



Courier Journal

Serving Northwest Alabama and

USPS Circulation Verification Available 219 W. Tennessee St. Florence, AL. 35630 256-764-4268

Pick Games for Lost Pizza

SHOALS- With the abbreviated schedule of August 24 now a memory, college football shifts into high gear with a full schedule this weekend. The *Courier Journal* Game Day Scorecard contest has a full slate of games as well.

Lost Pizza Co. in Florence is this year's Gift Card prize sponsor. Up to \$100 in gift cards and \$50 cash is up for grabs each week. Every week has a winner! Find the form in the paper and online every week at CourierJournal.net.

McVantage Adding Two

MUSCLE SHOALS - McVantage Packaging proudly announced its newest team members last week.

Kate Matz has been named Chief Revenue Officer, and Benn Novitske is the Business Development Manager.

Matz brings over 20 years of diverse experience in wood pallet sales, management, and business development. She has consistently demonstrated her ability to drive revenue



Matz



Novitske

See SHORTS... on Page 2

Participants at the 2023 Walk to End Alzheimer's event
Courtesy photo

End Alzheimer's

September 22 Walk Helps Needed Research

FLORENCE-Elaine Price participates in the *Shoals Walk to End Alzheimer's* in honor of her mother who was a schoolteacher in grades K-6 grades for 27 years.

Unfortunately, her mother was diagnosed in the later stages of Alzheimer's while in her early 60s and passed away 2020.

The Alzheimer's Association *Walk to End Alzheimer's*® is the world's largest fundraiser for Alzheimer's

care, support and research. This inspiring event takes place annually in more than 600 communities nationwide and calls on participants of all ages and abilities to join the fight against the disease.

Originally termed the Alzheimer's Association Memory Walk® when established in 1989, the Alzheimer's Association has been continuing

See WALK... Page 8

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*50% Off Pair Must Be Equal or Lesser Value. Excludes: Advertised Sale Shoes, Birkenstock, Uggs, 5/\$50 Clearance Shoes. Other exclusions may apply.

Constellium Plans \$65 Million Addition

MUSCLE SHOALS — Local aluminum products producer, Constellium, last week announced plans for a \$65 million addition that will add about 50 new jobs and will add up to 300 million pounds of annual casting capacity.

A \$23 million investment from the U.S. Department of Defense under Title III, Defense Production Act's Investment Program is making the new casting house possible.

The new state of the art direct chill aluminum casting house will be built in an existing casting house that will be enlarged by 105 feet

See 50 JOBS... Page 8

INSIDE this Issue

Automotive Inside



Advance Auto Sales
Landers McLarty Nissan

- On Your Debt
- Ask the Attorney
- Medicare Minute
- Computer Skeptic
- 105th Labor Day Event

- Medicare Minute
- Hocus Focus
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ADEM This project was funded or partially funded by the Alabama Department of Environmental Management through a grant from the Alabama Recycling Fund.

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Shorts...

McVantage Adding Two

Continued from Page 1

performance and enhance customer satisfaction.

"I am excited to serve the Muscle Shoals and Nashville communities in my new role as Chief Revenue Officer at McVantage Packaging," Matz said. "I look forward to getting to know the local carriers and to contributing to our mutual growth as well as making a positive impact in the community."

Novitske also brings over 20 years of combined manufacturing and sales leadership experience. His relationship-building abilities and communication skills will help in developing long-lasting McVantage relationships within the Shoals and beyond.

"As the new Business Development Manager, I am thrilled to be a part of the McVantage team, and I look forward to becoming acquainted with the surrounding communities," said Novitske.

McVantage Packaging has been serving the community's packaging needs for almost 75 years and prides itself on serving multiple industries, including manufacturing, logistics, agriculture, and the supply chain with custom solutions tailored to specific needs. The company is committed to exceptional customer service, making it a leading provider in the packaging industry.

"We are thrilled to have Kate and Benn join our team," said **Eddie Daniel**, President McVantage Packaging. "Their experience and commitment align with our values and further our goal of delivering the best products and services to our customers. We look forward to expanding and deepening our local partnerships. If you see Kate or Benn around town, don't hesitate to say hello and welcome them to the community."

Solid Effort on Helping Hands

SHEFFIELD—The 11th Annual Helping Hands Foundation and Bank Independent School Share drive conducted from July 1-19 generated a total of \$3,109 in monetary contributions and an additional 1,322 school supply items to local partner organizations.

"We've tried to make it more convenient for people to give and make a positive difference in their communities," said **Hallie Mauldin**, Bank Independent Community Engagement Leader. "We will continue to look at ways that allow our community to be more involved, ensuring that our efforts make a lasting impact where it matters most."

In the last 11 years, the School Share Drive has made a financial impact of \$332,749.38 in the communities the bank serves.

"Through the generosity our community members, we've been able to provide students with the tools they need to thrive academically," said **Rick Wardlaw**, CEO of Bank Independent. "This

initiative highlights the incredible impact we can achieve when we come together with a common purpose."

This year, donations were distributed through Sidney's Safe in Lauderdale and Colbert County, DHR of Franklin County, DHR of Lawrence County, DHR of Limestone County, Committee on Church Cooperation in Morgan County, and Free 2 Teach in Madison County.

No Service on Labor Day

FLORENCE—The Lauderdale County Solid Waste Department will be closed on Labor Day, Monday, September 2, and the county landfill will be closed Saturday - Monday August 31 - September 2 in observance of the holiday.

All residential and commercial garbage collections will resume on Tuesday. All household collections will be delayed one day the week of September 2-7. For example, Monday's pickup will be on Tuesday and the week will end with Friday's route being collected on Saturday.

Department officials said all yard debris routes will be delayed one day as well.

"This is the last major holiday of the summer, so this is a chance for our employees to enjoy a three-day weekend with their families," said **Tom Smith**, manager of the solid waste department. "We appreciate the public's understanding and assistance in this matter."

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 <p>Beef Patties \$3.29 Lb.</p>	 <p>Boston Butt Pork Roast \$1.79 Lb.</p>	 <p>Country Style Pork Ribs \$1.79 Lb.</p>	 <p>Beef Chuck Roast \$5.99 Lb.</p>
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 <p>Chicken Tenders \$2.99 Lb.</p>	 <p>Chicken Leg Quarters \$7.99 10 Lb. Bag</p>	 <p>Beef Oxtails \$7.99 Lb.</p>	 <p>Beef Back Ribs \$4.99 Lb.</p>



Yard Sales

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600 Co. Rd. 380 Sat. 8 am until noon No indoor furniture, Lawn mowers, 4 wheelers, all types of tools, storage building full.

LEIGHTON: MASSIVE, SIX-FAMILY YARD SALE
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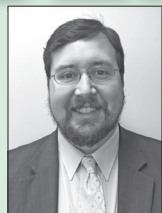
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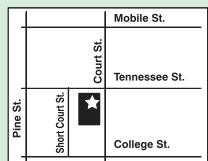
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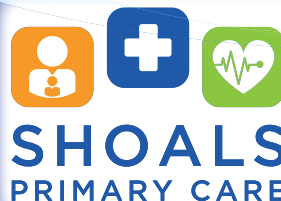
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Community Notes

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

• Email to editor@courierjournal.net

LifeSouth Bloodmobile Dates:
Saturday, August 31 Walmart - Hwy 43 - Russellville, 10am - 4pm

Shoals Area Invasive Plant Project at Deibert Park, 2810 Darby Dr, Florence. All events 9am-Noon

Join us for the first of three sessions as part of the 2024 Shoals Area Invasive

Plant Project in partnership with the Muscle Shoals National Heritage Area, City of Florence, TVA, and the Land Trust of North Alabama. Anyone under 18 years of age must be accompanied by an adult.

To register go to: www.aces.edu/go/shoalsinvasives

There are three event dates for 2024:
August 23 - Deibert Park, Florence
September 13 - TVA Native Plant Garden, Muscle Shoals

September 27 - Cane Creek Nature Preserve, Tusculumbia

For these events we will begin the morning with a 1-hour "walk and talk" to identify the invasive plant species that we see along the paved trails in the location for that day. Following this portion, we will have an optional 2-hour volunteer opportunity to gain hands on experience with controlling the invasive plant species we encounter. Your participation is encouraged for the added benefit of controlling the non-native invasive plants in our valuable community green spaces.

Please keep in mind that this event will require walking on paved and unpaved surfaces.

Snacks and water will be available. Certificates of participation can be provided with advanced notice.

Contact: Kerry Steedley
 kes0150@auburn.edu
 (334) 350-0485

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

Crafternoon - Tuesday, September 3, 3:30pm-4:15pm at the Florence-Lauderdale Public Library, 256-764-6564
 Join us for a fun crafternoon! Each month we will work on a different art project or craft.

Additional Tuesday Dates: October 1, November 5 etc.

The Caribbean Association of North Alabama Inc (CANA) will host the largest North Alabama Family Fun Day - 17th Annual Caribbean Day at The Park, an Alabamian event from a Caribbean perspective, on Sunday, September 1 from 11am- 8pm at John Hunt Park, located on 2151 Airport Rd SW in Huntsville.

The purpose of the event is to introduce the public to the Caribbean culture, cuisine and lifestyle in a family-friendly environment.

A host of vendors selling curried, jerk, and stewed delicacies, as well as scores of other food and non-food items, will be on site to serve the festive crowd.

There will be a string of free activities such as face-painting, arts & crafts, petting zoo, Caribbean board games, musical chairs and a dozen others geared towards children and the entire family.

Christmas Charities will be on location to pick up used and new items that persons would like to donate.

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All household collections will be delayed one day the week of September

2-7. For example, Monday's pickup will be on Tuesday and the week will end with Friday's route being collected on Saturday. All yard debris routes will be delayed one day as well.

Belly Dance Classes - 6-Week Classes: Beginning Tuesday, Sept 3. At Royal Ave. Recreation Center 420 N. Royal Ave. in Florence.

Beginner Class: 6 - 7pm, Advanced Class: 7 - 7:30pm. Inquires: 256-702-1360

Email: Wiporwil@hotmail.com
 Sessions taught by Noelle Smith - suitable for all ages.

See NOTES... page 7

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605038-1

Parent Pitfalls

Almost Half of Single Alabama Parents Miss Out on Careers Due to Inflexible Interview Times

- Childcare emerged as the main barrier to attending interviews.
- 16% said they often feel pressure to conceal a single parent status.

Landing a job interview is tough enough these days. You need the right qualifications, a standout application, and often, the patience to endure multiple rounds of interviews. But for single parents, the challenge is even steeper.

Imagine you've finally secured that coveted interview slot. The company's HR department sends you an email with a date and time, no room for negotiation. For most, this might be a minor inconvenience. For single parents, it can be a deal-breaker.

Careerminds, a global outplacement and career development firm, recently shed light on this issue. They surveyed 3,000 single parents about their experiences in the job market, and

the results are eye-opening. A staggering 42% of single parents in Alabama have had to turn down promising career opportunities simply because companies wouldn't budge on interview times (this compares to a national average of 44%).

So, what's behind this troubling statistic? The survey dug deeper, asking single parents about their biggest obstacles. Childcare emerged as the primary culprit, with 68% citing it as their main barrier to attending interviews. School runs and after-school activities each accounted for 16% of missed opportunities. It's a stark reminder of the juggling act many single parents perform daily.

But it's not all doom and gloom. Some industries are stepping up to the

plate. The tech sector, known for its innovation, is also leading the way in accommodating single parents. Healthcare and education follow closely behind, with their shift-based nature and alignment with school hours proving beneficial. The hospitality and tourism industry also earned a nod for its flexible work hours.

So, what do single parents in Alabama want? Flexibility, primarily. Forty percent said flexible scheduling would be a game-changer. Virtual interviews were favored by 20%, eliminating the need for childcare or travel. On-site childcare was another popular suggestion, with 31% seeing it as a potential solution.

The survey also touched on a sensitive topic: disclosure. While

42% of single parents never felt the need to hide their status during job applications, others weren't so comfortable.

Equal portions (16% each) said they always, often, or sometimes felt pressure to conceal their single parent status.

These challenges have far-reaching consequences. Nearly two-thirds of single parents have considered not applying for jobs due to anticipated scheduling conflicts. The same proportion has had to scramble for last-minute childcare to make it to an interview.

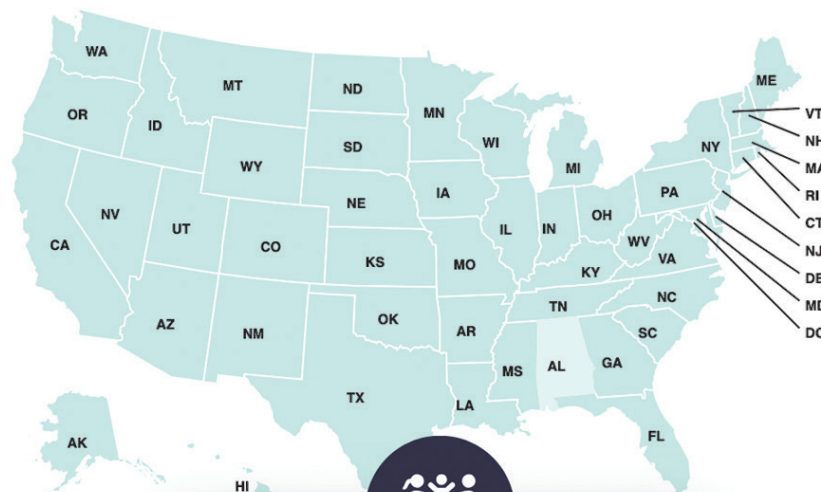
Perhaps most troubling is the lack of alternatives offered by companies. When single parents had to forfeit an interview, only 34% were offered an alternative solution or accommodation. The majority were left high and dry.

The survey also hinted at broader

gender dynamics in the workplace. An overwhelming 88% of respondents believe that single mothers in managerial roles face a steeper climb than their male counterparts. Moreover, 51% think companies make more efforts to accommodate single mothers in higher positions compared to those lower down the corporate ladder.

"It's clear that the job market still has a long way to go in accommodating the unique needs of single parents", says Raymond Lee of Careerminds. "While some industries are making strides, there's a pressing need for more flexible, understanding approaches across the board."

careerminds.com



ALABAMA

42% of single parents in Alabama had to forfeit a job interview.

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Community Notes...

Continued from page 4

Labor Day Chicken Stew & BBQ at St. Michael's Church in St. Florian. Sales begin at 6am on Monday, September 2. Cooking Since 1874

50th Annual Alabama State Flying Disc Championship dedicated to Tom Monroe. Sat.-Sun., September 21-22, at Veterans Memorial Park in Florence.

2 Rounds of Disc Golf. PLUS Field Events: Maximum Time Aloft, Distance & Accuracy.

3 Courses - McFarland Park, Veterans Memorial Park & the Club on Cypress. Register at dgsce.com/50thASFDC

Toddler Time Storytime (Ages 18-36 months) -September 3. 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 28, 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.

NAMI (National Alliance on Mental Illness) of Alabama is providing a Free virtual family education program beginning Saturday, September 7 at 9am. The NAMI Family- to-Family Program is a free 8-week educational program for families and significant others of people with a mental health condition. The program is peer lead by individuals who have been through similar situations, trained family members who have a loved one with a mental health condition. The course is designed to increase understanding and advocacy skills, and strategies for taking care of the person you love while helping participants maintain their own well-being.

NAMI Baldwin County in Foley, AL is spearheading this statewide initiative through ZOOM. Registration is required. Please call NAMI Baldwin at 251-279-0573 or email NAMIBaldwinCounty.org for more information.

1st Annual Love Shouldn't Hurt Vendor Market Sat & Sun Sept. 7-8. At the Roundhouse in Tusculmbia (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.

7th Annual Turner Parker Horse Show, Saturday Sept. 7. 10 Park Drive, St. Joseph, TN. Proceeds benefitting St. Jude Children's Research Hospital. Join the most exciting Horse Show in the South and become a Show Sponsor! Sponsorship Levels: • Platinum - \$500 & Up • Gold \$200-\$499 • Silver \$199 and below.

Contact Ryne Parker @256-443-7556, ryne.parker@cschools.org or April Parker april1108@gmail.com

Follow us & Like us on Facebook @ The Turner Parker Horse Show

The Batting Brigade Quilt Guild, meets (September 9) the second Monday of the month at: Edgemont United Methodist Church, 1330 Eau Claire Ave., Florence. Hospitality time starts at 9am and the meeting begins at 9:30am. Any questions, please call Liz at 601-590-4367 leave message if no answer.

Coming Home to St. James - Join the members at St. James Methodist Church in Florence for its 200 Year Celebration on Sunday, September 8. 9:30am-meet and greet; 10:30am-Celebration of the church's history in the Sanctuary. A fellowship meal will follow the service.

St. James is located at 610 Cox Creek Pkwy. Everyone warmly welcome. StJamesFlorence.com

Celebrating a Decade - 10th Anniversary Celebration

We're throwing a party! The Florence-Lauderdale Visitor Center is celebrating its 10th anniversary this year, and we want to celebrate with you on September 20, 2024!

From 4-8 PM, join us in McFarland Park for live music from The Midnighters, food trucks, cornhole, kids' activities, and a cannon firing to celebrate a decade!

We will have representatives from both our Fire and Police Departments, including our K-9 unit, on-site!

Don't miss out! There will be lots of fun for the entire family! We are located at 200 Jim Spain Dr. in McFarland Park!

Kahoots! Tuesday, September 10, 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 Tuesdays: October 8, November 12, December 10.

Applications for the Elk National Foundation's Most Valuable Student Scholarship program will be available online now. 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.

The Oka Kapassa - Return to Cold Water Native American Festival will take place in Tusculmbia on September 13-14 in Spring Park, Tusculmbia (South end of Main St.). Friday is an educational day for elementary students. Saturday, September 14 is the free public festival day, when authentic Native American culture will be demonstrated through dance in full regalia, music, crafts, life skills, and Native American food 10am - 5pm. Trolley shuttle available from downtown. For more info: 256-383-0783 or 256-665-2540 or on Facebook, The Oka Kapassa - Return to Coldwater Festival.

Friday, September 13 - Horror in the Park 4-10pm Wilson Park, downtown Florence. Dress as your favorite horror or mystic-themed attire for an evening to support your local businesses. There will be arts and crafts, eats and drinks. Details: 256-320-7416.

See NOTES... page 13

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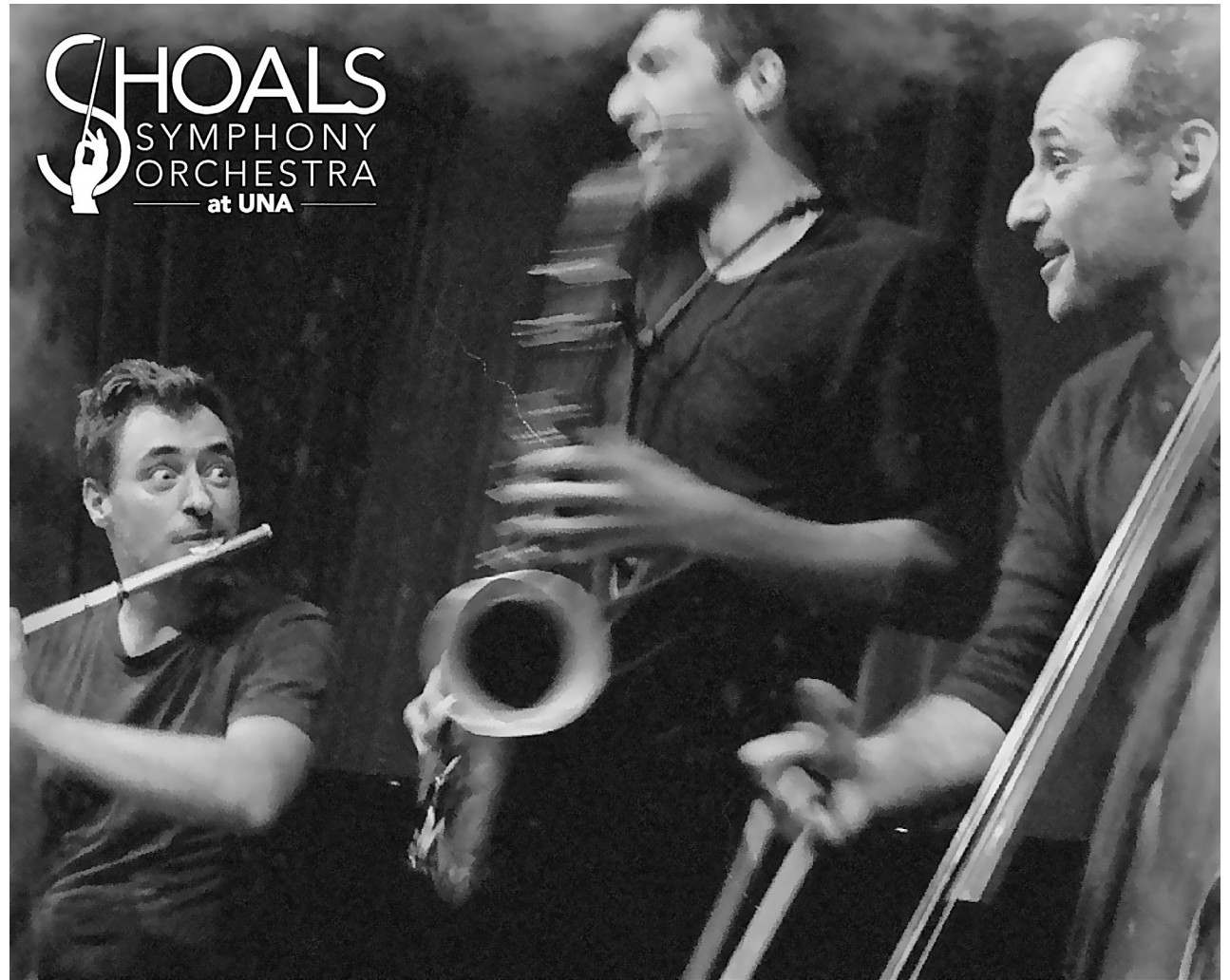
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2024 Annual Action Plan Public Hearing

The Florence Community Development Division will host a public hearing on

Thursday, September 5th, 2024
from 3:00pm until 5:00pm

in the Florence City Hall Auditorium to discuss the 2024 Community Development Block Grant program.

Citizens of Florence are invited to participate in planning and implementation of the Community Development programs. Accommodations for disabled or non-English speaking residents will be made available upon advance request.

Questions or comments may be submitted via email to cdbg@florenceal.org no later than **September 5, 2024.**

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50 Jobs...

Continued from Page 1

according to Buddy Stemple, president of Constellium in Muscle Shoals. "The only thing we're using from the old building is the structure," Stemple said. "We're going to rip all the skin off of it and redo it."

Groundbreaking could take place later this year. The facility is expected to be completed in 2027.

Constellium Muscle Shoals is a major aluminum sheet supplier for the packaging and automotive markets. The plant has the capacity to produce over 1 billion pounds per year of finished aluminum coils and can also recycle the equivalent of 20 billion aluminum cans per year.

Last week's press release indicated that the new casting house will allow the company to increase its recycled output, reduce its use of primary metal, and provide the U.S. industrial base a domestic source of supply for aluminum rolling ingot.

Congressman Robert Aderholt, House Dist. 4 in Alabama, played a vital role in securing funding from the Department of Defense some two years ago for the project.

"Constellium continues to show that Alabama is the premier destination for industry to plant their roots. This state-of-the-art

casting center will play a vital role in creating aluminum ingots that will then be used in a variety of important ways throughout our nation and around the world," Aderholt said.

Simon Joenler, Aderholt's military legislative assistant, said the facility would be able to quickly provide aluminum to the Department of Defense when it's needed.

"With so many threats to the United States throughout the world, it is good to know companies such as Constellium are willing to partner with the federal government to produce material that is needed to keep our soldiers safe overseas and protect vital infrastructure here at home.

Constellium CEO Jean-Marc Germain said the new casting center will not only produce aluminum ingots for the rolling mills in Muscle Shoals, but also for other U.S. industries.

"Aluminum is not only vital for the manufacturing of defense systems, such as fighter jets and armored vehicles, but also it's an essential material in critical industries like automotive, packaging, transportation, aerospace and even space exploration," Germain said.

"It's a great asset to the community," Aderholt said of Constellium. "We're very excited to partner with them to try to help out with getting the DoD involved,"



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editor@courierjournal.net

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Walk...

Continued from Page 1

the tradition with *Walk to End Alzheimer's*.

Price "turned the corner" on her grief when she began to volunteer.

Price is now the first-year Community Engagement Chair of the Shoals Walk to End Alzheimer's.

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

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

While there is no

fee to register for the Walk, all participants are encouraged to raise critical funds that allow the Alzheimer's Association to provide 24/7 care and support and advance research toward methods of prevention, treatment and, ultimately, a cure.

3 EASY STEPS TO PARTICIPATE:

- **Register**
Register for your local Walk. Start or join a team and invite others to walk with you.
- **Fundraise**
Start fundraising and spread the word. We'll provide tips and coaching every step of the way, including easy ways to recruit others and raise funds.
- **Walk Day**
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Moments in Time



• **On Aug. 25, 1992**, The Sun newspaper published a phone conversation with an unknown woman who may have been Britain's Princess Diana, talking with an unknown man about her unhappy marriage. Thousands

paid up to \$22 to listen to the full recording on a paid phone service.
 • **On Aug. 26, 1791**, John Fitch and James Rumsey were each granted a federal patent for the steamboat. The men were rivals who devised

different systems for, and battled over claims to, the invention.

• **On Aug. 27, 1976**, the United States Tennis Association barred transgender athlete Renée Richards (born Richard Raskind) from competing in the U.S. Open as a woman, stating she needed to pass a chromosomal test. Richards failed the test, sued the USTA, and a year later was granted the right to compete following a New York Supreme Court ruling in her favor.

• **On Aug. 28, 2003**, pop singers Britney Spears and Madonna shared a kiss at the MTV Video Music Awards, delighting some viewers and offending others. MTV received hate mail "from the older generation," according to network president Van Toffler, who said: "I think the beauty of the VMAs was the combustibility. You wanted to make it fun and semi-chaotic. That's what we did."

• **On Aug. 29, 1982**, Swedish-born actress and three-time Academy Award winner Ingrid Bergman died of cancer on her 67th birthday. Bergman was best known for her role as Ilsa Lund in "Casablanca" alongside Humphrey Bogart, as well as the international scandal she sparked in 1950 when she had a son with

Italian director Roberto Rossellini, to whom she was not married at the time.

• **On Aug. 30, 1859**, Edwin L. Drake successfully drilled the first oil well near Titusville, Pennsylvania, ushering in the modern petroleum industry. His discovery of an efficient way to extract

oil from the ground revolutionized energy production and would help transform the global economy.

• **On Aug. 31, 1989**, England's Princess Anne, the only daughter of Queen Elizabeth II, publicly announced her separation from her husband, Mark Phillips, but the couple stated they

were not intending to divorce.

• **On Sept. 1, 1928**, groups of Boy Scouts placed approximately 2,400 concrete markers at sites along the Lincoln Highway to officially mark and dedicate it to the memory of President Abraham Lincoln.

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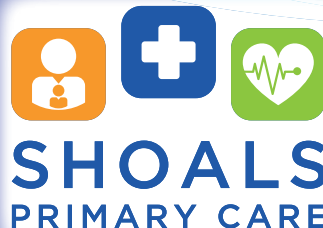
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Local News Highlights The Financial Strain In Our Communities

Recent news stories have brought to light the financial struggles that many in our communities are facing:

1. Unemployment Rates: Both Alabama and Mississippi have seen fluctuations in unemployment rates, leading to financial instability for many families. Job loss is one of the leading causes of financial distress, and for some, bankruptcy can provide a lifeline.

2. Healthcare Costs: Rising healthcare costs continue to be a significant burden. Many residents have had to deal with unexpected medical bills, which can quickly lead to unmanageable debt.

3. Natural Disasters: Our region is no stranger to natural disasters. Hurricanes, floods, and tornadoes have caused extensive property damage, leaving many with hefty repair bills and insufficient insurance coverage.

How Bankruptcy Can Help

Bankruptcy is a legal process designed to help individuals and families regain control of their finances. Here's how it can benefit you:

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Dear Dave,
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Trey

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Dear Trey,

a little bit slower, and it might even mean passing on a few "big deals" you thought were going to be the best things ever to happen to you and your business. But you want to know something? That's okay. I've turned down plenty of deals like that over the years, and it's left me firmly convinced it's better to be the tortoise than the hare.

Think about this. When you sell a piece of your ownership to people who are looking for a return, instead of caring about your dream, you're creating the potential for a big mess. A lot of times, these folks will seem like silent partners—which is an oxymoron in small business. They might even present themselves that way in the beginning. But the truth is most people who've put money into your business won't keep silent. They're all going to have different opinions and ideas, and there's a strong possibility these are going to clash at some point with the vision you have for your company.

In short, I would not recommend a fledgling small business, even one that's doing well, to seek out investors. Period. Cash flow your growth, Trey. Cash flow your equipment purchases, and the markets you enter, also. Does this mean you might miss a good opportunity here and there? Sure, it does. But it also means you'll

be missing opportunities to fail. Too much success too soon is one of the biggest reasons why small businesses shut down. When you grow too quickly, you run the risk of outgrowing your financial resources, your infrastructure and your human resources.

Do what you can to ensure growth is steady, but play it smart. Don't grow so fast that you crack the foundation of your company.
— Dave

Leadership and small business expert Dave Ramsey is CEO of Ramsey Solutions. He has authored eight national bestselling books, including EntreLeadership, and is a host of The Ramsey Show and The EntreLeadership Podcast.



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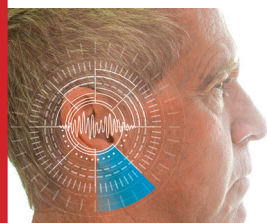
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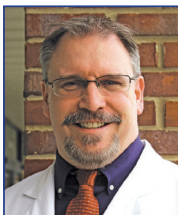
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Courier Journal ADOPT A FRIEND

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.

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Meet Brenda! Brenda is a sweet girl with a beautiful coat. She has a great personality and would love to be your best friend. She is the kind of dog to be loyal and show it. Come take her for a doggie day out and see her true personality. The adoption fee is currently \$35 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 amazing girl.

Bravo

Meet Bravo! Bravo is as fabulous as his name. He's full of energy and love. He wants an active family who likes to play with him and spend time giving him the attention he would love to have. The adoption fee is currently \$35 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 guy.

Elvis

Meet Elvis! Elvis-1.5-2 year old pointer/dane mix! Good with kids, dogs and ignores cats! **Already neutered!** Available for \$85. For more info please contact the **Colbert County Animal Shelter at 256-381-4073.**

Poppy

Meet Poppy! 3-4 year old red bone coonhound! She is already spayed, good with kids and other dogs! She is available for adoption for \$85! Contact **Colbert County Animal Shelter!** For more info please contact the **Colbert County Animal Shelter at 256-381-4073.**

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In today's digital age, internet access has become as essential as air, water, and Netflix. But who says you have to pay for it? Here's a guide to riding the wave of free internet without getting soaked in debt here in the Shoals area.

1. Public Wi-Fi: The Digital Hitchhiker's Guide - Think

of public Wi-Fi like a free ride on the bus. Just hop on at your local library, coffee shop, or park, and enjoy the scenic views of cat videos and memes. But remember, public Wi-Fi is like a shared bathroom: it's free but might be a little... questionable.

2. Community Wi-Fi: The Neighborhood Watch of the Internet - Some neighborhoods



Jim Fisher

Internet on the Cheap

by "The Computer Skeptic"

are so nice, they even share their Wi-Fi. Look for community Wi-Fi networks, often set up by local governments or non-profits. It's like having a neighbor who's always willing to lend you a charger. I don't know of any communities in the Shoals that do this, but someone oughta.

3. Mobile Hotspots: The Internet Backpacker - If you've got a smartphone or tablet with a data plan, you can turn it into a mobile hotspot. Think of it as your personal internet backpack, ready to take you anywhere your wanderlust desires. Just remember to pack enough

data snacks to keep you going. One phone can serve multiple computers in close proximity.

4. Internet Assistance Programs: The Digital Safety Net - If you're struggling to afford internet, don't worry, you're not alone. Many government and non-profit organizations offer internet assistance programs to help low-income individuals and families. It's like having a digital safety net to catch you when you need it most.

5. ISPs with Affordable Plans: The Budget-Friendly Browser - While not technically "free," some internet service

providers (ISPs) offer affordable plans that won't break the bank. It's like finding a hidden gem in a thrift store: you might have to dig a little deeper, but the rewards are worth it. Locally, Comcast offers family internet plans for \$9.95/month for qualified families.

6. Ad supported FREE internet for everyone: Lastly, there's an interesting provider called Textnow (TextNow.com) that has 100% free internet. It's a bit complicated to explain and there are some limitations that would not suit me, but is absolutely suitable for many people.

Tips for Using Free Internet: Be mindful of data usage: Don't let your data plan run dry like a fish out of water. **Protect your privacy:** Public Wi-Fi is like a public restroom: use caution and avoid

sharing sensitive information. **Consider a VPN:** A VPN is like a digital invisibility cloak, helping to protect your privacy online. **Check for speed and reliability:** Not all free internet is created equal. Some are faster than a cheetah, while others are slower than a snail.

So, there you have it. With a little creativity and resourcefulness, you can enjoy the wonders of the internet without breaking the bank. Happy surfing!

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

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Community Notes...

Continued from page 7

A special Native American cultural program will be presented as part of the Oka Kapassa Festival at 5:30pm on Friday, September 13, at the UNA Tusculumbia Facility located at 114 W. 6th St. Arvel Bird (Paiute) will discuss and present Native American music, flute, and violin. The speaker will be Rachel Thrower (Poarch Creek). A Trolley Tour to

view Witness Sites will be included. The public is invited, and the event is free. For more info: 256-383-0783 or 256-665-2540 or on Facebook, The Oka Kapassa - Return to Coldwater Festival.

The Choirs of Florence First Cumberland Presbyterian Church and Central Heights Baptist Church

will join for a night of worship and praise in the Sanctuary of Florence First Cumberland Presbyterian Church, 2422 Darby Drive, at 6pm Sunday, September 15. The night will include songs from The Great American Church Songbook and other songs of praise. Light refreshments will be served immediately following the concert in the Fellowship Hall. Everyone is welcome.

Zodiac Players season - The Zodiac Players have the following plays scheduled: "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 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/34yjs> 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

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.

See NOTES... page 38

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Rodent Rampage?

Alabamians Warned to Brace for Rodent Surge Following Heatwaves, Expert Says

• Summer heatwaves have created the 'perfect storm' for a surge in rodent activity.

• Tips on how to protect your home.

Alabamians have had to grapple with heatwaves this summer, and while these extreme weather patterns have obvious consequences, such as water shortages and increased wildfire risk, there's another, less visible threat lurking in the shadows: a surge in rodent activity.

Zachary Smith, of Smith's Pest Management, a long time pest control leader in the California Bay Area, warns that "the summer heatwaves we've experienced across the country have created the perfect storm for a surge in rodent activity. When the environment becomes too hostile for rodents in the wild, they turn to our homes for food and shelter. Unfortunately, that means an invasion is likely."

Why Drought Leads to Increased Rodent Activity

"When droughts hit, the landscape undergoes significant changes," explains Smith. "Vegetation withers, water sources dry up, and ecosystems become stressed. These conditions drive rodents to seek out new environments where they can find the resources they need to survive—namely, food and water. Your home, with its reliable water supply and food sources, becomes an attractive target." Rodents, particularly rats and mice, are incredibly resourceful. "In times of scarcity, they will invade homes, garages, and outbuildings, searching for sustenance," Smith adds. "The lack of natural food sources and diminishing populations of predators, such as birds of prey, exacerbate the problem, allowing rodent populations to grow unchecked."

Animal Removal



Keeping vegetation trimmed back from your home reduces the number of hiding places and cool spots around your home.

Signs of a Rodent Infestation

It's important to be vigilant and recognize the early signs of a rodent infestation. Smith notes, "The sooner you identify a rodent problem, the easier it is to handle it before it becomes a full-blown infestation." Here are some common indicators:

• Droppings: Rodent droppings are a telltale sign of an infestation. These are often found near food sources, in cupboards, or along baseboards.

• Gnaw Marks: Rats and mice constantly gnaw on objects to keep their teeth sharp. Look for gnaw marks on food packaging, furniture, and wires.

• Nests: Rodents build nests from shredded paper, fabric, and other soft materials. These nests are usually hidden in dark, secluded areas like attics, basements, or behind appliances.

• Scurrying Sounds: You might hear scratching or scurrying sounds in the walls, especially at night when rodents are most active.

• Footprints: In dusty areas, you may notice small footprints or tail marks.

• Remove Food Sources: Store food in airtight containers, clean up spills immediately, and ensure that garbage is properly sealed and disposed of regularly.

• Eliminate Water Sources: Fix leaky pipes, dripping faucets, and remove standing water where rodents could drink.

• Trim Vegetation: Keep shrubs, trees, and other vegetation trimmed back from your home. This reduces the number of hiding places for rodents near your house.


• Use Rodent Traps: Set traps in areas where you've noticed rodent activity. This can help to control populations before they become unmanageable.

The combination of heatwaves and drought is likely to lead to a rise in rodent activity across the country. By taking proactive steps now, you can reduce the risk of an infestation and protect your home.

The time to act is now. smithspestmanagement.com

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Protecting Your Home from Rodent Infestations

"Preventing a rodent infestation is always easier than dealing with one after it's taken hold," advises Smith. Here are some steps you can take to protect your home:

• Seal Entry Points: Inspect your home for any gaps or cracks that rodents could use to enter. Pay special attention to areas around doors, windows, and pipes. Even a small opening can be an entryway for mice or rats.

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Commentary

Possible History from Young Eyes

With the spotlight on Kamala Harris at last week's, Democratic National Convention in Chicago, the editor of the News-Gazette in Champaign, some three hours to the south, asked a few young black women in that area what would it mean for them to have a black woman elected president for the first time.

Ona Simone Thompson, a 7th grade poet champion at St. Matthew Catholic School in Champaign, was one of those.

*Bells of reparation are at ring
Many generations, we all sing.
The day every Black icon has foretold
Kamala for president we all may behold.
My mom and grandma fought for their rights
The day they've longed for is now in sight.
Shirley ran so Kamala can fly
As the eagle of our nation so high in the sky
The history books await you, so I'll say
Kamala for president every single day!*

I was notified about that poem by one of

See **YOUNG...** on Page 26

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

THIS WEEK

in the Shoals

August 28, 2024

Happening THIS WEEK

105th Labor Day Event

TUSCUMBIA—The Shoals Area Labor Council presents its 105th Labor Day Celebration in Spring Park, Tuscumbia, on Monday September 2. This annual event is the longest running celebration of its kind in Alabama. The Labor Day Parade through Main Street gets things underway at 10am. This year's Grand Marshall is Mr. Steve Stutts, retired District VP for Operating Engineers.

Festivities in Spring Park take place from 11am-4pm,

See **LABOR...** on Page 18

11am-4pm
Monday
Sept. 2



THE COON DOG CEMETERY LABOR DAY CELEBRATION is from 10am-4pm Monday, September 2, at Key Underwood Coon Dog Memorial Graveyard, 4945 Coon Dog Cemetery Road in Cherokee. The annual event celebrates the first coon dog buried (named Troop). The event includes Live music, buck dancing, a liar's contest, food vendors, arts, crafts, and more.

More Tasty Goodies Than Usual

FLORENCE—The Chloe's Fund Bake Team is getting ready to kick off the "Welcome to Fall" Bake Sale with a TWO PAGE menu full of assorted treats and a list of delicious homemade breads. The pre-order cut off for the Bake Sale is 3pm Wednesday, August 28. Order pick-up is from 10am-1pm on Saturday, August 31 at Florence Lauderdale Animal Services, 3240 Roberson Rd, in the Florence



Industrial Park.

Great for Labor Day planning, the product menu on the following Facebook Pages: Chloe's Fund for Medical Needs of Florence Shelter Animals, Florence Lauderdale Animal Services, and Friends of Florence Lauderdale Animal Services. The Bake Sale Coordinator, Lisa Wilson Rim, can text the menu to

See **BAKING...** on Page 31

SHOALS SCHOLAR DOLLARS presents - The Coasters, The Drifters, and The Platters. Saturday, August 31, at 7pm in UNA's Norton Auditorium. For tickets go to ShoalsScholarDollars.com

THAT ANNUAL LABOR DAY CHICKEN STEW & BBQ at St. Michael's Church in St. Florian gets underway with sales at 6am on Monday, September 2. Cooking Since 1874

HI NEIGHBORS OF THE SHOALS meets on the 1st Tuesday (September 3) of each month at 10:30am in the Florence Lauderdale Public Library. The women's social group welcomes all ladies who are residents of the Shoals. Contact Berta Birch, 256-777-3119, for further details.

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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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...Early in her treatment, we were told that "the longer you can survive, the longer you WILL survive."



The Moment Life Starts

Editor,

Abortion is a term used by some as a "women's health issue." Others as, "a right that women have to decide about their bodies."

I understand the women's health issue, and it does apply in a very small number of cases, such as incest, rape, and the condition of the baby in the womb. These are very important issues, but my comments are directed at using abortion as a birth control method.

Abortion is a word used to sound a lot better than "killing babies." I doubt you have ever heard a woman say, "I'm going to kill my baby." She instead says, "I'm having an abortion" which sounds a lot different. I guess the argument is, "Oh, it's

not a baby or a person, it's only a fetus." So, let's try to take the emotion out of it and look at it from a logical viewpoint.

In the Bible, there are numerous references to God knowing us before conception and as "children" in the womb, one of the most notable being from Luke 1:41 ESV

And when Elizabeth heard the greeting of Mary, the baby leaped in her womb. And Elizabeth was filled with the Holy Spirit.

We can also reference these and many others: Job 31:15; Psalm 139, 13-14; Isaiah 44:2, Isaiah 44:24; Jeremiah 1: 4-5.

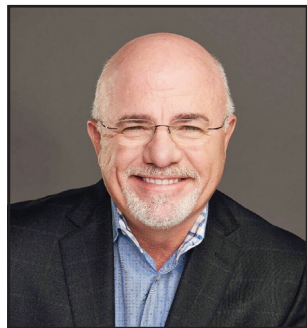
(If we don't believe what the Bible says, we may as well stop now because our destiny is decided unless we change.)

We are God's from the moment life starts in the womb, not a day later, not a month later, not three months later, but

See **LETTERS...** on Page 34

DAVE Says

by DAVE RAMSEY



at the same time I've been encouraging him to find a job like delivering pizzas to help out. Should we continue this way, or should I quit my really hard job, and just let him take responsibility? I love my husband, and I hate the idea of losing the house, but this is driving me crazy.
Janet

Dear Janet,
Many guys are task-oriented, and if they're not careful, they can start defining themselves by what they do rather than who they are. So, when a guy, in particular, loses a job it can be a huge deal in his life and a massive blow to his ego.

When I went broke a few decades ago, I had to re-think who I was in my own mind. I'd lost my business, and in many ways, I looked at that company as who I was. My identity was suddenly gone, and lots of guys go through that very same thing with a job loss.

If he's not willing to listen to you, I think you two need to sit down with a good, objective marriage counselor, because he's confused as to why he works. There are two reasons we work. One is to

provide for our families. That's our primary job. The second reason is to exercise our calling—the reason we were put on this planet. But you can't accomplish the second one when you're not doing the first one. You've got to make sure your family has a place to live and food on the table. Four months of a guy sitting on his butt like this is unacceptable. I don't want to hear about being over-qualified, or anything about a career path. Get a job and take care of your family! I don't care if it's cutting grass, shoveling snow or delivering pizza. In situations like this, you have to stand up, be a man and take care of your responsibilities.

I'm sorry if that sounds harsh, but it's the truth. Believe me, I get it. Sometimes people go through problems, and they need a break of some kind to work through the pain. I did a little of that when I went broke. But at the end of the day, we didn't lose our home because I

was sitting around doing nothing. Even when I'd lost all my self-confidence, I still went out and tried to get things started again.

It's time for your husband to stand up, brush himself off and make something happen!

— Dave

Dave Ramsey is a national best-selling author, personal finance expert and host of

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

TIME TO MAKE SOMETHING HAPPEN!

Dear Dave,
My husband lost his job four months ago, and we're

close to losing our home. I'm working three jobs trying to keep our heads above water, while he's "waiting for the right opportunity." I understand his feelings, but

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Labor...

Continued from Page 16

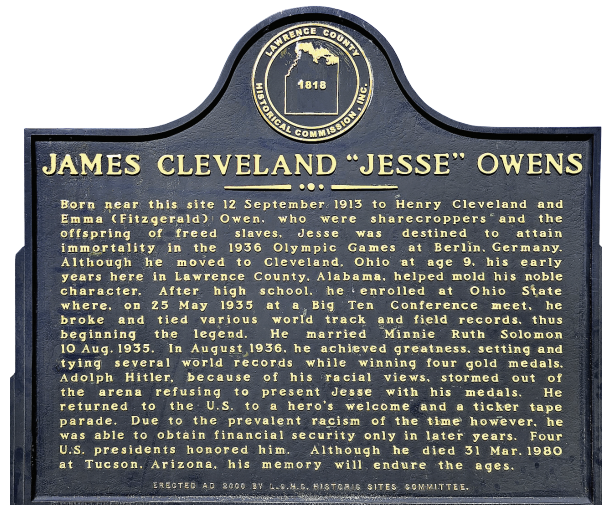
including music by "Back On Track" and bicycle giveaways and food trucks. The Beauty Pageants begin at 2pm.

The 6th Annual Car Show will be set up on the water wheel side of the park. Registration begins at 8am. Trophies and cash prizes will be given away at 1pm. Mr. Tony Couch will entertain with music and stories the way only he can tell them.

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SIGNS OF THE PAST



Location: 34.4374°N, 87.1701577°W
7019 Co Rd 203, Danville, AL

This AL native won 4 gold medals at the 1936 Olympic Games in Berlin, infuriating Adolph Hitler who stormed out of the arena. Although receiving a hero's welcome upon his return, Jesse unfortunately returned to a segregated America. Finally in 1976, Owens received the Presidential Medal of Freedom. He died in 1980.

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

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Grill Mates SEASONING 2 Oz. 2/\$4

Previously Frozen PORK SPARE RIBS - 2 PC. \$1.69 Lb.

Family Pk. BONELESS RIBEYE STEAKS \$10.99 Lb.

Preferred Angus Beef WHOLE BONELESS RIBEYE \$9.49 Lb.

Grill Mates MARINADE 1 Oz. Pk. 4/\$5

Fresh GROUND BEEF 73% Lean - Family Pack \$3.69 Lb.

Sweet SEEDLESS WATERMELONS Each \$4.99

Dole GARDEN SALAD, SHREDDED LETTUCE OR COLESLAW Bag 2/\$3

Bryan JUICY JUMBOS 15 Oz. \$1.99

Family Pack COUNTRY STYLE RIBS OR PORK STEAKS \$1.99 Lb.

Prairie Fresh Whole BOSTON BUTT PORK ROAST \$1.49 Lb.

Fresh CUCUMBERS OR GREEN BELL PEPPERS Each 69¢

White SEEDLESS GRAPES Lb. \$1.79

Sweet MANDARIN ORANGES 3 Lbs. \$4.99

New Crop Russet POTATOES 5 Lbs. \$2.49

Blue Bell ICE CREAM 1/2 Gal Or 12 Pk. Cups \$5.99

Lay's POTATO CHIPS 7.75 Oz. 2/\$4

BABY SUPREME CARROTS 12 Oz. 2/\$4

Georgia Grown Vidalia ONIONS 3 Lbs. \$2.99

Faygo COLAS 12 Pk. 12 Oz. Cans 3/\$10

Niagara WATER 24 Pk. .5 Liters 3/\$10

Kraft REAL MAYO 30 Oz. \$3.99

Food Club CHEESE Shreds, Cubes Or Chunks 6-8 Oz. \$5/\$10

Kraft BBQ SAUCE Original 18 Oz. \$4/\$5

Hunt's KETCHUP 20 Oz. \$4/\$5

Ore-Ida FRIES 20 Oz. \$3.99

Kingsford 16 Lbs. Or Match Light CHARCOAL \$8.99

MEAT

Fresh **CHICKEN LEG QUARTERS**

Sold In A 10 Lb. Bag

69¢ Lb.

Preferred Angus Beef **WHOLE BONELESS BOTTOM ROUND ROAST**

Family Pack **BOTTOM ROUND STEAKS** **\$5.49** Lb.

\$4.99 Lb.

Oscar Mayer **HOT DOGS** Reg., Bun Length, Jumbo Or Smoked Sausage



2/\$5 16 Oz.

Family Pack **TENDERLOIN STEAKS** **\$16.99** Lb.

\$14.99 Lb.

Preferred Angus Beef **WHOLE TENDERLOIN FILLET**

\$4.99 Lb.

Choice **BEEF BRISKET** Whole In Bag

Williams **Mild SAUSAGE PATTIES** **\$6.99** 18 Ct.



Williams **SAUSAGE** Mild Or Hot

\$3.29 1 Lb. Roll

Previously Frozen **PORK BABY BACK RIBS** 1 Pc.

\$3.49 Lb.

Aunt Bessie's **RIBLET'S** Aunt Bessie's **PORK RIBLETS**

Aunt Bessie's **DANISH RIBS** **\$23.99** 10 Lb. Box

\$16.99 10 Lb. Box

Hormel **BACON** Regular Or Thick



\$5.99 1 Lb.

Bryan **BOLOGNA** Regular Or Thick



2/\$4

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\$3.99 7-9 Oz.

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\$3.99 12-14 Oz.

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\$3.69 14 Oz.

Bryan **BACON** Regular Or Thick



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Brookwood **Asst. BBQ BBQ RIBS** **\$3.99** 15-16 Oz. **\$9.99** 1.5 Lbs.

Fresh **PORK TENDERLOIN** **\$2.69** Lb.

Ocean Bonnie **Shrimp JUMBO REDS** **\$11.99** 2 Lbs.

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2/\$5

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\$6.99

COOL WHIP 8 Oz.

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2/\$4

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Castleberry's Original Or Onion Hot Dog Chili Sauce 10 OZ. 75¢ Van Camp's Pork And Beans 15 OZ. 75¢ Pride Select Vegetables 14-15 OZ. CAN 75¢

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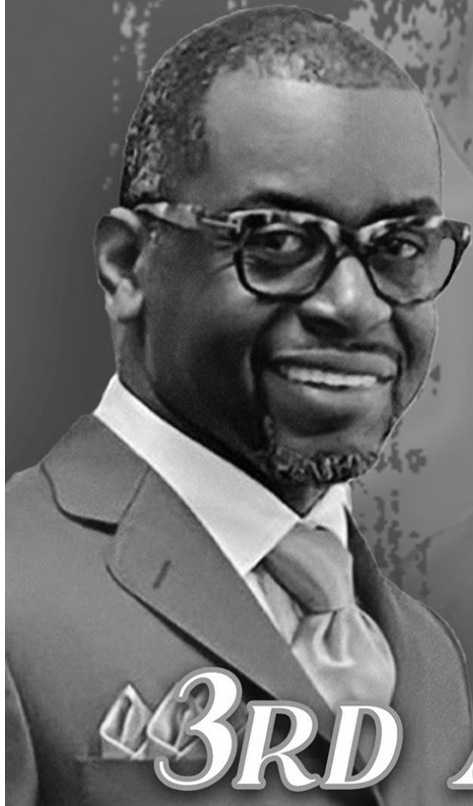
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The History Of Corruption

It is easily exposed to the eyes and mind of the hungry student in the KJV, still with the greatest sales record and historic accuracy and yet despised today. Saved and lost people alike want that book and prayer and our pledge removed from our homes, schools and churches and businesses, and have succeeded in doing it. My, what fine shape our nation is in today! Worship has become a circus or concert. Education has become indoctrination. Homes have become a hell for many families. Entertainment has become a pastime for sin and riotous living. This dead-end street continuously travelled will terminate this nation. 2 **Thessalonians 2:7** "For the mystery of iniquity doth already work: only he who now letteth will let, until he be taken out of the way." 1 John 2:18 "Little children, it is the last time: and as ye have heard that antichrist shall come, even now are there many antichrists: whereby we know that it is the last time."

The authors and histories of iniquity and corruption have been busy since the time of Christ. This is why there isn't a school who currently offers an unbiased course on church history, truthfully. Without divine intervention, our way of life is history. Besides the holy bible, for reading I recommend one work by James L. Melton, Martin, Tennessee, called "The Wrath To Come." In his work, he quotes men in the 1800's & 1900's bent on destroying this nation and how they propose to do it. The education industry has picked it up perfectly, headed up by Satan, who never sleeps. All families of the earth are affected by this movement. Once the church is raptured, it becomes easy for the Devil to accomplish this. **Revelation 13:8** "And all that dwell upon the earth shall worship him (DEVIL), whose names are not written in the book of life of the Lamb slain from the foundation of the world." **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." Payday has come. Iniquity has a bad reward as the unsaved will soon see!

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Commentary

Young...

Continued from Page 16

our local readers last week, because Ona is her great niece.

Her entire family including her great aunt, Frances Sandefer, parents, Dr. Dwight Thompson and Dr. Antonia Thompson, her two brothers, grandparents, great grands, her many aunts, uncles, and cousins should be very proud

of her talent and the creative abilities that paved the way for her work to be featured in the community's newspaper.

Quite impressive, especially for one so young. The excitement she is experiencing will be a lifelong memory.

Chances are that many other young women of all races have the same feelings. However, they may not all possess the ability to express them so eloquently.

I'm sure Ona has

already been briefed on the many drawbacks of the Republican candidate in the race and what he supposedly represents.

Hopefully, when she gains some maturity and can step outside the constraints of constant oversight and influence, she will be able to gain some balance in perspective and see this pre-election situation for the sham it really is. Ona probably doesn't fully understand that Kamala was an outcast in her own

party for years, didn't make it to the first primary in 2020, and never earned the first delegate. In spite of screams to the contrary, Kamala WAS a token VP pick by a pandering and already slipping candidate in the last general election.

Kamala has been woefully ineffective for much of the time since, and she was roundly disliked by her staff and others of her party. Her emergence at the last minute with a massive media makeover and a Wikipedia whitewashing for the ages is political manipulation that is truly legendary.

Ona's opening line really caught my attention.

The mention of reparations is not a natural thought for a 13-year-old. It is little more than a developed regurgitation from an array of older malcontents smelling financial opportunity. With Ona's parents both

being doctors and she in a private catholic school, it appears the Thompsons have done very well in providing for their family.

I'm not sure what in life Ona is missing and to what her immediate family should additionally be entitled.

If anything, reparations should be something considered only for some in the older generations.

The fact is there is very little racial strife in America today that can be considered "organic." The overwhelming amount we see and hear about is stoked at times and points that offer the highest visibility for the purpose of perpetuating animosity.

There are individual racists in the US, among all races and nationalities, and there always will be. Public shaming, job firings, mandated sensitivity training, statue removals, and renaming school won't change that. In fact, those practices will

probably cause some to just dig in more deeply.

In addition, we don't know 'racial' oppression in America. Many of those in prior generations had to deal with rampant hate, bigotry and oppression based on race or nationality. It was significant and constant. However, with some notable exceptions in the Asian community, nothing comparable to issues from generations past is prevalent today. There is far more religious oppression surfacing now than racial or ethnic.

This is by no means to detract from what Ona wrote. On the contrary, it demonstrates how well she did with what she knows. Frankly it's unfortunate that she didn't have a more deserving candidate of color to build up, after all these years and tears, someone actually worthy of being the first.

The irony is that Ona did a better job of making her points independently than the presidential candidate she is praising.

Kamala should be appreciative as well. As hard as they have tried, the folks at the alphabet networks couldn't have praised her any better.



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16 Oz. Select Varieties Daisy Sour Cream or Cottage Cheese **2/\$5**

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12 Pk./12 Oz. Cans or Bottles Select Varieties Modelo, Corona or Heineken Beer **16.99**

Prairie Fresh All Natural Boneless Pork Chops **3.99 LB**

Prairie Fresh All Natural Whole Boneless Pork Loins **2.49 LB**

Prairie Fresh All Natural Sliced Half Pork Loins **2.69 LB**

Jumbo Cantaloupes **2.69 EA**

Jumbo Honeydew Melons **3.99 EA**

Seedless Watermelons **4.99 EA**

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

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

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5.50 % APY*

ON BALANCES UP TO AND INCLUDING \$25,000 IF QUALIFICATIONS ARE MET

0.05 % APY*

ON ALL BALANCES, EVEN IF QUALIFICATIONS ARE NOT MET

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

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



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

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

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

FULL SIZE BED SET comforter, sham, cheeks, white bed skirt, 84" curtains. Grey and white \$50 256-460-7402

HOUSEKEEPING SERVICES Can work with pets and children, organizing, deep cleaning, Available Mon. - Fri. Contact Ashley Rutherford 256-633-1536

DOG DAYS CLASSIFIED SPECIAL - 2 Extra Lines Free* in the Courier Journal with all Classified Ad placements (except Employment and Free Mdse ads) Explain more, include more, SELL more! Pay as little as \$5.50 per week!

*Offer valid on all private party, yard sale, real estate, and business classified ads. Not valid in combination with any other discounts, offers, packages or on previous placements. Regular rates apply to all other ad upgrades or attention-getters. **Offer expires after Sept. 13, 2024.** Please call 256-764-4268 to place your Dog Days ad.



Savvy SENIOR

How to Choose a Walk-In Bathtub

Dear Old,

For mobility challenged seniors, a walk-in bathtub can be a terrific option to consider because they're much easier to get into and out of than a standard tub, which also helps prevent falls. Here's what you should know, along with a reliable resource to help you choose one.

Age-Friendly Tubs

Walk-in bathtubs are uniquely designed tubs that have a watertight, hinged door built into the side of the tub that provides a much lower threshold to step over (usually 3 to 7 inches) versus a standard tub that's around 15 inches.

Most walk-in tubs have high sidewalls, usually between three and four feet high, and are between 28 and 32 inches wide, but will fit into the same 60-inch-long space as your standard tub without having to reconfigure the room.

In addition to the low threshold, most walk-in tubs also have a built-in seat, grab bars, anti-slip floors and anti-scald valves. Some tubs also come with handheld showerheads and quick drains (that drain the tub in under a minute), and many higher-end models offer therapeutic spa-like features that are great for seniors with arthritis and other ailments.

The best kind of tub for you will depend on your needs, preferences and budget, and the size and layout of your bathroom. But be aware that walk-in bathtubs are not cheap. Prices range anywhere from \$3,000 to \$10,000 or more for the tub and installation costs.

Insurance and Aid

Because walk-in tubs are not considered durable medical equipment, original Medicare does not typically cover them nor do Medicare supplemental (Medigap) policies, but some Medicare Advantage plans may help pay.

If you're receiving Medicaid, many states have Home and Community Based Services that may provide some assistance. Or, if you're a disabled veteran, the VA has some home modification grants that may help pay.

There are also grants and loans available through the U.S. Department of Agriculture that help elderly, low-income residents of rural areas make home modifications, which may be used to pay for a walk-in bathtub. And, depending on where you live, there may be local programs that can help like Habitat for Humanity or Rebuilding Together.

To find out if these options are available in your area, contact your Area Aging Agency (call 800-677-1116) or nearby center for independent living ([see ilru.org](http://see.ilru.org)).

If, however, you can't locate any financial assistance and you can't afford to pay upfront for a walk-in tub, most manufacturers offer financing so you can make monthly payments. You should also know that if you're using a walk-in tub for a specific medical condition, you may also be able to deduct the costs of the tub from your taxes as a medical expense ([see irs.gov/pub/irs-pdf/p502.pdf](http://see.irs.gov/pub/irs-pdf/p502.pdf)).

Best Walk-In Bathtubs

To help you choose a walk-in bathtub the National Council on Aging, which is a national nonprofit organization that advocates for older Americans, put together a review team to research the different companies and tubs. Their list of best walk-in bathtubs of 2024 includes:

- Best Walk-in Tub Overall: Ella Ultimate Walk-In Tub
- Best Walk-in Tub with Shower: Kohler Walk-In Tub with Shower Package
- Most Affordable Walk-in Tub: Ariel Walkin 3052 Soaker
- Best Soaking Tub: American Standard Gelcoat Entry Series
- Best Wheelchair-Accessible Tub: Ella Transfer
- Best Walk-in Tub for Small Spaces: AmeriGlide Sanctuary 2646 WIT

See NCOA.org/adviser/walk-in-tubs/best-walk-in-tubs for detailed reviews and product links.

To get started, you should contact a few walk-in bathtub retailers who can send a professional to your home to assess your bathroom and give you product options and estimates. Lowe's and Home Depot also offer free evaluations and a wide range of walk-in tub options.

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.



Thank you for letting us care for you!



4 Convenient Locations

- 2735 Cloverdale Road, Florence
- 351 AL Hwy 64, Killen
- 1106 N Cave Street, Tuscumbia
- 1120 S Jackson Hwy, Sheffield

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

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

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FIVE CEMETERY LOTS In Masonic section of Colbert Memorial Gardens. Located off HWY 43 in Muscle Shoals. Two and three side by side lots. Must be officiated with Masons. \$2,000 each. 501-993-4420

DOG DAYS CLASSIFIED SPECIAL - 2 Extra Lines Free* in the Courier Journal with all Classified Ad placements (except Employment and Free Mdse ads) Explain more, include more, SELL more! Pay as little as \$5.50 per week! *Offer valid on all private party, yard sale, real estate, and business classified ads. Not valid in combination with any other discounts, offers, packages or on previous placements. Regular rates apply to all other ad upgrades or attention-getters. Offer expires after Sept. 13, 2024. Please call 256-764-4268 to place your Dog Days ad.

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Pressure Washing
Sunrooms, all flooring painting, interior, exterior, windows & doors, drywall finishing, re-finishing, hanging, kitchens, bathrooms, vinyl siding, porches, All Handyman. 256-349-3703 or 256-291-6630

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

JIMMY'S MOWER SHOP buying and selling lawn & garden equipment. Call 256-284-0364 after 12pm daily, no text

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Urethane Clear Set Up \$69.95 /5-quarts

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(across from Underwood Elementary School)

Keeping Families together since 1974!



A donation is made to RMHC® every time you buy a Happy Meal.


From January 1 – December 31, 2024 McDonald's will donate one cent to Ronald McDonald House Charities for each Happy Meal sold.

Learn more about Ronald McDonald House Charities at rmhc.org

ROUND-UP for RMHC

For 50 years, RMHC has focused on caring for families so they can care for their children.

The RMHC vision is for a world where every family has what they need to ensure the best health outcomes for their children. Today, RMHC is also closer to seeing that dream come true. Each year, RMHC serves millions of families through nearly 400 House programs worldwide and 280+ additional programs and services dedicated to supporting the whole family.



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"Voice of the Grimson Tide"**



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& Basketball games on
93.9 THE SCORE!**

2010 FORD EXPLORER SPORT TRAC XLT, one owner, 70K miles, garage kept, excellent condition, fully loaded, \$14,000. Call 256-483-9470

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

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CHEVROLET: TRAILBLAZER 2003 Runs good, Power windows, power breaks, cold air, doesn't use oil between changes, 178,000 miles. \$2500 256-565-8531 Call only, no text.

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FOR SALE: FRESH CUT garden okra for sale, \$1.00 per pound. Call Tony Simmons at Douglas, (256)-571-5996.

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

GOT JUNK OR UNWANTED ITEMS? Junk Removal and Haul Away service. Need help moving anything in or out? Need help with anything A-Z? Very handy, Pick up and/or deliver. call JJ or text: 256-648-6916

WATCH & CLOCK REPAIR
256-572-2679 Killen, AL

GAME DAY SCORE CARD

BEST ENTRY WINS A \$50 GIFT CARD TO

2024

A "Perfect" Winning Card ALSO wins \$50 CASH plus a 2nd \$50 GIFT CARD from Lost Pizza Co.

WK 1 Saturday August 31

CHECK BOX BESIDE EACH WINNING TEAM

DEADLINE: FRIDAY, 6PM AUG. 30

MAIL-IN ENTRIES MUST BE POSTMARKED BY FRIDAY (vs: games at neutral location)

TIE BREAKER
Write Exact Score Below

<input type="checkbox"/> Clemson at	<input type="checkbox"/> E. Kentucky at	Notre Dame at
<input type="checkbox"/> Georgia	<input type="checkbox"/> Mississippi St.	
<input type="checkbox"/> Penn St. at	<input type="checkbox"/> W. Kentucky at	
<input type="checkbox"/> West Virginia	<input type="checkbox"/> Alabama	
<input type="checkbox"/> S. Dakota St. at	<input type="checkbox"/> TCU at	
<input type="checkbox"/> Oklahoma St.	<input type="checkbox"/> Stanford	
<input type="checkbox"/> Miami at	<input type="checkbox"/> UNLV at	
<input type="checkbox"/> Florida	<input type="checkbox"/> Houston	
<input type="checkbox"/> Miami (OH) at	<input type="checkbox"/> Virginia Tech at	
<input type="checkbox"/> Northwestern	<input type="checkbox"/> Vanderbilt	
<input type="checkbox"/> N. Texas at	<input type="checkbox"/> Wyoming at	
<input type="checkbox"/> S. Alabama	<input type="checkbox"/> Arizona St.	

name _____

address _____ city _____ state _____ zip _____

day phone _____ evening phone _____

Week 0 WINNER will be listed online by 5pm, August 27 and here in print on September 4. Week 1 winner online by 5pm, Sept. 3.

Enter online at www.courierjournal.net

or Mail or deliver your entry to: **Courier Journal Gameday Scorecard**
219 W. Tennessee St., Florence, AL 35630 - Fax to: 256-760-9618

Winners will be listed online Tuesday afternoon and in the FOLLOWING week's Courier Journal.

CHAD'S PAYLESS PHARMACY, INC.
OUR FAMILY CARING FOR YOUR FAMILY

RULES: You can only enter for yourself, not other people. Only one entry per person per week. Only one winner per week. Winners must present a photo I.D. when picking up their gift certificate(s). Check the box beside the appropriate picks for the first 11 games, then write in the exact score of the tie-breaker game and alternate game. Person with the most correct picks receives a \$50 Gift Card from Lost Pizza Co. No change will be returned for any unused portion of the certificate. Gratuity is not included. In event of a tie, the tie-breaker score will be utilized. Otherwise, it will not be considered. Closest tie-breaker score wins. Total points will be next tie breaking procedure, and a random drawing of finalists will be used to determine the winner if they are still tied after the tie-breaking procedure. ALTERNATE GAMES will only be used in cases of late postponements or forfeits, games which will then be excluded from consideration. Person with the winning card for the week, who also picks every game correctly including tie-breaker, will also win \$50 from the Courier Journal and another \$50 Lost Pizza Co. Gift Card. Judges decision is final. Mailed entries must be post-marked by deadline day. Hand-delivered, faxed or on-line entries must be submitted by exact time of deadline stated above. NO EXCEPTIONS. Winner is posted on website each Tuesday afternoon and in the paper delayed by one week. Employees and family of Courier Journal and Game Day Scorecard sponsors are ineligible to win. NOTE: If you're faxing, first make a CLEAN COPY, then FAX THAT COPY. NEWSPRINT DOES NOT REPRODUCE CLEARLY ON A FAX. WE ARE NOT RESPONSIBLE FOR ILLEGIBLE COPIES.

Baking

Continued from Page 16

you if you contact her at 804-240-6880 (she's local). You can message her on Facebook or call her to place your order. If you haven't had a chance to pre-order, the volunteers are always inspired and may have baked a few more items than were actually ordered.

Chloe's Fund was started in March of 2017 after shelter volunteers, Glen and Debby Nelson, lost their beloved dog of 16 years, Chloe. The Nelsons and several of their friends were then determined help as many sick and injured Florence Lauderdale Animal Services animals as possible. Since its inception, Chloe's Fund vetted and saved the lives of more than 600 animals suffering from various illnesses in need of medical attention.

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AUTOMATIC GATES, ALARMS AND CAMERAS
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 866-540-4283

TOYOTA: HIGHLANDER, 2011, \$14,950, V6 all wheel drive, full power, third row seating, rear view camera, alloy wheels with Michelin Tires, just serviced, two keys, excellent condition, 256-527-2125

RICKY'S PAINTING Interior/Exterior, Free Estimates, I work alone to save you money. 256-394-4406

Gravel Chert, for driveways or mobile home pads. \$225 per tri-axel truckload, delivered to the Central, Wrights, Cloverdale, North Florence areas. Can deliver farther. **TOP SOIL, \$350 per load**, Call 256-483-9656

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

JEFFREYS BRUSH CLEARING & PROPERTY CLEAN UP, land clearing, bush hogging, etc. Free Estimates 256-879-8053

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

Mystery Photo

Courier Journal

OF THE WEEK

August 28

Rosie's CANTINA

www.rosiesmexicancantina.com
 in Downtown Florence

ENTER ONLINE at
www.courierjournal.net

Week of August 21 winner is Ed Willis of Florence
 who correctly guessed
"General Storage L.L.C., West College St., Florence"

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

THIS AD GOOD AUGUST 28 - SEPTEMBER 3, 2024

Food Outlet

happy

LABOR DAY

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Hwy 200 Central Heights 256-349-2377

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SHOP OUR FULL SERVICE MEAT DEPARTMENT

<p>USDA FRESH FAMILY PACK GROUND BEEF</p>  <p>\$3.48 LB.</p>	<p>USDA T-BONES OR BONELESS N.Y. STRIPS</p>  <p>\$7.98 LB.</p>	<p>USDA FRESH WHOLE BOSTON BUTTS</p>  <p>\$1.58 1/2 BUTT LB.</p>
<p>1 LB. PACK RICK'S PORK BBQ \$6.48</p> <p>CONECUH SAUSAGE</p>  <p>\$4.98 1 LB.</p>	<p>OSCAR MAYER WIENERS</p>  <p>\$1.88 1 LB.</p>	<p>12 OZ. GWALTNEY BACON \$3.98</p> <p>USDA FROZEN SPLIT FRYER BREASTS</p>  <p>\$1.68 LB.</p>

<p>15 OZ. LUCK'S BEANS OR PEAS</p>  <p>5/\$5</p>	<p>28 OZ. BUSH'S BAKED BEANS</p>  <p>2/\$5</p>	<p>30 OZ. HELLMANN'S MAYONNAISE</p>  <p>\$5.98</p>
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<p>14 OZ. FOOD CLUB YELLOW MUSTARD</p>  <p>78¢</p>	<p>12-16 LBS. KINGSFORD OR MATCH LIGHT CHARCOAL</p>  <p>\$9.98</p>	<p>11-13 OZ. NABISCO RITZ SNACK CRACKERS</p>  <p>\$3.38</p>
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<p>DAIRY SPECIALS</p> <p>16 OZ. DAISY SOUR CREAM</p>  <p>2/\$4</p>	<p>PRODUCE SPECIALS</p> <p>5 LBS. RUSSET POTATOES</p>  <p>\$2.48</p>	<p>FROZEN SPECIALS</p> <p>1/2 GALLON BLUE BELL ICE CREAM</p>  <p>\$5.98</p>	
<p>8 OZ. - SHREDS OR BARS KRAFT CHEESES</p>  <p>2/\$5</p>	<p>3 EARS FRESH CORN</p>  <p>\$1.88</p>	<p>16-20 OZ. - MCKENZIE'S CREAM OR FRIED CORN</p>  <p>3/\$5</p>	
<p>16 OZ. LAND 'O LAKES BUTTER</p>  <p>\$4.98</p>	<p>BAG - FRESH DOLE COLESLAW</p>  <p>\$1.48</p>	<p>24-30 OZ. ORE-IDA FRIES OR TOTS</p>  <p>\$3.98</p>	
<p>PEPSI PRODUCTS 6 PK. 1/2 LITERS</p>  <p>3/\$10</p>			<p>25-34 OZ. SARA LEE PIES</p>  <p>\$4.98</p>



Misty Smith was recently honored as the Long-Lewis Hero of the Month for June.

Nomination Comments:

"Misty is the Director of Ranch Life for the Colbert County FAME Girls Ranch. Over the years, she has welcomed hundreds of girls into the ranch, her family, and even her own home. She goes above and beyond to ensure these girls have a fighting chance to grow into successful, well rounded young women. She provides them a loving home and structure within the ranch, and even after they leave. She truly cares about each of these girls and wants them to know they're never alone. Even after they leave the ranch, Misty continues to check in on them, support them, and show them love. She has not only impacted numerous lives, but she's an inspiration to so many."

Pictured left to right Adrienne Moon, Jon Duster, Joanne Osborn, Cindy Hall, Misty Smith, Brian Smith, Miranda Brackin, and Jonathan Lynch.

The Long-Lewis Foundation awards \$500 and a Certificate of Appreciation to one person each month, recognizing their efforts in serving the community.

A \$500 donation in the Local Hero's name also goes to their local charity of choice.

Each month's recipient is also a candidate for the **Annual Hero of the Year Award.**

That honoree will receive \$1,000, and the Foundation will also make a \$5,000 donation in the Local Hero's name to their local charity of choice.



Miranda Brackin was recently as the Long-Lewis Hero of the Month for July.

Nomination Comments:

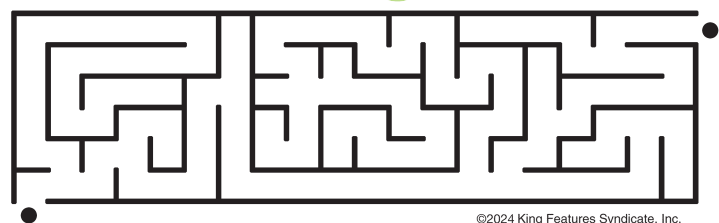
"Miranda Brackin is the Assistant Director of the Colbert County Girls Ranch and has been a member of this organization for the past eight years. She not only lives on the property, but she spends every minute of every day going above and beyond for everyone at the ranch. She is an incredible, selfless woman, always putting others needs above her own. She also has an amazing energy that radiates off of her like sunshine and can brighten anyone's day. She is more than deserving of this award, not only because of her impact at the ranch, but the impact she has on everyone she meets."

Pictured left to right: Jonathan Lynch, Dustin Roberts, Stephen Busby, Alan Brackin, Miranda Brackin, Katie Ann Brackin, Leslie Ouellette, Lisa Harkins, and Micah Hinton.

Nominations for the current month are being accepted at www.longlewisauto.com/hero-nominations/



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. Sunny day cap | B _ _ _ _ _ | Bard's poem | S _ _ _ _ _ |
| 2. Goofy | _ I _ _ _ _ | Who Harry met | _ A _ _ _ _ |
| 3. Unadorned | _ _ _ _ _ N | Tartan print | _ _ _ _ _ D |
| 4. Brandish | W _ _ _ _ _ | Concede | Y _ _ _ _ _ |
| 5. Klondike driver | _ _ _ _ _ H _ _ | Assemble | _ _ _ _ _ T _ _ |
| 6. Clothes room | _ _ _ _ _ _ T | Nearer | _ _ _ _ _ R |
| 7. Hut | _ _ _ A _ _ _ | Electrical jolt | _ _ _ O _ _ _ |
| 8. Meddle | _ A _ _ _ _ _ | Bad humor | _ E _ _ _ _ _ |
| 9. Las Vegas bet | W _ _ _ _ _ | Fervent | E _ _ _ _ _ |
| 10. Law officer | _ _ _ _ _ C _ _ | Gracious | _ _ _ _ _ T _ _ |

Puzzle Whirl

MINI SUDOKU

		5			
6	3				
		6		2	
	2		1		
		3		6	
1			3		

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

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WORD LADDERS

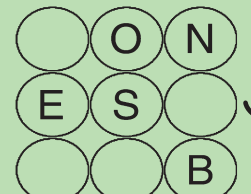
Can you go from SWAMP to PLUMB in 6 words? Change one letter for each rung in the ladder.

SWAMP

PLUMB

Answers on Page 38

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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DOG DAYS CLASSIFIED SPECIAL - 2 EXTRA LINES FREE On All Classifieds!
See Page 8 For Details!

STRANGE but TRUE

By Lucie Winborne

- **Venus** is the only planet to spin clockwise.
- **Around 600 B.C.**, a Greek athlete by the name of Protesilaus threw a discus 152 feet from a standing position. His record remained unbroken for over 2,000 years, until Clarence Houser threw a discus 155 feet in 1928.
- **The nursery rhyme "Humpty Dumpty"** doesn't state that Humpty Dumpty was an egg.
- **In the 1950s, Quaker Oats** devised a clever marketing scheme in which the company bought 19.11 acres in the Yukon, divided them into 21 million parcels of just a square inch apiece, and included deeds to the tiny plots in boxes of Puffed Wheat and Puffed Rice.
- **A game of bridge** contains 53,644,737,765,488,792,839,237,440,000 possible ways in which

the cards can be dealt.

- **To encourage his fellow Norsemen to settle** a large, snow-and-ice-covered island he discovered in the year 982, Eric the Red called it Greenland. The ploy worked.
- **Niagara Falls is slowly eroding** by 1 to 2 feet per year. Since their formation some 12,000 years ago, the falls have already withdrawn 7 miles upstream, and if that rate continues, they should meet up with Lake Erie, about 20 miles from their present site, within the next 35,000 years.
- **In movies and television**, scientists are more likely to suffer a violent death than members of any other profession.
- **The lead-acid battery**, the type most commonly used in cars, was invented by Martha C. Weston, who patented

- it in 1859 when she was only 17 years old.
- **Lemons float**, but limes sink.
- **In some Inuit (Eskimo) languages**, a noun can have over 1,000 forms.
- **Oxford University once had rules forbidding** students from bringing bows and arrows to class.
- **King Mithridates VI of Pontus** took small doses of poison throughout his life to develop a resistance in case an attempt was made to kill him. He built up such a strong immunity that when he attempted suicide to escape capture by the Romans, the poison had no effect and he had to order a slave to dispatch him with a sword.
- **Isaac Asimov's first bestseller** was his 262nd published book.
- **The record for spinning a basketball** on a toothbrush is 1 minute and 8.15 seconds. (No, we never thought of spinning a basketball on a toothbrush, either.)
- **Velociraptor noises** in the film "Jurassic Park" were made by mating tortoises.

- **In 1984, a Chihuahua named Percy** was seemingly killed by a car while accompanying his owner, Christine, on a visit to her parents. Christine's father buried the dog in his garden, but a terrier named Mick, who belonged to her parents, dug up the grave, dragged Percy to the house, and licked him until a faint heartbeat could be detected. While Percy recovered, it's worth noting that the two dogs had always hated each other, and continued to do so after Percy's rescue!
- **Historically, on Father's Day**, more collect calls were made than on any other day of the year.
- **China has more people** who have learned English than the United States.
- **In ancient Egypt**, slaves were murdered to accompany their deceased owners to the afterlife.
- **Medicine cabinets** are one of the worst places to store medicine because of the high temperatures and humidity in bathrooms.
- **A Hershey's Kiss**

- contains 26 calories that take about four minutes of kissing to burn.
- **You say money doesn't grow on trees?** Try telling that to a certain dog in Colombia. After seeing students pass money to a food stall attendant, the pooch began a regular practice of "paying" for dog biscuits with tree leaves!
- **The main exporter of Brazil nuts** is not Brazil, but Bolivia.
- **Screenwriter Bob Gale** confirmed that Marty McFly's nemesis in the "Back to the Future" trilogy, Biff Tannen, was modeled on Donald Trump.
- **A scientific method called toxineering** turns venoms into painkillers.
- **As novels became more prominent during the 1700s**, society and the media became increasingly concerned that young people spent too much time reading books. They even went so far as to call it "reading rage," "reading fever," "reading mania" and "reading lust."
- **A regular BIC ballpoint pen** can draw a line that's about 2

- kilometers long -- more than six times the height of the Eiffel Tower.
- **Nazis planned to kill Sir Winston Churchill** with a bar of chocolate. A bomb made of thin steel was covered by real chocolate that would explode once a chunk was broken. Luckily, British Allies discovered the plan.
- **At his presidential inauguration, Theodore Roosevelt** wore a lock of Abraham Lincoln's hair.
- **Before Usain Bolt won the 100 meter sprint** in the Olympic finals, he ate only McDonald's chicken nuggets, as he didn't want to risk getting an upset stomach from local cuisine.
- **Yamaha produces some of the world's most popular motorcycles**, but the company started off as a piano manufacturer.

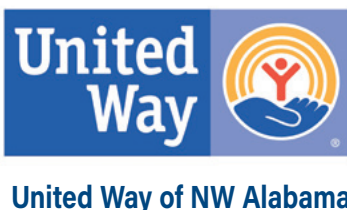
Thought for the Day: "I remind myself every morning: Nothing I say this day will teach me anything. So if I'm going to learn, I must do it by listening." -- Larry King

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- Clean-up Crews
- Potable water, ice, food
- Emergency Financial Assistance

Letters...

The Moment Life Starts

Continued from Page 16

from day one. Mothers, you are God's surrogate to have one of His children, and the caretaker along with the biological father, and are responsible to raise his child and teach the child all that he or she needs to know to live a life that you can be proud of and acceptable to God. This is the most important job any of us can have. Now God is a merciful and forgiving God, and we can get forgiveness for our wrongdoings.

We also want to use this as a way to use our conscience. I wonder if I go do something while thinking, "I know God's law says not to, but He will forgive me." If we believe this, Then, why obey any of His laws? We can just do as we please and get forgiveness afterward. I think God's patience may run out on us, as it did with Sodom and Gomorrah, and as it did during the days of Noah.

By and large, abortion is a birth control issue. Yet, you hear almost no one speaking of it in that context. If everyone stopped using the term abortion and started

calling it what it is, "killing babies," would it make a difference? Words matter.

Joe Stanford
Florence

Cancer That Whispers

Editor,

September is Ovarian Cancer Awareness Month. It's known as the cancer that whispers because the symptoms are so vague.

In 2004 my mother, Carla Allison, was diagnosed with stage 3 Ovarian Cancer. Early in her treatment, we were told that "the longer you can survive, the longer you WILL survive." It took several years to truly understand that statement. What it really means is with each year of survival, new techniques and treatments become available as new medicines to treat Ovarian Cancer. Of which, almost 22,000 women will be diagnosed

with and nearly 14,000 will die from this year. It has the highest mortality rate of all the reproductive cancers in women. My mom survived almost 14 years before her passing in 2017.

Carla had over 150 rounds of various forms of chemo, numerous surgeries and participated in three research studies throughout her treatment. She was willing to participate, knowing that she would likely not benefit herself from the research, but that it might help other women in the future. With such an extended survival (the average survival rate for her staged diagnosis is less than 20% for five years) she was able to benefit from drugs and surgical techniques that other women had pioneered years before her. The final drugs that she used, that briefly showed much promise, were medicines that grew out of one of the research studies in which she had been enrolled, genetic

medications. These drugs are the newly developing defense against all cancers. New techniques and treatment methods are being developed due to dedicated doctors and those who financially support research funding. My mom was a strong proponent of Ovarian Cancer Research Funding and often asked for contributions to the Norma Livingston Ovarian Cancer Foundation.

So, if you are a woman or if there is a woman in your life whom you love, know the symptoms. The primary key to survival is early detection. Sadly, many women present with vague symptoms which are treated but the cause is not diagnosed at the time. As a result, many women are diagnosed after several months or years of treating the symptoms. The symptoms are: Unexplained, prolonged stomach bloating, pelvic/abdominal pain; trouble eating or feeling full quickly; Urinary issues such as feeling the need to urinate frequently. All

of these symptoms can be related to other illnesses, but when suffering from them for an ongoing period of time without relief, demand that your doctor find the source of the symptoms or find another doctor who will. Be proactive in your care. Remember that Ovarian Cancer whispers, so listen to your body. Visit cureovariancancer.org for more details.

Jessica Shults
Ashville, AL

We Need Tax Certainty

Editor,

Inflation is taking a toll on local businesses. It drives up costs, forcing owners to raise prices. Higher prices force families to cut back on spending. Unless people buy things, local businesses can't stay in business.

It's bad, and unless Congress steps up

See LETTERS...Page 39

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Courier Journal

Volume 127, Number 22, March 17, 2021

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Relaunch

NW-SCC's Berryman is All-USA Academic

Inside this Issue

Quick Commentary

Ask the Attorney

Medicine Minute

Adopt-a-Friend

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Thomas McCutcheon

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The Person In Charge Of An Estate Is A Fiduciary

As an Executor, Administrator, Personal Representative, Guardian, Conservator, Trustee, or similar title, you are a fiduciary entrusted with the care of someone else's property (trust).

It's always best if everyone who's going to share in the estate agrees. Sometimes that doesn't happen and people who are in charge of an estate should realize that the property in the estate is not the property of the heirs until the Court and the law agree. Eight times out of ten, there are no problems. Occasionally however there will be claims filed against the estate which will have to be contested or paid. Until all claims are resolved, the property is the property of the estate.

The following DO's and DON'Ts are basic rules which you should follow to properly and conveniently perform your trust duties:

DO

1. Use a checking account for all money paid out. Your cancelled checks and statements are the best record of how you spent the trust money.
2. Keep accurate record of all receipts and all disbursements.
3. Consult with your attorney at all times. Help and advice are what you are paying for.
4. Invest and manage assets of the estate as a prudent investor would, exercising reasonable care, skill and caution, and in agreement with the court's direction or approval.
5. Pay the bond premium when due.

DON'T

1. Do not treat the property as your own, even if you are an heir or relative. It is not yours until the Court and the law says it is. Keep the property separate from yours. Not doing so could be a criminal offense.
2. Do not spend major amounts of money without the Court's written approval.
3. Do not delay in reporting to the Court. Follow your attorney's directions on signing papers and filing them with the Court.

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

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Medicare Minute

"Medicare Part A & B Review"

The past couple of weeks we have discussed Medicare Parts A & B in detail. These are the two parts of Medicare that are received through the federal government. This week let's review what we have discussed.



Although Medicare Part A and Part B are great programs that cover a lot of services there are some things Medicare does not cover. They include most dental care, eye exams related to prescribing glasses, dentures, acupuncture and hearing aids.

Medicare Part A is primarily used to cover your inpatient care. Part A has a \$1,632 deductible for each benefit period, meaning the deductible can be applied more than once in a calendar year. 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. Part A is "free" to most Medicare beneficiaries. "Free" meaning you may not have to pay Medicare to have Part A. It does not excuse the deductibles and co-insurance.

In most cases Part B is used to cover your outpatient services. These include visits to your primary care physician and/or specialist. It also may cover transportation by ambulance, durable medical equipment, preventive services and mental health treatment. Part B also entitles you to an annual "Wellness" visit to a qualified provider. Most Medicare beneficiaries joining Medicare Part B for the first time in 2024 pay a monthly premium to Medicare of \$174.10 (or higher depending on your income). Part B has an annual deductible of \$240 and a coinsurance the beneficiary pays of 20%, after the deductible is met.

To cover the deductibles and coinsurance that Part A and Part B have you would need to look at some type of supplemental policy sold through private insurance companies. These include Medicare supplement plans or Medicare Advantage Plans. If you want to study Part A or Part B in more detail you can look at previous Medicare Minute articles or give our office a call and we'll be glad to discuss this with you.

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

Ikey Fowler
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▶ Our "Third Thursday" Medicare Education Classes, offered each month, allow you the opportunity to learn more. Call to register now to attend one of these classes!



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

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

Get an early look at next week's issue with the...



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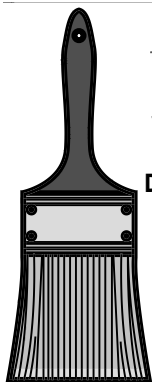
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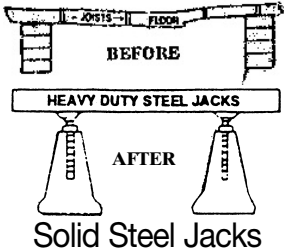
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Community Notes...

Continued from page 13

WoodmenLife Charity Golf Tournament - Benefitting Local Elementary Schools' Back Pack Programs 8am Breakfast, 9am Shotgun Start, October 14 at Blackberry Trail Golf Course.

2 person scramble @ \$250 per team. Prizes for Longest Drive and Closest to the Pin, 1st Place Team \$300, 2nd Place Team \$200, 3rd Place Team \$100.

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For questions or to register... Office 256-760-1581, Rocky Beck 710-7133 or Adam Beck 762-6499.

Caringplace of the Shoals is hosting a Ladies' Night at Brick & Ivy - 1128 N. Wood Ave. in Florence on September 16 at 6pm. The event will be featuring a light dinner and drinks, decorating tips from Tim Causey, and an exclusive announcement of the 2024 Holiday Tour of Homes participants. Don't miss out on this perfect opportunity to bond with your friends and learn something new!

Limited tickets are \$50 and available at: Caringplace Of The Shoals • Kennedy-Douglass Art Center • First United Methodist Church Of Florence • Sheffield Public Library

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

Senior 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 edition of 250)

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

The Alabama Music Hall of Fame - Star Player exhibit will be on display at the Alabama Music Hall of Fame, 617 U.S. 72, Tusculumbia. 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

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

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

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

One trip is scheduled with a different travel company.

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

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

Religious Abuse Support Group of the Shoals will meet the first and last Sundays of every month. Time and Location will vary. About us: we are a group dedicated to supporting individuals in our local community who have experienced abuse within religious institutions.

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

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

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

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

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

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

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

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

Shoals CASA is currently looking for new CASA volunteers (Court Appointed Special Advocates) who have a passion for helping children.

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

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

Florence Parks and Recreation/The Club/Florence Senior Center, hosts a variety of activities for adults throughout the week. Chair exercise classes, line dancing, Square dancing, social dancing, BINGO, \$1 lunch, Rummy, Rummy cubes, Rook, Mexican Train & Chicken Foot Dominoes. 9am-3:30pm. 450 Country Club Drive in Florence. Group Travel is available for the community. Call for specifics. 256-760-6420.

LifeSouth is in emergency need for blood donors. This year continues to be difficult for LifeSouth and blood centers across the country with the impact of the pandemic causing a decrease in blood donations, while the need to help patients in local hospitals continues to increase.

Regular blood donors who have not given recently and first-time donors can make a major impact by donating. One donation can save up to three lives.

Donate at the Center, 307 Veterans Drive, Florence. Schedule an appointment, 256-765-7038. www.lifesouth.org. The hours are: Monday, Wednesday, Friday 9am-5pm; Tuesday and Thursday 9am-7pm; Saturday 9am-3pm; Sunday 1-5pm.

Puzzle Whirl Answers

Kids' Maze Solution

WORD LADDER

Answer
SWAMP, STAMP, STUMP, SLUMP, PLUMP, PLUMB

MINI SUDOKU

Answer

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

Even Exchange answers

1. Bonnet, Sonnet	6. Closet, Closer
2. Silly, Sally	7. Shack, Shock
3. Plain, Plaid	8. Tamper, Temper
4. Wield, Yield	9. Wager, Eager
5. Musher, Muster	10. Police, Polite

Word Spiral Answer

BAREBONES

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Letters...

We Need Tax Certainty

Continued from Page 34

and acts, the financial pressure on local businesses will get a whole lot worse.

Several years ago, Congress passed the Tax Cuts and Jobs Act. There was a provision in the bill allowing small businesses to deduct 20% of business income from their federal income taxes. It had a big impact on communities here in Alabama by making it easier for local businesses to succeed.

This 20% small business deduction wasn't permanent, though. It's set to expire in 2025. If that happens, most small businesses will see their tax bills jump overnight.

That means they won't have as much money to buy equipment, pay workers, or support their communities. Given the tremendous financial pressure they're already under, some may be forced to close their doors for good.

That's why Alabama's small businesses are asking Congress to pass the Main Street Tax Certainty Act. This bill, which has the support of both Democrats and Republicans, would make the 20% small business deduction permanent.

Small business owners need stability in order to succeed, but they don't have it. The NFIB Small Business Optimism Index rose 2.2 points in July to 93.7, the highest reading in over two years, but it was still the 31st consecutive month that the index was below the 50-year average. Owners say their No. 1 problem right now is inflation.

Congress included the 20% business deduction in the 2017 tax bill to help these businesses compete with big corporations and national chains, but it made big businesses' tax cuts permanent. If the small business deduction is allowed to expire, it would mean the bill ultimately fixed things for Wall Street, not Main Street.

By passing the Main Street Tax Certainty Act, Congress can stop the cycle of uncertainty caused by temporary extensions. It can provide small business owners

with the predictability they need to grow their businesses and create jobs.

Most of Alabama's congressional delegation already supports the bill. Katie Britt and Tommy Tuberville are among the co-sponsors of the Senate version of the bill. Representatives Jerry Carl, Barry Moore, Gary Palmer, Mike Rogers, and Dale Strong are co-sponsors in the House.

The Main Street Tax Certainty Act is bipartisan legislation that would bring immediate relief to Alabama's job creators. It would enable them to grow their businesses, replace old equipment, and hire additional workers. It would help local businesses give to local charities and make their communities economically stronger.

That's important, because small businesses play a vital role in Alabama's economy. When we help small businesses, we help everyone.

Rosemary Elebash
Alabama Director,
National Federation of
Independent Business
Montgomery

Apply for USDA's Rural Energy Funds?

Editor;

Rural small business owners and agricultural producers contemplating energy efficiency improvements or renewable energy investments may be eligible for financial support through the Rural Energy for America Program (REAP).

With grants covering up to 25% and loan guarantees covering up to 75% of eligible project costs, REAP makes it more affordable for business owners and producers to purchase and install energy-efficient equipment or renewable energy systems to help lower costs and reduce their environmental impact.

As the September 30 deadline for REAP applications approaches, interested farmers, ranchers, and rural business owners should

consider whether they might be eligible. Previous recipients include rural grocery stores, banks, dairies, manufacturing plants, and farms with energy-intensive operations, such as irrigation, grain drying, or heating and cooling.

To qualify for REAP funding, agricultural producers must earn at least 50% of their income from farming or ranching, while small businesses must be located in rural areas with fewer than 50,000 people and meet size standards based on employee count or revenue. Eligible projects include the purchase and installation of solar panels, wind turbines, and biomass or geothermal systems; upgrading heating and cooling systems; improving insulation; installing energy-efficient lighting; and modernizing irrigation or grain drying equipment.

REAP funds cannot be used for projects connected to personal homes. Energy generated must be used by the business, or a second meter must be installed to separate residential use. Additionally, costs paid before the application is completed are not eligible for reimbursement.

With the upcoming deadline, potential applicants should gather the necessary documentation and consult with a USDA Rural Development office for guidance. To find your state office, visit rd.usda.gov/about-rd/offices/state-offices.

The Heartland Environmental Justice Center also offers assistance with REAP applications. Contact them at heartlandej@wichita.edu or visit heartlandej.org.

Madeline Faber
Policy Associate
Center for Rural Affairs
Lyons, NE

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