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# **Brain Zone Inside Now**

Shoals

The Courier Journal staff appreciates all the positive feedback on our monthly feature, **The Brain Zone!** which debuted in the June 26 issue. We agree that it is a fun, challenging, and educational diversion for kids of all ages. And we heard from some pretty big kids! They appreciate the extra few weeks we give readers to absorb it all!

The second two-page installment (July) is inside this issue. We hope you enjoy!

# Local BBB **Golf Classic**

MUSCLE SHOALS-The Better Business Bureau of North Alabama is hosting its Fall Integrity Golf Classic on Friday, September 13 at Cypress Lakes Golf Club in Muscle Shoals. Team reservations and sponsorship opportunities are available. This would be a great opportunity to support the BBB and advertise your company.

Please review the 2024 BBB Fall Integrity Golf Classic guide for complete details about team registrations and the wide assortment of sponsorships. Reservations can be made online or by completing the forms at the links below.

Sponsorship Form: shorturl.at/34yis

Team Registration Form: shorturl.at/Isia5 Sponsorships and team

See SHORTs... on Page 2



**Ray Miller Buick-GMC** Advance Auto Sales Watson's Auto Sales Landers McLarty Nissan

**HAPPY HOLLOW** 

RED BAY, ALABAMP



Acting Police Chief selected Mike Holt for the permanent police chief position last week.

Holt was appointed acting chief by Mayor Andy Betterton in June while the Civil Service Board decided who would take



the permanent role. Holt replaces Ron Tyler, who recently retired.

A release from the mayor's office indicated that Holt assumed the permanent position immediately.

"With 28 years of experience and leadership at the Florence Police Department as well as instructor experience at NWSCC and UNA, Chief Holt is well-equipped to handle the demands of his new position. He has dedicated his life to the protection of our citizens and has received numerous awards and honors along the way," the release stated.

"We are happy to have an individual with Chief Holt's experience and expertise, and we look forward to working with him as head of the police department.'

A release from the Florence Police Department said that

See CHIEF... on Page 11

# **Miracle Field**

Special Field Hosts Special Games

By Bernie Delinski TimesDaily staff writer

 $\ensuremath{\mathsf{FLORENCE}}\xspace$  — There have been plenty of memorable games at the Florence Sportsplex, but it will be hard to match what is in store at the facility's latest addition.

The Miracle Field, which is built for special needs children and adults, is completed and ready for its inaugural game next week and first city league season this autumn

Mike Adams, Community Programs and Events

See MIRACLE... on Page 6

# **Online Only:**

Dan Busey/Times Daily

- **INSIDE** this Issue
- Ask the Attorney
- Medicare Minute
- Cat & Kids
- Hocus Focus
- The Brain Zone!
- Adopt-a-Friend Strange, But True
  - Watercolor Workshop

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# Shorts...

## Local BBB Golf Classic

**Continued from Page 1** 

registration are on a first come, first served basis and both avenues are needed to help make the event a success.

Payments for sponsorships over \$1,000 can be made in two installments. If you would like to partner with another company for the Presenting Sponsorship, please contact **Lindsay George**, BBB Communications and Marketing Coordinator, 256-970-1255 - lgeorge@ northalabama.bbb.org

### Benson Hosts Encore Event

FLORENCE–The Kennedy-Douglass Center for the Arts is pleased to present an encore opportunity to participate in a ceramics hand building workshop with **Aaron Benson**.



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The workshop takes place from 9am-3pm on Saturday, August 3. Learn more about clay by building and glazing your own work in this one-day class. Registration is limited, so sign-up soon!

Aaron Tennessee Benson is the Chair of UNA's Visual Arts and Design, Associate Professor and Director of Ceramic and Sculpture He has a combined 20 years of experience working in clay. His work has been published, collected, and exhibited both nationally and internationally. His current body of work makes use of traditional ceramic hand building methods to create large scale public works.

Register in person at the Kennedy-Douglass Center for the Arts, 217 E. Tuscaloosa St. in Florence. The workshop fee is \$95, which includes instruction and materials costs.

(NOTE: payment can be made with cash or check only).

#### WORKSHOP SCHEDULE: 9 am- noon:

Introduction, design, and hand-build

Noon-1pm: Lunch Break (while clay dries) 1- 3pm: Glaze and place in kiln.

Art pick-up: Sunday, August 25, between 1-4 pm.

### UNA at UAC Media Day

ARLINGTON– The United Athletic Conference was set to host its 2024 Football Media Day on Tuesday, July 23 as the University of North Alabama joined the eight other league members in Arlington, Texas.

UNA was to be represented by seventhyear wide receiver, **Takairee Kenebrew**, incoming redshirt senior linebacker, **Jackson Bratton**, and second year head coach, **Brent Dearmon**.

For the second straight season, the UAC was hosting a full day of media activities at Texas Live! near Globe Life Field, home of the Texas Rangers baseball team. Kenebrew, Bratton,

and Dearmon were to

activities Tuesday, including an exclusive interview on ESPN+ at noon, some one-onone interviews, social media interactions and promotional photos for the conference.

be involved in several

UNA opens the 2024 season one week early, as the Lions will participate in the Week 0 FCS Kickoff hosted by ESPN Events on Saturday, August 24 at the historic Cramton Bowl in Montgomery. The game will kickoff at 6pm against Southeast Missouri and will be nationally televised on ESPN.

# Forrest to Play in Germany

FLORENCE – Another Lion has gone pro. Within the last month, the University of North Alabama has announced professional opportunities for both former UNA volleyball

See SHORTs... on Pg 9

standout Anna





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Postal lessons - Phone 256-766-3617

LAWRENCEBURG, TN: ESTATE SALE 165 Prosser Rd. Fri.-Sun. July 26-28. 8 am to 4 pm. Emptying the house. Priced to sell. China cabinet, Mid-Century Rhinestone/Costume Jewelry, Mason Jars, \$5 per garbage bag of Women's clothes, Cedar chest, Elna Sewing Machine/Cabinet, Christmas items, Piano/Bench, 7 Bookcases, Books, Dining table, other tables, coal starter, kitchenware, 2-tier water fountain, Edith Kidd doll, lamps, magazines, bed, 2 chest of drawers, dresser, glassware, dishware, appliances, and more.

MUSCLE SHOALS YARD SALE, 699 Brandon Dr., Cedar Place Sub., Sat., 7am-2pm,. Toys, Household items, Children's and Adult nice clothes, Lots of misc. Today is Bargain Day! Everything Must Go!

FLORENCE MOVING SALE 354 Co. Rd. 172, Off Chisholm, before Wilson School, Fri., Sat., & Sun. 7am-7pm. Office & Home Furniture, Household items, & decor,

ture, Housenoid items, & decor, Lawn equipment, Truck parts, Harley Davidson parts, Razor parts, Wheels & Tires, Clothes, Tools & Equipment, Camping & Fishing, Doors and Cabinets. "Rain or Shine"

MUSCLE SHOALS: MULTIFAM-ILY GARAGE SALE 2303 Virginia Avenue At the corner of Brookford and Virginia. Sat. 8/3 7 am to 2 pm Household items, jewelry, clothing, glassware, and lots more!

RUSSELLVILLE: ESTATE SALE 161 Hunterwood Circle Thurs 7/25, Fri 7/26, Sat 7/27 9 am to 4 pm House full of antique glassware, tools, toys, clothes, Tiara, Pyrex, Fenton. Pictures at estatesales.net and Facebook. FLORENCE GARAGE SALE, 142 Hazelwood Lane, Sat., 7am-11am, Furniture, Electronics, Kitchenware, Clothing, Books, Home Decor, and much more! We're moving and need to get rid of a lot, which means YOU get to benefit from some fantastic deals. Join us for a huge garage sale July 27th. Everything is priced to sell and we're open to negotiations. Don't miss out on these great deals!

TUSCUMBIA MULTI-FAMILY GARAGE SALE 260 Alice St., Sat. 6:30am-until? Tools, Clothes, Furniture, Home Decor, Beautiful Pictures and more! Rain or Shine!

#### RUSSELLVILLE MULTI-FAM-ILY YARD SALE, 550 Jackson Hwy., Fri. & Sat., 7am-until? First Time Sale, Ladies, Men's, & Children's shoes & clothes, Household, Cookware, Dishes, Furniture, Pictures, Toys, and Glassware

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 FLORENCE: YARD SALE 1610
 FLORENCE YARD SALE,

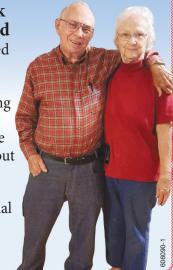
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LEXINGTON: HUGE \$1 YARD SALE 6730 Hwy 64 July 26- 27 Come one, come all! Multiple pay options available. 1630 Decatur Ave., Fri. & Sat., 8am-1pm, VINTAGE ITEMS and ESTATE SALE ITEMS, Glassware, Cutlery, Dinnerware, Flatware, Home Decor, Lots of Books, Never used Kitchen Appliances in original boxes, Vintage Electronics, Collection of 45s and LP Records, and much more!

We want to thank all the friends and family who attended our recent 140 Years Anniversary party. Thank you for coming and celebrating our day with us! - For the cards, and the gifts, but especially thanks for just being there and celebrating our special day with us! Ottis & Dot Cox



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Community lotes

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@courieriournal.net

August 1-7, all animal adoption I be \$25. DOGUST 1ST Starts Noon-4pm at the Florence Lauderdale Animal Services, 3240 Robinson Road. Details: 256-760-6676.

ArtWorks, the Tennessee Vallev Art Association's annual members' art show is on display now through August 17 at the Tennessee Vallev Museum of Art, 511 North Water St, in Tuscumbia

An Evening with Wildwood Trio Friday, July 26 at The Ritz Studio, 111 W. Third St., Sheffield. Join us for an evening with The Wildwood Trio, featuring

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Tony Lee, Malcolm Singleton, and Eddie Martin, three longtime members of the Muscle Shoals music community. With a combined catalog of 13 albums and diverse musical genres, their performances are a testament to their songwriting craft. Don't miss this special event on July 26 from 7-8:30pm. For more information visit www.tennesseevallevarts.org.

In partnership with the Handy In partnership with the Handy Festival, Music at the Mansion takes place at 2pm Saturday July 27 at Belle Mont, 1569 Cook Lane, Tuscumbia. This event features the best of Jazz through an array of talented musicians. This year's musician is Pernell Cunningham. Itty-Bitty Pop Shop will be on site to sell popsicles. This event is free and open to the public! Join us at. For more information: 256 381-5052 or bellemontmansion@gmail. com

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

Story Time – Florence Lauderdale Animal Services will be hosting Story Time every Wednesday morning at 11am during the month of July. Children 10 vears 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

The Florence-Lauderdale Public Library will host the following Computer and Technology classes in July all centered around maintaining your security online. Please call 256-764-6564 ext. 127 or email classes@flpl.org to register

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

#### LifeSouth Bloodmobile Dates:

Tuesday, July 23 The Nenon Club of Florence, 415 N Seminary St., McDowell Hall 10am - 6pm

Thursday, July 25 North Alabama Medical Center, 1701 Veterans Drive, Main Lobby, Florence 7am - 5pm

Main Lobby, Florence /am - 5pm Sunday, July 28 Walmart - Cloverdale Road - Florence, 10am - 4pm Monday, July 29 Russellville Hospital, 15155 Hwy 43, Parking Lot 10am - 6pm Tuesday, July 30 Southwire Company, 4251 Helton Drive, Florence, 6:30am - 12pm Wertnesday July 31 Southwire

Wednesday, July 31 Southwire Company, 4251 Helton Drive, Florence, 1pm - 7pm

Thursday, August 1 Jar & Co., 269 Cox Creek Parkway S., Florence, 11am Friday, August 2

Killen Founders Day, Killen Park, 830 Locke Six Road, 5pm - 9pm

Saturday, August 24 Boutique 72, 1408 Avenue E., Tuscumbia, 10am - 4pm

Evergreen Baptist Church

oming is Sunday, July 28. School 10am, Worship Service Homeco Sunday 11am, Guest speaker: Dr. Timmy Rav. Fellowship luncheon after worship service provided by the church. Evergreen is located at 14930 Cty Rd 2. (Gunwaleford Rd.) Florence

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!

<u>Event Ticket Information</u> - Artist Circle \$27, General Reserved \$25, Balcony \$23. <u>4 Night Pass:</u> 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.

Hi Neighbors of the Shoals, a women's social group, meets on the

1st Tuesday of each month (August 6) at 10:30am in the Florence Lauderdale Public Library. The group welcomes all ladies who are residents of the Shoals. Join us! Contact Christina Dickinson at 262-930-7762 for further details.

An Evening with Patterson Hood, August 2, 7pm at The Ritz Theatre, 111 W. 3rd St., Sheffield. Tickets: \$35 online, \$40 at the door.

Join singer-songwriter Patterson Hood for an evening of music and entrainment. Details: 256-383-0533

The Tennessee Valley Art Association will host its Annual Membership Show, ArtWorks, from July 20 – August 17 at 511 North Water St., Tuscumbia. There will also be a special display area for junior artists (16 and under)! For more information and to purchase your ticket visit www. tennesseevalleyarts.org.

See NOTES... page 18

# The Plot To Destroy America

This has been going on for around 200 years. The idea is to influence what folks love the most and my experience has shown me that the love for money and power are the strongest motives for corruption and wars. The Bible says a lot about money as it appears 140 times in KJV. I will list just a rew. reopre are motivated and indoctrinated at very young ages.

answereth all things."1 Timothy 6:5 "Perverse disputings of men of corrupt minds, and destitute of the truth,

supposing that gain is godliness: from such withdraw thyself." 1 Timothy 6:10 "For the love of money is the root of all evil: which while some coveted after, they have erred from the faith, and pierced themselves through with many sorrows. Mark 8:36-37 "For what shall it profit a man, if he shall gain the whole world, and lose his own soul? Or what shall a man give in exchange for his soul?" What have you sold your soul for?

History repeats for sure? Acts 8:20 "But Peter said unto him, Thy money perish with thee, because thou hast thought that the gift of God may be purchased with money." Salvation is a free gift, BUT folks still think they can buy their way to heaven. Money failed before and will again. Genesis 47:15 "And when money failed in the land of Egypt, and in the land of Canaan, all the Egyptians came unto Joseph, and said, Give us bread: for why should we die in thy presence? for the money faileth." Ask yourself, "what is the dearest thing to my heart?" Now, what sin have you sold out for? The devil's plan is to destroy this nation from the inside out, starting with the homes and churches. Society is the product of the home and the church. See the devil's offering to Christ in Matthew 4:1-10. Now, what tidbit has the devil offered you for your soul and worship? Any worldly success is short-lived when compared to where you will spend eternity. GOD gives all one short lifetime to prepare to meet Him. Don't miss or ignore it!

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#### **OFFICE HOURS:**

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### 219 W. Tennessee St. Florence, AL 35630

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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: written form to:

#### 219 W. Tennessee St. Florence, AL 35630 or email to: editor@courierjournal.net

well in advance of the planned 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 Advertisers are responsible for all content and claims in their advertising.

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### **Continued from Page 1**

director for the Parks and Recreation Department, said the field has been long-time goal of а department's, and the anyone who experiences a game will understand why.

"If you've never seen a game like this, you'll have fun, you'll laugh, you'll cry, and you'll probably dance," Adams said. The field will host two

one-inning games at 4pm on Thursday, July 25. Two children's teams will play each other in one game and two adult teams will play another game. The event also is expected to feature a "home run derby" that allows all participants to run the bases.

HAY FOR SALE, 4X5, net wrapped

Florence is organizing autumn Miracle an Field league that will start this year, Adams said. Anyone interested can call 256-760-6416. He said Muscle Shoals has a Miracle Field and he has watched many games there. In fact, he said Muscle Shoals Parks and Recreation officials have been supportive of the Florence field.

"We'll work closely with Muscle Shoals, SCOPE 310 and with schools," Adams said.

He said players in Muscle Shoals select walk-up music for when they come to bat, and during the home-run derby they run bases to the music, often dancing from third base to home plate

"We want to do that here," he said.

There is 30 feet between bases, which are level with the ground so anyone in a wheelchair can roll over them. In fact, the entire field is level. The dugouts are deep and have wide entrances for access.

Adams said the field was built with community in mind. the

"It's about building the community and bringing them together to see something like this," he said. "If you ever have a bad day, come out here and I guarantee that'll change things."

This article first published in the Times Daily Thursday, July 15



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# **Forrest to Play** in Germany...

### **Continued from Page 2**

Kathrine Griggs and former UNA golfer Carter Goodwin.

Now, men's basketball forward **Damian** Forrest can be added to the list. Last week. Atlantic Sun Conference All-Tournament selection and multi-time Academic All-ASUN selection signed a pro contract with Nuernberg Falcons BC in Germany. He will begin play this upcoming season.

"This would not have been possible without my teammates, coach Tony Pujol, coach Ahmad Smith, as well as the rest of the UNA coaching staff," said Forrest, who completed three seasons of games for the Lions. "They brought me on years ago and saw the potential in me and greatness I can achieve as a player and a man before I even knew. They are instrumental in me being able to have achieved the opportunity

Forrest started 92 career games for the Lions over three seasons, making the fifth-most appearances for UNA since moving to Division I in 2018. As a senior, he averaged 10.4 points per game and a team-high 8.2 rebounds per game — which ranked second in the ASUN. "We are

to play professionally."

Forrest UNA Photo incredibly proud of Damian and his signing with the Nuernberg Falcons.' said Pujol,

UNA's head coach. "His discipline, determination and contagious personality has impacted our men's basketball program and the athletic department. He has been a great ambassador for the University of North





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forward to watching

Damian do great things in his professional career. Forrest is one of six Americans on the roster, while the other eight players are from Germany. He joins one other recent NCAA graduate, Mohamed Fofana, who is from Harlem, N.Y. and played at Valdosta State before joining the Nuernberg roster in 2023. One interesting fact about Forrest is that he can speak

multiple languages, including German. In fact, Forrest recorded an introduction video and addressed his new fan base in German. That video was recorded in the UNA locker room.

"I am so grateful for UNA and the community of support and love that embraced me when I first got here," Forrest said. "UNA and the surrounding community made my journey so enjoyable, helped me really fall in love with the game of basketball and created life-long friendships and relationships. It makes me proud to say I will always have a home in Florence because of that.'

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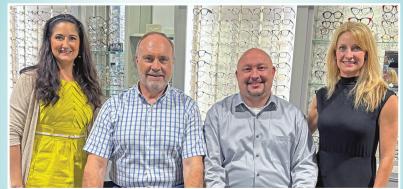
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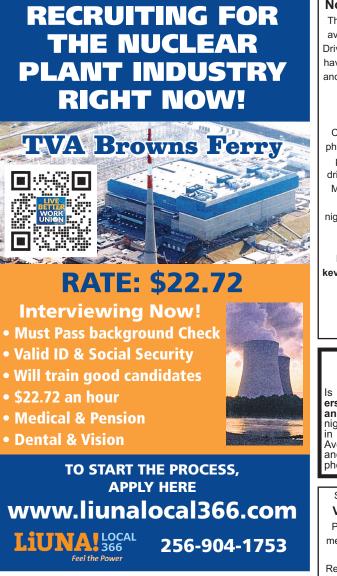
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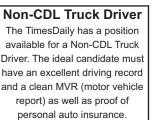
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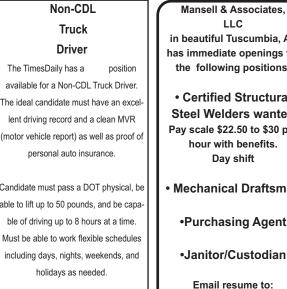
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"FAME Recording Studios, Muscle Shoals" One entry per person. Winners will be announced each week in our paper and on our website. Winners can pick up their Gift Certificate at the Courier Journal nners can pick up their Gift Certificate at office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



**Continued from Page 1** 

Holt began his career in law enforcement here in January of 1996.

'The employees and administration wish to congratulate Chief Holt on his promotion and express their best wishes for his future service to our community in this role," the release stated. "I

grateful am honored for the and lead opportunity to the men and women of the Florence Police Department into our next chapter," Holt said. "My number one priority will be the safety and security of the citizens and visitors of the city of Florence and to provide the best police service to all people."

"I interviewed with them on a Monday morning and they rendered their decision that afternoon," Holt said. "It's a little bit of a relief, and I'm humbled by the whole experience."

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Urethane

### Commentary

Social media was full

of the usual cynics talking

about a staged event to

shelf character.

# Derangement & **Other Disorders**

ot even an assassination attempt can slow the hate and ridicule spewing at former President, Donald Trump, largely from people who otherwise advocate respect and tolerance.

In A Few Words

boost sympathy, an amateur with the scope, and worse, much worse. I've seen where several government employees have been terminated for posts of disappointment in survival, suggesting SEAL team members should have been used, and so on. Just top

Let's face it – otherwise bright people seem to lose Editor

their rationality with regard to anything associated favorably with Donald Trump. HE has always manipulated the system; HE has always taken advantage of people

and situations; HE has always been a racist,

See DISORDERS... on Page 22

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**Courier** Journal

# **NWSCC Set** to Rock & Ramh

MUSCLE SHOALS-Northwest Shoals College Community will host Party with the Patriots, a W.C. Handy Music Festival event, featuring Winston Ramble on Thursday, July 25. from 6-8pm in front of the fountain on the Shoals campus.

The southern rock band Winston Ramble, originated in Winston County, Alabama. They now perform all over the Southeast entertaining their audiences with their self-proclaimed, "Alabama style, southern-fried rock n' roll.'



Party with the Patriots 6-8pm July 25 NWSCC

The event is free and open to the public. It will include live music, inflatables, food trucks, corn hole, face painting, and other activities for children. Guests are encouraged to bring outdoor folding chairs.

Courier Journal

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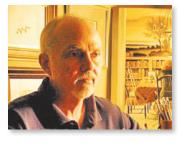
Years of history and searchable content.

# Workshop **Medium of** Watercolor

in the

TIUSCUMBIA-Celebrated artist, Tim Stevenson, will host a workshop in the watercolor medium at the Tennessee Valley Museum of Art on Saturday, August 3 from 10am–3pm. The Tennessee Valley Museum of Art is located at 511 North Water Street in Tuscumbia. This watercolor workshop will include a how-to demonstration

See WORKSHOP...on Pg 14



**DOLLAR QUARTET, will** be presented by the Full Moon Players at Cypress Moon Studios' Full Moon Theater July 25-28. The play is based on a day in music history at Sun Records that brought four of our all-time favorite singers together -Elvis Presley, Carl, Perkins, Johnny Cash, and Jerry Lee Lewis. Performances will be Thursday-Saturday, July 25-28 at 7pm. Saturday and Sunday matinees are at 2pm, with the encore performance at 7pm on Sunday night. Tickets are \$15 in advance and \$20 at the door. Get tickets at Cvpressmoonstudios.org or

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### **BELLE MONT MANSION**

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will host Music at the Mansion on Saturday, July 27 from 2-4pm in partnership with the W.C. Handy Festival. This year's performer is Pernell Cunningham, who will be playing the jazz piano. Itty-Bitty Pop Shop will also be on site to sell popsicles. This event is free and open to the public. Belle Mont is located at 1569 Cook Lane in Tuscumbia.





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

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- 219 W. Tennessee St., Florence, AL 35630 e-mail: editor@courierjournal.net

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### **Bullying a Bully?**

### Editor:

Thomas Matthew Crooks was bullied in high school. Maybe he thought Trump was a bully and he wanted to assassinate him to get even with all bullies.

**Paul Sabatino** Florence

They pace the floor in worry about Joe Biden and call for him to drop out of the race. . .

### He Never Wavers

#### Letter to the Editor:

My prayers are with President Trump and his family, and the families of the rally attendees who were shot. President Trump is a powerful leader. He never wavers. He is always out front. He is physically courageous, and he will not be intimidated from taking Americans of every party must condemn political violence. There must be no equivocation.

his case directly to the American people. You can be sure this won't

#### **Jeff Sessions**

stop President Trump.

84th US Attorney General and former U.S. Senator from Alabama Mohile

### **Students Pay Too!**

### Editor:

A press release from the University of North Alabama published in the Courier Journal June 26, entitled, (A

See LETTERS...on Page 24



TOM MAGAZZU

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Courier Journal / July 24, 2024

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# Workshop

Continued from Page 12

by Stevenson in still life, silver, glass, and oriental rugs. Registration is \$140 student. Students per will have the following supplies provided: watercolors. paper (cotton paper is best), pencil and eraser, and a water container. Tim will supply photos and objects to paint from. who

Thomas

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Stevenson, considered is one finest of America's landscape painters, recently had a solo exhibition of over 60 of his most recent works featuring the peaceful vistas of the Tennessee Valley, vivid still life artworks, and thoughtful figurative paintings in watercolor and oil at Carnegie Visual the Arts Center in Decatur, Alabama. The nativeborn Alabamian has been painting for over 50 years in the tradition of the 'Old Masters,' (Vermeer and Rembrandt). A selftaught artist who 'drew pictures for cookies' at age three, he worked in cartooning, advertising, illustration, and billboard painting on his way to become one of the country's finest landscape representational and painters.

To register for the workshop, visit tennesseevalleyarts.org.

# ASK THE ATTORNEY



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An experienced attorney can accurately assess the full extent of your damages, including medical expenses, lost wages, pain and suffering, and future rehabilitation costs. This comprehensive valuation ensures you pursue the maximum compensation you are entitled to.

Insurance companies often aim to minimize payouts to protect their bottom line. A car accident lawyer possesses strong negotiation skills and can effectively counter lowball offers.

Hiring an attorney allows you to focus on your recovery while they handle the legal aspects of your case. This reduces your burden and provides peace of mind, knowing a professional is working to protect your interests.

Statistics indicate that individuals who hire experienced personal injury attorneys achieve better outcomes than those who handle their claims independently. Attorneys are skilled in building strong cases, presenting evidence, and navigating legal procedures, increasing the likelihood of a favorable settlement or verdict.

While not every car accident case requires legal representation, certain situations warrant the expertise of a car accident attorney. Consider hiring an attorney, especially when different kinds of insurance coverage are involved, such as liability, uninsured motorist, medical payments, Blue Cross Blue Shield, Medicare, and Medicaid.

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

Please send the questions to: "Ask the Attorney,"



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# **Stop It, Please**

Stevie Wonder's music. One of his favorite Stevie songs is "Love's in Need grapples, hate grows and of Love Today". Some of souls are lost. Showing the opening words in the care brings light, love and chorus say this: "I have unity. serious news to pass on to everybody / What I'm about to say / Could mean the world's disaster / Could change your joy and laughter into tears and pain... It's that / Love's in need of Love today / Don't delay / Send yours in right store? Send a card. Make away / Hates goin' 'round / Breaking many hearts / Stop it please / Before it's gone too far, yeah...'

All my life, I have countered hate. Stepped launching business. Call into places where you get those glares, like, "What are you doing here?" Made friends that people didn't want me to have. Smiled when others weren't. auntie. Make a casserole. But do you know what I Adopt a grandmother. think is as sad as hate? Foster a child. Support a

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My husband loves all of The absence of love. In the absence of love, loneliness depression happens,

> Who needs your love? Could you cut someone's grass? Clean a cancer patient's toilet? Go wash a new mom's dishes or better yet hold the baby while she takes a walk or goes to the grocery a call. Bake a cake. Go to that visitation. Use your retired barber skills for that needy kid down the street. Financially back a your sister. Kiss a baby. Compliment someone's tenacity. Love's in need. Clean her car. Wash

his clothes. Visit your

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over for breakfast. Clean some windows. Host a neighborhood party. Brush her hair. Listen. Be the one who starts the payit-forward at the Jack's drive-thru. Buy the shoes, so that he has one pair. Pat your dad on the back. Give the newcomer a ride. Say, "Sit with me." Follow that good thought. Bring the fellas at the Jiffy Lube some iced tea. Give a bike away. Say, "Hey." Share your vegetables. Sit with your kid. Say, "Son, I love you." Someone's in need. Know what's going on

across the street. Provide family's Christmas. а Fix your neighbor's washing machine. Go to the nursing home. Give your old car to someone rather than trade it in. Show up with some ice cream. Make eye contact. Ask a question. See them. Invite them in. Join a club. Create a Bible study. Pay for their electricity. Step through the door. Paint with someone. Sing together. Dance together. Hug somebody different. Laugh. Live boldly. Love

him anyway. Pray. Give. be lazy. Act. Don't Build somebody up. Don't follow hateful examples. Step

missionary. Have someone outside yourself. Start a community. Lead. Focus on the positive. Breathe. Love.

Courage and bravery curtail hate. It's one person stopping the cycle and acting out on unity. We've always been one generation away from stopping hate - and I thought that was my generation. I've tried to do my part. But, the things I see now that are killing our souls – isolation, despair, dissatisfaction, discontentment, non-interaction, the lack of community, sadness can be uprooted by some genuine, Christ-like care. Your love, my love is in need of loving today. Then it can grow. What has love done? What has your love done? Love is in need of action, not fear. One generation of care could ... Stop it, please. Don't delay.

E-mail comments or suggestions to CatnKids1@ gmail.com







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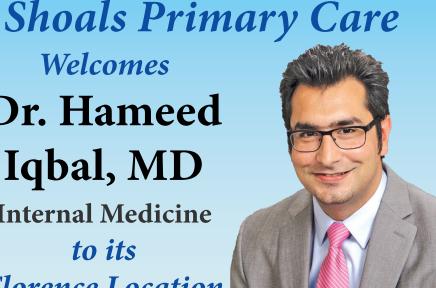
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to treat patients at their home who are home bound and patients who would rather be seen at home.

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# **PUBLIC SERVICE ANNOUNCEMENT** SENIORX

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This program is in partnership with the State of Alabama and Alabama Department of Senior Services

# Notes...

### Continued from page 4

### 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. Tuscumbia.

RSVP by August 1, by calling or texting 256-436-0259 or email officeourladyofthe shoals@gmail.com

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

Franklin County Watermelon Festival - Friday August 16, 6-10pm, Saturday August 17, 10am - 10pm, Downtown Russellville.

This family fun event offers two days of live music. watermelon contests, a 5K run, antique car and truck shows festival foods, arts and crafts vendors and, of

course, free watermelon.

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.

#### Third Annual Autism Awareness Fund-raiser & Car Show benefitting JM's Journey. Saturday - August 24, at Rogersville recreational park. 9am-6pm. Free admission. Call 256-710-1551 for

Free admission. Call 256-710-1551 for more information. Come see Lightnin' McQueen, Mater & Red Fire truck from the movie "Cars". Face Painting Inflatables • Splash Pad • Disney Characters • BUbble Station • Petting Zoo • Train Rides • Basketball Free Throw Shoot-out • \$100 Cach Price 2 Ace Divisions • Vander Cash Prize, 2 Age Divisions • Vendors • Arts & Crafts • Car & Truck Show • Food Trucks • 50/50 Drawing • Cornhole Tournament

# Autism Awareness Fund-raiser Basketball Free Throw Shootout Proceeds benefit JM's Journey. Saturday - August 24, at Rogersville recreational

Park... Registration: 12:30pm. Competition: 1:30pm. Call 256-710-1551 for more information.

Age Groups - under 18 • 18 & over \$20 entry fee, double elimination. \$100 cash prize and a trophy to the winner in each age group.

### Autism Awareness Fund-raiser Toss for Autism Cornhole Tournament Proceeds benefit JM's Journey. Saturday - August 24, at Rogersville recreational

park, 100 Optimist Drive. Registration: 12:30pm. Competition: 1:30pm. Call 256-339-9641 for more

information. Sign-ups: 11-11:45pm. Bags Fly at

Sign-bus, 11-11-40pm. Bags riy at 12pm. Divisions: Competitive Entry \$50 Social Entry (house bags) \$40. Cash only entry. 50/50 Cash Payout in both divisions. Trophies to 1st and 2nd place. 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.

## **Insurance** Insights

### What Is Rental Car Coverage and How Does It Work?

It's usually a standard question at a rental car company counter: "Do you need rental car insurance?" Considering the rental car company has insurance on their car, you have insurance on your personal car and you may also have rental coverage available through your credit card, what should you do?

### What is rental car insurance coverage?

Typically, coverage through a rental car company falls into five categories:

- Collision damage waiver (CDW) or Loss damage waiver (LDW): Releases you from damages that occur to the rental car, including vandalism and theft.
- Liability: Provides coverage for damages or injuries you may cause with the rented vehicle.
- Personal accident insurance (PAI): Protects you and your passengers should injuries occur while driving the rental car.
- Personal effects coverage (PEC): Covers personal items that may be stolen from the rented vehicle.
- Roadside assistance: Covers emergency roadside expenses, lost keys and travel assistance.

### Do I need rental car insurance?

Many personal vehicle insurance policies already include some sort of car rental insurance coverage — so if you purchase a rental car policy, you're paying extra when you may not have to. Let your State Farm<sup>®</sup> agent know the reason for the rental so they can help assess how coverage from your personal vehicle policy might apply.

### Does my credit card cover rental car insurance?

If you pay for a rental car with a major credit card, the card issuer may offer secondary car rental insurance at no charge. In general, this coverage will be used after your personal auto insurance policy is used. Keep in mind that credit card coverage varies from card to card and the institutions which issue the cards.

#### Review your rental coverage options

Don't sign anything or agree to coverage without reading the policy thoroughly.

What if I'm using a car sharing or a peer-to-peer service? According to the Insurance Information Institute (III), coverages can vary greatly. If you're renting from a nontraditional car sharing company, review the agreement.

Do I need international car rental insurance when abroad? Contact your agent and credit card company well in advance

of your trip.

### Renting for work or play?

Coverage extensions from your existing policy or your credit card may not apply if you're renting a car for business.

### Select the right size rental vehicle

When reserving a car, know how many people will be traveling with you and how much luggage room you will need. You'll want to have enough space to see clearly out of each window and to keep passengers comfortable.

### Inspect the rental car

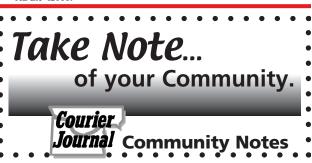
Give the car a once-over to check the following before driving off

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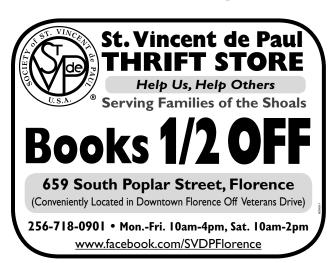
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# DAVE Says by DAVE RAMSEY

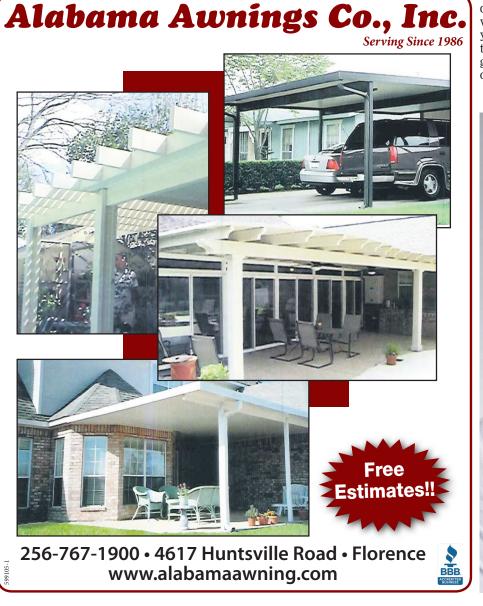
### WAIT...WHAT?

Dear Dave.

We've been following your Baby Steps plan, and we paid off two car loans a few months ago. That freed up almost \$800 a month. We have two kids, and we love to go on family camping trips. We've been trying to decide on a destination for the next one, but to do this we would need a vehicle with more room. Luckily, we found a used van at a reasonable price, and we think we could have it paid off in no more than 12 months. Would this be okay, since we would still have more money left than before? Sara

#### Dear Sara,

Okay, you're telling me you just got out from under \$800 worth of car payments





each month, and you want to dive right back in by financing another one? I think you've missed the point of my plan. The point is to get *out* of debt, not just move it around or try to juggle smaller portions.

What you're actually saying is you're thinking about putting your family's financial future in jeopardy, because you want to go on camping trips in a roomier car. That's a bad plan! For you guys, something like this right now would be a luxury item. Did you know I went without a vacation for four years trying to get my life back together after I went broke? Four years! I'm not suggesting you live with this attitude for the rest of your life, but I'm pretty sure there are other ways to make family camping trips happen.

Long story short, you don't need a different vehicle to go camping. And you definitely don't need to go back into car debt to go camping. Buy a couple of tents, throw them in the back of the car and head for the woods. If your cars are *really* just too small to handle everything, then rent a bigger car for the weekend. I'd rather you spend a few bucks doing something like that once in a while than picking up another car payment.

Your mindset on this worries me, Sara. The reason for getting out of debt is to live a better life. Living debt-free is smart, less stressful and it makes everything else feel lighter and easier to manage. Live like no one else, so that later, you can live like no one else. Remember? Please, don't do it. —Dave

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



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• Guglielmo Marconi, whose invention of wireless telegraphy was credited for saving the lives of over 700 Titanic passengers after it sank in 1912, had turned down a free passage on the ship, choosing instead to go to America via the Lusitania three days earlier. He narrowly missed death at sea a second time in 1915, when he was again a passenger on the Lusitania, about a month before it was sunk by a German U-boat. • The story of  ${\bf Cinderella}\ {\rm first}\ {\rm appears}$ in a Chinese book written

in the 850s

• Margaret Dixon, a Scottish criminal, was hanged at Musselburgh in 1728. However, just a few hours later, she climbed out of her coffin, and was reprieved and pardoned. Still, as her husband was considered a widower because she was "officially" deceased, Scottish law dictated that they had to remarry. The country of Liechtenstein has twice as many registered corporations as citizens. On April Fools' Day 1957, the BBC television documentary "Panorama" broadcast a documentary about

the so-called spaghetti orchards of Switzerland, with discussions of spaghetti plantations in Switzerland and Italy, the spaghetti weevil, and the reason for the pasta's being of such uniform lengths held against a background of Swiss 'spaghetti trees." Many viewers, forgetting or failing to notice the date, believed the orchards were real!

• Groups of geese on the ground are called a gaggle, but in the air they're referred to as a

skein. Honey has been used as a center for golf balls and in antifreeze mixtures.

• In 1974, the U.S. Army Materiel Command ran a contest to name its new headquarters building and received around 500 entries. The winner? "The AMC Building."

Thought for the Day: "I attribute my success to this: I never gave or took

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# Disorders

### Continued from Page 12

xenophobe, Nazi, fascist

etc. Those reasonings are good ammunition in a political screaming match, but they do not establish guilt just because thousands are outwardly unglued.

Is Donald Trump flawed? Yes, as we all are. Regular readers of this column have seen many a critique. A womanizer and philanderer? At least in previous years and situations.

Of course, many of the honestly misinformed or the perennial bottom feeders will continue with any criticisms or lies they can find or create. Some of those are supposedly smart people. Others, of



One college professor has his whole inside job Trump campaign conspiracy laid out, of which there are probably dozens of other variations.

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However, consider that there are many who would like to see Trump "in a bull's-eye,"

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**PLUMBING PATROL IS ON A ROLL!** 

the term President Joe Biden unfortunately used only days before the assassination attempt. (It was an honest mistake and Biden has since admitted that and elaborated on it.)

The fact remains that millions would like to see Trump outside of the political landscape one way or another. He's not stepping aside voluntarily, so...

more palatably. There are many people who would never want to anyone purposely see killed. However, they wouldn't object to seeing one or two well-timed funerals. And don't act so shocked. We all know he is absolutely HATED in many quarters, including some high-profile people



on both sides of the aisle. Media criticizing Trump for standing up again on stage between secret service members, ear bloodied, and pumping his fist saying "fight" three times is preposterous.

Less than a minute after the shot nicked his ear and he has been covered by a blanket of humanity, he's up with the passion we've all seen for a decade... and looking for his shoes. He could have cowered and avoided any further potential danger while being swept away. We know plenty of people who would have preferred that option.

But that's not who Trump is. His actions typify his toughness, grit, and drive. He doesn't usually get breaks unless certain judges see the political vindictiveness stacked against him.

And when we think about it, that now iconic photo is the first significant political memory for the younger generation. It's a heroic image that exudes masculinity, another national first for that They generation. have been taught that masculinity is a toxic trait in males and should be avoided. It's good that they saw it publicly.

Did Trump get a break early that Saturday evening? Absolutely.

Was it divine intervention that he decided to turn his head just a little toward a monitor at the time of the shot (something he doesn't normally do)? That's not for us to know.

Many would wonder, and justifiably, why God would spare the life of Donald Trump but take the life of 50-year-old, Corey Comperatore – a man whose character was apparently impeccable. There are many Biblical examples of God using flawed or unlikely people to help accomplish His will.

Maybe God wanted Corey's story told as well. The family man was by all accounts living his life in the manner that God would prefer as outlined in His Word. Corey's life would never have been exposed in the manner by which it will be now.

One thing is for sure, Trump was awfully lucky, and so were we as a nation.

Years of social media vitriol from those with Derangement Trump Syndrome combined the repeated with attempts to derail all of Trump's efforts from 2016 forward have already created an incendiary political environment. Had there been a funeral for Trump, many more would have followed in the eruption of strife and political conflict that would undoubtedly arise after his death.

And although we are far from a righteous country and don't deserve a reprieve for how we have bastardized our society, Trump unfinished has some business. And that is to put another pause on the recent years of left-wing governmental heresy and lead the US back to respectability.

Of primary concern is the mounting evidence that the attempt was The preventable. was poorly perimeter covered, the shooter's parents made calls, the local police had opportunities to deter the suspect. Regular citizens were calling attention to the gunman on the Secret roof. Service replacements were

used when others were diverted to Pittsburg and an event for Jill Biden.

And then there is Secret Service Director, Kim Cheatle, the staunch DEI advocate whose stated goal for the Service was greater diversity. She has close ties to the Bidens and the Cheneys, and is a likely culprit in ordering the deletion of the email evidence of the whole .16 Committee hoax Discovery would have exposed the government's involvement, would have exonerated many of the J6 accused, and would have proven the committee's anti-Trump leanings.

The evidence of her bias and agenda are overwhelming. How could she be able to oversee anything to do with Trump's security?

She was supposed to testify before the House Oversight Committee about the events of July 13. However, as of this writing it appeared that Biden's Department of Homeland Security, led by DHS Secretary, Alejandro Mayorkas, has stepped in to block any Secret Service cooperation.

The list of bottom feeders out there is plentiful - ready to feast on the remains of the former President, one way or another.

All that aside, there is one talent of Donald Trump's that has been proven repeatedly every month. He is absolutely the top real estate magnate in the country over the past nine years when it comes to small, otherwise unoccupied spaces.

What other landlord has such a keen ability to live rent free for so long in so many people's heads?



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#### Dear Savvy Senior,

*My 77-year-old mother, who loves to cook has had several* kitchen-related accidents over the past year. What tips can you recommend for making a kitchen safer and more practical for seniors, without doing a big expensive remodel. Inquiring Daughter

ww

**Kitchen Ideas for** 

**Aging-in-Place** 

Dear Inquiring, There are a number of small improvements and simple modifications you can do that can make a big difference in making your mom's kitchen safer and easier to maneuver. Depending on her needs, here are some tips for different aspects of her kitchen.

**Lights:** If the lighting in your mom's kitchen needs improvement, replace the old overhead fixture with a bright new ceiling light, and add LED lighting under upper kitchen cabinets to brighten up her kitchen countertops.

Floors: If she has kitchen throw rugs, to reduce tripping or slipping, replace them with non-skid floor mats or consider gel mats, which are cushiony and more comfortable to stand on for long periods. GelPro.com and WellnessMats.com offer a nice selection.

Cabinets and drawers: To reduce bending or reaching, organize your mom's kitchen cabinets and drawers so that the items she most frequently uses are within comfortable reach. You can also make her lower cabinets and pantry easier to access by installing pullout shelves or lazy susans. And, by installing pull-down shelves in her upper cabinets (see Rev-a-shelf.com) so she doesn't have to get on a stool to reach things on high shelves. I also recommend replacing her cabinet and drawer knobs with "D" or "C" shaped pull-handles because they're more comfortable for arthritic hands to grasp than knobs.

Faucet: If your mom has a twist-handle kitchen faucet, replace it with an ADA compliant single handle faucet, or with a touch, motion or digital smart faucet. They're easier to operate, especially if she has hand arthritis or gripping problems. And, for safety purposes, set her hot water tank at 120 degrees to prevent possible water burns.

Microwave and cooktop safety: If your mom's microwave is mounted above her stove, consider moving it, or get her a small microwave for the countertop so she doesn't have to reach over a cooktop to insert or remove food. And if you're worried about your mom forgetting to turn off the stove there are automatic shut-off devices you can purchase and install to prevent a fire. iGuardStove (*iGuardFire.com*) makes one of the best smart shutoff devices for gas and electric stoves. And to guard against microwave fires, there's the SmartMicro microwave shutoff made by Pioneering Technology (PioneeringTech.com).

Shopping for Appliances

If you're looking to upgrade some of your mom's appliances, here are some different features to keep in mind.

Refrigerator: French-door refrigerators that open in the middle are great for seniors because it makes it easier to see and reach what's inside. Pullout adjustable height shelves and a water/ice dispenser on the outside of the door are also very convenient.

Stove or cooktop: Look for one with controls in the front so your mom won't have to reach over hot burners to turn it off, and make sure the controls are easy to see. Flat surface electric or induction burners, or continuous grates on gas stoves are also great for sliding heavy pots and pans from one burner to the next. And ask about automatic shut off burners.

Oven: Self-cleaning ovens are a plus and consider a sideswing door model. They're easier to get into because you don't have to lean over a hot swing-down door. Also consider a wall-mounted oven, installed at your mom's preferred height to eliminate bending.

Dishwasher: Consider a drawer-style dishwasher that slides in and out for easier access and, if possible, have it installed on a raised platform 12 to 24 inches above floor level so it can be loaded and unloaded without bending over.

Washer and dryer: Front-load washers and dryers with pedestals that raise the height around 24 inches are also backsavers and easier to access.

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



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### Students Pay Too... Continued from Page 12

Few More Yards), states, Student "When the Government Association passed a resolution in favor of an on-campus stadium for foothall in 2018, the document indicated the willingness of students to shoulder a fee as part of making the dream a reality. The Board of Trustees set a fee that students would pay for construction of football stadium. the This fee was \$30 per semester hour. Were the students aware of this amount when they gave their indications? Many of UNA students have college debt to repay at graduation.

Based on the press release, the noted fee should have been called a Football Construction Fee! This was not the case. The Trustees designated the term, General Studies Fee. This is very misleading to all students but especially for those enrolling in 2019 and later.

The UNA press release omitted the amount the students had provided for the construction. For one year, 30 credit hours over two semesters, the GSF would be \$900 (30 x \$30) per student. Let's say for year 2019 UNA had 3.000 students that paid the full GSF of \$900. The total raised for the year would be \$2,700,000 (3.000)students times \$900). For years 2020, 2021, 2022, and 2023, the total raised (using 3.000 students again) would be \$10,800,000. The overall total would be \$13,500,000 and I believe that is low! UNA must provide the actual amount received from all students through the General Studies Fee!

The press release also tated, "There is no plan stated, now or in the future to assess a student fee to build or operate Bank Independent Stadium." This press release leads one to believe that UNA eliminated the GSF in 2024. But according to the FLOR-ALA, UNA's student newspaper, fees depending on student's major (area of study) significantly were increased. These fees ranged from \$60-\$100 per semester hour. The smallest fee, \$60, is for the College of Education and Human Services and for two semesters would provide \$1,800 (30 semester hours times \$60) per student. The highest fee, \$100, is for the Anderson School of Nursing and Health Professions and would provide \$3,000 (30 times \$100) per student. The students must

The students must be recognized for their contributions!

**Bill Smoak** Florence

### Trump's Plan Won't Help

The Editor,

So, once again I write a letter as a Yankee in a strange land.

I have been watching 2024 the election campaigns closely and trying to understand what exactly the Donald Trump "Plan for America" is in 2025. "Plan However, after watching the debate recently, I saw the two candidates, both what some people would call elderly, debate the questions that the moderators posed to them.

What I saw was that one candidate answered the questions and told us what his plan was for us, as Americans to better our lives, and how he would continue to make our lives better. I watched the other candidate evade the questions and then go

into a series of lies about his past performance. He offered nothing about his plans for the American people. Since the debate, the Democrats have been agitated over President Biden's performance. They tell him to drop out of the race. They pace the floor in worry about Joe Biden and call for him to

drop out of the race. Don Trump, on the other hand, disappeared after the debate, hold up in his million-dollar Merry Lard O and playing golf every day. Joe Biden continues to work for the American people. Don Trump has a plan for America and that is the plan that his advisors and the Heritage Project developed called the "2025 Plan," a draconian plan to turn this country into a dictatorship and strip its citizens of rights we have enjoyed for over 200 years.

Courier Journal / July 24, 2024

The plan will give Trump full authority to jail, prosecute, and intern political opponents just like Hitler did in Germany. Don Trump says he knows nothing of a 2025 plan... more lies from their "Dear Leader." I love to watch highlights of Don John Trump rallies. I see bearded men and some bearded women decked out in Trump hats. shirts, signs but most of all I see people that Don John Trump would never allow to come to Merry Lard O. To Don John, these people are "lowlifes."

Well folks, that candidate evaded his during service the Vietnam War because he had "bone spurs" diagnosed by his rich hand-picked daddy's doctor. He was and is a coward.

Folks, Don Trump has no plan for America to help you. He has one plan, to install himself as a dictator, like Hitler, Putin, Kim Jong-un, Stalin, and others in this world. I have to ask you Alabamians (not sure if that is a word) who is going to work to protect Democracy, our our rights and our way of life as free people... Don Trump, Steve Bannon, The Heritage Project or Joe Biden. Think about it as you go to the polls in November.

Larry J. Smith Florence



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# **Medicare** Minute "4 Parts of Medicare"

Did you know there were four parts to Medicare not two? Did you know that two of the parts you can get through the federal government but the other two parts, if you choose to take them, must be purchased through private insurance companies? Finally, did you know most people have an option as to whether to sign up for three of the four parts of Medicare? To some these are very simple questions but to others they can be very confusing.

The four parts of Medicare are labeled Part A, Part B, Part C and Part D. Over the next few weeks we will discuss each of the four parts in detail but for today let's simplify things by saying that Part A is your inpatient or hospital care, Part B covers your outpatient services, Part C is called Medicare Advantage and Part D is your prescription drug plan.

The two parts of Medicare that you receive through the federal government are Parts A & B. The two parts that can purchased through private insurance companies are Parts C & D. So which parts are optional for most people? That would be Parts B, C and D.

It's very important for the Medicare beneficiary to be familiar with each of the four parts of Medicare and what they cover. Here are some ways you can do that. First you can go to Medicare.gov. This is an excellent website that will tell you everything you want to know about Medicare. You can also refer to the "Medicare and You" handbook. Another way to learn about the basics of Medicare is to attend one of the Medicare Education Classes our company conducts. They are free of charge and open to the public. Just contact our office for times and dates. Of course you can also check out the "Medicare Minute" each week in the Courier Journal!!

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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# **Community Notes...**

**Continued from page 18** 

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.

Back to School Youth Empowerment & Block Party! \* Bring a tent & chairs for this event \* Saturday, August 3, 5-9pm. Lewis Field, 1050 Pruitt St., Florence (Behind W.C. Handy School.)

 Games 
 Bubble Machine 
 Bounce Houses • Clothing Giveaway • School Supplies • Soccer Demonstration • Backpacks & More! • Food vendor trucks on site

Sponsored by Kaytrina Simmons

The Better Business Bureau of North Alabama is hosting a Fall Integrity Golf Classic on Friday, September 13 at Cypress Lakes Golf Club in Muscle Shoals. Sponsorship opportunities are available and needed to help make the event a success! This would be a great opportunity to support the BBB and

advertise your company. Please review the 2024 BBB Fall Integrity Golf Classic Guide for complete details about team registrations and the wide assortment of sponsorships. Reservations can be made online or by completing the forms at the links below. Sponsorship Form: https://shorturl. at/34yis Team Registration Form: https://

shorturl.at/Isja5 Sponsorships and team registration

are on a first come first served basis. Payments for sponsorships over \$1,000 can be made in two installments. If you would like to partner with another company for the Presenting Sponsorship, please contact Lindsay George, BBB Communications and Marketing Coordinator, 256-970-1255 - Igeorge@ northalabama.bbb.org

Applications for 2024 Utility

# Looks like a PAY-OF Courier Journal

Scores of regular advertisers have been in the Courier Journal for a very long time, some 20, 30, even 40 years! These are a few.

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Assistance are available at the Community Action Agency of Northwest Alabama website: caanw. org or come the local office in you county and pick up an application. Utility appointments will be open later in June Please check the appointment line for

availability. 256-764-5142

The Coasters, The Drifters & The Platters Saturday, August 31, 7pm. Norton Auditorium, Florence. For tickets visit Shoalsscholardollars.com

Want to earn money for college? Distinguished Young Women of Northwest Alabama is a great program that combines life skills and the chance to win college scholarships. Since 1958, Distinguished Young Women (formerly known as Junior Miss) has given away over \$1 billion in scholarships nationally and it costs nothing to enter

The deadline to apply is July 22, 2024. For more information, contact Susan Hargett at 256-710-9239.

The Valdosta Community Reunion vill be postponed until the Fall of 2024 due to a lot of families going on vacation in June. Any questions, call Penny 256-856-0835.

Chess Club - Play Chess at the Sheffield Public Library Conference Room, 316 N. Montgomery Ave., from 4-5 p.m. Monday. Beginners to advanced; all ages.

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.

Florence Parks and Recreation/ The Club hosts the Florence Singing River Squares dance every Monday from 5:30-7:30pm at The Club/Florence Senior Center, 450 Country Club Drive in Florence (excluding any state or federal holidays) 256.760.6420 for more information. fdavis@florenceal. org. New class will begin July 8 at 5:30pm. No experience necessary. Drug, alcohol, tobacco & weapon free facility. Fran Davis at 256-760-6420 or fdavis@ florenceal.org

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

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 editi 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.

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 • Mt. Rushmore and the Badlands, August 17-25, #2092162, Double

cupancy Rate \$1542, Single Rate \$1872

Mackinac Island Trip, Sept 22-28, 2024, #209362, Double Occupancy Rate

 2024, #20502; 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

See NOTES... page 30

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ADORABLE KITTENS 1 black and white, 1 gray, 2 black kittens 938-222-1396 Florence

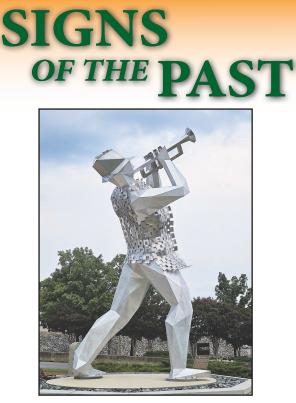
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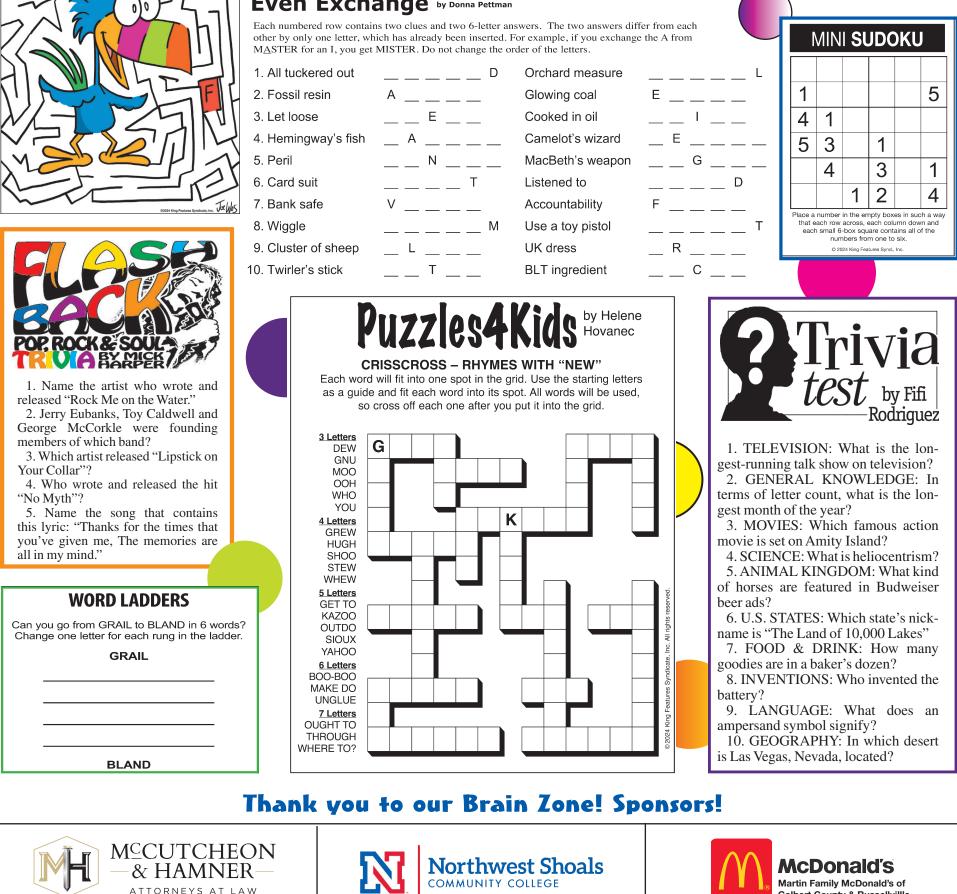


### Location: 34.7944°N, 87.6730°W Intersection of S. Pine & Crest Streets Florence

Unveiled last July 14, the Florence Singing River Sculpture complements the sculptures of Sheffield and Muscle Shoals. These were the inspiration of William (Bill) Matthews who saw music sculptures in Northern Ireland. Plaques beneath the monument describe the musical heritage of Florence.

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







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Brain Zone

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Answers on Page 30

Even Exchange by Donna Pettman



**Ekklesia Preschool** 

& Child Development Center

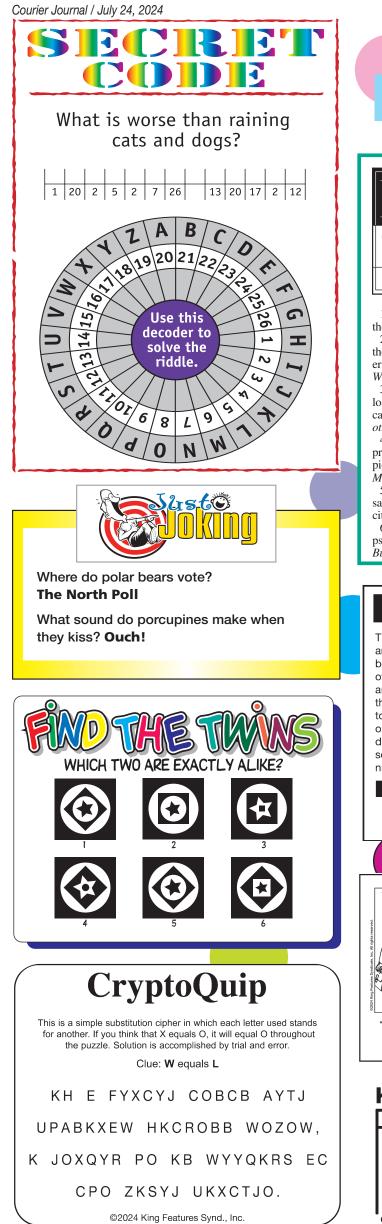
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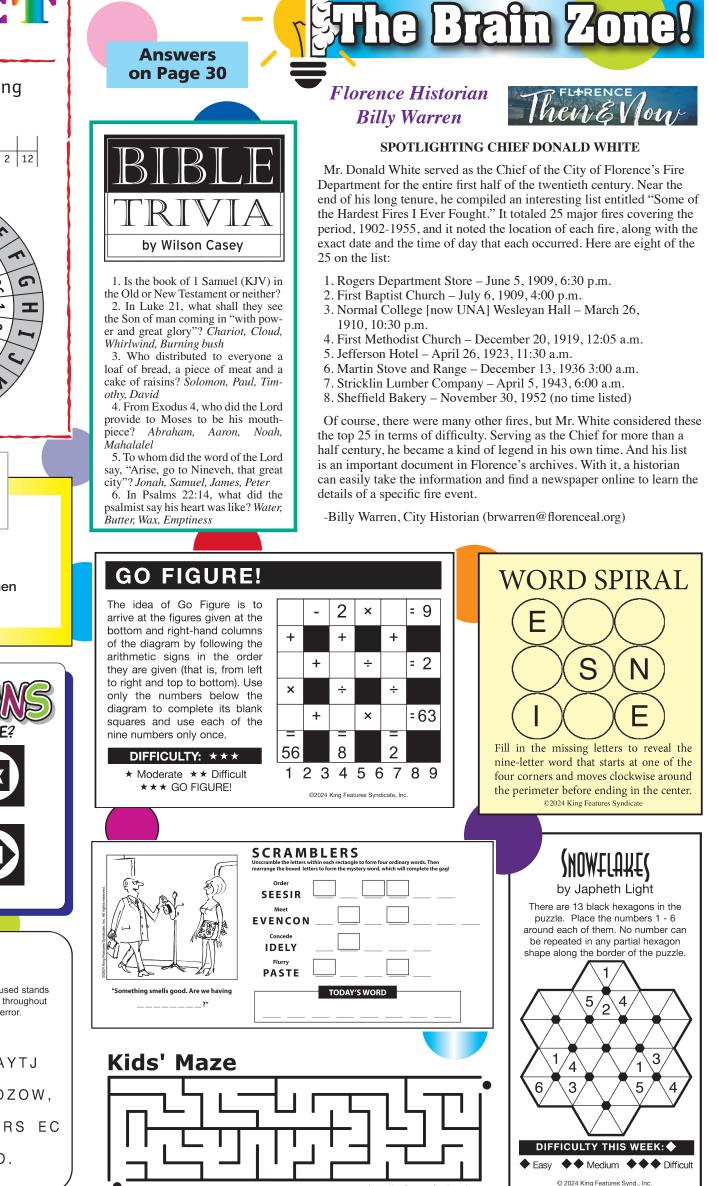
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# Notes...

### **Continued from page 26**

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

florenceal.org One trip is scheduled with a different

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

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

**Religious Abuse Support Group** of the Shoals will meet the first and last Sundays of every month. Time and Location will vary. <u>About us:</u> 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/ragshoals/

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

1st Annual Love Shouldn't Hur Vendor Market Sat & Sun Sept. 7-8. At the Roundhouse in Tuscumbia (110 North Indian St.) Vendor setup, 4-7 Fri Sept. 6. 8x8 spaces available for \$40 each non-refundable fee. Food trucks available for \$100 per space. Limited spaces; reserve today. Call CCDVRC at 256-284-2284. Email: colbertdvrc@ aol.com

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/

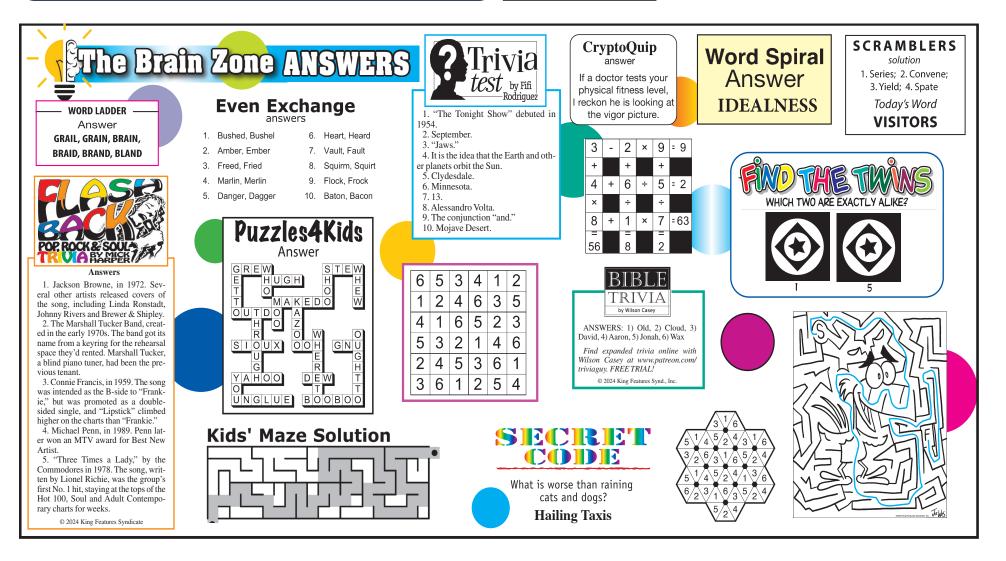
VandyLivingDonor If you can't donate, please share this information.

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 training. Other CASA advocates have said it is the most rewarding work they have ever done. The new training class starts in late January. Please call Heather Begley, Shoals

CASA's Executive Director, for more information. 256-765-0041.



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