

Ritz Studio Fun Event

SHEFFIELD - The Tennessee Valley Art Association will host Doctors, Lawyers and Such with special guest **Tony Robertson** from Ironhorse on Friday, June 7 at 7pm in the Ritz Studio.

Doctors, Lawyers, and Such is a vocal/string band that performs an eclectic mix of music from Gershwin to Garcia. They will be joined by Robertson, whose bluegrass band, Ironhorse, was formed in 2000 in Muscle Shoals, the famous hit recording capital of the 60s and 70s.

Tickets for this concert are \$15, and are general admission. Cash bar will be available, with concessions including soft drinks and candy. The Ritz Studio is located on the corner of 3rd and Raleigh, on the Ritz Theatre campus at 111 West Third Street, in Sheffield.. The Ritz Studio is a more intimate venue with limited seating. For more information about the Tennessee Valley Art Association, which runs the Ritz Theatre and the Tennessee Valley Museum of Art, call 256-383-0533 or visit tennesseevalleyarts.org.

Democratic Club Meets

SHEFFIELD - The Shoals Democratic Club will host a special call-to-action meeting Thursday, May 23 at 7pm at the Sheffield IBEW in response to the firing of

See SHORTs... on Page 2



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May 22, 2024

POSTAL PATRON



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Commemoration

in Veterans Memorial Park on Monday

FLORENCE - Memorial Day is a federal holiday, commemorated each year on the last Monday in May. It is a day dedicated to the remembrance of the American service members who gave their lives in defense of our country.



The 2024 Florence-Lauderdale Memorial Day Ceremony will be held at 11am on Monday, May 27, in Veterans Memorial Park. The park is located at 301 Veterans Park Drive. The theme is "Remember and Honor." (The number of attendees is not

See CEREMONY... on Page 5

Price is Engagement Chair for Shoals Walk to End Alzheimer's

SHOALS - Elaine Price volunteers for the Shoals Walk to End Alzheimer's in honor of her mother who was a schoolteacher. Her mother taught K-6 grades for more than 27 years and unfortunately was diagnosed in the later stage of Alzheimer's in her early 60s. She began showing symptoms in 2009 and passed away in 2020.

Price remembers this date with bittersweet feelings as it was the day we went into a "safe at home" COVID-19 protocol across the



Elaine Price, right, is new Walk Chair

See PRICE... on Page 11

Courier Journal Perma-Note

ALL GAVE SOME... SOME GAVE ALL

MEMORIAL DAY
REMEMBER AND HONOR

MARTIN'S
Weekend of
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Valid May 23-27, 2024. May not be used with any other coupon, discount, or offer. Excludes Shoe Department, Gift Cards, Green Sticker Merchandise, Employees. Limit one coupon per customer. Other exclusions may apply. Martin's/Wakefield's reserves the right to deny any coupons that are not being used in accordance with company guidelines. In store only.

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For information about advertising in premium positions like this, please call 256-740-4701.

ZT Automotive Acquires Four

HOUSTON - Many Shoals car buyers will notice some different branding in the coming months.

ZT Automotive has expanded to 13 dealerships and officially entered the Alabama market last week following a successful acquisition from Florida-based Greenway Automotive group. The acquisition, led by ZT Corporate, includes four local dealerships, three in Florence and one in Tusculumbia. The rebranded properties will be Singing River Toyota, Singing River Honda, Singing River Nissan, and Singing River Chrysler Dodge Jeep Ram FIAT. This naming choice pays homage to the region's rich musical and recording studio legacy.

"ZT Automotive's growth aligns with our strategic vision to expand our presence across the Southeast and diligently build a portfolio in areas where we're poised for success," said

See ZT AUTO... on Page 6

INSIDE this Issue

Online Only:

Automotive Inside



Ray Miller Buick-GMC
Advance Auto Sales
Landers McLarty Nissan

- On Your Debt
- Ask the Attorney
- Adopt-a-Friend
- Savvy Senior
- Puzzle Whirl

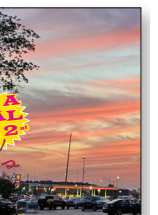
- Memorial Service at Colbert Courthouse
- Medicare Minute
- Dave Ramsey
- Lucas Smith Show



SIGNS of the PAST

- Pet Passions
- Computer Skeptic
- Strange, But True
- Hocus Focus

- Alabama Outdoors
- Mystery Photo
- Web Poll



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Shorts...

Continued from Page 1

Democratic Club Meets

Colbert County High School Principal, **Melcha Satchel.**

This community meeting aims to engage and educate voters and nonvoters on the issue of representation on our school boards and other elected offices.

"This is an opportunity to turn expression into exercise," said **Wesley Thompson**, Colbert County Democratic Executive Committee Treasurer. "The decision is further proof that we need more diverse representation— party, race, gender, etc.— in our elected offices," said Thompson.

"Like it or not, political engagement is required to elect officials who do what is in the best interests of the citizens that they represent, and who respect those who put them in office."

On Friday May 10, the Colbert County Superintendent along with four members of the Colbert County School Board voted to fire Principal Melcha Satchel, against the wishes of a large crowd of people supporting Mr. Satchel.

"To choose immediate termination versus a progressive plan of action for a veteran employee, or any employee for that matter, is not beneficial for any involved. Our students suffer. Our schools suffer. Our community suffers," said **Lymos McDonald**, a candidate for Colbert County Superintendent.

Sheffield IBEW is located at 1803 E 17th Street.

Exhibitions at Art Center

TUSCUMBIA—The Tennessee Valley Art Association will present its newest exhibitions at the Tennessee Valley Museum of Art featuring **Kerrigan Casey**, **Sharon Miller**, and the **Helen Keller Art Show of Alabama**. These exhibitions will be on view from Saturday, May 25–Friday, June 28. Florence native

Kerrigan Casey is a trailblazer in the realms of art, community engagement, and activism. Her influence in Alabama's civil right movement is undeniable, through her groundbreaking exhibition "The Art of Resistance." This exhibition tackles the systemic injustices of the Alabama death penalty and capital punishment by combining art and activism.

Sharon Miller is an artist from Burbank, California. She paints portraits, landscapes, animals, pets, and uses watercolor as her medium. The Helen Keller Art Show of Alabama is an annual traveling juried art exhibit displayed throughout the state. The show is open to Alabama students who have visual impairments, blindness, and or deaf blindness. The artists are of various ages attending public, private, residential, and home schools. If you would like to know more about the Helen Keller Art Show of Alabama or purchase artwork, please contact Shirley J. Wilson, the Director of Helen Keller Art Show of Alabama, at sjwilson@uab.edu or 205-482-5201.

Admission to the Tennessee Valley Museum of Art is \$5 for adults, \$3 for students, and free for members of the Tennessee Valley Art Association. The Tennessee Valley Museum of Art is open from Tuesday to Friday, 9am–5pm, and Saturday from 10am–5pm. For more information about the Tennessee Valley Art Association, which runs the Ritz Theatre and the Tennessee Valley Museum of Art, call 256-383-0533 or visit tennesseevalleyarts.org.

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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 8.

FLORENCE YARD SALE,
7403 Benji Road, Evergreen Estates, Sat., 7 am-until? Little Bit of Everything!

ROGERSVILLE: 134 Oakview Dr Fri/May 24 and Sat May 25 Fri. 7:00 am, Sat. 7:00 am, Don't miss this one! Lawn equipment, power tools brand new/used, fishing rods, pet beds, furniture, clothing NWT, cookware, lots more!

FLORENCE FIVE FAMILY YARD SALE, 3450 Co. Rd. 6, (Off of Hwy 20) Sat., May 25th, 6am-2pm, Lots of Everything!

STORAGE UNIT SALE

206 River Rd., Muscle Shoals, River Road Storage, Building E - Unit 43, "RAIN or SHINE"
Please be at the gate between 8am-9am Saturday, May 25th.
Vintage clothing, glassware, Coke collectibles, toys, tools, jewelry and more!

FLORENCE UNIQUE YARD SALE

423 N. Pine St., Sat., May 25th 8am-1pm
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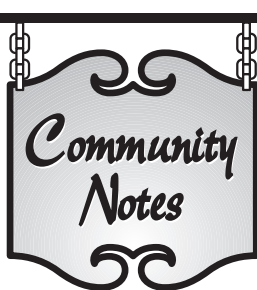
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COMMUNITY NOTES may be submitted for non-profit, civic or church-related events and published free of charge AS SPACE IS AVAILABLE in the Courier Journal. Community Notes must be submitted in writing by 3pm Friday for consideration in the following week's issue.

• Email to editor@courierjournal.net

LifeSouth Bloodmobile Dates:
Thursday, May 23 Walmart - Avalon Avenue - Muscle Shoals, 12pm - 6 pm
Sunday, May 26 Walmart - Cloverdale Road - Florence, 10am - 4pm
Wednesday, May 29 Franklin County Courthouse, 11am - 5pm
Thursday, May 30 Shoals Hospital Mobile Drive, 9am - 5pm

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@fjpl.org to sign up.

• 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.

Over 40 and love to play basketball, but not quite as fast as you once were? Then 40up is for you. We are Christ-centered, family friendly and we meet every Sunday at: Victory Christian Fellowship Church gym, 2302 Hough Road in Florence.

At halftime Pastor Torey encourages all from the Word of God so bring a friend.

See **NOTES... page 7**

Pet Passions from Pet Supplies Plus

WELCOME HOME!
The New Puppy Guide

From essential care tips to training techniques, this guide will equip you with the knowledge and tools you need to foster a strong bond with your new four-legged family member.

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Choosing high-quality puppy food is important to match your pup's breed, size, and specific nutritional needs.

CREATE A SAFE SPACE

Creating a safe space, like a crate, for your puppy is crucial for their well-being and development. Benefits include:

- Provide a secure and cozy environment.
- Assist with potty training and preventing destructive behaviors.
- Manage separation anxiety and promote independence.
- Ensure safe transportation.
- Offer a comforting space for relaxation and rest.

TRAINING

Nothing builds trust between puppy and human like training. Not only does it develop good manners and socialization skills, training also provides structure which helps a puppy feel safe. Plus, it can help defuse a scary situation by teaching your puppy how to control his/her impulses.

SAFETY

Sometimes you have to protect your little one from themselves. Puppy-proof your home by:

- Putting toxic houseplants, cleaning supplies, electrical cords, small or sharp objects out of reach.
- Keeping doors, windows, toilet lids, and trash can lids closed at all times.
- Limiting access to certain rooms in your home.

PLAY

Toys are fun and great boredom busters that give your puppy a place to channel excess energy.

Use treats to train your puppy and reward positive behavior. Go with puppy-specific treats that can be easily broken down into smaller pieces.

For their safety, always supervise your puppy when they're chewing on any kind of toy or treat.

GROOMING

Your puppy's grooming routine should include coat brushings, baths, nail trims, ear cleanings and good oral hygiene. Go ahead and groom them at home, but you should still see a professional groomer. They can spot potential health issues the untrained eye might miss.

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Ceremony

Continued from Page 1

restricted; however, seating is limited. Standing room is available. Attendees are encouraged to bring chairs.) In the event of inclement weather, the ceremony will be held at the Florence-Lauderdale Coliseum, located at 702 Veterans Drive in Florence. The ceremony may also be viewed online on the City of Florence Facebook page.

America owes its Fallen Heroes a debt of gratitude. Attending the ceremony is an excellent way of showing this gratitude. Family members of Fallen Heroes are especially encouraged to attend the ceremony in memory of their loved ones. Veterans are also encouraged to attend in honor of their fellow service members. Veterans and Gold

Star family members in attendance will be recognized collectively and thanked for their service.

The Ceremony will feature several events, including a wreath-laying ceremony, the playing of Taps, prayer, and other special remembrances. The program will also include honors to our nation, including the Pledge of Allegiance and the singing of both the National Anthem and "All Gave Some, Some Gave All."

A special ceremony brochure will be distributed to attendees. The booklet will outline program events and display colorful Memorial Day pictures. After the ceremony, the Fallen Heroes Memorial will be open for everyone to visit.

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SCAN ME!

ZT Auto...

Continued from Page 1

Taseer Badar, Chairman and CEO of ZT Corporate and CEO of ZT Automotive. "We're honored to establish new partnerships with esteemed brands like Honda and Nissan, all while maintaining our growth trajectory alongside trusted names such as Toyota and Chrysler Dodge Jeep Ram FIAT."

"This acquisition emphasizes our commitment to creating value for our customers, investors and talented team," said Sheheryar Shah, Chief Investment Officer of ZT Corporate.

A cornerstone of ZT Corporate's strategy for effectively assimilating acquisitions is the retention of local leadership talent. ZT Automotive successfully operates nine other dealerships in Texas, Florida and Georgia.

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Community Notes...

Continued from page 4

Armstead Chapel CME Church and Pastor James Green will host an Old School Revival and Church Anniversary M-F, May 20-24, at 6:30pm each night. Speakers include James Coffey, Michael Timberlake Jr, Dewond Malone, Trevor Crenshaw, and Ricky Cole.

A special "Singing on the Yard" will take place Saturday, May 25, from 2pm- until. Headlining - Myia B Music "Hold My Hand." Groups and individuals are encouraged to come and render a theme and two selections. Food will be available on site. Call 256-980-2656 for more information. Armstead is located at 121 Simpson St. in Florence

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 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.

Volunteer opportunities with "Carpenter's For Christ" will be available Wednesday May 29 - Saturday, June 8 as they assist the Bethel Colbert Missionary Baptist Church of Leighton in completing the construction of their

Community Life Center. Carpenters For Christ is a mission-oriented organization in which people can assist churches with new construction that can further the Kingdom of God. To sign up, contact Wesley Thompson at 580-695-5078 or email the church at bethelcolbertmbc@gmail.com.

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., Tuscumbia, 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.

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!

Margerum Community Church is having Homecoming/Military Tribute/117th Anniversary on May, 26 at 9:30am.

Lunch will be served following the service. The church is located at 2460 Margerum Rd in Cherokee. Everyone is welcome to join us for this celebration.

Remembering Our Veterans through Music presented by Knox Media Group at 3pm Sunday, May 26 at the River Heritage Park Amphitheater. The event is FREE. Bring lawn chairs.

May 27 at 11am - The annual Memorial Day program to honor those who paid the supreme sacrifice for our country will be held on the lawn of the Colbert County Courthouse, Main St., Tuscumbia. The speaker will be Sergeant First Class Jeffrey A. Blackwell, Special Forces Army (Airborne), Alabama Army National Guard (Retired). Following the ceremony, a barbecue luncheon, compliments of L.O. Bishop, will be provided at the Annex of Tuscumbia Church of Christ, corner of 4th and Main Streets. Public invited. Sponsored by American Legion Post 31. In case of rain both events will be at the annex building.

Ritz Theatre Camp (Grades 3-6) May 27-31 at the Ritz Theatre, 111 W 3rd St. in Sheffield. \$200 for general enrollment, \$175 for TVAA members at the Family/Friend level or above. The camp is instructed by Jaleesa Escott and administered by the Tennessee Valley Art Association. Campers will learn the basics of stage performance and character development as they spend the week rehearsing a short stage play, developing characters, creating sets, finding costumes, and learning blocking. The end of the camp will result in a small production for family and friends to attend. Parents will sign their child in at 9am each morning and pick up from the Ritz at 3pm. Two snacks will be provided. Students will need to bring their sack lunch. Students should also dress for movement. Sneakers are preferred. Spots are limited and registration is required. For more details or reservations, contact the Tennessee Valley Art Association at 256.383.0533 or email tvaa@tennesseevalleyarts.org.

The Lauderdale County 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.

Florence Camerata, a popular local community choral group, will resume rehearsals on Thursday, May 23, at the UNA choral room from 6:30-8pm. Rehearsals will be held each Thursday until the concert week - on Tuesday, July 16, at First Cumberland Presbyterian Church 2422 Darby Drive in Florence.

It will feature American composers, and will be happening the week before Handy Fest begins. For more information, please call 256-810-9512.

Discover the beauty of African Culture at the Annual African Heritage Festival May 31 - June 1 at the Willie Green Center, 609 S. East St, Tuscumbia.. Enjoy traditional drumming, lively dance demonstrations, and live music featuring rhythm & blues and gospel choirs. Explore African art, fashion, and crafts, and savor delicious food. The festival also offers folk storytelling and activities for children, making it a family-friendly celebration of diversity and heritage. For more information, call 256-383-0783.

Free Event June 2, 2-5pm at Killen Park. Classic Rock by: Box of Rox

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

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

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

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

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

Dance Lessons Florence Parks and Rec will be offering small group ballroom dance lessons at Royal Avenue Recreation Center. Beginner class 1-2pm, intermediate class 2-3pm. There are also select times available for individual/couple lessons. These lessons are perfect for weddings, formals, proms, lead outs, cotillions etc. Space is limited. Call Royal Ave, Rec Center, 256-760-6245, to sign up.

The Alabama Music Hall of Fame - Star Player exhibit will be on display at the Alabama Music Hall of Fame, 617 U.S. 72, Tuscumbia. Rotating exhibits at the hall of fame highlight accomplishments of area music achievers. Details: 256-381-4417.

See NOTES... page 38

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Confronted With Christ



The simplicity of salvation. 2 Corinthians 11:3. The law says do and keep doing, grace says it's already done. Religion says "I am the way". Christ says; "I am the way." Stick with the old God honoured KJV text. Betraying that book will cause any system to fail. A few N.T. blessed examples of confrontations with Christ are: 1. The Publican. Luke 18:13- "God be merciful to me, a sinner." 2. Samaritan woman. John 4:15 "Sir, give me this water." 3. Zachaeus Luke 19:9. "this day is salvation come to this house." 4. The thief. Luke 23:42. "Lord, remember me." 5. The sick woman. Mark 5:34. "thy faith hath made thee whole." 6. The eunuch. Acts 8:35-39. "and he went on his way rejoicing." 7. The Apostle Paul. Acts 9:6. "Lord, what will thou have me to do?" 8. The Jailor. Acts 16:25-32&34. "he rejoiced believing in God with all his house." But there were some who refused Christ and lost their soul.

1. Pilate. Face to face with Christ, failed miserably. Mark 15:15 "willing to content the people.....delivered Him to be crucified." 2. King Agrippa. Acts 26:28 "Then Agrippa said unto Paul, Almost thou persuadest me to be a Christian." 3. Governor Felix. Acts 24:25. "when I have a convenient season, I will call for thee." 4. Porcius Festus said, Paul you are mad. Acts 26:24 "And as he thus spake for himself, Festus said with a loud voice, Paul, thou art beside thyself; much learning doth make thee mad." Now, what about you? Everyone will face Jesus Christ, sooner or later. What's your excuses for denying or rejecting Him? Trash them all. These appointments will stand! Hebrews 9:27 "And as it is appointed unto men once to die, but after this the judgment:" Acts 17:31 "Because he hath appointed a day, in the which he will judge the world in righteousness by that man whom he hath ordained; whereof he hath given assurance unto all men, in that he hath raised him from the dead."

Revelation 20:12 "And I saw the dead, small and great, stand before God;" Revelation 20:15 "And whosoever was not found written in the book of life was cast into the lake of fire." What will you do then?

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State law requires all dogs and cats over 3 months of age be vaccinated against Rabies each year.
The fee is \$12 per animal

Rabies Officer for Colbert County, AL - Troy A. Youngblood DVM

Below are the dates and locations for this year's Rabies Clinics

1 year Rabies vaccines will be administered for \$12 each

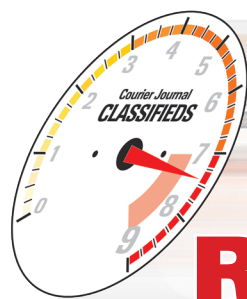
Monday, June 17:

2-4 pm: Muscle Shoals High School Parking Lot
4:30-6 pm: Colbert County High School Parking Lot

Tuesday, June 18:

2-4 pm: Cherokee High School Parking Lot
4:30-6pm: Colbert Heights High School Parking Lot

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



Savvy SENIOR

How to Find Affordable Internet Services?

Dear Savvy Senior,

I was recently notified that the Affordable Connectivity Program, which subsidizes my monthly internet bill, is about to end. What are my options for finding affordable home internet services now? I'm 71 years old and live primarily on my Social Security benefits.

Barely Getting By

Dear Barely,

It's unfortunate, but without additional funding from Congress, the Affordable Connectivity Program (ACP) is winding down and will end in mid-May.

For those that aren't familiar with this program, the ACP is a government benefit that has provided millions of financially eligible households with a discount of up to \$30 per month toward their home internet service, or up to \$75 per month for households on qualifying Tribal lands.

The ACP was initially born out of a pandemic-era program called the Emergency Broadband Benefit in 2021 and replaced six months later by the longer-term ACP when Congress devoted \$14.2 billion to the program as part of the Infrastructure Investment and Jobs Act.

More than 23 million households are currently enrolled in the ACP which has significantly helped close the digital divide, as affordability has been the primary barrier that has kept most ACP beneficiaries from getting home internet services. But funds are almost out, and a sharply divided Congress has chosen not to continue funding the program, unless they change their mind in the 11th hour.

What to Do Now?

A good first step in securing affordable home internet services is to contact your current provider to find out if they offer any other discounts or low-cost services that fit your budget.

If not, you should shop around. The nonprofit organization EveryoneOn has a National Offer Locator Tool that can help you find low-income discounted internet services from providers in your area. Just go to EveryoneOn.org/find-offers, type in your ZIP code and answer a few questions regarding your household financial situation so the internet services you're eligible for can be located.

Some cities and states across the country are also offering their own local versions of the ACP to help low-income households pay their internet. The best way to look for these services is by going to Google and searching for "(location) internet resources."

Check Lifeline Benefit

If you haven't already done so, you also need to find out if you're eligible for the Lifeline program. Unlike the ACP, Lifeline is a permanently funded federal assistance program that provides a \$9.25 monthly subsidy that can help pay your home internet, phone or bundled services (up to \$34.25 if you live on Tribal lands). Only one benefit is available per household.

To qualify, your annual household income must be at or below 135 percent of the federal poverty guidelines, which is \$19,683 for one person or \$26,622 for two. Or, if you're receiving certain types of government benefits such as Medicaid, SNAP, SSI, public housing assistance, veterans' pension or survivors pension benefit, or live on federally recognized Tribal lands.

You can apply for Lifeline online at LifelineSupport.org, via mail or through your internet or phone provider. Or, if you need assistance call their support line at 800-234-9473.

Other Options

If you find that you aren't eligible for any of the lower-income services, you may still be able to save on your internet by shopping and comparing. The best way to do this is at websites like InMyArea.com, which provides a list of internet providers in your area, along with pricing and download speeds. Most providers offer plans under \$50 monthly, and you can often find additional discounts for things like bundling with a cellphone plan or signing an annual contract.

Another way to save some money is to buy your own equipment. Most internet service providers charge around \$15 per month to rent a modem and router from them. But you can buy your own for as little as \$100, which will pay for itself within the first year.

Send your senior questions to:

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



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

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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.



DOUGLAS is a 3-year-old American Staffordshire Terrier and has been a shelter dog since March 22nd. He is a big boy with an even bigger heart! He is playful, fun, loving, friendly, and full of kisses! He has the best smile and does not meet a stranger! Douglas' past is uncertain, but you can make his future bright! He is available for adoption, for \$25, at Florence Lauderdale Animal Shelter. The fee includes spay/neuter, vaccines, microchip, and a heartworm test. Stop by and meet the best friend you could ever ask for! Please come by or call 256-760-6676 for more information.



FITZ is about a year and a half old and is a staff favorite! She is moderate energy level and is done growing at a little under 40lbs making her the perfect sidekick! She is a total cuddle bug once she comes out of her shell! Fitz keeps a clean kennel, is good with most dogs she's been introduced to, and does well on a leash. She is heartworm-positive but is over halfway through that treatment. Due to this, she is available for foster to adopt until treatment is finished. Stop by Florence Lauderdale Animal Shelter and meet this sweet girl! Fostering is

free. Please call or come by for more information 256-760-6676.



BRIGGS is a 2 years old sweet, shy boy! He has stunning, bi colored eyes and is ready for a new home! For more info on Briggs, contact the Colbert County Animal Shelter @ 256-381-4073



TARYN is about 1 year old. She is a beautiful, tricolored lab mix! She is friendly with everyone she meets! For more info on Taryn, please contact the Colbert County Animal Shelter @ 256-381-4073

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Each

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Grape Tomatoes
4 Oz. Cup
79¢

Price...

Continued from Page 1

country. As sad as she was for her mother's passing, she realized that her very vibrant and outgoing mother would not have done well in COVID isolation.

Price "turned the corner" on her grief when she began to volunteer. She wanted nothing more than to give back as a way of celebrating her mother's life. In November 2023, former chair, Cheril Cleveland, signed her up for the Walk. Price teaches health science and her team rallied to raise \$1700 for Walk. This year their goal is a bit higher.

One of the most difficult parts of her mother's journey with Alzheimer's was the lack of communication in the health systems regarding resources. She says the health care system nurses and doctors in 2014 didn't really know about Alzheimer's Association resources like the 24/7 Helpline and care and support resources like they do now. Back then, she says, her family needed help navigating

the health system.

Today Price's family team proudly walks for her mother in celebration of her life. She wants those who live with Alzheimer's or dementia to realize they are "not defined by infirmities" but rather they are loved and cherished for who they are.

The Shoals Walk to End Alzheimer's in the Shoals is scheduled for September 22 in McFarland Park. To register and create a team, visit act.alz.org/shoals

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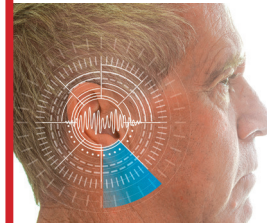
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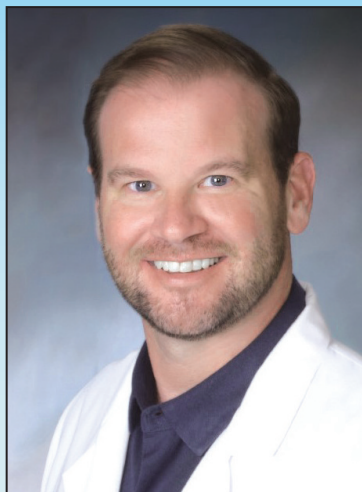
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EVER SCROLL THROUGH YOUR LOCAL BUY/SELL GROUP AND FEEL A SUDDEN CHILL?

No, it's not your neighbor Brenda hawking her slightly-used dentures (again). It's the onslaught of duct cleaning companies promising to rid your vents of... well, who even knows? Here's the truth about these "special offers": they're about as legitimate as a one-legged pogo champion.



Jim Fisher

These companies paint a picture of your air ducts as a post-apocalyptic wasteland overrun by pet hair and forgotten beanie babies.

Attention! Your Air Ducts Are Harboring a Sock Monster

by "The Computer Skeptic"

Don't fall for it! Chances are, your vents are more likely to be hosting a family of dust bunnies debating existential philosophy than anything truly monstrous. A little bit of research indicates that duct cleaning is rarely necessary and doing so can make your indoor air quality even worse.

In an attempt to dissect this buy/sell group scam, I responded to a duct-cleaning post in a local "Buy/Sell/

Barter" group on Facebook. I exchanged messages with a "John Howard" who claims to live in Muscle Shoals. John quoted me \$250. I gave him the thumbs up to proceed. John asked for my home address. Instead, I sent John a link to an IP-address logging website assuming that John would be dumb enough to click on the link. He did so, which immediately revealed his rough location somewhere in Pakistan.

That's quite a few miles from Muscle Shoals!

Unfortunately, Pakistani John stopped communicating with me after he clicked the link so I didn't discover exactly how John would run away with my money, but I'm certain of his ill intentions. I've heard stories of these people acting as brokers where they send someone out to do a really bad job of cleaning your ducts and then ask for payment. I've seen this exact same routine with "car detailing" instead of duct cleaning.

So, what should you do if your air quality feels a bit off? Here's the shocker: most homes don't need professional duct cleaning regularly. Try changing your air filters more often, and

open windows for fresh air. If you insist that your ducts need cleaning, there are reputable local companies that will do the job.

The bottom line? When it comes to duct cleaning scams, the best defense is a healthy dose of skepticism and a well-placed dust bunny eviction notice. Now go forth and breathe easy (but maybe not directly from your air vent... just in case).

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



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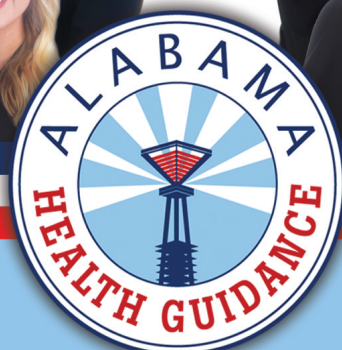
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Commentary

Remembering the Sacrifices

As we approach Memorial Day weekend, it's healthful to contemplate all the blood and tears that have gone into maintaining the individual freedoms and liberties our republic affords us through the U.S. Constitution. In spite of our drifting away from the principles of that document, there is more to the intense attraction of U.S. residency than the freebees and promises currently being offered to any and everybody who can get here.

In A Few Words



TOM MAGAZZU
Editor

Many of our ancestors left their homelands with almost nothing to realize the freedoms and opportunities that this nation offered. On occasion, those freedoms were at direct risk. There were also times when we tried to help people in other countries maintain a degree of independence even if the U.S. wasn't directly threatened.

For that reason, some wars may have had

See **SACRIFICES...** on Page 30

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

Courier Journal

in the *Shoals*

THIS WEEK

May 22, 2024

Happening
THIS WEEK

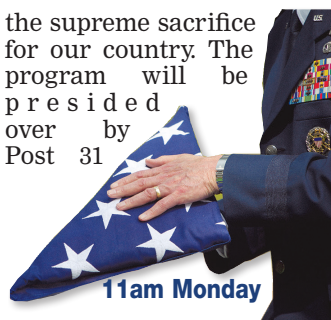
Blackwell Speaking

at Colbert Courthouse Memorial Day Program

TUSCUMBIA—American Legion Post 31 of Tuscumbia is sponsoring the annual Memorial Day Program at 11am on Monday, May 27, on the lawn of the Colbert County Courthouse.

The Post 31 Honor Guard will present the colors and place the memorial wreath in honor of those who gave

the supreme sacrifice for our country. The program will be presided over by Post 31



11am Monday

Commander, Doug Hargett. Special Music will be provided by vocalist Grace Kennington.

The Keynote Speaker will be Sergeant First Class Jeffrey A. Blackwell, Special Forces Group (Airborne), Alabama Army National

See **MEMORIAL...** Page 36

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.

FLORENCE CAMERATA, A POPULAR LOCAL community choral group, will resume rehearsals on Thursday, May 23, at the UNA choral room from 6:30-8pm. Rehearsals will be held each Thursday until the concert week - on Tuesday, July 16, at First Cumberland Presbyterian Church 2422 Darby Drive in Florence. It will feature American composers, and will be happening the week before Handy Fest begins. For more information, please call 256-810-9512.

Solice from Tough Situations

SHEFFIELD – Lucas Smith, a local guitarist, will perform live in the Ritz Studio on Saturday, May 25 at 7pm with special guest Sol Philcox Littlefield. Lucas Smith's music often touches on tough situations, but he hopes listeners can find solace in knowing someone else has been there, too. "Music has

helped me make sense of some wild stuff that life has thrown my way," he says. "I just want to write from both sides of the story and put it out there honestly." Americana Highways presents the premiere of Lucas Smith's song "Havin' a Job"

See **LUCAS...** on Page 27



Smith

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YOUR Letters

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

The Ugly Truth...

Editor,

American journalist and CNN political commentator Fareed Zakaria's recent analysis is very perceptive. However, there's one big looming point out there that all the polls are missing, and it's based on the premise that the 2020 election was not stolen.

The world keeps insisting that Biden won. If you believe that

Biden won in 2020, then you must know that all the polls, the Trump rallies, the indictments-- all those are just theatrics because the same mechanism that put Biden in the presidency stands ready to do it again, and THAT mechanism will do it again.

The ugly truth is that we are a banana republic. Our vote doesn't count any longer. All the pundits are just pretending. They, Republican and Democrat alike, all know in their hearts that votes and polls do not matter. We must know the

obvious fact that what Joe Biden thinks, IF he thinks, IF he plans, it doesn't matter. The thoughts and plans of a puppet on a string are not important. The puppet master's thoughts and plans are what matter. Unless we confront the ugly truth of how we are drifting away from a constitutional republic, then we are doomed to another four years of a puppet presidency. We should never have let the narrative of our having a "democracy" steal the reality of the intent of our Constitution: a republic established by forefathers who clearly understood the inherent weaknesses of a democracy.

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Charlotte Dean
Florence
More **LETTERS...**Page 23

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CITY OF MUSCLE SHOALS – JOB OPPORTUNITY

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Public Works Department

GOLF COURSE GROUNDSKEEPER

Cypress Lakes

CUSTODIAN

City Clerk's Office

Applications are available at the **City Clerk's Office, 2010 East Avalon Avenue, Muscle Shoals, Alabama,** between the hours of 7:45am and 4:30pm, phone number 256-383-5675. Applications may be downloaded from our website, www.cityofmuscleshoals.com

RESUMES WILL NOT BE ACCEPTED IN LIEU OF APPLICATIONS.
Application Deadline Date: **Fri., May 31, 2024, 4:30 PM**

A current job description is available at city hall and the website which details essential functions of the job as well as knowledge, skills, abilities and physical requirements necessary for successful job performance. Any offer of employment is conditional based upon the successful applicant's satisfactory completion of a job related physical examination, drug and alcohol testing.
The City of Muscle Shoals participates in E-Verify, in compliance with a federal law to verify the identity and employment eligibility of all persons hired to work in the United States..

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The TimesDaily has a position available for a Non-CDL Truck Driver. The ideal candidate must have an excellent driving record and a clean MVR (motor vehicle report) as well as proof of personal auto insurance.

Candidate must pass a DOT physical, be able to lift up to 50 pounds, and be capable of driving up to 8 hours at a time. Must be able to work flexible schedules including days, nights, weekends, and holidays as needed.

Please email resumes to: hollie.colella@timesdaily.com or applications may be picked up at **219 West Tennessee St. Florence, AL 35630**

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Full or Part-Time, five paid holidays, one week paid vacation, \$18 per hour, 256-483-9656

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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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Moments in Time



• **On May 20, 1506,** the Italian explorer Christopher Columbus died in Valladolid, Spain. The first European to explore the Americas since 10th-century Vikings set up colonies in Greenland and Newfoundland, he traveled the West Indies, South America and Central America, but died feeling he had been mistreated by his patron,

King Ferdinand of Spain.
 • **On May 21, 2000,** the bones of President James Garfield's spinal column, showing where one of two assassin's bullets had passed through it in 1881, were displayed for a final day at the National Museum of Health and Medicine in Washington, D.C., in an exhibit featuring medical oddities from the museum's archives.
 • **On May 22, 1856,** South Carolina Representative Preston Brooks, wielding a cane he used after suffering injuries in a duel fueled by a political debate years before, savagely beat Massachusetts Senator Charles Sumner during a meeting of Congress when tensions escalated over the expansion of slavery.
 • **On May 23, 1900,** Army sergeant William Harvey Carney became the first Black American serviceman to receive the Medal of Honor, for heroically protecting the American flag during the Civil War.
 • **On May 24, 1797,** Thomas Jefferson wrote to his friend Angelica Church with a casual inquiry about their mutual friend, Maria Cosway, a woman who'd once captured his heart and inspired a romantically themed essay. Her marriage, his desire to maintain integrity and their physical distance had helped cool his hopeless passion for her some years before.
 • **On May 25, 1977,** China's communist government lifted its decade-old ban on the writings of William Shakespeare, providing additional evidence that the Cultural Revolution initiated by Mao Zedong in 1966 had ended. Officials also announced that a Chinese-language edition of the Bard's works would soon be available.
 • **On May 26, 1962,** clarinetist Bernard Stanley "Acker" Bilk's instrumental single "Stranger On the Shore" provided an initial, but false, hint of the British Invasion to come when it went to No. 1 on the Billboard Hot 100. Despite its popularity, it was Bilk's only significant hit.
 • **On June 3, 1943,** a group of U.S. sailors marched through downtown Los Angeles with clubs and other weapons, attacking anyone wearing the "zoot suit" favored by many young men of color at that time. The Zoot Suit Riots spread throughout the city over the next week,

marking the culmination of racial tensions against the backdrop of World War II.

• **On June 4, 1876,** an astonishing 83 hours after it left New York City, the Transcontinental Express train arrived in San Francisco. Many Americans could hardly imagine that a journey previously requiring months using horses could now be accomplished in under a week.
 • **On June 5, 1956,** a young Elvis Presley performed "Hound Dog" on "The Milton Berle Show" with a gyrating enthusiasm that set off a scandal. Critical reaction was almost universally negative. In fact, one writer described Presley's hip-swinging as "tinged with the kind of animalism that should be confined to dives and bordellos."
 • **On June 6, 2013,** Edward Snowden, a National Security Agency contractor, leaked documents to the press exposing a government-run surveillance program that monitored not just the communications records of criminals and potential terrorists, but law-abiding citizens as well. Facing multiple charges and prison time, Snowden fled to Hong Kong and later Russia to avoid extradition.
 • **On June 7, 1976,** New York magazine published journalist Nik Cohn's article "The Tribal Rites of the New Saturday Night," which would inspire the John Travolta cinema smash "Saturday Night Fever." Nearly 20 years later, however, Cohn confessed

that the allegedly real-life characters peopling the story were actually fictional.

• **On June 8, 632,** the prophet Muhammad died, as a result of being poisoned, in the arms of Aisha, his third and favorite wife, in Medina, located in present-day Saudi Arabia.

• **On June 9, 1945,** while hosting the Philadelphia Phillies, Brooklyn Dodgers manager

Leo Durocher struck mocking Phillies fan John Christian in the dugout with the help of a stadium security guard. The incident led to Durocher's arrest on assault charges the following day, but he was released on bail, and actor Danny Kaye, a friend of his and acquaintance of Christian, brokered a \$7,000 settlement that closed Christian's civil suit.

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SIGNS OF THE PAST

Return of a Native



Location: 34.8216°N, 87.3157°W
 McLean Dr, 3/4 mile into park off rt72

TVA celebrated the return of Eagles to this area with this marker displayed near the entrance to Wheeler State Park. Eagles had not nested in Alabama since 1949, but restoration projects have been successful, and many Eagles spend the winter here before returning to the north.

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

has a wingspan of almost eight feet and may weigh as much as fourteen pounds. The adult males are slightly smaller. Immature Bald Eagles, lacking the white head and tail, are often misidentified as Golden Eagles. Unlike Bald Eagles, Golden Eagles are not usually found near large bodies of water.

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STRANGE but TRUE

• **Australian bushranger Joseph Johns** escaped from prison so many times that the government finally had to build a special cell to hold him, after which an overly (if understandably) confident governor said to him, "If you get out again, I'll forgive you." You guessed it: Johns escaped that as well.

• **There's a "Heaven Scent Pizza" for dogs**, made of flour, carrots, celery and Parmesan cheese.

• **A high school basketball coach** was fired after his team won 100-0 because the Catholic school he worked for thought that such a wide-margin victory failed to display a "Christ-like and

honorable approach to competition."

• **Two Chinese bank employees** stole over \$6.6 million and spent it all on lottery tickets. Unfortunately, crime didn't pay when they only recovered about \$13,000.

• **Don Rickles died before he could** record dialogue for "Toy Story 4." Rather than replacing him, Disney reviewed 25 years of material from the first three films, video games and other media, and assembled enough to cover the entire film.

• **A study has found that second-born children** are more likely to be troublemakers.

• **In Japan, male students can confess their love** to another person by giving them the second button -- the one closest to the heart -- from the top of their school uniform.

• **Laser removal doesn't actually remove a tattoo.** It just helps break it down so the body's white blood cells can carry it away. Eventually, you poop out your tattoo.

• **A bloodhound in Alabama** went outside to relieve itself and accidentally joined a half marathon, then ended up in seventh place. The race was redubbed the "Hound Dog Half," and those who end up in seventh place earn a special award.

Thought for the Day: "If you run out of kind words for yourself, stop talking."
 -- Niklas Goke
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Solid Steel Jacks

Study: Unveiling America's Impulse Buying Hotspots in Online Retail

By: Jordan Sprogis
 HostingAdvice.com

In the dynamic world of eCommerce, businesses deploy sophisticated sales strategies to turn casual browsers into committed buyers. Yet, consumer responses vary greatly. Driven by curiosity about which Americans are more inclined to make impulse purchases, HostingAdvice conducted a survey of 3,000 online marketers across the U.S.

The aim was to identify the states where consumers are most likely to make spontaneous buys. These consumers are often considered easy targets for online businesses. The findings uncovered distinct regional and demographic trends that shape America's impulse shopping behaviors.

California Is the Top State for Impulse Purchases

The survey found that the top states for impulse purchases include California, Florida, Texas,

New York, and Arizona, with California taking the lead.

California's large and diverse population, high disposable income, and exposure to relentless digital marketing make its residents particularly susceptible to impulse buys. Florida and Texas are close behind, leveraging similar demographic factors, while New York's bustling lifestyle and Arizona's tech-savvy residents also see high rates of spur-of-the-moment purchases.

45% of Consumers in the Top States for Online Sales Purchase in Minutes

Additionally, the survey found that 45% of consumers in the most successful states for online sales make purchase decisions within minutes and another 41% within hours, illustrating a pronounced tendency toward impulsivity facilitated by marketing strategies such as flash sales.

Only 9% of consumers

RANKING	STATE		
1	CALIFORNIA	26	LOUISIANA
2	FLORIDA	27	MISSISSIPPI
3	TEXAS	28	DELAWARE
4	NEW YORK	29	WEST VIRGINIA
5	ARIZONA	30	MINNESOTA
6	PENNSYLVANIA	31	WASHINGTON
7	ALABAMA	32	MISSOURI
8	NORTH CAROLINA	33	OKLAHOMA
9	MICHIGAN	34	UTAH
10	OHIO	35	HAWAII
11	ILLINOIS	36	IOWA
12	COLORADO	37	KANSAS
13	GEORGIA	38	OREGON
14	CONNECTICUT	39	IDAHO
15	ARKANSAS	40	NEBRASKA
16	VIRGINIA	41	WASHINGTON D.C.
17	NEW JERSEY	42	NEVADA
18	INDIANA	43	NEW HAMPSHIRE
19	KENTUCKY	44	MAINE
20	MARYLAND	45	MONTANA
21	SOUTH CAROLINA	46	SOUTH DAKOTA
22	ALASKA	47	VERMONT
23	MASSACHUSETTS	48	RHODE ISLAND
24	TENNESSEE	49	NEW MEXICO
25	WISCONSIN	50	NORTH DAKOTA
		51	WYOMING

say they deliberate for a few days, and a mere 5% say they take more than a week, highlighting that the online shopping environment largely promotes and benefits from instant purchasing breaks or brief downtimes, offering a key window for businesses to capture their attention with timely promotions.

The survey also reveals that younger consumers, particularly those ages 18 to 24 and 25 to 34, are the most prone to impulse purchases.

The 18-to-24 age group leads the way, with 30% of impulse purchases attributed to them, followed closely by the 25-to-34 age group at 27%. These findings suggest that younger adults, particularly those in their late teens to early 30s, are the primary drivers of impulsive buying behavior.

This trend diminishes with age, as seen with the 35-to-44 age group accounting for 19% of such purchases. Interest in impulse buying drops significantly among middle-aged and older adults, with those aged 45 to 54 making up 10%, those 55 to 64 at just 3%, and surprisingly, a slight uptick in the 65-plus group at 11%.

As online retailers refine their approaches

to exploit rapid decision-making trends, a deep understanding of regional and demographic preferences is essential. This research not only underscores the effectiveness of targeted promotions but also highlights the shifting landscape of consumer behavior in eCommerce.

Methodology

Online panel survey of 3,000 business owners based on age, gender, and geography. Internal data sources are used to obtain population data sets. We used a two-step process to ensure representation through stratified sampling and post-stratification weighting. April 2024. www.hostingadvice.com/blog/e-commerce-impulse-buys-survey/

Editor's Note: Bottom line is don't get snookered by online sales pitches in the moment. Don't succumb to the fever of purchasing because a deal is only valid for a few more hours. Close the window for a few hours or until tomorrow and see if the excitement to buy isn't a little more tempered. Then, you can make a rational purchasing decision.

MEMORIAL DAY

Celebration SALE



Home-Owned, Home-Operated



Fresh GROUND BEEF
73% Lean - Family Pack

\$2.99 Lb.

Previously Frozen
SPARE RIBS
2 Pieces

\$1.69 Lb.

Preferred Angus Beef
WHOLE BONELESS RIBEYE

Family Pack
BONELESS RIBEYE STEAK
\$11.99 Lb.

\$10.99 Lb.

Seedless WATERMELONS
Each

\$5.99

California STRAWBERRIES
1 Lb. Pk.

2/\$5

Ocean Bonnie JUMBO RED SHRIMP

\$12.99 2 Lbs.

Fresh CHICKEN LEG QUARTERS

69¢ Lb.
Sold in 10 Lb. Bag

U.S. #1 Colorado Russet POTATOES
8 Lbs.

\$2.99

Beefsteak TOMATOES
Lb.

\$1.49

Blue Bell ICE CREAM
Half Gallon

\$5.99

Blue Bell ICE CREAM
\$5.99
12 Pk. Cups

Faygo COLA OR FLAVORS
12 Pk. 12 Oz.

3/\$10

Niagara WATER
24 Pk. .5 Liters

3/\$10

Kingsford 16 Lbs. Or Match Light
12 Lbs. CHARCOAL

\$9.99

Van Camp's PORK AND BEANS
15 Oz.

79¢

Bush's GRILLIN' BEANS BAKED BEANS
22-28 Oz.

2/\$4

Rick's BBQ
\$6.99
1 Lb.

Kraft BBQ SAUCE
Original 17-18 Oz.

2/\$3

Hunt's TOMATO KETCHUP
20 Oz.

4/\$5

Food Club CHEESE
Shreds, Cubes Or Chunks 8 Oz.

5/\$10



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AD GOOD MAY 22-28, 2024

MEAT

Bone-In PORK BUTT STEAKS
\$2.49 Lb.

Prairie Fresh WHOLE BOSTON BUTT PORK ROAST
\$1.79 Lb.



Family Pack BOTTOM ROUND STEAK
\$5.49 Lb.

Preferred Angus Beef WHOLE BONELESS BOTTOM ROUND ROAST
\$4.99 Lb.



Williams Country SAUSAGE
 MILD
 NET WT. 16 OZ. (1 LB.)

Williams ROLL SAUSAGE Mild Or Hot
2 / \$7
 1 Lb.



\$4.99 Lb.

Choice BEEF BRISKET Whole In Bag



\$2.99 Lb.

Previously Frozen PORK BABY BACK RIBS 1 Piece



Ball Park FRANKS Assorted Varieties
2 / \$4
 15 Oz.



Frozen PORK RIBLETS
\$16.99
 10 Lb. Box



Oscar Mayer BACON Regular Or Thick
\$5.99
 1 Lb.



Nathan's FRANKS Jumbo Or Bigger Than Bun
2 / \$9
 12 Oz.



Land 'O Frost Premium Pack LUNCH MEAT Assorted Turkey Or Ham
\$5.99
 1 Lb.



Eckrich Thick Or Red Rind BOLOGNA 14 Oz.
\$2.29

Oscar Mayer Assorted Deli Shaved LUNCH MEAT
\$3.99
 7-9 Oz.



Brookwood Farms BBQ
\$3.99
 16 Oz.

Brookwood Farms BBQ RIBS
\$9.99
 24 Oz.



Hillshire Assorted Varieties SMOKED SAUSAGE
\$3.99
 12-14 Oz.

Bob Evans SIDES Assorted Varieties
2 / \$6
 12-24 Oz.



SEASONED FRIES
\$5.99
 5 Lbs.

CATFISH FILLETS
\$10.99
 2 Lbs.



WHOLE CRAWFISH
\$19.99
 5 Lbs.



COOKED P&D SHRIMP 21/25
\$13.99
 2 Lbs.



PRODUCE

Florida YELLOW OR BI-COLOR CORN 3 Pk.
\$1.59



BABY CUT CARROTS 1 Lb.
2 / \$3



Dole SHREDDED LETTUCE, GARDEN SALAD OR COLE SLAW Bag
\$1



Fresh ASPARAGUS Lb.
\$2.99



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Home-Owned, Home-Operated

Dr. Pepper, Sprite, Mello Yello Or COCA-COLA
12 Pk. 12 Oz. Cans

2/\$10

Dale's STEAK SAUCE 10 oz. OR MARINADE 16 oz.

\$3.49



Food Club HAMBURGER DILL CHIPS 16 oz.

2/\$3



Dr. Pepper, Sprite, Mello Yello Or COCA-COLA
6 Pk. .5 Liters

3/\$12



Kraft MAYO 30 Oz.

\$4.49



Castleberry's Or Bryan HOT DOG CHILI SAUCE 10 oz.

99¢



Dasani WATER 24 Pk. .5 Liters

\$4.99



Chick-fil-a SAUCE 16 Oz.

\$3.99



Frank's Red-Hot WING SAUCE 12 Oz.

\$3.99



POWERADE 28 Oz.

6 Pk. 20 Oz. \$6.49



Wesson Oil COOKING OIL 40 Oz.

\$3.99



McCormick BACON BITS 4 Oz.

2/\$4



Golden Flake, UTZ, Zapp's Or On The Border CHIPS 8 oz.

2/\$4



Hefty Easy Grip PLASTIC CUPS 18 Oz. - 30 Ct.

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Hefty PLATES OR COMPARTMENT PLATES 20-45 Ct.

2/\$5



Lay's POTATO OR KETTLE CHIPS 7-8 Oz.


Tostitos CHEESE DIP OR SALSA 15 oz. 2/\$7

2/\$5



Bounty Essential PAPER TOWELS 6 Double Rolls

\$6.99



Pit Boss Hardwood PELLETS 20 Lbs.

\$7.99



DORITOS 6-10 Oz.

2/\$7



FROZEN

Cool Whip WHIPPED TOPPING 8 Oz.

2/\$4



Ore-Ida FRIES 28-30 Oz. \$4.49

Sara Lee CREME PIES 23-28 Oz. \$5.99

Food Club ICE CREAM Gallon Pail \$6.99

DAIRY

Philadelphia CREAM CHEESE 8 Oz. 2/\$6



Dean's DIPS 16 Oz. 2/\$4

Daisy SOUR CREAM 16 Oz. 2/\$5

Country Crock MARGARINE 45 Oz. \$5.99

Chips Ahoy Family Size COOKIES
14-19 Oz.



2 / \$8

Oreo Family Size COOKIES
13-18 Oz.



2 / \$8

Nilla Wafers Family Size COOKIES
15 Oz.



2 / \$8

Ritz & Wheat Thins Family Size CRACKERS OR CHEEZ-ITS!
12-20 Oz.



2 / \$8

Kraft Deluxe MAC & CHEESE Or Velveeta SHELLS & CHEESE
12-14 Oz.



2 / \$7

Ocean Spray CRANBERRY JUICE
64 Oz.



2 / \$6

Capri Sun FRUIT DRINKS
10 Pk.



2 / \$7

Kool-Aid Or Country Time DRINK MIXES
Makes 8 Qt. Canister



\$3.99

Red Diamond TEA
24 Quart Size Bags



2 / \$4

Food Club ICE CREAM CONES
12-18 Ct.



\$1.79

Martha White MUFFIN MIX
7 Oz.



4 / \$5

Grill Mates SEASONING
2-3 Oz.



2 / \$4

Hormel CHILI
15 Oz.



2 / \$5

Kinder's BBQ SAUCE OR MARINADE
15.5 Oz.



\$2.99

Pace SALSA
16 Oz.



2 / \$5

Planters MIXED NUTS OR CASHEWS
8-10 Oz.



\$4.99

BEER & WINE

Miller Lite, Coors Light Or Yuengling BEER 24 Pk. Cans
\$25.49



Busch Or Busch Light BEER 12 Pk. Cans
\$11.99



Jack Daniel's COCKTAILS 12 Pk. Bottles
\$15.99



Bota Box WINES 3 Liters
\$19.99



DELI & BAKERY

King's Hawaiian Assorted BUNS OR ROLLS
9-12 Ct.
\$3.99



Holley Sweets POUND CAKES
24 Oz.
\$7.99



Mrs. Stratton's Party Tubs POTATO SALAD
3 Lbs.
\$6.99



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MUSCLE SHOALS 3001 Woodward. • 7am-11pm • 256-381-7277
 3413 Woodward Ave. • 7am-11pm • 256-978-6093
SHEFFIELD Foodland Plus • 106 Towne Plaza • 7am-10pm • 256-381-6552

TUSCUMBIA 103 West 1st Street • 7am-11pm • 256-383-9425
FORD CITY FOODLAND River Road • 7am-10pm • 256-446-5842
ELGIN CROSSROADS ELGIN Forest Plaza • 7am-11pm • 256-247-1958
ROGERSVILLE Rogersville Shopping Ctr. • 7am-11pm • 256-247-1805

Letters...

Continued from Page 14

We Watched with Dismay

To the Editor,

At the last Florence City Council meeting, a number of us watched with dismay as they voted down the proposal from Project Say Something to erect a marker to contextualize the confederate monument at the county courthouse. Our concern is the process of their decision making which seems to have been arbitrary and capricious.

Why did the Council chairman not count his votes for the measure regarding the monument before the meeting? The chairperson surely routinely polls the members before the meeting to determine whether a measure could pass. If the votes were not there for it, the Council should have moved it to their work agenda and notified Project Say Something.

The Council should have had alternate wording to propose if they had reservations about it. The citizens of our city are left mystified as to the objections and possible solutions to this impasse.

The Council chairman should have had the courtesy to discuss those problems with Project Say Something before the meeting, so they were not blindsided. The chairperson should have had some understanding that there would be problems with the measure and have moved to prevent possible anger and embarrassment to the citizens who were proposing this measure.

One City Councilman maintains that there is no racism in Florence. Do the Council members understand the end of segregation was not the same thing as the end of racism? Our hope is that the members of the City Council will have reached out to the member of their body who noted having experienced racism in the city to discuss that issue and consider how to address it.

As members of the citizenry of our city, we call on our City Council to make efforts to amend

its process and move to heal divisions rather than making them worse.

Annie Pearl Minor
Florence
Chairperson,
Race Amity Coalition

Maintaining Holiness

Editor,

Torah portion Emor, found in Leviticus, 21:1-24:23 is part of the holiness code, a group of laws authorized by rabbis and priests. Scholars believe that the priests, perhaps, influenced by the teachings of the prophet Isaiah, wrote the laws contained in Leviticus, 17-26, as a response to laws created by earlier priests in Leviticus 1-16.

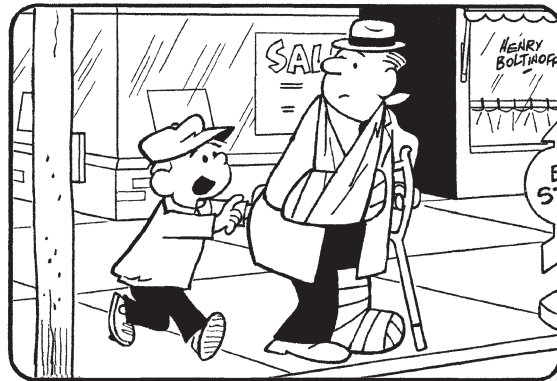
The laws in the holiness code - like the laws in the rest of Leviticus, seek to mold the Israelites into a holy people and to safeguard the ritual purity that is necessary for contact with the divine G-d. Leviticus, depicts G-d as the creator of a harmonious, good, and orderly universe. To keep the world with proper balance, human beings must take care not to breach boundaries - whether these are boundaries of body, time, space, or spirituality. A person's body, the sanctuary, and the community are all components of G-d's sacred world and violations within any of these spheres have a negative impact overall.

Boundaries of space separate the sacred from the near sacred as well as life from death. Leviticus commands rituals, including sacrifices to cancel, or ameliorate the damage that results from boundary violations. Parashat Emor contains instructions for the sanctity of priests and sacrificial offerings. The priests are in charge of the performance of sacred rights connected with the sanctuary and must maintain strict standards of purity to avoid profaning the sanctuary or the sacred objects it contains.

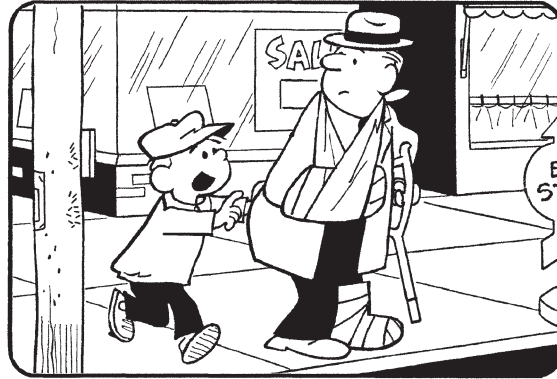
Parashat Emor also outlines regulations

See LETTERS...Page 24

HOCUS - FOCUS BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Crutch is shorter. 2. Leg is different. 3. Cast is thicker. 4. Hat is larger. 5. Sign in window is smaller. 6. Pole is thinner.

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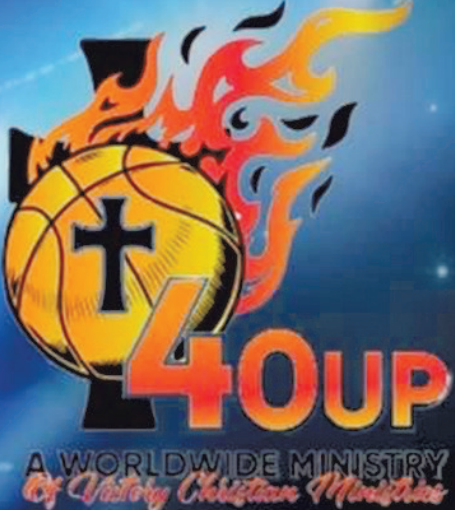
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Letters...

Maintaining Holiness

Continued from Page 23

concerning G-d's sacred times. These instructions are for the community, emphasizing that the entire community is responsible for preserving G-d's harmonious universe, as well as teaching that both the priests, and more so the people, must maintain holiness that is necessary to keep G-d's presence among us. Perhaps, as a united humanity, we can make this possible.

Jeff Schneider
Killen

An Effort to Depopulate

To the Editor

The population of the earth today is around 8.1 billion.

The Georgia Guidestones said the earth's population should not be over 500 million

people and I believe it was the globalists who destroyed the Georgia Guidestones.

The Georgia Guidestones made it a little too clear to the average person of their nefarious intentions just like Globalist John Kerry did when he said they want to cut food production.

Globalists talk about how they want to "Depopulate" the earth and they are in the process of doing it!

Janice Gross Williams
Killen

And Alabama Pretends

Editor:

So, Alabama's representatives have decided that We the People do not need or want our educational system to rise above 50th nation and passing by far in stupidity.

The states with the lottery have gotten billions from Alabama citizens because our state

is ignorant. Do you know how many states have a form of gambling or a lottery? 47. Utah, Alaska, and Hawaii are flooded with tourism. Alabama pretends it's the Bible belt tightening on your wallet: Not Christianity, but self-righteousness. Then, they go out of state to get tickets. Teachers need more funding. Schools need more funding. The only other alternative is to raise property and sales taxes. So much for We the People!

They voted out the lottery, DID NOT even let us VOTE on it! So, let's vote them out! Get someone that cares about our schools...and our kids!

I didn't pass math. What's your account for an ignorant legislature? Poor education. So many states have gotten so much money for education, and they turned their problems around. Now, kids go to school and college free in those states.

How about your kids?

Linda Johnson
Florence

Poor Traffic Management

Editor:

I live on Mary Lee Drive in Florence that comes out on Highway 72 beside TriGreen Equipment. It is very hard to see the oncoming (westbound) traffic because of how they have placed the concrete road construction barriers. You almost must pull into the traffic before you can see enough to make a right turn or cross the median. In addition, they left their heavy equipment right by the street on Mother's Day weekend. There is a large tractor where large trucks have to come in and out with equipment.

Is there any way they can remove some of the big trucks and equipment by the road that are blocking views and creating safety issues?

Frances Sanderfer
Florence

Disdain for Workers

Dear Editor,

Recently, auto workers at a plant in Tennessee voted to join the United Auto Workers Union much to the disdain of Governor Kay Ivey. So, I have to wonder why our dear governor would be against workers in Alabama seeking better wages and benefits. Governor Ivey sees her power over workers fading and she fears that the automobile manufacturers will cut their so called "campaign contributions" or her cut of "corporate payoffs."

Ivey seems to be more concerned about those contributions than the welfare of Alabama workers and their families looking for a living wage, health care benefits, retirement plans, and better working conditions that come with workers joining unions. It seems to me that these Republican office holders are more beholden to big

anti-union companies than they are Alabama workers.

Recently, I received a call from Congressman Dale Strong for a Telephone Town Hall. The screener asked me about the context of my call. I told her that I would like to know why he voted no on several bills that would have benefitted his district. The screener told me that "the congressman did not discuss his votes with constituents" and told me that "the congressman would not take my call."

Our country was founded by brave people that stood up to King George and his armies. Seems like our republican elected officials are afraid to stand up to Donald Trump.

Larry J. Smith
Florence

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4.5-5 Oz., Select Varieties **Shake N Bake Coating** **3⁹⁹**

19 Oz. Select Varieties **Johnsonville Brats or Sausage** **3⁹⁹**
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USE UP TO 5X IN A SINGLE TRANSACTION
SALE PRICE WITHOUT DIGITAL COUPON \$4.99

7.7-5 Oz. Select Varieties **McCormick Grill Mates, Grinders or Seasonings** **3/\$5**

10 Oz. Select Varieties **A.1. Steak Sauce** **3⁹⁹**

6 Oz. Pkg. **Sliced Portabella Mushrooms** **3⁹⁹**
WITH \$1.00 OFF 1 DIGITAL COUPON
USE UP TO 5X IN A SINGLE TRANSACTION
SALE PRICE WITHOUT DIGITAL COUPON \$4.99

8.5 Oz., Select Varieties **Giorgio Stuffed Mushrooms** **5⁹⁹**

Family Pack USDA Inspected **Boneless Beef Ribeye Steak** **7⁹⁹ LB**

5-8 Oz. Select Varieties **Kraft Natural Shreds, Chunks or Crumbles** **3/\$5**

14-16 Oz. Select Varieties **Daisy Dip or Squeeze Sour Cream** or 3-4.3 Oz. Select Varieties **Hormel Bacon Bits** **2/\$5**

20 LB. BAG! **Russet Potatoes** **6⁹⁹**

2 Lb. Bag **Sea Best Argentine Red Shrimp** **16⁹⁹**

WHILE SUPPLIES LAST

1 DAY TABLE BUSTERS

FRIDAY, MAY 24, 2024

WHILE SUPPLIES LAST!

USDA Inspected **Whole Boneless Beef Butt Tenderloin** **12⁹⁹ LB**
SLICED FREE! SAVE \$6.00 LB

6 Pk./5 Liter Bottles Select Varieties **Pepsi Products** **3/\$9**
WHEN YOU BUY 3 OR \$5.49 EACH

16 Oz. Select Varieties **Field or Fischer's Hot Dogs Or Bologna** **99¢**
SAVE 50¢ PK

8 Ct. **Hamburger or Hot Dog Bunny Buns** **2/\$4**
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Field's Kentucky Legend Whole Boneless Smoked Ham **3⁹⁹ LB**
SLICED FREE! SAVE 40¢ LB
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Southern Peaches **1²⁵ LB**
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12-16 Oz. Select Varieties **Dean's Dip** **2/\$4**

7.75-8 Oz. Select Varieties **Frito-Lay Potato Chips or Kettle Chips** **2/\$5**

128 Oz. **America's Choice Sweet Tea** **2/\$4**

8 Oz. Select Varieties **Cool Whip Topping** **2/\$4**

13.9-19.1 Oz., Select Varieties **Betty Crocker Cookie, Brownie or Muffin Mix** **2/\$4**

128 Oz. Pail Select Varieties **Prairie Farms Ice Cream or Blue Ribbon Classics Frozen Dairy Dessert** **5.99**
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17.3-18 Oz. Select Varieties **Sweet Baby Ray's or Kraft Barbeque Sauce** **4/\$5**

21.5-28 Oz. Select Varieties **Bush's Best Baked Beans** **5/\$10**

7.75-8 Oz. Select Varieties **UTZ or Zapp's Potato Chips** **2/\$4**
SAVE \$2.79

8.67-10.25 Oz. Select Varieties **Little Debbie Mini Donuts** **3/\$5**
SAVE 92¢

24 Oz. Select Varieties **Mt. Olive Pickles** **1⁴⁹**
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128 Oz. **Hormel Always Tender Pork Spare Ribs** **1⁹⁹ LB**

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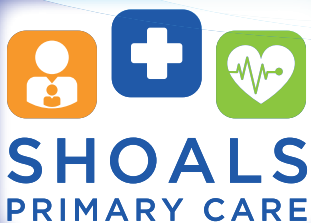
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ON YOUR DEBT



**B. Grant
McNutt**
Managing
Attorney

WHICH IS BETTER, DEBT SETTLEMENT OR BANKRUPTCY?

Bankruptcy can often be a far better option than a debt settlement program. It is a process that has a defined beginning and end with protection from collection efforts from your creditors while you are in that process.

The ads on the radio always sound alluring. Simply respond by calling a toll-free number and the debt settlement company will solve all of your financial problems.

But is the promised relief as good as described?

Debt Settlement Process

The business model, or pitch, works something like this. You will be instructed to stop paying on your credit cards and to instead make payments to the debt settlement company. Often, the company will want to deduct the money straight from your bank account. You are told that the credit card companies will eventually give up and write the debt off. They will then sell your debt to some third-party debt buyer for pennies on the dollar. By that time, the debt settlement company will have amassed enough of your money to settle the claims of the credit card companies. They will pay everything off and your credit will be perfect. The radio ad usually says that you will be able to buy a new house and/or car in very little time.

There are a number of problems with this business model. First and foremost is that you are sending your hard-earned money to a company you know little about. In many cases, you are even providing your bank account information. The debt settlement industry is largely unregulated. A simple internet search will reveal that there are volumes of people who have sent money to these companies and not obtained any relief at all. Oftentimes, by the time they realize that the plan is not working as described, the company that they sent their money to is nowhere to be found. The money is not traceable. I have even had clients who

has lost their money when the debt settlement company filed for bankruptcy.

In addition to the above, even if the plan works as described, the individuals credit report will still show numerous late payments and/or write offs. These are not going to help the individuals credit score. Potentially even more costly is the fact that new tax liability may be created. When a creditor forgives debt, the amount forgiven can be treated as income by the Internal Revenue Service. Taxes may become due on that income. Now you might have a tax problem.

Speak With A Debt Professional

If you are a consumer struggling with debt, your best option may be to meet face to face with a qualified and experienced consumer bankruptcy attorney. The attorney will have passed a bar exam, be licensed by a state bar association and his work will be scrutinized by a judge. A good bankruptcy attorney will help you to explore all of your options – both bankruptcy and non-bankruptcy.

The fact is that you owe it to yourself to fully explore all of your options. Financial problems can be stressful for you and your family. Don't necessarily take what sounds like the easiest solution. In many cases, decisions like this will have contributed to the financial problems that you now face. Please take the time to seek out and meet in person with an experienced attorney.

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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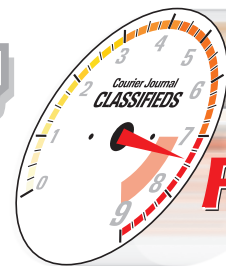


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Lucas...

Continued from Page 14

from his forthcoming album. It was recorded, mixed, and co-produced by Grant Walden at Heartell Studios in Sheffield.

"If you haven't heard of Lucas Smith, you'll be drawn in for a pleasant surprise. Lucas Smith's songwriting is archetypal, and his delivery is felt in your very soul. It's what Americana music lovers are searching for," said Melissa Clarke, of Americana Highways

"Lucas is one of the great young guitar players in the Muscle Shoals area," said Travis Wammack, former band leader for Little Richard.

Tickets for this event are \$15, general admission. The Ritz Studio is an intimate venue on the campus of the Historic Ritz Theatre in Sheffield. Concessions including beer, wine, candy, water, and soft drinks will be available. Cash bar will also be available.

For more information about the Tennessee Valley Art Association, which runs the Ritz Theatre and the Tennessee Valley Museum of Art, call 256-383-0533 or visit tennesseevalleyarts.org.

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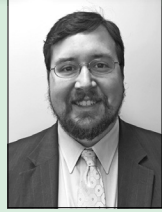
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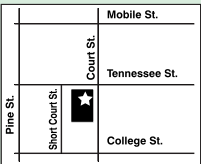
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Commentary Sacrifices...

Continued from Page 14

a greater level of urgency or significance attached to them. Some may have been more altruistic in nature than others. However, losing a leg or a family losing a beloved member while representing the U.S. in battle is a huge loss, regardless. We can't choose in what era we were born or what set of officials declared war.

I was too young to take part in Vietnam and past the optimal age for the Gulf War. My father served in Korea for two years, my grandfather in World War I for 14 months. He earned two purple hearts as a US soldier only a few years after coming through Ellis Island from Italy. My wife can trace her lineage to a family member serving in the Revolutionary War.

For many families, the Memorial aspect of the holiday really hits home.

Whether almost 250 years ago, or as recent as 250 days ago, families have suffered through almost unbearable anguish of getting the news they always dreaded.

Some enthusiastically risked their lives to preserve the American ideal. Others were called to duty and patriotically left the security of U.S. soil to fight.

Would either group in years-past be as enthusiastic to fight for the future of our country if they could see what has transpired over the years? How unappreciative many are? What some think that freedom represents? What some think (and are taught) the U.S. now represents?

It's a fair question that would probably produce some disheartening answers.

A few Memorial facts from major wars from 1775 forward are listed here followed by casualty totals that deserve our respect and admiration.

The Civil War has by far the largest number

of American military fatalities in history. In fact, the death toll on both sides from that war is comparable to that of all other major wars combined.

For more than a century, the generally accepted Civil War death toll of around 620,000 may be an underestimation, a figure which was first proposed by Union historians William F. Fox and Thomas L. Livermore in the late 1800's through enlistment figures, battle reports, and census data. In 2011, historian J. David Hacker conducted further investigations and claimed that the number was likely between 750,000 and 850,000.

Historians agree that both sides were poor at keeping detailed records throughout the war, and much of the Confederacy's records were lost by the war's end. Many Confederate widows also did not register their husband's death with the authorities, as they would have then been ineligible for benefits.

United States at War

Civil War	1861-65	620,000
World War II	1939-45	405,400
World War I	1914-18	116,516
Vietnam War	1965-73	58,220
Korean War	1950-53	36,516
Revolutionary War	1775-83	25,000
War of 1812	1812-15	15,000
Mexican-American War	1846-48	13,283
War on Terror	2001-Now	7,078
Spanish-American War	1898	2,446
Gulf War	1990-91	258

War years listed, although years of U.S. participation may have been fewer. Some estimates have actual Civil War deaths as high as 800,000. Numbers are approximate as they were compiled from government and other sources. Total deaths in early years included fighting deaths and disease deaths while at war.

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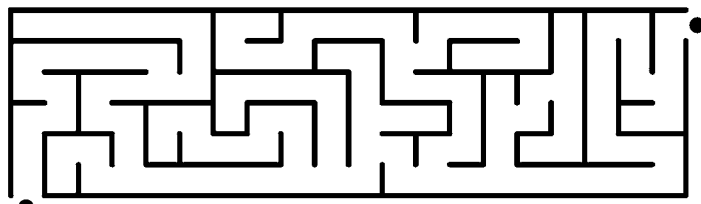
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Even Exchange by Donna Pettman

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. Georgia's crop | ___ _ _ _ H | Truce | ___ _ _ _ E |
| 2. Start a new paragraph | ___ _ D ___ _ | Create something new | ___ _ V ___ _ |
| 3. F. ___ Fitzgerald | ___ _ _ T _ | Tonto's mount | ___ _ _ U _ |
| 4. Courtroom authority | J ___ _ _ _ | Chewy confection | F ___ _ _ _ |
| 5. Meander | ___ A ___ _ _ | Spectacle | ___ O ___ _ _ |
| 6. Red gem | ___ _ _ _ _ T | Harvest | ___ _ _ _ _ R |
| 7. President Truman | ___ A ___ _ _ | Rush | ___ U ___ _ _ |
| 8. Perimeter | ___ _ _ G ___ _ | Hemingway's big fish | ___ _ _ L ___ _ |
| 9. ___ and desist! | ___ E ___ _ _ | Pursue | ___ H ___ _ _ |
| 10. Rowling's young wizard | ___ _ T ___ _ _ | Wanted sign | ___ _ S ___ _ _ |

WORD LADDERS

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

FLAME

GRACE

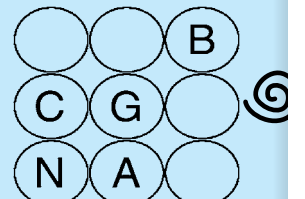
Puzzle Whirl

MINI SUDOKU

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

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



Fill in the missing letters to reveal the nine-letter word that starts at one of the four corners and moves clockwise around the perimeter before ending in the center.
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Answers on Page 38

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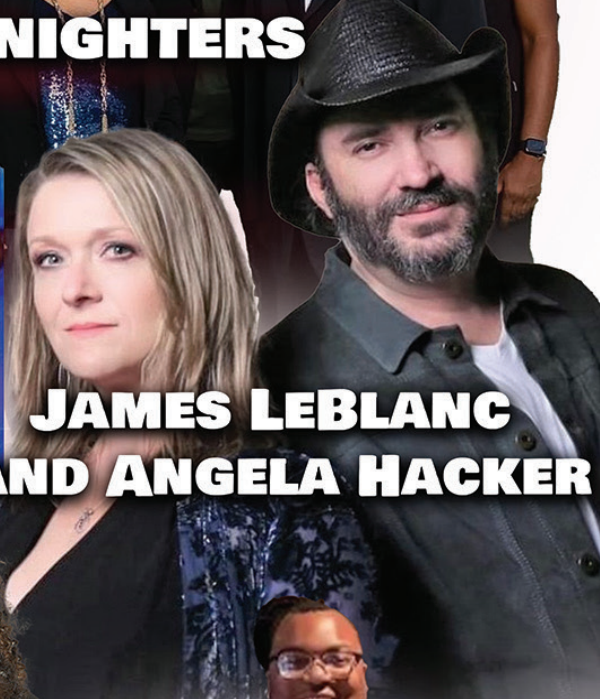
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KASSIDY MCCORKLE



THE GRAY SISTERS



DEBUT SINGLE FROM MONA B



WITH TUNES BY DJ DUST

MAY 26, 2024

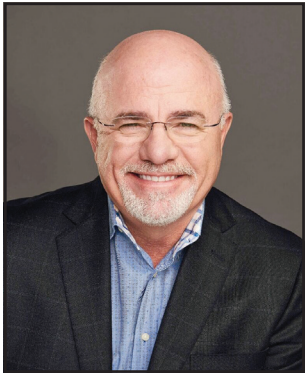
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DAVE Says

by DAVE RAMSEY



THAT'S A PRETTY GOOD DEAL

Dear Dave,
I'm in college full-time right now, and my parents have been generous enough to pay for some of my school expenses. In addition, they let me live at home while I complete my degree. I work some nights and most weekends so I can go to school

debt-free, but I'm trying to figure out how to move out on my own and continue working, while remaining a full-time student and attending career-related campus events. The cost of living is high in our area, so I'm having trouble figuring out how to make it all work. Do you have some advice?

Will
Dear Will,
You sound like a very driven and mature young man. Congratulations on everything you've been able to accomplish so far. I'm glad you're working hard in school with an eye toward the future. First off, out of the three considerations you mentioned—school, work, and cost of living—I think you need to decide which is your number one priority. If I were in your shoes, school would come first.

Now, to go to school without borrowing money, you're going to have to keep working. But finishing school on time, while attending some of the extracurricular events that will move you toward your career, might preempt work. You'll have to work enough to pay

for things, but if you can finish school and hit your academic and graduation goals while staying at home just a little bit longer? That sounds like a winner to me. It's a pretty nice deal your parents are offering, but I can understand your desire to be out on your own, too.

I want you to be out on your own as soon as you can, as well. But if you do that right now, you're going to have extra bills and be

forced to work even more. That's going to throw your entire school process out of whack. Guess what your number one priority was in that scenario? Right, moving out. If it's the tail that's wagging the dog, it has become the number one priority. If it's disrupting work, and thereby disrupting your academics, then in my mind you've put your focus on the wrong thing.

Your number one goal should be finishing school on time, while attending as many connected events as possible. Meanwhile, keep working enough so that you're able to continue doing all this debt-free. If that means you're staying at home a little bit longer to pull it off, I'd do it!

—Dave

* Dave Ramsey is an eight-time No. 1 national

best-selling author, personal finance expert and host of *The Ramsey Show*, heard by more than 20 million listeners each week. He has appeared on *Good Morning America*, *CBS Mornings*, *Today Show*, *Fox News*, *CNN*, *Fox Business*, and many more. Since 1992, Dave has helped people regain control of their money, build wealth and enhance their lives. He also serves as CEO for the company, Ramsey Solutions.

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Memorial

Continued from Page 14

Guard (Retired). A native of Sheffield, Sgt. Blackwell has served many deployments, including counter narcotics and Anti-Terrorism/Force Protection missions, providing intelligence for U.S. Southern Command on narcotics and terrorist activity in South America.

During Operation Enduring Freedom/Afghanistan/Central Asia, SFC Blackwell served as the senior communications sergeant for a Special Operational A-Team, providing strategic assets. He provided ground tactics training and technical training for communications equipment as tactical advisor to an Afghan Militia Forces Battalion. SFC Blackwell's awards and decorations include the Bronze Star, Meritorious Service Medal, Army Commendation Medals, and Army Achievement Medals. Sgt. Blackwell resides in Tuscumbia with his wife, Shannon.

Following the program, a barbecue luncheon will be provided at the Tuscumbia Church of Christ Annex at the corner of Main and 4th Streets, compliments of Mr. L. O. Bishop and Post 31. The public is invited and encouraged to attend.

In case of inclement weather, both the program and luncheon will be held at the Church of Christ Annex.

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If you are injured on the job, do not go to your own doctor or use your own insurance. If you tell the doctor it was an on-the-job injury, they won't see you, and your insurance will not pay for the visit.

If you go to your own doctor and tell them the injury was not on the job but it actually was, two things can happen: first, workers comp won't pay for it, and second, neither will Blue Cross Blue Shield. You will be the financially responsible party. Any misrepresentation will be brought to the court's attention, which never helps your case.

You have the right in Alabama to a panel of four physicians (Ala. Code § 25-5-77 (a)) to choose from. Let us get involved in that choice!

If surgery is recommended, you can request a second surgical opinion from another panel of four doctors.

Good decisions are crucial when a person is hurt while working, and their pay is reduced to 66% (Ala. Code § 25-5-1(6)). Your outcome is important. Lawyers representing people injured on the job are limited to charging 15% plus costs. Of course, there is no limit on how much the employer can spend on lawyers.

Joel and I have taught workers compensation for the Alabama State Bar Association. Let us know if we can put our expertise to good work for you.

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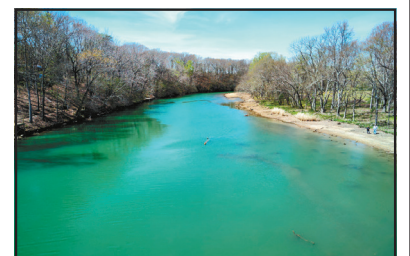
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Medicare Minute

"Medicare Supplements"

If you are considering a Medicare Supplement, or Medigap policy, for the first time there are some important facts you should know. To begin with you have to be enrolled in Medicare Part A and Part B to sign up for a Medigap plan. If you choose to sign up for a Medigap plan, you then will pay the private insurance company a premium in addition to your Part B premium that you pay Medicare. Occasionally we will speak with someone who thinks the Part B premium paid to Medicare covers the cost of their Medigap plan. This is not the case. The Part B premium paid to Medicare covers the benefits, discussed in earlier articles, that Medicare allows you under Part B.

Another fact to keep in mind is a Medigap policy will only cover one person. This is also true of Medicare Advantage and prescription drug plans. If you spouse wants a Medicare plan of any type they will have to sign up themselves. However, some Medigap companies will give you a premium discount if you are married or live with someone over the age of 60. This can be a huge savings for you.

Medigap policies do not cover most prescription drugs. If you want prescription drug coverage you will need to purchase a stand-alone prescription drug plan from a private insurance company. Medigap policies are designed to supplement, or fill in the gaps of, Original Medicare. When a claim is filed with Medicare, Medicare will pay first and the Medigap policy will pay its part depending on the type of plan you have chosen. Therefore, because Original Medicare does not cover most prescription drugs, your Medigap policy will not have that coverage either.

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



Ikey Fowler

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Community Notes...

Continued from page 7

Florence-Lauderdale Tourism is excited to announce that they now offer prints of The Shoals Mural at McFarland Park. They are 12 "x 36" and printed on archival paper. They are available for purchase at the visitor center during our regular business hours. Regular prints are: \$25. Signed and numbered prints are \$50 (Limited edition of 250)

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

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

Club (Florence Senior Center) and Diamond Tours Diamonds in the Rough 2024 trip information. www.GroupTrips.com/TheClub

NEW DATES for the Nashville Show Trip, May 20-23. 2 nights lodging in the Nashville area, 4 meals: 2 breakfast 2 dinners.

Guided tour of Nashville, 2 great shows and Admission to the GRAND OLE OPRY & NASHVILLE NIGHTLIFE DINNER THEATER. Back stage tour of the Grand Ole Opry. Admission to Madame Tussauds Wax Museum.

Visit Opry Mills and a photo opportunity at the Parthenon. \$582 for double occupancy and \$672 single occupancy room. Trips are open to the public. Diamonds in the Rough trips originate at The Club, 450 Country Club Drive, Florence. For more information, call Fran @ The Club, 256.760.6642, 9-4 Monday-Friday.

- Niagara Falls Trip, June 23-29, #2101920, Double Occupancy Rate \$1187, Single Rate \$1421

- Mt. Rushmore and the Badlands, August 17-25, #2092162, Double Occupancy Rate \$1542, Single Rate \$1872

- Mackinac Island Trip, Sept 22-28, 2024, #209362, Double Occupancy Rate \$1086, Single Rate \$1335

- Pigeon Forge and Smokey Mountain Show Trip, November 11-15, 2024, #2076085, Double Occupancy Rate \$918, Single Rate \$1067

Personal Checks or Money Orders made to Diamond Tours. Please no cash or Credit Cards. Call 256-760-6642 come by The Club to pay for your trips. 450 Country Club Drive, Florence fdavis@florenceal.org

One trip is scheduled with a different travel company.

- Magical Christmas Market Germany, December 10-17, 2024. 21 spaces available.

Call Collette at 800-340-5158 to sign up directly with them. You'll be traveling with us (The Club).

Religious Abuse Support Group of the Shoals will meet the first and last Sundays of every month. Time and Location will vary. About us: we are a group dedicated to supporting individuals in our

local community who have experienced abuse within religious institutions.

Check our Facebook for additional details. Contact us at <https://www.facebook.com/ragsshoals/>

There is space HERE for YOUR EVENT, and plenty of eyes to read it. Email your information to editor@CourierJournal.net.

Author Gary H. Miller will host a Free Self Publishing Kindle Workshop at the Shoals Writers Guild meeting on Saturday, July 20 from 10am - noon at the Florence-Lauderdale Public Library, 350 N. Wood Ave in Florence

Miller is holds a BA from the University of Georgia and is author of many publications including his latest self published book "Ragsdale Blues." Please join us for this free event.

The Florence Beautification Board presents The Wildflower Project! Through this project, you can contribute to the future of our community's sustainable growth. There are several tiers of involvement, Tier 1 - \$100; Tier 2 - \$200; Tier 3 - \$1,000 To donate, you may give checks to the Beautification Board City of Florence, PO Box 98, Florence, AL 35631. Contributions are tax-deductible.

Gerald Clemmons needs a kidney!

Gerald is a lifelong resident of Lauderdale County. He has kidney disease and is on dialysis. He has been told that he needs a kidney transplant, and a living donor is his best chance to survive. Please consider becoming a living kidney donor for him at Vanderbilt Hospital.

You can help! To be a donor, you will need to: know your blood type, be at least 18 years of age, be in good physical health, and have a good mental disposition. This week can provide more information: <https://bit.ly/VandyLivingDonor>

If you can't donate, please share this information.

Serve with Honor. Part time service with full-time benefits. The Alabama National Guard wants YOU! Protect your state and nation while enjoying great benefits for roughly 40 days/year. Call for more information. SSG Candi Flanagan at 251-459-4309.

Alabama Hospice of the Shoals is currently seeking volunteers to serve in Colbert, Lauderdale, Lawrence, Franklin, Marion, and Winston counties. For more information, contact Susan Coke at 256-314-1204.

Shoals CASA is currently looking for new CASA volunteers (Court Appointed Special Advocates) who have a passion for helping children. This is rewarding, active work with local foster children who need someone who represents THEIR interests. The CASA staff makes sure that caring community

volunteers have the training, information, and support they need to give local abused and neglected children a voice within the court and child welfare system - A positive adult relationship who will demonstrate compassion and a passion to help children reach a safe and permanent home. The nature of this opportunity will require a background check, references, and six weeks of free training. Other CASA advocates have said it is the most rewarding work they have ever done. The new training class starts in late January.

Please call Heather Begley, Shoals CASA's Executive Director, for more information. 256-765-0041.

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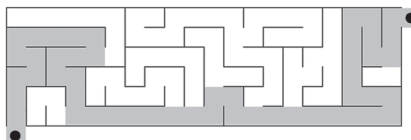


Even Exchange answers

- | | |
|-------------------|--------------------|
| 1. Peach, Peace | 6. Garnet, Garner |
| 2. Indent, Invent | 7. Harry, Hurry |
| 3. Scott, Scout | 8. Margin, Marlin |
| 4. Judge, Fudge | 9. Cease, Chase |
| 5. Wander, Wonder | 10. Potter, Poster |

Puzzle Whirl Answers

Kids' Maze Solution



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WORD LADDER

Answer
FLAME, FLARE, GLARE,
GLADE, GRADE, GRACE

Word Spiral Answer
BALANCING

MINI SUDOKU

Answer

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

Dr. Mustafa Ahmed Thinks Forward in Heart Treatment for Women

BIRMINGHAM—Darian Tymes was an active and independent 80-year-old who suffered with shortness of breath and fatigue. The Millbrook, Alabama resident stated, "If I walked from here to the other side of the room, I'd get tired. I'd get out of breath." Tymes was experiencing symptoms of severe aortic stenosis (AS), the most common type of heart valve disease. To explore treatment options, she was referred to Dr. Mustafa Ahmed, an interventional cardiologist who treats heart valve and structural heart disease at UAB Medicine.



Dr. Mustafa Ahmed, left, with his patient, Darian Tymes
Photo courtesy Medtronic

Tymes previously had open-chest, surgical aortic valve replacement. She did not want to go through another open-heart surgery. Thankfully, Dr. Ahmed provided a minimally invasive option for Tymes called transcatheter aortic valve replacement (TAVR). Tymes was lucky to get the care that she needed, but for

female patients, that's not always the case. Heart disease is the leading cause of death in women worldwide yet, most women go about their lives unaware of their risk and that the symptoms they may experience are different from men. Research on women and heart disease is lacking, and our understanding of how heart and valve diseases

affect women is limited. Historically, women are underrepresented in clinical trials, which can contribute to misdiagnosis and underdiagnosis of heart conditions, as well as poorer health outcomes. Recently, *The New England Journal of Medicine* published data from the largest head-to-head comparative trial of two commonly used

TAVR systems to treat aortic stenosis (AS). Amazingly, this clinical trial enrolled 87% women, providing female-specific data for the first time ever on the treatment of AS, which affects millions of people in the U.S. With AS, the aortic valve leaflets cannot fully open or close like they should. Over time, the area becomes stiff and reduces the ability for the valve to fully open and close, resulting in the heart working harder to push blood through the aortic valve to your body. The one-year results of the Small Annuli Randomized To Evolut or SAPIEN (SMART) Trial showed the Evolut transcatheter heart valve performs better in patients with a small aortic annulus, who are primarily women. "Data from the SMART Trial show that mechanical characteristics of these heart valves make a difference in outcomes and shows us that it's important to select the right TAVR device for patients," said Nina Goodheart, senior vice president and president, structural heart &

aortic, which is part of the Cardiovascular Portfolio at Medtronic. "We are committed to developing evidence in the cardiovascular space to reflect the racial, ethnic and gender diversity of the patients who use our technologies – particularly, those racial and ethnic populations that are underrepresented in clinical research despite having a disproportionate burden for certain diseases." The study was published on the heels of President Joe Biden's recent executive order highlighting a shortfall in women's healthcare, women's under representation in cardiovascular clinical trials and the need for personalized treatment options as women have smaller annuli (heart valves) than men. There cannot be a one size fits all approach, particularly when it comes to TAVR procedures. Ahmed explained the benefits of the TAVR procedure to Tymes. "There is no long recovery period," he stated. "We expect people to have the procedure. Go

home. And, get on with their lives very quickly." The Medtronic Evolut TAVR was used by Dr. Ahmed given its optimized blood flow, its safety, and its ability to be positioned very accurately. "The Evolut system allowed us to do a complex valve-in-valve procedure for Mrs. Tymes with the most minimal of fuss in a very controlled environment." Ahmed added. Tymes no longer experiences symptoms and has a restored quality-of-life. "I can walk. I can dance. I can cook, drive, basically do anything I want to do," she stated. Medtronic is sparking change in leading healthcare initiatives by bringing physicians and local leaders together in working groups – across communities – to treat more aortic stenosis patients. "It will take all of us – industry leaders, cardiologists, patients, healthcare providers and legislators – to do their part to address this urgent health equity issue," said Nina Goodheart.

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(Must Finance) WAC **\$5,780 Total Savings**

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+ Buick Bonus Cash \$500
+ Ray Miller Discount \$5,534



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