

**NWSCC Jobs  
in Summer**

MUSCLE SHOALS -- Northwest Shoals Community College has partnered with the Alabama Department of Human Resources (DHR) hoping to employ up to 30 youth in part-time positions on the Phil Campbell and Shoals campuses combined. Employment will start June 1.

Eligible participants must be age 16-24 and have a household income that meets the 2024 Federal Poverty Guidelines, which considers gross annual income and the size of the family unit. Eligibility for summer youth employment is not contingent on NWSCC enrollment.

The Summer Youth Employment Program allows participants an opportunity to acquire life and job skills, as well as work experience.

Participants will learn time management, dependability, and the importance of working well with others. They will be placed with supervisors in various departments such as athletics, maintenance, information technology, student services, and grant programs.

The program will continue through July 31. Students will be paid \$10/ hour for 20 hours per week.

Applicants must complete an application and required supporting documentation. To apply or need additional information, please contact **Amanda Peters**, NWSCC Community Partners Liaison, at 256-331-8121 or amanda.terry@nwsc.edu.

See SHORTS... on Page 2



**CONGRATULATIONS!**

Volume 140 Number 32

May 29, 2024

POSTAL PATRON

PRSR STD. ECRWSS US Postage Pd FLORENCE, AL PERMIT #44

**Courier Journal**

Serving North Alabama with direct mail, saturation coverage

219 W. Tennessee St. Florence, AL. 35630 256-764-4268

USPS Circulation Verification Available



**Tharptown Wins Rocketry Challenge**

Muscle Shoals 5th Nationally

THE PLAINS, VA – Tharptown High School in Franklin County last week launched their way to first place and the title of National Champion at the world's largest rocketry competition, the American Rocketry Challenge, at Great Meadow in The Plains, VA. Tharptown High School bested a record breaking 922 teams that entered the competition at the start of the

See ROCKETRY..... on Page 4



National champion Tharptown team members with two sponsor representatives. Courtesy photo



**Five Aces**

Women's Golf All Card a 4.0

FLORENCE-- The University of North Alabama's Athletic Department celebrated a successful semester in the classroom for Spring 2024, highlighted by UNA's women's golf program recording the first-ever 4.0 overall team GPA in school history.

All five members of the women's golf program had a perfect semester, including seniors Allycia Gan and Tori Roush,

See ACES... on Page 6

**Two Mercy Winners**

SHOALS – Two Lifepoint Health facilities in the Shoals recently announced their respective Mercy Award winners for 2024.

North Alabama Medical Center has recognized Bethany Tyree as the facility's Mercy Award winner.

North Alabama Shoals Hospital recently announced that Beth



Tyree

Smith, RN Case Manager at the J.W. Sommer Rehabilitation Unit, has been recognized as that facility's Mercy Award winner.

The Mercy Award recognizes one employee from each of Lifepoint Health's facilities who profoundly touches the lives of others and best represents the spirit and values on which the company was founded. The annual recognition program honors the life and contributions of Scott Mercy, Lifepoint's founding chairman and chief



Smith

See MERCY... Pg. 6

**INSIDE this Issue**

**Automotive Inside NOW**  
Advance Auto Sales  
Landers McLarty Nissan

- Medicare Minute
- Ask the Attorney
- Savvy Senior
- Cat & Kids
- Puzzle Whirl

- Insurance Insights
- Dave Ramsey
- Moments in Time
- African Heritage Association Festival

- Hocus Focus
- Food Truck Festival
- Strange, But True
- Adopt-a-Friend
- SIGNS of the PAST



**Online Only:**

- Web Poll
- Mystery Photo Race
- Alabama Outdoors



Visit us Online: [www.CourierJournal.net](http://www.CourierJournal.net)

Facebook.com/FlorenceCourierJournal

**Advertise Here for less than 1¢ per home**

and saturate entire areas in the Shoals Market.



For information Call 256-740-4701



**YOU DON'T REALIZE HOW MUCH YOU LOVE ELECTRICITY...**

***UNTIL YOU DON'T HAVE IT***

**GEN**



Call for details about the  
Generac Guardian Series  
home standby generators.

**256.381.7195**



AL HVAC License #91114 • AL PLUMBING MPG-3489  
AL ELECTRICAL 01889

**McCaig's Garage**  
Late model and low mileage motors and transmissions. 90 day guarantee. Call Gary McCaig, 256-332-5366.

**PONTIAC: VIBE, 2007 \$6,000.** 226,000 miles sharp, runs like new, clean title, no wrecks, great gas mileage 256-616-2840

**WE BUY & REPAIR RIDING MOWERS** All Types & Brands, Running or Not, Old or New, We Repair Any Small Engines. 256-879-8053

**8 WEEK OLD KITTENS**, ready to go, 3 males, 1 female, 256-229-5214 Lexington

**ROOFING - LEAKS REPAIRED**, Chimneys Flashed, Valley Repair. All Work Guaranteed. Free estimates, 256-383-3218

**18 CHURCH PEWS**, and other church items, FREE to a church. Call 256-655-1899

# Shorts...

## Continued from Page 1 South Coach at Sheffield

**SHEFFIELD**— Sheffield High School officials on last week named **Jim South** as head coach of the Bulldogs boys' basketball program. He replaces **Pervis Key**, who resigned his position a few days earlier.

South is a math teacher at Sheffield High School who had stepped away from coaching last year with his move to Sheffield only to "realize how much I really did miss it."

South is a 22-year veteran educator with as many coaching seasons under his belt. He was the head coach at Mars Hill Bible School from 2018-2023 where his teams made sub-regionals every year. His teams in '22 and '23 made Final Four appearances, and the '22 team was the 2A State runner up. South's teams also claimed area



**South**

championships in 2019, '22, and '23.

South has also seen success at Colbert County High School where he taught and coached for 12 years. There, he coached girls' and boys' varsity teams as well as the junior high boys' team.

"This past year as I've gotten to know the students, I really missed coaching and building relationships with those students," he said.

"We're going to work all summer long and make the most of our time. We've got to get into the weight room and gym and hit the ground running." South said his hard, fast play is the model he'll stick with in Sheffield.

Sheffield High School Principal **Marcus Rice** said his goal is always to hire the best people possible. "That's what we did when we hired him to teach math," Rice said, "He just happens to be a tremendous coach also, so when coach Key resigned and the job posted, I went straight down the hall to him."

Samford, Wisconsin, Bradley, and Southern Illinois. As head coach at Southeast Missouri State, he helped lead the Billikens to three WNIT appearances including reaching the Elite Eight in 2021.

"Ty brings invaluable experience from his time in the collegiate game, and he has connections in recruiting that will impact our program immediately," said Whitaker. "He comes from a basketball family and is a great teacher of the game."

Troup returns home to the state of Alabama for her debut as an assistant coach. The former Gadsden High School standout comes to Florence after serving as a graduate assistant for the University of



**Troup**

Missouri women's basketball team, where she also played for five years. She aided in multiple facets of the program, including player development, scouting, recruiting, and the co-director of camps.

Troup helped lead the Tigers four postseason appearances and two trips to the NCAA Tournament as a player. Additionally, she was a member of consecutive 24-win seasons from 2017-18 and 2018-19.

"Ty and Haley are perfect fits for our



**Smith**

program," said Whitaker. "First and foremost, they are high character people with great work ethics. Along with the additions of Margenthaler and Troup, Whitaker also announced the promotion of Jordan Smith, who will become the new Director of Basketball Operations & Creative Content. She formerly served as a basketball manager while also creating content for the team's social media accounts.

"Jordan impressed me the minute I got on campus," said Whitaker. "She is a talented young

## Three Added by Whitaker

**FLORENCE**— UNA Women's Basketball Head Coach, **Candi Whitaker**, last week announced three new assistants who will complete her coaching staff.

**Ty Margenthaler** and **Haley Troup** are joining the Lions in assistant coaching roles. **Jordan Smith** is remaining on staff in a more prominent capacity.

Margenthaler brings more than 20 years of coaching experience, including four seasons as a head coach. He comes to the Lions after spending the 2023-24 campaign at the University of Pittsburgh.

He served as an assistant coach and the Panthers' defensive coordinator while also working closely with the post players. Prior to the Panthers, he had previous stops as an assistant coach at South Dakota, Saint Louis,



**Margenthaler**

**Protect Your Greatest Investment with Our Whole Home Service Plans!**

**Call Today!**  
**256-648-4893**

**MPE SERVICES**  
Heating & Air • Plumbing • Electrical  
Full Restaurant Repair • LED Lighting

BBB, EnergyRight, 24/7 EMERGENCY SERVICE, QUALITY CONTRACTOR NETWORK

**GENERAL MERCHANDISE**  
Fresh Meat • Groceries • Hardware

6591 Chisholm Rd. (Hwy. 17 North)  
Florence • 256-764-9179

**We sell CITGO Gas!**

**FRESH MEAT**

**Ad Valid:**  
May 29-June 4, 2024

We Accept EBT Cards, Credit Cards & Debit Cards

LIKE Us On FACEBOOK

**HOURS:** M-F 6-10; Sat. & Sun. 7-10

|   |   |   |  |
|---|---|---|--|
| <p><b>T-Bone Steak</b> \$6.99 Lb.<br/>T-Bone Steak 4/\$25</p>                   | <p><b>New York Strip Steak</b> \$7.99 Lb.<br/>New York Strip Steak 5/\$25</p>       | <p><b>Ribeye Steak</b> \$9.99 Lb.<br/>Ribeye Steak 4/\$25</p>                                   | <p><b>Filet Mignon Steak</b> \$11.99 Lb.<br/>Beef Chuck Roast \$4.99 Lb.</p>                 |
| <p><b>Ground Beef</b> \$2.89 Lb.<br/>Beef Patties \$2.89 Lb.</p>                | <p><b>Sirloin Pork Chops</b> \$1.79 Lb.<br/>Country Style Pork Ribs \$1.79 Lb.</p>  | <p><b>Whole Pork Spare Ribs</b> \$1.99 Lb.<br/>Boston Butt Pork Roast \$1.89 Lb.</p>            | <p><b>Quail</b> 4 Per Pack \$14.99<br/>Whole Rabbits EACH \$15.99</p>                        |
| <p><b>Chicken Drumsticks</b> \$1.19 Lb.<br/>Split Chicken Breast \$1.39 Lb.</p> | <p><b>Boneless Chicken Breast</b> \$2.49 Lb.<br/>Whole Chicken Wings \$2.99 Lb.</p> | <p><b>Farm Raised Catfish Fillets</b> \$18.99 4 Lb. BOX<br/>Whole Catfish \$24.99 4 Lb. BOX</p> | <p><b>Smithfield Bacon</b> \$3.99 12-OZ. PKG.<br/>Chicken Leg Quarters \$6.99 10 Lb. BAG</p> |

See SHORTS...on Page 10

# Yard Sales

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

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

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

**FLORENCE: ESTATE SALE** 820 Cypress Mill Rd. Sat. 6/1 7 am-1 pm Home decor, clothing, and cookware, 20 years of collecting!

**FLORENCE YARD SALE, 131 Garfield Ave., Off Wood Ave., 7am-untill?** Old glassware, good brand clothes, jewelry, pine cabinet, holiday decor, and more!

**MUSCLE SHOALS GARAGE/MOVING SALE** 507 W. Lasalle Ave., Fri. & Sat., 8am-untill? 10 piece Maple Dining Room Suit, Loveseat, Bed & Chest, two Chairs, Dishes, Cookware, Tools, Weed eater and Blower, Electric Chain Saw, Trimmer, and more!

**FLORENCE: YARD SALE 231 LUCAS ST.** June 1st 8-2 Power & hand tools, kids toys & clothes, shoes, men's & women's clothes, mower, pressure washer, books, Elementary & Jr. High home school curriculum, collectables, misc.

**TUSCUMBIA: HUGE YARD SALE 1st Baptist Church** 203 N. Dickson St. Sat. 6/1 7 am A little of everything!

**KILLEN NEIGHBORHOOD YARD SALE** Forest Drive Community, off County Road 107. Friday, May 31st and Saturday, June 1st, 8am-untill?

**GARAGE SALE** FLORENCE: 221 W Sequoia Blvd, The Cedars Fri. May 31 & Sat. June 1 at 7am Kitchen, Christmas, furniture, clothes, electronics and much much more!

**KILLEN: MULTI-FAMILY GARAGE SALE** Rain or shine! 930 Co. Rd. 394 Fri. Sat. 6:30-? Clothes, furniture, and numerous items, too much to mention!

**MUSCLE SHOALS: YARD SALE** 699 Brandon Dr. Cedar Place Sub-division 5/31 6/1 7 am Household items, toys, womens' mens' and childrens' clothes, a little of every-thing!

**FLORENCE THREE FAMILY GARAGE SALE**, 213 Roxie Dr., Forest Hills Sub., Saturday, June 1st, Rain or Shine, Last of Living Estate Sale and Total House Clean Out, loads of stuff!

**KILLEN MULTI-RESIDENCE YARD SALE, 5388, 5418, and 5610 Co. Rd. 71, (Off Hwy 72 past Bluewater Creek), Fri. & Sat., 8am-untill?** Tools, Furniture, and so much more!



**FLORENCE GARAGE/MOVING SALE 122 Cottage Lane, Blackberry Village Subdivision** Sat., June 1, 7 am - 3 pm, Rain or Shine, Living Room, Dining Room, Bedroom, & Office Furniture, Small Appliances, Kitchen Utensils, Bedding, Towels, Lamps, Patio Furniture & accessories, Painting & Picture Frames, Men's & Women's Clothing & Shoes, Indoor and Outdoor Grill accessories, Extension Cords, Auto accessories, Fishing Gear, Indoor/ Outdoor Toys & Games, TV/Movie Videos. Home Health Care items: Walkers, Rollator, Bedside Commode, Shower Seats, Crutches, Narrow Width Transport Chair, Steel Ramp. **No Reasonable Offers Refused.** Bring help to load large items.

**FLORENCE: YARD SALE** 533 Rickwood Rd Fri. Sat. 7am until

**RUSSELLVILLE: ESTATE SALE** 161 Hunterwood Cr. Thurs. Fri. Sat. 5/30-6/1 9 am - 4 pm Antique jewelry, Fenton glass-ware, Imperial glass, Fostoria, cast iron cars and tractors, house full of collectibles, lots of tools SKs and Craftsman. First of 2-3 sales. Search Kathy Oliver Grissom on Facebook for photos. Signs will be out.

**ESTATE SALE** 658 N. Wood Avenue Florence, Alabama 35630  
Friday, May 31st, 9am-3pm  
Saturday, June 1st, 9am-2pm (Numbers given out at 8:30am Friday & Saturday)  
Sunday, June 2nd, 1pm-3pm

Victorian Etageres, Leather Fur-niture, Oriental Rugs, Antique Painted Bench, Brass Tele-scope, Credenza, Sun Cast Iron Stove, Dining Room Set, Toy Gun Collection, Marvel Comics, King Size Bedroom Set, Antique Ladies Desk, Indian Artifacts, Star Wars Collectibles, Records, Tools and More!

**REMEMBER TO BRING HELP TO LOAD YOUR PURCHASES**  
Cypress Creek Antiques (256) 275-0273  
Go to [www.estatesales.net](http://www.estatesales.net) for pictures

**MUSCLE SHOALS: MULTI-FAMILY YARD SALE** 309 W. Sheridan Ave Sat. 6/1 7am Clothes, furniture, household items.

**FLORENCE MULTI-FAMILY REMODEL/MOVING/GARAGE SALE, 2001 Berry Ave., Saturday, June 1st,** Home goods, Cabinet doors, Stove, other household items.

**FLORENCE BENEFIT YARD SALE Lotus Recovery House, 527 E. Mobile St., Sat., 7 am - untill?** All Proceeds go to helping our women on their journey.

**NORTH FLORENCE YARD SALE, 251 & 257 Roosevelt Ave., Fri. and Sat., 7am-untill?** Furniture, Tools, Dishes, Jewelry, PLANTS: Elephant Ears, Hosta, Lillies, etc. 1 Gallon \$4 each. and more!

**KILLEN: CR 25, Bridge Hill Subdivi-sion** June 1 Sat. 7:00-2:00, Multi-Family Yard Sale

**ARDMORE, TN: BIG, 3-FAMILY YARD SALE** 24865 Morrow Road (Behind Country Club, Next to Dog Day Flea Market) **FRIDAY-SUN** Glassware, Jewelry, Tools, Yard Tools, Hand Tools, Cookware, Cast Iron, Corning Wear, Pots and Pans, Fishing Stuff, Lures, Rods & reels, Gas Cans, Old Glassware, Old Tools, Cedar Chest, Old Plows, Knives, Sports Stuff, Hardware, Wheel Barrel, Old licence plates, pocket watches, books, toys, chairs, old vintage wheels and **LOTS OF NEAT STUFF!**

**FLORENCE: 3-FAMILY YARD SALE** 104 Caselton Rd Fri. Sat. 7-2 May 31 June 1 Everything priced to sale

**GUARANTEED CONTROL FOR**  
*Licensed Insured*  
**Residential - Commerical**  
**Monthly - Quarterly - Semi - Annually**  
**Or One Time**

**NORTH ALABAMA PEST CONTROL**

**NO CONTRACT REQUIRED**

**Jack Moore 256-740-9742**

**FLEAS - TICKS - MICE - RATS**

**HORNETS - BEES - WASPS** **ROACHES - ANTS - SPIDERS**

## PUT MORE INTEREST IN YOUR SAVINGS!



### New Certificate of Deposit Specials!

**5.10 %**  
APY\*

**For 7 Months**

**4.50 %**  
APY\*

**For 20 Months**

\*APY = Annual Percentage Yield is accurate as of May 8, 2024 and is a limited time offer. **Minimum balance to open and obtain APY is \$10,000.** A penalty may be imposed for early withdrawals. Fees may reduce earnings. After maturity, if you choose to roll over your CD, you will earn the base rate of interest in effect at that time. Promotion effective as of May 8, 2024.



[FIRSTSOUTHERN.COM](http://FIRSTSOUTHERN.COM)



**CALL US AT 256-718-4200 TO OPEN YOUR ACCOUNT TODAY!**



# YOU ARE INVITED

## SHILOH CHURCH OF CHRIST

### HOME COMING

# SUNDAY, JUNE 2



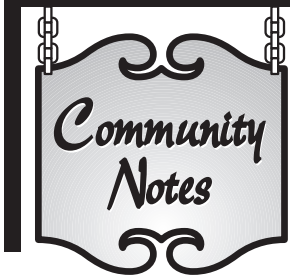
**Speaker:**  
**Jason Moon**  
Minister at Boone  
Church of Christ,  
Boone North Carolina

Worship Service - 9AM | Bible Class, Lunch |  
Afternoon Service - 1PM

2605 County Rd. 344 | Florence | 256-757-2456

[www.ShilohChurchOfChrist.net](http://www.ShilohChurchOfChrist.net)

Visit [TNValleyStuff.com](http://TNValleyStuff.com)



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

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

**LifeSouth Bloodmobile Dates:**

**Wednesday, May 29** Franklin County Courthouse, 11am - 5pm

**Thursday, May 30** Shoals Hospital Mobile Drive, 9am - 5pm

**Thursday, June 6** Holcim Building Solutions, 393 Denton Circle, Tuscumbia, 6am - 4pm

**Friday, June 7** Sam's Club, Florence, 11am - 5pm

**Saturday, June 8** Rally at the River, McFarland Park, Hwy 20, Florence, 9 am - 4:00 pm

**Invitation to Vacation Bible School at Hendrix Chapel Church of Christ** - June 2-5, Sunday-Wednesday 7pm Nightly, Classes for Birth to Adult

Kona Ice Truck after Sunday Night Service

Speakers for Adult Class, Sunday & Monday - Brad Adcock, Tuesday & Wednesday - Alvin Alston

Speakers for Grades 9-12, Matt James & Chris McBride, Speakers for Grades 6-8 Jackson Wood & Rusty Cooper

13007 CR 8, Florence (1 mile west of the Natchez Trace) • 256-767-3629

**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 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.

**Single's Mingle Night Thursday, May 30, 7pm.** Axe Kicking, 418 S. Royal Ave., Florence, Admission \$30.

This meet-and-greet is for men and women in their 50s and 60s. Space is limited to 12 participants, so you must book online in advance. Details: [allevents.in/florence/singles-mingle/200026504217616](http://allevents.in/florence/singles-mingle/200026504217616)

**Volunteer opportunities with "Carpenters 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](mailto:bethelcolbertmbc@gmail.com).

**Hi Neighbors of the Shoals meets at 10:30am on the 1st Tuesday** of each month in the Florence Public Library. We are a women's social group welcoming all ladies who are residents of the Shoals area. Come join us! Contact Christina Dickenson, 256-930-7762, or Berta Birch, 256-777-3119, for further details.

**Second Saturdays - June 8, 5-8pm, Main Street, Tuscumbia.** Enjoy music, and an outdoor market at Second Saturdays. Special events include Donuts for Dogs and a Battle of the Bands. Details: 256-383-5463

See NOTES... page 5

# Rocketry Challenge...

Continued from Page 1

year and the top 100 teams competing at National Finals on 19. Tharptown designed, built, and launched a model rocket with greater precision than any other team in the country.

Tharptown High School students took home \$20,000 for their engineering prowess and will represent the United States in the International Rocketry Challenge at the Farnborough Air Show, outside London in July.

The school also gets \$1,000 for the team's accomplishments.

"We all work together as a team and come together to give input," said Kylee Beard, Tharptown High School's team captain.

"We have one senior on our team, one sophomore, and the rest of us are juniors, so we're looking forward to success in the years ahead. To prepare for the Farnborough Air Show, we plan to launch more during the summer - but we need a lot more supplies! But at the end of the day, it's going to be YOLO [you only live once], because that's what we do best."

Tharptown High School has become a rocketry powerhouse, sending a team to the National Finals six times since the program started in 2018. Tharptown High School has now placed in the top 10 four times, including a second-place finish in 2023. The team is mentored by Andrew Heath, who was the team captain of the Russellville City Schools team that won the International Rocketry Challenge in 2015.

Tharptown High School Team members, with team roles listed in parentheses, are Kylee Beard (team captain and motor builder), Angie Chavez (parachutes), Shyla Martinez (payload), Angel Franco (launch setup and retrieval), Adrianna Ashley (team helper), Jessie Mitchell (launch setup and retrieval), Isabella Hall (flight sheets), and Frank Gutierrez (launch setup and retrieval).

In addition, Muscle Shoals High School had two rocketry teams competing at the National Finals of the American Rocketry Challenge

Muscle Shoals High School Team 1 finished in 5th place, earning the students \$7,500 and the school another \$1,000. As a top-25 finisher, Muscle Shoals High School Team 1 earns an invitation to participate in NASA's Student Launch initiative.

Muscle Shoals High School Team 2, which finished 70th, won the "Spirit of the American Rocketry Challenge" award, sponsored by Boeing. The award comes with \$500 and a recognition plaque.



The teams' accomplishments follow months of preparation designing, building, and testing a rocket

capable of meeting rigorous mission parameters set by the contest's sponsors - the Aerospace Industries Association (AIA), National Association of Rocketry, and more than 20 industry partners.

To qualify for the National Finals, the participating teams designed, built, and launched model rockets that could safely carry a payload of one raw egg with a target flight duration of 43-46 seconds to an altitude of 820 feet and return safely to the ground. The requirements for the National Finals were modified slightly. Competing teams had to launch the rockets to 850 feet with a flight duration of 43-46 seconds in the first round of competition. The top 24 teams then conducted a second launch that was required to reach 800 feet with a flight duration of 43-46 seconds.

In total, more than 5,000 students comprised the 922 teams from 45 states that competed in the 2024 American Rocketry Challenge.

NASA astronaut Warren "Woody" Hoburg, who competed in the National Finals of the inaugural American Rocketry Challenge in 2003, visited with the students throughout the National Finals. Twenty years after he was a participant in the American Rocketry Challenge, Hoburg blasted off to space as the Pilot of NASA's SpaceX Crew-6 mission to the International Space Station (ISS).

## Courier Journal ADOPT A FRIEND

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

This adorable girl is about 3 months old and 25 pounds. Hadley will grow to be a big beautiful girl. This is a great age to adopt and train a puppy. This girl is super sweet and playful. \$25 adoptions that include spay/neuter, vaccines and a microchip. Please call or come by Florence Lauderdale animal services 256-760-6676 to meet this sweetie.



**HADLEY**

This adorable fun fellow is ready for his new home. Hammond is 3 months and about 25 pounds. He will grow to be a large dog. Puppies are fun and easy to train. This \$25 adoption fee includes spay/neuter, vaccines and a microchip. Please call or come by Florence Lauderdale animal services 256-760-6676 to meet this handsome guy.



**HAMMOND**

This adorable pup is ready to meet you. Harden is 3 months and about 25 pounds. He will grow to be a large handsome dog. Puppies are fun and easy to train. This \$25 adoption fee includes spay/neuter, vaccines and a microchip. Please call or come by Florence Lauderdale animal services 256-760-6676 to meet this fun playful puppy.



**HARDEN**

This adorable puppy is ready to play! Hudson is 3 months and about 25 pounds. He will grow to be a large handsome dog. Puppies are fun and easy to train. Also love to play! This \$25 adoption fee includes spay/neuter, vaccines and a microchip. Please call or come by Florence Lauderdale animal services.



**HUDSON**

Havana is 1.5 year old Weimaraner mix! She loves kids, loves going on walks and loves laying around! She would prefer to be an only dog! For more info on this girl, please contact the Colbert County Animal Shelter @ 256-382-4073



**HAVANA**



**PABLO**

We can't believe this amazing boy is still at the shelter! Pablo loves people, animals and swimming! This boy is literally perfect and only \$25! He is about 9-10 months old! For more info, contact the Colbert County Animal Shelter @ 256-381-4073

## LEGAL AD

It is hereby given that on this 15th day of June, 2024 at 10AM, the following units will be sold at Florence Blvd. Self-Storage located in Florence, AL. Tenant may satisfy their indebtedness prior to the time of sale.

| NAME                | UNIT |
|---------------------|------|
| Lewis McCroskey     | F30  |
| Brenda Cottrell     | F40  |
| Dante Patrick       | G5   |
| Samantha Bolden     | G26  |
| Jabari Perkins      | H13  |
| Jimmy Rogers        | H34  |
| Mary Ann Banksden   | J26  |
| Mary Lewis          | J27  |
| Susan Craig         | K33  |
| Kerri Wallace       | K34  |
| Donald Farmer       | L2   |
| Tajae McGee         | F13  |
| Martha Faye Johnson | L21  |
| Angela Bridges      | L23  |
| Oscar Garcia        | L26  |

597280-1

# Injured in a Wreck?

Our client recovered  
**\$7,500,000!**

**NEVER settle for less.**



**MCCUTCHEON  
— & HAMNER —**  
ATTORNEYS AT LAW

**mhatty.com**  
**256.333.5000**



No representation is made that the quality of legal services to be performed is greater than the quality of legal services performed by other lawyers.

## Community Notes...

Continued from page 4

**Infants, Adults Clothes and Shoes Giveaway Thursday, June 6** from 8-10am at the Care Center, First Baptist Church, Killen

**Rally at the River, June 7-8, 4:30pm Friday, June 7 to 7pm**

**Saturday, June 8** at McFarland Park, Florence. Listen to live music while browsing the offerings of a variety of vendors at this annual benefit for St. Jude Children's Research Hospital. Details: 256-366-6548.

**Splash Into Summer Movie Night - June 7, 8pm.** Muscle Shoals City Hall, 210 E. Avalon Ave., Muscle Shoals.

Dine at the food trucks and watch this double feature for the first movie night. "Luca" will begin at 8pm followed by "Jaws." Details: 256-386-9200.

**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.

**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.

**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.

**The Shoals' Rivertowns Community Paddle on Waterloo's 2nd Creek.** Saturday July 13, 9am-Noon, Waterloo Boat Ramp, Lauderdale County Road 14, Waterloo. Ticket: Free, but space is limited so registration is required.

This event was rescheduled from May 18. The paddle will begin and end at the Waterloo Boat Ramp. Kayaks, personal-flotation devices, paddles and other necessary equipment are provided free. Reserve a kayak when you register. You also can bring your own boat. If you register and can't attend, cancel your reservation. Details: <http://www.eventbrite.com>

See NOTES... page 25

## PETERSVILLE FAMILY CARE

Affordable, Compassionate Care



Susan Miller, CRNP  
Amanda Price, CRNP

- **RAPID COVID TESTING**
- Routine Medications
- High Blood Pressure
- Asthma
- Skin Rashes
- Skin Lesion/Mole Removal
- Sports Physicals
- Cold/Respiratory Illnesses
- Flu Vaccine • Flu
- Diabetes
- IV Infusion
- High Cholesterol
- Allergies
- Hypothyroidism
- Lacerations/Stitches
- Pap Smear
- Vertigo
- Dehydration
- Primary Care
- Weight Loss

We accept most insurances including Medicaid

• Accepting New Patients • Appointments • Walk-ins Welcome • Family Care • Urgent Care

2929 Cloverdale Rd., Unit-D • Florence • 256-275-7125

HOURS: Mon.-Thurs. 8am-5pm • Fri. 8am-12noon

## Lauderdale Co. Rabies Clinic June 8-14, 2024

Alabama State law requires that all dogs and cats three months of age or older be vaccinated against rabies each year. **THE FEE IS \$12 PER ANIMAL** at any given stop on the notices. We will attempt to follow this schedule rain or shine. Please be patient if we run late. For all stops, please have your cat confined in a pet taxi or other type of box. **LEAVE ALL CATS** in the vehicle and the Veterinarian will come to your vehicle and give the vaccine. **Dogs MUST** be leashed or confined to a pet taxi, or left in your vehicle. Please bring water with you for your pets, so that they remain hydrated.

**Dr. Matthew Connolly, DVM**  
Rabies Inspector, Lauderdale County

### Saturday, June 8 (Crew 1)

8-9am ..... Wilson High School  
9:15-10:15am ..... Central High School  
10:30-11:30am ..... Cloverdale High School/Cloverdale Fire Dept.  
11:45-1pm ..... Underwood High School  
1:15-2:15pm ..... Florence-Lauderdale Animal Shelter

### Saturday, June 8 (Crew 2)

8:45-9:15am ..... Handy Recreation Center  
9:30-10:30am ..... Lauderdale County Co-Op  
10:45-11:45am ..... Broadway Recreation Center  
12-1:15pm ..... Royal Avenue Recreation Center  
1:30-3pm ..... Cox Creek Farmer's Market

### Monday, June 10

3-4pm ..... Elgin Fire Department  
4:14-5:15pm ..... Center Star Baptist  
5:30-7pm ..... Brooks High School

### Tuesday, June 11

3-3:45pm ..... Waterloo High School  
4-4:45pm ..... Waterloo Fire Department Station 2  
5-5:30pm ..... Gravelly Springs  
5:45-6:30pm ..... Oakland Community Church  
6:45-7:45pm ..... Threats Crossroad/Liberty Baptist Church

### Thursday, June 13

3-4pm ..... Leighton High School  
4:15-5:15pm ..... Grassy Baptist Church  
5:30-6:30pm ..... Old Ball Field on Bayles Street  
6:45-7:45pm ..... Lauderdale County High School

### Friday, June 14

3-4:15pm ..... Leighton High School  
4:30-5:30pm ..... Lone Cedar Church  
5:45-6:30pm ..... Mt. Zion Church  
6:45-8pm ..... St Florian Park

598337-1

## GREAT BEER SPECIALS

17 SIGNATURE SAUCES

TRIVIA EVERY WEDNESDAY



310 Cypress Mill Rd. · Florence · 256-275-3710

[VooDooWingCo.com](http://VooDooWingCo.com)

Stop by and enjoy a

**FREE**  
**FRIED PICKLES**  
with any \$10 purchase



Coupon valid at VooDoo Wing Co. location in Florence, Alabama. See store for details. Expires June 2024.

## Alabama Spine & Pain

Pavan Telang, MD

Board Certified & Fellowship Trained in Interventional Pain Medicine.

Specializing in Advanced Management of  
Back and Neck Pain Not Involving Surgery or Opioids

No Referral Required

256-712-2422

3907 Peach St. • Florence, AL

Behind Clearview Cancer Center

[alabamaspineandpain.com](http://alabamaspineandpain.com)

Proudly serving the Shoals for 10 years. Thankful for our community & patients.

59749-1



**Courier Journal**

# Classifieds

Sell it fast with a

**RED LINE AD** only \$4 additional

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

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

**TNValleyStuff.com**

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

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

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

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

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

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

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

**DEADLINE: Friday 5pm**

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

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

**Real Estate Rate** 5 LINES Each additional line add \$1.50 – applies to agencies, individual, developers and anyone engage in selling, renting, leasing structures and/or properties in Real Estate or General section. 6 Weeks \$36 Each additional line - add \$7.50 total **\$8.00** Week

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

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

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

\*one line is approx. 30 characters

|  |
|--|
|  |
|  |
|  |
|  |
|  |

Name \_\_\_\_\_

Address \_\_\_\_\_

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

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

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

**MAILING ADDRESS:** Courier Journal, 219 W. Tennessee St., Florence, AL 35630

**Please Print Ad Clearly.** NOT RESPONSIBLE for illegible handwriting

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

## Aces...

Continued from Page 1

juniors Hannah Dees and Jahnavi Prakhya, and redshirt freshman Kerigan Klauber. The team is led by head coach Neil Self.

"The girls said they were going to do it — and they did it," said Self. "I assure you that this was no easy thing. They studied before and after practice, before and after tournament rounds. They studied in the van, in the hotel rooms and in lobbies. They pushed through when they were tired to get the job done. This semester, they accomplished something that has never been done here before, which makes it extra special," Self continued.

As a whole, UNA Athletics turned in a 3.27 GPA for the semester by 322 student-athletes from 14 athletic programs. It6 is the 17th straight semester with at least a 3.00 GPA. UNA had 66 athletes finish with a perfect 4.0 GPA and 236 with a 3.0 or higher. The top five programs include women's golf, women's soccer, beach volleyball, softball, and indoor volleyball, followed closely by men's golf as the highest-ranked men's program. All six turned in at least a 3.49 GPA.

## Mercy...

Continued from Page 1

executive officer. The award is considered the highest honor a Lifepoint employee can receive.

Tyree, a discharge planner in case management department, has been at NAMC for seven years. She moved over to case management following a stint in ER registration in order to better align with her pursuit of a degree in social work at the University of North Alabama.

"She really began to blossom after becoming a discharge planner," said NAMC Director of Case Management Susan Bryant. "Early in her career, Bethany was very quiet and shy. Within weeks, her demeanor and body language began to reflect how happy she was to share her knowledge and to be able to help her patients."

Smith has been at J.W. Sommer Rehab since the unit opened in 2004. The facility recently celebrated its 20-year anniversary.

A native of the Florence area, Smith is known for her work ethic and commitment to patients. She has been known to go above and beyond her normal job duties in order to ensure patients have the best possible experience.

"I have known Beth for approximately 10 years and have experiences firsthand her level of commitment," said Beth Lofton, Chief Nursing Officer at North Alabama Shoals Hospital. "She truly has a servant's heart. Her coworkers know they can call Beth at any time, whether after hours or weekends, and she will answer the phone."

Each facility winner will be considered for Lifepoint's 2024 companywide Mercy Award. The companywide winner will be announced this summer and honored during a ceremony in Nashville in August.

**Your Best Advertising Value!**



### Personnel

**EDITOR & PUBLISHER**

Thomas V. Magazzu

**ADVERTISING EXECUTIVES**

Sadonna B. Magazzu

Judy Cox

Gregg Scott

Heather Ridinger

**GRAPHIC COORDINATORS**

Russell Roden

Andrea L. Gray

**OFFICE STAFF/CLASSIFIED**

Janie Brasfield

Erin Gilbert

**CIRCULATION**

Ted Fallin

**OFFICE HOURS:**

Monday - Friday

8:00am - 5:00pm

Copyright © 2024

All Rights Reserved

**DEADLINES:** Issues Published Every Wednesday

INSERTS - 5 pm Thursday

DISPLAY ADS - 5 pm Thursday

CLASSIFIED ADS - 5 pm Friday unless otherwise specified

**219 W. Tennessee St.**

Florence, AL 35630

256-764-4268

Fax: 256-760-9618

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

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

**219 W. Tennessee St.**

**Florence, AL 35630**

or email to:

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

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



**FOR SALE KUBOTA BX25D TRACTOR, CUB CADET SRC621 MOWER, SNAPPER MOWER, TROY BILT, TILLER, EDGER 214-802-8569 OR 256-275-4883**

**GRASS CUTTING:** Fair Prices, Quality Work, Colbert County area. Call 256-383-3218

**1989 BRYANT SKI BOAT \$13,500** 22ft long, brand new engine. Excellent condition. 256-412-4242

**Large Electric Recliner,** brushed microfiber, grey, excellent condition! \$100, 256-702-6067 Muscle Shoals

**CHEST FREEZER \$375, 256-275-7046**

**ORNATE ENTRANCE TABLE AND CABINET,** \$150 each 256-466-3908 Athens

**WE BUY JUNK and Repairable Vehicles** with titles. Towing \$60 Call Ron 256-275-6540

**RICH BLACK COMPOST** Horse Manure and Rich Topsoil, 256-275-6817

**NORTH ALABAMA LAND CLEARING, LLC.** Insured and Licensed. Over 40yrs experience. Free estimates. Forestry mulching, Excavation, Dozer, Skid Steer Work, Bushhogging, Driveways, Garage pads, House pads, Ponds, all types of land clearing and demo work. No job to large or small! Call Bobby Wallace 256-810-7197

**2002 HURRICANE 23' BOAT** with trailer, great shape, very clean, ready for the lake 256-412-3977

**GIRL'S RALEIGH BICYCLE** made in Nottingham, England. Good condition. Blue with blue helmet, \$150, 256-766-0734

**VETERANS** with 50% or more service-related disability may qualify for a \$6,800 grant for a walk-in shower. Call Patrick today! 256-627-8007

**NEW TRUCK TIRES** 295/75R/22.5, LP22.5, All Position, 16 ply, \$260 each. Call Joe at Searcy Tires 256-810-1950

**FEAZELL'S PAINTING SERVICE** Picture Perfect Results! Residential, Repaints, Interior & Exterior, Quality Work, Exterior surface cleaning. Licensed & Insured. L.B. Fezell 256-762-8953

**QUEEN MATTRESS BOX SPRINGS** Excellent. Two of each. \$95 and \$100 256-702-6974

**FLORENCE: ESTATE SALE** 820 Cypress Mill Rd. Sat. 6/1 7 am-1 pm Home decor, clothing, and cookware, 20 years of collecting!

**LICENSED ELECTRICIAN** 25 years Experience Affordable, Professional Service 256-762-7663 Ron

**WE BUY ZERO TURN RIDING MOWERS.** All brands, Hustler, Walker, Troy-Bilt, John Deere, Cub Cadet, etc. Running or not. Any condition 256-275-2276

**BUICK: LUCERNE, 2007 \$6,750.** 3800 V6 Engine, Leather, Alloys, Very Clean! 127k miles, Call/Text 256-335-3377

**16 FT LOWE, 25 hp 4 cycle Merc,** trolling motor, depth finder, gas tank, battery, night running lights & trailer. Ready for the water. Priced to sell 3,200. Text or leave message at (256) 810-2231.

**PETE'S LAWN SERVICE** Lawn Care, Small Tree Trimming, Brush Removal, etc. Call 256-275-5715

**2013 LOWE STINGER 175 BOAT** | Camo, 2013 Lowe Trailer, 2013 Mercury 60 HP Motor \$11,000 256-412-4264

**ANTIQUE MILITARY ITEMS WANTED** Guns, Knives, Uniforms, will pay cash. Call 256-335-7663

**BUYING BROKEN WASHERS and DRYERS,** no front loaders, 256-577-6433

**DALE EARNHARDT** win list clock \$85, Glass Ship \$75, Black Doll \$45, Bonanza cast family picture \$65, Tower Typewriter \$35 256-415-4204

**TREE COMMANDER TREE SERVICE** Free Estimates Tree Removal, Debris Removal, Tree Trimming, Veteran/Senior Discounts Kane Rice-Owner 256-600-3239 Licensed & Insured

**THANK YOU** for reading the Courier Journal and patronizing our advertisers!

**HOME IMPROVEMENT AND BUILDING:** siding, additions, garages, painting, decks, Free Estimates. 256-383-3218

**CHIMNEY NEED ATTENTION?** Is it time to clean? Smells, Water, Animals? Dryer vent cleaning. Black Hearth Chimney Sweeps 256-710-0292

**Shingle & Metal Roofing**

- Standing Seam
- Custom Made on Job Site
- Concealed Fasteners
- Competitive Pricing

**ALUMINUM GUTTERS**

LICENSED, INSURED & BONDED

**USA Made Products**

Jerry & Chad Gann  
**GANN'S Discount Siding, Inc.**  
Leighton  
**256-446-9767**

Now Accepting

# ALL NEW DEALERSHIP!

## We Do Business Your Way.™

- Our Best Price Up-Front Without Having to Beg for It.
- No Hidden Fees or Bogus Markups to Trick You into Paying More.
- Non-Commissioned Salespeople that Don't get Paid More to Charge You More.
- Our Best Price for Your Trade the 1st Time. We Buy Your Vehicle even if You Don't Buy Ours.
- A Money Back Guarantee just in case You Change Your Mind.



**LONG-LEWIS™**

118 Highway 43 South | Tuscumbia | (256) 383-3731 | LongLewisChevy.com



# Peoples piggly wiggly

Down Home, Down The Street  
Cherokee • 256-359-6651

8-7 Mon thru Sat  
10-5 Sunday

Quantity & correction rights reserved.  
None sold to dealers. We reserve the right  
to correct typographical and pictorial errors.  
Limited quantities. Sorry no rain checks.  
While supplies last.

Prices Good  
May 29-June 4, 2024

Certified Angus Beef  
**Shoulder Roast**  
**\$4.99** Lb.

SINCE 1978  
CERTIFIED ANGUS BEEF®  
BRAND

Today's Cut  
**Pork Loins**  
**\$2.29** Lb.

Sanderson Farms  
Family Pack **Chicken Drumsticks**  
**\$1.69** Lb.

Sanderson Farms®

Assorted Johnsonville  
**Brats**  
**2/\$9** 19 Oz.

Johnsonville Brats ORIGINAL BRATWURST

Field  
**Bologna**  
**\$1.39** 1 Lb.

Field Sandwich BOLOGNA

Aberdeen  
**Sliced Bacon**  
**\$2.29** 12 Oz.

Aberdeen Farms SLICED BACON

Piggly Wiggly  
**Cooking Spray**  
6 Oz.  
**\$3.19**

French's  
**Yellow Mustard**  
14 Oz.  
**\$1.69**

Hellmann's (Original)  
**Mayonnaise**  
30 Oz.  
**\$5.99**

**Spam**  
12 Oz.  
**\$3.29**

Armour (Original)  
**Potted Meat**  
3 Oz.  
**79¢**

Hunt's  
**Ketchup**  
20 Oz.  
**\$1.29**

Lay's **Potato Chips** 7.75 Oz.,  
Ruffles 7-9 Oz.,  
Or Funyuns 6 Oz.  
**2/\$8**

**Coke Products**  
6 Pk.  
1/2 Liter Bottles  
**3/\$12**

**Coke Products**  
12 Pk.  
12 Oz. Cans  
**2/\$13**

**Coke Products**  
2 Liters  
**2/\$4**

Charmin Essentials  
**Toilet Paper**  
6 Mega Rolls  
**\$5.49**

Bounty Essentials  
**Paper Towels**  
4 Double Rolls  
**\$6.49**

## THE SEASON'S FINEST PRODUCE

Athena  
**Cantaloupes**  
**\$1.99** Each

Fresh  
**Asparagus**  
**\$2.49** Lb.

Roma  
**Tomatoes**  
**\$1.49** Lb.

California  
**Strawberries**  
**\$2.99** 1 Lb.

Green Giant  
**Matchstick Carrots**  
10 Oz. Bag  
**2/\$3**

California Fresh  
**Cherries**  
**\$4.99** Lb.



# Cat & Kids

by Cathy Turner

## Some Lessons from Motherhood

Here is an incomplete list of some valuable notions that I've learned in motherhood:

"Love suffers long and is kind; love does not envy; love does not parade itself, is not puffed up; does not behave rudely, does not seek its own, is not provoked, thinks no evil; does not rejoice in wrongdoing, but rejoices in the truth; bears all things, believes all things, endures all things. Love never fails." I Corinthians 13:4-8

Love is having throw-up in your hands, spittle on your shoulder, and cleaning poopy diapers even after the

smell comes in.

Happiness comes from the little things - recitals, basketball wins, shows, and amazing artwork, but "I have no greater joy than to hear that my children walk in truth." I John 1:3 Really.

Words don't always work, but holding your children always does. Words don't always work, but sometimes a look will. Words don't always work. Sometimes you just need to stand back and let them breathe.

I cannot make another human being put one foot in front of the other. But I can

teach, advise, and pray.

Little people can do more than you think. Let them use that hammer. Let them stir that pot. And know that they are listening and learning your attitude on life - even when they are four and before. Don't be a whiny baby or a victim, and don't be hateful. What if your two year old would be the one saying what you said today? Because, you know, that's going to happen in its own way.

I have learned that everything counts.

As a wise friend told me, "Parenting adult children is a spectator sport. You just applaud when things go well, and say, 'Awww,' when things go awry, and wait for teachable moments - if they come."

Love is waking them up, feeding them muffins, combing out heads - full of woolly hair - and taking them to church.

Love is sleeping in skinny places so that you can see his heartbeat.

My children are not me. They are each individuals. I need to be in awe of who they are and how they are and what they do. I need to give them resources, cheer them on, and then stand back and watch them rise.

Hard things happen in the night, but joy comes in the morning.

The same lullabies work from one generation to the next. "You are my sunshine, my little Ruby sunshine. You make me happy when skies are gray," "Good night Mica, Good night Mica. It's time to say, Good night" are classics that are always enjoyed. "I love you Jericho, oh yes I do. I love you Jericho and will be true..." I have sung these to mine and theirs. And recently with Canaan, I have added, "You are so beautiful to me. Can't you see, can't you see. You are everything I hoped for, everything I need. You are so beautiful to me." Lullabies - soothing, loving,

affirming - are the best of times.

Teach them that fashion and false eyelashes do not bring confidence, being a child of God does.

Share old school songs, games, activities and food. What sends your children, littles and bigs, into awe may surprise you. My bigs called me the other day to get the "recipe" of how to pop popcorn on the stovetop! Because when I made it while I was there, it tasted so great. Here's the kicker, before I left, I showed

them my technique, but evidently, I didn't say how much popcorn or how much oil or what temperature to cook it at! I thought that was just natural knowledge!

Listen. There is one thing, as a mother, I know is true: "Train up a your children in the way they should go, and when they are old they will not depart from it." Proverbs 22:6. It's true - I know because of who said it.

Email comments or suggestions to CatnKids1@gmail.com

**MENTION THIS AD FOR 10% OFF ON ALL CASH IN-STORE PURCHASES!**  
(Expires 6/30/24)

Monday-Friday 8-5

**4780 Hwy 157 • Florence**  
(across from Underwood Elementary School)

593655-1

Are you getting **super high rates** with your free checking?

Earning is really easy! Enrollments must be in place and all of the following transactions and activities must post and settle to your Kasasa Cash account during each Monthly Qualification Cycle:

- At least 1 ACH payment or ACH credit transaction(s)
- At least 15 debit card purchases
- Be enrolled in and agree to receive e-statements

**5.50% APY\***  
ON BALANCES UP TO AND INCLUDING \$25,000 IF QUALIFICATIONS ARE MET

**0.05% APY\***  
ON ALL BALANCES, EVEN IF QUALIFICATIONS ARE NOT MET

Ask for **KASASA CASH®**  
It's our superpower.

**FirstSouthern BANK**  
firstsouthern.com

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

Member **FDIC**

Kasasa, Kasasa Cash, and Kasasa Rewards are trademarks of Kasasa, Ltd., registered in the U.S.A.

**BUY HERE • PAY HERE**

**BUY HERE PAY HERE CARS**

**HOURS: Mon.-Thurs. 8am-5:30pm; Fri. 8am-5pm; Sat. 8am-Noon. After Hours by Appt.**

|   |   |   |
|---|---|---|
| <b>2013 GMCTerrain</b><br>\$135/weekly    | <b>2013 GMC Acadia</b><br>\$118/weekly  | <b>2016 Jeep Cherokee</b><br>\$108/weekly |
| <b>2015 Nissan Altima</b><br>\$112/weekly | <b>2017 Ford Escape</b><br>\$125/weekly | <b>2018 Ford Fusion</b><br>\$127/weekly   |

**MECHANIC ON DUTY OPEN TO THE PUBLIC MON-FRIDAY**

**LOWEST NO HASSLE PAYMENTS: WEEKLY • BI-WEEKLY • MONTHLY**  
In-House Financing Based on Debt to Income Ratio not Credit Score

**Repos • Bankruptcy • No Problem**

**Advance AUTO SALES 256-767-3705**

Advanceautosalesbhph.org  
3641 Cloverdale Rd. • Florence

# EMPLOYMENT Opportunities

## Shorts...

### Three Added by Whitaker

Continued from Page 2

woman with high character, a great skill set in graphic design and organization. She will be an asset in all areas of our program, and I look forward to working with her."

### Frei Academic All ASUN

ATLANTA – The Atlantic Sun Conference announced last week that UNA third baseman **Gehrig Frei** was named to the Academic All-ASUN Team, one of 13 members to receive honors.

The team is voted on by the league's sports information directors and academic representatives. To be eligible, a student-athlete must have a cumulative 3.50 GPA or higher, participate in 50% or more games, have completed four semesters of coursework and must have one year of residence at the institution.

In addition to his academic pursuits, the redshirt sophomore led UNA almost every offensive category in 2024, including batting average, runs, hits, home runs and RBIs. His 15 home runs are the most in a season since UNA Athletic Hall of Famer **Josh Willingham** hit 15 in 1999 and is tied for the third most in a single season in program history. The Alpharetta, GA. native set new Division I program records at UNA for home runs (15), runs scored (51), RBIs (49) and total bases (123) in a season. Frei is majoring in exercise science.

Frei earned ASUN All-Freshman team honors last season and he is the fifth Lion to be selected to an Academic All-ASUN team.

### 3 All ACCC at NWSCC

MUSCLE SHOALS -- Three freshmen Northwest Shoals Community College Patriots received Alabama Community College Conference (ACCC) all-conference first or second team honors. Patriots Softball player **Kennedi Clark** was selected to the Division I All-Conference team. Patriots Baseball players **Hayes Harrison** and **Ryan Strachan** were selected to the Division I All-



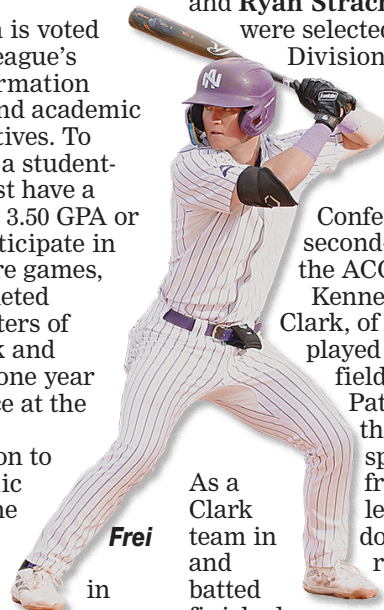
Clark

and played first base for the Patriots this spring. As a freshman, Harrison finished the year with an average of .358, 27 runs batted in, three home runs, eight doubles and a .500 slugging percentage.

**Ryan Strachan** of Huntsville, played first base, pitched, and was a designated hitter for the Patriots this spring. As a freshman, Strachan led the team in five hitting categories. He finished the year with an average of .361, 48 runs batted in, five home runs, 15 doubles, .474 on-base percentage and a .542 slugging percentage.



Strachan



Frei

Conference second-team of the ACCC. **Kennedi Clark**, of Killen, played center field for the Patriots this spring. She led the doubles runs in. She finished the year with an average of .354, 33 runs batted in, one home run, 13 doubles and .457 slugging percentage.

**Hayes Harrison**, of Oxford, AL., pitched



Harrison



Reach 1,000 Homes every week with this Size Ad for LESS than \$1.

Your Best Value in Advertising



256-764-4268

## Psychiatrist

(Multiple Positions, RCHP-Florence, LLC, Muscle Shoals, AL)

Reqs MD (US/foreign equiv); completion of residency in Psychiatry; BE/BC in Psychiatry; and possess or eligible to apply for AL med lic.

To apply, email resume to [Karen.Ritter@namccares.com](mailto:Karen.Ritter@namccares.com)

**HOME HEALTH CARE SITTER/ ASSISTANT**, looking to sit privately with the elderly. Florence area, daytime hours 7am-3pm. Call Erica 256-762-2352

### MECHANIC NEEDED

Experienced Only, to repair go-cart purchased from Luca Motor Sports in 2022. Call Sharon 256-710-1581

### Non-CDL Truck Driver

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](mailto:hollie.colella@timesdaily.com) or applications may be picked up at 219 West Tennessee St. Florence, AL 35630

### Quad Cities Taxi

Is looking for **Taxicab Drivers, Wheelchair Van Drivers, and Dispatchers**. Day and night shifts. Must be 25. Apply in person at 122 N. Royal Ave., Florence, between 8 am and 4 pm, Mon.- Fri. (No phone calls please)

Leighton United Methodist Church is now hiring **PIANO PLAYER** Call 256-443-8303

**MORE IMPACT WITH RED LINE ads.** Available only in your Courier Journal. See page 6 or go to [courierjournal.net](http://courierjournal.net).

### Class A or B CDL Dump Truck Drivers

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

## The City of Sheffield

will begin taking applications for

### CORRECTIONS OFFICER

Applications will be accepted beginning **Tuesday, May 28 at 8am** through the close of business **Friday, June 7 at 4:30pm**. Applications may be obtained in person from the **City Clerks' Office** and the **City's Facebook page**. The completed application must be returned to the City Clerk's Office, **600 N. Montgomery Ave., Sheffield**

The City of Sheffield offers a Great Benefit Package

The City of Sheffield is an equal opportunity employer.

## General Surgeon

(Multiple Positions, ECM Health Group, LLC, Florence, AL)

Reqs MD (US/foreign equiv); completion of residency in Surgery; BE/BC in Surgery; and possess or eligible to apply for AL med lic.

To apply, email resume to [Karen.Ritter@namccares.com](mailto:Karen.Ritter@namccares.com)

# R & B Services

AL CERT# 23180

## Heating & Cooling

256-386-8622

**NEED HELP?**  
CONTACT 2-1-1  
*Your link to community resources*

## Dealing With Ourselves

Our body daily sends warning signals, but most of the time we disregard or totally ignore it when the sirens go off! God knows our root problems and adequately warns us in the word of God. Jesus warns: **Mark 14:38** "Watch ye and pray, lest ye enter into temptation. The spirit truly is ready, but the flesh is weak." Our Apostle Paul exhorts: **1 Corinthians 9:27** "But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway." The saved man is to reckon himself a dead man. **Colossians 3:3** "For ye are dead, and your life is hid with Christ in God." Paul again reaffirms: **Galatians 2:20** "I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me." For the saved, these scriptures identify the problem and give the solution. For those who daily struggle with salvation assurance, if you are saved, you need some good bible teaching to ground you on your standing with God now!

If you're confused: **1 Corinthians 14:33** "For God is not the author of confusion, but of peace, as in all churches of the saints." Not saved, your only nature is a lost one. Saved, you have two natures in your body, called in the KJV the old man and the new man. If you aren't sure you're saved, or know you aren't saved, do something about it. Deal with Christ now, today. After death it's too late. A smart man will get ready to meet God now, and lead his family like a man. A horrible eternity will be even worse when you in hell look next to you and see a family member, and they ask you; "Daddy, why didn't you warn us?" You don't have to end like that. Jesus promised: **John 6:37** "All that the Father giveth me shall come to me; and him that cometh to me I will in no wise cast out." Be guilty of bringing yourself and family to Christ today!

### Beacon Baptist Church

Bill Bishop, Pastor • Rogersville • 256-247-7733  
1.2 miles north from red light on Hwy. 207 on left  
Sunday services at 10am and 11am and 6pm  
*Visitors welcome!*

**CATER GATER** Camo 20 oz cooler with handle. Like a Yeti. \$120 Never used. 256-263-7636 Leave Message

**AUTOMATIC GATES, ALARMS AND CAMERAS**  
fullhomesecurities.com  
866-540-4283

### R.D.T. CONSTRUCTION & HANDYMAN SERVICES

Decks, fences, pressure washing, windows, doors, etc.  
All general home repair and small construction...  
"No Job Too Small!" Veteran owned. Call Brandon Taylor for an estimate at 256-762-0499

**ROOFING - LEAKS REPAIRED,** Chimneys Flashed, Valley Repair. All Work Guaranteed. Free estimates, 256-383-3218

### MILLER'S TREE SERVICE

Tree Trimming and Removal  
Free Estimates  
Senior Discounts  
Licensed & Insured  
256-710-0548

**BABYLOCK SERGER SEWING MACHINE** Model No.BL4-605 Manual, all parts included \$125 256-580-0316

### SHOTGLASS GUNS, INC.

Gunsmithing, Repairs, Refinishing, Action & Trigger jobs, Stock work, etc.  
Cerakote, Refurbishing  
103 Taylor Road, Florence  
256-349-5051

## Look! New Merchandise

- Small Furniture Pieces
- Door Wreaths • Unique Gifts
- Yellow Box Shoes • Jewelry
- Ladies' Apparel

**Come Check Us Out At Spring Park!**

At the 53rd Annual Car Show  
SAT. JUNE 1, 6AM-1PM

## Nan's Fashions & Finds

207 W. 5th St. Tusculumbia • 256-436-0128 • Wed. - Sat. 10-5

## 25% OFF SELECT ITEMS

# TIMELESS TREASURES & GIFTS LLC

★ Slenderiiz® - Skinny Drops ★

• 1818 Farms • Grandpa Yoder • Lamps • Hull

★ Fenton Glass ★ Rare Antique Furniture

3926 Cloverdale Rd., Florence 256-263-7720

# PET SUPPLIES PLUS

Minus the hassle.

# NOW OPEN!

## Self-Serve Dog Wash Stations!



**Florence Location Only Mon-Sat 9-8 Sun 10-6**

## Relocation Sale!

### Muscle Shoals Location Only

Final Day  
May 31st

UP TO

# 50% off

Select Items



### Muscle Shoals

519 W. Avalon Ave.  
256-383-4320

### Florence

244 Seville St.  
256-760-7000

**Earn Rewards three ways!**

**\$5** Rewards Points add up to future savings!

Earn free products

Earn free services



**Scan to Enroll**

Restrictions apply:  
[www.petsuppliesplus.com/terms-rewards](http://www.petsuppliesplus.com/terms-rewards)  
\*Grooming, self-serve pet wash, and nail services not available at all stores.

## A Salute to '00' Brand Football

**I**mages on an old black-and-white television of an old football player clad in black, silver, blood, and bandages, are among my oldest sports memories as a kid living just outside Oakland and pulling for the Raiders.

Adding even more contrast, the dirt infield from the baseball diamond always came into play at the Oakland-Alameda County Coliseum, which became one of the toughest places to play once the Raiders became formidable in the upstart American Football League from 1960-69.

That "old" guy was Jim Otto who anchored the middle of the Raiders offensive line for 15 seasons from 1960-74. To a young kid, they all looked old, especially those with dirty uniforms, chipped helmets, and breathing hard like Otto. Clad in jersey #50 that first year, and #00 thereafter, Otto was always facing forward with the look of determination.

See OTTO... on Page 20

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

In A Few Words



TOM MAGAZZU  
Editor

# Courier Journal

in the *Shoals*

May 29, 2024

# THIS WEEK

Happening  
THIS WEEK

## Our Heritage

### Two-Day Event in Tuscumbia

TUSCUMBIA—The North Alabama Heritage Association hosts its Annual Spring Festival Friday and Saturday, May 31–June 1 at the Willie Green Recreation Center, 609 South East St. in Tuscumbia.

Events get started Friday at 3pm with a Cultural Awareness program, "Black History, Known and Unknown" presented by Linda Ricks Johnson. Panelists include Charlene Carter, Teresa Leonard, and Carolyn Lewis.

Music on the lawn gets underway at 4pm with Come Up The Band and King Tut featured at 5pm and 6:45pm respectively.

The opening ceremony takes place at 10am on Saturday with Katerina Cole-Coffey as emcee. Additional events get started at 11:10am with performances and musical presentations continuously until 3pm. That is when Parade of African Attire takes the stage with Dr. Deborah

See HERITAGE... on Page 25



African Heritage  
Association  
Festival  
May 31-June 1



Presented by: First Southern Bank

## Food Trucks for Museum

FLORENCE— The 6th Annual Food Truck Festival presented by First Southern Bank on Saturday, June 1 from 6:30–8:30pm at Singin' River Brewing Co. at 526 East College Street in Downtown Florence.

The event benefits the Children's Museum of the Shoals.

The Children's Museum has recruited some of the best food

See FOOD... on Page 18

THIS IS YOUR INVITATION TO VACATION BIBLE SCHOOL

at Hendrix Chapel Church of Christ - June 2-5, Sunday-Wednesday 7pm Nightly. Classes for Birth to Adult. Kona Ice Truck will be there after after Sunday Night Service. The speaker for the Adult Class on Sunday and Monday is Brad Adcock, Tuesday and Wednesday will be Alvin Alston. Special speakers for grades 9-12 and grades 6-8 as well. Hendrix Chapel is located at 13007 CR 8, Florence (1 mile west of the Natchez Trace) 256-767-3629

SINGLE'S MINGLE NIGHT

Thursday, May 30 at 7pm. Axe Kicking, 418 S. Royal Ave., Florence, Admission \$30. This meet-and-greet is for men and women in their 50s and 60s. Space is limited to 12 participants, so you must book online in advance. Details: [allevents.in/florence/singles-mingle/200026504217616](http://allevents.in/florence/singles-mingle/200026504217616)

VOLUNTEER OPPORTUNITIES

with "Carpenters For Christ" will be available May 29 – June 8 as they assist the Bethel Colbert Missionary Baptist Church of Leighton in completing construction of their Community Life Center. This mission-oriented organization assists 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 [bethelcolbertmcbcc@gmail.com](mailto:bethelcolbertmcbcc@gmail.com).

Courier Journal

## Missing Your Courier Journal?

### READ OUR PAGE-FLIP EDITION

Online EVERY Tuesday morning.

Find the link on our homepage  
[www.CourierJournal.net](http://www.CourierJournal.net)  
Years of history and searchable content.



## YOUR Letters

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

- **by Mail, in Person, or Mail Slot**  
Editor-Courier Journal  
219 W. Tennessee St., Florence, AL 35630
- **e-mail:** [editor@courierjournal.net](mailto:editor@courierjournal.net)
- **FAX-** 256-760-9618

## 2 Sales Are Better

Editor:

On Friday night, May 10, we placed signs for our May 11 yard sale at both entrances to Cox Road on US Highway 72 and on Riverside Street, which is a less traveled road. We had a total of four customers all day. At 4pm on Saturday when we went to take our signs down, the one at Cox Rd by Mount Carmel Church was gone with another yard sale sign in

its place. Ours at the other entrance was on the ground, again with another yard sale sign in its place.

It's very disappointing to know there are people in our community who would do such a devastating thing to a neighbor knowing what an effort a yard sale is.

Our neighbors should have realized that promoting both yard sales would have been better than one.

Laurene Hunt  
Athens

## Expensive 4 Years

Editor,

In his May 15 letter (*Don Not Oz or a Leader*) in the *Courier Journal*, Mr. Smith spouts nasty gossip intermingled with a few facts, all trying to besmirch a person he obviously has never spent any of his own time checking facts about. Rather, he's listening to popular rumors based on total lies.

It is one thing to malign a person using facts. It is something else to do so from a podium of lies, gossip, opinions, and contrived public statements that are much worse for our society than any of Mr. Trump's.

More LETTERS...Page 28

Today, most churches are silent,  
just like when Jews were killed  
during WWII's Holocaust...



**THREE PIECES OF LUGGAGE** with wheels, large, medium & small, \$100. Call 256-457-1435 Huntsville

**SKID STEER WORK**, Mini-X Work, Dirt Work, Mulching, Clean-up Work, Excavating, Water line installation. No job too big or too small. Licensed & insured. Owner/Operator Vince Lewis 256-710-7085

**TWO CHOICE LOTS IN** Colbert Memorial Gardens. Vaults already in the ground, paid \$3,600, asking \$2,500. Call 662-660-6482

**LICENSED ELECTRICIAN** 25 years Experience Affordable, Professional Service 256-762-7663 Ron

**PONTIAC: GRAND VILLE, 1972**, 22,000 miles, all original, new tires, Call 256-394-0065 for details

**MANSSELL ROOFING**, Discounts to Veterans and Seniors. All Work Guaranteed. Free Estimates, 256-383-3218

**REMODELING CONSTRUCTION 40 YEARS EXPERIENCE** Insured. Bathroom remodel, Deck, Fences, etc. 256-762-4357

**1969 FORD F-100 RANGER**, Short wheelbase, great project. Not Running \$3000 Call or text 256-856-2545

**NISSAN: PATHFINDER, 2011 \$10,950**. SV Model 1 owner, white, tan interior, full power, only 82k miles. Just serviced, excellent condition. 256-527-2125

**931-279-1604 YOUR ULTIMATE HANDYMAN**  
Painting, drywall repair, minor electrical repairs, pressure washing, plumbing, bathroom remodeling, deck building, wood rot repair, floor refinishing, gutter cleaning, and more!

**BLUE OX TOW SYSTEM**  
• After market off-road bumper adapter kit  
• Avail motor home mounted tow bar for 2" receiver  
• Custom fit towed vehicle connector  
• 7 way to 6 way coiled electrical cable  
• Patriot 3 braking system  
Call 256-627-9446

**BEAUTIFUL SOFA** good condition \$75  
**QUEEN BOX SPRING, MATTRESS** \$60  
256-606-0147 Decatur

**Got Junk or unwanted items?**  
Junk Removal and Haul Away service. Need help moving anything in or out? Need help with anything A-Z? Very handy, Pick up and/or deliver. call JJ or text: 256-648-6916

**WANTED DEAD OR ALIVE!**  
Junk batteries, \$5 each. Ranger Battery Co. 426 Royal Avenue. 256-766-0473

**Carter House Moving**  
Specializing in rigging, lifting and moving structures, floor leveling, and replacing damaged floor components. Call or text: 256-275-1570, 256-633-2722

**All-Green Tree Service**  
LICENSED • BONDED • INSURED

- Topping
- Trimming
- Removal
- Lots Cleared
- Stumps Removed
- 55' Bucket Truck

**28 Years**  
256-767-3519

**Credit Cards Accepted** **Free Estimates**

**Doug Minton** Cell 256-710-8787

**J.W. TIMBER**  
BUYERS OF LAND and TIMBER  
We pay as cut or lump sum.  
Call for Free Estimate  
662-279-0425

**FLORENCE PAINTING AND DRYWALL LLC**  
We offer professional painting services including Interior and Exterior House Painting, Drywall Repair, Deck and Fence Staining Pressure Washing and More  
Over 30 years' experience,  
Call Today for FREE ESTIMATE  
ALL WORK GUARANTEED  
256-577-0730

**McClish Builders**  
Licensed and Insured  
Nelson A McClish, Owner • 256-627-7002  
Alabama Homebuilders License #27376  
McclishBuilders@yahoo.com

**QUALITY FOUNDATION**  
And All Types of Home Improvement  
Home Owned & Operated in the Shoals by Wayne Lawhorn  
Let Us Add Stability to Your Flooring

**FREE Estimate**

36 YEARS EXPERIENCE  
Licensed • Bonded • Insured  
256-767-5258

**Solid Steel Jacks**

**CAT SITTING SERVICE**  
Will come to kitty's home, fill bowls, scoop litter, give meds, scratch ears, 256-412-6982

**'05 SYLVAN 190 SKI BOAT (19')** with matching trailer, 5.0 Mer-cruiser. Runs great! \$8,900 Firm! 256-436-8755

Invitation to  
**Vacation Bible School**

**TURN AROUND!**  
Pointe  
WHERE THE PATH LEADS TO JESUS

**Hendrix Chapel Church of Christ**  
**June 2-5**  
Sunday-Wednesday 7pm Nightly

••• Kona Ice Truck after Sunday Night Service •••

**Classes for Birth to Adult**

|  |   |   |
|--|---|---|
| <b>Speakers for Adult Class</b><br>Sunday & Monday -<br>Brad Adcock<br>Tuesday & Wednesday -<br>Alvin Alston | <b>Speakers for Grades 9-12</b><br>Matt James & Chris McBride | <b>Speakers for Grades 6-8</b><br>Jackson Wood & Rusty Cooper |
|--|---|---|

13007 CR 8, Florence (1 mile west of the Natchez Trace) • 256-767-3629

**WINDOW WORLD OF MUSCLE SHOALS**

**Window World**  
"Simply the Best for Less"  
ENERGY EFFICIENT  
**Windows, Siding, Doors & More!**  
BACKED BY A LIFETIME WARRANTY

**FINANCING AVAILABLE**

**GET YOUR FREE ESTIMATE**  
**WindowWorldMuscleShoals.com**  
**(256) 383-8894**  
717 Michigan Ave, Muscle Shoals, AL 35661

ENERGY STAR • GOOD HOUSEKEEPING • WINDOW WORLD CARES • MADE IN USA

**2006 16.5 TRACKER PRO** Team all-welded aluminum boat w/ Tracker Pro 40 HP Mercury OB, all aluminum trailer, Motor Guide 55lb thrust X3 trolling motor, dual batteries, on-board charging, pedestal seats, Hummingbird Helix 5 color GPS, 3 storage bins, anchor, fire extinguisher, 4 rod holders, bail well. Asking \$4,100 OBO Rich 256-366-0961

**SUNSCAPES LAWNS AND LANDSCAPING** Flowerbeds, natural rock borders, planting, mulch, pine straw, irrigation repair, lawn service 256-860-2447

**ANTONIO'S REMODELING & PAINTING**  
Interior/Exterior, Roofing, Water Damage, Carpentry, Drywall, Decks, Showers. Licensed and Insured. Free Estimates.  
**256-577-8660**

**I BUY JUNK CARS**, trucks, vans and repairable vehicles. Call Mike 256-702-8400

**GMC: 1500, 2014 \$23,000.** 4 door extended cab SLE 5.3 Liter Auto Trans 68000 Miles color Stealth Grey Black Fabric interior To much to list more options on truck to list. More truck than I need Now Call 931-215-3812

**H & H Towing (local & out of town)**  
**I Buy Junk Vehicles, all types**  
**Greg 256-394-6340**

**WE BUY ZERO TURN RIDING MOWERS.** All brands, Hustler, Walker, Troy-Bilt, John Deere, Cub Cadet, etc. Running or not. Any condition 256-275-2276

**DAVE'S HOME REPAIRS and REMODELING:** Sheetrock repair, Plumbing, Carpentry, Siding, Tile & Painting. References. Quality Work, 256-702-2983

**JR. LAWSON TREE SERVICE,** tree trimming, stump grinding, removal. Licensed & Bonded, Free estimates, 256-856-7028

**Insurance Insights**

**Outdoor and picnic food safety**

**Food safety and illness prevention are important when cooking and dining outdoors. We have food prep, storage and cooking tips.**

Whether you're barbecuing in the backyard, cooking over the campfire or enjoying a picnic in the park, eating al fresco can be a fun way to enjoy your meal. When cooking or handling food outdoors, it's important to remember to keep food safety in mind. Each year, over 100,000 people in the U.S. are hospitalized due to foodborne illness, according to the Centers for Disease Control and Prevention (CDC). Help protect everyone at your next picnic with these food safety tips on preparation, cooking and storage.

**Outdoor food preparation**

Plan ahead to help keep your food safe throughout the day. Remember to:

- Wash fruits and vegetables ahead of time. There may not be running water at the picnic site.
- Store meat in separate airtight containers to avoid cross-contamination.
- Place drinks and perishable foods in separate coolers.
- Marinate your food in the refrigerator before heading outdoors and transport it in a chilled and sealed container.
- Use ice packs to help keep perishable items at a safe temperature in the cooler.
- Pack a meat thermometer so you can be sure meat is cooked to safe cooking temperatures.

**Storing and serving food outdoors safely**

As you enjoy your time outside, don't forget to:

- Keep coolers out of direct sunlight and avoid opening them excessively.
- Keep perishable items in the cooler until it's time to eat and see that these items stay cool.
- To serve, fill large bowls with ice and set foods that need to stay cool on top.
- Discard any food that's been sitting out for more than two hours.

**Cooking outdoors**

The same rules you follow at home apply to outdoor cooking and grilling safely. Remember to:

- Cook meat to the proper temperature to help destroy potentially harmful bacteria.
- If you plan to use a marinade as a sauce, set aside a separate portion that hasn't come into contact with raw food.
- Separate different types of raw meat from each other.
- Place cooked meats in a pan by the side of the grill.
- Have an area available to wash hands, and clean surfaces regularly and thoroughly.

Cooking outdoors doesn't have to feel like an extreme sport. Practicing the proper safety precautions when handling, storing and serving food outdoors can help reduce the risk of contamination while enjoying your meal.



State Farm® Insurance Agent  
**Rebecca Stutts Hovater**



501 S Montgomery Ave, Suite C  
Sheffield

256-383-1250 [RebeccaHovater.com](http://RebeccaHovater.com)  
email: [Rebecca@RebeccaHovater.com](mailto:Rebecca@RebeccaHovater.com)

AL Lic-428119

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

**GREEN WAY LAWN CARE**  
Free Estimates.  
Dependable and Professional.  
Locally Owned and Operated.  
**256-336-2450 256-412-3194**

**REMODELING CONSTRUCTION 40 YEARS EXPERIENCE** Insured. Bathroom remodel, Deck, Fences, etc. 256-762-4357

**LINCOLN: MKS, 2012 \$13,950.** 1 owner, only 70k actual miles, pearl white, tan leather, navigation, sunroof, climate seats, premium factory wheels, Michelin tires, 2 keys, **OUTSTANDING CONDITION!** MUST SEE THIS CAR! 256-527-2125

Look Great, Feel Great.....

# JUNE SPECIALS

**\$450**

20 units of Newtox (Jeuveau) & 1/2 Syringe of Filler

**\$10**

Botox per unit

**\$9**

Jeuveau per unit

**\$280**

1/2 Syringe of Filler

**\$25 OFF**

IV Therapy of Choice

**NOW BOOKING**  
*Lore Robb, Aesthetician*

facials, brow shaping, dermaplaning, microdermabrasion, chemical peels, celluma light therapy, etc.

**1120 S. Jackson Highway, Suite 300**  
Sheffield, AL 35660

256-383-4447  
[www.medshoals.com/medspa](http://www.medshoals.com/medspa)

**You Are Invited To Homecoming & Decoration Day at Wesley Chapel UMC**

**Worship Service June 2 • 11am**

**Fellowship Meal following in Fellowship Hall**

**Standing on the Promises of God for 206 years.**

**11025 County Rd. 15 • Florence**





Home-Owned, Home-Operated

Preferred Angus Beef  
**NEW YORK STRIP STEAKS** Family Pack

**\$9.99** Lb.

Fresh **GROUND CHUCK**  
80% Lean - Family Pack

**\$4.29** Lb.

Prairie Fresh **ASSORTED BONE-IN PORK CHOPS**  
Family Pack

**\$1.99** Lb.

21/25 Peeled & Deveined T/On  
**RAW SHRIMP**

**\$6.99** 1 Lb.

Family Pack **SHOULDER STEAK**  
**\$5.49** Lb.

Preferred Angus Beef **BONELESS SHOULDER ROAST**

**\$4.99** Lb.

**STRAWBERRIES**  
1 Lb.

**2/\$5**

Green **CABBAGE**  
Lb.

**50¢**

California **CHERRIES**  
1 Lb.

**\$3.99**

Dole **AMERICAN, ITALIAN OR HEARTS OF ROMAINE**  
Bag

**2/\$5**

Maxwell House **Wake Up Roast**  
**HOUSE COFFEE**  
WAKE UP ROAST MEDIUM  
30 Oz.

**\$7.99**

**LUCK'S BEANS**  
Black Beans 15 Oz.  
Pinto Beans 15 Oz.

**5/\$5**

General Mills Select **CHEERIOS CEREALS**  
Cheerios, Reese's Puffs, Cinn.  
Toast Crunch Or Cap'n Crunch  
11-16 Oz.

**2/\$7**

Hunt's **PASTA SAUCE**  
Four Cheese 24 Oz.

Skinner **PASTA**  
**2/\$4**  
24 Oz.

**4/\$5**

Tide Simply **DETERGENT**  
46 Oz. Or 32 Loads

**\$3.99**

Mayfield **ICE CREAM BARS OR SANDWICHES**  
6 Pack ICE CREAM Sandwiches

**2/\$5**



Quantity Rights Reserved • None Sold to Dealers • WIC & Food Stamps Accepted  
Not Responsible For Typographical or Pictorial Errors

**AD GOOD MAY 29-JUNE 4, 2024**

**JIF PEANUT BUTTER**  
40 Oz.



**\$4.99**

**Quaker INSTANT GRITS**  
9 Oz.



**2/\$5**

**RUFFLES**  
7-9 Oz.



**2/\$7**

**Mtn. Dew, Sunkist, Starry Or PEPSI**  
2 Liters



**2/\$4**

**Hunt's SNACK PACK**  
4 Pack



**4/\$5**

**Kool-Aid JAMMERS**  
10 Pk.



**3/\$8**

**Golden Flake CHEESE PUFFS OR CURLS; PUFF CORN; 6-8 Oz. OR PORK SKINS 3-5 Oz.**



**3/\$5**

**Mtn. Dew, Sunkist, Starry Or PEPSI**  
12 Pk 12 Oz. Cans Or 8 Pk. 12 Oz. Btls.



**2/\$10**

**Oreo COOKIES**  
10-14 Oz.



**2/\$7**

**Maruchan RAMEN NOODLES**  
3 Oz.



**4/\$11**

**Blue Bell BANANA POPS**  
12 Pack



**\$3.99**

**LIPTON TEA**  
12 Pk. .5 Liters



**\$5.99**

**PASTA-RONI OR RICE-A-RONI**  
4-5 Oz.



**2/\$3**

**Cowboy LUMP CHARCOAL**  
8 Lbs.



**\$8.99**

**Blue Bell FUDGE, MOOO OR KRUNCH BARS 12 Pack OR ICE CREAM SANDWICHES 12 Pack Or 16 Count Mini**



**\$4.99**

**Aquafina WATER**  
24 Pk. .5 Liters



**\$5.99**

## DAIRY & FROZEN

|   |               |   |                |
|---|---------------|---|----------------|
| Sargento SHREDS OR SLICES 7-8 Oz. ....  | <b>2/\$5</b>  | PictSweet VEGETABLES 10 Oz. ....          | <b>2/\$4</b>   |
| Food Club BISCUITS 10 Ct. ....          | <b>3/\$5</b>  | Mayfield ICE CREAM Pints ....             | <b>2/\$5</b>   |
| Food Club SOUR CREAM 16 Oz. ....        | <b>\$1.79</b> | Idaho Super Crispy FRIES 28 Oz. ....      | <b>\$3.99</b>  |
| Food Club PURE ORANGE JUICE 52 Oz. .... | <b>\$3.99</b> | Stouffers Family Size LASAGNA 57 Oz. .... | <b>\$12.99</b> |

## M-E-A-T

|  |                        |  |                         |
|--|------------------------|--|-------------------------|
| Sanderson Farms Fresh Chicken DRUMSTICKS OR THIGHS Family Pack | <b>\$1.69</b> Lb.      | Choice EYE OF ROUND ROAST              | <b>\$4.99</b> Lb.       |
| Prairie Fresh CENTER CUT BONE IN PORK CHOPS Family Pack        | <b>\$2.99</b> Lb.      | Prairie Fresh PORK TENDERLOIN 2 Pieces | <b>\$2.99</b> Lb.       |
| Prairie Fresh PORK LOIN FILLETS                                | <b>\$6.99</b> 27.2 Oz. | Freshland SAUSAGE Mild Or Hot          | <b>2/\$7</b> 1 Lb. Roll |
| Hormel Black Label BACON Regular Or Thick                      | <b>\$5.49</b> 1 Lb.    | Johnsonville SMOKED BRATS Assorted     | <b>2/\$8</b> 12/14 Oz.  |

## BEER & WINE

|  |                |  |                |
|--|----------------|--|----------------|
| Miller Lite, Coors Light Or Yuengling BEER 24 Pk. Cans | <b>\$25.49</b> | Michelob Ultra BEER 24 Pk. Cans Or Btls. | <b>\$28.99</b> |
| Barefoot WINE 1.5 Liters                               | <b>\$10.99</b> | Cupcake Stills WINE 750 ML               | <b>\$9.79</b>  |

**Not Available At All Locations!**

**AD GOOD MAY 29-JUNE 4, 2024**

**Prices Good At These Locations ONLY!**



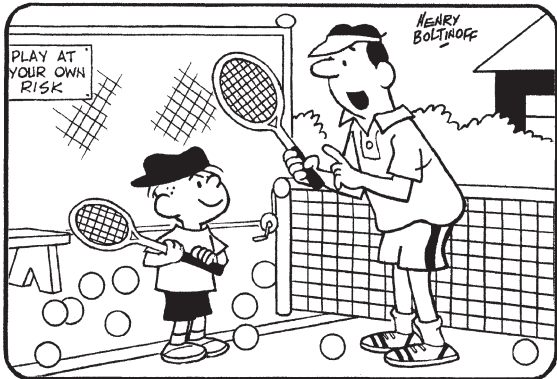
Pick up a copy of this ad in a **Courier Journal** at our store OR go online to **Foodlandgrocery.com**

- KILLEN 1161 Hwy. 72 • 7am-11pm • 256-757-2002
- FLORENCE 1708 Darby Dr. • 7am-10pm • 256-767-2227
- 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

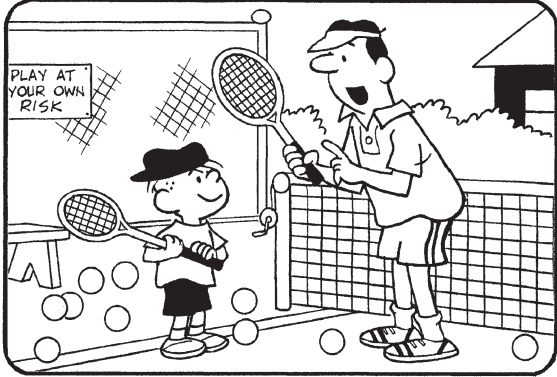
- TUSCUMBIA 103 West 1st Street • 7am-11pm • 256-383-9425
- FORD CITY FOODLAND River Road • 7am-10pm • 256-446-5842
- ELGIN CROSSROADS ELGIN Forest Plaza • 7am-11pm • 256-247-1958
- ROGERSVILLE Rogersville Shopping Ctr. • 7am-11pm • 256-247-1805

**HOCUS-FOCUS**

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Ball is missing. 2. Racket is longer. 3. Stripe on shorts is different. 4. Fence is not as wide. 5. Sign on fence is lower. 6. Bottom of shirt is different.

**REMODELING CONSTRUCTION**  
40 YEARS EXPERIENCE Insured.  
Bathroom remodel, Deck, Fences, etc. 256-762-4357



**ROOFING - LEAKS REPAIRED,**  
Chimneys Flashed, Valley Repair.  
All Work Guaranteed. Free estimates, 256-383-3218

**SUPER NICE DOUBLE WATER-CRAFT TRAILER.** Galvanized with double winches, LED lighting, new tires, and foldable dolly. \$1,500 Firm. 256-436-8755

**2008 PROCRAFT 176 BASS BOAT,** 115 Mercury, Runs Great, like new! \$9,200, 256-263-6562

**ARIAT COWBOY BOOTS, NEVER WORN,** Men's size 10.5D, \$130. still in box 256-263-7636.

**CEMETERY FLOWERS: REDUCED PRICES!**  
Call 256-383-7445

**RICK'S STUMP GRINDING**

\*\*\*\*\*  
Low prices and Free estimates, 256-740-2363  
if no answer, leave message

**GRASS CUTTING:** Fair Prices, Quality Work, Colbert County area. Call 256-383-3218

**HOME IMPROVEMENT AND BUILDING:** siding, additions, garages, painting, decks, Free Estimates. 256-383-3218

**HARDWOOD FLOOR REFINISHING**

25 Years Experience  
All work comes with warranty.  
Ben Hanson, 256-263-2063

**WHITLOCK REMODELING**

Pressure Washing

Sunrooms, all flooring painting, interior, exterior, windows & doors, drywall finishing, re-finishing, hanging, kitchens, bathrooms, vinyl siding, porches, All Handyman.

256-349-3703 or  
256-291-6630

**FINANCIALLY STRESSED?**

- ▶ **Debt Consolidation/ Bankruptcy**  
STOP Garnishments/ Repossessions/Foreclosures
- ▶ **Collection Harassment (FCPA)**  
**Credit Report Disputes (FCRA)**
- ▶ **Social Security Denials**



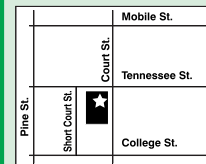
**B. Grant McNutt**  
Attorney at Law



**Nicholas H. Gajewski**  
Attorney at Law



**Tanya McCalpin**  
Attorney at Law



**BOND, BOTES, SYKSTUS, TANNER & MCNUTT P.C.**

Attorneys Providing Financial Solutions

Florence • 256-760-1010

102 S. Court St., Suite 314, Florence, AL 35630

For more information, visit [www.bondnbotes.com](http://www.bondnbotes.com)

No representation is made that the quality of legal services to be performed is greater than the quality of legal services to be performed by other lawyers. We are a Debt Relief Agency and Attorneys at Law who, where appropriate, help people file for relief under the Bankruptcy Code.

**UP TO 1% OFF YOUR LOAN RATE IS SWELL!**



Bring your loan to Listerhill and get up to 1% off our already competitive rates!

Since 1952, Listerhill Credit Union has served local communities. Members benefit every day through their relationship with Listerhill by having their accounts and loans with us. With relationship pricing, you can receive a discount for your new:

- Checking Account
- Automatic Payment
- Direct Deposit
- Listerhill Credit Card
- Outside Loan

Already a member with one or more of these relationships? Swell! Then you are already eligible for relationship pricing discounts!



Federally Insured by NCUA

**LISTERHILL.COM/SPECIAL**

**Dr. Carlos Liotta**  
Family and Sports Medicine  
**Shoals Primary Care**

Welcoming New Patients

Se Habla Español

Walk-ins are Also Welcome

Admitting to Helen Keller Hospital

MOST INSURANCE ACCEPTED • MEDICARE PATIENTS WELCOME

Monday-Thursday 8am - 5pm



**SHOALS**  
PRIMARY CARE

342 Cox Boulevard  
Sheffield  
256-383-4473  
[shoalsprimarycarellc.com](http://shoalsprimarycarellc.com)

**CLIP THIS COUPON!**



**MELVIN'S ON THE SPOT CARWASH**  
**256-767-3366** OR **256-335-8885 (Cell)**  
 • Pick-Up & Delivery • 24-hour Rain Guarantee • Satisfaction Guaranteed  
[www.melvinsonthespot.com](http://www.melvinsonthespot.com)

**SPECIAL WEDNESDAY WAX DAY!!!**  
 Gift Certificates Available **WAX \$25** FOR **FOR** Gift Certificates Available  
 w/coupon only. Wednesday only. \*Limited Pickup & Delivery Area. Expires Tuesday, 6/4/2024

**CLIP THIS COUPON!**

**PUG PUPPIES - FAWN/BLACK,**  
 Males & Females - AKC/CKC Registered - \$1,500 call or text  
 256.348.6426, www.mypampered-pugs.com

**MATTHEWS TREE SERVICE**  
 (Shoals Area)  
 • Stump Grinding • Tree Trimming • Tree Removal  
 Licensed, Bonded, Insured  
 BBB Accredited  
 Steven Matthews, Owner  
**256-483-5918**

**Truck...**  
 Continued from Page 12

trucks in North Alabama. Tickets are \$30 which allows you into the event where you can enjoy a sampling from each food truck.

Tickets must be purchased in advance through [singinriverbrewing.com](http://singinriverbrewing.com)

The Children's Museum is 100% community funded. The Food Truck Festival is the museum's largest fundraiser and helps CMS provide a safe, educational, and fun place for our children to go all year. This is a Rain or Shine event.

Check the FB page of Children's Museum of the Shoals for up-to-date information.

**NEED HELP?**  
 CONTACT 2-1-1  
*Your link to community resources*

**SPIRIT MATTERS**  
 • Intuitive • Physic • Medium  
 Sensitive Now Available for Readings/Sessions  
**938-221-4745**

**Mystery Photo OF THE WEEK**  
**May 29**

**WIN A MEAL FOR 2<sup>ND</sup>**



**Rosie's CANTINA**  
[www.rosiesmexicancantina.com](http://www.rosiesmexicancantina.com)  
 in Downtown Florence  
**ENTER ONLINE at**  
[www.courierjournal.net](http://www.courierjournal.net)

**Week of May 22 winner is Kaylee Leverett of Cherokee**  
 who correctly guessed "The Shell station in Florence on Cox Creek taken in Ross parking lot!"

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



**Homecoming & Gospel Meeting**  
**June 9-12**  
**Pine Hill Church of Christ**  
 1024 County Road 10 • Waterloo  
 Speaker: **Ben Hayes**

Sunday Morning Bible Study • 9 AM  
 Sunday Morning Worship • 10 AM  
 Sunday Morning Meal after Worship  
 Sunday Evening Worship • 1 PM  
 Monday Night - Wednesday Night • 7 PM

**Everyone Welcome**



**WHEN WE UNITE, YOU BENEFIT.**

**PROTECT YOUR FAMILY WITH LIFE INSURANCE**

Having life insurance coverage is one of the most important ways you can protect your family from financial burdens.

From covering burial costs, ensuring your mortgage is paid, replacing income for your family, and creating your legacy for your estate, there are different life insurance plans to fit your needs.

Are you interested in exploring your life insurance options? Scan the QR code!





**PRICES VALID: MAY 29 THRU JUNE 4, 2024**

**BEST IN Fresh!**

**Southern Peaches 1.65 LB**

**Pint Pkg. Blueberries 2.88**

**1 Lb. Pkg. California Strawberries 2/\$5**

**Red Seedless Grapes 3.25 LB**

**8-11 Oz. Olson's Angel Food Cake or Bar 3.99**

**8 Oz. Select Varieties Cool Whip Topping 1.99**

**BUY MORE Save MORE**

**32 Oz. Select Varieties Dannon Oikos or Light + Fit Yogurt 3.99**

**11 Oz. Nature Valley French Vanilla Protein Granola 3.99**

**Ohio Ida Red Apples 4.99**

**Seedless Watermelon 5.99**

**Southern Athena Canteloupes 3.99**

**In-Husk Bi-Color Sweet Corn 40¢ PER EAR**

**8 Oz. Select Varieties I Can't Believe It's Not Butter Spray 2.99**

**10 LB. BAG! Russet Potatoes 3.99**

**Family Pack USDA Inspected Boneless Beef Ribeye Steaks or Beef T-Bone Steaks 7.99 LB**

**Crisp Green Cabbage 59¢ LB**

**Beefsteak Tomatoes 1.35 LB**

**2 LB. BAG! Sweet Vidalia Onions 3.25**

**12 Pk./12 Oz. Cans or 8 Pk./12 Oz. Bottles Select Varieties Pepsi Products 3/\$12**

**WHEN YOU BUY 3 OR \$7.99 EACH**

**Family Pack Hormel Always Tender Bone-In Assorted or Boneless Sirloin Pork Chops 1.99 LB**

**7.5-8 Oz. Select Varieties Lay's Potato or Kettle Chips 2/\$5**

**46-48 Oz. or 6-9 Ct. Select Varieties Blue Bunny Ice Cream or Novelties 3.99**

**DAIRY MONTH FREE FRIDAY!**

**CLIP FRIDAY, 5/31/24 ONLY! \*TAXES MAY APPLY**

**16 Oz. Imperial Margarine Sticks FREE WITH DIGITAL COUPON**

**8 Oz. Salted or Unsalted Plugra Butter FREE WITH DIGITAL COUPON**

**4.5 Oz. Select Varieties Dannon Remix Yogurt FREE WITH DIGITAL COUPON**

**BUY MORE Save MORE**

**SAVE \$1 EACH**

**\*WHEN YOU BUY 5 ITEMS OR MORE**

**MIX & MATCH**

**15.39-24.45 Oz. Select Varieties Red Baron Pizza \$2.99**

**HOME BAKE \$9.99**

**19.8-22.2 Oz. Select Varieties Kraft Home Bake Mains \$4.99**

**15-22.2 Oz. Select Varieties Kraft Home Bake Sides \$4.99**

**Yuban \$6.99**

**8 Ct. Select Varieties Kellogg's Pop-Tarts or Rice Krispies Treats \$1.99**

**22-31 Oz. or 3 Pk. Select Varieties Maxwell House or Yuban Coffee or Kraft Deluxe Macaroni & Cheese or Velveeta Shells & Cheese \$3.99**

**8 Ct. Select Varieties Jell-O or Pudding, NotCo Macaroni & Cheese or DeVour Frozen Entrées \$1.99**

**11-20 Oz. Select Varieties Nabisco Family Size Cookies or Crackers \$3.99**

**6-12 Oz. or 4 Ct. Select Varieties Jell-O Gelatin or Pudding, NotCo Macaroni & Cheese or DeVour Frozen Entrées \$1.99**

**8.9-12 Oz. or 5-10 Ct. Select Varieties General Mills Cereal, Nature Valley, Fiber One Bars or Betty Crocker Fruit Snacks \$1.99**

**5.71-6.2 Oz. Select Varieties Lunchable Grilled Cheesies \$3.49**

**4 Rolls, Select Varieties Brawny Tear-A-Square Paper Towels \$5.99**

**181-151 Oz. or 25-42 Ct. Select Varieties Tide Detergent or Gain or Downy Fabric Softener \$11.99**

SELECTION MAY VARY BY STORE. LIMITED TO STOCK ON HAND. THANK YOU FOR YOUR UNDERSTANDING.

**Store Location | 1421 N. Wood Ave, Florence, AL • 256-284-2048**

We Reserve the Right To Correct Printing Errors, None Sold to Dealers, Quantity Rights Reserved. Items May Not Be Available In All Stores.

Copyright © 2023 A2 Advertising, LLC. All Rights Reserved. Written permission is required before use

- **Inspirational Merchandise 10% OFF**  
Large Selection Of: Journals, Coffee Mugs, Angels, And More!
- **Woven Throws With Beautiful Pictures 50% OFF** (No Sayings)
- **Warmies 10% OFF**
- **Flowers-Realtouch Look So Real You Will Smell Them 20% OFF**

**People's Drugs & Variety**  
Cherokee, AL 256-359-6242

Commentary

Otto '00'...

Continued from Page 12

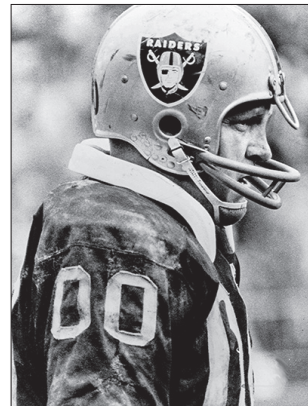
Jim Otto personified old-school football. Injuries didn't matter – you carried on with the game if you could physically stand. There was a war yet to win on that field, and he planned on being out there.

Jim Otto passed away last week at the age of 86. The fact that he lived that long with a clear mind is a testament to his almost superhuman toughness.

There were many injuries during his playing days. However, he considered his 20-plus broken noses, broken fingers, broken ribs, neck stingers, well over a dozen concussions, a broken jaw, and double pneumonia as “minor injuries, therefore minor distractions.”

Medical advances have made surgery and recovery easier. Concussion protocol has put brain-injury caution at the forefront, and rightfully so. However, to Otto, in a pre-prima donna NFL, that didn't compute.

His personal philosophy was, “Never will they kick my butt.” “Playing football was always a serious proposition for me,” Otto said in 2021. “I wanted to put everyone on their backside and go home



*His durability, his ability to play with pain was something else,” Lamonica said. “My first game with the Raiders, he went down with a neck stinger. It looked like he was out for the year. He was back on the next play.... You don't see that kind of dedication today. Commitment to Excellence was what Jim was about.”*

**Daryle Lamonica**  
Raiders Quarterback  
1967-1974

smiling, with my wife. So, it was a tough game for me. I had guys like Ray Nitschke. I wanted to get him and put him on his backside. He wanted to do the same to me. We had great times.”

Even in the early years when the Raiders were not that good, Otto was a stalwart.

He was the only All-AFL center in the league's entire existence from 1960–1969, and he was one of only three players who played in all 140 AFL regular-season games (George Blanda, Gino Cappelletti).

From the AFL's initial season in 1960, through the AFL-NFL merger in 1970 and Otto's retirement after the 1974 season, he started 223 consecutive regular season and playoff games.

Otto was the dominant center of his era, and some will argue he was the best center ever in professional football.

The 217-pound center and linebacker from the University of Miami was undrafted by the NFL. He came into the AFL with a grudge against

the establishment, and he turned himself into the face of a generation for aspiring offensive linemen.

However, those admirable qualities took their toll.

Otto dealt with neck and back issues his entire adult life. Several of his vertebrae were fused, accounting for six of the six-dozen surgeries he endured in his life. Both of his shoulders were replaced. He had 28 knee surgeries altogether with 10 joint replacements. With no alternative in 2007, doctors amputated Otto's right leg. Otto nearly died three times from post-operative infections. He also battled prostate cancer.

Despite the numerous injuries and the physical toll on his body, Otto repeatedly said he left the game with no regrets. When he recalled the pain he endured for decades, he said he would go through it all over again to play in the NFL.

“I know that I went to war, and I came out of the battle with what I got, and that's the way it is,” Otto said on PBS special about the NFL's concussion crisis.

“I was paid to play football, not hang out in the training room.”

Over his 15-year career, the Raiders won seven division titles and were AFL champions in 1967, losing to the Green Bay Packers in AFL-NFL Championship (which came to be known as Super Bowl II). Otto was inducted into the Pro Football Hall of Fame in 1980, his first year of eligibility. In 2019, he was named to the NFL 100 all-time team.

He later returned to work in the Raiders' front office for many years.

Otto's tenacity and drive were the hallmark of the often dominant and intimidating Raider teams of the late 60s and 70s. His influence on professional football cannot be overstated. He embodied the once poignant Raider mantra, “Commitment to Excellence.”

For many reasons, Jim Otto is rightfully recognized as “The Original Raider.”

A stoic nod of the silver and black headgear to 00.

**Colbert County Rabies Clinic - 2024**

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

*We appreciate the local school boards for their cooperation. We are excited to be able to serve the community in this way for another year.*

**Turning 65? Time for a MEDICARE Insurance Plan? Register Today!**

**Our next Medicare Class is Thursday, June 20th Educate before Enrolling**

**11am-Noon @ Alabama Health Guidance 885 Florence Blvd. Florence, AL**

We know all of those **MEDICARE** options may seem a bit confusing – but our **LOCAL** Insurance Specialists have over 20 years of combined experience to help make the whole process easy for you.

Our “**Third Thursday**” Medicare Education Classes, offered each month, allow you the opportunity to learn more. Call to register now to attend one of these classes!

**EXPERIENCE MATTERS!** Meet with Medicare Plan Experts:  
Hope Stamps | Ikey Fowler | Beverly Stamps White

**256-648-5710**

**For accomodation of persons with special needs at meetings, call 256-648-5710**

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

# ASK THE ATTORNEY



**Thomas McCutcheon**

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

## Depositions

Many claims end up in the court system simply because from time-to-time different insurance companies decide they don't want to pay claims for a year or two. Claims that would ordinarily be settled now have to go to court. Depositions are a tool lawyers use to find out about the claims and the people in the case.

I can look at a case and tell you how it's going to be defended. Insurance companies never just open up their pockets voluntarily. Either they argue that their client wasn't at fault or that the other person wasn't hurt as badly as they claim, or they were already

hurt, and the accident didn't cause it. They may take the position that the person did get hurt but now they are completely well.

The deposition is not just about the facts, it's about how they are presented. If the person is authentic and makes a good impression, the case is worth more. If a person is surly, sarcastic, or sour, the case is generally worth less. How questions are answered is important.

When people give their depositions it's important for them to listen to their lawyers. Very few people can walk into a deposition without preparation and do a good job. Occasionally, you will have a client who doesn't follow your instructions but is harmless. Generally, people that don't know what to do or can't remember what to do don't do well at all.

Lawyers are going to tell their clients to listen to the question the other lawyer asks. They are going to tell their clients to answer the question that was asked and then stop talking completely. We will tell you to wait until the other lawyer finishes their question until you begin to answer. And the best advice that you can get is to be sure to say that you don't know if you don't know. People who talk and talk and guess and speculate and just run on like they're the most charming person in the world end up with no case. I've seen people do superb jobs on depositions. I've seen people get mad and not follow instructions and absolutely lose the value of their case because they don't make an effective and meaningful presentation.

If you ever have to give a deposition, ask yourself, how long do you think it will last? Ask yourself, what do you think you will be asked? Ask yourself, what are you most worried that you will be asked? After giving those three questions consideration, take the time a few weeks out from your deposition and sit down and talk with your attorney about what they expect to happen and how you might best approach the questions that will be asked. Joel and I have a short sample deposition from a car accident case that we mail our clients before their deposition simply so they can see what one looks like and read some of the questions they will be asked. Our clients do better as a result of understanding the process.

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

Please send the questions to:  
 "Ask the Attorney,"  
 P. O. Box 38, Florence, Alabama 35631  
 or visit our website at: [www.mhatty.com](http://www.mhatty.com)



facebook: McCutcheon and Hamner, P.C.

We will not print your full name in the article. We will not be able to return any written or preprinted items which are submitted.

**AAA CONCRETE CONCRETE, WALLS,**  
 Finished Driveways, Sidewalks, Porches, Curbs, Steps, Foundations, Bobcat Work, 30 years experience, FREE Estimates. Call 256-633-8643 or 256-577-1823

**WILL BUY PROPERTY Pay Cash 24 hrs. Call Rick 615-545-9445**  
 FOR SALE- 25 BAGS OF CYPRESS MULCH \$3/bag 256-227-0513 Decatur

**LARGE WHEELCHAIR, EXCELLENT CONDITION, \$125, Call 256-836-8827 Decatur**  
**RICKY'S PAINTING** Interior/Exterior, Free Estimates, I work alone to save you money. 256-394-4406

**'31 CHEVROLET COUPE** Totally restored with all original parts. 256-582-2395  
**MANSELL ROOFING,** Discounts to Veterans and Seniors. All Work Guaranteed. Free Estimates, 256-383-3218

**ESTATE SALE**  
 658 N. Wood Avenue  
 Florence, Alabama 35630  
 Friday, May 31st, 9am-3pm  
 Saturday, June 1st, 9am-2pm  
 (Numbers given out at 8:30am Friday & Saturday)  
 Sunday, June 2nd, 1pm-3pm  
 Victorian Etageres, Leather Furniture, Oriental Rugs, Antique Painted Bench, Brass Telescope, Credenza, Sun Cast Iron Stove, Dining Room Set, Toy Gun Collection, Marvel Comics, King Size Bedroom Set, Antique Ladies Desk, Indian Artifacts, Star Wars Collectibles, Records, Tools and More!  
**REMEMBER TO BRING HELP TO LOAD YOUR PURCHASES**  
 Cypress Creek Antiques  
 (256) 275-0273  
 Go to [www.estatesales.net](http://www.estatesales.net) for pictures

**KOGER LAWN SERVICE and Pressure Washing.**  
 Call 256-366-3133

**MILLER'S TREE SERVICE**  
 Tree Trimming and Removal  
 Free Estimates  
 Senior Discounts  
 Licensed & Insured  
 256-710-0548

**REMEMBER AND HONOR MEMORIAL DAY SAVINGS**  
**CONTINUE HUGE SAVINGS on these great brands!**  
**MAYTAG Whirlpool KitchenAid**  
 WHAT'S INSIDE MATTERS®  
**Refrigerators • Ranges Microwaves • Dishwashers Washers • Dryers**  
**Where we service what we sell!**  
 Serving you since 1978  
**BOB WALLACE APPLIANCE**  
 bobwallaceappliance.com  
 The Largest Selection and Inventory of Major Home Appliances in the area!  
 Monday-Friday, 8-5:30 and Saturday, 9-5  
**906 Florence Blvd. 256-767-3213**

**TEC FAST FIBER INTERNET, VOICE & STREAMING**  
 The Ultimate Bundle for Seamless Connection.  
**TEC.COM/SIGNUP** **833-TEC-FIBER**

**WE BUY JUNK and Repairable Vehicles** with titles. Towing \$60 Call Ron 256-275-6540

**REASONABLE TREE SERVICE**  
Tree cutting, trimming, stump removal. Free Estimates. Owner Gilbert Barga 256-314-1009 or 256-366-3539

**\$\$ CASH PAID \$\$ for Used Mobile Homes**  
Lemmond Mobile Homes 256-383-0808

**HAPPY HOLLOW**  
OUTDOORS • APPAREL • INTERIORS

985 9th St W  
Red Bay, AL 35582  
(256) 578-1234

Happy Hollow Outdoors is Northwest Alabama's largest outdoor, home goods, interior, and apparel retailer!

Follow Us:  
Facebook Instagram YouTube  
#happyhollowoutdoors @happyhollowoutdoors  
Visit: [www.happyhollowoutdoors.com](http://www.happyhollowoutdoors.com)

WHAT DO WE SELL?  
**-GUNS & AMMO**  
**-HUNTING & FISHING**  
**-SIDE-BY-SIDES, ATV'S, & GOLF CARTS**  
**-CAMPING & BACKPACKING**  
**-WOMEN'S BOUTIQUE CLOTHING**  
**-WESTERN WEAR**  
**-SPORTING GOODS**  
**-HOME DECOR**  
**-AND MUCH MORE!!!**

SCAN ME!

# Moments in Time

avalanche traveling at over 100 miles per hour that buried the towns of Yungay and Ranrahirca, killing an estimated 50,000 people and making it the worst natural disaster ever recorded in the country's history.

• On May 27, 1831, trapper-explorer **Jedediah Smith**, who established the South Pass across the Rocky Mountains in modern western Wyoming as a well-known and heavily traveled route for fur trappers, was riding alone when he was attacked and killed by a hunting party of Comanche Native Americans on the Santa Fe Trail.

appear on the cover of TIME magazine.

• On May 30, 1899, amateur bandit **Pearl Hart** and her drifter boyfriend, Joe Boot, held up an Arizona stagecoach, making away with over \$400 in cash. Although discovered and sentenced to prison, neither served their full term, and Hart was pardoned by the governor in 1902, living out the rest of her life in relative obscurity.

• On June 1, 1958, following a long political crisis over the Algerian War, former French president Charles de Gaulle was called out of retirement to head a new emergency government as prime minister for a six-month term in an effort to keep the country together.

• On June 2, 1920, **Eugene O'Neill** won his first of four Pulitzer Prizes, for his play "Beyond the Horizon," which was also his first full-length work to be staged. Though he was initially not happy over the news, his attitude improved upon learning the award came with a \$1,000 prize and did not involve a ceremony.

(c) 2024 King Features Synd., Inc.

• On May 28, 1983, **Irene Cara's** song "Flashdance (What a Feeling)," from the "Flashdance" movie soundtrack, reached the top of the U.S. pop charts and helped push the film to the No. 3 spot on that year's total box-office revenue list. It also proved to be the biggest hit of Cara's career.

• On May 31, 1970, an earthquake measuring 7.9 on the Richter scale off the coast of Casma, Peru, in the Pacific Ocean caused an

• On May 29, 2014, LGBT advocate and Emmy-winning actor **Laverne Cox** of the Netflix original series "Orange Is the New Black" became the first transgender person to

Take Note...  
of your Community.

Courier Journal Community Notes

**JCHAMM**  
The Comfort Professionals  
& Sons, Inc.

**Tune-up \$69**  
 Check Condenser Fan Motor  
 Amp Compressor  
 Check Capacitor  
 Tighten Electrical Connections  
 Check Condenser Cleanliness  
 Check Freon Pressures and Temps  
 Check T-stat Operations  
 Check Indoor Blower Motor  
 Clear Drains  
 Check Evaporator Coil for Cleanliness  
 Check Blower Motor Capacitor  
**1-VISIT**

**PMA \$119**  
 Check Condenser Fan Motor  
 Amp Compressor  
 Check Capacitor  
 Tighten Electrical Connections  
 Check Condenser Cleanliness  
 Check Freon Pressures and Temps  
 Check T-stat Operations  
 Check Indoor Blower Motor  
 Clear Drains  
 Check Evaporator Coil for Cleanliness  
 Check Blower Motor Capacitor  
**2-VISITS**  
 Clean Condenser Coil  
 No Overtime Rates  
 15% Discount on Repairs  
 Priority Service

**VS**

**FREE SECOND OPINION**  
with written quote from another company.

**TVA is offering a \$50 REBATE for A/C and Heat Pump Tune-ups!**  
We handle the paperwork and all we need is a valid email address from you. TVA will send you a email and mail you the check. No inspection required.

**256-764-7386 | www.jchamm.com**  
Heating/Air Conditioning • Equipment Replacement • Repairs • Maintenance  
Air Purification • Financing Options Available • AL LIC# 83391

**AVALON**  
MEDICAL GROUP

2410 E. Avalon Ave  
Muscle Shoals  
[www.avalonmedshoals.com](http://www.avalonmedshoals.com)  
**256-386-0808**

**Don Heinkel, M.D.**  
Tracey Owen, CRNP and a team of caring professionals  
Family Practice  
Luke 10:27

Welcoming new patients for primary care.

Office Hours  
Monday–Thursday 8am–5pm • Fridays 8am–Noon



# Medicare Minute

## "Choosing a Medigap Plan"

Choosing the Medicare supplement, or Medigap plan, that's right for you can be a difficult task. As mentioned in a prior article the most common Medigap plans sold in Alabama are Plan A, Plan B, Plan C, Plan F, Plan G and Plan N. Each of these plans are "standardized" by Medicare. "Standardized" means that each of these individual plans must contain the same basic benefits regardless of the insurance company you purchase it from. For example, Plan G with company XYZ must contain the exact same benefits as Plan G with company WXY. The one thing that can be different is the premium each company charges for the exact same coverage.

The plan letters (A, B, C, F, G, & N) represent different levels of coverage that a person can purchase. Plan A is the most basic Medigap plan. It does not cover the Part A or Part B deductibles or Skilled Nursing Facility coinsurance but does pick up the Part A and Part B coinsurance after the deductibles are met.

For individuals who became, or will become, eligible for Medicare after January 1, 2020, Plan G is the "Cadillac" of all Medigap plans. With Plan G you would be responsible for the Part B deductible of \$198. After the Part B deductible is met, Plan G would pick up the 20% Medicare does not cover. Remember, your Medigap plan can only pay if Medicare approves the charges.

When talking to a company or agent about Medigap policies you may benefit by talking to someone who offers ALL the plans. Every company selling Medigap policies does not offer all the plan options. If you are speaking with an agent or company that does not offer a particular plan, such as Plan G, you may never hear about this plan.

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](mailto:ikey@alabamahealthguidance.com). Alabama Health Guidance is an independent insurance agency and is not affiliated with Medicare or any other government agency.



Ikey Fowler

885 Florence Blvd. • 256-648-5710  
(Four Lane Shopping Center)



# Food Outlet

This Ad Good May 29-June 4, 2024

2503 North Wood Ave. • Florence  
256-766-0456

Hwy 200 • Central Heights  
256-349-2377

We Welcome WIC & Food Stamp Shoppers. Quantity Rights Reserved. None Sold To Dealers.

## SHOP OUR FULL SERVICE MEAT DEPARTMENT

USDA FRESH FAMILY PACK  
**GROUND BEEF**  
**\$2.98** LB.

USDA FRESH **BONELESS PORK CHOPS**  
**\$2.38** LB.

**ABERDEEN SLICED BACON**  
**2/\$4** 12 OZ.

USDA **BONELESS CHUCK ROAST**  
**\$4.98** LB.

USDA FROZEN **SPLIT FRYER BREASTS**  
**\$1.68** LB.

**OSCAR MAYER BOLOGNA OR WIENERS**  
**2/\$4** 16 OZ.

29 OZ. **ARGO SLICED PEACHES**  
**\$1.88**

15 OZ. **LIBBY'S CORN OR GREEN BEANS**  
**5/\$5**

40 OZ. **FOOD CLUB VEGETABLE OIL**  
**\$2.98**

64 OZ. **OCEAN SPRAY CRANBERRY JUICES**  
**\$2.98**

30 OZ. **DUKE'S MAYONNAISE**  
**\$3.98**

6 BIG ROLLS **BOUNTY ESSENTIALS PAPER TOWELS**  
**\$4.98**

### DAIRY SPECIALS

52 OZ. **SIMPLY LEMONADE**  
**2/\$5**

8 OZ. **DUTCH FARMS CHEESE BARS OR SHREDS**  
**2/\$4**

16 OZ. **BLUE BONNET BLUMARGARINE QTRS.**  
**\$1.68**

### PRODUCE SPECIALS

LARGE **ATHENA CANTALOUPES**  
**2/\$5**

LB. - **CHILTON COUNTY PEACHES**  
**\$1.48**

LB. - **FRESH SNAP BEANS**  
**\$1.48**

### FROZEN SPECIALS

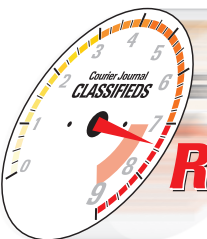
6 PK. - FUDGE, TOFFEE, MAYFIELD SELECT **ICE CREAM BARS**  
**\$2.88**

4.6 OZ. **FAST BITES CHEESEBURGERS**  
**2/\$3**

6 PACK 1/2 LITER BOTTLES **COKE PRODUCTS**  
**3/\$12**

Catch the eye of your buyer faster than any other classified advertising in the Shoals Area!

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



Sell It Fast with a **RED LINE AD**



See the Classified Form on page 6 for details.

# SIGNS OF THE PAST



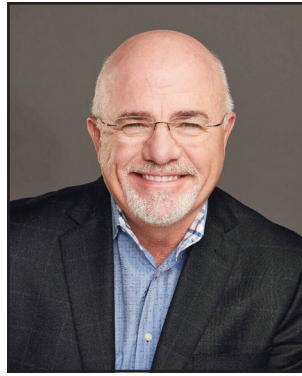
Location: 34.8061°N, 87.6314°W  
Walk of Honor, Florence, AL

Mary Beth was 2 years old when chosen to be a March of Dimes poster child. Born in 1957 with spina bifida, she could neither walk nor stand. She graduated from Coffee High and worked for ECM as a technician for 17 years. She died in 2022 having lived for 64 years inspiring others.

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

## DAVE Says

by DAVE RAMSEY



### THINK, PRAY...AND FIND YOUR CALLING

Dear Dave,  
My husband and I have been very blessed financially over the course of our lives. We make a little over \$200,000 a year combined, and we currently have a net worth of around \$4 million. But what do you do when you're not motivated by that kind of thing anymore? How do you find and live out God's purpose for your life, when you've already had a better life than you ever expected?

Amanda

Dear Amanda,  
I can't tell you what your calling is, but I can say this. There's a lot of fulfillment and joy to be found when you're doing something that serves the people and things in your life that matter most.

If you've studied psychology a bit, you may remember something called Maslow's Hierarchy of Needs. Basically, it says once your physiological and safety needs have been

met, you begin to feel the need to find other things to motivate you. It sounds like you're both hard-working, performance-driven people. I am, too. And people like us get our relaxation, and even fulfillment, away from work in different ways than most people.

If I were in your shoes, I'd start trying to think about ways you can serve other people or causes you care about. Maybe there were dreams you had a long time ago, and you put them aside for your career. What really speaks to you right now, at this stage of your life? For you, if you have kids in the house, it might mean becoming a stay-at-home mom and really pouring yourself into them. It might mean starting an animal shelter, or providing meals for people who are homebound. Everyone has dreams, and everyone's dreams are different.

It sounds like you've been thinking about this for a

while, so here's my advice to you. Take a day, or even a weekend, all to yourself. Get away from everything and everyone—any and all outside distractions—and think about your future self. Bring along things to eat and drink, a bunch of notepads, pencils and a Bible. Then, before you do anything else, take a deep breath, relax and pray.

From that point on, be completely honest with God and with yourself. Open up your heart and mind to things you care about and all the possibilities. You have to have a goal that's worthy in mind, and that's the one thing that's missing. But a time of thoughtful prayer—and yes, even daydreaming—may just put you closer to an answer than you've ever

been before.

Congratulations on your success, Amanda. You and your husband truly have been blessed. But now, it may be the time to become a blessing to others!

—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.

## Thinking of Selling Your Unwanted Diamonds & Gold?

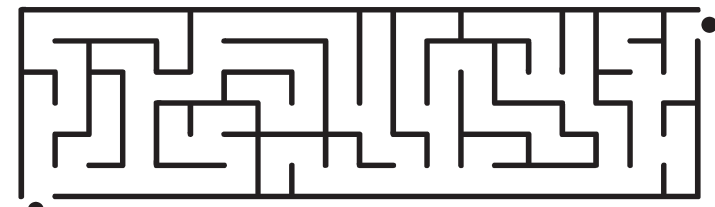
Bring Them to the Jeweler You Trust.  
We Pay Top Dollar



285 Cox Creek Parkway • 256-764-4013  
Shop groganjewelers.com



### Kids' Maze



©2024 King Features Syndicate, Inc.

### 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. Broker's venture     | ___ _ _ _ T _ | Actually             | ___ _ _ _ L _ |
| 2. Insertion mark       | ___ _ R _ _ _ | Military student     | ___ _ D _ _ _ |
| 3. Slick or Kelly       | ___ _ _ C _ _ | Wine fruit           | ___ _ _ P _ _ |
| 4. Tenant               | L _ _ _ _ _   | L.A. ballplayer      | D _ _ _ _ _   |
| 5. Lancelot's weapon    | ___ _ _ _ D _ | Took an oath         | ___ _ _ _ E _ |
| 6. Child caregiver      | ___ _ _ N _ _ | Detective Drew       | ___ _ _ C _ _ |
| 7. Small ketchup holder | ___ A _ _ _ _ | Pouch                | ___ O _ _ _ _ |
| 8. Additional benefit   | ___ _ _ U _ _ | Tibias and mandibles | ___ _ _ E _ _ |
| 9. Frilly skirt edging  | ___ U _ _ _ _ | Sweepstakes          | ___ A _ _ _ _ |
| 10. Goliath's opponent  | ___ _ _ _ D _ | Actress Bette        | ___ _ _ _ S _ |

## Puzzle Whirl

### MINI SUDOKU

|   |   |   |   |   |
|---|---|---|---|---|
|   |   |   | 6 |   |
| 1 |   |   | 3 | 5 |
| 2 |   |   |   |   |
|   | 3 | 1 |   | 4 |
|   |   | 4 | 2 |   |
|   |   |   |   | 3 |

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.

© 2024 King Features Synd., Inc.

### WORD LADDERS

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

#### CARDS

\_\_\_\_\_

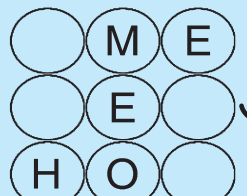
\_\_\_\_\_

\_\_\_\_\_

#### PAGED

Answers on Page 30

### 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.

© 2024 King Features Syndicate

# Heritage...

Continued from Page 12

Carter and the C.O.R.E. Drummers. Cynthia Ricks Pollard will emcee.

Festival dancers will have a presentation at 4 PM. Followed by the Citizen of the year presentation at 4:30. The event continues into the evening with performances by culture dread from Birmingham at 4:45pm, exodus reggae band from Memphis at 5:45pm and the Shoals' own Midnighters at 6:45pm.

# Community Notes...

Continued from page 5

**Florence Camerata, a popular local community choral group,** rehearsals held on each Thursday, at the UNA choral room from 6:30-8pm, 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.

**The Batting Brigade Quilt Guild, meets the second Monday** of the month at: Edgemont United Methodist Church, 1330 Eauclaire Ave., Florence. For additional information call Liz Linebrink 601-590-4367. If no answer leave message.

**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](http://homemission.org) to view schedule; register at [www.hcu.edu](http://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.

**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.

**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.



# CHAD'S PAYLESS PHARMACY, INC.

OUR FAMILY CARING FOR YOUR FAMILY

501 WEST COLLEGE ST. FLORENCE

256-766-3298



Audrey Cohenour Newton, PharmD • Frances Cohenour Heinze, PharmD

Flu, Covid, Shingles, Pneumonia, and RSV vaccines available. No appointment needed.



## St. Vincent de Paul THRIFT STORE

Help Us, Help Others

Serving Families of the Shoals

# ALL Linens 1/2 OFF

**659 South Poplar Street, Florence**  
(Conveniently Located in Downtown Florence Off Veterans Drive)

**256-718-0901 • Mon.-Fri. 10am-4pm, Sat. 10am-2pm**  
[www.facebook.com/SVDPFlorence](http://www.facebook.com/SVDPFlorence)

## Aluminum Carports and Patio Covers

**Tony Cabaniss**  
**256-577-5990**

**Chuck Cabaniss**  
**256-702-7881**

# FIVE GUYS®

## BURGERS and FRIES



Choose as many of our free toppings as you want!

- Mayo
- Lettuce
- Pickles
- Tomatoes
- Grilled Onions
- Grilled Mushrooms
- Ketchup
- Mustard
- Relish
- Onions
- Jalapeno Peppers
- Green Peppers
- A.1.® Steak Sauce
- Bar-B-Q Sauce
- Hot Sauce

Let Us Cater Your Next Event!

- Burgers
- Dogs
- Sandwiches
- Fries

Coca-Cola

We proudly serve Coca-Cola® products.

**2881 Florence Blvd. Florence 256-349-2058**  
10:30am-10pm every day Order online: [FiveGuys.com](http://FiveGuys.com)

**IT'S YARD SALE SEASON!** Get a free yard sale kit with your prepaid red lined yard sale ad. Deadline Friday: 8 days prior to a Saturday sale. See Page 6 or visit [www.courierjournal.net](http://www.courierjournal.net). Thank you for reading the Courier Journal!

**BABY CHICKENS FOR SALE,** 256-263-0700

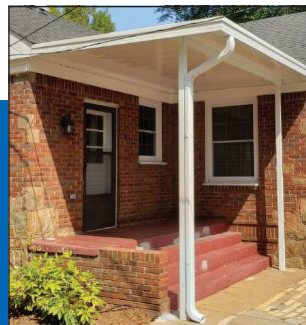
**HOME IMPROVEMENT AND BUILDING:** siding, additions, garages, painting, decks, Free Estimates. 256-383-3218

**MANSELL ROOFING,** Discounts to Veterans and Seniors. All Work Guaranteed. Free Estimates, 256-383-3218

**BEDSIDE COMMODE, SHOWER BENCH,** walker \$50 for all. Twin Bed \$125 256-577-2745

# BAMA ALUMINUM CO.

Aluminum Patio Covers • Carports • Screen Rooms



For FREE Estimate CALL TODAY!

256-668-9890 • Darrell 256-980-9304

MADE IN THE USA



BamaAluminum.com

2310-B Woodward Ave. • Muscle Shoals

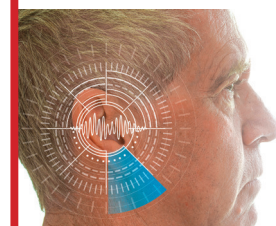
Facebook/BamaAluminum

MADE IN THE USA





## ONE LOVE Hearing Concepts



FREE Hearing CHECK UP!

FREE DEMO of ANY MODEL!

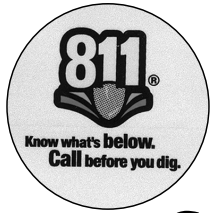
- Affordable Demo/Refurbished Models In House payments as low as \$40 month
- Advanced Technology



William "Bill" Tate, L-HIS Rogers H.S. Alumni

**1865 Highway 72 • Killen • 256.272.5095**  
[www.1lovehearing.com](http://www.1lovehearing.com)

See NOTES... page 30



**SHEFFIELD UTILITIES**  
SHEFFIELD, AL 35660 • 256-389-2000

**Summer is Near!  
Call 811 before you dig!**

Information and Safety Tips from Sheffield Utilities for Public Awareness Program (Alabama Act 94-487 and Office of Pipeline Safety Part 192.616)

**What is Natural Gas?**

Natural gas is made up of hydrocarbon gases, primarily methane, naturally occurring in rock formations deep below the earth's surface. The natural gas is withdrawn and transported to homes and businesses through an underground system of pipes.

**Why use Natural Gas?**

Natural gas is a fuel of choice because it is:

1. Efficient
2. Clean-burning (emits few pollutants)
3. Plentiful
4. Safe



**Who uses Natural Gas?**

- Residential users use natural gas in their homes to fuel furnaces, pool/spa heaters, gas lights, stoves, generators and space heaters.
- Commercial users use natural gas in businesses such as restaurants, hotels, and hospitals.
- Industrial users use natural gas for heating processes and as a fuel for the generation of steam.
- Electric utilities use natural gas to generate electricity.
- Natural gas pipeline companies use natural gas as a fuel to run compressor units.

**Natural Gas Safety Precautions**

Natural gas is colorless, odorless, lighter than air, and non-toxic. Breathing natural gas is not harmful as long as there is an adequate supply of fresh air to breathe along with it. Natural gas by itself will not burn, but with the proper mixture of gas and air combined with an ignition source, combustion can occur.

An odorant that smells like rotten eggs is added to natural gas so that it can be detected. The odor is a warning that natural gas may be present and, if ignited, could result in personal injury or property damage. If the smell of gas is present inside your home or business (no matter how faint or strong),

**Do Not:**

1. Smoke or strike a match.
2. Operate an electric switch or appliance control.
3. Pull any plugs from outlets.
4. Use a flashlight or lighter.
5. Use a telephone or cell phone in the building.

If you SMELL A FAINT ODOR of natural gas INSIDE YOUR HOME OR BUSINESS, check to see if any appliances have been left on accidentally or if a pilot light has been extinguished, which would cause the odor (rotten eggs). If the odor persists, TAKE NO CHANCES, get out of the house immediately, and then call us from a nearby phone or neighbor.

If a STRONG OR PERSISTENT ODOR OF GAS is present IN YOUR HOME OR BUSINESS, OR IF YOU HEAR A HISSING SOUND of escaping natural gas, follow this procedure:

1. Get everyone out of the building immediately.
2. Leave the door open.
3. Use a neighbor's phone or cellular phone outside the building to call us.
4. If you SMELL OR DETECT NATURAL GAS OUTSIDE, call us.

Leaks from natural gas pipelines are extremely rare, however it is important that you know how to recognize the signs of a leak if one were to occur in your area. A strong odor, hissing sound, or dirt blowing up from a hole are signs of a leak. Move away from and upwind of the suspected leak before calling us. Do not light matches, smoke, use a cell phone or attempt to start any motor vehicles in the area of a possible gas leak.

**Call Before You Dig**

Whether you are building a home, installing a sprinkler system, or just planting a tree, we want you to be safe. No matter the size of the project, before you dig, grade, or excavate, the law requires you to call for all underground utilities to be located. Please contact the One-Call Center for more information on this free service. (Alabama One Call 811) If you are digging and expose a gas pipeline, call us. Proper attention to pipe that has been exposed can prevent problems later.

**Phone Number: Sheffield Utilities 256-248-2745, or 256-389-2478**  
**Alabama One Call 811**  
**Or you can call 911 for Emergencies**

538960-1

**STRANGE  
but TRUE**

• In 1925, a war between Greece and Bulgaria started after a stray dog crossed their border.

• During the 1917 siege of Jerusalem, the British, in an effort to capture the city from an entrenched Ottoman garrison, airdropped cigarettes filled with large doses of opium in the hope their opponents would be too stoned to fight. It worked.

• Holland, Michigan, has 168 miles of tubing coiled underneath its streets that circulates hot water in order to melt any snow on the ground.

• China's Three Gorges Dam is so huge that it's slowed the rotation of Earth.

• Hard-rocker Ozzy Osbourne once fell asleep during a driving test and woke up to find a note on the seat that said, "You

have failed." But give him credit for persistence: After 19 attempts, he finally managed to pass the test in 2009 at the age of 60, and then purchased a Ferrari.

• In Wisconsin, it's legal for kids of any age to drink alcohol in a bar as long as they are with their legal guardian.

• Dwayne Johnson's beard in the movie "Hercules" was made of yak testicle hair.

• The Aztecs regarded childbirth as a form of battle. Women who didn't survive it were thought to rise to one of the highest heavens, the same one as for male warriors who died in battle.

• In 1986 a Soviet pilot made a bet with his co-pilot that he could land his airplane blind. He curtained all the cockpit windows & crashed the plane into the landing strip, killing 70 of his 87 passengers.

*Thought for the Day: "Life is like skiing. The goal is not to get to the bottom of the hill. It's to have a bunch of good runs before the sun sets." — Seth Godin*

© 2024 King Features Synd., Inc.

**DIVORCE** AS LOW AS **\$300** Uncontested Excludes costs

**DIVORCE:**

- Child Support
- Custody
- Visitation
- Modifications
- Former DHR Child Support Prosecutor with 39 Years Experience

**Law Office of Robert F. Smith**

521 E. Tennessee St. Florence  
**256-764-ATTY (2889)**

**A Divorce & Family Law Practice**  
[www.ShoalsFamilyLaw.com](http://www.ShoalsFamilyLaw.com)

**Fees quoted by phone ALL CREDIT CARDS**

No representation is made that the quality of legal services to be performed is greater than the quality of legal services performed by other lawyers.

**Renaissance Eye Care Welcomes Dr. Lisa Campbell!**

**Dr. Campbell is experienced in all areas of optometry!**



**Dr. Hamp Moore, Dr. Kathy Warner**  
**Optician: Jason Roberson**

**SCHEDULE & SHOP ONLINE AT [renaissanceeyecare.com](http://renaissanceeyecare.com)**



**RENAISSANCE EYE CARE**  
1593 Darby Drive • Florence • 256-767-5000

Office Hours: Monday–Thursday 8am–5:30pm • Friday 9am–4pm

807026-1

**WE BUY JUNK CARS,** Trucks or Vans with or without titles, Call Joel 256-303-7609

**PUPPIES FOR SALE KING** Charles Cavalier Spaniel \$1000.00 each, Registered Basset Hounds \$800.00 each. 256-412-4242 or 256-460-8504

**FUSE BOX OR ELECTRICAL PROBLEMS?**

**Call American Electric In Florence, AL.**  
We have over 30 years experience, with friendly, dependable and affordable service. Locally and Veteran Owned, 256-760-1152

**RUSSELLVILLE: ESTATE SALE**  
161 Hunterwood Cr.  
Thurs. Fri. Sat. 5/30-6/1 9 am - 4 pm  
Antique jewelry, Fenton glassware, Imperial glass, Fostoria, cast iron cars and tractors, house full of collectibles, lots of tools SKs and Craftsman. First of 2-3 sales. Search Kathy Oliver Grissom on Facebook for photos. Signs will be out.

**MILLER'S TREE SERVICE**

Tree Trimming and Removal  
Free Estimates  
Senior Discounts  
Licensed & Insured  
256-710-0548

**GRASS CUTTING:** Fair Prices, Quality Work, Colbert County area. Call 256-383-3218

**I BUY CLASSIC CARS**  
No matter your location, I will come to you.  
Call Lawrence 931-242-3135 Local Number

**HOME IMPROVEMENT AND BUILDING:** siding, additions, garages, painting, decks, Free Estimates. 256-383-3218

**SHOALS GENERATOR PRO**

I can install your Generac or Kohler Home Standby Generator  
Authorized, Licensed & Insured. Ron 256-762-7663

**GARNER LANDSCAPING**  
Shrub removal, small backhoe work, mulch, sod, garden tilling, lawn mowing, Free Estimates! 256-702-1404

**UNBELIEVEABLE TOYOTA: COROLLA, 2005 \$11,450.** LE Only 35k miles! (YES, 35K!) Full power, automatic, cruise control, just serviced, new tires, VERY RARE FIND! MUST SEE! 256-527-2125

**ESTATE SALE**

**658 N. Wood Ave. • Florence, AL**  
**Friday, May 31st • 9am-3pm**  
**Saturday, June 1st • 9am-2pm**  
Numbers given out at 8:30am Fri. & Sat.  
**Sunday, June 2nd • 1pm-3pm**

Victorian Étagères • Leather Furniture • Oriental Rugs • Antique Painted Bench • Brass Telescope • Credenza • SUN Cast Iron Stove • Dining Room Set • Toy Gun Collection • Marvel Comics • King Size Bedroom Set • Antique Ladies' Desk • Indian Artifacts • Star Wars Collectibles • Records • Tools • & More!

*Park on one side of the road to allow traffic to get thru. Please do not park in front of mailboxes, driveways or on the edge of the neighbors yards.*

**BRING HELP TO LOAD YOUR PURCHASES**

**Cypress Creek Antiques & Estate Sales**  
256-275-0273

Go to [www.estatesales.net](http://www.estatesales.net) to view photos

**Real Estate**

**FOR RENT FLORENCE** 4 bdrm, 2 ba., AC, Section 8 welcome, rent \$1,395, \$700 deposit. 256-335-4554

**PROPERTY FOR SALE** Muscle Shoals 3.45 Acres Mary Mack St. 256-740-1960

**RENT TO OWN HOMES:** 15-20% down, all in nice areas. Text 256-335-9495 or 256-277-8899

**FLORENCE COMPLETELY FURNISHED HOME For Rent:** Located in North Florence Cul-de-sac, 3 bedrooms, 2 baths, cookware, all appliances, central air, college students welcome, \$1,000 per month, 256-394-0065



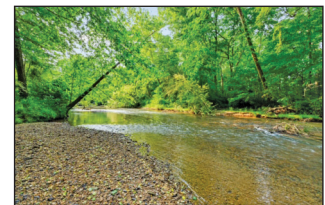
**COUNTY ROAD 8 MUST SEE!** Beautiful parcel located about 2.5 miles west of Savannah Highway 20 on Co. Rd. 8. Property is wooded and divided into 4 lots ranging from 1.4 - 2 acres. Can be used for a hunting plot or building site(s). Priced at \$13,500 per acre or purchase the entire parcel. Water and electricity at frontage of Co.Rd. 8. Call 256 631-0093 Don't miss this one!

**FOR LEASE FLORENCE,** 1950 Shade Ave., 3 bdrm., 1 ba., central heat/air, large rooms, with carport, \$1,295 per month, \$700 deposit, Section-8 welcome, Call 256-335-4554

**RV LOTS FOR RENT GREAT LOCATION**  
Hwy. 72 & Mulberry Lane Intersection, 12500 Hwy. 72 Barton, AL, 50 and 30 amp, WI-FI, sewer, electric, TV Room, washer & dryer included, sheds with picnic tables, walking trail, Tennessee River boat ramps nearby, \$400 per month Special! 256-810-1950 call or text

**AUCTION**  
109± Acres • Home • 5 Tracts  
Cypress Creek Farm  
15811 Co. Rd. 8, Florence  
Sat. • June 15th • 10AM

**REAL ESTATE:** This beautiful 109± acre Cypress Creek farm lies in the Cloverdale Community, fronting CR 8 and Cypress Creek. The farm consists of 65± acres of established pasture with the balance in woods. Structural improvements include a 3BR, 1BA home, barn and machinery shed. Property will be offered in 5 tracts ranging in size from 1 acre to 45 acres, combinations of tracts and again as one unit.



**Open House: Sunday, June 9th, 1:00-3:00PM**  
[www.kingrealtyauction.com](http://www.kingrealtyauction.com)

**TERMS:** 10% down with balance due in 45 days. Seller will provide survey, deed and owner's title insurance. Seller reserves the right to accept or reject any and all bids. The real estate will be sold "AS-IS" without warranties of any kind. All information contained in this ad is believed to be correct, but not guaranteed. Announcements made by the Auction Company on day of sale supersede any printed material.

**KING REALTY & AUCTION CO., INC.**  
256-766-9600  
[KINGREALTYANDAUCION.COM](http://KINGREALTYANDAUCION.COM)  
HENRY J. KING, BROKER (AL #5403 - TN #6919) • PAUL KING, III (AL #5354 - TN #7184)

**Lexington Clinic**

Welcomes

**Kim Crain**

Board Certified  
Family Nurse  
Practitioner

Kim is now welcoming  
New Patients.



MOST INSURANCE ACCEPTED • MEDICARE PATIENTS WELCOME

Monday-Thursday 8am - 5pm • Friday 8am-Noon

**SHOALS PRIMARY CARE**

11631 Hwy 101,  
Lexington, AL  
(256) 229-6262  
[shoalsprimarycarellc.com](http://shoalsprimarycarellc.com)

**Courtview Towers Studio Apartments 1 & 2 Bedrooms available. Convenient to downtown Florence. Rent based on income. Equal Housing Opportunity 256-767-0201**



**TWO GUYS**  
  
**Urethane Primer Set Up \$69.95 /5-quarts**  
**Urethane Clear Set Up \$69.95 /5-quarts**  
 256-767-2925  
**Challenger®** Monday-Friday 8-5  
**4780 Hwy 157 • Florence**  
 (across from Underwood Elementary School)

**STATE-LINE SEPTIC PRO, LLC.**  
**SEPTIC & PLUMBING**  
**256-702-6100**  
 PLUMBING PATROL IS ON A ROLL!

**Letters...**

**Expensive 4 Years...**

Continued from Page 12

Trump had a strong list of accomplishments that benefited all Americans. If Mr. Smith would compare these positive accomplishments with Mr. Biden's major flops plus kowtowing to China and Russia, maybe he would change his mind.

Mr. Trump has many of the same human faults that I and many other humans possess. However, compare his accomplishments while in office to Mr. Biden's failures beginning on day one.

Mr. Biden blew the Afghanistan withdrawal, costing several lives, leaving billions of equipment for our enemies, and giving the Taliban the names of those who had worked for the US military, so they

"could be protected." Many were killed within a week.

He killed the Alaskan Oil Pipeline to satisfy the Green members of his party. Killing the pipeline put many people out work and has made us dependent on foreign oil.

During Trump's last 3 years, we were self-sufficient, producing our own fuel and selling to many foreign nations.

Biden used the emergency military fuel cache, reducing our military readiness and placing our future in doubt.

He immediately opened our borders allowing over a million people, many with unknown backgrounds, into our country within a few months and rewards them with benefits needed by US citizens.

Not speaking against this means he supports several Democratic governors wanting to grant these non-citizens the right to vote and that everyone should be able to vote without an ID card. As leader of the Democrat party, he is responsible for gas prices having doubled since he took office. He stated he would make the populace buy very expensive electric autos. He supports the Democratic position that abortions should be government funded and allowed up to birth. He has used our legal system against his enemies. He supports the NEA teacher's union that believes teachers, not parents, should control our children. He strongly supports the idea that men can be women and women can be men. And during a time of great need, he has walked away from our closest, long-term ally, Israel.

The above facts tell me that whether or not Mr. Trump has ever read a book or Bible, he has already proved that he is willing and capable of Making America Great Again, even when both houses were Democratically controlled.

Floyd N. Price  
 Florence

**NEED HELP?**

CONTACT 2-1-1

Your link to community resources

**Christians Must Make It Clear**

Editor,

A recently syndicated article by Cal Thomas, *The Powerless Modern Church*, says that instead of the churches following the Bible and standing against sinful acts, the churches have approved sinful acts. For example, some churches have approved abortion and same sex marriage. These lifestyles are contrary to what the Bible says.

In 1588 the Catholic Church supported scripture saying that abortion is murder and still considers it murder. In recent years, the leaders of some churches have ignored the Bible and early theological positions. Some churches have approved of abortion. More than 1.5 billion babies have been aborted in the last 50 years. And more than 63 million of those abortions have occurred in the United States.

On the other hand, many of the churches that oppose abortions do not speak out against it in the pulpit or support pro-life groups who offer adoption as an option. Today, most churches are silent, just like when Jews were killed during WWII's Holocaust. This sets a really bad example for non-Christians in a very secular world. They observe what the Church stands for and point out that Christians are hypocrites.

Last year I wrote a short 16-page booklet on abortion, "Take My Hand Not My Life." To date, I have given away about 100 books and another 100 are now being printed. They are free of charge, but I ask for a donation of \$5 which pays for books that I give away free to others.

Unfortunately, church members who read my book about abortions agree by saying "That is terrible." Then they just drop the subject. It is hard to understand how members of any church can remain silent when abortion is a holocaust that is far worse with far greater numbers killed than during the Nazi Holocaust of WWII.

Jesus sent the Holy Spirit to dwell inside the hearts of all Christians. The Holy Spirit will be there to comfort, defend, and guide you in what the Bible says. If a Christian is baptized, receives the Holy Spirit, and invites the Holy Spirit into their heart and mind, there is no way the Spirit will tell anyone to kill billions of innocent helpless babies.

If the Holy Spirit is your guide, other people, including non-believers, will see the difference between Christians who attend church and follow God's commandments and non-Christians who do not. The example you set is worth much more than your words about claiming to be a Christian.

Church members must "walk the walk not just talk the talk." Until this changes, church attendance will continue its serious decline.

Christians in every church must make it clear that they stand for saving lives not destroying them. This should be the position of church leaders and each member of a church. They should insist that their churches oppose abortion, especially on demand, and support birth control.

What are some grounds to oppose abortion? The first is that the Bible's commandment that we shall not kill. In addition, the pill is close to 100% effective in preventing pregnancies when taken as directed.

It appears that abortion has been and is currently being used as birth control by those who created the baby.

Shamefully, the innocent baby pays the price with its life. Doctors cut the babies into pieces in order to remove it from the woman's womb. It is a bloody and barbaric procedure.

Harry Shannon  
 Phillips  
 Florence

**The Best Value for Your Ad Dollars!**



**Northwest Alabama Leg Pain Specialists**

*Treating the Causes of Leg Pain, not just the symptoms.*



Do you suffer from...

- |               |                |
|---------------|----------------|
| Restless Legs | Varicose Veins |
| Cramping      | Aching         |
| Swelling      | Spider Veins   |
| Burning       | Tingling       |
| Itching       | Heaviness      |
| Discoloration | Hair loss      |

Our team of experts, including a Board Certified Physician, specialize in the diagnosis and treatment of leg problems. We utilize the latest technology to get to the cause of the problem and develop a solution.

Let us help you get back to an active and healthy lifestyle!

For more information or to setup an appointment, please call 256-766-2310.

**2095 Florence Blvd., Florence**  
 Phone: 256-766-2310 • Fax: 256-768-9956

# Concrete River Construction



**Concrete Walls • Finished Floors  
Driveways • Sidewalks • Porches • Curbs  
Stamped and Stained Concrete**

Free Estimates • Licensed and Insured • 15 years experience

Call or Text: 256-762-5800 • 256-710-8198

**HOME AND RENTAL PROPERTY REPAIRS** Electrical, plumbing, freezers, ACs, water heaters, etc. (Section 8 repairs) 256-757-5620

**GOT JUNK??** We can help!! Basements - Garages - Apartments - Storage Units - Furniture **FREE ESTIMATES** 256-856-8728

**CADILLAC: SRX, 2015 \$17,950.** SRX Performance edition, one owner, only 71k miles, navigation, sunroof, premium factory wheels, Michelin tires, 2 keys, exceptional condition. 256-527-2125

**GUTTER WORKS,** Seamless gutters, gutter guards, clean out and more! Free estimates. Guaranteed work. Best prices in town! Call 256-394-3497.

**931-279-1604 YOUR ULTIMATE HANDYMAN** Painting, drywall repair, minor electrical repairs, pressure washing, plumbing, bathroom remodeling, deck building, wood rot repair, floor refinishing, gutter cleaning, and more!

**CHEVROLET: TAHOE, 2020 \$36,500.** Excellent condition. Tires like new! 256-386-7592 Muscle Shoals

**ROOFING - LEAKS REPAIRED,** Chimneys Flashed, Valley Repair. All Work Guaranteed. Free estimates, 256-383-3218

**ROOF REPAIR** at an affordable price. Free estimates. Call 256-668-5807

**2002 FORD F-150 XLT- V8** Engine White, 1 owner, asking \$6,500 obo Decent shape, well cared for. 256-383-7445

**WE BUY JUNK CARS,** Trucks or Vans with or without titles, Call Joel 256-303-7609

**GUTTER GUARD SPECIAL** Gutter clean out, seamless gutters, gutter guards, Call GUTTER WORKS 256-394-3497

**MATTHEWS TREE SERVICE**

(Shoals Area)  
• Stump Grinding • Tree Trimming • Tree Removal  
Licensed, Bonded, Insured  
BBB Accredited  
Steven Matthews, Owner  
256-483-5918

**OCCASIONALLY YOU MAY SEE** an ad duplicated and printed several times throughout the paper. This is done at the request of the advertiser. Each ad is paid for. Thank You for reading your Courier Journal.

**CONCRETE WORK: DRIVEWAYS, SIDEWALKS, Curbs, Slabs.** No job too big or too small, 30 years of experience. Call Peanut 256-980-2208

**WE PAY TOP PRICES** for Junk Cars, Tractors and Equipment, with or without titles, 256-577-7911.

**I BUY CAMPERS TRAILERS & MOTOR HOMES**

All Types, Ready to go, or if they need work, for **\$FAST CASH\$**  
Call Lawrence 931-242-3135  
Local number

**WATCH & CLOCK REPAIR**

256-572-2679 Killen, AL

**ATTENTION!**

OPENING JUNE 10TH, 2024

DO OR DIE

**AUTOMOTIVE, LLC**  
5088 Co. Rd. 61  
(1.5 miles North of Saint Florian.)

Formerly Jaynes Tractor  
Phones: 256-367-4173  
or 256-367-4175

**Certified auto mechanics**  
Open 8am-5:30pm  
Monday through Friday.  
Diagnostics, oil changes, brakes, ball joints, tune ups, radiator repair, AC maintenance, exhaust systems.  
We accept all credit cards.

**WE BUY ZERO TURN RIDING MOWERS.** All brands, Hustler, Walker, Troy-Bilt, John Deere, Cub Cadet, etc. Running or not. Any condition 256-275-2276

# Butterflies Bargains



**COME SEE US!**

Monday-Saturday • 9am-5pm • Closed Sunday

Tons of Stuff from Vintage, Furniture, Shoes, Clothes, Appliances, Knick Knacks and MORE... We can't wait to see you!

602 Veterans Dr. • Florence 256-398-0862

**Increase Your Bottom Line By Selling Your Useful Items With Us!**

# Shoals Bible Class

Study the Bible at your own pace.

Online, or by mail

- Online lessons - go to ---> [shoalsbibleclass.worldbibleschool.org](http://shoalsbibleclass.worldbibleschool.org)
- Postal lessons - Phone 256-766-3617

## THE WEATHER IS WARMING UP

# Green Up Your Lawn

with a breath of Fresh Air!



### Aerating Your Lawn...

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

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

Call Jim @  
256-633-9444 for a  
**FREE lawn analysis!**

**WILLOW LEAF LAWN CARE**

Full Service Lawn Care Company

Veteran Owned & Operated

Facebook: Willow Leaf Lawn Care Website: willowleaflawncare.com

Get an early look at next week's issue with the...  
**Courier Journal Page-Flip Edition**

Always available on our homepage by sunrise Tuesday morning -

[www.CourierJournal.net](http://www.CourierJournal.net)



sponsored by:



# IMPORTANT NOTICE

## Sheffield Water Department Customers

The Sheffield Water Department will be flushing fire hydrants **beginning June 3 and continuing until the process is completed for about 5 weeks.**

We will be flushing from 7 am until 3:30 pm. Slight water pressure variations and milky or discolored water conditions may occur during this period. The water is safe; we are flushing out an accumulation of dissolved materials which have settled in the mains. To avoid inconvenience, check the water before doing laundry and you might want to keep water in the refrigerator for drinking and cooking when we are flushing in your area.

**For information on when your section will be flushed, please call 256-248-2745 between 7 am and 3:30 pm, Monday through Friday.**

# Alabama Awnings Co., Inc.

Serving Since 1986



**Free Estimates!!**

256-767-1900 • 4617 Huntsville Road • Florence  
[www.alabamaawning.com](http://www.alabamaawning.com)



# Notes...

Continued from page 25

**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](http://www.GroupTrips.com/TheClub)

- 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](mailto: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/rags Shoals/>

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

**Florence Parks and Recreation/The Club/Florence Senior Center**, hosts a variety of activities for adults throughout the week. Chair exercise classes, line dancing, Square dancing, social dancing, BINGO, \$1 lunch, Rummy, Rummy cubes, Rook, Mexican Train & Chicken Foot Dominoes. 9am-3:30pm. 450

Country Club Drive in Florence. Group Travel is available for the community. Call for specifics. 256-760-6420.

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

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

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

**RICK'S STUMP GRINDING**

\*\*\*\*\*

Low prices and Free estimates, 256-740-2363

if no answer, leave message

## Dr. Reid Melson, DO

### Internal Medicine

*is welcoming*  
**New Patients at**  
**Shoals Primary Care**  
**2122 Helton Drive**  
**Florence**

**Walk-ins are Also Welcome**

MOST INSURANCE ACCEPTED • MEDICARE PATIENTS WELCOME

Monday-Thursday 8am - 5pm • Friday 8am-Noon

SHOALS  
PRIMARY CARE

2122 Helton Drive  
Florence  
256-415-8680  
Fax: 256-367-4990  
[shoalsprimarycarellc.com](http://shoalsprimarycarellc.com)

## Whole Home Water Filtration!

Call Today for your Estimate!

256-648-4893

Heating & Air • Plumbing • Electrical  
Full Restaurant Repair • LED Lighting

## Puzzle Whirl

### Answers

WORD LADDER

Answer

CARDS, CARES, FARES,  
FARED, PARED, PAGED

MINI SUDOKU

Answer

|   |   |   |   |   |   |
|---|---|---|---|---|---|
| 4 | 5 | 3 | 1 | 6 | 2 |
| 1 | 2 | 6 | 4 | 3 | 5 |
| 2 | 4 | 5 | 3 | 1 | 6 |
| 6 | 3 | 1 | 5 | 2 | 4 |
| 3 | 6 | 4 | 2 | 5 | 1 |
| 5 | 1 | 2 | 6 | 4 | 3 |

**Even Exchange**  
answers

1. Realty, Really
2. Caret, Cadet
3. Grace, Grape
4. Lodger, Dodger
5. Sword, Swore

6. Nanny, Nancy
7. Packet, Pocket
8. Bonus, Bones
9. Ruffle, Raffle
10. David, Davis

**Kids' Maze Solution**

**Word Spiral**  
Answer  
HAMMERTOE

© 2024 King Features Syndicate, Inc.





# Savvy SENIOR

## Dreading a Colonoscopy? There Are Alternatives

Dear Savvy Senior,

Are there any easier alternatives to a colonoscopy to screen for colon cancer? I just turned 60 and my wife keeps nagging me to get tested, but I hate the idea of drinking that laxative solution and being sedated for the procedure.

Squeamish Steven

Dear Steven,

While a colonoscopy remains the most accurate screening test for detecting colon cancer (94 percent accurate), there are other easier – although less accurate – tests available. But be aware that if the result of one of these tests are positive, you'll still need to undergo a colonoscopy. Here's what you should know.

### Screening Guidelines

Colorectal cancer, which develops slowly over several years without causing symptoms especially in the early stages, is the second largest cancer killer in the U.S., claiming more than 50,000 Americans each year.

Colorectal cancer screening guidelines from the U.S. preventive Services Taskforce and the American Cancer Society call for most adults to get screened starting at age 45 and continuing through age 75. Earlier screenings, however, are recommended to people who have an increased risk due to family history of colorectal cancer or polyps, or a personal history of inflammatory bowel disease, Crohn's disease or ulcerative colitis.

But despite these guidelines, and the fact that colonoscopies save an estimated 20,000 U.S. lives each year, around 40 percent of eligible people don't get screened.

Why? Because most people, like yourself, dread the laxative prep and sedation, not to mention the procedure itself.

But a colonoscopy is not your only option for screening for colon cancer. There are currently several types of FDA approved stool tests that you can take in the privacy of your own home that requires no laxative-taking/bowel-cleansing preparation. The two most accurate that you should ask your doctor about are the:

**Fecal immunochemical test (FIT):** This test looks for hidden blood in your stool, which suggests polyps or even cancer. Your doctor will give you a FIT test kit to use at home. You take a small sample of stool and mail it to a lab to be analyzed. You don't need to do any prep. The cost of this annual test is covered by private insurance and Medicare. FIT has an almost 80 percent accuracy rate for detecting colon cancer, but it detects only about 28 percent of advanced polyps that might turn into cancer.

**Stool DNA test (Cologuard):** This screening kit looks for hidden blood as well as altered DNA in your stool. Your doctor will order the test, and you will receive the collection kit in the mail. You do the test at home every three years and send your stool samples to Cologuard via UPS. No special prep or change to your diet or medication schedule is required. Cologuard, which is covered by most private insurers and Medicare, detects 92 percent of colon cancers but only 42 percent of large precancerous polyps. It also may provide a false-positive, indicating that you might have cancer when you don't.

### New Blood Test

There's also a new experimental colon cancer blood test you should ask your doctor about called the "Shield blood test." This new test, developed by Guardant Health, detects more than 80 percent of colon cancers early when they're most treatable.

Guardant is currently seeking FDA approval to market the test but it's available now as a "lab-based test" (which does not require FDA approval) but it's currently not covered by most private insurers or Medicare. Your doctor will need to request this test, which costs \$895, at [BloodBasedScreening.com](http://BloodBasedScreening.com).

Send your senior questions to:

Savvy Senior,  
P.O. Box 5443,  
Norman, OK 73070,  
or visit [SavvySenior.org](http://SavvySenior.org).

Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.



**ALLEN'S TRACTOR WORK**  
Bush Hog Work and Garden Tilling Available 256-483-6819  
Leave Message

**HOME IMPROVEMENT AND BUILDING:** siding, additions, garages, painting, decks, Free Estimates. 256-383-3218

**AUTOMATIC GATES, ALARMS AND CAMERAS**  
[fullhomesecurities.com](http://fullhomesecurities.com)  
866-540-4283

**2007 DODGE CALIBER \$10,000** Firm 27k miles, 1 owner. Like new! 256-340-1973

**TRANSFER VIDEO TAPES & FILM,** before they ruin! DATA VIDEO TAPING 256-710-0292

**MANSELL ROOFING,** Discounts to Veterans and Seniors. All Work Guaranteed. Free Estimates, 256-383-3218

**AUTOMATIC GATES, ALARMS AND CAMERAS**  
[fullhomesecurities.com](http://fullhomesecurities.com)  
866-540-4283

**ELECTRIC DRYER, SUPER CAPACITY,** nice, clean condition, \$160, 256-577-6433

**JIMMY'S MOWER SHOP** buying and selling lawn & garden equipment. Call 256-284-0364 after 12pm daily, no text

**GREEN PLANET LAWN AND LANDSCAPING SERVICES**  
Complete mowing, hedge/shrub trimming, sod, irrigation, sprinkler system service, retaining walls, flower bed maintenance, mulching decorative rock.  
-Free Estimates-  
Call Antonio 256-284-5590

**ROOFING - LEAKS REPAIRED,** Chimneys Flashed, Valley Repair. All Work Guaranteed. Free estimates, 256-383-3218

**BASSETT HOUND PUPPIES**  
6 weeks old, lemon and tri-color available.  
Call 256-668-5807

**ROOF REPAIR** at an affordable price. Free estimates. Call 256-668-5807

**FLORES HOME REPAIR, LLC,** Ceiling repair, Drywall, Painting and Flooring. Licensed & Insured 256-443-3697 or 256-443-3663

**ROLL-OFF DUMPSTER RENTALS:** daily, weekly and monthly rentals. Please call 256-969-7280.

**WE BUY ZERO TURN RIDING MOWERS.** All brands, Hustler, Walker, Troy-Bilt, John Deere, Cub Cadet, etc. Running or not. Any condition 256-275-2276

**WOODS 6' FINISH MOWER (RD7200)** Well maintained, above average condition. \$750. Call for additional information: (256) 760-7549.

**MATTHEWS TREE SERVICE**  
(Shoals Area)  
•Stump Grinding •Tree Trimming •Tree Removal  
Licensed, Bonded, Insured  
BBB Accredited  
Steven Matthews, Owner  
256-483-5918

**931-279-1604 YOUR ULTIMATE HANDYMAN**  
Painting, drywall repair, minor electrical repairs, pressure washing, plumbing, bathroom remodeling, deck building, wood rot repair, floor refinishing, gutter cleaning, and more!

**Shoals Discount MATTRESSES**  
705 Avalon Ave • Muscle Shoals • 256-383-6611

**Rest Better With A New Mattress**

Twin Mattresses ..... starting at only \$79.99  
Full Mattresses ..... starting at only \$99.99  
Queen Mattresses ..... starting at only \$99.99  
King Mattresses ..... starting at only \$299.99

Ashley Hybrid Mattress ..... starting at only \$299  
MLily Or Beautyrest Black Label.... 50% OFF MSRP

Mon-Fri 10am-5:30pm • Sat 10am-4pm  
Like Us on Facebook @ [www.Facebook.com/ShoalsDiscountMattresses](http://www.Facebook.com/ShoalsDiscountMattresses)

**NEED HEALTH INSURANCE?**  
You may qualify for coverage through the marketplace.  
Get LOCAL assistance and a FREE quote. Let's talk!

Depending on your family size and household income, your premium may be as low as \$0 per month, based on the plan you choose!

Heather Fowler and Erica Vaughn are available to assist you with an ACA plan. They can enroll individuals in health insurance with Blue Cross and Blue Shield of Alabama.\*

[www.AlabamaHealthGuidance.com](http://www.AlabamaHealthGuidance.com)  
**(256) 648-5710**

885 Florence Blvd.  
We are independent agents of Blue Cross and Blue Shield of Alabama. Blue Cross and Blue Shield of Alabama is an independent licensee of the Blue Cross and Blue Shield Association.

Fewer Items on our Ad are Due to Warehouse Help and Supply Shortages

This Ad Good May 29-June 4, 2024

**Big Star**  
Co. Rd. 47, St. Florian  
256-764-0245

Quantity Rights Reserved. None Sold To Dealers.  
We Welcome WIC & Food Stamp Shoppers

|  |   |   |   |
|--|---|---|---|
| <b>SPRITE, DR. PEPPER, OR COCA-COLA</b><br>2 LITERS<br>2/\$4 | <b>SPRITE, DR. PEPPER, OR COCA-COLA</b><br>6 PK. 1/2 LITER BTL.<br>3/\$12 | <b>NEW YORK STRIPS</b><br>LB.<br>\$8.99                             | <b>WHOLE BONELESS PORK LOINS</b><br>LB.<br>\$2.19 |
| <b>BAR S BOLOGNA</b><br>12 OZ. PKG.<br>2/\$3                 | <b>SUNNYLAND JUMBO FRANKS</b><br>1 LB. PKG.<br>2/\$4                      | <b>HORMEL MAC N CHEESE OR MASHED POTATOES</b> 20 OZ. PKG.<br>\$3.49 | <b>BONELESS THIGHS</b> LB.<br>\$2.99              |
| <b>DUKE'S MAYONNAISE</b><br>30 OZ. JAR<br>\$3.99             | <b>IDAHO POTATOES</b><br>5 LB. BAG<br>\$1.79                              | <b>NATURAL LIGHT BEER</b><br>15 PK. 12 OZ. CANS<br>\$10.99          | <b>BOTA BOX WINE</b><br>3 LTR. BOX<br>\$16.99     |

Come visit us for more great specials! Like Us On Facebook Check Facebook for Daily Specials  
We're Home Owned & Home Operated! Thanks For Shopping Big Star!

# Hamilton Family

## URGENT CARE

Walk-In Urgent and Family Care

# NOW 2 Convenient Locations!



**OPEN 7 DAYS :**  
 Monday - Friday  
 8am-8pm;  
 Saturday 8am-6pm;  
 Sunday 2pm-6pm

**Accepting  
 New Patients**



**Convenient Online Registration Available**

Covid Testing • Televisits Available • We See Kids! • On Site X-Ray

**256-284-7706 • [www.hamiltonfamilyurgentcare.com](http://www.hamiltonfamilyurgentcare.com)**

Most Insurance Accepted Including Medicare and Medicaid

593665-1



# Are You Turning 65? MEDICARE Health Plan Options Can Be CONFUSING

Our professionals make sure you get the benefits you need.

- Are you a Veteran?
- Are you coming off your Employer's Insurance?
- Do you need Extra Help?

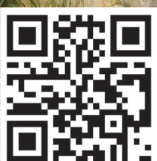
**ALABAMA HEALTH GUIDANCE  
 Insurance Specialists**  
 can answer all of your **MEDICARE** questions,  
 and there's never a fee for our services!

Hope Stamps | Anah Fowler | Ikey Fowler | Lee Fowler  
 Erica Vaughn | Lisa Gargis | Judy Keenum | Heather Fowler  
 Beverly Stamps White | Caycee Fowler (& Easton)

**256-648-5710**

885 Florence Blvd, Florence • [AlabamaHealthGuidance.com](http://AlabamaHealthGuidance.com)

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



593663-1