

Courier Journal

Serving Northwest Alabama with news, information, and entertainment. Daily, except on Sundays and holidays. Email, saturation coverage

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

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Sculpture Unveiling

FLORENCE—The City of Florence invites everyone to the unveiling and dedication ceremony for the Singing River Sculpture between South Court St. and S. Pine St. at 4pm on Sunday, July 14.

Parking will be available on Pine Street and in a few adjacent parking lots. However, additional parking is available at the McFarland Park Beach parking lot and a convenient shuttle service will be provided.

The special occasion will honor over 30 former and current members of the local music industry and the sculpture will be an inspirational addition to Florence and the surrounding community.

Clem Named Interim ED

HUNTSVILLE—Anna Clem has been named Interim Executive Director of the Singing River Trail, a 200+ mile greenway system spanning the Tennessee Valley. The non-profit organization's objectives

include is strengthening regional bonds and creating new opportunities for North Alabama residents. The change follows official resignation of former Executive Director, John Kvach, on June 25.

Clem has served as

See SHORTS... on Page 2



Clem

Skaggs at HCU Event

FLORENCE—Heritage Christian University will bring Grammy Award-winning bluegrass legend, Ricky Skaggs, and his esteemed band, Kentucky Thunder, to the Shoals for the annual Heritage Event on August 24 at the Marriott Shoals Conference Center. Doors open at 6:30pm and the



Skaggs

show begins at 7. Skaggs is a 15-time Grammy Award winner, CMA and ACM Male Vocalist of the Year, and is a member of the Country Music Hall of Fame. Ricky Skaggs and Kentucky Thunder are renowned for their masterful performances that seamlessly blend bluegrass and country. Skaggs has been captivating

show begins at 7.

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audiences worldwide more than five decades with his timeless hits. "We are honored to have Ricky Skaggs and Kentucky Thunder join us for this year's

See SKAGGS... on Page 11

Share Drive is Now

SHEFFIELD—Bank Independent is launched its 11th Annual School Share Drive July 1. This year, the drive will support local school children through the "\$5 Helps Carry the Cost"

campaign, aiming to provide essential school

supplies to those in need. "Our '\$5 Helps Carry the Cost' campaign is a great reminder that a little can go a long way to make a big impact," says Hallie Mauldin, Community Engagement Leader at Bank Independent. "Whether you can drop

See SHARE... on Page 5



L-R: Melinda Grissom, Jessie Teague, Byron Cotoc-Perez and Anthony Jordan at the National SkillsUSA Championships awards ceremony. NWSCC photo

National Medalists

MUSCLE SHOALS – Two Northwest Shoals Community College students proved they are among the best in the nation as Byron Cotoc-Perez of Florence and Jessie Teague of Mount Hope brought home bronze medals for placing third in the national SkillsUSA Championships in Atlanta recently.

Cotoc-Perez competed in Barbering

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Shorts...

Clem Named Interim ED

Continued from Page 1

Associate Director of Singing River Trail since 2022. She brings a strong operational and administrative background, and a core understanding of the organizations' mission. Her extensive experience in nonprofit work strengthens her dedication to community service, civic engagement, and regional development – all core pillars of the Singing River Trail effort.

"I am grateful to serve as the Interim Executive Director during this transition period," said Clem. "I am committed to working alongside our board and staff to continue our mission and vision of regional collaboration and creating a sense of belonging and opportunity for people throughout North Alabama."

"Anna brings a wealth of knowledge and experience to this position, allowing Singing River Trail

to sustain its positive impact on residents, entrepreneurs, and communities across North Alabama's eight counties," said **Jared Mitchem**, Singing River Trail Board Chair. "Anna has the full confidence of the SRT Board of Directors."

The Board of Directors will begin a formal search for Singing River Trail's next Executive Director in the coming weeks.

Camerata's Annual Sing!

FLORENCE—Florence Camerata will present its annual summer concert, "America Sings!" on Tuesday, July 16, at 7pm at the First Cumberland Presbyterian Church, corner of Darby Drive and Cloyd Blvd. in Florence. This popular concert, featuring songs by American composers, is a precursor to the days-long music festival honoring Florence native **W.C. Handy**, and will present music of many genres, including ballads, spirituals, love songs, patriotic, and more!

Florence Camerata

is directed by well-known conductor, **Rebecca Rockhill**, and is assisted by respected collaborative pianist, **Karen Cantrell**.

Admission is free, but donations are gratefully accepted. Florence Camerata is a 501(c)(3) nonprofit.

For more information, call 256-810-9512.

Unveiling at Handy Event

FLORENCE—Celebrate the legacy of **W.C. Handy** at an exciting unveiling event on Sunday, July 14 from 2-7pm at the WC Handy Home and Museum, 620 W. College Street in Florence. Enjoy a day filled with live music, spoken word performances, family friendly activities, and a special statue unveiling ceremony.

Support the **W.C. Handy Home and Museum** and the **Lauderdale SPAN Program** by making a tax-deductible donation. Simply scan the QR code provided to contribute and make a difference in our community.

Don't miss out on this unforgettable celebration honoring the Father of the Blues. Bring your family, friends, and some lawn chairs for a fun and meaningful day!

For more information, please call 256-888-8122.

Safer Birth's Mom Prom

FLORENCE – Ladies, grab your girlfriends and join in for a night on the town at the 6th Annual Mom Prom to benefit Safer Birth in Bama. Shoals Mom Prom is a registered Mom Prom event that is presented this year by Med Spa of the Shoals.

Mom Prom has a catchy ring to it, but it's not just for moms! All ladies ages 18 and up are welcomed and encouraged to attend. Shoals Mom Prom is a great excuse to dress up in your favorite formal wear whether it's fancy, tacky, classy, or themed. This year's Mom Prom has a Regency era Bridgerton Style theme,

and while dressing up is not required, who can resist being the "Diamond of the Season?"

This event is scheduled on Friday, July 19 from 7-11pm at Singin' River Live, located at 526 East College Street in Florence. This year's Prom Queen (Diamond of the Season) will be presented with a beautiful crown sponsored by Creative Jewelers, a beautiful bouquet of flowers, a one-night stay at the Shoals Marriott, a \$100 gift card to Spa at the Shoals, and breakfast for two at Swampers Bar and Grille.

In addition to the ladies only event, a Safer Birth Block Party will be open to the public free of charge featuring the music of DeJa Vu with access to shop a variety of vendors as well as food trucks!

"We appreciate all of the incredible support from the community that helps to make this event successful," said **Haley Crowell**, Vice-President of Safer Birth in Bama. "Several amazing women from other organizations and businesses have volunteered their time to help put Shoals Mom Prom together and participate as sponsors and vendors for this event."

All proceeds from this event will help Safer Birth in Bama continue their important work. Safer Birth in Bama is a 501(c)(3) nonprofit dedicated to increasing access to care, improving outcomes, and informing Alabama about the current access to care crisis and the need for high quality, evidence-based care in all settings.

For more information and to purchase tickets visit: www.shoalsmomprom.com and www.saferbirthinbama.org. For more information, Safer Birth in Bama may be contacted by email at info@saferbirthinbama.org or phone by calling 256-740-9577.

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Yard Sales

FLORENCE: YARD SALE Village Oak Subdivision 274 Davis Ln Sat. 7 am until Household items, junior and ladies clothing, AE jeans, and Kankans, Nike, golf clubs, golf bags, tv stand, stereo, tools

KILLEN: YARD SALE 120 CO.RD. 440 Sat. July 13, 7 am until? Lots of misc. (1st sale in several years) Take Hwy 72 to Co. Rd. 103 (Across from Brooks H. S.) Look for Signs

ROGERSVILLE: YARD SALE 6592 Co. Rd. 76 July 19th and 20th 8 am until ?? A bunch of home goods, household items, baby stuff, lots of clothes, HUGE, MULTIFAMILY SALE!!!

FLORENCE: INDOOR MOVING SALE 354 Co. Rd. 172 (Turn off Chisholm, near Wilson School) **July 5th-7th and July 12th-14th. Dawn to Dusk.** Furniture, household items, lawn and garden, appliances, decorations, clothes. automotive parts, tools, lighting, printer, and office desks. **RAIN OR SHINE!**

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God Works In Sevens



Study numbers in the Bible. God makes His plans according to the number seven. The work week in Genesis; God created everything in six days and rested the seventh. Our calendar works the same. The sabbath is the seventh day, Saturday, the ordained day of rest. The worship day is the first day of the week, Sunday. Psalms 90:4 "For a thousand years in thy sight are but as yesterday when it is past, and as a watch in the night." 2 Peter 3:8 "But, beloved, be not ignorant of this one thing, that one day is with the Lord as a thousand years, and a thousand years as one day." According to Ussher, we have 4004 years from Adam to Christ. Since Christ to present, we have 2024 years. That's 6028 years and if our calendar is right, that is six days +28. The last time 1000 years appear in the bible is in Revelation 20 six times. SIX TIMES! Get the point! In Revelation 20, the devil is bound 1000 years, the exact time of the seventh day, or the Millennium. After the Millennium, the devil is released for a season to deceive the world again, and gather the nations against Jerusalem and are devoured by fire from God out of heaven!

Revelation 20:11-15, enter the White throne judgment, the last one. Lost man, this is where you will be! See your destination in text. Eternity in the Lake of fire is a long time to be wrong! Remember the number 7. Man was created with seven holes in his head. There are 7 basic colors. There are seven notes to music. There are more. God's plan set motion will wind up in 7000 years. God is on time and time is irrelevant with Him. Numbers 23:19 "God is not a man, that he should lie; neither the son of man, that he should repent: hath he said, and shall he not do it? or hath he spoken, and shall he not make it good?" Isaiah 55:9 "For as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts." Last prayer in Bible: Revelation 22:20: "even so, come, Lord Jesus!" AMEN!

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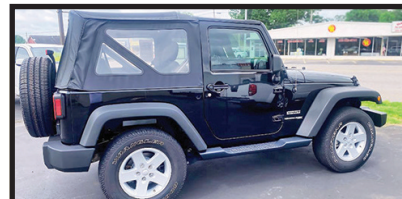
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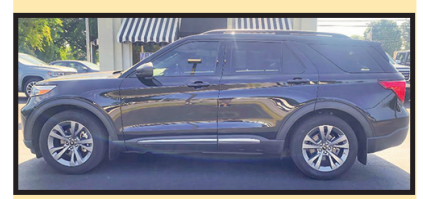
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COMMUNITY NOTES may be submitted for non-profit, civic or church-related events and published free of charge AS SPACE IS AVAILABLE in the Courier Journal. Community Notes must be submitted in writing by 3pm Friday for consideration in the following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

• Email to editor@courierjournal.net

The monthly meeting of the Quad Cities (Shoals) Photography Club will be at 6:30pm on Tuesday, July 9 at the Kennedy-Douglass Center for the Arts in Florence. Well known photographer, John Dersham, will return to our area to give a new presentation called "The Camera Shop." He will discuss and show photographs of the many camera stores around the country he visited while he was General Manager and District-Regional Manager at Eastman Kodak Company. Dersham is currently President/CEO at Visit Lookout Mountain Alabama in Fort Payne.

First Baptist Church of Littleville - Vacation Bible School kick-off is Saturday, July 13 at 2pm and the whole family is welcomed. VBS will be Monday-Thursday July 15-18, from 6:30-8:30pm nightly for children pre-school - 6th grade with the theme, "Camp Firelight". FAMILY NIGHT will close the week on Friday, July 19 at 6:30pm. The church is located at 1649 Lynwood Ave. in Littleville.

The Colbert County Republican Women's Club is hosting a "Paint the President" paint and sip fundraiser beginning at 6pm Tuesday July 16.

World-renowned portrait artist, Martha Carpenter, has graciously offered her studio at 101 South Dickson St. in downtown Tuscumbia as the venue. Our very own local talent and CCRWC member, Karen Kent, will guide attendees in painting President Trump! All art supplies, an assortment of delicious snacks and finger foods, nonalcoholic drinks, and setups will be provided. You just bring your wine (or other preferred alcoholic beverage) and be ready for the best time ever.

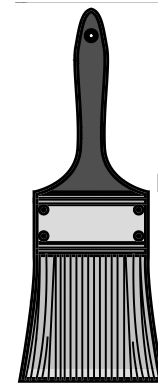
Tickets are \$47 in anticipation of Trump becoming the 47th President. Spots are filling quickly and space is limited. Secure your spot today by sending a check payable to Colbert County Republican Women's Club (CCRWC) to our Treasurer at 1804 Rosedale St. Muscle Shoals, AL 35661 and RSVP with the names of attendees to colbertrepublicanwomen@gmail.com.

Vacation Bible School at St. Mark Missionary Baptist Church in Florence - Luau for grades K-12 Saturday, July 20 from 4-7pm. Please come out for bible lessons, games, bounce houses, food, prizes, and food! This event is free for the community. St. Mark is located at 220 East Alabama St.

be at 2pm with Elder David Hollis of Gary, Indiana. Mt. Moriah is located at 820 West Irvine Ave. in Florence.

City of Florence Parks, and Recreation's Summer Camp 2024 continues weekly through August 2 at 415 Fairgrounds Community Center in Florence. Gardening, speak-out, fashion, sewing, financial literacy, dancing, and more. Contact, Jason Graham, program supervisor for more information, 256-760-6435.

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The most common way to qualify for Medicare is when you are turning 65. You will have a specific time period, set by Medicare, to enroll in Part A and Part B Medicare. This is known as the Initial Enrollment Period (IEP).

If you are qualifying for Medicare by turning 65 you will have a 7 month window to enroll in Medicare. This window is based off of the month you turn 65. It starts 3 months prior to the month you turn 65 and extends 3 months past the month you turn 65. For example, if you are turning 65 in September your IEP begins in June and extends all the way through the month of December. If you are eligible, you may not have to pay a premium for Part A, but Part B will have a premium.

For those electing to sign up for Part B after their IEP a late-enrollment penalty may be assessed. This penalty can last as long as you have Part B and there may be a gap in your health coverage. However, one exception to this rule is being employed and having coverage through your company's group health plan. If this applies to you check with your benefit coordinator, Medicare or contact our office.

In most cases, if you are already drawing your Social Security or Railroad Retirement Board benefits you should automatically be signed up for Part A and Part B. If you are not drawing your Social Security or RRB benefits and want to sign up for Medicare you can do so by signing up online at ssa.gov, visit your local Social Security office or give our office a call and we can help direct you.

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



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Share...

Continued from Page 1

off school supplies on collection day or take a moment to donate to the drive, we'll ensure your donations make a positive difference in your community."

Monetary donations will be accepted via PayPal and Venmo, in order to make it easier than ever for community members to contribute. In addition, a special collection day has been scheduled for July 19 at two Walmart locations: Cloverdale Road in Florence and Highway 72 in Madison.

"At Bank Independent, we believe in the power of community support and recognize the importance of ensuring every child has the tools they need for a successful education," said Rick Wardlaw, CEO of Bank Independent. "Our annual School Share drive is a commitment to investing in the future of our communities by providing essential school supplies to those in need. We are grateful for the opportunity to collaborate with local organizations and our generous community members who contribute to making a lasting impact on the lives of our students."

Bank Independent partners with local organizations across its seven-county footprint to ensure that donations are distributed to area families in need. This year, donations will be distributed through Sidney's Safe in Lauderdale and Colbert County, DHR of Franklin County, DHR of Lawrence County, DHR of Limestone County, Committee on Church Cooperation in Morgan County, and Free 2 Teach in Madison County.

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Skills...

Continued from Page 1

and Teague in Job Skill Demonstration A categories after winning the Alabama State SkillsUSA competition in Mobile earlier this year.

Competitors in Job Skill Demonstration A must demonstrate a career objective in an occupational area that is included in one of the competition areas of the SkillsUSA Championships. Barbering competitors are judged on their professional portfolio, two haircut/styles, and a creative design.

According to MeLinda Grissom, NWSCC's Career and Technical Chairperson and Salon and Spa Instructor, Northwest Shoals Salon and Spa students have attended SkillsUSA competitions for nine years and have won 52 state medals, and eight national medals. This is the first year of SkillsUSA competitions for Barbering students since the program's inception at NWSCC prior to the 2024 spring semester.

Anthony Jordan serves as the instructor for Barbering. "He is doing a great job growing the program and working with our students," said Grissom. "It's obvious

that he has owned a successful barber shop for several years. He knows every aspect of the career."

"I believe our Salon and Spa program has established itself as one of the best programs for cultivating passionate and successful students in our career field," she added. "We have now added the Barbering program and for Mr. Jordan to already have a student place third in the nation is remarkable."

In addition, Savannah Maduro, a student at Florence High School, was awarded a Skill Point Certificate in Nail Care.

Four other NWSCC students placed in the top 3 at the Alabama SkillsUSA competition.

Mya Smith, 3rd in Natural Hair;

Cheyenne Taylor, 2nd in Cosmetology;

Mario Cruz, 2nd in Barbering;

Caroline Turner, 3rd in Cosmetology.

Barbering and Cosmetology services are available to the community on Thursday and Fridays this summer as part of the live work portion of the program. For more information on the Salon and Spa and Barbering at NWSCC, contact 256-331-5304.



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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:

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Artist's rendering of new Chickasaw Heritage Center in Tupelo. Courtesy photo

Ground Broken for New Heritage Center off The Natchez Trace

TUPELO, MS.—Chickasaw Nation Governor Bill Anoatubby led groundbreaking ceremonies recently for the construction of the Chickasaw Heritage Center (CHC) located within the tribe's historic Homeland just off the Natchez Trace in Tupelo, MS.

"We gather to commemorate what I consider to be a monumental leap forward in the Chickasaws' ability to preserve and promote our culture and to share it with the world," Anoatubby said. "The future of the Chickasaw Heritage Center will be many things to many people, but for us, as Chickasaws, it is the next step forward in the realization of our vision to be a nation of successful and united people with a strong cultural identity."

The 162-acre campus will contain a 10,000-square-foot state-of-the-art exhibit hall, theater, café, art gallery, administrative offices, gift shop, multi-purpose room and playground, as well as areas to



gather collections. The exhibit hall is dedicated to providing an immersive interactive educational experience and will be a state-of-the-art interpretative space highlighting Chickasaw history and culture from a uniquely Chickasaw perspective. The exhibit will also include an opportunity for visitors to learn about the Chickasaw people today. Walking trails will directly connect the campus to the Natchez Trace Parkway's National Scenic Trail under an agreement with the National Park Service.

Visitors to the CHC can learn about the tribe's history in the Homeland from prehistoric times up to 1837 prior to the tribe's forced Removal to Indian Territory which is located in present-day Oklahoma. Tribal

traditions, experiences, and the enduring spirit of the Chickasaw people will be on full display at the CHC.

A project of the Chickasaw Inkana Foundation, the Chickasaw Heritage Center represents a significant, collaborative effort and investment by multiple entities, including the state of Mississippi; Tupelo Convention and Visitors Bureau; city of Tupelo; individual donors, small businesses and regional foundations; and the Chickasaw Nation.

The Chickasaw Heritage Center is expected to enhance cultural heritage tourism and spur economic growth in the area. Upon competition in 2026, the estimated economic impact of the Chickasaw Heritage Center will be \$5.6-\$6 million, with 100,000 visitors or more expected annually. The CHC will be along the Natchez Trace Parkway near Interstate 22, and U.S. Highway 45.

For more information, visit ChickasawHeritageCenter.com.

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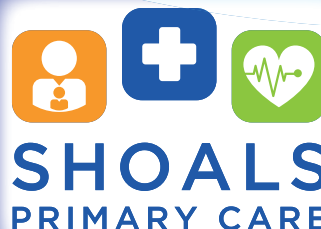
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Meet Spicy! This amazing 1yr old lab mix is around 50 lbs. This Spicy boy is a big lap dog is a super lover! He is waiting patiently but doesn't want to wait anymore!! This handsome fella keeps a clean space, but could use leash work and car manners. Spicy man does great with others and could give you the best of both worlds; adventures into nature or a benge watching cuddle partner! **Adoptions are currently \$85** and include everything your new pet needs to be on track for a happy, healthy life: vaccines, a microchip, spay/neuter, and heartworm test. Please call or come by **Florence Lauderdale animal services 256-760-6676** to meet this full of personality dog.



Spicy



Cookie

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Ricky Skaggs, third from the left, with his band mates in Kentucky Thunder. Courtesy photo

Skaggs...

Continued from Page 1

Heritage Event," said HCU President Kirk Brothers. "Their musical talent and passion span generations, and they will be a perfect addition to our annual event." Tickets for the Heritage

Event are available now and organizers encourage everyone to secure seats early for what promises to be a night of exceptional entertainment. General Admission tickets are \$75, and a variety of

table sponsorships are available. Seating is assigned in order of purchase. For more information and to purchase tickets, please visit www.hcu.edu.

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Commentary

Black's Strong Impact On Us

The Shoals lost one of its most passionate advocates on June 22 with the passing of David Black. Always courteous and well-dressed, the Rhode Island native touched many local lives through varied avenues.

He grew up in Muscle Shoals, graduated from UNA, and could be described in his later years as a true southern gentleman.

David had a diversified background in education, business, politics, and the arts. The 65-year-old was extremely outgoing and an amazing individual who wanted everyone to excel and be involved beyond what they thought was possible.

After just a few minutes with him, it was evident that David was extremely bright. He didn't try to intimidate through intelligence. In fact, he mostly listened to what others had on their minds.

The saying "he has forgotten more than I

See BLACK.. on Page 18

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

In A Few Words



TOM MAGAZZU
Editor

Courier Journal

in the Shoals

THIS WEEK

July 10, 2024

Happening THIS WEEK



Exhibit Opens on Sunday

FLORENCE—The Kennedy-Douglass Center for the Arts is pleased to present the Mostly Blues exhibit from July 14 – August 29. This annual soulful exhibition of paintings, drawings, photographs, sculptures, and mixed media works by regional artists visually interprets and pays homage

See BLUES... Page 24

THE GOAL: EMPTY THE SHELTERS

Nationwide Summer Event is Underway

SHOALS—The BISSELL Pet Foundation is promoting its Summer National Empty the Shelters™ event from July 8-31. An average of 1,225 pets are adopted each day during these quarterly national events. During each nationwide event, BISSELL Pet Foundation sponsors

reduce adoption fees so shelters can charge \$50 or less to take deserving pets from kennels to the couches of loving homes. This effort has helped more than 253,000 pets find loving homes, making "Empty the Shelters" the largest funded adoption event in the country. Florence

L a u d e r d a l e A n i m a l Services is among the 390+ organizations in 44 states that are taking part.

In addition to FLAS, shelters in Auburn, Birmingham,

See SHELTERS... on Page 22



THE SHOALS' RIVER-TOWN'S COMMUNITY PADDLE on Waterloo's 2nd Creek is Saturday July 13, from 9am-noon at the Waterloo Boat Ramp on County Road 14 in Waterloo. Ticket: Free, but space is limited so registration is required. The event was rescheduled from May 18. The paddle will begin and end at the 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, please cancel your reservation. Details: www.eventbrite.com

FLORENCE LAUDERDALE ANIMAL SERVICES will be hosting Story Time every Wednesday morning at 11am during the month of July. Children 10 years old and under are welcomed to join in the cat habitat for a great story, crafts and cookies. Registration is required, call 256-718-5171.

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YOUR Letters

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

Our Poor Drivers

Dear Editor:

I have recently enjoyed the benefit of an exterior view of our Alabamian motorists and their general driving behavior by a road trip to New Hampshire. It is no more reprehensible than that of motorists in other states I visited on the way but is nonetheless worthy of some comment.

I am referring to the constant habit* of driving up behind other cars on surface streets and the Interstate so closely as to make the other driver nervous or apprehensive. I repeatedly observe the same effect of this monomania.

The car ahead inevitably slows

Colbert County citizens have been denied the right to have Mr. Lymos McDonald – a qualified, certified candidate – on the ballot.



to make a turn into a driveway, street, or exit, and the 'following too close' car has to brake along with half a dozen more cars behind that

one. The usual lineup looks like a train of elephants with the babies' trunks securely fixed on the mother elephant's tail.

All that unnecessary braking and so little driving.

We pride ourselves in the South with better than average manners and respect for one another, but all that flies out the window once on the road.

As I wrote in my book, I recommend that any motorist who will admit that they are not an expert driver, find a reputable Driving Academy and take their hands-on advanced driving skills course.

Charles Van Heyden
Florence

See LETTERS...on Page 31

- by Mail, in Person, or Mail Slot
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219 W. Tennessee St., Florence, AL 35630
- e-mail: editor@courierjournal.net
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Cat & Kids

by Cathy Turner

All Good Things

This column is about food. Recently my husband and I took an anniversary trip to Orange Beach. Because of life circumstances, we hadn't been to the beach in over a year, so to go to our "local" beach, where we know our favorites, was a big enough treat for us. We ate our way from one side of the gulf to the other. There was Doc's Seafood twice (always my favorite), Lagniappe (for our anniversary night), The Shrimp Basket, Tacky Jacks, the Gulf Shores Steamer, CoastAL (new to us with quiche and blueberry French toast on the beach), Cobalt, and, of course, Sea-N-Suds. We had beautiful night views, breakfast views, pier views, bay views and no views at all, just seafood! My gulf seafood favorites are fried shrimp, shrimp and grits, and blue crab

claws (fried or sauteed), which I can't find on the east coast! Um...my mouth is watering again just thinking about it. And the sweets were just as lovely - Docs' Key Lime Pie, Lagniappe's Tuxedo Double Decker cheesecake, Cobalt's Vanilla Bean Creme Brulee with turbinado sugar, Sweet Cone Alabama's Smoky Mountain fudge ice cream, Daisy's Donuts, and peanut butter and jelly sandwiches. Have I made you feel the addition to my hips yet? Oh, and I did not mention the cantaloupe ice cream and pound cake at the obligatory Peach Park stop on the way home!

When I was little, I had no thoughts of what I have now. Ocean views, condos stays, decadent desserts - I had no idea that any of this existed until I was in junior high. Growing up we ate cheap food - off-brand puffed wheat that came in long plastic bags, deep fried catfish at the bootlegger's house caught by the man himself, instant chocolate pudding that we whipped up, and Kool-Aid that we fought over who had more in the cup.

I don't mean to disparage my mom who fed us fried chicken or roast beef on Sundays with hand-strung green beans and rice and gravy. She had collards, bananas, and other colorful things for us to eat, but we ate some cost-effective "food" items that did not make it into my adulthood - Vienna sausages, Spam, Spaghettios, canned beef hash, liver and onions, puffed wheat and ice milk!

I'm not being snobby or disrespectful, my parents were always doing the best they could, and I loved all of it because it was what I knew. When I think back on those days and times, I am amazed that we are able to afford what we have now. We were able to get educated, get jobs, get promoted, purchase homes, save, travel, see, eat differently, grow, enjoy, experience, interact, teach, have and do. Blessed! And when we were on our anniversary trip my husband and I were grateful every moment. Grateful. Happy. Blessed. We gave thanks before every meal, just as we have before every meal all our lives. We have always had what we needed and then some. Always. Rich. This column isn't about food. It's about taking notice, being grateful, and giving thanks. It was good then. It's good now. It's all good. Bow your head.

Email comments or suggestions to CatnKids1@gmail.com

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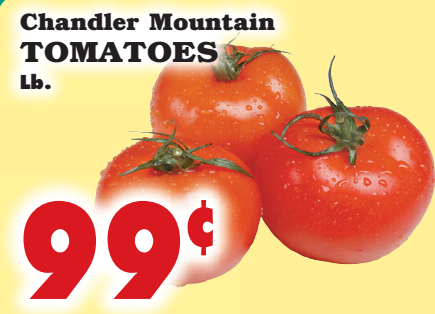
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Commentary Black...

Continued from Page 12

ever knew" was fitting in our case. However, he was always interested in hearing another's ideas. Regardless of what he may have been thinking, he never made another person feel like less.

David taught at both the K-12 and college levels, serving as an economics instructor at his alma mater for several years. He was also director of the UNA Small Business Development Center.

He was passionate about education and knew that we were slowly losing the knowledge of how and why our government worked.

David served on the White House staff for President George H.W. Bush as Special Assistant to the Chairman of the US Equal Employment Opportunity Commission.

The academic in him and his keen understanding of economics made him an astute, prepared, and informed public servant.

David Black was elected to the Colbert County Commission in 2012, the first Republican

elected to public office in Colbert County in 138 years. He was re-elected in 2016 but lost his bid for a third term in the 2020 primary.

He also represented the nine-county northwest Alabama region on the Board for the Association of County Commissions of Alabama, an educational, technical, legal, legislative, and public policy resource for Alabama's 67 counties.

David was also a candidate for State Treasurer in 2018 primary.

He tried to take the emotion out of his public decisions and looked at the financial aspects from the taxpayers' perspective.

From everything that I observed and heard about

him, he always went by the book and always had the best interest of others at heart. That "by the book" and honest approach may have cost him some professional success at times.

However, he didn't see the need to waver, compromise, or apologize and had no regrets. He always took the high road and kept a positive outlook.

David was also very civic minded. He wanted to have a positive impact on people and the community.

He served as chairman of the Colbert County Tourism Board, was the current chair of the Shoals Republican Club, and was the current treasurer of the UNA Lions Athletic Club.

David was also a member of the Boy Scouts of America Westmoreland District Council.

In addition, David

hosted a local talk show entitled, "Mornings with the Professor," at 96.7 FM/1590 AM WVNA (Singing River Media Group) in Muscle Shoals.

In addition to his professional life and civic mindedness, David's staunch devotion and support of the arts in the Shoals was hard to match.

He was a longtime supporter and board member of the Shoals Symphony Orchestra at UNA, dating back to its founding in 1979, and was serving as its treasurer at the time of his death.

He wore many hats with the group, even taking it upon himself to send last minute emails to his contact list encouraging people to attend the next show.

He was also a long-serving, ardent member and supporter of the Tennessee Valley Art Association, for many years serving as its treasurer.

He was always present at any related events whenever possible. In fact, if you attended, he likely greeted you with a smile at the door.

In our last interaction, David had emailed me a few weeks ago discussing Bill Walton's visit to the Shoals in 2022 for a UNA Athletics fundraiser.

His email was full of intriguing details of which I was completely unaware and made Walton even more down-to-earth in my mind.

I am so thankful to have met David and to tell him in that thread how much I appreciated him and his efforts in our community.

As one tribute to David aptly recounted, "His memory inspires us all to give more of ourselves to our community."



Black

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1977 CHEVROLET 3500	CCL339VL51145	2004 HONDA ELEMENT	5J6YH18514L015896
1977 CHEVROLET 1500	CCU147B139211	1999 HONDA CR-V	JHLRD1840XC053060
2013 CHRYSLER TOWN AND COUNTRY	2C4RC1BGXDR792698	2004 HYUNDAI SANTA FE	KM8SC13E84U784550
2009 DODGE CALIBER	1B3HB28A59D108059	2013 HYUNDAI ELANTRA	KMHD35LE1DU118159
9 2016 DODGE CHARGER	2C3CDXBG9GH21107	2004 LEXUS RX330	JTJHA31U840004691
1992 DODGE STEALTH	JB3XD44S1NY009967	2010 MERCURY MARINER	4M2CN8B79AKJ14683
2014 FIAT 500L	ZFBCFABH1EZ000373	2002 NISSAN MAXIMA	1N4AA51E59C820245
2005 FORD FOCUS	1FAPP34NX5W142718	2008 NISSAN MAXIMA	1N4BA41E68C807808
2010 FORD FUSION	1FMCU0D71AKA97940	2005 SUZUKI GSX	JS1GN7CA652113499
1998 FORD F-150	1FTDX1769WNA04671	1989 SUZUKI DIRTBIKE	JS1SF46AXK7100992
2005 FORD VAN	1FTNE24L85HB24615	2002 TOYOTA SEQUOIA	5TDZT34A82S078450
		2013 VOLKSWAGON PASSAT	1VWBN7A37DC030383

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Insurance Insights

Summer Home Maintenance Checklist

Check out these interior and exterior home maintenance tips to consider while the weather is warm.

Summer is the perfect time to take advantage of the warm weather and get some work done around the house.

INDOOR SPACES

- Switch your ceiling fan blade direction to counterclockwise

Did you know that a ceiling fan's performance is largely based on the direction the blades are spinning? This is because the direction of the blades determines how the air will be circulated within the space. In warmer weather, when you're trying to cool down interior spaces.

- Clean refrigerator coils
- Wash windows and check screens
- Check for air leaks around windows and doors

OUTDOOR HOME MAINTENANCE

- Service your air conditioner

Regular maintenance can help ensure your air conditioner is working as efficiently as possible during the summer. Air conditioners tend to collect dirt and debris over time, which reduces their efficiency.

- Wash windows
- Wash siding

While it might be tempting to use a pressure washer for your home's exterior, a garden hose is recommended to avoid potentially damaging the outside of your home or having water get under the siding.

- Look for signs of critters and bugs

Check garden plants, trees and shrubs for insect infestations. Termites can easily go undetected until considerable damage has been done. Look for telltale signs like flaking wood or mud buildup and tunneling systems in the exterior wood of your home.

- Pressure washing
- Tidy up your landscaping

Here are some ideas:

- Trim shrubs and bushes as needed.
- Get weeds under control.
- Remove dead or unhealthy plants so that others may thrive.
- Consider replacing the removed plants with new ones.

- Trim trees & check gutters
- Inspect the roof
- Clean exterior dryer vent

While these items are easier to perform in the summer, there are more home safety items to look at throughout the year such as having your chimney cleaned and checking on carbon monoxide detectors, fire extinguishers and your smoke detectors.



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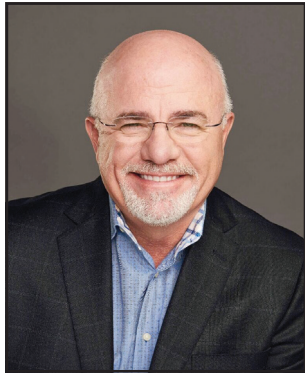
Take Note... of your Community.



Community Notes

DAVE Says

by DAVE RAMSEY



final wishes. No one in your family, even you, *deserved* anything from her.

I know this is a hard position for you to be in, Jeffrey. This has probably crossed your mind, so I'll go ahead and say it. Generally speaking, it's possible to transfer part of your inheritance to someone else even if it's not specified in the will or trust. Keep in mind, you might need to seek court approval for such a transfer, depending on the jurisdiction and specific family circumstances.

Or, you can let anyone who has a problem with your grandmother's decision contest the will. Of course, one possible outcome of that is you might have to spend the money she left fighting them in court. The lady left what she left. There's no more. It was *her* house, *her* property and *her* money. The others aren't entitled to what she had just because they're relatives or they want it.

If you go to church, I'd advise you spend some time talking to your pastor about the situation. You've got a lot of folks mad at you right now, and I think you might benefit from a few kind words and an objective point of view. I'd also recommend sitting down with a good

financial planner—someone with the heart of a teacher—and talk about to best handle your newfound inheritance. Regardless of your decision, it's always best to have a plan and be prepared.

In the meantime, don't beat yourself up over this, son. You haven't done anything wrong.

God bless you.
—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.

YOU HAVEN'T DONE ANYTHING WRONG

Dear Dave,
I'm 32 and debt-free, except for my house. My grandmother passed away a couple of months ago, and her will has caused problems for my family. I was her only relative living in the same town as she got older, so I looked in on her and helped take care of her, because she didn't want to go into a care facility. In her will, she left everything—her house and property, along with about \$300,000—to me. Some of my relatives said they deserve something. Two have even accused me of wanting everything she had and turning my grandmother against them. I don't like what's happening, but I'm not sure what to do. I never asked her for anything.
Jeffrey

Dear Jeffrey,
I hate it when things get ugly between family members, especially at a time when everyone should be pulling together and supporting each other. I'm sorry you're going through all this.

Let me ask you a question. Did you love your grandmother? It sounds to me like you did. A lot! It takes a special person to step in and help the way you did. I think it's pretty obvious she loved you, too.

When a person dies, they can give their belongings to anyone they choose. It was your grandmother's stuff, so it was her decision. Period. She could've spread it around among you and the rest of your family, but she didn't do that. She had her reasons, and her final wishes were just that—*her*

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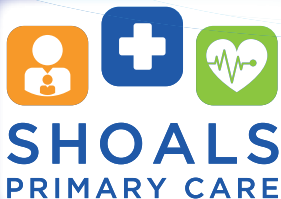


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Shelters...

Continued from Page 12

Chickasaw, Tuscaloosa and are also participating. "Shelters are struggling with a variety of challenges right now - some are evacuating pets because of wildfires, tornadoes, or even loss of air conditioning in extreme heat, and others are overcrowded and

having to euthanize highly adoptable pets to make space, a tragic situation," said Cathy Bissell, Founder of BISSELL Pet Foundation. "This Summer Empty the Shelters event is a crucial opportunity for people to make a real difference in their community through adoption. Every single adoption saves a life and creates space to save another. Please adopt

and give a pet a chance it might otherwise not have. If you can't adopt, fostering saves lives when shelters are full." If you are renting, please consult your lease for restrictions or any requirements prior to adopting. The BISSELL Pet Foundation is a national animal welfare organization dedicated to ending pet homelessness.

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Muscle Shoals City Schools

Invitation to Bid - Bid #2024-02 — Solid Waste Disposal Service:

To Whom It May Concern:

In compliance with the Alabama Bid Law, Act 2016-298, Alabama Legislative Session 2016, Muscle Shoals City Schools will be receiving sealed bids for the above referenced service.

All bids must be received in the business office by 10:00 AM, CST, on Tuesday, July 16, 2024. All bids must have "Sealed Bid-Open Only at Bid Opening for Bid #24-02 - Solid Waste Disposal Services for Muscle Shoals City Schools" clearly written on the outside of the sealed envelope, and submitted to Sherry Langley, Chief School Finance Officer. Bids will be opened publicly in the conference room at 3200 South Wilson Dam Road, Muscle Shoals, AL 35661. The official bid specification/required bid packets are available at the Board of Education - Central Office or on our website under Documents>Bids.

Contact for specifics and to schedule a site visit: Terry Pearson, Maintenance Supervisor - 256-349-9797 or tpearson@mssc.k12.al.us.

Muscle Shoals City Schools reserves the right to reject any and all bids All bids are subject to board approval. Bid decision may be based on total project cost presented or by various location pricing, based upon what is best for the system.

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According to the National Highway Traffic Safety Administration (NHTSA), motorcyclists are approximately 28 times more likely than passenger car occupants to die in a motor vehicle crash per vehicle mile traveled. The reasons for this disparity

are numerous, including the lack of protective barriers and the inherent instability of motorcycles compared to four-wheeled vehicles.

While the thrill of riding a motorcycle is undeniable, it is imperative to know the risks. By understanding the common causes of motorcycle accidents and adhering to recommended safety practices, riders can enjoy their journeys while reducing the likelihood of accidents. Safety gear, visibility, defensive riding, proper training, and motorcycle maintenance are all critical components of a safe riding experience. As motorcycling continues to grow in popularity, spreading awareness about these safety measures becomes increasingly important in fostering a culture of safety and responsibility among riders.

The rules of the road apply to all drivers, and we frequently handle motorcycle accidents. Distracted driving is always a danger. If you or a loved one is injured in a motorcycle accident, immediately move to a safe place, contact the police to file an accident report, and seek medical attention as soon as possible. Even though you may feel and look ok, many motorcycle wrecks result in life-threatening internal injuries that are not immediately evident. Do not discuss your injuries with anyone other than emergency workers and your doctor. In the unfortunate event, you get into an accident, you will likely need to retain a motorcycle accident lawyer to advocate on your behalf. If feasible, call one right after you call the police. A good motorcycle accident attorney will conduct an independent investigation to determine responsibility and give you instructions on what to do. Because of the severity of injuries sustained in a motorcycle accident, insurance companies are often quick to settle these cases. A personal injury lawyer can calculate compensation to ensure your health and well-being remain the first priority and take your case to court if it is not.

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

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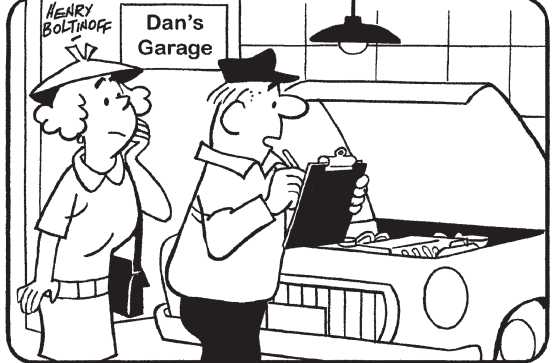
Blues...
 Continued from Page 12

to the power of music. While invited artists from Colbert, Franklin, and Lauderdale counties have diverse interpretations — whether depicting a scene from the W.C. Handy Music Festival or literally painting in 'blues' — all works have a common musical theme that celebrate this area's ties to the music world. A reception is planned for Sunday, July 21 from 1-4 pm, with an awards presentation taking place at 1:30pm.

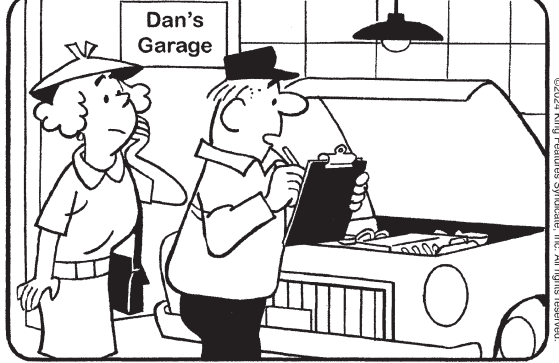
The Mostly Blues exhibit was started in 1994 to honor Florence native W.C. Handy, "Father of the Blues." Since then, the music-themed display has become a popular summer highlight! The K-D Art Center always looks forward to exhibiting this soulful collection of art from area artists who are well-known and established as well as new, up-and-coming talents.

The Kennedy-Douglass Center for the Arts is open to the public free of charge Monday-Friday from 9-4 and on Sundays from 1-4. The art center is located at 217 E. Tuscaloosa St. in Florence. For more information, please visit www.florencealmuseums.com or call 256-760-6379.

HOCUS-FOCUS BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Light is moved. 2. Shape of grille is different. 3. Belt is higher. 4. Arm is moved. 5. License plate is smaller. 6. Cap is different.

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Even Exchange by Donna Pettman

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

1. Pie shell	___ _ _ S _ _	Olive oil vessel	___ _ _ E _ _
2. Robust	___ _ _ O _ _	Kite cord	___ _ _ I _ _
3. Seem to be	___ _ _ _ _ R	Court room request	___ _ _ _ _ L
4. Vernacular	L _ _ _ _ _	Granny's parlor game	B _ _ _ _ _
5. Face cosmetic	___ _ _ W _ _	Contemplate	___ _ _ N _ _
6. Subsequently	___ F _ _ _	Modify	___ L _ _ _
7. Closing moment	___ _ _ _ _ E	Last class exams	___ _ _ _ _ S
8. Empty space	___ _ _ A _ _	Eye movement	___ _ _ I _ _
9. Take second place	___ L _ _ _	Tranquility	___ E _ _ _
10. Inn's guest	___ _ _ D _ _	Forest worker	___ _ _ G _ _

Puzzle Whirl

MINI SUDOKU

		1	6		
4				1	
	4	6			
3					6
					1
		3		5	

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

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

MONEY

TYPED

Answers on Page 28

WORD SPIRAL

E O B

S

S I

Fill in the missing letters to reveal the nine-letter word that starts at one of the four corners and moves clockwise around the perimeter before ending in the center.
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Special education records for students who graduated or should have graduated during the school year of 2018-2019 are going to be destroyed. Persons interested in receiving their records should contact the Special Education Department at 256-768-3070 before July 19, 2024.

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SIGNS OF THE PAST

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WEST END HIGH SCHOOL
 1957 - 1969

West End High School was located here in the Oakland Community, less than a half-mile east of this location. It was the first high school for African-Americans in western Lauderdale County, and the second in the entire county. It became operational during the 1956-57 school year and included grades 1-10. Prior to that time, senior high school students were transported by bus to Burrell-Slater High School in Florence. It is believed that Galilee M.B. Church was the origin of West End High School. The church was established in the late 1800s in a brush harbor west of this location. Because there were no schools for African-American children, the church provided them with a place to learn. In the early 1900s, the Galilee Church was moved to the Oakland Community. After the church moved, a local citizen furnished a building for a classroom to continue teaching the children. Through the generosity of Julius Rosenwald of New York, funds were made available for the Board of Education to purchase 3.5 acres of land, on which a two-classroom building was constructed. The school had one teacher and a principal. With increasing enrollment, additional land was purchased for expansion. The school was named Oakland School. In 1945, as enrollment increased, the name was changed to Oakland Junior High, with grades 1-9. In 1956, two classrooms and a cafeteria were added to accommodate five neighboring elementary schools.

SPONSORED BY WEST END HIGH ALUMNI 2023

Location: 34.8516°N, 87.8050°W

The second school for African-Americans in Lauderdale County was in the Oakland Community. Its origin was a school held in the Galilee M.B. Church but increasing enrollment led to a 2 classroom bldg. As more classrooms were added it became a high school in 1957. Desegregation led to school closure in 1969.

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

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Notes...

Continued from page 4

19th Annual No-Show Picnic in the Garden campaign for the Shoals Community Clinic is underway. At the Shoals Community Clinic, we strive to provide the medical and dental care that people need to heal and thrive in a healthy community. We all need the right conditions to grow strong and healthy – but, unfortunately, there are so many in our area who lack the resources for access to healthcare. We need your help and partnership to meet this need. You can help us grow a culture of good health and wellbeing in our community. Your assistance makes it possible for everyone to have access to health services and enjoy the garden of a healthy life. Nurture the seeds to grow good health in our community by making a donation today. Donate now at ShoalsCommunityClinic.com/ donate or send your contribution to Shoals Community Clinic 309B WC Handy Place, Florence, AL 35630

Going for Gold with God – Vacation Bible School at Jacksonburg Church of Christ from 6:30-8:30pm continues through Thursday, July 11. There will be classes for all ages with guest speakers Ty Rhymes and Harrison Chastain teaching the teens and adult class. Snacks, puppets, crafts, Bible lessons, and fun for all. Olympic event lessons: Wrestling (Jacob wrestles with God); Track (Paul runs the Christian race); Weightlifting (strength of Samson); and Sailing (in the boat with Jesus).

Florence Camerata will present its Annual summer concert, "America Sings!" on Tuesday, July 16, at 7pm at the First Cumberland Presbyterian Church on the corner of Darby Drive and Cloyd Blvd. in Florence. This popular concert, featuring songs by American composers, is a precursor to the days-long music festival honoring Florence native W.C. Handy, and will present music of many genres, including ballads, spirituals, love songs, patriotic, and more! Florence Camerata is directed by well-known conductor, Rebecca Rockhill, and is assisted by respected collaborative pianist, Karen Cantrell. Admission is free, but donations are gratefully accepted. Florence Camerata is a 501(c)(3) nonprofit. For more information, call 256-810-9512.

Dr. Cory McLeary will be at Shoals Community Clinic for a Dental Clinic on Friday, July 12. Only tooth extractions are performed. Cost due at the time of the procedure at the clinic will be \$60 for first extraction and \$20 for each additional extraction. This fee covers the extraction, x-ray, consultation and medications. To be seen, patients **MUST** be at the clinic at 7am for paperwork and X-rays. Patients must be in line when the doors open to be seen. Patients are seen on a first-come basis. Dentists providing services are subject to change, depending on availability. Please, let others know about this service available through Shoals Community Clinic. For additional information, call 256-760-4713.

See NOTES... page 30

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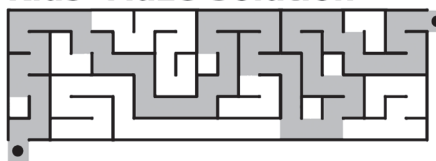
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Puzzle Whirl Answers

Even Exchange answers

- Crust, Cruet
- Strong, String
- Appear, Appeal
- Lingo, Bingo
- Powder, Ponder
- After, Alter
- Finale, Finals
- Blank, Blink
- Place, Peace
- Lodger, Logger

Kids' Maze Solution



WORD LADDER

Answer
MONEY, HONEY, HONED, HOPED, HYPED, TYPED

Word Spiral Answer

BANISTERS

MINI SUDOKU

Answer

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

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Savvy SENIOR

How Extreme Heat Affects Seniors: Tips to Stay Safe

Dear Savvy Senior,

I work for a county health department and every summer we're seeing more and more seniors get sick and even die from heat-related illness. Can you write an awareness piece on the affects extreme heat has on older adults, and what they can do to guard against this summertime risk. Thanks for helping keep seniors safe!

Health Advocate

Dear Advocate,

Happy to oblige! Most people don't realize that each year, extreme summertime heat kills more people in the U.S. than hurricanes, floods and tornadoes combined. While extreme heat can be deadly for anyone, older adults are uniquely vulnerable because of three key factors: biological changes that occur with age; higher rates of age-related diseases; and greater use of medications that can alter the body's response to heat.

Here's how to gauge the risk for a heat-related illness for you or an older loved one and how to stay safe.

How Heat Affects Seniors

The human body has two main mechanisms to cool itself: sweating and increasing blood flow to the skin. In older adults, both of those processes are compromised. Seniors sweat less and they have poor circulation compared with younger people.

Chronic health conditions that are more common in old age, most notably cardiovascular disease and diabetes, can also exacerbate these issues. A diseased heart isn't able to pump as much blood, further reducing blood flow to the skin. And if the nerves become affected in people with diabetes, the body might not receive the message that it needs to start sweating.

As people age, they also stop feeling as thirsty and so they tend to drink less. In hot conditions, that can cause them to become dehydrated faster.

In addition, some older adults, particularly if they have some form of dementia or cognitive decline, may not perceive temperature changes as well. As a result, they won't respond appropriately to heat, both biologically (through sweating) and behaviorally (by moving to someplace cool).

Finally, certain medications many seniors take like diuretics and other high blood pressure drugs can affect people's hydration, blood flow and even the sweat response, so be sure to ask your doctor about any medications you're taking.

How to Stay Safe

On hot days, older adults and people with serious health conditions should limit outdoor activities like walking and gardening to the cooler mornings and evenings, take frequent breaks and drink plenty of water even if you aren't thirsty. Listen to your body. If the activity starts to feel harder than normal, that's a signal to stop and find a place to cool down.

Signs of dehydration or heat exhaustion include dizziness, lightheadedness, headache, flushed face, a racing heart or feeling lethargic. Low energy is especially important to watch out for in people with cognitive impairment, who may not realize how hot they are or be able to express it.

If heat exhaustion worsens to a heatstroke, it becomes a life-threatening emergency.

While older adults face unique challenges when it comes to heat, the ways to cool down are the same for any age. If you or a loved one start to experience any of the above symptoms, the best thing you can do is to go somewhere that has air-conditioning. If AC isn't available in the home, check if there's a local cooling center.

In the absence of air-conditioning, water is extremely helpful in reducing the risk for heat-related injury. Rubbing an ice cube or cold compress over your skin, spraying yourself with cool water or taking a cool shower or bath can also help.

For more heat related safety tips, visit the Center for Disease Control and Prevention website at [CDC.gov/extreme-heat](https://www.cdc.gov/extreme-heat).

Send your senior questions to:

Savvy Senior,
P.O. Box 5443,
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or visit [SavvySenior.org](https://www.savvysenior.org).
Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.



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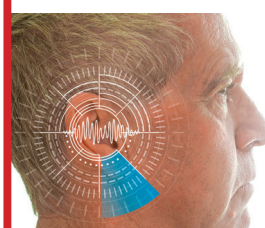
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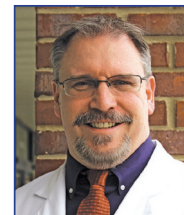


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Notes...

Continued from page 28

The Florence-Lauderdale Public Library will host the following Computer and Technology classes in July all centered around maintaining your security online. The classes will take place 1'm three consecutive Thursdays in July - July 11, 18, and 25. All class times are from 10:30am-12pm. Registration is required due to limited seating. Please call 256-764-6564 ext. 127 or email classes@flpl.org to register.

July 11 Microsoft Windows Computer Security
Learn basic definitions of cookies, viruses, firewalls, antivirus software, and how to maintain security on your computer.

July 18 Shopping Safely Online
This class will cover safety tips for making purchases online and how to identify when a product or company may not be credible or reliable. We will also discuss the usage of apps like Venmo, Cash App, Apple Pay, PayPal, etc.

July 25 Email and Social Media Safety
Increase your ability to identify spam or impersonators online. Implement additional safety measures to prevent hacking and verify authentic usage of your accounts.

LifeSouth Bloodmobile Dates:
Wednesday, July 10 Helen Keller Hospital, Sheffield, 9am-6pm

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Thursday, July 11 Walmart - Hough Road - Florence, Noon - 6pm
Saturday, July 13 Ollie's Bargain Outlet, Florence 10am - 3:30pm
Saturday, July 13 Second Saturdays - Tusculumbia, 4:45 pm - 8pm
Monday, July 15 Workout Anytime - Muscle Shoals, 2pm - 7pm
Wednesday, July 17 TVA Power Service Shops, Hwy 133 TVA Reservation Rd., 127 Power Service Center 10am - 5:30 pm
Tuesday, July 23 The Nenor Club of Florence, 415 N Seminary St., McDowell Hall 10am - 6pm
Thursday, July 25 North Alabama Medical Center, 7am - 5pm

Auditions for "Legally Blonde"
— The sisters of Delta Nu will hold auditions for "Legally Blonde" at the Shoals Community Theatre, 123 N. Seminary St., Florence. Auditions will be held in person 6-9 p.m. July 12 by appointment only, and 3-9 p.m. July 13 open auditions. Self-tape and auditions by appointment are available but will not be offered after July 13. The show will run from Oct. 3-6. Auditions will include a one minute monologue, 16 bars of a song sung by the character you are auditioning for, a song of your choosing to showcase your vocal abilities, and one minute choreographed routine. Email justin@jmnfreelance.com for information or call the Shoals Theater at 256-764-1700.

James D. Vaughan Quartet Festival Crockett Theatre, Lawrenceburg, TN. Wednesday - Saturday, July 24-27. Host quartet The Kellys and your host and emcee Josh Franks will be with you all four days!

Event Ticket Information - Artist Circle \$27, General Reserved \$25, Balcony \$23. **4 Night Pass:** Artist Circle \$98, General Reserved \$90, Balcony \$82. All matinees are FREE ADMISSION with a generous love offering. Doors open one hour before each concert.
For mor information or tickets: www.LawrenceburgTN.gov or 931-762-4231.

You are invited to celebrate the 50-year anniversary of the dedication of Our Lady of the Shoals Catholic Church on Sunday, August 11 at 10am.

Bishop Raica of the Diocese of Birmingham will celebrate Mass. After Mass, we will have a meal, entertainment and sharing of history in the Holy Family

Parish Hall. 200 East Commons St. North, Tusculumbia.
RSVP by August 1, by calling or texting 256-436-0259 or email officeourladyoftheshoals@gmail.com

The Shoals Writers Guild's Free Kindle Direct Workshop has been rescheduled for 10am Saturday, August 17 at the Florence-Lauderdale Public Library. The workshop will be hosted by award-winning author, Gary H. Miller, author of "Ragsdale Blues," in the library conference room. Please Join us.

Shoals Artists Guild Meeting Friday, July 19, 10am-Noon at the Southall-Moore House, next to the Kennedy-Douglass Art Center, Downtown Florence. For more info, contact Carolyn Wear, 256-710-6854.

Zodiac Players season — The Zodiac Players have the following plays scheduled: "The Beverly Hillbillies" Aug. 22- 25, directed by Jacob and Jennifer Adams; "Legally Blonde the Musical" Oct. 3-6, directed by Justin Nicholson; "Steel Magnolias" Jan. 16- 19, 2025, directed by Dylan Bales; "South Pacific the Musical" April 17-20, 2025, directed by Jacob Adams. The plays will be at Shoals Theatre, 123 N. Seminary St., Florence. For ticket information, or to become a patron, call 256-764-1700 or go to theshoalstheatre.org.

Florence Parks and Recreation presents the award winning Gross Out Camp! on Saturday, July 27 at McFarland Park shelter #1 from 10am - 4pm Come and Go.

Gingerbread Players season — The Gingerbread Players have the following plays scheduled: "Willy Wonka" July 18-21, directed by Dylan Bales; "Little Women" Nov. 14- 17, directed by Macy Ladner; "Julie B Jones" March 6-9, 2025, directed by Katie Dalrymple. The plays will be at Shoals Theatre, 123 N. Seminary St., Florence. For ticket information, or to become a patron, call 256-764-1700 or go to theshoalstheatre.org.

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Letters...

Continued from Page 12

Life's Quality is at Stake

Editor,

Most of us want the Tennessee River to be clean and free of harmful chemicals - and the air the same. We depend on the EPA, ADEM, and other government entities to monitor industries in the region.

We cannot rely on corporations to self-regulate the safety of their production, workplaces, and discharges. Think Alabama Power and TVA, 3M, Dow Chemical, Boeing, railroads, and meat processors.

But a spate of recent decisions by the Supreme Court has significantly impaired the Environmental Protection Agency's authority to limit pollution in the air and water, regulate the use of toxic chemicals, and reduce the greenhouse gasses that are heating the planet.

The court said the EPA could not limit smokestack pollution that blows across state borders under a measure known as the "good neighbor rule," even while litigation was still pending at the DC Court of Appeals.

The court's conservative supermajority rulings chip away at the power of many federal agencies to regulate the environment, health care, workplace safety etc. This Supreme Court is already under well-deserved scrutiny for multiple conflicts of interest and ethical lapses.

This is a power grab by the judicial branch at the expense of us all. It is also a huge gift to corporations afraid of any regulation that will hurt their bottom lines.

Let us not forget that Trump promised the oil and gas industry free hand to write executive orders on their industry if they donated \$1 billion to his campaign.

Beware. Our quality of life is at stake.

Dan Waterman Killen

McDonald is Forced to be a Write-In

Editor,

The Colbert County Democrats believe an injustice has occurred that will impact the upcoming general election to be held on November 5. Political maneuvering has denied the Democratic Party and Colbert County voters the right to have a qualified, certified Democratic candidate on the ballot for Superintendent of the Colbert County Board of Education.

Mr. Lymos McDonald declared his candidacy with the Democratic Party for Superintendent of the Colbert County Schools on October 26, 2023. He registered with the Secretary of State, and filed the required paperwork for certification with the State Board of Education on the same date, prior to the November 10, 2023, deadline.

Three days before the deadline, on November 7, 2023, the Alabama State Board of Education denied Mr. McDonald's certification. On December 6, 2023, the Board reversed its decision, now certifying that Mr. McDonald holds an Alabama certificate in administration and supervision, according to the Board's own requirements pursuant to Sections 16-9-2 and 16-9-4, Code of Alabama 1975.

Upon receiving the certification from the State Board of Education, Colbert County Probate Judge Daniel Rosser consulted with me as the Colbert County Democratic Party Chair. Judge Rosser proposed that rather than sue the Probate Court to get Mr. McDonald's name on the March primary ballot, where he would face no Democratic opponent, the Party could nominate him for the vacancy on the November general election ballot in accordance with Section 17-13-23, Code of Alabama 1975.

I consulted with the Alabama Democratic Party's legal representation before agreeing to accept Judge Rosser's recommendation.

On March 11, 2024, as agreed with Judge Rosser, the Colbert County Democrats submitted the Certification of Democratic Candidates, nominating Mr. McDonald as general election candidate for the vacant Superintendent position.

At some point, Judge Rosser consulted State Attorney General Steve Marshall on the matter. On June 12, 2024, Judge Rosser forwarded AG Marshall's opinion to me and others that stated since the Democratic Party did not nominate Mr. McDonald or any other candidate for the Superintendent position, there was no vacancy now to be filled.

Mr. McDonald's name could not appear on the November ballot, no matter what Judge Rosser had previously stated in the agreement with the Colbert County Democratic Party.

An injustice to democracy has occurred in the Shoals. Colbert County citizens have been denied the right to have Mr. Lymos McDonald - a qualified, certified candidate - on the ballot. Lymos McDonald's mission is to provide Colbert County students and their families the option of having him represent them. He will therefore continue his campaign as a write-in candidate for Superintendent of the Colbert County Board of Education.

To vote for Lymos McDonald, write in "Lymos McDonald" by the office of Colbert County Superintendent for Board of Education on your ballot.

Julie Dean, Chair Colbert County Democratic Executive Committee

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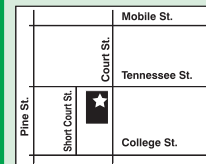
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