also be available at the door the night of each performance.

**Shoals Artists Guild Meeting** Friday, May 17, 10am-Noon at the Southall-Moore House, next to the Kennedy-Douglass Art Center, Downtown Florence. For more info, contact Carolyn Wear, 256-710-6854.

**The Full Moon Players will present "Clue,"** May 16-19 at Cypress Moon Studios on Alabama Avenue in Sheffield. Showtimes are at 7pm Thursday and Friday, May 16 and 17, 2pm and 7pm on Saturday, May 18, and 2pm on Sunday, May 19.

Inspired by the iconic 1985 Paramount movie and the classic Hasbro board game, the story unfolds in a remote mansion where six mysterious guests gather for an unusual dinner party filled with murder and blackmail. As their host turns up dead,

everyone becomes a suspect. The play is directed by Wesley Thompson and produced by Tonya Holly. Tickets are \$15 in advance, \$20 at the door. Tickets can be purchased at [Cypressmoonstudios.org](http://Cypressmoonstudios.org) or by calling 256-335-6961.

**The Lauderdale County, the Solid Waste Department** and the Lauderdale County Landfill will be closed Saturday-Monday, May 25-27 for the Memorial Day holiday. All operations will resume on May 28 with commercial and residential garbage collections running one day late.

**American Legion Post #31 is gathering items** to provide gift bags for veterans. To participate, please provide white men's socks sizes 8-12 and/or white tee shirts (XL). Deliver to Emily Cooper Studio and Art Supply Store, 108 N. Main St., Tusculumbia, Tuesday-Friday 10am-4pm. Gifts will be distributed to veterans in Colbert, Franklin, and Lauderdale counties who may not otherwise have or receive such gift items from family, who are in nursing homes, assisted living facilities, and under hospice care. For more information: Commander Doug Hargett, 256-483-0610.

**Tennessee Association of Vintage Base Ball** will feature the Franklin Farriers vs. the Cumberland Club of Nashville on Sunday, May 19 at Heinie Manush Field at Deshler High School in Tusculumbia. Game time is noon. Gates open at 11am.

The teams play by the 1863 rules. The most notable difference may be that there are no gloves. No admission is charged. T-shirts and food concessions will be available.

This year's game this year is dedicated in memory of Rick "Uncle Jesse" Brewer.

**The Lexington Senior Center** will host a Swamp John's Dinner Tuesday, May 14 from 4-7pm. Your choice of shrimp, fish, or chicken. Meal includes slaw, fries, dessert, and drink. \$15 per plate. Proceeds go for center expenses.

**Saturday, May 11 is The Belle Mont Celtic Fest**, featuring the music and culture of Scotland and Ireland, takes place on the grounds of historic Belle Mont Mansion, 1569 Cook Lane, in Tusculumbia. The Steel City Rovers from Ontario, Canada, will headline the event, joining returning artists the Piper Jones Band and Chambliss & Muse. First-time performers will be the Alabama Pipes and Drums. Food vendors, kids' activities, crafts, Celtic merchandise, and demonstrators on site. Bring blankets and chairs. Advance tickets for adults are discounted through Eventbrite or by calling 256-381-5052: Adults-\$5; Youth 13-18-\$5; Children 12 years and under, free. Gate Admission on Saturday: (Cash preferred) Adults \$10, Youth \$5, Children 12 and under free. Rain location is Northwest Shoals Community College.

Belle Mont Mansion (circa 1828) is a significant Federal period home owned by the Alabama Historical Commission. 1569 Cook Lane in Tusculumbia.

For more information: 256-381-5052. [bellemontmansion@gmail.com](mailto:bellemontmansion@gmail.com) <https://bellemontcelticfest.godaddybsites.com>

**Callin' all Crafters!** Come join the fun at the Killen Library on Wednesday, May 22 from 9am-1pm. Bring your unfinished project to work on. All adult crafters Welcome. Hope to see you there!

Join Us Online: [courierjournal.net](http://courierjournal.net)

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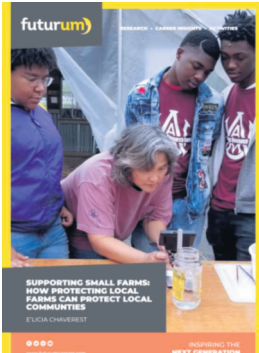
We welcome fruit and vegetable farmers, gardeners, community gardeners, and anyone interested in agriculture.

Guest Speaker: Ms. Marguerite McClintock, Owner & Farmer of Alchemy Farms and Plants, LLC Hampton Cove, Alabama

Friday, May 17, 2024. Begin at 09:00am-11:00am (Sign-In Start: 08:30am)

Alabama Music Hall of Fame Banquet Hall 617 US-72 W Tusculumbia, AL 35674

To register or learn more about this event contact Ms. Oppia Burke, AAMU-Small Farms Research Center email: [oppia.burke@aamu.edu](mailto:oppia.burke@aamu.edu), Text or Phone: 256-320-8051. Registration required to attend. Please note limited space is available to attend.



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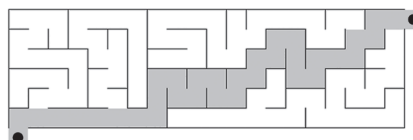


### Even Exchange answers

1. Wafer, Wager
2. Expect, Expert
3. Elate, Elite
4. Shore, Short
5. Kernel, Kennel
6. Limber, Lumber
7. Jerry, Terry
8. Retail, Retain
9. Local, Loyal
10. Pallet, Pellet

## Puzzle Whirl Answers

### Kids' Maze Solution



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### WORD LADDER

Answer  
PEDAL, PETAL, METAL,  
MEDAL, MEDIA, MEDIC

Word Spiral  
Answer  
HALFPENNY

### MINI SUDOKU

Answer

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





Participants get moving at a previous 100 Alabama Miles Challenge Kickoff event. [100AlabamaMiles.org](http://100AlabamaMiles.org)

## 100 Alabama Miles Challenge...

Continued from Page 12

nature preserves, and rivers. Since its inception in 2018, participating Alabamians have logged at least 240,000 miles.

Register for the challenge at [100alabamamiles.org](http://100alabamamiles.org). As participants log their miles, they can earn electronic badges for milestones they reach and places they visit. Participants can automatically track their

miles using the Strava app and their mobile device.

The website enables participants to find recreational trails throughout the state, track their progress individually and through teams, and get important safety and wellness information before they head outside. Organizers encourage participants to share their photos and

experiences on social media as they journey to 100 miles using #100ALMiles.

Attendees at Sand Mountain Park's kickoff event May 11 at 9am at the Fitness Center will receive free program t-shirts and decals and can participate in a 1 Mile walk to kick off the challenge. All members of the public are invited.

## Frozen Jr.

Continued from Page 12

with danger, the two discover their hidden potential and the powerful bond of sisterhood. The Shoals Christian School talented cast consists of 68 students under the direction of Jennifer Adams. Jacob Adams is Musical Director. Stephanie Jackle and Alyssa Stephens are the

Choreographers.

Tickets are \$10 for adults, \$8 for students/children, and \$6 for ages 5 and under. Families or groups of 5 or more are \$8 per ticket. Advance tickets are on sale now and can be purchased by calling Shoals Christian School at 256-767-7070 or by coming by the

school which is located on 301 Heathrow Drive in Florence. Tickets will also be available at the door the night of each performance.

Disney's Frozen Jr. is a production of Music Theater International. For more information, visit [www.mtishows.com](http://www.mtishows.com)



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