

**Ray Elected to NWAMA**

TUSCUMBIA—Dr. Nick Ray, lead pastor of the Sunnyside Church of God in Tuscombua, was unanimously elected president of the Northwest Alabama Ministerial Association for the 2024-2026 term. The Association consists of churches and congregations in Pickens, Lamar, Fayette, Walker, Winston, Marion, Franklin, Colbert, and Lauderdale counties. Ray has served the Sunnyside COG since 2020. The Hamilton, Alabama native is joined by Vice President Deric Rea, lead pastor of the Winfield Church of God, and Secretary Kim Smith, lead pastor of the Guin Church of God.



Ray earned a bachelor's degree from UNA, his master's from Lee University in Cleveland, TN, and his doctorate from the Pentecostal Theological Seminary in Cleveland, TN.

**WIC Looks for Input**

MONTGOMERY—The Special Supplemental Nutrition Program for

See SHORTs... on Page 2

Volume 140 Number 47

September 18, 2024

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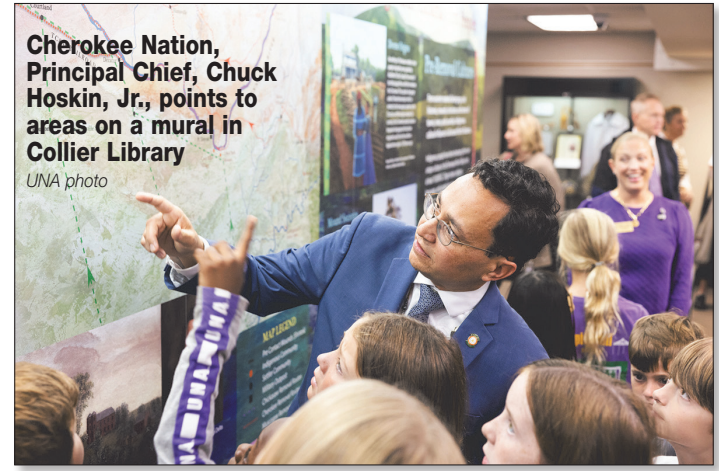
For information about advertising in premium positions like this, please call 256-740-4701.

**Mural Honors the First**

Cherokee Among Those Represented at Unveiling

FLORENCE—In a special ceremony that took place Thursday, September 12 in Collier Library on the UNA campus, citizens of the Cherokee Nation, including Principal Chief Chuck Hoskin Jr., along with those from the UNA community, were on hand to unveil a mural in honor of North Alabama's First Peoples, including Cherokees.

"It has been an honor to welcome Chief Hoskin and the representatives



**Cherokee Nation, Principal Chief, Chuck Hoskin, Jr., points to areas on a mural in Collier Library**  
UNA photo

See CHEROKEE.. Page 8

**BELOW... Workers lower the new SIGMA™ Voyager MRI Scanner into the building at North Alabama Shoals Hospital in Muscle Shoals**  
Courtesy photo



**New MRI Scanner Produces Images Sharper and Higher Quality**

MUSCLE SHOALS — North Alabama Shoals Hospital welcomed the arrival last week of patient imaging technology that integrates the latest advancements in Magnetic Resonance Imaging (MRI) with the sophisticated engineering of a 1.5T wide-bore system.

The new MRI scanner, a SIGMA™ Voyager from GE Healthcare, features contemporary architecture that enhances signal penetration and produces sharper, high-quality images. Designed with patient comfort in mind, the

See MRI... Page 10

**INSIDE this Issue**

**Automotive Inside NOW**

Ray Miller Buick-GMC  
Advance Auto Sales  
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• Ask the Attorney  
• Medicare Minute  
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• Cat & Kids  
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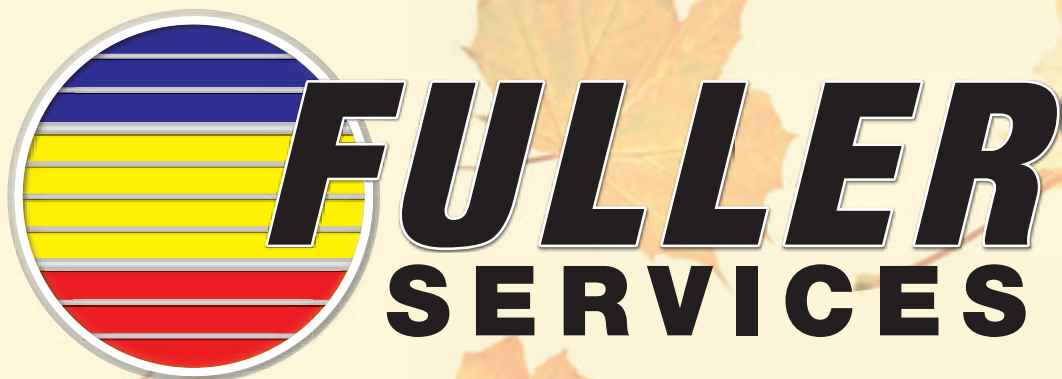
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# Shorts...

## WIC Looks for Input

Continued from Page 1

Women, Infants, and Children (WIC) provides nutrition education and supplemental foods, and serves pregnant, postpartum, and breastfeeding women, infants, and children up to age 5 whose family income is up to 185% of the federal poverty level. Special emphasis is placed on participation of infants, children, and high-risk pregnant women.

The WIC Program regulations require each state agency to establish a procedure under which members of the general public are provided an opportunity to comment on the development of the state agency plan.

Alabama WIC Program's 2025 State Plan of Program Operations may be reviewed through September 23 online [www.alabamapublichealth.gov/wic/index.html](http://www.alabamapublichealth.gov/wic/index.html).

Written comments may be e-mailed via <https://www.alabamapublichealth.gov/wic/contact.html> mailed to the following address by September 23, 2024:

Alabama Department of Public Health Bureau of Family Health Services – State WIC Office The RSA Tower, Suite 1300 201 Monroe Street P.O. Box 303017 Montgomery, AL 36130-3017 Ph. 334-206-5673

Alabamapublichealth.gov/wic/contact.html

201 Monroe Street P.O. Box 303017 Montgomery, AL 36130-3017 Ph. 334-206-5673

## Healing Place Will Benefit

MUSCLE SHOALS--Tidal Wave Auto Spa will host its 16th Annual Charity Day on Friday, September. The annual event benefits local charity and non-profit organizations in the respective communities of which Tidal Wave is a part. Tidal Wave will donate 100% of wash proceeds made across their footprint during the one-day philanthropic event.

This year, Tidal Wave Auto Spa's Muscle Shoals location at 2601 Avalon Ave in partnering with The Healing Place, a grief support center for children and families of Lauderdale, Franklin, and Colbert counties. The Healing Place will receive 50% of all proceeds this location at Friday's event.

The remaining 50% will be donated to the company's longtime corporate partner, Annandale Village, a non-profit organization dedicated to providing progressive life assistance to adults with developmental disabilities.

Over the event's 15-year history, Tidal Wave has donated over \$1,360,000, with over \$360,000 raised in 2023 alone. This year is set to be the company's largest Charity Day yet,



with 269 locations partnering with over 250 charitable organizations across their footprint.

The company was recently recognized as a 2023 Champion of Charity Honoree by Professional Carwashing & Detailing. In addition to Tidal Wave's annual Charity Day event, the company also gives back year-round through fundraising. Tidal Wave's fundraising program has helped raise an additional \$2 million for local organizations, eclipsing the \$3 million mark that goes toward organizations in the communities they serve.

## Monte Sano Art Festival

HUNTSVILLE – Prepare for an exquisite blend of nature's beauty and artistic creativity at this year's Monte Sano Art Festival, presented by Damson Automotive, on September 21 and 22 at Monte Sano State Park. The juried art festival will showcase over 130 local and regional artists and welcome select local food vendors and featured musicians and is a beloved Huntsville tradition.

"Set against the stunning scenery of Huntsville's state park, this juried showcase features carefully selected professional artists," said Allison Dillon-Jauken, Executive Director of Arts Huntsville. "From intricate jewelry and sculptures to

See SHORTS... on Pg 6

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Chicken Drumsticks \$1.59 Lb. Split Chicken Breast \$1.79 Lb.	Chicken Tenders \$2.99 Lb. Boneless Chicken Breast \$2.79 Lb.	Farm Raised Catfish Fillet 4 Lb. Box \$18.99 Chicken Leg Quarters 10 Lb. Bag \$8.99	Turkey Wings \$2.99 Lb. Pig Feet or Pig Tails \$1.99 Lb.







# Yard Sales

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)

**FLORENCE: Grace Bible Church Missions Yard Sale** 4660 Chisholm Rd Fri. 9/20 7AM - 1PM, Sat. 9/21 7AM - 1PM Tools, dishes, rolling cart, pictures, collectibles and much more! Inside & Outside. Cash/Check/CC accepted.

**FLORENCE NEIGHBORHOOD YARD SALE** 7150 Co. Rd. 73 Sat. 7am-until? Multiple Homes from Stutts Road to Co Rd 47, North of Lone Cedar Church of Christ, look for signs. "Cancelled if rain"

**MUSCLE SHOALS: THREE-FAMILY YARD SALE** 1002 Moss Ave Fri. and Sat. 7 am until ?

**LEIGHTON HUGE 10 FAMILY YARD SALE** 3200 Hwy. 157, near Cowboy Church, Fri. & Sat., Sept. 20th & 21st, 7am-until? No sales before 7 am

**FLORENCE: MULTIFAMILY YARD SALE** 7305 and 7321 Dalewood St Fri. 9/20 and Sat. 9/21 7 am to 4 pm Many collectibles, clothes, furniture, parts Harley and much more!

**FLORENCE GARAGE SALE** 2003 Broadway Blvd. and 1809 Huntington Way Off Cox Creek Pkwy. Fri. & Sat., 7 am-noon Toddler Bed, Toys, Recliner, Rugs, Dresser, Framed Art, Craftsman Pressure Washer, Air Purifier, Fire Pit & lots more!

**TUSCUMBIA: TWO-FAMILY CARPORT/YARD SALE** 1121 Hillendale Dr Fri. 7 am until? Furniture, antiques, tools. No clothes or toys, but lots of everything!



**FLORENCE: MICRO ESTATE SALE** 1721 Ingleside Avenue 9/21 Sat. 7 am - 12 pm, Vintage collectibles, antique farmhouse items, never used unopened items, Delta 14" band saw works as new. No clothes, toys or jewelry. Venmo, Cash App, Paypal accepted.

**FLORENCE YARD SALE** 205 Roxie Dr., Forest Hills Sub., Sat., 7 am-until? Jewelry, Shoes, Purses, Glassware, Toys, Bed Linens, Bed Comforter, Adult & Kid's Clothes, Yard Items and more! Everything Cheap!

**FLORENCE MULTI-FAMILY YARD SALE**, 341 Kingston Dr., Heathrow Sub., Sat., 7am-until? Household, Christmas items, Clothing and much more!

**Antiques Collectables Oakhills Estate Sale** 140 W. Oakhill Drive Florence, AL 35633

Antique Oak Desk, 1950s Coca Cola Coolers, Antique Pulley Collection, Griswold, Wagner Cast Iron, W Butcher Antique Plane, T & C Clarks Cast Iron, Pot, Concrete Statue Planters, Patio Furniture, Well Pump, Apple butter Cauldrons, Cast iron kettles Erie Pa, Air compressors, Shop power tools, Tool boxes full, Chain saws, Handmade hammock, Washer & dryer, Kenmore Freezer, Frigidaire refrigerator, Shelving, Duck collection

Please view photos on [estatesales.net](http://estatesales.net) September 20th 21st & 22nd

Friday 9:00-3:00, Saturday 9:00-2:00, Sunday 1:00-3:00

Numbers given out Friday & Saturday at 8:30 am

Cypress Creek Estate Sales 256-275-0273

**ST. BARTHOLOMEW'S CHURCH FALL BAZAAR** Vendors book now! \$30 for a space October 12, 2024 9 am to 5 pm 1900 Darby Dr. Florence, AL Call or Text: 251-635-5544

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**2008 SUZUKI C90 BOULEVARD,** saddle bag, windshield, sissy bar, running boards, 14,800 miles, \$3,600. 256-627-9671

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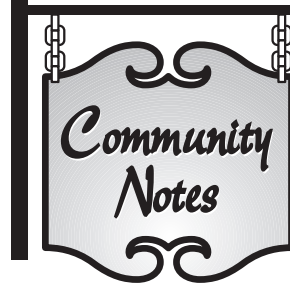


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**COMMUNITY NOTES** may be submitted for non-profit, civic or church-related events and published free of charge **AS SPACE IS AVAILABLE** in the Courier Journal. **Community Notes must be submitted in writing by 3pm Friday for consideration in the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

• Email to [editor@courierjournal.net](mailto:editor@courierjournal.net)

**Oakdale Missionary Baptist Church** 1215 E. Reeder Street in Florence welcomes all children to our new Children's Church Class! Ages "pottie trained" to 12 years. "Mrs. Trish" Robbins is Children's Director 10am Sunday School 11am Children's Church and regular Church Service with Kenneth Floyd, Pastor

**T.R.U. Fall Ride, Enjoy four days** of guided horseback riding trails and games, plus two nights of dancing with the Crooked Creek band at Seven Springs Lodge & Campground September 18-22, at 1292 Mount Mills Road, Tusculmbia. For more information or to make reservations, contact Jamie McCain at 256-483-2859.

**Join the Florence Lauderdale Visitor Center Friday, September 20,** from 4-8pm in celebrating a decade of welcoming visitors. Enjoy a night at McFarland Park, featuring live music by The Midnighters, delicious food trucks, kids' activities, a corn hole tournament, and a bubble station. Bring the whole family for an evening to remember! For more information, visit [www.theshoalsal.com](http://www.theshoalsal.com).

**Pink Alabama Annual Pink Run 2024 and Survivor Walk** will take place at Florence High School on Saturday September 28 at 8am. -- 5K Run and 1 Mile Fun Run Registration will begin at 7am. All proceeds will go toward Pink Alabama, a non-profit organization assisting local cancer patients. The event is presented by Pink Alabama and Alpha Phi Alpha Fraternity, Inc. Participants are asked to pay \$10 and survivors walk for free. Sign up at [www.pink-alabama.com](http://www.pink-alabama.com).

**Seasons of Change: A Benefit Concert for TVAA,** takes place September 21 at The Ritz Theatre in

downtown Sheffield. The musical theatre benefit concert showcases local talent from the Tennessee Valley. Enjoy an evening of songs that celebrate unity, compassion, togetherness, and love, featuring selections from beloved musicals like RENT, Dear Evan Hansen, Matilda, Pippin, Shrek: The Musical, Songs for a New World, Ragtime, Les Miserables, and more! The concert begins at 7pm. Tickets are \$15 and can also be purchased on the website. For more information, contact the Tennessee Valley Art Association at 256-383-0533 or visit [tennesseevalleyarts.org](http://tennesseevalleyarts.org).

**Bethel CPC will have their 126th Church Anniversary** - Sunday, September 22, at 11am. Rev. Michael Gordon, Pastor of Smith Grove M.B. Church will be the guest speaker. Bethel CPC is located at 408 E. Alabama Street in Florence.

**Florence Civitan Club Golf Tournament, October 11** - Robert Trent Jones Golf Trail at the Shoals. **Please register by September 27.**

Entry Fee includes: cart, green fees, range balls, drinks, breakfast, lunch, & goodie bag  
4-man scramble: \$500 per team  
Activities: Hole in one, closest to the pin, and longest drive  
Prizes for 1st, 2nd, and 3rd  
For questions or to register, contact Deanna Sledge 256-710-5497

**Shoals Artists Guild Meeting** Friday, September 20, 10am-Noon at the Southall-Moore House, next to the Kennedy-Douglass Art Center, Downtown Florence. For more info, contact Carolyn Wear, 256-710-6854.

See NOTES... page 9



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September 18



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**Week of Sept. 11 winner is**

**Joseph Smith of Florence**

who correctly guessed  
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Please view photos on [estatesales.net](http://estatesales.net)  
September 20th 21st & 22nd

Friday 9:00-3:00,  
Saturday 9:00-2:00,  
Sunday 1:00-3:00

Numbers given out Friday & Saturday at 8:30 am

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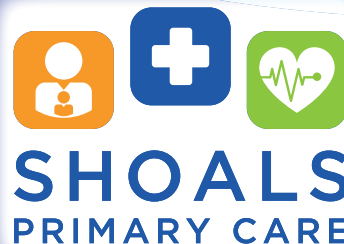
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## Shorts...

### Monte Sano Art Festival

Continued from Page 2

mesmerizing paintings and ceramics, the festival offers a diverse range of artwork to captivate both beginner and experienced collectors."

Celebrating September's Music Month, the festival will feature 12 local musicians on two stages presented by United Community Bank. Additionally, there will be a special performance from Opera Huntsville on Saturday at 4pm.

Local food trucks will be present throughout the weekend, and attendees will be able to dine al fresco on picnic tables placed throughout the food and beverage areas. A full list of artists and musicians is listed on the Monte Sano Art Festival page on the Arts Huntsville website.

Monte Sano Art Festival will be open to

the public from 9am-5pm on Saturday, September 21 and from 9am-4pm on Sunday, September 22 with no admission charge. However, Monte Sano State Park will charge a nominal fee of \$10 per car for parking or \$5 per walk-in festival attendee, cash only. All proceeds go toward supporting the state parks system.

For the full list of participating artists and additional information about the Monte Sano Art Festival and Arts Huntsville's programs, please visit the Arts Huntsville website or call 256-519-ARTS (2787). Arts Huntsville can be found on Facebook and Instagram at @ArtsHuntsville.

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**219 W. Tennessee St.**  
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or email to:  
[editor@courierjournal.net](mailto:editor@courierjournal.net)

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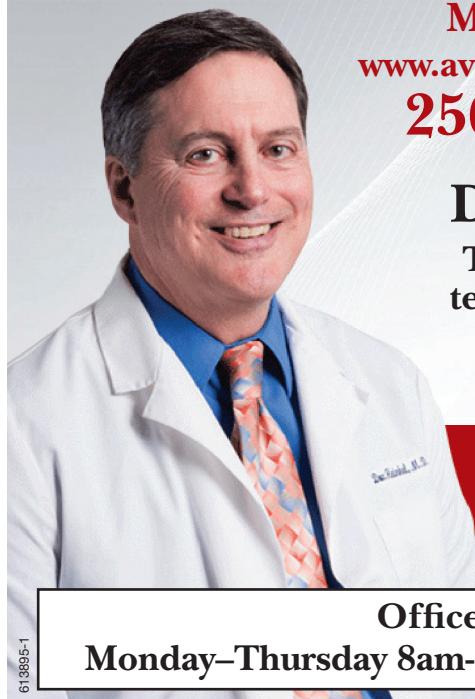
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**Cherokee...**

Continued from Page 1

from the Cherokee Nation to campus for this special event," said UNA President Dr. Ken Kitts. "As we approach our third century of delivering high-quality education, it is critical that we remember our history that is part of what got UNA to this place and honor those in whose footsteps we have the opportunity to follow." As part of the visit to campus for the mural unveiling, Chief Hoskin also had an opportunity to meet with campus and community leaders, to tour local sites, and meet with representatives from the Alabama Trail of Tears Association.

"The southeast was the original homeland of the Cherokee people, along with many other tribal nations," said Hoskin. "We appreciate UNA welcoming us to their campus and recognizing Indigenous Peoples and our contributions then and today."

Amber Fite-Morgan, UNA's General Counsel, is also a citizen of the Cherokee Nation; having the Cherokee Nation delegation at UNA for an event honoring Alabama's First People is very special.

"Being able to be at UNA and being able to bring the two worlds together is especially significant for me as a proud citizen of the Cherokee Nation," Fite-Morgan said. "It is so important that we continue to build on these relationships that make both stronger."

Dr. Sean Jacobson, an Assistant Professor in Native American and Public History, worked with the students in order to create the mural, the title of which is "Tears and Triumphs: Honoring North Alabama's First Peoples."

"Collaborative projects like these provide students with invaluable learning experiences," he said. "Students not only develop knowledge and creativity, but they also learn the importance of partnering with stakeholder communities to make history come alive. Directing this project has been a privilege to use history to bring communities together to foster respect and cultural understanding."

UNA and the Cherokee Nation have partnered in the past. In 2022, the two signed a Memorandum of Understanding that provided citizens and employees of the Cherokee Nation, which is based in Tahlequah, Oklahoma, the opportunity of discounted tuition at UNA. UNA was the first among schools in Alabama to take this step, and it was a first for the Cherokee Nation to partner with an institution outside its region.

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Here's the way the coverage gap works. Imagine you have a prescription that retails for \$500 per month. Your copay, hypothetically, is \$30. This means your plan would pay the rest of the cost or \$470. Medicare will track what you paid (\$30) and what your plan paid (\$470) and count the cost of the drug as \$500 for that month. Let's also say that the other prescriptions you are taking equals \$100 per month. You are now at \$600 per month. In this example you would reach the coverage gap sometime in September.

Under most plans in 2024 once you have reached the coverage gap your plan will temporarily stop paying anything on your drugs. This means you will be responsible for the entire cost of your prescriptions. The silver lining around this very dark cloud is Medicare has negotiated a discount on the drugs you use. Once you reach the coverage gap you will pay 25% of the cost of your drugs.

If you are eligible for Medicare but still on employer coverage you may wonder why you have never reach the coverage gap. This is because employer coverage does not have the "donut hole". The coverage gap only applies to Medicare prescription drug plans. Also remember that Medicare drug plans can vary which means your coverage in the gap can vary.

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



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# Community Notes...

Continued from page 4

**Thursday, September 26, 5:30pm** at the Florence-Lauderdale Public Library. "Manhunt: The Search for Vicky and Casey White - the Good, the Bad and the Ugly"

Join the chase with Rick L. Singleton (Author and Former Lauderdale County Sheriff) as he shares his personal account of the eleven day search for Casey White, an inmate who escaped while awaiting trial in a capital murder case, and Vicky White the Assistant Administrator of the Lauderdale County Detention Center who aided in his escape.

**Tennessee Valley Museum of Art will feature the works** of Dr. LaRue Harding and Muriel Harding Now - October 26.

The Hardings are both uniquely trained and inspired by modern art masters and have comfortably worked across a wide range of media - bronze sculpture, mixed-media sculpture, drawing, painting, and printmaking for more than thirty years. Their eclectic style draws upon a freely mixed integration of visual references from classical artworks and personalized approaches metamorphosed into distinctly new creations. As a pair, the Hardings' artworks comfortably play together in a harmony of forms and contrasting approaches. Admission is \$5. For more information, call 256-383-0533.

**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:**  
**Wednesday September 18,** Constellium (Element 13) 6am - 4pm  
**Thursday September 19,** Constellium, 6am - 6pm

**Grace Bible Church Missions Yard Sale,** Friday & Saturday, September 20-21, 7am - 1pm both days. Located at 4660 Chisholm Road, Florence. Inside/Outside - Check/Cash/Cards

**Prostate Cancer Awareness Seminar** September 21, 10AM-Noon. Sharon's Arms Non-Profit & High Street Wellness Team invites all interested individuals to join us!

Guest Speakers: Dr. Richard Pearlman, Alliance Cancer Care and Dr. Mark W. Smith, Shoals Urological Associates.

Please come out and learn about the disease that is spreading among men throughout our community. Great information from experts, door prizes and much more will be given!

High Street Church of Christ, 500 High Street, Tuscumbia.

**The Florence Camerata will resume rehearsals Thursday, October 3** at 6:30pm in the choral room at UNA for our Holiday concert Thursday, December 5.

Florence Camerata is a popular community chorus that performs three major concerts each year as well as occasional smaller performances as requested. Our conductor is Rebecca Rockhill, a well-known and appreciated choral director who has worked with high school and college choirs in the area for decades. Our collaborative pianist is Karen Cantrell. She is also well-respected for her work with choirs and soloists statewide.

The Florence Camerata welcomes new singers. For more information, please call 256-810-9512.

**The Full Moon Players and Cypress Moon Studios in Sheffield** have a great fall and holiday show season this year.

"Something Wicked This Way Comes" written by Ray Bradbury, is set for October 3-6. "The Haunting of Hill House" written by Andrew F. Leslie from the novel by Shirley Jackson is November 7-10. Tickets for each of the fall shows are

\$15 in advance and \$20 at the door. "Million Dollar Quartet Christmas" written by Colin Escott will have meet and greet with dinner for Full Moon membership Patrons and a sneak peak of the show Wednesday, December 4. The play opens December 5-8 and December 12-15. Tickets are \$20 in advance and \$25 at the door. Visit [cypressmoonstudios.org](http://cypressmoonstudios.org) or call 256-335-6961 for tickets or more information.

**Carden Circus, Prepare to be amazed at Longhorn R Arena,** 2576 3 Mile Ln, Tuscumbia, AL! We've got all-new, never-before-seen acts that will leave you and your family in awe. Enjoy laughter and wonder with stunning contortionists, mesmerizing aerialists, and captivating music and magic. Plus, get up close with our magnificent elephants, camels, and more for a once-in-a-lifetime experience! The show runs from 6:30-9pm on September 25. For tickets and more information, visit [tickets.spectacularcircus.com](http://tickets.spectacularcircus.com).

**Officer Eudy Live at The Ritz Theatre,** Catch Kevin Eudy, the small-town police officer turned social media sensation, live at The Ritz Theatre, 111 West 3rd Street, in Sheffield September 27. Kevin's hilarious and heartfelt TikTok videos, especially those featuring stories about his daughter, Scoot, have captivated audiences everywhere. Join us for a night of laughs and relatable humor straight from everyday life. Doors open at 7pm, with the show starting at 8pm. Tickets are available online. For more information, visit [madhattershoes.com](http://madhattershoes.com) or call 256-383-0533.

See NOTES... page 11

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**MRI...**  
 Continued from Page 1

flexible coil design and innovative applications significantly reduce scan times while improving image quality.

"Our entire team is excited to welcome the new MRI unit into our facility," said Braxton Holloway, Chief Operating Officer at North Alabama Shoals Hospital. "We are enhancing both the quality of care and the experience we provide to our patients with upgraded technology and a fully renovated MRI suite."

Magnetic Resonance Imaging (MRI) is a cornerstone asset in any hospital imaging department. Utilizing a powerful magnet, radio waves, and a computer, MRIs generate detailed digital images of the inside of a patient's body. They are particularly effective for visualizing soft structures such as organs and for identifying areas of bleeding, making them essential for diagnosing and monitoring conditions in the chest, abdomen, pelvis, and beyond.

The new MRI suite includes a private changing room, bathroom, and waiting area. This capital investment project also includes the installation of copper plates to line the room, which will shield the MRI from external magnetic interference and contain the magnetic field within the operational area. The previous MRI, which had been in service for approximately 20 years, was removed on June 21.

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1997 BUICK LESABRE	1G4HP52K5VH569568	2009 HONDA CIVIC	1HGFA16529L022191
1992 CADILLAC DEVILLE	1G6CD53B7N4315389	2008 HONDA ACCORD	JHMCP263X8C079160
1996 CHEVROLET S-10	1GCCS19X8T8177026	2005 HYUNDAI XG350	KMHFU45E55A380105
1999 CHEVROLET 1500	1GCEC19R8XR107338	1998 INFINITI I30	JNKCA21A7WT624963
2001 CHEVROLET SILVERADO	1GCEC19V01Z269176	2005 JEEP LIBERTY	1J4GL48K15W692660
2005 CHEVROLET TRAILBLAZER	1GNDS13S752309644	2002 JEEP LIBERTY	1J4GL58K62W109369
2010 CHEVROLET TRAVERSE	1GNLRHED5AS130625	2012 KIA OPTIMA	KNAGM4A7XC5280021
2011 CHEVROLET HHR	3GNBABFW4BS636257	2007 LEXUS IS 250	JTHBK262672026185
2007 CHEVROLET AVALANCHE	3GNFK12397G115985	2006 MERCURY MILAN	3MEHM08156R630950
2019 CHRYSLER 300	2C3CCAAG3KH758715	2008 MERCURY MOUNTAINEER	4M2EU48E58UJ02457
2002 DODGE NEON	1B3ES56C22D626967	2006 NISSAN ALTIMA	1N4AL11D06C154191
2015 FORD FOCUS	1FADP3K20FL259307	2009 NISSAN ALTIMA	1N4AL21E39N456453
2007 FORD FOCUS	1FAPP34N27W173044	2009 NISSAN ALTIMA	1N4AL21EX9N531441
1999 FORD CONTOUR	1FAFP6636XK201142	2016 NISSAN ALTIMA	1N4AL3AP6GN352995
2019 FORD ESCAPE	1FMCU0HD3KUB45131	2009 NISSAN SENTRA	3N1AB61E89L678977
2006 FORD FREESTYLE	1FMDK03196GA49938	2005 NISSAN SENTRA	3N1CB51D15L555459
1996 FORD EXPLORER	1FMDU32P0TZA35389	2000 PLYMOUTH NEON	1P3ES46C2YD659372
2005 FORD ESCAPE	1FMYU02Z35KD99626	1996 PLYMOUTH GRAND VOYAGER	2P4GP4432TR772852
2004 FORD F-150	1FTPW14574KC31397	2006 PONTIAC TORRENT	2CKDL63F866142939
2001 FORD F-150	1FTRW07W41KA75998	2003 TOYOTA TORRENT	4T1BF28B43U278532
2006 FORD FUSION	3FAHP07176R192724	2018 TOYOTA TACOMA	5TFAX5GN4JX121055
2004 GMC ENVOY	1GKDT13S842230931	2004 TOYOTA RAV4	JTEHD20VX40016464
2007 GMC YUKON	1GKFC130X7J348576	2008 TOYOTA SCION	JTKKU10438J029125
2003 HONDA ACCORD	1HGCM56613A087241	2012 VOLKSWAGON PASSAT	1VWAH7A36CC061562
		2012 VOLKSWAGON PASSAT	1VWCH7A39CC099487

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## Notes...

Continued from page 9

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

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 month membership)

For more information, email: shoalswritersguild@gmail.com

**Ladies Day at Jacksonville Church of Christ**, will celebrate Ladies Day on Saturday, October 12, with speaker Betty Hamblen. The program begins at 10am with church doors opening at 9:30am. Lunch will be served in the annex. All ladies are welcome. Jacksonville is at 414 County Road 28, Florence.

**Shoals Area Invasive Plant Project at Deibert Park**, 2810 Darby Dr, Florence. Sept. 27, 9am-Noon

Join us for the last session 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](http://www.aces.edu/go/shoalsinvasives)

This is the last event date for 2024:  
September 27 - Cane Creek Nature Preserve, Tusculmbia

For this event 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 20, 10:30am - 11:30am . *Every Friday* at the Muscle Shoals Public Library. Caregivers must remain with children for all programs.

See NOTES... page 27

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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.

**Meet Cookie.** Yes cookie is as sweet as her name. This beautiful dog dog has amazing markings and coat. She would love to be your couch snuggler and best friend. She's the kind of dog who knows if you have had a bad day and will help make you smile. She would love a weekend sleep over. the adoption fee is currently \$85 and include everything your new pet needs to be on track for a happy, healthy life: vaccines, a microchip, spay/neuter, and heartworm test. Please call or come by **Florence Lauderdale animal services 256-760-6676** to meet this sweet girl.



Cookie



Seth

**Meet Seth.** Seth is energetic, fun and full of personality. He loves attention and would love to go home with you and play. He would be a great dog to take out for those with an active life. Please come meet him or take him for doggies day out. the adoption fee is currently \$85 and include everything your new pet needs to be on track for a happy, healthy life: vaccines, a microchip, spay/neuter, and heartworm test. Please call or come by **Florence Lauderdale animal services 256-760-6676** to meet this sweet boy.

**Meet Simmons.** This sweet sweet boy loves to smile. He's eager to find a home to know what true love is like. He would be a great family dog for someone. Come take him home for a weekend to play. the adoption fee is currently \$85 and include everything your new pet needs to be on track for a happy, healthy life: vaccines, a microchip, spay/neuter, and heartworm test. Please call or come by **Florence Lauderdale animal services 256-760-6676** to meet this super cool pup.



Simmons



Fred

**Meet Fred.** 1.5 year old catahoula mix. Great with kids and dogs. Has been ok with cats at the shelter. Housetraining currently on a schedule. Available for \$85. Will include neuter, rabies and all current vaccines, de fleaing and de wormer. For more info please contact the **Colbert County Animal Shelter at 256-381-4073.**

**Meet Ambria.** 2 year old domestic short hair. Very sweet with a gorgeous coat! Use to being around other cats. Loves kids and already spayed! Available for \$85. All vaccines, de wormer and defleaing are up to date. For more info please contact the **Colbert County Animal Shelter at 256-381-4073.**



Ambria

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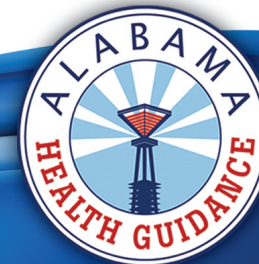
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Commentary

# Real Time Fact Check Failures

With my Wednesday inbox being barraged by claims of falsehoods, exaggerations, twisted logic, and outright lies from Tuesday night's Presidential debate, I thought I'd try to find the inaccuracies in the accusations.

When I did a Bing search for "Trump and Harris debate lies," the references that came up were from the following organizations in order: Raw Story, The Hill, Salon, Huff Post, CNN, The Guardian, FactCheck.org, CBS News, Washington Post, PBS. I find it interesting how I was fed all left-leaning sites on the first page, but that is a story for another time.

The references read as expected, most citing some two dozen less-than-truthful comments from Trump. We'll get to all that shortly.

First off, a tip of the cap to Kamala Harris for her even-tempered presentation, shedding the last three and a half years by keeping a clear focus on the future, and bottling up her laugh for the 90 minutes.

See **FACT CHECK...** on Page 18

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

*In A Few Words*



**TOM MAGAZZU**  
Editor

# Courier Journal

in the *Shoals*

# THIS WEEK

September 18, 2024

*Happening*  
**THIS WEEK**

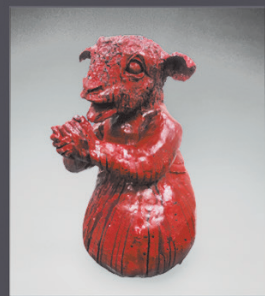
## Furtherance of 5



FLORENCE—The Kennedy-Douglass Center for the Arts is pleased to present Furtherance, a current UNA Alumni Ceramic exhibition that continues through October 25. Five artists are featured in this exhibit, including Marissa Childers, Peyton Lawler, Summer Hall, Lucas Stephens, and Allye Grisham.

"The exhibition, Furtherance, celebrates the journeys of five talented University of North Alabama art alumni

See **FIVE ARTISTS...** Page 17



**THE MUSCLE SHOALS NATIONAL HERITAGE AREA** has unveiled a new traveling exhibit titled "The Memphis & Charleston Railroad Bridge: Connecting the Shoals." The exhibit will be on display at the Helen Keller Public Library, 511 North Main Street in Tusculum from Now - October 4. This exhibit explores the historic significance of the Old Railroad Bridge, a vital link between Sheffield and Florence. Scholar Clayton Davis, MSNHA historic preservationist and primary author of the National Register of Historic Places nomination for the bridge, will present a thought-provoking discussion on the topic September 22. For more information, visit [msnha.una.edu](http://msnha.una.edu) or call the library at (256) 383-7065.

**A SPECIAL EVENING WITH PAM TILLIS** will take place Sunday, September 22 at 7pm in Norton Auditorium. Don't miss this Grammy Award winner and Grand Ole Opry member, Pam Tillis, as she headlines the next Legends in Concert Series at UNA. Proceeds benefit Shoals Scholar Dollars. Tickets are available at [shoalsscholardollars.com](http://shoalsscholardollars.com).

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## YOUR Letters

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

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219 W. Tennessee St., Florence, AL 35630
- **e-mail: [editor@courierjournal.net](mailto:editor@courierjournal.net)**
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## Updated Marker?

Editor,

In the past, the Florence City Council (FCC) has held discussions about moving the confederate monument at the Lauderdale County Courthouse to the section of the Florence City cemetery where many confederate soldiers are buried. The FCC has been unable to do this because of an Alabama state law that restricts such action and the uncertainty of the monument not being on city-owned property.

For several months, the FCC and Project Say Something (PSS) have worked on the wording for a marker that would give context to the Confederate monument. PSS wants

to place this monument outside the Lauderdale County Courthouse in proximity to the confederate monument. In May of this year, the FCC voted on placing the marker and it was defeated by a 3-2 vote. Council President Jordan, and Councilmen

Oliver, and Edwards voted against the marker. Councilwomen Simmons and Eubanks voted for it, and Councilman Griffin was absent from the meeting. (Credit to a *TimesDaily* article for much of this information.)

A copy of the marker proposal voted down in May was recently obtained from the office of the Florence City Clerk. The Resolution for the marker stated City Council "authorizes the placement of an historical marker in the right-of-way in the southwest corner of Court and College Streets in front of the Lauderdale County Courthouse."

If an agreement is reached on the marker, Florence citizens have a right to review it before a final FCC

*... Southerners die younger than other Americans. We know the reasons...*



See **LETTERS...** on Page 20



# STRANGE but TRUE

By Lucie Winborne

- **Baby porcupines** are known as porcupettes.
- **In the early 20th century**, California's Glass Beach was used as a trash dump. Decades of ocean tides have cleared the beach and polished discarded bottles and automobile tail lights into collectible pebbles of sea glass.
- **In 1939**, Hitler's nephew wrote an article titled "Why I Hate My Uncle." He came to America, served in the Navy and settled on Long Island.
- **Continental plates** drift as fast as fingernails grow.
- **Nineteenth-century British surgeon** George Merryweather believed leeches could predict the weather. Sadly, his "tempest prognosticator," displayed at the Great Exhibition in 1851, failed to catch on.
- **Viking burials** included board games.
- **Child star Shirley Temple** reportedly didn't love her famous curls,

preferring instead the cropped 'do of her hero, Amelia Earhart.

- **Remember this when you're attempting to settle a dispute** with currency: When you flip a coin, there is a slightly greater chance that it will end up on the side it started.
- **The NASA Vehicle Assembly Building** in Florida is so huge it has its own weather.
- **Women in traditional Rwandan societies** avoid eating goat meat, as it's believed this will cause them to grow a beard.
- **The record for the longest tire skid** was set in 1964 at the Bonneville Salt Flats in Utah.
- **Walt Disney World** is a surprisingly popular place for people to scatter the ashes of their deceased loved ones. Unsurprisingly, the "Happiest Place on Earth" takes a dim view of the practice, saying that anyone bringing human remains onto the property will be asked to leave.

- **The modern popped collar** originated as a way to keep tennis players' necks from getting sunburned.

*First Thought for the Day: "What sculpture is to a block of marble, education is to a human soul." -- Joseph Addison*

- **Beethoven went out of his way** to ensure his morning coffee was made with exactly 60 beans per cup.
- **In the hit film "Back to the Future,"** the time machine was originally an old fridge. According to HuffPost, "Ultimately, it was determined that it probably was not a good idea to use a refrigerator in such a manner as kids might want to reenact the scene."
- **Up until the beginning of the 19th century**, models were not used to showcase clothes. Fashion companies would use dolls instead.
- **Pentheraphobia** is the intense and disproportionate fear of your mother-in-law.
- **To ensure Queen Elizabeth II** received her food on time, clocks in the royal kitchen at Windsor Castle were set five minutes ahead.
- **While they might look the same**, Jenga blocks have subtle differences in

dimensions to make their construction less stable. Each brick is a different size and weight, so no two games are alike.

- **As a souvenir from his trip** to the Middle East, French author Gustave Flaubert brought home a mummy's foot and kept it on his working desk.
- **Herrings** communicate through farts.
- **In 1916**, Adeline and Augusta Van Buren

became the first women to travel across the country on two solo motorcycles. They made it despite frequently being arrested for the "crime" of wearing pants.

- **Galileo's middle finger** is on display at the Museo Galileo in Florence, Italy.
- **In 2009**, a team of scientists searched Scotland's Loch Ness for evidence of Nessie.

While the fabled monster remained elusive, they at least recovered more than 100,000 golf balls.

*Second Thought for the Day: "Nobody grows old merely by living a number of years. We grow old by deserting our ideals. Years may wrinkle the skin, but to give up enthusiasm wrinkles the soul." -- Samuel Ullman*

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# Cat & Kids

by Cathy Turner

## Thanks Fully Noted

It has always been my thought that thank you notes are not necessary between close friends or family. Since we are together, thank yous can be sweeter and stronger said in person. I prefer thank yous that end in a hug. Who knows, my assertion may come from laziness or from a family culture that did not write thank you notes.

But the other day, I got a note from my 37-year-old, mother of two, businesswoman, leader in her community, lover of life, provider of fun, do-it-all-right-now daughter, Lora. My thoughts when I saw her handwriting on the little square envelope were, "Why is Lora sending me a card? She didn't have to do

that. She probably wrote it in the middle of the night." I smiled. The note said, (I print this with permission) "Dear Mom, thank you so much for coming to be with my babies while I was in NYC. And thank you for filling Jericho's closet with school clothes. And thank you for sitting up with my boy while he was sick. I don't know where we would be without you always taking care of us and praying for us. Somehow you are holding this family together even with a broke hip lol! I will never forget how you carried me, Ran and G through our 30s. I want to do the same for my kids when I grow up. Love you, Lora."

After I read her note, I immediately called Lora to thank her for her thank you note. She said that she had just had a moment when she was thinking about how much I had been doing for everyone, and she added, "I bet that you never thought that you

would be doing so much parenting at this point." I paused, and then I had to agree with her. I said to her, "We have been through some stuff."

What I was recalling was the strained times in our relationships when our children shared their perspectives of their childhood, and how we sometimes missed what was happening with them or to them. These discussions were hard and they hurt my feelings. But even then I couldn't just quit them. Parents stay and wait and pray and learn. I am their mother.

The other thing I meant was that our children have been through some difficult stuff - divorce, business closings, surgeries (i.e. open heart surgery), births, job searches - life.

What is natural to me is to go to them. How do people let things interrupt love? It's such a waste of life's time. I only want to keep mothering, supporting, and caring for our children. They are our children. And, being together gets us together.

This is not the first thank you note that I have gotten from a child of ours, but I just wanted to share this one because it was just godly and well-timed, and because it reminded me of how much I love being a mama. So please, go ahead, send a written thank you to a close friend, loved one, or your mama. She will read it over and over again. Don't be stubborn or lazy. Just do it!

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# Five Artists...

Continued from Page 12

who have advanced their careers in ceramics beyond their Bachelor of Fine Arts degrees," said Aaron Benson, UNA Chair of Visual Arts and Design. "Each artist has furthered their education through the pursuit of a Master of Fine Arts (MFA) or a Post-Bachelor program, bringing their unique talents and concepts to the medium of clay. From intricate sculptural pieces that challenge traditional forms and concepts to innovative functional works that blend textiles and architecture with utility, their creations reflect a deep commitment

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We are warned at least 3 times in the sacred book not to mess with the TEXT. 1. **Proverbs 30:6** "Add thou not unto his words, lest he reprove thee, and thou be found a liar." 2. **Jeremiah 23:36C** "for ye have perverted the words of the living God, of the LORD of hosts our God." 3. **Revelation 22:18** "For I testify unto every man that heareth the words of the prophecy of this book, If any man shall add unto these things, God shall add unto him the plagues that are written in this book." SEE ALSO VERSE 19. The first liar and sinner was here before Eve lusted and fell. See Genesis 3 and read it. Read and study also: **Psalms 138:2C** "and for thy truth: for thou (GOD) hast magnified thy (GOD'S) word above all thy (GOD'S) name." **Hebrews 10:29** "Of how much sorer punishment, suppose ye, shall he be thought worthy, who hath trodden under foot the Son of God, and hath counted the blood of the covenant, wherewith he was sanctified, an unholy thing, and hath done despite unto the Spirit of grace?" There are at least 4 things that the lost world is going to get nailed heavily for at the white throne judgment. 1. Correcting the perfect word of God. 2. Trodden under foot the Son of God. 3. Counting the blood of the covenant an unholy thing. 4. Done despite to the Spirit of grace. SEE ABOVE PASSAGES. This lost, critically destructive, self-righteous religious world is in for a real rough meeting with Almighty God! There is no way to sugar-coat this judgment! This world will be faced with videos of their entire lives about their corrections, motives, methods and reasons and excuses for rejection of Jesus Christ and his holy word! Education, money, high offices, titles and religions will mean nothing then! The last words you may ever hear are: **Matthew 7:23** "And then will I profess unto them, I never knew you: depart from me, ye that work iniquity." **Revelation 20:15** "And whosoever was not found written in the book of life was cast into the lake of fire." ETERNITY IN FIRE IS A LONG TIME TO BE WRONG. Are you ready? It's coming!  
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Commentary

Fact...

Continued from Page 12

She was well-prepared, didn't give Trump any ammunition, and took the fight to him by pressing his frustration button most of the night.

That said, it was obvious she was not up there alone.

It became evident early on that ABC's World News Tonight anchor David Muir, and Prime anchor Linsey Davis, had the prearranged soft spot for Harris. She was pitched underhand softballs that seemed to have ready-made answers waiting to leap out of her mouth. Had she been unsure of the questions or topics, her answers would have included a pause for thought processing and would have been presented more tentatively.

In addition, with those embellishments, distortions, and falsehoods flying in both directions, Muir and Davis took turns chastising and correcting Donald Trump on five

occasions. Not once did either take exception to anything Harris uttered. Sure, Trump pushed the envelope more often, taking liberties with figures - inflation claims, crime statistics, equipment left/investment made in Afghanistan, stereotyping immigrants, etc., but there were plenty of opportunities for some of Harris' statements to be reined in.

They were not. Muir opened the debate with a brief preface and then asked Harris, "Do you believe Americans are better off than they were four years ago?" Harris countered instantly with her own answer to a non-existent question.

"So, I was raised as a middle-class kid..." (her first lie - She was upper-middle, the daughter of two PhD's) and then she went on for another 1:55 about her 'economic plan' that consisted largely of assorted additional handouts. She never touched on the Muir's question and was not called or questioned by either Muir or Davis on the avoidance.

There were several instances where Trump also wanted to avoid a topic in favor of an alternative point, yet the moderators brought him back demanding an answer to their questions.

Here are just a few other examples of where Harris was way off base.

Harris asserted that Trump would preside over the installation of a Big Brother-style surveillance of every pregnancy in America.

"In his Project 2025 there would be a national abortion—a monitor that would be monitoring your pregnancies, your miscarriages," Harris said, without any moderator's intervention. That was a flat lie, and numerous legacy media outlets have confirmed that the allegation has no basis in fact whatsoever.

Harris attempted to deny Trump's charge that the Democratic Party supports late-term abortion by denying such abortions take place. "Nowhere in America is a woman carrying a pregnancy to term and asking for an abortion," she deflected. The truth is that 21 states allow abortion until birth. Six have no legal limit

protecting unborn children, and the rest allow abortion after the point of 'viability' thanks to a vague and expansive exception centered around the "health of the mother." Late-term abortions are well-documented. They may not be close to the majority of procedures, but they ARE an issue and far-too prevalent. Trump was accurate.

The issue of abortion AFTER birth also surfaced during the debate, as Trump cited comments made by former Virginia Governor, Ralph Northam, about allowing babies born alive during birth to die—a position Trump called "execution after birth." Moderator Davis responded to Trump's comments on abortion by saying, "There is no state in this country where it is legal to kill a baby after it's born." That was one of several statements from Trump during the debate that media voices described afterward as a false claim, when in fact, it is true.

Maybe they can't cut the newborn up with instruments outside the womb like they can inside, but in many states the doctors and nurses can walk off, turn out the lights, and leave the struggling baby on a cold metal table to fight for life on its own.

Northam's own words: "I can tell you exactly what would happen. The infant would be delivered. The infant would be kept comfortable. The infant would be resuscitated if that's what the mother and the family desired, and then a discussion would ensue between the physicians and the mother."

Many other examples and testimonies mirror that. Whistleblowers have noted on numerous occasions (many in great detail) that abortionists regularly allowed children to be born alive, then allowed to die by neglect.

Minnesota passed legislation in 2015 that required the Minnesota Department of Health to establish a detailed record of every attempted abortion where the baby was born alive, what was done to help preserve the newborn's life, and how successful those efforts were. Previous

data from the Minnesota Department of Health reveals that physicians have been leaving babies to die after failed abortions for years. Eight survived abortions in the state from 2019-2021 alone. Most were left to die. None survived

Tim Walz, the state's Democratic governor from 2019-present and Harris' Democratic vice-presidential nominee, decided that Minnesota would no longer even keep track of born-alive babies, repealing the bipartisan law in May 2023. He also nullified the state's requirement that measures be taken to preserve the baby's "life and health," replacing it with the coldest of vagaries of offering "care."

There are a lot more examples we could detail but the piece is already long. Suffice it to say that Trump was on target again, and Davis was off base, and in CYA mode for Harris.

Harris asserted that, "Donald Trump the candidate has said in this election there will be a bloodbath if the outcome of this election is not to his liking." She knew that was a lie, that Trump used the term in an economic/financial sense related to the automotive industry. However, the two supposedly neutral arbiters of truth remained silent.

Harris repeated misinformation that Trump praised neo-Nazis and white supremacists at the 2017 Unite the Right rally in Charlottesville, VA saying that Trump said, "There were 'fine people' on each side." That claim has been debunked by every news source, and even on the left leaning Snopes.com. She knows it, but she was still allowed to throw it out for some 67 million people to digest yet again, and neither moderator called her on it.

There are several other examples of Harris not being corrected, while they couldn't pick on Trump enough.

Of course, ABC was lauded by liberal commentators and social media mavens for its excellent work.

Again, not at all surprising.



**HOCUS-FOCUS** BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Tree trunk is different. 2. Spout on watering can is longer. 3. Cap is larger. 4. Hair is shorter. 5. Mountain is different. 6. Flower is different.

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## Letters...

### Updated Marker?

Continued from Page 12

vote. Please note that FCC has not posted minutes online since August of 2019, after posting them for many years.

(Vote'em out in '25!)

Due to this failure, it is up to the FCC to provide a copy of final wording to the *Courier Journal* and the *TimesDaily* for printing prior to a final vote.

I will comment on one sentence in the wording. It states, "The citizens of Florence understand that the Confederate monument was erected 38 years after the Civil War as an attempt to instill fear and hopelessness into Black Lauderdale County citizens."

The FCC is elected only by citizens of Florence. Therefore, the FCC should limit wording to Florence citizens. The Lauderdale County Commissioners are elected by Florence and Lauderdale County voters and may speak for all citizens.

FCC and PSS are

continuing to work on the marker and hopefully an agreement will be reached.

Bill Smoak  
Florence

### Still a MAN's World?

Editor,

This is a time where women are thriving. I look around me and all I see are strong women. Women who work full time, raise their kids, support their families, crush their goals, the list is endless! Who runs the world?? GIRLS, right!?! (Shoutout to Beyoncé).

So, why is it that in Florence in 2024, we still can't get proper coverage in the local sports section when they've had the information given to them for over 3 months now? We are trying to shine the light on a hard-working woman from the Shoals -- she is way past due to receive her flowers.

Olivia Dyan Watkins is the woman of the hour. Olivia is a former

Florence high school softball standout and graduate, a tremendous person, athlete, and role model. She is a Western Kentucky graduate, earned a master's degree from Boston College, is a retired professional softball player, AND a Division I softball coach at Duke University. She has most recently been promoted to Associate Head Coach following a record-breaking season at Duke where they made it to the College Softball World Series for the first time in program history. That's a huge deal in the world of sports! Olivia and the staff also received the southeastern region coaching staff of the year award for their outstanding leadership and success.

Even in a man's world, you can't find a much bigger story for front page of your local newspaper's sports section than what Olivia has achieved. This badass WOMAN needs her own mic drop moment.

Kelley Murphy  
Florence

### His Unwise Promises

Editor,

As of June this year it costs 868 billion dollars to maintain our debt or 17% of the total federal spending. Trump's tax cuts are expected to add nearly 2 trillion dollars to the deficit by 2028. If allowed to continue these cuts would raise the federal debt to 211% of GDP compared to about 100% today. Trump has also pledged to cut taxes even further which would cause our deficit to grow even faster.

Trump's other big promise is to begin the largest deportation operation in American history. One fifth of undocumented workers are employed in construction, comprising around a third of the roofers. Deporting these workers would raise the price of a \$300,000 home by over \$40,000. Half of farmworkers are undocumented. Deporting these workers would raise the cost of hand-picked crops by 21%. Meat prices would soar as one fourth of meat processors are undocumented. The cost of whole milk would double. About 350,000 undocumented work in health care, 142,000 are child care and home health aides, 160,000 are cleaners and house keepers. Unauthorized workers pay \$13 billion annually in social

security but are not eligible for benefits. They also pay \$35 billion in taxes. Many households have both citizens and undocumented. Mass deportation would separate families and slash incomes, plunging millions of families into poverty. These are people that pick our crops, build our houses, clean our hotel rooms and empty our bed pans. When Trump talks about mass deportation he's talking about destroying the quality of life that Americans enjoy.

Michael Broder  
Florence

### Healthcare Access Vital

Editor,

Southerners die younger than other Americans. We know the reasons:

- Unhealthy diets of fried and sugary foods contributing to obesity and greater prevalence of chronic diseases like heart disease, Type 2 diabetes, stroke, and certain types of cancer
- Higher rates of tobacco use, and sedentary lifestyles

- More residents than average live without health insurance. Rural and poorer communities have insufficient access to doctors, hospitals, preventive healthcare, etc. due to lower state spending on healthcare.
- A higher proportion of

residents live in poverty. Lower income levels correlate with negative health outcomes due to poor food and housing access, etc.

- Drug addiction takes a heavy toll - overdosing, chronic health conditions, economic instability and other factors shortening lifespan.

- Higher than average rates of gun-related homicides and suicides.

- Legacy of structural racism, including poorer access to quality healthcare and significant health disparities.

- More extreme heat events with longer hot seasons in the South due to climate change. This increases risks for heat-related illnesses, especially for the elderly, outdoor workers, and those with pre-existing conditions.

Alabama has the third lowest life expectancy. The age-adjusted death rate of Alabamians from heart disease (the leading cause) was 42% higher than the overall heart disease death rate in the US.

Medicaid expansion, lower drug prices, the Affordable Care Act and other programs can improve our quality of life and longevity.

We must elect representatives who support improved access to healthcare and health education for all - and especially for those who need it most.

Dan Waterman  
Killen

See LETTERS...on 26

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<input type="checkbox"/> UCLA at	<input type="checkbox"/> Utah at
<input type="checkbox"/> LSU	<input type="checkbox"/> Oklahoma St.
<input type="checkbox"/> NC State at	<input type="checkbox"/> Baylor at
<input type="checkbox"/> Clemson	<input type="checkbox"/> Colorado
<input type="checkbox"/> Florida at	<input type="checkbox"/> Tarleton St. at
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<input type="checkbox"/> Michigan	<input type="checkbox"/> Austin Peay

**WK 4 Saturday Sept. 21**

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**DEADLINE: FRIDAY, 6PM SEPT. 20**

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

**TIE BREAKER**  
Write Exact Score Below

<input type="checkbox"/> Arkansas at
<input type="checkbox"/> Auburn

name \_\_\_\_\_

address \_\_\_\_\_ city \_\_\_\_\_ state \_\_\_\_\_ zip \_\_\_\_\_

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**Week 2 - Saturday, September 7 Winner: JOHNNY SMITH of Town Creek**

**Enter online at [www.courierjournal.net](http://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.



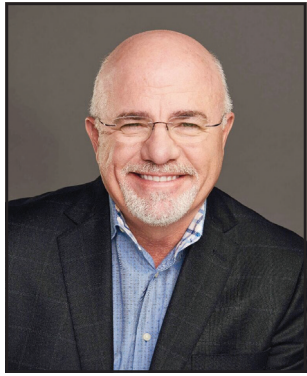
**RULES:** You can only enter for yourself, not other people. Only one entry per person per week. Only one winner per week. Winners must present a photo I.D. when picking up their gift certificate(s). Check the box beside the appropriate picks for the first 11 games, then write in the exact score of 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.





# DAVE Says

by DAVE RAMSEY



take their foot off the gas. The idea that "free" money is coming in can help them rationalize sitting at home on the couch, instead of working hard to find another job and being extra careful with their finances. I'm not hearing that kind of mentality from you, though. And it's obvious you and your wife have been pretty smart with your finances.

One more thing I'd suggest is making sure you look at your severance package as survival money *only*. Make a strict budget and stick to it. Cut out *all* excess spending. That means no eating out, vacations or anything like that until you're working again and everything's back on solid ground. Right now, focus on covering your Four Walls. By that, I mean food, utilities, shelter and transportation. Feed your family, keep the electricity on, pay the mortgage and put enough gas in the car to get where you need to go.

Everyone hits a rough stretch of road in life from time to time, Brandt. But you two are in a position to handle it better than most. Just remember what got you to such a good place

with your finances in the first place. The discipline muscle is already there, and it's strong. Just flex it, and it'll help get you through this and back on your feet again!

— 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.*

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## YOU'VE ALREADY PAID FOR IT

Dear Dave,

We've been following your plan for a while. We're debt-free, except for our home, and we have six months of expenses set aside in our emergency fund. Recently, I lost my job. I'm luckier than some, because received a generous severance package from my previous employer, plus my wife still has a good job. My parents always raised me to take care of things myself and not rely on others. I suppose it's because of this I feel a little guilty about filing for unemployment compensation. Do you think there's anything morally wrong with accepting unemployment benefits?

Brandt

Dear Brandt,

I really appreciate your self-sufficient attitude. I don't know what happened at your last job, but I've got a feeling you're a hard worker and a decent guy. I'm sorry you and your wife are having to deal with this kind of situation. The Social Security system in this country is a mathematical failure. But that doesn't mean I'm not going to take my money when I deserve it. The government took it from me in the first place, so I don't have a problem with accepting something I've already paid into.

Now, I'll throw out a warning here. Sometimes when people start receiving unemployment benefits, it causes them to



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**WILL BE ON REVIEW FOR 30 DAYS beginning 8am on Monday, September 9, 2024 and ending at 5pm on Thursday, October 10, 2024**

on City of Florence website [www.florenceal.org](http://www.florenceal.org) and in the Florence Planning and Community Development Department.

Comments concerning this plan may be submitted via email to [cdbg@florenceal.org](mailto:cdbg@florenceal.org). For any questions, please call (256) 760-6453.



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**Answers on Page 30**

**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. Mare or colt          | __ R __ | Rambler or split-level | __ U __ |
| 2. Not in class          | __ B __ | Concurrence            | __ S __ |
| 3. Downpour              | __ G __ | Hoodwink               | __ D __ |
| 4. Robust                | __ R __ | Conveniently located   | __ N __ |
| 5. Run like a track star | __ T __ | Planting season        | __ G __ |
| 6. No longer little      | __ W __ | Grumbler's sound       | __ A __ |
| 7. Squirm                | W __    | Chuckle                | G __    |
| 8. Unimportant           | __ O __ | Coal worker            | __ E __ |
| 9. Decline               | __ E __ | Teacher's message      | __ O __ |
| 10. Hard-hearted         | __ R __ | Beer mug               | __ I __ |



**MINI SUDOKU**

		4	6		
					2
1					6
		5		3	
			4		
	6				5

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

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- Who sang the theme song for the TV series "Secret Agent Man" in the 1960s?
- What is the Hully Gully?
- Who released "Blue Suede Shoes" before Elvis Presley did?
- Name Patti LaBelle's first No. 1 single.
- Name the song that contains this lyric: "Late at night I'm still listening, Don't waste my time chasing sleep."

**Just Joking**

**Why did the snake cross the road?**  
To get to the other ssside.

**Why are fish so smart?**  
Because they live in schools.

**WORD LADDERS**

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

READY

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

SLAMS

**Puzzles4Kids** by Helene Hovanec

**CODED RIDDLE**

Change each letter to the one that comes immediately BEFORE it in the alphabet to find a riddle and its answer.

Here's a copy of the alphabet to guide you:

ABCDEFGHIJKLMNOPQRSTUVWXYZ

IPX EP ZPV NBLF TFWFO FWFO?

\_\_\_\_\_

ZPV KVTU UBLF UIF "T" BXBZ!

\_\_\_\_\_

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**Trivia test** by Fifi Rodriguez

- GEOGRAPHY:** Mount Vesuvius overlooks which modern Italian city?
- MYTHOLOGY:** What kind of creature is half bird and half woman with an alluring song?
- SCIENCE:** What is a common name for iron oxide?
- FOOD & DRINK:** What kind of pastry is used to make baklava?
- MOVIES:** What is the name of Elle's chihuahua in "Legally Blonde"?
- MEDICAL:** What is a common name for bruxism?
- LITERATURE:** Prospero is a character in which of Shakespeare's plays?
- ASTRONOMY:** How many stars make up the Big Dipper?
- U.S. STATES:** Which state's nickname is The Sunflower State?
- ANIMAL KINGDOM:** Which is the only continent without bees?

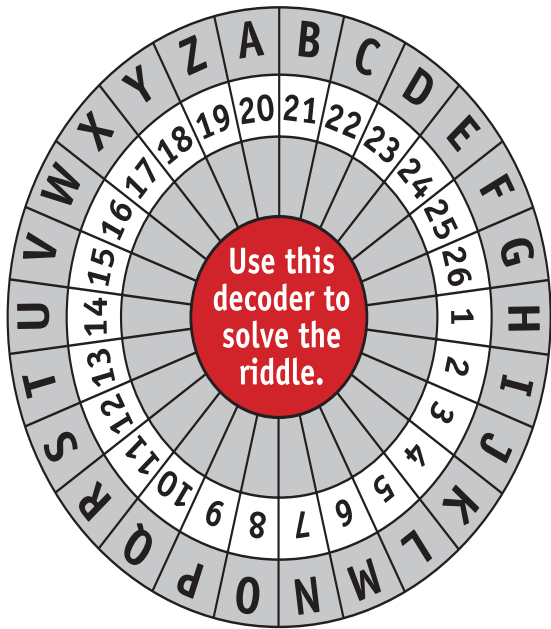
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# SECRET CODE

What two things can't you have for lunch?

21 | 11 | 24 | 20 | 4 | 25 | 20 | 12 | 13 | & | 23 | 2 | 7 | 7 | 24 | 11



Answers on Page 30

# Brain Zone!

## Florence Historian Billy Warren



### TVA Now 90 Years Old

Last year (2023), the Tennessee Valley Authority (TVA) celebrated its 90th birthday, as it was signed into law by President Franklin D. Roosevelt in 1933. (See the accompanying photograph of that Valley-changing law being signed.) The goal of this massive undertaking was not just the production of cheap, reliable electrical power for homes and businesses throughout the Valley; it was also the improvement of residents' lives through better farming techniques, high-quality education for the children and young people, excellent recreational opportunities, control of the periodic floods, etc. Locally, whole villages of houses were established for TVA workers and administrators. (In Florence, many of these houses were purchased in the 1950's by a corporation formed by Mr. Clyde Anderson and Mr. B.F. O'Steen and moved from TVA property to Wilson Dam Road, where they are still enjoyed by families today.) A school for children of families who lived on the TVA Reservation served students in grades 1 through 8. Its methodology was based on the progressive educational philosophy of John Dewey. A park for the public's enjoyment was established on both sides of the Tennessee River, with that same space in Florence known today as Veterans Park. But in the eyes of local citizens who were alive in the 1930's, FDR was revered because, in their often-repeated words, "He lit up the Valley with dependable electricity."

--Billy Warren, City Historian (brwarren@florencal.org)

## BIBLE TRIVIA

by Wilson Casey

1. Is the book of Luke (KJV) in the Old or New Testament or neither?
2. What just and devout man held the baby Jesus when Mary and Joseph presented Him at the temple? *Cyrenius, Ham, Simeon, Zara*
3. Which of these books comes before the other three in the Old Testament? *Nahum, Ecclesiastes, Lamentations, Daniel*
4. What sign sealed God's promise not to destroy the earth ever again by a flood? *Solar eclipse, Rainbow, Full moon, Ocean wave*
5. From Proverbs 29, what does the fear of man bring? *A snare, Redemption, Love of life, Death*
6. Whose daughter found the infant Moses in the river? *David, Pharaoh, Solomon, Timothy*

## FiFiND THE TWINS

WHICH TWO ARE EXACTLY ALIKE?



## GO FIGURE!

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

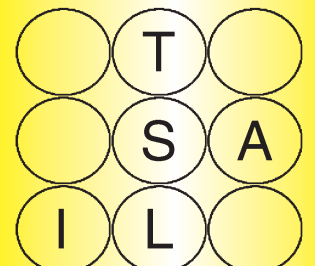
	+		÷		=	1		
+		-		-				
	-		÷		=	2		
x		÷		x				
	-		x		=	40		
=		=		=				
66		2		56				
1	2	3	4	5	6	7	8	9

DIFFICULTY: ★★

★ Moderate ★★ Difficult  
★★★ GO FIGURE!

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## WORD SPIRAL



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

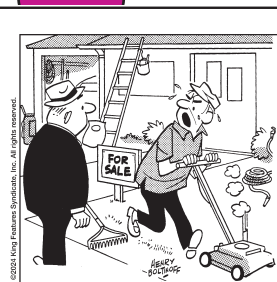
## CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: D equals F

MIPO MUTGZ RUT NPGG P  
 QEUTX UD NJEOPCY HKPGG  
 DGPODCHI OIPO HOPEO P  
 NUKXPYR OUQJOIJE?  
 NU-DGUTYZJEH.

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"I'm moving back to the city for my \_\_\_\_\_!"

## SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Chide  
**BEATER** \_\_\_\_\_

Revise  
**GNACHE** \_\_\_\_\_

Lithe  
**RIMBLE** \_\_\_\_\_

Annoy  
**THEORB** \_\_\_\_\_

**TODAY'S WORD** \_\_\_\_\_

## Kids' Maze

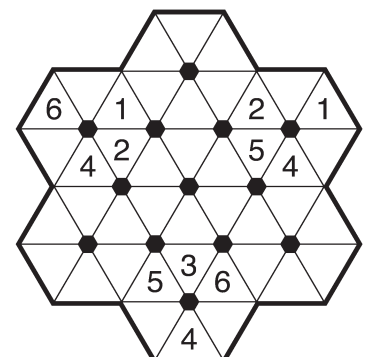


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## SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



DIFFICULTY THIS WEEK: ◆◆◆◆  
 ◆ Easy ◆◆ Medium ◆◆◆ Difficult

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# Letters...

## Guarantees Not in Social Security

Continued from Page 20

Editor,

Most people believe Social Security is a contract with the government. You pay FICA taxes and are paid back these funds upon retirement. THIS ISN'T SO! There is a Federal Accounting Journal Entry labeled Social Security. However, for the last 57 years its income has been treated like every other entry in the Federal Accounting system. The total content is subject to the needs of the Federal Budget and also may be used for any purpose deemed appropriate by Federal politicians.

In 1967, the Supreme Court ruled in (Flemming v. Nestor) that the legislation authorizing Social Security contained no wording indicating the government has a contractual obligation to pay back our Social Security contributions.

Flemming v. Nestor left Washington politicians free to spend Social Security funds for any other purpose, which they have been doing for decades, depleting Social Security funds, so that full benefit payments may soon be reduced.

The Social Security Act was signed into law by President Roosevelt on August 14, 1935. The new Act created a social program designed to pay retired workers aged 65 or older a continuing income after retirement.

This raid on Social Security began back in 1967, by L.B.J. to hide his growing budget deficits. In 1990, in a bi-partisan effort, Senator John Heinz (R-Pa.) and Senator Fritz Hollings (D-S.C.) called out this raid on Social Security but to no avail.

Our \$33 trillion national debt continues to sky-rocket and Social Security is getting closer to FICA taxes being less than funds need to make even reduced payments. Currently there are three bills slowly moving through the House of Representatives, each containing wording indicating FICA taxes

are a specific contract between the taxpayer and the government. Congress cannot use these funds for any other purpose without voter approval and pay back over time the trillion plus dollars raided by previous politicians for their pet projects.

You ask, "At my age, health situation, and on a fixed income, what can I do? Contact relatives, neighbors, church members, club members, personal service members, previous co-workers, and those I've probably overlooked, strongly suggesting they contact their US senators and congressional representative and tell them to support any bill meeting the criteria in the above paragraph.

Alabama Senators and the Representatives for our area:

- Senators: Tommy Tuberville - Katie Britt
- Representatives: 4th District - Robert Aderholt 5th District - Dale Strong

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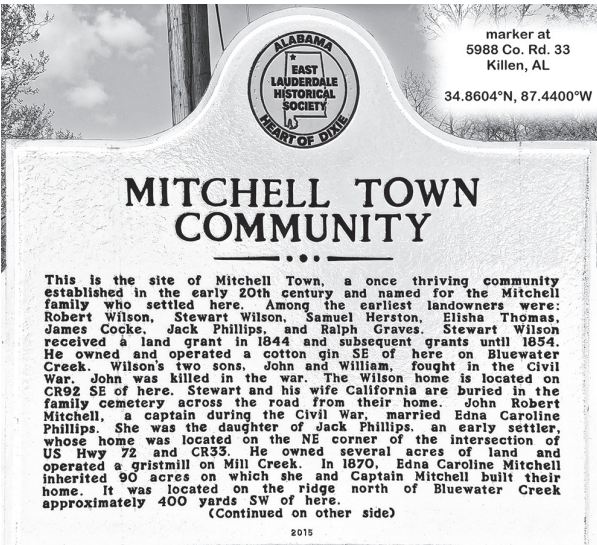
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## SIGNS OF THE PAST



Location: 34.8601°N, 87.4399°W

The Mitchell Community was east of Killen, 1½ miles north of US-72. The town was named for the Mitchell family, many of whom settled there. This marker is a reminder that towns are not "forever". Some fade away due to changing economic conditions and other factors.

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

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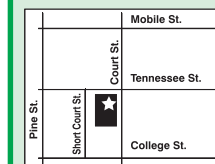
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# ASK THE ATTORNEY



**Thomas McCutcheon**

Ask the Attorney is sponsored by local attorneys, McCutcheon & Hamner, P.C., as a service to the residents of NW Alabama.

## Common Problem

This week I spoke with a very nice gentleman who was disappointed with my opinion of his case. He felt as if the legal system was in some way broken. It's not, but it's the way it is for a reason.

Here's what we're talking about. This gentleman had worked in a well-respected industry and was living off of his social security. He had a wreck that was not his fault. Money was tight and he did not go to the hospital or a doctor. He did not go to a chiropractor or a nurse practitioner. He toughed it out for over a year. He cut back on his activities and struggled to make

himself comfortable. After 14 months he sees a doctor for the first time and gets an MRI. The gentleman then discovers that he has a herniated disc.

I believe the man is telling the truth. He had no medical history prior to the accident because he didn't go to the doctor. If he had seen a doctor on a regular basis for yearly check-ups, we would know that he probably had a good back or at least he hadn't complained about it.

I tried a case in Huntsville for a very nice lady whose first complaint of shoulder pain was four months after the accident. She didn't complain about her shoulder to the ambulance crew or to the emergency room. She didn't mention it to her doctor nine days after the accident. She had shoulder surgery, and I valued that case between \$65,000.00 and \$75,000.00 for a variety of reasons personal to her case such as how likable she was, how provably honest she was and the poor result she got from the surgery. The jury gave me \$6,500.00. Not \$65,000.00. When I interviewed the jury after the trial, they felt that because she was so active with no complaints for four months, she could have injured her shoulder in one of the many activities she engaged in.

The legal reality is that a doctor has to say that the accident more likely than not or "probably" caused the injury that you are seeking compensation for. We've seen cases where people believe their cancer came out of remission or they're concerned that perhaps their ability to reproduce has been compromised. Without a doctor's opinion, you don't win. Without documentation of treatment, your case isn't what it would have been. If you're not hurt, don't say you are. If you are hurt, go tell the doctor.

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

Please send the questions to: "Ask the Attorney," P. O. Box 38, Florence, Alabama 35631 or visit our website at: [www.mhatty.com](http://www.mhatty.com)

facebook: McCutcheon and Hamner, P.C.

We will not print your full name in the article. We will not be able to return any written or preprinted items which are submitted.



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## Notes...

Continued from page 11

**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 [dgsoc.com/50thASFDC](http://dgsoc.com/50thASFDC)

**Toddler Time Storytime (Ages 18-36 months)** - September 17 & 24, 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, September 18 & 25, 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.

**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!

**The Final 2024 Trip Florence Senior Center's Travel Club** (Diamonds in the Rough) is to Pigeon Forge, Nov. 18-22, - \$1086 dbl/\$1335 single.

A world of motorcoach travels awaits you in 2025. Get your daily steps in with us.

San Antonio, Feb. 16-22, - \$916 dbl/\$1135 single. The Ark Encounter, April 7-11, - \$815 dbl/\$1014 single. Virginia Beach/Williamsburg/Norfolk, May 4-10, - \$1130 dbl/\$1419. Cape Cod & Martha's Vineyard, July 12-20, - \$1370 dbl/\$1675. Beautiful Vermont, - Oct. 11-19, - \$1698 dbl/\$2277 single. Lancaster Show & Dutch Country, Nov. 16-22, - \$1130 dbl/\$1337 single.

Trips are open to the public with no age restrictions. Travelers must be able to get on and off the bus several times as day. A \$75 deposit holds your space until final payment is due. Make checks or money orders payable to Diamond Tours, NO CASH PLEASE. For more information, contact the Club at 256-760-6642 or [Fdvais@florenceal.org](mailto:Fdvais@florenceal.org)

The Florence Senior Center/Florence Parks & Rec - 450 Country Club Drive in Florence.

**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](http://enf.elks.org/MVS) or contact Dr. Jean Love, Scholarship Coordinator at Shoals Elks Lodge 2860 at 256-762-5043.

**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

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

Additional Tuesday: December 10.

**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 [theshoalstheatre.org](http://theshoalstheatre.org).

See NOTES... page 30

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## Peripheral Artery Disease (PAD) Awareness Month Aims to Empower Those at Risk of the 'Silent Amputator'

September is Peripheral Artery Disease (PAD) Awareness Month, a time to educate and empower people to act against the most debilitating disease they haven't heard of—or know that they have.

PAD affects more than 10 million Americans and is a factor in 400 amputations each day, making it the largest cause of nontraumatic amputations in the United States. Yet among Black and Hispanic adults, nearly 80% report never having a doctor or healthcare provider discuss PAD with them. PAD Awareness Month is the time to 'kick off the conversation' and change that.

That's why the PAD Pulse Alliance, a coalition of four leading medical societies dedicated to improving vascular health, developed



PADPulse.org, an online portal that offers a wealth of resources for patients and caregivers. These include an interactive patient toolkit, links to find a physician, and animated videos that help explain PAD.

"PAD silently amputates, affecting millions of Americans, many in underrepresented communities, who unfortunately are often unaware of the risks, symptoms, or consequences of this disease until it's too late," said Dr. James B. Hermiller, MD, MSCAI, president of the Society for Cardiovascular Angiography and Interventions (SCAI), a founding member of the PAD Pulse Alliance. "Now is the time to make a difference. We hope getting a 'pulse on PAD' can save lives, limbs, and livelihoods. We encourage you to share the Patient Toolkit with your friends and family who are at risk of PAD."

The PAD Pulse Alliance includes the Association of Black Cardiologists (ABC), the Society for Cardiovascular Angiography and Interventions (SCAI), the Society of Interventional Radiology (SIR), and the Society for Vascular Surgery (SVS). Together, they represent over 20,000 physicians and health professionals and a wealth of expertise in treating PAD. Launched earlier this year, the Get a Pulse on PAD campaign has reached millions through social media, digital influencers, and media outreach to spread the word and engage with the public.

"PAD is not merely a cardiovascular issue; it is a public health crisis that quietly drives unnecessary amputations, causes disabling generational impairment, and claims lives—especially among Black and Hispanic populations. We are dedicated to closing the gaps in awareness and care, ensuring that everyone, regardless of race or background, is equipped with the knowledge and resources to safeguard their health. This month, and every month, we must elevate the dialogue about PAD, empower our communities with essential information, and advocate for equitable access to life-saving care," said Dr. Foluso Fakorede, MD, CEO of Cardiovascular Solutions of Central Mississippi and co-chair of the Association of Black Cardiologists PAD Initiative.

PAD occurs when plaque builds up in the arteries that supply blood to the legs, causing reduced blood flow and oxygen to the muscles. This can result in leg pain, cramping, or fatigue while walking or climbing stairs, which often goes away after rest. PAD can also cause wounds or ulcers on the legs

See **ARTERY...** on Page 29



# Artery...

Continued from Page 28

or feet that do not heal or changes in skin color, temperature, or sensation. If left untreated, PAD can lead to gangrene, amputation, stroke, or death.

"Patients often dismiss common signs of PAD as part of normal aging because they are not aware it could signal a serious health problem," said Dr. Robert J. Lewandowski, MD, FSIR, president of SIR. "This is why the PAD Pulse Alliance urges patients to talk to their doctors about persistent symptoms that disrupt their lives so they can be screened for PAD early. This is especially true for patients who have a history of diabetes, high blood pressure, or tobacco use."

The PAD Pulse Alliance urges everyone to know the three steps to get a pulse on PAD:

- Know your risk factors
- Don't ignore symptoms
- Kick off the conversation with your doctor.

"Delayed or denied care is a critical driver for higher rates of amputation in minority communities," said Dr. Matthew Eagleton, MD, president of the Society for Vascular Surgery. "Statistics show that Black people are twice as likely to suffer from PAD and up to four times more likely to undergo an amputation compared to white people, and Hispanics also experience worse outcomes, including greater amputation risk. Our goal in establishing the PAD Pulse Alliance is to make sure patients have easy access to limb-saving information."

The PAD Pulse Alliance invites everyone to join the campaign and help spread the word about PAD, especially during PAD Awareness Month. For more information, visit [www.PADPulse.org](http://www.PADPulse.org) or follow the campaign on social media using #PulseonPAD.

## NEED HELP?

CONTACT 2-1-1

Your link to community resources



# Savvy SENIOR

## What Are the Early Signs and Symptoms of Diabetes?

Dear Savvy Senior,

*What are the early signs and symptoms of diabetes? I'm 60 years old, and in pretty good shape, but was just diagnosed with type 2 diabetes. What did I miss?*

Diabetic Dan

Dear Dan,

The signs and symptoms of type 2 diabetes can be so mild that many people miss them. That's why testing is so important. Here's what you should know.

According to the Centers for Disease Control and Prevention more than 38 million Americans have diabetes today, and another 97 million have prediabetes, but many of them don't even know they have it.

Type 2 diabetes is a disease that develops slowly over decades. Most people have prediabetes for a long time before the disease becomes full-blown diabetes, and even then, it progresses gradually.

Diabetes occurs when your blood glucose, also called blood sugar, is too high. This excess blood sugar damages blood vessels and affects circulation, putting you at risk for a host of ailments, from heart attack and stroke to blindness, kidney failure and nerve damage.

### Signs and Symptoms

So how can you tell if you have diabetes? The earliest signs, which are usually subtle, including urinating more frequently (often at night), being thirstier and hungrier than usual, weight loss without trying, feeling very tired, having dry itchy skin and blurry vision.

And the symptoms that can indicate advanced diabetes and long-term damage has occurred includes cuts or sores that heal slowly, having more infections than usual, and pain or numbness in your feet or legs.

### Who Should Get Tested?

Because prediabetes typically causes no outward symptoms, and the signs of early type 2 diabetes can easily be missed, the only way to know for sure if you have it is to get a blood test.

Everyone age 45 years or older should consider getting tested for diabetes, especially if you are overweight with a body mass index (BMI) above 25. See [CDC.gov/bmi](http://CDC.gov/bmi) to calculate your BMI.

If you are younger than 45 but are overweight, or have high blood pressure, a family history of diabetes, or belong to an ethnic group (Latino, Asian, African or Native American) at high risk for diabetes, you should get checked too.

To help you determine your risk for diabetes, the American Diabetes Association (ADA) has a quick, online risk test you can take for free at [Diabetes.org/risk-test](http://Diabetes.org/risk-test).

### Diabetes Tests

There are three different tests your doctor can give you to diagnosis diabetes. The most common is the "fasting plasma glucose test," which requires an eight-hour fast before you take it. There's also the "oral glucose tolerance test" to see how your body processes sugar, and the "hemoglobin A1C test" that measures your average blood sugar over the past three months. It can be taken anytime regardless of when you ate.

Most private health insurance plans and Medicare cover diabetes tests, however, if you're reluctant to visit your doctor to get tested, an alternative is to go to the drug store, buy a blood glucose meter and test yourself at home. They cost around \$20.

If you find that you are prediabetic or diabetic, you need to see your doctor to develop a plan to get it under control. In many cases lifestyle changes like losing weight, exercising, eating a healthy diet and cutting back on carbohydrates may be all you need to do to get your diabetes under control. For others who need more help, many medications are available.

For more information on diabetes and prediabetes or to find help, join a lifestyle change program recognized by the CDC ([CDC.gov/diabetes-prevention](http://CDC.gov/diabetes-prevention)). These programs offer in-person and online classes in more than 1,500 locations throughout the U.S.

Send your senior questions to:

Savvy Senior,  
P.O. Box 5443,  
Norman, OK 73070,  
or visit [SavvySenior.org](http://SavvySenior.org).  
Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.



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# Community Notes...

Continued from page 27

**The Batting Brigade Quilt Guild, meets (October 14)** 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 9:30am. Any

questions, please call Liz at 601-590-4367 leave message if no answer.

**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.

Hole-in-one New Car Prize sponsored by the Long Lewis Foundation. Hole Sponsorships available \$100. For questions or to register... Office

256-760-1581, Rocky Beck 710-7133 or Adam Beck 762-6499.

**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.

**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, formal, 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, Tuscumbia. Rotating exhibits at the hall of fame highlight accomplishments of area music achievers. Details: 256-381-4417.

**Volunteers are needed** at Florence Lauderdale Animal Services. All ages and interests are sought. It's an ideal option for high school students who need service letters for scholarships, or just want to contribute, and have specific/tight windows of availability. Volunteers can be those who like to work with animals, or those who would rather just do other work around the facilities.

Contact Whitney at 256-762-1124 or Carla at 256-904-0517.

**Club (Florence Senior Center) and Diamond Tours Diamonds in the Rough** 2024 trip Information. www.GroupTrips.com/TheClub

- 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/rags Shoals/>

**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.

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## Brain Zone! ANSWERS

**WORD LADDER**  
Answer  
**READY, READS, BEADS, BEAMS, SEAMS, SLAMS**

**FLASH BACK**  
POP ROCK & SOUL TRIVIA BY MICK HARPER

**Answers**

1. Johnny Rivers. The show was the American version of the British "Danger Man" series.
2. A dance that started in Florida in 1959. It was a line dance with the steps being called out. The dance has been seen several times, including in "The Blues Brothers" film and a "Roseanne" episode.
3. Carl Perkins, who both wrote and released the song in 1956. His version went to No. 1 on the charts. Presley's did not even hit the Top 10.
4. "If Only You Knew," in 1983, on the R&B charts. It only hit No. 46 on the Hot 100 chart.
5. "Pilot of the Airwaves," by Charlie Dore in 1979. This was the final song played in 1990 by Radio Caroline, an uncensored, illegal radio station that broadcast from the open seas. It was named for Caroline Kennedy, daughter of President John F. Kennedy.

**Even Exchange**  
answers

1.	Horse, House	6.	Grown, Groan
2.	Absent, Assent	7.	Wiggle, Giggle
3.	Deluge, Delude	8.	Minor, Miner
4.	Hardy, Handy	9.	Lesson, Lesson
5.	Sprint, Spring	10.	Stern, Stein

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

**Trivia test** by Fifi Rodriguez

1. Naples.
2. Siren.
3. Rust.
4. Phyllo or filo.
5. Bruiser.
6. Teeth grinding.
7. "The Tempest."
8. Seven.
9. Kansas.
10. Antarctica.

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7	-	4	x	9	=	27
-		+		-		
5	+	6	+	8	=	19
÷		x		÷		
2	+	3	÷	1	=	5
=		=		=		
1		30		1		

**CryptoQuip**  
answer  
What would you call a group of certain small flatfish that start a company together?  
Co-flounders.

**Puzzles4Kids**  
Answer  
How do you make seven even?  
You just take the "S" away!

**BIBLE TRIVIA**  
by Wilson Casey

ANSWERS: 1) New, 2) Simeon, 3) Ecclesiastes, 4) Rainbow, 5) A snare, 6) Pharaoh


Comments? More Trivia? Gift ideas? Visit [www.TriviaGuy.com](http://www.TriviaGuy.com).

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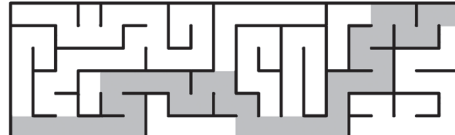
**Word Spiral Answer**  
**GASLIGHTS**

**SCRAMBLERS**  
solution  
1. Berate; 2. Change; 3. Limber; 4. Bother  
Today's Word  
**HEALTH**

**FIND THE TWINS**

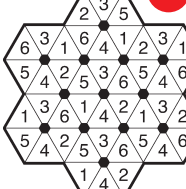



**Kids' Maze Solution**



**SECRET CODE**

What two things can't you have for lunch?  
**Breakfast & Lunch**









# Northwest RC&D Announces 17 New Grant Winners

MUSCLE SHOALS – Northwest Resource Conservation & Development (RC&D) Council gathered with members of the Colbert County Legislative Delegation and local leaders to announce approximately \$123,000 in grants that were authorized to serve 17 local municipalities and nonprofit organizations in Colbert County.

The State of Alabama has funded RC&D for over 25 years, which has created a giant investment back into the people of Alabama.

State Senator Larry Stutts calls this event one of the fun parts of the job, and said he is always glad to see taxpayer funds coming back home.

“People on the local level know best how to use funding to create projects that serve on the ground level and it’s good to know people working together locally are making Alabama a better place to work and live. I am always glad to see your tax money returned for local use,” said Sen. Stutts.

State Representative Jamie Kiel thanked the local organizations in attendance for taking the initiative to apply for funds and investing back into their communities.

“Your leadership and love for our county allows us to know that taxpayer money is being well spent and our citizens know how to stretch dollars further because we don’t

have as many additional sources of revenue as other areas in the state, so I applaud you for your efforts and thank RC&D for working with us to support these projects,” said Rep. Kiel.

State Representative Kerry “Bubba” Underwood said that the projects completed by local organizations make it easy to continue supporting RC&D.

“There are no greater neighbors to have in this state like the folks that live and work here and it’s a beautiful place to be because of our people,” said Underwood, “I want to thank you for helping people locally and when you need a little funding

seeing these great results make it easier for us to find ways to say yes in the future.”

Northwest RC&D is one of nine RC&D councils throughout Alabama. It covers Lauderdale, Winston, Marion, Colbert and Franklin counties. The Northwest RC&D mission is to improve the quality of life of residents by the reasonable and responsible protection of the natural and human resources of the Tennessee Valley. To learn more about Northwest RC&D and its programs please visit <https://nwalrcd.org/>.

## Northwest RC&D Grant Beneficiaries

- Shoals CASA
- Colbert Animal Services
- EasterSeals of NW Alabama
- Littleville Vol. Fire & Rescue
- New Bethel VFD
- PAWS Shoals Spay/Neuter Program
- It’s A Dickens Christmas, Y’all
- Hatton Elementary School
- Colbert County Association of VFD
- Belle Mont Celtic Fest
- NWSCC Recreation and Learning
- Oka Kapassa Festival
- Colbert County Sheriff Office
- Shoals Dream Center
- Sheffield High School
- Colbert County Commission
- Northwest RC&D Council—
  - Weather Radios
  - Helping Organizations Outreach
  - Helen Keller Birthplace
  - Alabama Music Hall of Fame

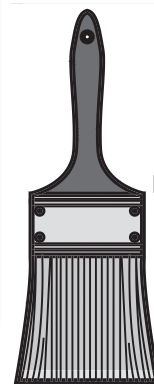
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**2024-BUICK-ENVISION**  
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(Must Finance, WAC)



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+ Ray Miller Discount \$7,768  
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(Must Finance, WAC)



Sik #24G184

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100k, Limited  
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Equipped,  
Nice!  
**\$62,888**



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#23G-003B, 2 Door, Leather,  
Sunroof, Nice!  
**\$63,988**



**23 GMC Sierra Ultimate**  
#23P-1019, 1 Owner, 6yr/100k  
Limited Warranty!  
**\$70,888**



**23 GMC Sierra Ultimate**  
#24G-182A, Local Trade, 6yr/100k  
Limited Warranty!  
**\$72,888**



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