

## 2 Promoted at Abroms

FLORENCE— Abroms and Associates, PC is proud to announce that **Meagan Johnson**, CPA has been selected to serve a three-year term on the Alabama Young CPA Cabinet.

Johnson joined the firm as an intern in 2019, obtained her CPA license in 2021, and was promoted to Manager in 2023. She graduated summa cum laude with a Bachelor of Business Administration, and holds a Master of



**Johnson**

Accountancy, both from the University of North Alabama. While at UNA, Johnson was a member of Beta Alpha Psi honor society.



**Pham**

In addition, the firm also announced that **Heidi Pham**, CPA, has been promoted to Manager. She joined the firm in 2018 as an intern and obtained her CPA license in 2020. Pham graduated magna cum laude with a Bachelor of Business Administration and holds a Master of Business Administration both from the University of North Alabama. While at UNA, Pham was a member of Beta Alpha Psi, Phi Kappa Phi, and Delta Mu Delta honor societies.

See SHORTs... on Page 2

Volume 140 Number 40

July 31, 2024

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## Ferworn Qualifies

UNA Golfer will play in 124th U.S. Amateur

DALLAS, TX—University of North Alabama rising sophomore golfer **Andrew Ferworn** qualified for the 124th U.S. Amateur Championship last week. This qualification comes after Ferworn finished a second qualifying round with a four-under-par 66 at the Brook Hollow Golf Club in Dallas, Texas.

See U. S. AMATEUR GOLF... on Page 11



**Ferworn**  
UNA photo

## NASH Names New COO

MUSCLE SHOALS— North Alabama Shoals Hospital recently announced **Braxton Holloway** as the new Chief Operating Officer (COO). Holloway served in the position as the interim since April and was previously Associate Administrator at North Alabama Medical Center.



**Holloway**

“Braxton is an exemplary leader with a tremendous amount of operational experience and expertise. He has demonstrated a high level of commitment

to patient care, physicians, employees and the community,” said Russell Pigg, CEO and Market President for North Alabama Medical Center and North Alabama Shoals Hospital.

See HOSPITAL COO... Page 4

## Meal Barrel Finds a Base

**Meal Barrel Project Director, Penny Freeman, checks a freezer meat.**

Dan Busey/  
Times Daily



...Director is Looking for a More Centralized Home

By **Alyssa Sutherland**  
Times Daily Staff Writer

TUSCUMBIA — The Colbert County Board of Education offered a new home to the Meal Barrel Project ahead of the center’s August eviction.

August 7 will be the last donation day at the current location in the old National Guard Armory building in Sheffield.

On August 14, donations will begin again at the former Cherokee Middle School

See MEAL BARREL... on Page 6

### Automotive Inside



Advance Auto Sales  
Watson’s Auto Sales  
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## INSIDE this Issue

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- Puzzle Whirl
- Ask the Attorney
- Medicare Minute
- Letters
- Killen Founders



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## Shorts...

Continued from Page 1

### Casiday in w/ SHS Softball

SHEFFIELD – Sheffield High School's Athletic Director, **David Hufstedler**, said he's thrilled that 2018 Sheffield High graduate, **Shannon Casiday**,

is getting her chance. Casiday was hired last week as Sheffield High's new head softball coach.

She replaces **Alison Rutledge** who resigned due to a job change after one season. Casiday is in her second year of teaching in the Sheffield school district. She will teach kindergarten at Threadgill Primary School this year.

She has three years' experience as an assistant softball coach in Sheffield and has coached recreation league softball as well as other sports.

Casiday is a graduate of Northwest-Shoals Community College and Athens State University.

"This has been my dream job," the former Sheffield player said. "I certainly didn't expect it at this age, but I'm ready. Last year, I was able to build a good rapport with the players," Casiday added. "At the end of the day, I'm a teacher and coaching this team isn't just about softball fundamentals, but life skills. As the head coach, I'm in a position to really

teach and provide the support they need."

"She's a Sheffield girl who loves the school system and the softball program," Hufstedler said, "and more importantly, she understands the dynamics of our school and the team. We look forward to seeing what she will accomplish."

Casiday said that commitment has to be modeled by coaches before student athletes can be expected to go all in.

"First and foremost, I want the players to see my commitment, and that I'm going to stick around," she said. "Consistency is key for most of these athletes. It's hard to build a program with constant change. We're certainly going to work hard to build it up to what we know it can be."



Casiday

### TVAA August Workshops

TUSCUMBIA – The Tennessee Valley Art Association has scheduled three workshops on successive Saturdays in August.

• **Tim Stevenson's** watercolor workshop at the Tennessee Valley Museum of Art from 10am-3pm on Saturday, August 3 was detailed in last week's issue. To register for the workshop, visit [tennesseevalleyarts.org](http://tennesseevalleyarts.org).

• **Nadene Maireese** of Idyllwilde will host a workshop introduction to Indigo and Botanical Textile Prints on Saturday, August 10 from 10am-2pm (with a 15-minute coffee and snacks break, and half-hour lunch break). Join the group in Sheffield at the Ritz Theatre Set Shop, located at 111 West 3rd Street.

During this 4-hour workshop, Maireese will be combining two natural dye techniques



Maireese

to create botanical textile prints, review the origins and many applications of indigo dye as students learn various "resist" techniques. These include folding and clamping to create patterns on indigo-dyed cotton fabric and layering foraged plants and flowers from the Idyllwilde Dye Garden over indigo print before steam printing the botanicals onto fabric.

Maireese is a Florence-based designer and maker whose work lies at the intersection of nature and material culture. She has led natural dye and handcraft skills workshops throughout the Southeast since 2015. She earned her BA in French Literature at UCLA, and her B. Architecture and B. Interior Architecture at Auburn University.

To register, visit the following Zeffy link: [zeffy.com/ticketing/70de5289-93cf-41d9-aecb-0030delfcbb5](http://zeffy.com/ticketing/70de5289-93cf-41d9-aecb-0030delfcbb5)

See SHORTS... on Pg 7

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

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

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**FLORENCE: YARD SALE** 7275 Co Rd 200 Fri. and Sat. 7 am-3 pm *A little of everything, don't miss out!*

**FLORENCE YARD SALE**, 229 Co Rd 289, Behind Dollar General on Hwy 17, Fri. & Sat., 7am-until? Appliances, furniture, and much more!

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**FLORENCE YARD SALE**, 109 Royal Oak Rd., Oak Hills Sub. Sat., 7am-until? Household items, clothes, etc.

**FLORENCE YARD SALE**, 103 Stonebridge Road, Fri. & Sat., 7am-until?

## CENTER STAR MOVING SALE

212 Wayne Dr., Big Oak Sub., Saturday, Aug. 3rd, Furniture, Small Freezer, Small Appliances, Housewares, Motorcycle Helmets, Welding Supplies, Toys, clothing and much more!

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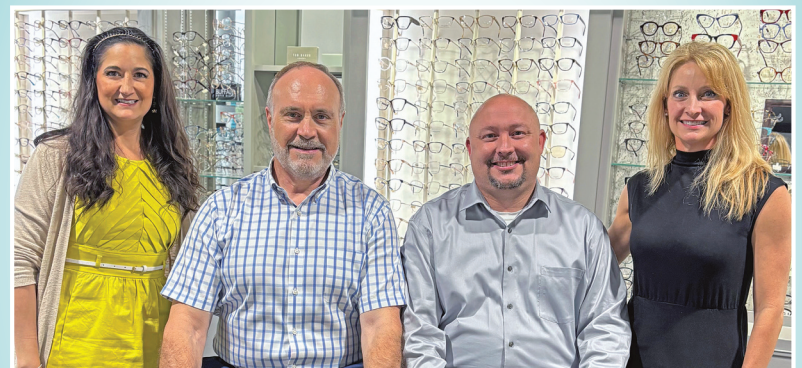
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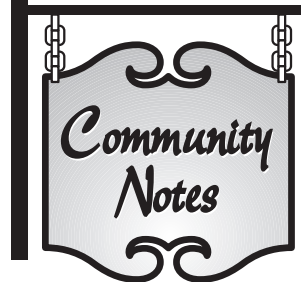
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**COMMUNITY NOTES** may be submitted for non-profit, civic or church-related events and published free of charge AS SPACE IS AVAILABLE in the Courier Journal. **Community Notes** must be submitted in writing by 3pm Friday for consideration in the following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

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

**Setting the Table for Healthy Eating** - This free class at the Florence Lauderdale Public Library takes place Wednesday, July 31 from 11:30am -12:30pm in the conference room. Understand the nutrition facts label and bring nutrition into your daily life. To register, call 256-324-2851 or email KES0021@aces.edu. Brought to you

by the Alabama Extension Service in Florence Lauderdale Public Library.

**Applications for the Elk National Foundation's Most Valuable Student Scholarship** program will be available online as of August 1. Any high school senior who is a citizen of the United States is eligible to apply. Applications must be submitted online on or before November 12, 2024.  
The scholarships range from \$1,000 to \$7,500/ year to the highest-rated applicants in this year's competition. Male and female students will compete separately. Applicants will be judged on scholarship, leadership, service, and financial need. For additional information and to apply, go to enf.elks.org/MVS or contact Dr. Jean Love, Scholarship Coordinator at Shoals Elks Lodge 2860 at 256-762-5043.

**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.

**"The Trilogy"** is a contemporary exhibit by Stacey Brown. The eclectic paintings that make up the exhibit are available for purchase while they remain on display.

The exhibit is open now through Friday, August 23 at the Kennedy-Douglas Center for the Arts, located at 217 E. Tuscaloosa St. in Florence.

The center is free and open to the public from 9 a.m. to 4 p.m. Monday through Friday, and from 1 to 4 p.m. on Sundays. Call 256-760-6379 for information.

Brown's paintings are available for purchase at SBrownArt.com. Various prints of Brown's works are also available for purchase at www.Etsy.com/market/Stacey\_Brown.

**Shoals Scholar Dollars Presents - The Coasters, The Drifters and The Platters.** Saturday August 31, 7pm Norton Auditorium, Florence. For tickets go to ShoalsScholarDollars.com

See NOTES... page 10

# Hospital COO...

Continued from Page 1

"We interviewed several highly qualified candidates, and it was unanimous that he was our top choice.

In addition to Associate Administrator at NAMC, Holloway served as Ethics and Compliance Officer. He oversaw daily operations and project leadership contributions to multiple strategic growth initiatives and transitions, such as the launch of the psychiatry residency program and bariatric surgery. Holloway also spent time at Sumner Regional Medical Center in Gallatin, TN where he served as Assistant Administrator, Market Director of Physician Practices and Market Practice Manager. He was

also a Practice Manager at Centennial Thoracic Surgical Associates in Nashville.

Holloway holds a Bachelor of Science degree in Healthcare Administration from Middle Tennessee State University and a Master of Business Administration degree with an emphasis in Healthcare Management from Western Governors University.

"I am honored to be the Chief Operating Officer at North Alabama Shoals Hospital," said Holloway. "I look forward to gaining more valuable insights into the organization and continue building relationships with our great team."

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## Medicare Minute

### “Medicare Part A Part 1”

On a Medicare card Part A will have the word “Hospital” beside it. Because of that Medicare Part A is most commonly known as the inpatient or hospitalization part of Medicare. This means when a Medicare beneficiary is admitted into the hospital most of the services that are received are filed under Medicare Part A. This sounds simple but sometimes it’s not.

Medicare Part A has a deductible of \$1,632 per benefit period. Notice two things here. First is the deductible of \$1,632. If you are admitted into the hospital and had Original Medicare only, you would owe the first \$1,632 of your stay. This deductible covers hospital services, including semi-private rooms, meals, general nursing, drugs as part of your inpatient treatment, and other hospital services and supplies.

The second thing to notice is the term “benefit period”. This tells you the deductible is not an annual deductible but could hit you more than once in a calendar year. A “benefit period” begins when you are discharged from a hospital or skilled nursing facility and ends when you haven’t received any inpatient care for 60 consecutive days. If you are admitted as an inpatient after the 60 days of no inpatient care a new benefit period begins, meaning another \$1,632 deductible. Also if you are confined to the hospital for 60 consecutive days your deductible will cover you but on the 61st day you will begin paying a coinsurance.

The good news is for most Medicare beneficiaries Part A is free. Free meaning you don’t pay a premium for it. The reason for this is while you are working you pay 1.45% of your pay check into Medicare. If you did that for 40 quarters you’re entitled to Part A for free. Next week will discuss the other benefits of Medicare Part A.

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



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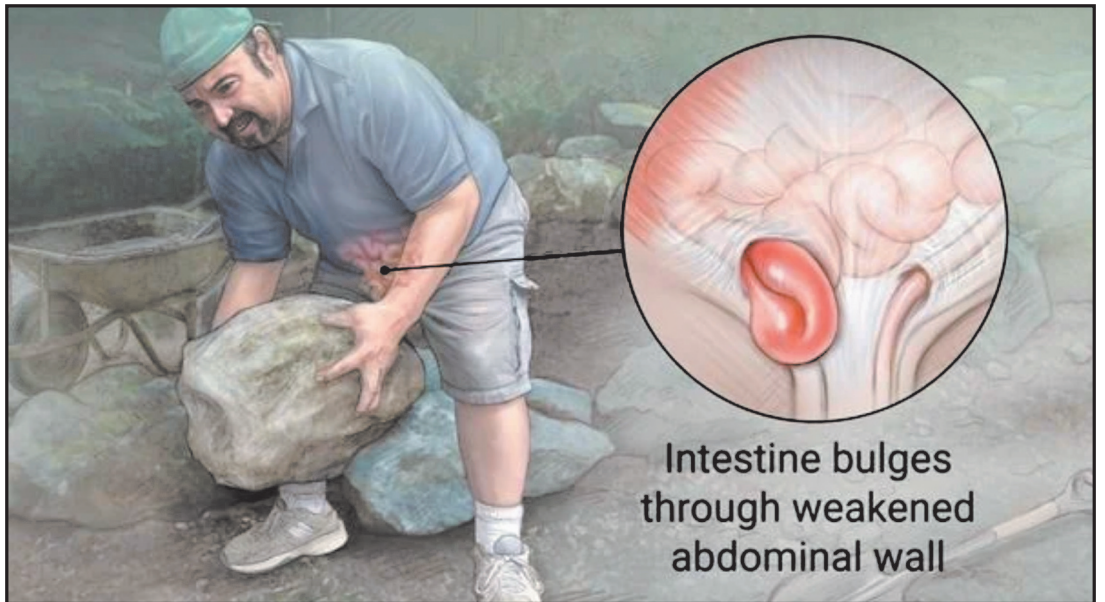


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**Meal Barrel Project Director, Penny Freeman, has made a point of emphasizing the community need.**  
Dan Busey/Times Daily

## Meal Barrel...

Continued from Page 1

building, at 267 Claude Posey Road.

According to Colbert County Schools Superintendent, Chris Hand, Meal Barrel Project Director, Penny Freeman, contacted the district's central office to inquire whether the school system had any unused facilities available for the nonprofit's use.

Hand told Freeman about the middle school building.

"They were requesting to use a building that has been sitting vacant since 2007," Hand said, noting that school board policy has provisions that allow the district's facilities to be used by organizations for appropriate purposes — something they have always supported in the past.

"We were able to make this available to them without conflicting with any functions of the school system," Hand said that the building, while in "poor condition," is solid structurally.

In a Memorandum of Agreement between the board of education and the Meal Barrel Project, it was agreed that the use of the building would be rent-free. However, the nonprofit will assume all costs related to utilities, maintenance, and operation. The agreement stands for one year with the option to renew.

Freeman expressed her gratitude to the school board and Hand "for their efforts in helping [the Meal Barrel Project] secure warehouse space."

"Having the use of the old Cherokee Middle School building is a tremendous blessing for the Meal Barrel Project and our community," she said. "We are deeply grateful for this chance to keep our services running smoothly while we work towards a centrally located facility to better serve our clientele."

Freeman noted that the location "may cause significant inconvenience,"

particularly for those who currently walk to receive donations, but she assured those dependent on the Meal Barrel Project the organization is "committed to continuing [its] services without interruption."

She said that there is currently an ongoing search for a more centralized satellite location in the Shoals that could be used for donations with the middle school to be used as a warehouse. "A centrally located donation center is ideal, because it would be more accessible to the majority of those we currently serve, reducing the barriers to receiving the help they need," she explained.

She said the goal of the Meal Barrel Project is to "minimize the strain" on those who utilize its services, ensuring they are able to obtain food and other essential resources without additional hardship.

The need for volunteers is also foremost on Freeman's mind — she noted that a central location makes engaging volunteers easier.

In the meantime, she encouraged churches, businesses and community members who are able to assist in transportation needs.

Freeman said those willing to volunteer delivering food can contact her directly at 256-810-4289.

The Meal Barrel Project's move results from an April 15 vote by the Sheffield City Council to discontinue the nonprofit's lease of the Armory building. The building is slated to become a city garage.

Freeman said that the Meal Barrel Project remains "committed to finding a permanent, convenient location to continue [its] mission of combatting food insecurity and uplifting those in need."

*This article was first published in the Times Daily Thursday, July 25*



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### Shorts...

#### TVAA August Workshops

Continued from Page 2

• Florence-born poet and creative healing artist, **Riel Fuqua**, will present a poetry workshop on the Acrostic Poem and Self-Affirmations at the Tennessee Valley Museum of Art on Saturday, August 17 from 10am-1pm in the Education Gallery.

This workshop will focus on the power of both poetry and self-affirmation in a workshop through acrostic poetry. Acrostic poetry contains a verse or stanza in which sets of letters, whether at the beginning or end of the line, create a phrase, word, sentence, or sentiment. Affirmations are self-help statements



Fuqua

that can challenge negative beliefs and thought systems when repeated and believed in. Fuqua is a poet and healing creative artist of many trades, each of them centering around the communicative art of storytelling. She will provide a safe space for participants to express and hold space for themselves and one

another through this in-depth workshop. Sensory safe clothing and shoes are recommended. Tea, water, small bites, and good vibes will be provided. Fuqua spends most of their time making instant coffee, squealing at cute things, romanticizing the outdoors, and watching films with her fiancé. To register, visit the following Zeffy link: [zeffy.com/ticketing/64708444-3954-4ae2-b990-af8db8f19276](https://zeffy.com/ticketing/64708444-3954-4ae2-b990-af8db8f19276)

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**THIS IS A RE-DO OF AN OLD ARTICLE BUT ANOTHER FRIEND** of mine was recently a victim of this scam. So please let this be a reminder and let your friends know about it before it happens to them, too.

A close friend of mine, "Sally," was recently enjoying a quiet Saturday morning when her phone rang. The caller ID read, "Lauderdale County Sherriff's Dept." The deputy informed Sally that there was a warrant for her arrest for missing jury duty. They knew her address, what kind of car she drove, and other details that



**Jim Fisher**

# A Close Call With The Law

by "The Computer Skeptic"

"proved" to Sally that these people were legitimate. They informed her that she had to make a \$900 dollar cash payment immediately or they would throw her in jail. She was given the address of a local convenience store where she was to meet the deputy for the exchange. She was warned not to tell anyone about this or she would be thrown in jail.

Okay, I know some of you are saying, "How could anyone possibly fall for that?" But these people are good. Once they get a good hook into the "fear"

section of your brain, rational thought takes a back seat and scammers can play you like a puppet.

Her husband, also a close friend of mine, was just starting his first cup of coffee when he heard his wife, clearly in distress, talking on the phone with the deputy. She made an urgent "zip your mouth" motion to him as she was gathering up her keys and purse. She very briefly explained to him that she had to transfer some money or she was going to be arrested. Before my friend could even

take a sip of coffee, she was running out the door. He tried to stop her to ask what the heck was going on but it was too late: She had already taken the bait and left her husband standing in his underwear in the driveway. Her husband tried calling to let her know it was a scam to no avail.

Sally received \$900 from the ATM and proceeded to a shabby convenience store in Seven Points, Florence. She pulled into the parking lot and that's when the terror thankfully released her and rationality took over again. Sally relayed to me that it was at this point that "This is a scam" entered her mind. She sat there for a moment mulling over the consequences of simply driving off and finally did just that - drove off.

I suspect the scammer would have met her, introduced

himself, taken her \$900 cash, and promised that the warrant would be removed from her record. However, the scammer very well could have actually "arrested" her and Very Bad Things could have happened.

In case you don't know, caller ID can be faked. The sheriff or police will never phone you to request money; they will simply show up at your home and arrest you. So if you receive a call like this, call the police and let them handle it.

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

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## Shoals CASA is hiring for a Volunteer Coordinator

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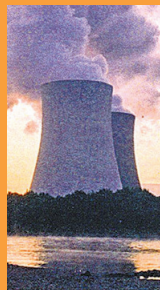
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## Notes...

Continued from page 4

**Story Time – 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.

**Diebert Park Fishing Days** - Sunday, August 4, 2pm – 8pm. Hosted by Parks & Recreation. Bring your own tackle. You may • catch and keep • catch and release • or catch and share.

**Chess Knights - Thursday, August 1, 5:30pm-6:30pm** at the Florence-Lauderdale Public Library, 256-764-6564. All ages and all skill levels. Bring your own board or borrow one of ours.

**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.

**Toddler Time Storytime (Ages 18-36 months)** - Tuesday, August 6, 10:30am – 11:30am. **Every Tuesday** at the Muscle Shoals Public Library. Join Ms. Amy for songs, stories, and age-appropriate activities. Caregivers must remain with children for all programs.

**Preschool Storytime (Ages 3 yrs and up)** - Wednesday, August 7, 10:30am – 11:30am. **Every Wednesday** at the Muscle Shoals Public Library. Join Ms. Amy for songs, stories, and age-appropriate activities. Caregivers must remain with children for all programs.

**Babytime Storytime (Birth to 18 months)** - Friday, August 9, 10:30am – 11:30am. **Every Friday** at the Muscle Shoals Public Library. Caregivers must remain with children for all programs.

**Adult Art Class - Thursday, August 8, 5pm-7pm** at the Florence-Lauderdale Public Library, 256-764-6564. Additional Date - Thursday, September 12, 2024, 5pm-7pm  
Email [adults@fpl.org](mailto:adults@fpl.org) to register.

**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

**LifeSouth Bloodmobile Dates:**  
**Tuesday, July 30** Southwire Company, 4251 Helton Drive, Florence, 6:30am - 12pm

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

**Thursday, August 1** Jar & Co., 269 Cox Creek Parkway S., Florence, 11am - 6pm

**Friday, August 2** Killen Founders Day, Killen Park, 830 Locke Six Road, 5pm - 9pm

**Saturday, August 3** Killen Founders Day, Killen Park, 830 Locke Six Road, 12pm - 10pm

**Sunday, August 4** Rick's Farm Market, (Rick's Produce) 3406 S. Wilson Dam Road, Muscle Shoals, 1pm - 5pm

**Monday, August 5** Long-Lewis Ford, 2800 Woodward Avenue, Muscle Shoals, 1pm - 6pm

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

**The Tennessee Valley Art Association** will host its Annual Membership Show, ArtWorks, from Now - 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.tennessevalleyarts.org](http://www.tennessevalleyarts.org).

See NOTES... page 29

# U.S. Amateur Golf...

Continued from Page 1

In June, Ferworn earned medalist honors at the first qualifier, shooting a four-under-par 68 at the Oakbourne Country Club in Lafayette, LA. He was one of just seven qualifiers out of 63 golfers. Last week, he finished tied for fourth out of 73 golfers, shooting that second round 66. Ferworn was one of 16 golfers to advance.

Ferworn will now have an opportunity to represent UNA on

the national stage. The 124th U.S. Amateur Championship is scheduled for August 12-18 at Hazeltine National Golf Club in Chaska, Minnesota. The U.S. Amateur will feature a starting field of 312 players.

"It's awesome to see our Lions competing at the highest level," said UNA men's golf coach, Austin Phillips. "Andrew went through two rounds of qualifying beating


some high-quality players, so this is a great accomplishment. The U.S. Amateur is the best amateur event in the world, and we can't wait to watch him compete."

The first two days will feature 18 holes of stroke play with the field being cut to the low 64 scores. Six rounds of match play begin Aug. 14 with the championship a 36-hole championship match four days later.

Notable past winners of the US Amateur include Phil Mickelson (1990), Tiger Woods (1994-96), Matt Fitzpatrick (2013), Bryson DeChambeau (2015), and Nick Dunlap (2023). Woods is the event's only three-time winner.

The U.S. Amateur winner and runner-up automatically qualify for the following year's U.S. Open, to be played at Oakmont Country Club outside Pittsburgh in 2025.

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Commentary

# Coussons: a Top Flight Advocate

Later in life, as many of us move past middle age, we can recall a handful of people who positively impacted in our professional/personal attitude and direction. For many in our community, one of those people could have been Bill Coussons. His recent passing has brought back those memories for so many.

Bill touched so many areas of Shoals life during his personal and professional career, since deciding to locate here with his wife, Jo Lynn, in the mid-'60s to raise their family.

According to information in his obituary, the US Army veteran earned a Petroleum Engineering degree from LSU and spent some time in that line of work until the home construction and real estate business here drew his full attention.

He opened his own real estate firm and a construction company in the mid-'70s, Coussons Realty and WMC Construction,

See **COUSSONS...** on Page 23

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 31, 2024

Happening  
**THIS WEEK**

## Founders Day Fun in Killen



**KILLEN**—Killen Founder's Day 2024 runs from 6pm Friday, August 2 until 10pm Saturday, August 3. The events takes place primarily at Killen Park, 830 Lock Six Rd, just off Hwy 72 in Killen.

The theme for this year's Founder's Day is "Stronger Together," with a focus on strengthening the community!

Founder's Day will feature a parade, a petting zoo, a Car, Truck, & Bike Show, 5k and 1-mile fun runs, and family fun with food

See **KILLEN...** on Page 18

**THE CARE CENTER** at First Baptist Church in Killen has stocked up on children's clothes for Back-To-School. Infants – Adults, Clothes and Shoes Giveaway from 8-10am on Thursday, August 1.

**THE SAMARITAN HOUSE**, 600 Geneva Ave. in Muscle Shoals, gives away free clothing each Tuesday from 9–11:30am. Donations are accepted. Tuesdays: July 30, August 6, August 13, August 20 August 27.

## Hood Solo at the Ritz

**SHEFFIELD**—Patterson Hood will appear in a live solo performance Friday, August 2 at 7pm at the Ritz Theatre in Sheffield.

Patterson Hood is a prolific writer and performer whose character-driven stories are packed with political subtext. He is best known as front

man, singer, songwriter, and guitar player for the critically acclaimed rock and roll band Drive-By Truckers. He is also a writer of essays, columns, and short stories as well as a solo performer and producer.

Alabama is near to Hood's

See **HOOD...** on Pg 25



**Hood**  
Wikipedia

**ALL ANIMAL ADOPTION FEES** will be \$25 August 1-7. DOGUST 1st starts - noon-4pm at the Florence Lauderdale Animal Services, 3240 Robertson Road in the Florenvce Industrial Park. For details, call 256-760-6676.

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**CRAFTERNOON IS TUESDAY, AUGUST 6**, from 3:30pm-4:15pm at the Florence-Lauderdale Public Library. Each month they will work on a different art project or craft. Join in for a fun crafternoon! Additional Tuesday dates include September 3, October 1, November 5, etc. For details, call 256-764-6564.

# YOUR Letters

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

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

## Politicians vs. Party

Editor,

Vice President Kamala Harris is now running for Democratic Party, Former President Donald Trump is the nominee for Republican Party. Robert F. Kennedy, Jr. is running for an Independent Party, Cornel West is running for an Independent Party, Jill Stein is running for the Green Party and Chase Oliver is running for Libertarian Party.

Why are the American people not aware of these other candidates and their parties? Is it because they don't have the donors and the media to support them as candidates? Should they be able to participate in debates or are those debates only for the

Republicans and Democrats?

I was taught by my mother that the most important part of voting was the local for Mayor, state for Governor, Senators, and Congressmen, and federal for President.

We need to get back to politicians

...God wants us to live in forgiveness and in harmony with others. Life's too short to hold grudges...



showing their faces on posters and not just the party. I remember when we received a lot of information in the mail about those who were running for office.

**Frances Sanderfer**  
Florence

## Complete Cover-up

Dear Editor,

An interesting article from the *London Telegraph* recently caught my eye. It ran the following headline.

"White House covered up Biden decline, BBC presenter claims."

Justin Webb, presenter for the

See **LETTERS...** on Page 26

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**Courier Journal ADOPT A FRIEND**

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

**Mileena** is a 2-3 year old lab mix! Very friendly with people and dogs! Loves to be hugged and petted! For more info, please contact the **Colbert County Animal Shelter at 256-381-4073**



**Meet Walker!** Walker is a 3 year old hound! He is good with kids, dogs and walks great on a leash! For more info, please contact **Colbert County Animal Shelter! 256-381-4073**



**Meet Trader Joe!** This boy went to Petsmart Saturday and had a great time. He is full of life. He's medium energy and medium size dog. He's friendly and seems to be good with other dogs. He does great car riding. Please come by and meet him. Fostering is free. 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 handsome pup.



**Meet Storm!** This precious girl is young, sweet and adorable. She is a lab mix and only has 3 legs. Her favorite thing is attention, she loves children! Storm walks great on a leash and you would never know she had a disability. Storm is calm and does not jump. This girl was at Petsmart Saturday and met so many people she did amazing. She is great with other dogs, but no cats please. She's a volunteer favorite! 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 adorable girl.



**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 the funniest and most loving happy dog. This handsome fella keeps a clean space, but could use leash work and car manners. Spicy man does great with other dogs and loves kids. 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.



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# ON YOUR DEBT



**B. Grant McNutt**  
Managing Attorney

## Don't Let Your Financial Stress Lead To Health Problems

A few years back the American Psychological Association (APA) released a survey entitled, "Stress in America: Paying with our Health". It found that nearly three fourths of Americans are experiencing extreme financial stress. The majority of these are parents, younger generations, and lower-income households. Moreover, the survey found that higher stress levels lead to troublesome health problems. The study correlates people with lower incomes and higher stress levels and suggests that they tend to spend more of their time watching television or surfing the net and overeating, drinking more and smoking. This stagnant behavior and increase in bad health habits can lead to an overall grim picture of health.

Many of these same individuals surveyed reported skipping doctor's appointments or other healthcare necessities due to the additional costs involved. The APA reported that the added financial stress can also cause existing health conditions to worsen. The report also highlights that significant sources of money related stress include paying for unexpected expenses, paying for necessities, and saving for retirement. Debt overload can prevent working Americans from reaching these financial goals, causing even more stress.

some emotional support report a lower level of stress caused by finances as opposed to people who have no emotional support who reported higher levels of stress due to finances. However, it was further found that stress over money creates strife in marital relationships with a third of adult Americans reporting that money is the major source of conflict in their relationships.

The attorneys and staff at Bond and Botes see the toll that that financial stress has on all individuals. We are available to be that emotional and practical support to help you get back on the right track with your financial situation. We will work hard to find a financial solution that is right for you and your family to help you relieve your stressful financial burden.

### Contact The Bond & Botes Law Offices

We help people who are having debt problems. Please call us for an absolutely free and confidential consultation. We'd love to discuss your finances with you if you have had a serious reduction in income or have lost your job or find yourself in financial trouble of any kind. Debt can be overwhelming. The attorneys here at Bond & Botes provide guidance on helping clients reduce or eliminate debt. We can alleviate your stress! We want to help!

The good news found within this

Alabama State Bar requires the following: "No representation is made that the quality of legal services to be performed is greater than the quality of legal services performed by other lawyers."



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### STATE OF ALABAMA, LAUDERDALE COUNTY NOTICE OF ABANDONED AND UNCLAIMED MOTOR VEHICLES.

Notice is hereby given that on the **6TH DAY OF SEPTEMBER 2024 from 9:00am-3:00pm** we will be accepting SEALED BIDS on the following vehicles to dealers only. Vehicles will be sold for parts only. No titles will be offered. The auction will be held at **FRANKIE'S AUTO & TOWING, 990 COUNTY ROAD 28 FLORENCE, AL 35634.**

Frankie's Auto & Towing will accept proof of ownership should anyone care to submit the same Monday-Friday 8:00am-5:00pm until the day of the sale. Vehicles may be viewed starting Monday September 2nd 2024 between the hours of 8:00am-5:00pm. Vehicles must be paid for by Monday September 9th 2024. Frankie's Auto & Towing reserves the right to accept or reject any and all bids.

Year/Make/Model	VIN#	Color
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2012 Volkswagen Passat	1VWBP7A3XCC043637	Silver
2007 Honda Civic	1HGFA16577L124793	White
1992 Ford Ranger	1FTCR14U5NPA56164	Red
2011 Kia Sorento	5XYKT4A10BG155028	Black
1996 Toyota Paseo	JT2CC52H7T0004144	Black/White
1992 Mercury Grand Marquis	2MECM74W5NX635604	White
1997 Lincoln Town Car	1LNLM81W3VY612748	Red
1998 Lincoln Town Car	1LNFM82W3WY733857	Black
2016 Jeep Patriot	1C4NJPBBXGD601848	Gray
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## M-E-A-T

<b>Preferred Angus Beef Boneless WHOLE BOTTOM ROUND ROAST</b>	<b>\$5.49</b> Lb.	<b>Prairie Fresh Family Pack CENTER CUT BONE-IN PORK CHOPS</b>	<b>\$2.99</b> Lb.
<b>Family Pack BOTTOM ROUND STEAK</b>	<b>\$5.99</b> Lb.	<b>Kentucky Legend Assorted Quarter Sliced BONELESS HAM</b> .....	<b>\$5.99</b> Lb.
<b>Kentucky Legend Assorted Quarter Sliced BONELESS HAM</b> .....	<b>\$7.49</b> Lb.	<b>Kentucky Legend BACON</b> Applewood Or Hickory Smoked	<b>\$4.99</b> 1 Lb.
<b>Jimmy Dean ROLL SAUSAGE</b> Mild Or Hot	<b>\$4.99</b> 1 Lb.	<b>Zeigler WIENERS</b>	<b>2/\$5</b> 12 Oz.
<b>Zeigler BOLOGNA</b> Regular Or Thick	<b>\$2.99</b> 12 Oz.	<b>Land 'O Frost Assorted Bistro LUNCH MEAT</b>	<b>\$3.99</b> 6-8 Oz.

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<b>André</b> 750 ML	<b>\$8.49</b>	<b>Bota Box WINE</b> 3 Liters	<b>\$19.99</b>

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Heavenly Father,  
forgive me of my sins.  
I pray for wisdom,  
guidance, knowledge  
and understanding.  
**Amen**

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### What's In Your Head

The quest for global control. If I can control what you desire, see, hear, eat, spend and are entertained with, I can make you a global citizen and a slave. The diverseness of the earth and its cultures prevents the oneness many are seeking from taking place. There are definitely two forces at work in this world. Everyone on this planet is connected in some way to one of them. When all opposition to one is totally removed, then the transition to the one left becomes an easy task. The right leader needs to show up and he is not far away. The removal of one (see 1 Thessalonians 4:13-18) & (1 Corinthians 15:50-58) and the installation of the leader of the other will be easy. It's all in the Bible. **2 Thessalonians 2:3** "Let no man deceive you by any means: for *that day shall not come*, except there come a falling away first, and that **man of sin** be revealed, the son of perdition;" **2 Corinthians 4:4** "In whom the god of this world hath blinded the minds of them which believe not, lest the light of the glorious gospel of Christ, who is the image of God, should shine unto them."

**Revelation 12:9** "And the great dragon was cast out, that old serpent, called the Devil, and Satan, which deceiveth the whole world: he was cast out into the earth, and his angels were cast out with him."

This becomes easy for the "man of sin" to take over when all opposition is gone. 1 Thessalonians 5:3 "For when they shall say, Peace and safety; then sudden destruction cometh upon them, as travail upon a woman with child; and they shall not escape." The bride of Christ has disappeared and the ensuing peace is short lived. It's all in the Bible, but most of you aren't concerned about it now, but later you'll panic. Notice: **2 Peter 3:15** "And account *that* the longsuffering of our Lord *is* salvation; even as our beloved brother Paul also according to the wisdom given unto him hath written unto you;" God's longsuffering eventually plays out. You control what goes in your head. Don't let it send you to hell. It's fearful to fall into God's hands, unprepared!

#### Beacon Baptist Church

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

### Killen...

Continued from Page 12

trucks, a bouncy castle, a water slide, and much more!

The parade is Friday, August 2, starting at 6pm, traveling down J. C. Maudlin from the elementary school to the Foodland Marketplace. The deadline for parade applications has been extended through Wednesday, July 31.

The 5k and 1-mile fun run are on Saturday August 3 at First Baptist Church. The 5k will start at 7:30am, and the 1-mile run will start at 8:30am.

Events take place all day Saturday and into the night at Killen Park, including but not limited to a petting zoo, Horseshoe tournament, Bloodmobile, Entertainment beginning at 2pm and TNT Fireworks at 9:30.

Founder's Day t-shirts are on sale at the Town Hall and at the Library for \$15 each, available in adult sizes M-3X. The Town Hall can take cash, check and debit card, and the library cash or check.

Visit the event's Facebook page for more information.

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**Allegro  
Marinade**  
**2/\$6**

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Select Varieties  
**Kingsford  
Seasoning**  
**2/\$5**



12 Oz.  
Select Varieties  
**Best Choice  
Vegetable  
Steamers**  
**4/\$5**



4-5.7 Oz.  
Select Varieties  
**Knorr Rice or  
Pasta Sides**  
**3/\$4**



7-9.25 Oz.  
Select Varieties  
**Fritos  
or Cheetos**  
**2.49**  
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Hormel Always Tender  
**Whole Boneless  
Pork Loins**

**2.29  
LB**

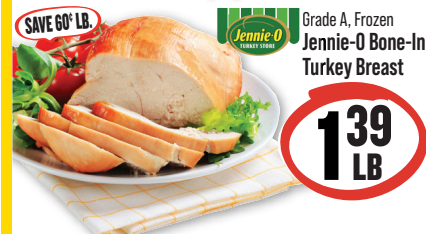
Hormel Always Tender  
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LB**

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LB**



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40-50 Ct. Select Varieties Totino's Pizza Rolls or Breakfast Bites \$3.99 - \$1.00 <b>\$2.99</b>	12 Oz. Grounds or 12 Ct. K-Cups Select Varieties Maxwell House or Gevalia Coffee \$7.49 - \$1.00 <b>\$6.49</b>	8 Ct. Select Varieties Kellogg's Pop-Tarts or Rice Krispies Treats \$2.99 - \$1.00 <b>\$1.99</b>	6-8 Ct. Select Varieties Kellogg's Nutri Grain Bars or Rice Krispies Treats Homestyle \$3.49 - \$1.00 <b>\$2.49</b>	20 Ct. Select Varieties Little Hug Fruit Barrels \$2.99 - \$1.00 <b>2/\$6</b>

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## Rules Of The Road For Boats

Legal issues arising from boat accidents include negligence, product liability, failure to adhere to safety regulations, and operator error. Depending on the circumstances of the incident, the outcomes often involve settlements and sometimes criminal charges.

We handle boat accidents and have seen several cases where people operating boats will hit another boat or another person. As you would expect, propellers cause major injuries. Boats, like automobiles, have rules that govern their operation and regulations that require specific safety equipment on each vessel.

There are rules for boats that are different from those of cars. An example is Alabama statute §33-5-25, which imposes a legal duty on the operator of any boat involved in an accident. The operator must render assistance as necessary to save others affected by the accident and provide their name and their boat's identification to any injured persons.

Other than sailboats, rowboats, or canoes, a boater's safety course and a test are required to be certified to operate a boat. The boat has to be registered in the name of the person who owns it. The rules and regulations for the safe operation of a watercraft deal with right-of-way, among other issues. Drivers of automobiles have red lights, green lights, stop signs, and markings on the road to indicate the right-of-way.

In a boat, the right-of-way changes based on the vessel being operated and the type of boat that is either yielding or has the right-of-way. Commercial barges have the right-of-way as they can't stop within a half mile. Sailboats typically have the right-of-way because existing wind conditions limit their direction of travel. Power boats intending to overtake or pass other power boats have rules that dictate the correct side to pass or overtake and specific horn signals that can or must be given.

Commercial boats have stringent rules and are subject to inspection and regular maintenance. Required safety equipment is tested regularly and can include items such as bilge pumps and expected items such as life vests. Cruise ship captains have been convicted of manslaughter for failing to abide by maritime safety regulations.

As someone who loves boating, the best advice I can give is to keep a proper lookout. That's a duty imposed by law, but it's also common sense when you're on the water.

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

Please send the questions to:

"Ask the Attorney,"

P. O. Box 38, Florence, Alabama 35631 or visit our website at: [www.mhatty.com](http://www.mhatty.com)

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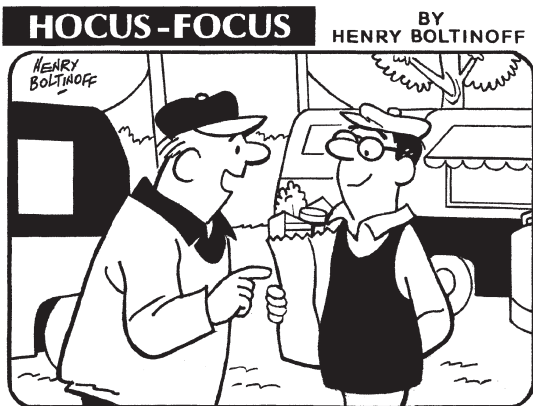
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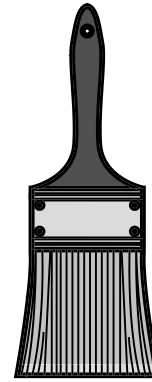
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Commentary

Coussons...

Continued from Page 12

respectively and was the owner/broker from 1975-2008.

Bill was instrumental in establishing the Muscle Shoals Board of Realtors and implementing the MLS system locally.

Bill loved his community, loved the people in it, and was an encourager. His rather ominous stature could be intimidating. It was for me at first sight in the 80's. However, his reassuring voice and captivating smile could easily bring you around.

He knew how to be a boss and how to be an advocate. My mother was a realtor in the area for 25 years, and she worked for Bill at Coussons Realty in the latter part of her career. She thought the world of him, and she was not alone.

Bill was wise and he was greatly respected. He was frank when he needed to be, but any advice was solid and consistent.

I heard Bill's well-grounded perspective a few times in local meetings. It was often conveyed while describing how and where he might have made some mistakes, or obtained results that may have been personally disappointing. That simultaneously demonstrated his humility and allowed others to contemplate direction and consider some possible pitfalls for themselves.

And besides enjoying a round or two of golf on occasion, Bill came in contact with a lot of people outside of his work environment.

Again, from his obituary, Bill was voted Realtor of the Year several times and he

achieved the Realtor Emeritus Award. He also built hundreds of homes in the area and developed Heathrow, Heatherston, Heatherhurst, Ryan's Place, Beckman Place, Bridlewood, Winborne Park, Brannon Wood, Briarcliff, and several others. Bill was named the Alabama Home Builder of the Year, 1984.

Bill was active in the community throughout his career, serving on many boards including the YMCA, Muscle Shoals Home Builders Association, the Shoals Chamber of Commerce, SEDA, UNA's Board of Trustees, the Port Authority, the Shoals Area Association of Realtors, the Alabama Homebuilders Association, and a co-founder, and longtime board member of the Alabama Home Builders Self Insurance Fund.

He also served on the Florence City Council and was involved in other local works of which few were aware.

Bill had been out of the public eye for a while, caring for his ailing wife and then taking it easy himself in recent years, although he actively sold real estate until 2019.

We can recognize professional and personal accomplishments for a lot of local individuals. However, many of those aren't praised as readily by the people with whom they interacted or came in contact.

That might be Bill's greatest legacy.



Coussons

**NEED HELP?**  
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Your link to community resources

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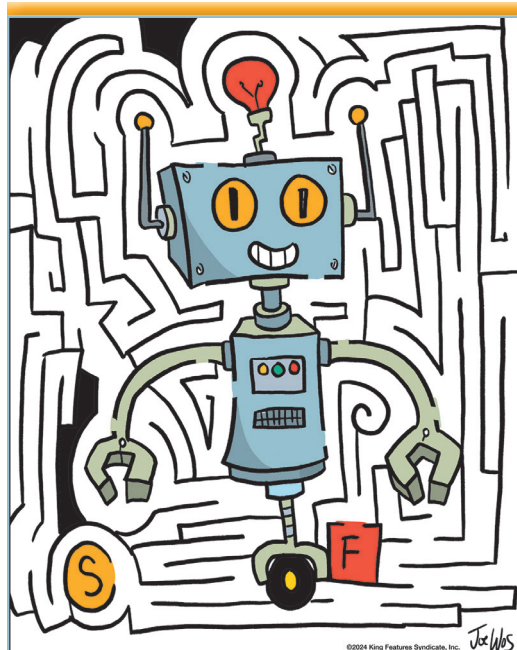
**The Professor Says To Spread The Word!**

**"Shop Smarter!" Buy Local, Sell Local**

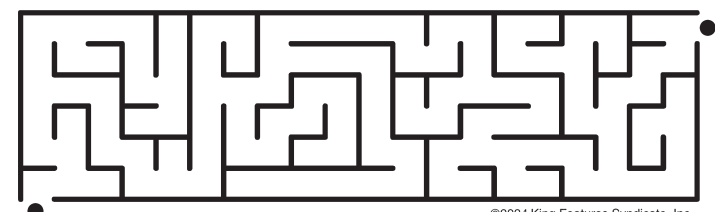


**Courier Journal**

219 W. Tennessee St., Florence 256-764-4268 CourierJournal.net



**Kids' Maze**



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### Even Exchange by Donna Pettman

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

- |                       |               |                    |               |
|-----------------------|---------------|--------------------|---------------|
| 1. Greasy dirt        | ___ _ _ M _ _ | Complain           | ___ _ _ P _ _ |
| 2. Inspect the ledger | ___ _ _ T _ _ | Of the ear         | ___ _ _ O _ _ |
| 3. An official order  | ___ _ C _ _ _ | PhD or BA          | ___ _ G _ _ _ |
| 4. Household duty     | ___ _ _ E _ _ | Musical note combo | ___ _ _ D _ _ |
| 5. Nun                | ___ _ S _ _ _ | Child care giver   | ___ _ T _ _ _ |
| 6. Loner              | H _ _ _ _ _   | Henson's frog      | K _ _ _ _ _   |
| 7. Eye cosmetic       | ___ _ _ R _ _ | Napkin fabric      | ___ _ _ N _ _ |
| 8. Harriet Beecher    | ___ _ _ W _ _ | Kitchen cooker     | ___ _ _ V _ _ |
| 9. Frolic             | ___ _ A _ _ _ | Royal son          | ___ _ I _ _ _ |
| 10. Depart            | L _ _ _ _ _   | Use a loom         | W _ _ _ _ _   |

### WORD LADDERS

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

SPURT

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

SHADE

## Puzzle Whirl

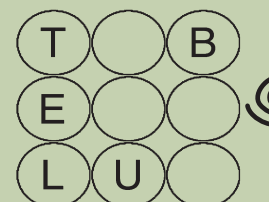
### MINI SUDOKU

			2	5
		3		
	4			
1	2			
	5			2
2		1		

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

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### WORD SPIRAL



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

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Answers on Page 30

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## Hood...

Continued from Page 12

heart, being born in Florence and raised in the Shoals area. He attended UNA before he moved to Athens, Georgia where he lived for over 20 years. Athens is the home base for Drive-By Truckers.

Ticket are \$35 online in advance (plus fee) and \$40 at the door. Purchase tickets at

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# Letters...

## A Complete Cover-up

Continued from Page 12

British Broadcasting Corporation's *Radio 4 Today*, said there's "no question" that the Democrats had been untruthful about President Biden's mental and physical decline. "What was going on behind the scenes," he said, "was a cover up, and there's no question at all about it."

Of course there was a cover up, and the BBC was part of it! In fact, Alabama Public Television's entire lineup of "news" programming, which includes the BBC, was complicit to one degree or another in covering it up the President's declining health. To the extent possible, they are still trying to hide it.

Evidently the country's security means nothing to them.

Webb went on to state: "They knew that he was in decline, but all of them decided not to tell the American people."

Years ago a locally famous commentator Dick Biddle concluded his editorials on Florence's WOWL-TV with the advice, "Be a good American, Be an informed American."

I applaud Webb for speaking out, but he is a rare exception in today's legacy media. If you want reliable information, you must dig through the internet for honest straightforward reporting. And don't expect to find it on our current public television.

Thomas Ponder  
Killen

## A Long-Held Grudge

Editor,

I thought about this last fall before a two-day hobby convention in September—our first in several years due to COVID. This trip was to neighboring Georgia, so not too far.

I remembered years ago being invited as part of the Alabama delegation to a Christian citizenship conference in Washington. I remember the exact year since I've often referred to a

prayer breakfast we had with Chaplain Richard Halverson from the U.S. Senate. He said he didn't hear many prayers for public officials in his itinerant Sunday visits, and I was convicted to do this more from the pulpit.

I also remember he invited two Southern Baptist senators, Al Gore of Tennessee and Trent Lott of Mississippi, to give greetings. We had no idea that a few months later Gore would be asked to join the Clinton presidential effort.

Anyway, back to the story, my D.C. flight was on a Saturday morning. I was ready to leave home when the phone rang. Margaret called to say her mother had died. Margaret's mother wasn't a member of our church, but I had visited with her in the nursing facility.

"Her funeral is Monday morning, and we want you to conduct it," she said.

I explained that I was leaving town for an engagement and wouldn't be back until later that week. I asked if my associate could help her on Monday. She acquiesced, so I called my associate to schedule this before I left.

I visited with Margaret when I returned the next week, and she expressed her disappointment that I couldn't be with them the previous Monday.

We moved from that town, and it was probably ten years later when I saw Margaret while passing through the area. And she told me that she was still disappointed.

"You were a good pastor," she said, "but I'm still upset that you wouldn't help us when mother died."

I tried to say discreetly that it wasn't that I wouldn't, but I couldn't. But I learned this was fruitless, so I bid her farewell and Godspeed.

Every pastor struggles with scheduling. We want to be there for every crisis and every disappointment but sometimes this isn't humanly possible.

Now I hasten to say most people are more understanding than Margaret and are willing to find an agreeable solution. And these days, it's even more true that funeral scheduling is negotiable. I conducted a funeral last year at the family's request one month after the man's passing.

Margaret decided to carry this burden no matter what. I think she took her disappointment to the golden streets.

God wants us to live in forgiveness and in harmony with others.

Life's too short to hold grudges.

Michael J. Brooks  
Alabaster



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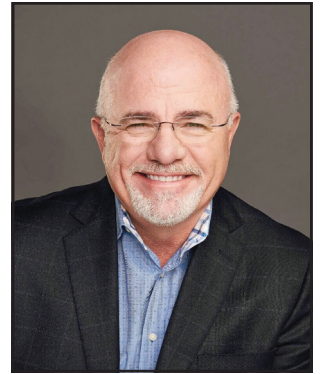
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## DAVE Says

by DAVE RAMSEY



### WHEN YOU KNOW BETTER, DO BETTER

*Dear Dave,  
I've made a lot of stupid money mistakes in the past. Even though I finally paid off six figures in debt a few years ago and am in control of my finances for the first time in my life, I'm having a hard time forgiving myself for all the dumb things I did. I have an emergency fund and other savings set aside, and I'm almost ready to buy a house. But it seems like there's still a cloud hanging over my head from all my bad decisions. How do I stop obsessing over my past financial mistakes?*  
Brea

*Dear Brea,  
If you've had enough determination to pay off six figures' worth of debt and to build savings on top of that in the last few years, you're doing a phenomenal job! Most people would just make excuses or give up, but you educated yourself, put your head down and stomped out all that debt. I'm very proud of you, hon. What you've done speaks volumes about your character and self-discipline.*

*The late Maya Angelou once said, "Do the best you can until you know better. Then when you know better, do better." That's the key for you, I think. Doing dumb things doesn't always mean you're a dumb person. Sometimes, we just don't have the knowledge or guidance we need to do things the right way. But once you learned a few things and saw there was a better way—a smarter way—you jumped in and made incredible things happen. You cleaned up your finances, and you changed your entire future for the better. I think that's pretty cool. And you know what else? It makes you a pretty smart lady.*

*I think part of your struggle may be the fact that you've spent more time making the wrong decisions with money than you've spent making the right ones. That's understandable. But time will help heal that struggle. It'll distance you*

emotionally from the old you until you're confident in the new you—not just in your actions, but in your heart and mind. I mean, think about it this way: If you violated trust with a friend, how would you rebuild it? First, it would take time. And second, it would take a series of trustworthy actions.

Let's say someone had a drinking problem for a long time, but they've been dry for three months. After three months, their spouse still might not trust them with the checkbook. I totally get that. It's a good start, but it's not like they haven't had a drink in three years. That's where time comes into play. The more time they demonstrate a solid pattern of not going back to the bottle, the more evidence they create for why others should trust them.

I think you've developed a pretty good track record of being smart with your money, Brea. So cut yourself some slack. If God is willing to forgive us for the really bad things we say and do, you need to be able to extend a little grace to yourself for the dumb things in your financial past.

— Dave

*\* Dave Ramsey is a national bestselling author, personal finance expert and host of "The Ramsey Show," the second-largest talk radio show in America. He has appeared on "Good Morning America," "CBS Mornings," "Today," 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 the CEO of Ramsey Solutions.*

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# Community Notes...

Continued from page 10

**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

**Lauderdale County ADC (Alabama Democratic Conference)** meets at 1 p.m. each 2nd Saturday (August 10) at the Florence Public Library Room 1, 350 N. Wood Ave., Florence. Chairwoman Joyce Nelson, 256-760-9236.

**Underwood-Petersville Neighborhood Watch** meets at 2 p.m. the 2nd Sunday (August 11) of each month at the Underwood-Petersville Community Center, 840 Lauderdale 7, Florence.

Additional Sunday Dates: September 8, 2024, October 13, November 10, 2024.

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**The Shoals Piecemakers Quilt Guild** meets the second Monday (August 12) each month at 7 p.m. at St. Bartholomew's Episcopal Church, 1900 Darby Drive, Florence. Additional Monday Dates: September 9, October 14, November 11.

**Kahoots! Tuesday, August 13,** 3:30pm-4:15pm at Florence-Lauderdale Public Library Calling all knowledge seekers! Join us for some fun as we test your skills on animals, music, movies, and more using Kahoots! 256-764-6564  
Additional Tuesday Dates: September 10, October 8, November 12, December 10.

**Covered Dish Lunch And Program - Thursday,** August 15, 11:30am, at the Zip City Community Center, 10511 Alabama 17. Additional Thursday Dates: September 19, October 17, November 21 Free—Please bring a covered dish

**The Colbert County Community Bible Study class** meets at Parkview Baptist Church every Tuesday at 9:45am starting August 20. Registration and study material pickup will be held at Parkview Baptist Church on August 5 from 9am - 12:30pm. You can also register at colbertcounty.cbssclass.org

There will be ladies' classes, men's classes, and children's classes. Parkview is located at 1404 US-72 in Tusculumbia.

**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

**Lauderdale County ADC (Alabama Democratic Conference)** meets at 1 p.m. each 2nd Saturday (August 10) at the Florence Public Library Room 1, 350 N. Wood Ave., Florence. Chairwoman Joyce Nelson, 256-760-9236

**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.

**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 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 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.

**Adult Book Club -a Florence-Lauderdale Public Library,** Thursday, August 15, 5:30pm - 6:30pm, 1F-Board Room (map) Choose any celebrity memoir to discuss.

See NOTES... page 30

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**LUNCHEON**

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**12PM – 1:30PM**

**Keynote Speaker:**  
**ASHLEY MORROW**

Entrepreneur & Businesswoman



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Denise Willingham

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**Community Notes...**

Continued from page 29

**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 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.

**The Batting Brigade Quilt Guild, meets (August 12)** the second Monday of the month at: Edgemont United Methodist Church, 1330 Eauclaire Ave., Florence. For additional information call Liz Linebrink 601-590-4367. If no answer leave message.

**Shoals Artists Guild Meeting**  
Friday, August 16, 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.

**Breakfast - Saturday, August 17, 7-9am.** The Central Community Center will have breakfast 7-9 a.m. the third Saturday of each month. Additional Saturday Dates: September 21, October 19, November 16. at the Central Community Center, 4130 Lauderdale 6, Florence

**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 theshoals theatre. org.

**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.

**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/ljsja5>

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 - lgeorge@northalabama.bbb.org

**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 will 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. Mondays. Beginners to advanced; all ages.

**SIGNS OF THE PAST**



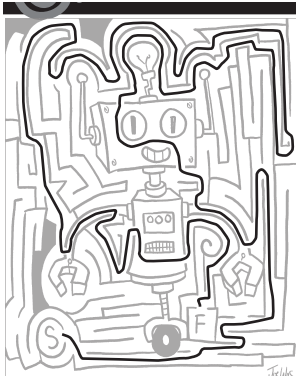
**FLORENCE CEMETERY**  
— 1818 —

When the city was surveyed this land described as "outside the city limits" was designated as the burying grounds for the new town. It contains the graves of early settlers, including a son and brother of Ferdinand Sannoner, Surveyor of Florence, and served as the principal cemetery for over 130 years. Two former Governors in the O'Neal family, as well as many prominent community leaders and families are interred here. "Soldier's Rest", a Confederate Cemetery, is located near the south property line.

**Location: 34.8030°N, 87.6668°W**  
**At College St cemetery entrance, Florence**

The marker reminds us that this well-kept cemetery has served the town from its beginnings in 1818, and includes a Confederate Cemetery in the southern area. Occasional historical walks through the cemetery provide opportunities to become better acquainted with our rich past.

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

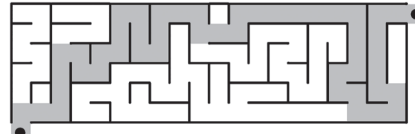


**Even Exchange**  
answers

1. Torch, Touch
2. Repent, Recent
3. Father, Lather
4. Brave, Bravo
5. Racket, Rocket
6. Biker, Baker
7. Canoe, Canon
8. Drone, Drove
9. Palate, Palace
10. Blush, Brush

**Puzzle Whirl**  
**Answers**

**Kids' Maze Solution**



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**WORD LADDER**

Answer  
**SUAVE, SHAVE, SHADE,**  
**SHADY, SHAKY, SHAKE**

**Word Spiral**  
Answer  
**WEAPONIZE**

**MINI SUDOKU**

Answer

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



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