## **HUGE CIRCULATION! - We Mean Business!**

## 200 Years at St. James

shoals

FLORENCE- The membership at St. James Methodist Church in Florence invite you to their 200 Year Celebration as they celebrate the church's history on Sunday, September 8, beginning at 9:30am.

Past and present members and friends of St. James are welcome to attend the Meetand-Greet in the Family Life Center from 9:30-10:15 to reminisce.

Special music, the history of St. James, and unique memories will be shared in the Sanctuary at 10:30.

Guests are welcomed to stay for a meal following the service.

St. James is located at 610 Cox Creek Pkwy North.

## **Lions Will Play Auburn**

AUBURN - The University of North Alabama football program will take the field against storied Southeastern Conference program Auburn for the first time ever in 2028, as last week the two programs announced a game for September 9 at Jordan-Hare Stadium.

"Aligning a future matchup with an in-state SEC opponent has been a scheduling priority for our football program," said UNA Director of Athletics, Dr. Josh Looney. "This will be an

See SHORTs... on Page 2



## Baker Named 2024 Shoals Woman of the Year

#### By Alyssa Sutherland Times Daily Staff Writer

FLORENCE — When Brenda Baker took the stage last Tuesday at the Marriott Shoals Conference Center, she let audience members know that the Shoals area is a mission field.

A volunteer with Court Appointed Special Advocates (CASA) and Friends of the Florence-Lauderdale Public Library, Baker said her eyes were opened to the needs in the community after first being called to serve on foreign mission trips.

Her first experience in 2005 had a profound impact on her after she

**INSIDE** this Issue

This project was funded or partially funded by the Alabama Department of Environn



connected with two little girls who she said only wanted to be loved and known.

"Seeing what I saw in those countries made me realize maybe I can do these things here," Baker said. "Once I started working with these children — it's the same here in Lauderdale County as it is in the countries I went to.

"You see the sadness and loneliness and the love that they crave.

Baker's journey with CASA began in 2015 after a suggestion from her friend, Jan Ingle.

Nearly 10 years later, she has

See BAKER... Page 8

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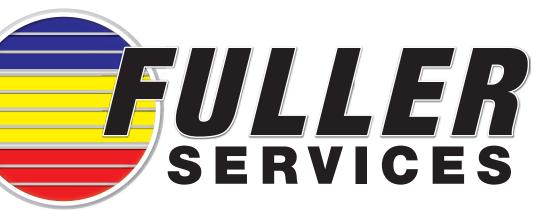
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Dr. Bonds grew up in Tishomingo County, MS. He most recently served as chief of staff for North MS Health Services in Iuka. Dr. Bonds specializes in Family Medicine and is welcoming new patients.

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## Shorts...

### Lions Will Play Auburn

**Continued from Page 1** 

incredible experience for our university, fans, and alumni.

Barring anv new in-state opponents the next four years, Auburn will become the 10th in-state opponent UNA has faced all-time.

Jordan-Hare Stadium will be the largest venue that North Alabama has visited in program history, with a seating capacity of 88,043. In 2011, UNA played at Cowboys Stadium in Arlington, Texas, which held 80,000 fans at the time. Last season, the Lions played against No. 4 Florida State at Doak Campbell Stadium in front of a sold-out crowd of 79,560 fans.

UNA head coach Brent Dearmon served as an analyst at Auburn in 2013 and 2014 and was Dearmon's first collegiate coaching stop following his time as head coach at B.C. Rain High School.

11783-1

A pair of former Auburn standouts are currently on the North Alabama coaching staff, including linebackers coach, Deshaun Davis, and Director of Player Development, Kerryon Johnson. Davis was a First Team All-SEC selection at linebacker in 2018, while Johnson was First Team All-SEC in 2017. Johnson was also the 2017 SEC Offensive Player of the Year, Both were drafted to the NFL out of Auburn.

For more information on North Alabama Athletics, visit www. roarlions.com and follow UNA Athletics on Facebook, Twitter and Instagram.

#### NAMI Sets 8 Week Series

FOLEY-NAMI of Alabama (National Alliance on Mental Illness) 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.

#### **LWV** Looking to Expand

FLORENCE- The League of Women Voters of Alabama has planned a public meeting for the Northwest Alabama community on Tuesday, September 17 at 5:30pm, at the Florence-Lauderdale Public Library at 350 N. Wood Ave to provide information about the League of Women Voters' mission and our many exciting projects and activities. The LWV is a non-partisan, all volunteer, grassroots organization committed to diversity, equity, and inclusion: fair. accessible, and secure elections; government ethics, accountability, and transparency. We promote political responsibility and advocacy through informed and active participation of Alabamians with their local, state, and federal governments.

At this meeting LWV members living in Northwest Alabama will come together and vote on organizing a new League At Large to serve the citizens of Lauderdale, Colbert, Franklin, and Lawrence counties.

If you live in this part of the state and are interested in making democracy work in Alabama, you are welcome at this meeting for more information.

For more information, email communications@ lwval.org

More SHORTs... on Pg 10



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

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

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

KILLEN: YARD SALE 80 Bridge ROGERSVILLE: YARD SALE 260 Cr. September 6th and 7th Variety Stacey Ln Fri. Sat. 7 am to noon of items, lost of baby girl clothes, lamps, furniture, etc.



FLORENCE: YARD SALE 426 N. Broadway St Fri. Sat. Furniture, Men and Women Clothes, Shoes, Home decor, Miscellaneous tools

FLORENCE HUGE YARD SALE, 1613 Winston St., behind Krystals, Fri. Sat. Sun.., 8am-until? Furni-ture, Tools, Antiques, Clothing, knick-knacks, etc. You Name It, We Got It!

Stacey Ln Fri. Sat. 7 am to noon Furniture, shoes, clothing and more! Rain or shine!



FLORENCE: 116 MARY LEE DR SEPT 6TH AND 7TH Fri. 7:00 AM, Sat. 7:00 AM, LOTS OF CRAFT ITEMS, OLD WELDER, STADIUM SEATS, FEW CLOTHES, ETC.

FLORENCE: YARD SALE 4471 CHISHOLM RD Just pass MapCo. Fri. Sept. 6, Sat. Sept. 7 16 ft. wide Garage Door with tracks, opener, entrance door, 36in Xmas decorations, shoes, clothes, 5 ft, bush log,

RARE ANTIQUE ESTATE SALE By Kathy Oliver Grissom For Hughes Family 500 Lasalle Ave W Muscle Shoals, AL Muscle Shoals, AL House full of furniture, washer, dryer, tools, patio furniture, grill. Fri. September 6th, Sat. Sep-tember 7th 9 am to 4 pm Sun. September 8th 1 pm to 4 pm, 1/2 price day! Check Kathy Oliver Grissom's Facebook for pictures.



Behind the Bleachers with GOD

• P.O. Box 217, Florence, AL 35631

In these manuscripts, you meet GOD behind the bleachers.

• No stamp of approval by ecclesiastical bodies or church boards. • No authorization by the religious powers-that-be.

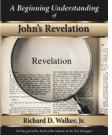
Too often, these organizations are "christian" in name, but their products are colored by religious politics -- shaped by rivalries and dogmatic axes to grind which may have little or nothing to do with what GOD's Word actually says. And, in this way, they are in the bleachers -- leading partisan cheers, caught up in the games of power and greed and pride, foreign to humility and submission to GOD's authority, GOD's will.

Behind the bleachers -- away from the rancor and clamor of worldly ambitions -- one can hear GOD more clearly. The message found there is less likely to be laced with worldly aims, more likely to set forth the unadorned will of GOD, explained by someone not so caught up in these distractions.

Certainly, you will also find there, behind the bleachers, those who are misguided and caught up in their own imaginations about what is revealed in GOD's will. How do you tell the difference between such teachings and those that are sound, anchored in Scripture? One way is by observing whether what is said is backed up by solid references to Scripture, so you can check it for yourself in GOD's Word. Another way is to know something about the person saying it: is that person wearing an aluminum helmet? Does the person's life reflect a reverence for GOD's will?

GOD's Word was written to be understood by you and me, not just the specially appointed, specially ordained religious authorities. (II Corinthians 1:13) And, contrary to popular opinion, people who share a desire to do GOD's will can share a common understanding of what GOD says. (John 7:17)

Richard D. Walker -- BA from Harding College, 1970. Minor in N.T. Greek; began studying Hebrew in 2018. Masters Degree in Social Work, U. of Alabama, 1984. Has worked as a social worker since 1971, when in the Army. Outpatient therapist from 1987 to retirement, in 2023. Private practice in Florence, 1991 - 2002. Clinic manager at mental health clinic for 11 years. Has taught Bible classes and preached many years. Obedient to elderships of churches he has attended. At Killen, AL, church with his wife, since 2002. In his 50+ years of Bible study, has restricted study almost exclusively to direct Bible study, without use of commentaries or study guides. What he knows about what GOD says comes from studying what GOD says, not from what men say about what HE says.



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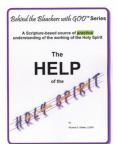
to interpret the Word." -- Travis Rushing, Killen

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Day of the LORD and Eternal Life

subjects...avoided or skipped over by many in... the religious world ... " -- Wendell Hathorn, Shoals Area



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"OVERALL: Great study, impactful, life changing..." -- Wade Gooch, Florence

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

Email to editor@courierjournal.net

INTRODUCING OUR



## Join us for and Evening of Music, Peace and Reflection. "The Tabernacle

Choir at Times Square." Join us for a live stream of this event on one of the following dates: Saturday, September 7 at 6pm Or Wednesday, September 11 at 6pm. Experience the transforming power of music at our upcoming event, "Music Has

the Power to Bring Peace and Remind." This special evening is dedicated to

fostering a sense of tranquility and unity through the universal language music At The Church of Jesus Christ of Latter Day Saints 1828 Broadway Blvd.,

Grandparents' Day with Youth Services & Local History. Saturday, September 7, 11:30am-2:00pm. At Florence-Lauderdale Public Library

Families are invited to celebrate Grandparents' Day with the Youth Services and Local History Departments at FLPL. Families will explore old newspapers, record a digital keepsake interview and photo, and enjoy a small refreshment. Registration is required.

DivorceCare, a special help seminar and support group for people experiencing divorce and separation, will be held for 13 weeks on Sunday evenings at First Baptist Colbert Heights beginning September 8 at 5pm. The address is

6000 Woodmont Drive in Tuscumbia, For more information, please call the church at 256-383-8016.

North Alabama State Fair Sept. 9-15. 5-10pm Monday-Friday; Noon-10pm Saturday and 10am-10pm. Sunday

At the Fairgrounds, 65 Sportsplex Drive, Muscle Shoals. Tickets: \$10 ages 7 and older; FREE for children 6 & Younger.

Enjoy the fair rides, foods, exhibits, shows and more.

NAMI SHOALS (National Alliance on Mental Illness) will offer a Family Support Group on the second Tuesday of each month (Sept. 10) from 5:30-6:30pm at the Florence Lauderdale Public Library, 350 N Wood Ave. in Florence in the upstairs reading room. This group is for family members, significant others,

and friends of individuals with mental health conditions. The program is facilitated by individuals who have been through similar situations with a loved one who has a mental health condition. Attendees can gain insight from hearing about the challenges and successes of others facing similar experiences. Information shared during the group meeting is confidential and will not be shared with anyone outside the group. NAMI's support groups are unique because they follow a structured model, ensuring everyone has an opportunity to

be heard For more information, contact NAMI Shoals at 256-415-7378

The Muscle Shoals Chapter of TVA Retirees Association will meet September 18 at 10am at 1405 S. Wilson Dam Road in Muscle Shoals. Guest speaker will be Roger Creekmore, Colbert County Administrator. Lunch provided

#### LifeSouth Bloodmobile Dates:

**Tuesday September 3,** Genesis Healthcare - Cypress Cove, 10am - 4pm. Wednesday September 4, Cherokee High School, 8am - 3pm

Thursday September 5, Holcim Building Solutions, 6am - 4pm

**Friday September 6,** Walmart -Avalon Avenue - Muscle Shoals, Noon 6pm S

Saturday September 7, Teddy Bear Foundation 10:00 am - 5:00 pm Monday September 9, UNA - Kappa

Alpha Order, 11am - 6pm

Alpha Order, Ham - oph Tuesday September 10, Jack's Dollar Deals Noon - 5:00 pm Wednesday September 11, Covenant Christian School, 8am - 3:30 pm

The Shoals Writers Guild meets on the 3rd Saturday of each month (January-October) from 10am-noon in the conference room at the FlorenceLauderdale Public Library, 350 N. Wood Avenue in Florence. Membership dues are \$40/vear

The 2024 remaining calendar has: September 21: Blake Scott Ball,

"Charlie Brown's America" October 19: Verlee Young's book launch, "Beyond Mother Bond " - Gary H. Miller will present a Kindle Direct Publishing

Workshop Part 2, Formatting. October 26-27: Alabama Renaissance Faire - Accepting new members \*\$20. 10am-6pm Sat., noon-6pm Sun. \*(six 10am-opini ca..., month membership)

email: shoalswritersguild@gmail.com

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/

alsinvasives There are three event dates for 2024. <u>September 13</u> – TVA Native Plant Garden, Muscle Shoals <u>September 27</u> – Cane Creek Nature Preserve, Tuscumbia

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, September 2, 10:30am – 11:30am . <u>Every Friday</u> at the Muscle Shoals Public Library. Caregivers must remain with children for all programs.

See NOTES... page 7

#### Join Us for an Evening of Music, Peace, and Reflection

Experience the transformative power of music at our upcoming event, "Music Has the Power to Bring Peace and Remind."

This special evening is dedicated to fostering a sense of tranquility and unity through the universal language of music.



Join us for a Live Stream of this event on one of the dates below:

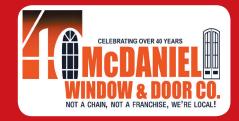
September 7, 2024 at 6:00 p.m.

September 11, 2024 at 6:00 p.m.

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# Ę Marty McCain

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## Partners...

#### Continued from Page 1

orthopedic physician. Associates Medical of the Shoals has four locations in the area, including three primary care offices and two express care clinics. One those locations sits of at 2735 Cloverdale Road in Florence, just seven minutes from campus.

Optimizing each health patient's by providing compassionate and quality care is the primary focus for Medical Associates of the Shoals. The team members share a passion for improving the health and wellbeing of the people in the communities they love.

"We Medical at Associates of the Shoals, PC are honored to be preferred partner the for primary and urgent care for North Alabama Lions Athletics," said Lions Athieuco, managing partner Dr. Vacik. "We Joshua Vacik. look forward to this partnership and being a vibrant part of Lion Athletics. Roar Lions!

with "Partnering Medical Associates of the Shoals is a massive win for North Alabama student-athletes, UNA Director said of Athletics, Dr. Josh "This is an Looney. important next step in our commitment to provide UNA student-athletes with comprehensive

Photo on front page of doctors at Medical Associates of the Shoals, L-R from top: Joshua D. Vacik, MD, FACP | Robert Dickson, DO | Anthony Horton, DO | J. Brad McAnalley, MD, FACP **Courtney Bowen, MD** Jeremy Thompson, MD, FAAFP | Amber Olsen, DO

medical care and direct access to top-tier health professionals. The care professionalism and our student-athletes will receive at Medical Associates of the Shoals will be second to none."

"Many student-athletes who attend the University of North Alabama are away from home and their trusted health care providers.," according to MAS Administrator, Danielle McDeavitt. "This partnership with UNA ensures studentathletes easy access to health care, with both primary and express care providers close to campus.'

The primary focus at MAS is optimizing each patient's health by providing compassionate and quality care at each location.

nearly 'The three decade practice with family internal and medicine physicians. nurse practitioners, and over 75 highly qualified support team members share a passion for improving the health and wellbeing of the people in the communities we love," McDeavitt added.

As part of the new partnership, Medical Associates of the Shoals will sponsor the 2024 Football Kickoff Kid at UNA home football games this season. At each home game, one lucky contestant between the ages of 6 and 12 will enjoy the opportunity to be on the sidelines pregame and retrieve the kickoff tee.

Each winner will receive four game tickets, pre-game sideline access for the kickoff kid and a guardian, as well as a UNA Athletics T-Shirt.

Fans can sign up for this opportunity at this opportunity at this link: tinyurl.com/ KickoffKidUNA

For more information on UNA Athletics, visit www.roarlions.com



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

## **Community Notes...**

**Continued from page 4** 

Crafternoon - Tuesday, September 10. 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

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 Iss: 7 - 7:30pm. Inquires: 256-702-Class:

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

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

vents: Maximum Time Aloft, Distance & Accuracy.

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

Toddlertime Storytime (Ages 18-36 - September 3, 10:30am months)

11:30am. <u>Every Tuesday</u> 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, September 4, 10:30am - 11:30am. Every Wednesday at the Muscle Shoals Public Library. Join Ms. Amy for songs, stories, and ageappropriate activities. Caregivers must remain with children for all programs.

The Batting Brigade Quilt Guild, meets (September 9) the second Monday of the month at: Edgemont United Methodist Church, 1330 Eauclaire Ave., Florence, Hospitality time starts at 9am and the meeting begins at 9:30al 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 <u>September 20.</u> 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, 30pm-4:15pm at Florence-Lauderdale Public Library Calling all knowledge seekers! Join us for some fun as we test vour skills on animals, music, movies, and

more using Kahoots! 256-764-6564 Additional Tuesdays: October October 8, November 12. December 10.

Applications for the Elk National Foundation's Most Valuable Student Scholarship program will be available online mow. 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 Tuscumbia on September 13-14 in Spring Park, Tuscumbia (South end of Main St.). Friday is an educational day for elementary students. Saturday, September 14 is the free public festiva day, when authentic Native American culture will be demonstrated through dance in full regalia, music, crafts, life skills, and Native American food 10am Trolley shuttle available from 5pm.

downtown, For more info: 256-383-0783 or 256-665-2540 or on Facebook, The Oka Kapassa - Return to Coldwater Festival

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 Tuscumbia Facility located at 114 W. 6th Street. Tommy Wildcat (Cherokee)

will discuss and present Native American flute music. The speaker will be Rachel Thrower (Poarch Creek). Trolley Tours to view Witness Sites will be included. The public is invited, and the event is free. For more information, call 256-383-0783, 256-665-2540 or on Facebook, The Oka Kapassa – Return to Coldwater Festival

See NOTES... page 25



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## Baker...

#### **Continued from Page 1**

worked with manv children and families. While her role with CASA is to advocate for the children in her assigned cases, she sees it as her purpose to impart love and let the children appointed for her advocacy know that they are not forgotten. 'Some of feel them like they're nameless, and they d o n ' t want to be unnamed," said Baker. who was announced as the TimesDaily 2024 Shoals Woman of Year. "They the want people Brenda Baker, as a Court to know they exist.' **Appointed Special** "T can't Advocate, with three save every siblings (I-r Kayliegh, child in the Mayson, and Landon) who were all adopted world or be by the Jones family with every child. but just before Christmas ... I can love 2019. Family photo/file on them and

advocate for them for a Carol Beberniss, Angel while.

In some cases, Baker has been with children for years at a time during court proceedings. When possible, she even keeps up with them as they grow, and she is thrilled when she can see how far they have come.

She stressed that there are approximately 100 children in Lauderdale County who are in foster care and 6,000 across the state of Alabama.

Since CASA volunteers are only assigned one case at a time, Baker said many of those foster children do not have anyone to advocate for them.

#### 2024 SHOALS WOMAN OF THE YEAR **FINALISTS**

- Brenda Baker
- **Carol Beberniss**
- Angel Malone
- **Rose Michael**
- Denise Willingham

She encouraged anyone who felt a tug on their heart to speak with her or her CASA director. "For me, the way I got

involved, honestly, the Lord spoke to me that day 20 years ago, and if that had not happened, I would not be here,'

Baker said. While thanking those who h a v e supported h е r throughout h e r volunteer journey, Baker noted that she was humbled to have even been nominated for Shoals Woman of the Year among so many other who

women do "so much good" in the area. Along with Baker. the other nominees for the 2024 Shoals

of

the Year were Malone, Rose Michael and Denise Willingham. Each finalist shared her story and information about the organizations that she champions each day.

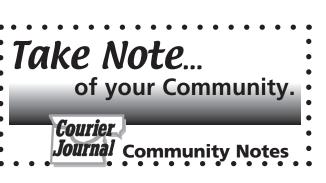
Woman

Baker noted that she hoped even if folks did not want to join CASA, the spotlight on the many volunteer opportunities in the Shoals would encourage others to find a way they can make a difference.

"This recognition means especially that I can get the word out about these children," Baker said. "There are so many children who need an advocate."

This article was initially published in the Times Daily on August 28, 2024.

CONTACT 2-1-1 Your link to community resource



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begin To a personal relationship with God, agree

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can be assured that God loves are ready to make this choice, as you and has a purpose for your an affirmation of your belief, you may wish to pray a prayer like this one: *Dear God, I understand* I am a sinner, but I believe Jesus died for my sins, and I now accept His gift of eternal life. Thank You I choose to follow You and Your will for my life.

If you choose to begin a as payment for our sin. John personal relationship with God 3:16 says, "God loved the world through His Son, Jesus, please share this with the person of church that gave you this. believes in Him will not perish To learn more, visit sbc.net/ knowjesus.

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## Shorts...

**Continued from Page 2** 

### Sides Show at the KD Center

FLORENCE-The Kennedy-Douglass Center for the Arts is pleased to present "The Beautifully Strange World of **Wayne** Sides", now through October 11.

Artist and UNA Professor Emeritus, WayneSides, describes this exhibition as "three shows in one. It's a little bit of a strange retrospective in the sense that it borrows work from different periods of my career, 3D and 2D, but also includes new work too.'

A reception for Sides will take place at the Arts Center on Friday, September 6, from 6-8pm. Much of the work hasn't been shown in this state or this country.

"Some of what's never been seen before has a lot to do with what I've been creating since I was a child," Sides said. "It's the work that basically saved me, grounded me, and allowed me to push forward in my life and eventually, my career. It served as a type of substitute for my inability to comprehend written language, otherwise, known as dyslexia."

Sides is a native of Calhoun County, Alabama. He received a bachelor's degree in visual and performing arts from the University of Alabama New College in Tuscaloosa and earned a master's degree in photo image making/art from Pratt Institute in Brooklyn, NY. He worked as a lecturer and artist in residence with Southwest State University of Marshall, MN, the New York Federation for the Arts. His work has been displayed nationally and internationally in galleries that include the OK Harris Gallery, Soho, NYC; A Palazzo Panichi Museum in Pietra Santa. Italy; and Birmingham Civil Rights Museum in Birmingham, AL.

His photographs are published in several books and his work has also been used as cover art.

The Kennedy-Douglass Center for the Arts open to the public free of charge Monday - Friday from 9-4 and on Sundays from 1-4. The art center is located at 217 E. Tuscaloosa St. Florence, AL and can be reached by calling 256-760-6379.

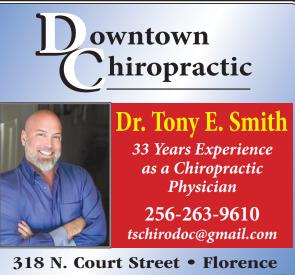
### **Cozart Gets** an Extension

FLORENCE - The University of North Alabama last week announced a contract extension for head softball coach Ashley Cozart, adding two more years to her current contract to extend through 2028.

Cozart completed her 11th season at UNA in 2024, leading the Lions to a 35-19 overall record. Her 2023 squad reached the Atlantic Sun Conference championship game. Cozart enters her 12th season with a 577-219-1 career coaching record, including a 386-173-1 record at UNA.

"Coach Cozart has established a culture of excellence within our softball program and her leadership continues to thrive at UNA," said Dr.

priority. Knowing that Josh Looney our athletic director, President Kitts, and all the other administration supports our program so much is a big reason we are able to be successful. This community is what makes our university so special! I cannot think of anywhere else I would rather be than right here in the Shoals. Thank you for this opportunity, it has been an incredible



Josh Looney, Director of Athletics. "She's built authentic and impactful relationships with her athletes and colleagues. as well as throughout the community at large, that continue to propel UNA Softball forward. We are thrilled that she's a Lion, and we look forward to Coach Cozart's leadership for years to come.'

Cozart is the most recent coach to bring a national championship to UNA, winning the NCAA Division II National Title in 2016 with a 60-7 overall record. She was also the 2016 Division II National Coach of the Year and has won five conference coach of the year awards. In 11

seasons.

never

UNA has

suffered

a losing

season

Cozart,

including

under



Cozart

six years in Division I. The Lions are 109-56-1 over the last three seasons. Softball is the only athletic program at UNA to not have a losing season during the transition from Division II to Division I.

"I am so grateful that I have been given the opportunity to lead this program for so many years," said Cozart. "UNA is such a special place where our faculty and staff make the success of our student athletes a journey, and I am excited for what's ahead."







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Applications and job descriptions can be downloaded from our website: www.sheffieldutilities.org or picked up at 300 N. Nashville Avenue, Sheffield, AL 35660 between the hours of 8 am & 5 pm, Monday through Friday.

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### Guest Commentary

## **DNC Protesters** Symptomatic of Culture **Committing Suicide**

y colleague, Tony Kinnett, captured a rather revealing declaration at the anti-Israel protests in Chicago ahead of the Democratic

National Convention this past week. A protester shouted, "Reproductive justice means Palestinian liberation." This leftist gobbledygook

is nonsensical on its face.

legal under Hamas and the

Palestinian Authority, and

legal protections on abortion

on civilians in Gaza. And it

of much leftist protesting.

The protests aren't really

reveals a nihilism at the root

in the U.S. will have no impact

Abortion isn't exactly



## Welcome The Wildflowers

**Courier** Journal

SHEFFIELD–Join The Wildflowers, a tribute band for Tom Petty and the Heartbreakers, live at the Ritz Theatre on Friday, September 6 at 7pm. Tickets are \$35 general admission and are available at tennesseevalleyarts.org. The Ritz Theatre is located at 111 West 3rd Street in Sheffield

The Wildflowers are in their 12th year together and have become the most successful internationally touring tribute to Tom Petty and the Heartbreakers. Precision, energy, and authentic southern charm shine through in their playing all the hits of Tom Petty

See THE WILDFLOWERS... on Page 22





in the

## Days of Awe and Wonder

FLORENCE–The University of North Alabama Department of Visual Arts and Design presents *Days of Awe and Wonder*, a painting exhibition by Bernice Davidson running from September 3–October 18 at Gallery 126 at Tombigbee Street in Florence.

See AWE AND WONDER... Page 18



September 4, 2024

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THE 1ST ANNUAL LOVE SHOULDN'T HURT VENDOR MARKET Sat. & Sun, September 7-8 at the Roundhouse in Tuscumbia (110 North Indian St.) Vendor setup, 4-7 Fri. September 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.

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### **More Fiction Please**

#### Editor,

I just wanted to give a shout out to Larry J. Smith concerning the letters that he sends to your paper periodically.

Starting three years ago, money was getting a little tight, so our family decided that instead of going out to eat once a week, we would have a family meal at home – wife, kids, grandkids, aunts, and uncles.

We also realized that entertainment such as movies, concerts, and comedy clubs were very expensive. That's where Mr. Smith comes in.

During our dinner, we read Mr. Smith's latest letter, we laugh, giggle, and yes sometimes cry from laughing so hard. Mr. Smith, your letters bring joy to our table, even though we are all Republicans.

Your fictional characters in fictional satires in your fictional world humor even makes my Aunt Jackie spit her iced tea across the table, and she never laughs at anything. We also play a game

Christian Nationalists are a threat to democracy as they see Trump as a messianic Christian deity. called, "Try Not to Laugh at Larry," but there is never a winner.

So, keep those fictional stories coming in, but never change and start telling tell the truth, because the truth is not that funny. Thanks again for your entertainment.

Tim D. Ray Florence

#### All Male Dominated

#### Dear Editor,

Your ethnically biased political commentary addressing a poem from a young black girl responding to the ascension of Vice President,

Tyler O'Neil The Daily Signal

about the omni-cause of climate alarmism, LGBTQ+ demands, abortion, Palestine, or whatever the college kids are into these days. Instead, they represent a challenge to authority, an attempt to "stick it to the man," regardless of the consequences.

#### See COMMITTING SUICIDE... on Page 24

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

## avy **SENIOR Does Medicare Cover Cataract Surgery?**

Dear Savvy Senior,

How does Medicare cover cataract surgery? My eye doctor recently told me I've developed cataracts and should consider making plans for surgery in the next year or so.

#### Almost 67

Dear Almost,

Like gray hair and wrinkles, cataracts are an inevitable part of the aging process. Eventually, everyone (usually in their 60s) will develop cataracts, a condition that causes cloudy or blurry vision. The only way to correct this is through cataract surgery.

Fortunately, Medicare does cover medically necessary cataract surgery, which includes removing the cataract and implanting a standard intraocular lens (IOL). This is a small, lightweight, clear disk that replaces the focusing power of the eye's natural crystalline lens to restore clear vision. This procedure is performed using traditional surgical techniques or lasers.

This coverage can be a substantial savings, since cataract surgery often costs about \$1,800 to \$2,800 per eye.

Cataract surgery is usually an outpatient procedure, covered under Medicare Part B. Once you pay the annual Part B deductible, which is \$240 in 2024, you're responsible for the Part B coinsurance.

That means you'll pay 20 percent of the cost for covered services yourself. If you have a Medicare supplemental policy, also known as Medigap, you'll have full or partial coverage for the 20 percent Part B coinsurance.

If you happen to be enrolled in a private Medicare Advantage plan, rather than original Medicare, you'll also have coverage for cataract surgery. However, you may have to pay different deductibles or copayments and need to use an in-network provider. You'll need to call your plan to find out its coverage details before you schedule surgery.

#### What's Not Covered

Be aware that Medicare only covers cataract surgery with standard (monofocal) intraocular lenses, which improves vision at just one distance so you may still need glasses for close-up vision. Medicare will not cover premium (multifocal) intraocular lenses that can correct vision far away, up close and in between, so you can go glasses-free after surgery.

Premium interocular lenses are expensive, costing approximately \$1,500 to \$4,000 per eye, which you would be responsible for if you choose to upgrade. Talk with your doctor about your options and costs before your surgery.

#### Are Eyeglasses Covered?

Even though Medicare usually doesn't cover eyeglasses or contact lenses, it will pay 80 percent for one set of corrective glasses or contacts after cataract surgery. Medicare, however, limits its coverage to standard eyeglass frames and lenses. If you want to get deluxe frames, progressive or tinted lenses or scratch-resistant coating for glasses, you'll need to pay those costs yourself. Medicare also requires that you purchase the glasses or contacts from a Medicare-approved supplier.

Also, if you have any post-surgery complications or problems that are deemed medically necessary to address by a doctor, Medicare covers those expenses too. Any drops, antibiotics or other medication prescribed after your surgery would be covered by Medicare Part D or a Medicare Advantage plan that includes prescription drug coverage.

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





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• In 1895, there were only two cars in the entire state of Ohio ... and they still ended up crashing into each other.

• After 10 minutes of looking at yourself in a mirror in a dimly lit room, your bored brain

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"Bloody Mary."
Sologamy is the act of marrying yourself.
The record for most passengers on an airplane was set in 1991 when 1,086 Ethiopian Jews were evacuated to Jerusalem on a Boeing 747. However, the plane landed with 1,088 passengers, as two babies made their earthly debut during the flight.

 Pineapples were a status symbol in 18th century England. In fact, they were so expensive that you could rent them by the night and take them to parties with you.
 In the first quarter after Covid lockdowns, lipstick sales shot up nearly 50%.

• The Apollo 11 astronauts had to go through customs upon their return to Earth and declare moon rocks, moon dust and other lunar samples, according to the form signed by all three and filed at the Honolulu Airport in Hawaii on July 24, 1969. • Cymothoa exigua is a parasite that severs the blood vessels of a fish's tongue and becomes a new functional tongue.

• Bella and Edward's relationship in the 'Twilight" book and film series meets all 15 criteria set by the National Domestic Violence Hotline for being in an abusive relationship. • An estimated 10% of Europeans are immune to HIV infection because they have an ancestor who survived bubonic plague. When Texas was its own sovereign nation in the mid-1800s, it briefly had a diplomatic mission in Paris • In 1939, George Bernard **Dantzig**, a graduate student at the University of California, Berkeley, arrived late for a statistics class and copied the two problems on the blackboard, assuming they were the homework, then handed them in a few days later. Several weeks afterward, he was awakened by his professor's excited knock at the door: The "homework" was actually unsolved problems in statistics that

prove. • Since avocados never ripen on trees, farmers can use the trees as a way to store and keep the fruit fresh for up to seven months.

Dantzig had managed to

• Maine is the closest U.S. state to Africa. • It's a sweetly romantic **tradition** for the post offices of Romeo, Michigan, and Juliette, Georgia, to offer a special dual postmark leading up to Valentine's Day. • As comedian Bob Hope lay on his deathbed in 2003. his wife Dolores asked where he'd like to be buried. His reply? "Surprise me." • The three dots on the Domino's Pizza logo represent the chain's three original locations. Cofounder Tom Monaghan originally planned to add a new dot for every pizzeria he opened. • Female bats give birth

• Female bats give birth while hanging upside down, catching the baby in their wings.

• England's King Richard the Lionheart spent a mere six months of his 10-year reign in England, being there only briefly in 1189 and 1194.

Thought for the Day: "Happy is the person who knows what to remember of the past, what to enjoy in the present and what to plan for in the future." -- Arnold H. Glasow

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## We Gonna Miss **Cousin Geri**

died last week. I have on her sister's children always thought that she and many of her young was my mama's cousin. But really I think she was grandma's cousin. mv Here's what one of the cousins wrote on the family Facebook page about who Cousin Geri was: Once upon a time Cleveland and Henry Susan Ballenger Cleveland had a bunch of children in South Carolina. Some of their children were named Ballenger, Cleveland, Nesbitt, Thompson, and Dunbar. (Sorry if I missed a family group). daughter, Annie One Bell Cleveland (and Tony Fowler) produced two children, Mitchell Matthew Fowler (my Dad) and Ruth Fowler Johnson. Aunt Ruth had two daughters Elizabeth Johnson Wilson and Geraldine Fowler Johnson, both are now deceased.

Geri did not have children of her own but

Hey y'all, Cousin Geri she embraced and loved cousins...

Now, Annie Belle Cleveland's twin was Hattie Belle Cleveland. Hattie Belle had Louise, my grandmother, and Louise had Ruby, my mother, and Ruby had me. So this made Cousin Geri my grandmother's second cousin. But everybody called her Cousin Geri. She was the oldest person left on my mother's side. She was always a part of all our lives. She visited my mom and grandmom in North Carolina. When she came, we were all just drawn to her. I remember sitting and just listening to her talk. For one, her accent was quite different from mine, but she also shared family information and stories, and talked about people that I had never gotten to meet. Cousin Geri spoke of boiling kettle pots for laundry, picking

garnered my respect. When I found out about Geri's death my first thoughts were, "Well, who's going to know all the stories now? At whose feet

are the young people going to sit? Did I ever take notes? Did I have my children sit at anybody's feet?" These are old age questions. When the matriarchs and patriarchs start dying off, who is then responsible for the family? Us. Me. I knew Aunt Ruth. And I have been to Beauford, but my children haven't. Did I instill enough respect into our children for our family history, for our elders? If not, why not? Maybe it was because my mother got tired of dragging us to the old home place. Maybe it's because I was too busy with everything else. Maybe it's because the world got so big and that seemed more important.

cotton and wringing

chickens' necks. She had

early on took flight to New

York state. She made me

respect our family and she

But family stories make family. There are many stories that I would like to investigate. Am I really related to Robert Smalls, the Civil War hero? Is some of my history, Gullah history? Who were Henry and Susan's parents? What about my dad's dad, was he really a white man? There are so many sides and

people to find out about. So many unknown stories. Surely, I have told some stories. Here's a story: My mom and dad, being underaged, eloped to another state. When they came home, having nowhere to stay, they stayed with my grandmother. She used army blankets as the sheets on their bed. Here's another story: My other grandmother married a man when she was a teenager. He cheated on her when she was a teenager. She put his things on the porch. We found this out when she

Families are full of cousins and characters. If

know his name.

was 95 years old. I don't

they make it to be old, they should be listened to and respected. We hear what made us. My kids would have loved Cousin Geri. I wish I had invited our children into the lives of more of those family

historians. When those storytellers go to the ground, we lose so much. Don't miss your chance.

Email comments or suggestions to CatnKids1@ gmail.com





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activist,

Continued from Page 12

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to using her art and

to reality beyond sight.

traces

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reception afterward.

3

The

September

Davidson's been exhibited has extensively and displayed in such notable museums such as the Coral Springs Art Museum, Cleveland Museum of

Art, Delaware Museum of Art, and Volgograd Museum of Art in Russia. Explore Bernice Davidson's

work at https:// bernicedavidsonart. com/ For additional

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## Letters...

#### All Male Dominated

#### Continued from Page 12

Kamala Harris, to Democratic candidate for U.S. President in 2024 was inappropriate. jaded Your sly, compliments undercut her poetic perspectives of HOPE that Kamala Harris represents for America and the legacy of women of all colors in a traditionally semi-democratic white hierarchal nation that cherishes the legacy of slavery, segregation, and oppression of blacks by whites in a culture that is economically, socially, and politically male dominated.

Christianity has been hijacked by right wing conservatives that use faith as an axe to keep America split. Christian Nationalists are a threat to democracy as they see Trump as a messianic Christian deity.

Mr. MAGA-ZZU, your bifurcated statements addressing equal opportunity are

ridiculous as you always oppose ethnic diversity and inclusion, and you have encouraged violence against Black Lives Matter protestors. Racist discrimination is alive and well in USA, the field has not been leveled, and Supreme Court justices are ethically challenged. Republican politicians are banning books and segregating publicly schools by funding academies and church schools that have predominantly white Candidate students. Trump opposes NATO, solicits bribes from foreign nations like Egypt and Saudi Arabia, abandoned a military base for Putin in Syria, tried to overthrow the U.S. government, molested women, blackmailed Ukraine. fake Trump University, impulsively, and lies promises to replace Civil Service with Trump acolytes. Many American citizens see Trump as a threat to any semblance of US democracy. Trump will be to blacks what Woodrow Wilson was in 1920. Wilson established

segregation on a national level. Overcoming national segregation laws was very difficult, but blacks could not vote, and female rights were piecemeal. Now. collectively we have the right to vote, although voter rights being threatened are by Republicans seeking overthrow to our government.

Please vote against this corrupt candidate, Donald Trump, and his acolytes. Donald Trump needs to be punished for his misdeeds as a civilian and as President.

James E. Bankston Florence

### Kamala is Unequipped

Editor:

I would like to address a letter that was printed in the August 21 paper, *(Who is Better Suited?)*. It seems that some Democrats have suddenly elevated Kamala Harris to the top of their list after a historically low polling just weeks ago. What happened? Do they expect us to believe that this word salad candidate is now ready to run the presidency after not being able to gather one electoral vote when she went up against Joey Biden in 2020? That is amazing!

Larry J. Smith's letter also accused Trump of being thrown into a complete collapse. Where did that garbage come from?

As far as Walz's military service, I commend him for that, but it's obvious he NEVER saw a combat, or he would understand the principle of securing a perimeter or a border. Not very smart for a military leader or any type of leader!

Then, Mr. Smith set himself up to say they both have past records to make things better for Americans. We now have over 15 million illegals in America by some estimates and Kamala was, and still is, the border czar. Is that better for American families? She was directly involved and is proud of the Bidenomics which have caused all Americans a 30%+ price hike for goods and services. Gasoline is still close to a 100% increase since they took office.

She can't finish sentence without a laugh. Can you imagine her negotiating with men like Putin or the leadership in China? Suddenly, she knows exactly what to do to fix everything? Oh, but only if we vote for her, of course. She's promising free healthcare, free schooling, free this and free that. Nothing is free. The government will use our taxes to pay for it, and they will tell you what you can have, how much you can have, when you can have it, and for how long you can have it. It's called communism.

If she had been doing her job for the past 3 1/2 years, none of this would be an issue!

Then, Mr. Smith said he is worried about our rights to worship. He is worried if a Republican is elected? With what all the left supports? By the way, Mr. Smith, you do not have the right to make decisions about your own body. (I Corinthians 6:19–20). Your body belongs to God, and how you treated it or mistreated it will be judged one day.

Mr. Smith goes on to say that in Trump, he sees a "very sick man that cares about no one but himself." Most Americans see a hero who took a bullet for all Americans, and he came up, fighting and more determined to make America great again than ever before. He is a hell of a man!

With his money, he could be on the beach having a great time every day like Joe Biden does. Instead, he has chosen to liberate America of this deceitful evil that is trying to take over. If Donald Trump wanted to be the dictator you describe, he would have done it eight years ago. That's just another lie spawned out of a desperate administration that has nothing to run

See LETTERS... Page 26



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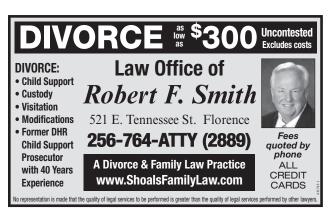
tate, nation, and the world. ALMA MATER On our city's northern border, reared against the sky, Proudly stands our Alma Mater, as the years roll by, Cherished by her sons and daughters, sweet the memories throng, Round our hearts, our Alma Mater, as we sing this song. Chorus "Forward Ever" be our watchword; Conquer and prevail. Hail to thee, our Alma Mater, Coffee High, all hail!

Location: 34. 8088°N, 87.6786°W Cramer Way, UNA Campus, Florence, AL

This "other side" of the Coffee Historical Marker notes the 5 principals who provided leadership during those 53 years at this location. The marker proudly ends by reciting the Coffee Alma Mater.

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

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## The Wildflowers...

**Continued from Page 12** 

and the Heartbreakers Petty's solo music, and even some of Traveling The Wilburys. "Who doesn't

love Tom Petty?" Darryell bassist Stone asked himself one day in 2012 while listening to the radio. There was only one answer he could imagine: "Nobody." Testing his hypothesis, Stone polled his friends, family, and fellow musicians on how they felt about Petty. The result was always the same. Everyone loves

Tom Petty. One of these fellow musicians just happened to be Tom Petty's doppelganger – guitarist and lead vocalist, Jonathan Guthrie. Guthrie was an avid fan and had alwavs

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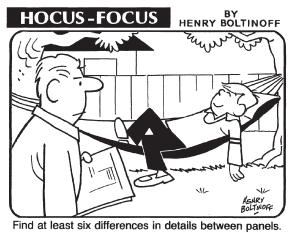


fantasized about being a Heartbreaker. As two musicians seasoned and Tom Petty & The Heartbreakers fans, there was really only one thing for them to do form a Tom Petty tribute band.

Some 250 shows later, The Wildflowers have become one of the most popular tributes and concert experiences across North America.

The Tennessee Valley Art Association comprises the Tennessee Valley Museum of Art in Tuscumbia, AL and the Ritz Theatre in Sheffield, AL.

For more information about the Tennessee Valley Art Association, which runs the Ritz Theatre and the Valley Tennessee Museum of Art, 256-383-0533, call or visit our website at tennesseevallevarts.org.





trunk is different. Differences: I. Arm is longer. 2. Foot is moved. 3. Nose is smaller 4. House is not as wide. 5. Leaves are missing. 6. Tree

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#### Important Things To Do After A Motor Vehicle Accident In Alabama

Getting into a motor vehicle accident is a stressful experience, and knowing what to do immediately after a car accident can help protect your health, legal rights, and financial well-being. Here are some important things to do if you find yourself in a motor vehicle accident.

The first priority after an accident is to ensure the safety of everyone involved. Once you are in a safe spot, call 911 to report the accident. Even if the accident seems minor, it's essential to have an official police report for legal and insurance purposes.

After ensuring the scene is safe (gasoline spills, though rare, do happen), check yourself and others for injuries. If anyone is injured, provide first aid if you are trained to do so. Avoid moving anyone who is seriously injured unless they are in immediate danger, as moving them could exacerbate their injuries.

While waiting for law enforcement to arrive, locate the documents needed (if you are able) to exchange information with the other driver(s) involved in the accident, including full names, contact information, and insurance company information. Also, get the names and contact information of witnesses. Avoid discussing fault or details about the accident at this stage.

Take photos or videos of the accident scene from multiple angles to document vehicle damage, road conditions, traffic signs, skid marks, and any other relevant details.

Even if you feel fine or believe your injuries are minor, consider seeking medical attention. Some injuries, such as whiplash or concussions, may not present immediate symptoms. A medical professional can assess your condition and document any injuries, which can be vital if you need to file a claim later.

Report the accident to your insurance company as soon as possible. Avoid giving a recorded statement! Call us first!

Keep detailed records of all expenses related to the accident, including medical bills, vehicle repairs, rental car costs, and any other out-of-pocket expenses. These records will be useful if you need to file a claim with your insurance company or pursue legal action.

Alabama follows a "fault" insurance system and has a contributory negligence law, which means that if you are found to be even slightly at fault for the accident, you may be barred from recovering any compensation. An attorney can help you understand your rights, navigate the legal process, and negotiate with insurance companies to ensure you receive fair compensation.

Being involved in a motor vehicle accident in Alabama can be overwhelming, but following these steps can help ensure your safety and protect your legal and financial interests. Remember to stay calm, document everything, and seek professional assistance when needed.

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

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Meet Rainman! This sweet dog is waiting to find the perfect home. He's such a lover and looking for a family to give his heart to. You take take him home for a day or weekend to see how he does at your home. Please come meet this adorable dog. 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 boy.

Meet Chad! This cute pup just screams "adopt me" with his adorable face. Chad has a sweet laid back personality and is very fun and loving. He's medium size and energy, 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 sweet dog! 20



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cats! Already

Guest Commentary – Tyler O'Neil Committing Suicide... Continued from Page 12

These protests echo a culture that has lost faith in itself and is committing suicide.

Former CIA analyst Martin Gurri examines this phenomenon in his superb book "The Revolt the Public and the of Crisis of Authority in the New Millennium." Gurri explains that while modern protesters often coalesce around a specific issue, they have little interest in policy solutions or actual governance. These protests often devolve into a sort of nihilism, where protesters-who usually have actually benefitted from the capitalistic system they loudly condemn-attempt to saw off the tree branch on which they sit.

What better example than the DNC protesters, many of whom wore pins reading, "Make it great like 68"?

As my colleague Jarrett Stepman noted, the 1968 Democratic National Convention saw hordes of anti-Vietnam War and farleft protesters descend on the Windy City, making an already negative mood even more sour.

Parallels to 2024 are indeed rather eerie. President Lyndon B. Johnson had dropped out of the race amid criticism in his party (sound familiar?) and his Vice President, Hubert Humphrey, eventually won the Democratic nomination. Anti-war protests rocked the convention, a former Democrat launched a third-party bid, and highprofile assassinations (of Martin Luther King Jr. and Robert F. Kennedy) shocked the nation.

In 2024, President Joe Biden fills the shoes Lyndon Johnson, of Vice President Kamala Harris those of Hubert Humphrey, and anti-Israel protesters take the place of Vietnam War peaceniks. Robert F. Kennedy Jr., the son of the man assassinated in 1968. mounted a third-party bid (before dropping out and endorsing Trump Friday), and the near assassination of Donald Trump echoes in the minds of many voters.

If there's one thing Democrats don't want, it's a repeat of 1968, when Nixon won the presidency due in part to the split in

the Democratic Party.

Yet the 2024 protesters consciously echoed the troubles of 1968, and they actually succeeded in breaking through the Secret Service barrierhowever briefly—on the first day of the convention.

The protesters also openly condemned Harris, portraying her as an enemy of "Palestine" and with blood on her hands.

Yet if 2024 were a binary choice between the Republican nominee, former President Donald Trump, and Harris, Harris would be far more likely to support the Palestinian cause. Harris has openly called for a ceasefire in Gaza, a policy critics say will enable Hamas to regroup and stage another terrorist attack like the attacks Hamas carried out in Israel on Oct. 7, 2023.

Biden-Harris The administration has sanctions loosened which has on Iran. likely enabled Tehran to send more money to Hamas. The Trump administration, meanwhile, had tightened those sanctions. weakening Hamas's sponsor in the Middle East.

Harris may be an imperfect candidate for anti-Israel voters, but she represents their interests more than Trump. So, why are these protesters targeting Harris and the DNC?

It seems they just want to watch the world burn. Either that, or they have a financial incentive to be there.

Martin Gurri notes that many of the 2011 protests, from the Arab Spring to Occupy Wall Street to the Indignado protests in Spain and even housing protests in Israel—involved middle-class leaders who benefitted from the system but nonetheless had unrealistically high expectations of government. He attributes the modern protest movement, in part, to the exaggerated promises of politicians, who believe technocratic government will enable them to bring about a utopia, and the dashed hopes of the people who those promises take seriously.

Gurri's work reveals are often bundled into a latent nihilism in West. the Francis Fukuyama's muchcriticized book "The End of History and the Last Man," noted that the fall of Communism left free-market capitalism and representative government triumphant and predicted capitalism would reign supreme. Yet Gurri notes that there is always an alternative to the ruling ideology-the rejection of the entire Late-empire system. Rome didn't lose out to the competing ideology of feudalism; it collapsed within, from and feudalism rose from the ashes.

The death wish of nihilism represents a most insidious foe, and only a wake-up call to reality can defeat it. Contrary to the Left's demonization, the West has what Psalm 16:6 calls a "goodly heritage" and we all richly benefit from the system these protesters rail against.

Many leftist protesters may believe the system is evil, but that does not change the fact that they themselves benefit within it. These people have conveniences our remote ancestors could dream about. only From running water to electricity to washing machines, microwaves, and the tiny computers that fit in the palm of their hands, they enjoy embarrassment of an wealth and knowledge. Yet many of them claim that the entire system is unjust, rooted in white supremacy, colonialism, anti-LGBT animus. whatever the hip or complaint is today.

Left's causes The

one chaotic mess, with protesters claiming that helping Susie get an abortion in Michigan will somehow improve the life of a toddler in Gaza, or that Tom's decision to drive an electric vehicle in Georgia will somehow prevent a tsunami from drowning the Maldives beneath the waves of the Indian Ocean. It doesn't matter that none of it makes sense-the point is to condemn the system.

Of course, a vast network of far-left donors props up pressure groups on all these issues, sending a message to the elites in power that they should yield to the activists' wishes, or else. This also provides a handy excuse for the government to favor radical causes-the people are "demanding it.

Ultimately, however, these protesters' revolt isn't about implementing a specific policy, it's about "the railing against "the system" and sending a message. Martin Gurri astutely notes the real root of that messagecultural suicide.

Published initially on The Daily Signal, DailySignal.com 8/25/24

Tyler O'Neil is managing editor of The Daily Signal and the author "Making Hate Pay: of The Corruption of the Southern Poverty Law Center.'



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## Community Notes...

**Continued from page 7** 

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Caringplace of the Shoals is hosting a Ladies' Night at Brick & Ivy - 1128 N. Wood Ave. in Florence NY - 1128 N. Wood Ave. In Fiderice 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

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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 30

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**Continued from Page 20** 

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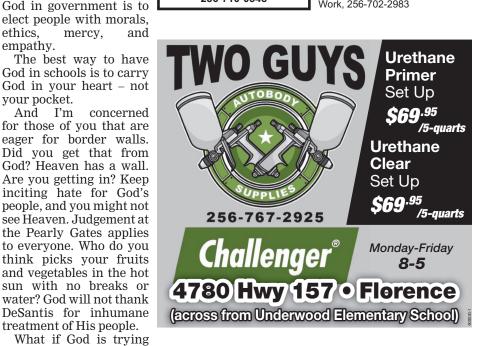
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• On Sept. 2, 1945, Vietnamese communist Ho Chi Minh declared Vietnam's independence from France following Japan's World War II surrender, in a proclamation stating, All men are born equal: the Creator has given us inviolable rights, life, liberty, and happiness!" It would take another 30 years for his vision of a united communist Vietnam to become a reality, however.

• On Sept. 3, 2004, a hostage crisis at School No. 1 in Beslan, Russia ended in a gun battle between Chechen terrorists and Russian security forces. More than 300 people were killed, many of them children, and hundreds more were injured. The terrorists' demands included the withdrawal of Russian troops from Chechnya.

• On Sept. 4, 2014, comedian Joan Rivers died at the age of 81 in a New York City hospital a week after she went into cardiac arrest while undergoing a medical procedure on her vocal cords at a Manhattan clinic. In a career that lasted more than 50 years, Rivers fearlessly tackled any subject she chose, remarking that she "succeeded by saying what everyone else is thinking.

• On Sept. 5, 1991, a group of activists made their way to the roof of Sen. Jesse Helms' home and unrolled a giant piece of fabric that was then inflated by their companions on the front lawn. Their message? "A CONDOM TO STOP UNSAFE POLITICS: HELMS IS DEADLIER THAN A VIRUS"-- a decidedly innovative

response to the senator's strong opposition to gay rights and the funding of AIDS research and treatment.

• On Sept. 6, 1975, 18-year-old Martina Navratilova, today regarded as one of the greatest tennis players in history, sought political asylum in the United States after defecting from communist Czechoslovakia.

• On Sept. 7, 1876, the Jesse James-Cole Younger gang was nearly wiped out by angry citizens after attempting a daytime robbery of the Northfield Minnesota bank. For the next two weeks, a posse pursued the surviving members, eventually killing or capturing four more, but Frank and Jesse James ended up in Nashville, TN, where they began rebuilding the gang and planning more robberies.

• On Sept. 8, 1504, Michelangelo's 17-foottall, 12,000-pound marble masterpiece of the biblical shepherd boy David was unveiled to the public in Florence, Italy.

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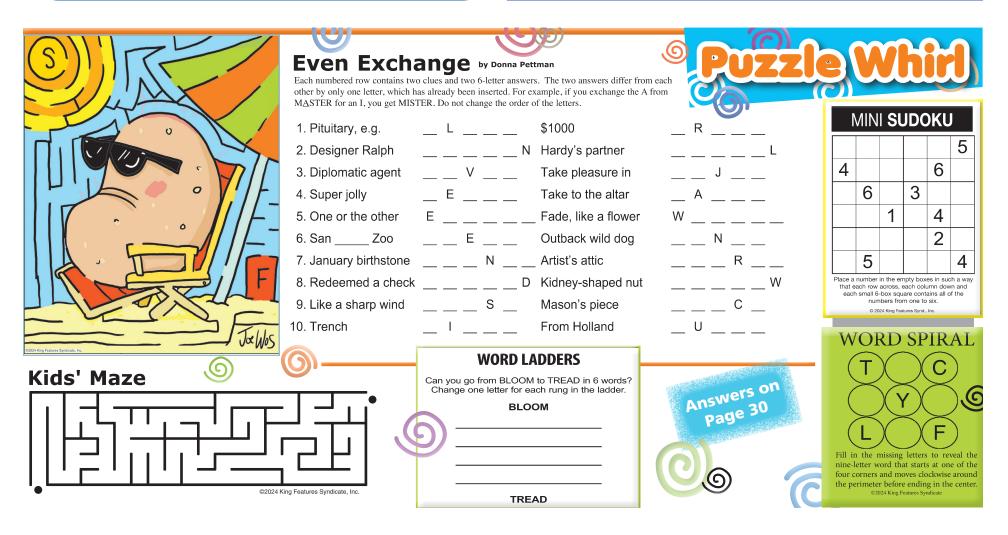
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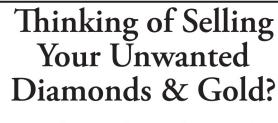
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#### <sup>hts-</sup> <sup>176</sup> **Notes... CE**, Continued from page 25

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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.

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work around the facilities. Contact Whitney at 256-762-1124 or Carla at 256-904-0517.

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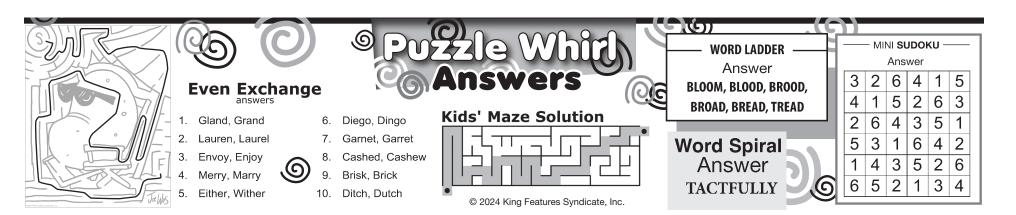
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#### Courier Journal / September 4, 2024

## **Medicare** Minute "ANOC Booklet"

Every September insurance companies are required to send Medicare beneficiaries an Annual Notification of Change (ANOC) booklet. This booklet is very important to the Medicare beneficiary, but most people just throw it away. This year, more than ever before, it is important to look at the ANOC information vou receive.

The Inflation Reduction Act (IRA) of 2022 has caused insurance companies to make radical changes in how they cover their members. Some of these changes are for the benefit of the members, but some will have a negative effect on their current coverage. Here are some of the things to look for when you receive your ANOC booklet:

One of the first things you will notice in your ANOC is whether there is a change in the premium of your plan. Some plans that had a \$0 premium in 2024 may have a premium in 2025. Plans that had a premium in 2024 could see a significant increase in that premium next year.

Another significant change is in the prescription drug part of your plan. Whether you are on a Medicare Advantage plan or a stand-alone drug plan you could be affected by the IRA of 2022. A positive change is no Medicare beneficiary that has a drug plan can pay more than \$2,000 out of pocket for their prescriptions. Who picks up the rest of the bill? Your insurance company. Because the insurance company must pay more, there may be a change in the tiers of your drugs or there could be a change in the formulary of your plan.

The last thing to look for in your ANOC is any change in the "extra benefits" a Medicare Advantage plan may offer. For example, you may see the amount of dental your plan has be reduced, or any over the counter benefit may change.

Again, this year, more than ever, it is important that you review your ANOC information. Remember, you have between October 15 – December 7th to make plan changes for 2025.

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



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