

Place Carts Correctly!

FLORENCE—Lauderdale County Solid Waste currently utilizes two automated side-load garbage trucks. The trucks are used throughout the county, primarily in subdivisions and on some country roads. The goal is to eventually incorporate additional automated trucks into the fleet.

The automation trucks also require residents' cooperation to function correctly and efficiently. Residents are asked to put their household garbage carts at the end of the driveway standing alone. If the carts are left within 3 feet of a mailbox, vehicle, fence post, or even another

garbage cart, it is difficult to service that residence. All carts should be placed front (flat) side toward the street and wheels and handle facing the residence.

The public should remain aware of this process when putting their carts out on pickup days.

Listerhill in Winfield

WINFIELD – Listerhill Credit Union recently conducted a groundbreaking ceremony at the site of its new financial center on U.S. 43 in Winfield. The new 2,950 sq. ft. facility with expanded capacity will blend of the best in personal consultative

See SHORTS... on Page 2

Volume 141 Number 20

March 12, 2025

POSTAL PATRON

Courier Journal

Serving Northwest Alabama and beyond with direct mail, saturation coverage

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

PSRST STD.
ECRWSS
US Postage Pd
FLORENCE, AL
PERMIT #44



McDANIEL WINDOW & DOOR CO.
 \$100 Off Any Window Installed
 \$200 Off Any Door Installed
 Call for a FREE ESTIMATE!
 256-767-2568

Courier Journal Perma-Note

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

Clean-Up Day

Your Participation Boosts Morale, Haul

FLORENCE—Participants in the Florence Citywide Cleanup can enjoy a biscuit and coffee before they gather up supplies and start cleaning up their favorite local spots, streets, and roadways! That morning boost takes place at Florence Coliseum at 8am on Saturday, March 15.

Florence Solid Waste, Street and Recycling in partnership with Keep Alabama Beautiful, Keep Florence Beautiful, and Keep the Shoals Beautiful, will supply gloves, vests, grabbers, and bags. Mayor Andy Betterton and City Council members encourage residents to enjoy the positive feelings generated by spending a morning cleaning up litter at random or in areas of

See CLEAN-UP... on Page 9



Special Reception for Arts of Japan

TUSCUMBIA—The Tennessee Valley Art Association will host an Exhibit Grand Opening Reception and Collector's Tour event for KAZARI: Decorative Arts of Japan on Saturday, March 15 at 6pm. The grand opening will fully immerse visitors in the art and foods of Japan. The grand opening will include special guest Mark



See KAZARI... on Page 14

Three Basketball Honors

JACKSONVILLE, FL – Postseason Atlantic Sun Conference awards were announced last week for men's basketball and

three North Alabama Lions earned honors in the vote of the league's head coaches.

For the second time in

two seasons, junior Jacari Lane earned a spot on the All-ASUN first team. He becomes the first back-to-back first team all-conference selection from North Alabama since Eartis Bridges did it in 1992 and 1993.

Senior Taye Fields was named the ASUN Newcomer of the Year and earned second team all-conference. The former

See HONORS... on Page 4



L-R Daniel Ortiz, Taye Fields, Jacari Lane

UNA photo (illustration)

INSIDE this Issue

Automotive Inside



Advance Auto Sales
Watson Auto Sales

- Insurance Insights
- Computer Skeptic
- On Your Debt
- Savvy Senior
- Adopt a Friend

- Ask the Attorney
- Medicare Minute
- Dave Ramsey
- Story at the Museum

- Eagles Tribute
- Hocus Focus
- Commentary



SIGNS of the PAST

Online Only:

- Web Poll
- Alabama Outdoors

Mystery Photo **WIN a Lunch for 2 at Rosella CANTINA**



Visit us Online: www.CourierJournal.net

Facebook.com/FlorenceCourierJournal

EXTENDED THRU MARCH

FREE Furnace OR Heat Pump Air Handler With Qualifying NEW AC System

Call for details. **256.381.7195** Offer expires 3/31/25.

FULLER SERVICES

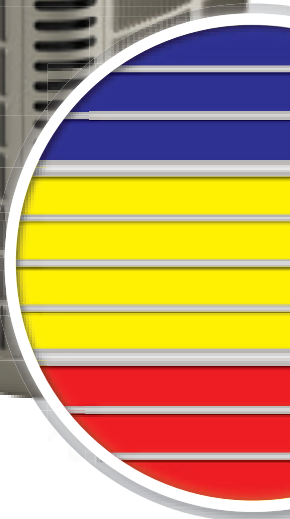
AL HVAC 91114

FREE FU

or Heat Pump With Qualifying



**EXTENDED
THRU
MARCH**



al Perma-Note

JURNACE

up Air Handler
NEW AC System

**Call for details.
Offer expires 3/31/25.**



256.381.7195

AL HVAC 91114

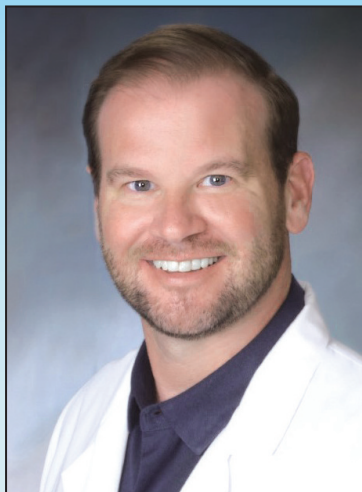
FIREWOOD FOR SALE:
Seasoned and Split 4x4 rick \$60 you pick up. Fire pit bundles \$10. Call 256-349-9601 or 256-443-7395 Leave Message

DAVE'S HOME REPAIRS and REMODELING: Sheetrock repair, Plumbing, Carpentry, Siding, Tile & Painting. References. Quality Work, 256-702-2983

GUTTER WORKS, Seamless gutters, gutter guards, clean out and more! Free estimates. Guaranteed work. Best prices in town! Call 256-394-3497.

Shoals Primary Care

Dr. Brad Ginevan
is Welcoming New Patients in Sheffield



Monday-Thursday • 8am - 5pm

MOST INSURANCE ACCEPTED • MEDICARE PATIENTS WELCOME

Walk-ins are Welcome



SHOALS
PRIMARY CARE

342 Cox Boulevard
Sheffield
256-383-4473
shoalsprimarycarellc.com

Shorts...

Listerhill in Winfield

Continued from Page 1

service and the most recent technology that will enable 24-hour accessibility. It is just southeast of the current branch which is being replaced by the new community investment scheduled to open by early 2026.

"Through the years, our delivery and accessibility for financial services has advanced and evolved to better serve our members' needs in Winfield and the surrounding Marion County area," said **Brad Green**, Listerhill President & CEO. "We are extremely excited about this next step in continuing to provide and innovate financial services in ways that improve lives for the people of this community," Green added.

"We are committed to the future of Winfield and its sound economic growth through our support of the community, which is all about improving lives," said **Alanna**



Listerhill President and CEO, Brad Green, at the ground-breaking in Winfield. Courtesy photo

Sullivan, Chief Operations Strategist with Listerhill. Sullivan indicated that the branch would reflect Listerhill's enhanced retail model; an open floor plan, employees able to assist customers, and expanded self-service options.

Brett Hughes, a soil scientist, will talk about common soil types in the North Alabama region, and the forces and processes that created them. The workshop will be an interactive way to learn more about the ground beneath our feet!

Hughes is a soil scientist that has mapped for the National Forests in Eastern Oregon, the Natural Resources Conservation Service from Alaska to South Carolina, and

Camerata is on March 18

FLORENCE— Florence Camerata will be presenting its Spring concert on Tuesday, March 18 at 7:30 at First Presbyterian Church on E. Mobile Street in downtown Florence.

The theme of this concert will be *Broadway and Show Music*, as well as *Spring and Love Songs*.

Admission is free, and donations are gratefully accepted.

This volunteer community chorus has been entertaining audiences in the Shoals area for the past 17 years, and it has become known as one of the finest choral groups in North Alabama. It consists of singers of all ages and is assisted by accompanist, **Karen Cantrell**, and director, **Rebecca Rockhill**.

Everyone is invited to come out for an entertaining evening of great, uplifting music.



now privately throughout Middle Tennessee. He studies landforms and the soil

so we understand our ecosystems and know how to properly manage them. This workshop will be a brief overview of how that is accomplished in the field. With lots of time for Q&A for all things soil. After the workshop, Archaeology at Pope's Tavern will continue its excavation of Test Unit 6.

The program is free and is sponsored by the City of Florence Department of Arts and Museums, with support from the Muscle Shoals National Heritage Area. Pope's Tavern Museum is dedicated to the early (1800-1870) history of Florence and Lauderdale County. Archaeology at Pope's Tavern is a free, public archaeology program that has been documenting the history of the site since 2022.

Pope's Tavern is located at 203 Hermitage Drive. Call 256-760-6439 for more information.

All About Our Soil Types

FLORENCE— Archaeology at Pope's Tavern is hosting a presentation and workshop on Saturday, March 15 at 10am at Pope's Tavern Museum in Florence. This is one of a series of workshops at Pope's Tavern that will explore history and archaeology.

More SHORTS... Page 6

NEED HELP?
CONTACT 2-1-1
Your link to community resources

GENERAL MERCHANDISE
Fresh Meat • Groceries • Hardware

6591 Chisholm Rd. (Hwy. 17 North)
Florence • 256-764-9179

We sell CITGO Gas!

FRESH MEAT

Ad Valid:
March 12-18, 2025

We Accept EBT Cards, Credit Cards & Debit Cards

LIKE Us On FACEBOOK

HOURS: M-F 6-10; Sat. & Sun. 7-10

<p>Ground Beef \$3.49 Lb.</p> <p>Whole Chicken Wings \$2.99 Lb.</p>	<p>T-Bone Steak \$6.99 Lb.</p> <p>T-Bone Steak 4/\$25</p>	<p>New York Strip Steak \$7.99 Lb.</p> <p>New York Strip Steak 5/\$25</p>	<p>Ribeye Steak \$8.99 Lb.</p> <p>Ribeye Steak 4/\$25</p>
<p>Country Style Pork Ribs \$1.99 Lb.</p> <p>Sirloin Pork Chops \$1.79 Lb.</p>	<p>Whole Spare Ribs \$1.99 Lb.</p> <p>Boston Butt Pork Roast \$1.79 Lb.</p>	<p>HOT DEAL! \$49.99 (5 Item Meat)</p> <p>1 Pk. Rib Eye Steak (4 Steaks per pk.)</p> <p>1 Pk. Ground Beef Family Pack</p> <p>1 Pk. Country Style Ribs OR Center Cut Pork Chops</p> <p>1 Pk. Chicken Tenders OR Boneless Chicken Breast</p> <p>1 Pk. Bacon OR Cheese</p>	
<p>Fresh Split Chicken Breast \$1.49 Lb.</p> <p>Chicken Tenders \$2.99 Lb.</p>	<p>Boneless Chicken Breast \$2.49 Lb.</p> <p>Farm Raised Catfish Fillet \$18.99 4 Lb. BOX</p>	<p>We have a large variety of Tucker Milling Co. Feeds: Sold by individual bags or by the pallet (40 bags per pallet)</p> <p>Corn 50 Lbs. \$8.50</p> <p>Corn 50 Lbs. \$8.50</p> <p>Tasty 10 50 Lbs. \$8.50</p> <p>5-Way Scratch 50 Lbs. \$12</p> <p>Rabbit Feed 50 Lbs. \$18</p> <p>Goat Feed 50 Lbs. \$12</p>	

**BAPTIST CAMPUS
MINISTRIES SUMMER
MISSIONS YARD SALE**
670 N. Wood Ave., Florence, AL
Saturday, March 15th 6am-1pm

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

CDE Land Development
Proudly serving North Alabama,
We Offer Everything to Fill Your
Landscaping/Land Clearing
Needs, Including Demolition and
Concrete. Call 205-789-6472
or email: cdelanddevelopment
@gmail.com

**BUSINESS FOR
SALE**
Ted Crews Cabinets, Inc.
All inventory, equipment, materials, and the
business. Call 256-381-5750
for more info.
Serious Inquiries Only

WE PAY TOP PRICES
for Junk Cars, Tractors and
Equipment, with or without
titles, 256-577-7911.

**NARMORE PAINTING CALL
DANNY AT 256-702-8024** | profes-
sionally paint stained cabinets.
Website: narmoreremodeling.com
Military and Senior Discounts

**BUYING ESTATES
PAYING CASH**
Buying Entire Estates,
Collections, Antiques, Tools,
Jewelry, & Coins.
Text or Call 256-762-0966

**ALABAMA
CRACK MAN**
"William James Greenlee III"
Extra Mile Brick
(ALL MASONRY REPAIR)
•Fireplace •Chimney
•Firebox
•Cracked Walls •Loose Brick
•Driveway Cracks •Steps
•Firebox •Tuck Pointing
•Cracked Brick •Stucco
•Stone Work •Concrete
•Historic Restoration
82 AIRBORNE INFANTRY
Combat Veteran
256-797-5281

MANSELL ROOFING, Discounts
to Veterans and Seniors. All Work
Guaranteed. Free Estimates, 256-
383-3218

**RICK'S STUMP
GRINDING**

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



**AVALON
—MEDICAL GROUP—**

2410 E. Avalon Ave • Muscle Shoals
www.avalonmedshoals.com
256-386-0808

Don Heinkel, M.D. | Family
Allyson Johnson, CRNP and a | Practice
team of caring professionals | Luke 10:27

**Welcoming new
patients for primary care.**

Office Hours: Monday–Thursday 8am–5pm • Fridays 8am–Noon

**ANTIQUE MILITARY ITEMS
WANTED** Guns, Knives, Uniforms,
will pay cash. Call 256-335-7663

2008 YAMAHA FZ1, 1,000cc, 15,000
miles, Like New! New Tires, Chain &
Sprockets. First \$5,000 gets it! 256-443-
6250 Killen

GE HOTPOINT DRYER \$75 256-
617-0698

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

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

**I BUY HOUSES,
LOTS, AND LAND,**
any condition, in the
Shoals area. Fast closing,
256-335-3998

**Shingle
& Metal
Roofing**
• Standing Seam
• Custom Made
on Job Site
• Concealed Fasteners
• Competitive Pricing

**CHIHUAHUA PUPPIES, REGISTERED
AND full blooded, females, \$735 + males,
\$630. Call Ralph 256-303-2406. We de-
liver!**

**ALUMINUM
GUTTERS**

**REMODELING CONSTRUCTION
40 YEARS EXPERIENCE** Insured.
Bathroom remodel, Deck, Fences,
etc. 256-762-4357

LICENSED,
INSURED & BONDED

**USA Made
Products**

Jerry & Chad Gann
GANN'S
Discount Siding, Inc.
Leighton
256-446-9767

Now Accepting 

2005 HARLEY DAVIDSON ROAD
King, 17K original miles, Excellent
Condition, \$7,500. Call 256-627-
5390

**SPORTS CARD
SHOW**
Sat., March 15th
8am- 2pm
Clarion Inn
Sheffield, AL
Call 256-412-2184
for more info.

2005 HARLEY DAVIDSON LOW
RIDER, 1450cc, strong bike, very
good condition, rode very little,
\$7,500. Call 256-702-6017 or 256-
383-7532



**Erase 10 years in 10 minutes
Reverse the Aging Process
Prevent Fine Lines + Wrinkles**

\$525 Special
Microneedling 30 Units Botox
1/2 Stick Juvederm

Call Lesli for an Appointment!

**BOTOX[®]
—Cosmetic**

HELPING HANDS 256.712.5028 | 426 West College St. | Florence
Across from Infants & Children's 



Law Office of
Robert F. Smith
521 E. Tennessee St. Florence
256-764-2889
Fees quoted by phone | ALL credit cards

DIVORCE: • Modifications
• Child support • Former DHR Child
• Custody • Support Prosecutor with
• Visitation 40 years experience

www.ShoalsFamilyLaw.com



TEC

GOOD NEIGHBORS
**SHARE GREAT
CONNECTIONS**

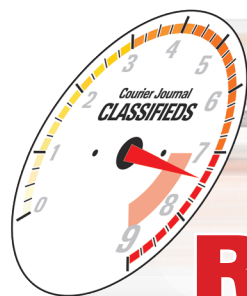
Refer your neighbors, friends, and family members to
TEC for Fast Fiber Internet and get rewarded with a free
month of service for each successful* referral!

1. Share the Connection & the link TEC.com/SignUp
2. They Sign Up & Give You Credit
3. Enjoy Free Fast Fiber Internet

OFFER ENDS 4.15.2025

*Successful referral includes order completion & installation.
For all terms and conditions, please visit: tec.com/promotions/customer-referral-promotion

No representation is made that the quality of legal services to be performed is greater than the quality of legal services performed by other lawyers.



Courier Journal

Classifieds

Sell it fast with a

RED LINE AD only \$4 additional

HOUSECLEANING for your office or home. Call 555-1234 for a free estimate. 15 years experience. Insured. References available.

Attract the most attention and sell your items red line fast when you choose to **Red Line** your Classified Ad. **THE FIRST LINE OF YOUR AD APPEARS IN RED CAPS.**

TNValleyStuff.com

As an added bonus for our advertisers, all classified ads placed in the Courier Journal are also online at TNValleyStuff.com.

ONLINE - at our Website... Go to www.courierjournal.net and click "Place a Classified"

PHONE - 8AM-5PM Mon-Fri Charge to Credit/Debit Card by calling **256-764-4268**

FAX - 24 HRS - Charge to Credit / Debit Card by faxing an ad to **256-760-9618**. Include exp. date. List how many weeks the ad is to run.

MAIL - Mail your written ad to address at right. Include your phone number. We will call to finalize your ad. List how many weeks the ad is to run.

OFFICE - Drop by our office at your convenience 8-5 Monday-Friday and write/submit it there.

ADVANCE PAYMENT IS REQUIRED in cash, check or Credit/Debit Card. Phone-in Ads MUST be Charged to Credit/Debit Card! NO EXCEPTIONS! NO REFUNDS!

DEADLINE: Friday 5pm

Private Party Rate 4 LINES Each additional line - \$1.50 - Prepay - NO REAL ESTATE • 1 item per ad - 4 Weeks/4 lines 1 ITEM \$16 Each additional line - add \$4.50 **\$5.50** Week

Commercial Rate 4 LINES Each additional line add \$1.50 - applies to anyone engaged in sale of goods/services on a recurring basis or for profit, licensed or not - including pets. 6 Weeks \$39 - Each additional line - add \$7.50 total **\$8.00** Week

Real Estate Rate 5 LINES Each additional line add \$1.50 - applies to agencies, individual, developers and anyone engage in selling, renting, leasing structures and/or properties in Real Estate or General section. 6 Weeks \$36 Each additional line - add \$7.50 total **\$8.00** Week

Yard Sales 6 LINES Each additional line - \$1.50 YARD SALES - An exclusive listing of the area's better sales prominently placed **\$12.50** Week

Employment 6 LINES Each additional line - \$2.25 EMPLOYMENT - Looking for employment or Businesses looking for employees **\$15.50** Week

Private Party Auto Rate Up to 8 LINES for 4 weeks. Each additional line - \$2.25. **\$17.00** 4 wks

*one line is approx. 30 characters

Form with fields for Name, Address, City, State, and Phone.

Name _____

Address _____

City _____ State _____ Phone _____

HOW MANY WEEKS? Multiply the number of weeks - X - the cost of the ad.....

YES! RED LINE MY AD! PLEASE CHECK THE BOX **only \$4 additional**

MAILING ADDRESS: Courier Journal, 219 W. Tennessee St., Florence, AL 35630

Please Print Ad Clearly. NOT RESPONSIBLE for illegible handwriting

Questions? Call our office at 256-764-4268.

Honors...

Continued from Page 1

three-year standout at Missouri Western averages 11.5 PPG and 8.5 RPG to rank second in the ASUN in rebounding.

Senior three-point specialist, Daniel Ortiz, was named third team all-conference. Ortiz joins Lane as the only Lions to earn multiple all-conference honors at the Division I level.

Lane became UNA's all-time career scoring leader at the Division I level as a junior this season. He has 1,445 career points, sixth on UNA's all-time scoring list behind five UNA Hall of Famers. Lane averages 17.3 points per game and just over 4.1 assists per game. His career-high game is 31 points reached in last week's conference quarterfinal game against Austin Peay.

Fields was the only player in the ASUN to average at least one point, rebound, assist, block, and steal per game and is also the only player to rank in the top 10 of both blocks and steals. He leads the Lions with 35 blocks and 49 steals while ranking second on the team with 113 assists. Fields is also the first UNA player to win the ASUN Newcomer of the Year.

Ortiz spent his first two seasons at UNA, transferred to UAB before last season, and returned

to UNA for his senior year. He is averaging 11.7 PPG in his return season and ranks third in the NCAA with 279 three-point attempts. He has made 92 of those and is shooting an impressive 33.0 percent behind the arc despite the high volume.

Lipscomb's Jacob Ognacevic was voted ASUN Player of the Year, while Lennie Acuff won ASUN Coach of the Year. Lane and UNA head coach Tony Pujol were the runners-up in both categories.

Malcolm Wilson from Queens, the nation's leader in blocks, was voted ASUN Defensive Player of the Year, edging Fields by one vote.

2024-25 ASUN MEN'S BASKETBALL POSTSEASON HONORS

PLAYER OF THE YEAR
Jacob Ognacevic Lipscomb
DEFENSIVE PLAYER OF THE YEAR

Malcolm Wilson, Queens
NEWCOMER OF THE YEAR
Taye Fields, North Alabama
SIXTH MAN OF THE YEAR

Mayar Wol,
Eastern Kentucky
FRESHMAN OF THE YEAR
Tate McCubbin,
Austin Peay
COACH OF THE YEAR
Lennie Acuff, Lipscomb



Personnel

EDITOR & PUBLISHER

Thomas V. Magazzu

ADVERTISING EXECUTIVES

Sadonna B. Magazzu
Judy Cox
Gregg Scott
Heather Ridinger

GRAPHIC COORDINATORS

Russell Roden
Andrea L. Gray

OFFICE STAFF/CLASSIFIED

Erin Gilbert

CIRCULATION

Ted Fallin

OFFICE HOURS:

Monday - Friday
8:00am - 5:00pm

Copyright © 2025
All Rights Reserved

DEADLINES:

Issues Published Every Wednesday
INSERTS - 5 pm Thursday
DISPLAY ADS - 5 pm Thursday
CLASSIFIED ADS - 5 pm Friday unless otherwise specified

219 W. Tennessee St.

Florence, AL 35630
256-764-4268
Fax: 256-760-9618

Your Courier Journal is published for total saturation, direct-mail delivery every Wednesday to 51,892 Shoals area and surrounding homes. It is Alabama's Largest Weekly-Mailed Direct, and enjoys a larger circulation than all local subscriber based newspapers combined.

EDITORIAL POLICY: Your Courier Journal accepts a variety of news releases, photos, stories, Letters to the Editor and upcoming community, church or civic events for publication as space permits. Please submit all materials in written form to:

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

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

Turning 65? Time for a MEDICARE Insurance Plan?



Educate BEFORE Enrolling REGISTER NOW!

FREE Medicare Educational Class

885 Florence Blvd.
Florence, AL

We know all of those **MEDICARE** options may seem a bit confusing - but our **LOCAL** Insurance Specialists have over 20 years of combined experience to help make the whole process easy for you.

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



EXPERIENCE MATTERS!

Meet with a Medicare Plan Expert:

Ikey Fowler
or
Beverly Stamps White

256-648-5710

Our next Medicare Class will be
Thursday, March 20th
11am-Noon @ Alabama Health Guidance

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

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

Community Notes

The March meeting of American Legion Colbert County Memorial Post 31 will be at 6pm on Monday, March 17 at the Post meeting hall located at 110 1/2 N. Main St. in Tuscumbia. A stair-lift is available, if needed, to the upstairs location. A meal will be provided. All Veterans are invited. For more info, please call 256-762-5950.

Swing Into Spring at Royal Recreation Center with 6 weeks of fun and energetic Ballroom Dance Swing Classes starting Thursday, March 20 at 2:30pm. No partner needed. All skill levels welcome. It's the perfect way to welcome spring, get moving, make new friends, and learn a timeless dance style!

For more information or to register, please call 256-760-6425. Grab a friend who might enjoy dancing with you!

Colbert Transportation - Wells of Hope Ministries, Inc. was recently awarded a grant to provide transportation services for seniors and individuals with disabilities in Colbert County. Seniors and handicapped individuals who live in Colbert County and are in need of free transportation, please contact Mr. Wendell Plain at 256-412-5220 or Mr. Otis Johnson at 256-762-1378.

Ritchie and Ann Gilbert lost their home in North Florence to a fire recently. The two were not home but their dog, Coco, was pulled out of the burning home unresponsive and not breathing by members of Florence Fire and Rescue. However, she was as resuscitated, and she spent a few days at the emergency vet because of smoke inhalation and a corneal ulcer. The Gilberts must find a new place and have set up a Go Fund Me page, asking for \$4000 to help cover the cost of moving with first month's rent and a deposit when they move. They feel blessed that Coco looks to be getting better and that no one else was at home at the time!

Here is a link to the GoFundMe page <https://gofund.me/94b387cd> and to a FB post with pictures from the fire department <https://www.facebook.com/share/18h6QTy4zz/>
Any assistance would be appreciated.

LifeSouth Bloodmobile Dates:
Wednesday, March 12 Covenant Christian School, Tuscumbia, 8am - 3:30pm

Thursday, March 13 Shoals Hospital, Muscle Shoals, 7am - 3:30pm

Friday, March 14 Sheffield High School, 7:30am - 4pm

Sunday, March 16 Walmart - Hwy 43 - Russellville, 10am - 4pm

Tuesday, March 18 Lauderdale County High School, AV Room, Rogersville, 8am - 3:30pm

Wednesday, March 19 Central High School, Florence, 8am - 3:30 pm

Thursday, March 20 Muscle Shoals High School, 8am - 4pm

Friday, March 28 Kia of the Shoals, Sheffield, 10am - 4pm

Sunday, March 30 Foodland - Elgin, 11:30am - 5:30pm

The Club/Florence Senior Center at 450 Country Club Drive in Florence serves boomers and seniors of the Shoals area!

Monday-Friday 9am-3:30pm. Games (Rook, Mee, Dominoes, Mexican Train, Chickenfoot, LRC, and others). M-F Lunch served (\$1 donation), BINGO (Wednesday), Chair Exercise (Tuesday, Thursday, Friday), Rock Painting (Friday), Local Events, Square Dance Lessons,

See NOTES... page 6

COMMUNITY NOTES may be submitted for non-profit, civic or church-related events and published free of charge ASSPACE 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

Greater St. Paul AME Church will be celebrating our Annual Stewardess Day, Sunday, March 16, 3pm. 129 South Cherokee St., Florence. (Pastor - Lasagne Smith) Hosted by: the Miracles of Joy and The Determined Voices. Everyone is welcome. For more info, 256-335-7508 Dorothy Cooper.

Transparency
Open Dialogue
Accountability

VOTE

John Hicks

FLORENCE

District 5 City Council

Paid political campaign to elect John Hicks
P.O. Box 1860 Florence, AL 35631

63817931

WATSON

Auto Sales

COME SEE LARRY!



\$115/Week



2013 Chevy Cruze

\$115/Week



2012 Chrysler Town & Country

\$82/Week



2010 Ford Escape

NOW OFFERING BUY HERE PAY HERE ON SELECT VEHICLES

2401 Woodward Ave. Muscle Shoals, AL 35661
256-275-0075 — www.watsonautosalabama.com — Mon.-Fri. 9:00-5:00

63712-1

ICS

Insurance Claims Specialist

Roofing & Construction, Inc.



Use the most trusted roofing company in the Shoals area!

ICS Roofing & Construction, Inc.

256-383-4277

3312 Jackson Hwy. Sheffield

icsroofingco.com



PREFERRED CONTRACTOR

63794-1

Free

KASASA

Cash® Checking

5.50% APY*

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

0.05% APY*

* ON ALL BALANCES, EVEN IF QUALIFICATIONS ARE NOT MET



FirstSouthern

BANK

EARNING IS REALLY EASY! ENROLLMENTS MUST BE IN PLACE AND ALL OF THE FOLLOWING TRANSACTIONS AND ACTIVITIES MUST POST AND SETTLE TO YOUR KASASA CASH ACCOUNT DURING EACH MONTHLY QUALIFICATION CYCLE:

- AT LEAST 1 ACH PAYMENT OR ACH CREDIT TRANSACTION(S)
- AT LEAST 15 DEBIT CARD PURCHASES
- BE ENROLLED IN AND AGREE TO RECEIVE E-STATEMENTS

visit



www.firstsouthern.com/kasasa/

Member FDIC

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

63794-1

Shorts...

Continued from Page 2



Chambless & Muse Show

SHEFFIELD—Chambless & Muse will present a Celtic Concert on St. Patrick's Day, Monday, March 17 at 7pm in the cozy confines of the Ritz Studio next door to the Ritz Theatre in Sheffield.

Alabama natives, **Jil Chambless** and **Scooter Muse**, have been performing the music of Scotland, Ireland, and early America for over 25 years with various ensembles in a wide variety of venues, from simple house concerts to festivals and concert halls. They long ago became Shoals favorites. Their albums include *The Lang Awa' Ships*, *Passing Tales & Glories*, and *The Laverock Sang*. Seating is very limited. Get your tickets today! Details can be found at tennesseevalleyart.org.

Combining for Food and Family Share

SHEFFIELD—Bank Independent is excited to announce the launch of Food and Family Share, in partnership with WAFF and Mix 96.9, beginning this week. This year's initiative expands Bank Independent's traditional Food Share Drive that helped fight food insecurity to include the Family Share component, collecting not only non-perishable food items but also baby diapers to support local families in need.

"Last year, we recognized the importance of providing other essential items for families in need. Food and Family Share is dedicated to addressing food insecurity and the necessary care of families in our community," says **Hallie Mauldin**, Community Engagement Officer at Bank Independent. "Whether you can drop off diapers or food items at your local Bank Independent location or take a moment to donate to the drive monetarily, we'll ensure your donations make a positive difference in your community."



Monetary donations will be accepted via PayPal and Venmo, making it easier than ever for community members to contribute. In addition, Bank Independent locations will collect diapers and non-perishable food items until March 28.

The 2024 Food Share drive collected and distributed \$1,000 in cash donations and shipped 300 items directly to our partners.

Bank Independent partners with local organizations across its seven-county footprint to ensure that donations are distributed to area families in need. This year, local distribution partners in our area include The Help Center in Lauderdale County, Meal Barrel of Colbert County, DHR of Lawrence County, and DHR of Limestone County.

MCGREGOR'S LAND SERVICES

Site Prep, Land Clearing, Driveways (new & old), Forestry Mulching, House and Shop Pads, Erosion Control.

John McGregor
256-565-6247

Andrew McGregor
256-602-7102

Chisholm Heights Water
P.O. Box 3120
Florence, AL 35630
256-718-0301

Chisholm Heights Water & FPA was required to prepare and submit an initial service line inventory, as required by EPA's Lead and Copper Rule Revisions, to the Department by October 16, 2024. The inventory must include all service lines connected to the system regardless of ownership. Additionally, the system was required to review specific records to identify the service line material as either lead, galvanized requirements replacement, lead status unknown, or non-lead. We failed to develop and submit the required inventory and certification of records review by the required due date.

Exposure to lead in drinking water can cause serious health effects in all age groups. Infants and children can have decreases in IQ and attention span. Lead exposure can lead to new learning and behavior problems or exacerbate existing learning and behavior problems. The children of women who are exposed to lead before or during pregnancy can have increased risk of these adverse health effects. Adults can have increased risk of heart disease, high blood pressure, Kidney or nervous system problems.

Please share this information with all the other people who drink this water, especially those who may not receive this notice directly (for example, people in apartments, nursing homes, schools and businesses). You can do this by posting this notice in public notices or distributing copies by hand or mail.

Chisholm Heights Water submitted the required service line inventory and certification on February 5, 2025.

Should you have questions concerning this violation or monitoring requirement, please contact Chisholm Heights Water at 256-718-0301 or e-mail at chisholmheightswater@comcast.net.

ON YOUR DEBT

Stop Debt Collectors in Their Tracks with Bankruptcy's Automatic Stay



B. Grant McNutt
Managing Attorney

Are you drowning in debt? Feeling overwhelmed by harassing phone calls, letters, and threats? Bankruptcy might be the lifeline you need. One of the most powerful benefits of bankruptcy is the automatic stay, a legal shield that stops debt collectors in their tracks.

Imagine this: The moment you file for bankruptcy, all collection efforts against you must cease. Creditors have to stop calling, wage garnishments end, and even foreclosure or repossession actions are put on hold. This gives you the breathing room you need to get back on your feet.

Here's how the automatic stay can help you:

- Silence the Debt Collectors: No more harassing phone calls or threatening letters.
- Protect Your Paycheck: Stop wage garnishment and keep more of your hard-earned money.
- Save Your Home and Car: Halt foreclosure and repossession actions.
- Get Your Utilities Back: In some cases, prevent utility shut-offs.
- Gain Peace of Mind: Finally

get relief from the stress of debt collection.

The automatic stay gives you a chance to:

- Explore your options: Work with a bankruptcy attorney to create a plan for your financial future.
- Negotiate with creditors: Potentially reduce your debt or work out payment plans.
- Get a fresh start: Discharge eligible debts and rebuild your credit.

How long does the automatic stay last?

It depends on the type of bankruptcy you file. In Chapter 7 bankruptcy, it typically lasts until your case is discharged (usually 3-6 months). In Chapter 13 bankruptcy, it remains in effect throughout your repayment plan (3-5 years).

Contact The Bond & Botes Law Offices

We offer a free, confidential consultation to discuss your options and help you take control of your financial future. Don't let credit card debt dictate your life—take action today. We'd love to discuss your finances with you. We want to help!

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



Bond, Botes, Sykstus, Tanner & McNutt, P.C.

121 S. Court Street, Florence, AL 35630

Phone: 256-760-1010 • Fax: 256-760-1023 • Office Hours: Monday – Friday • 8am to 5pm

www.bondnbotes.com | [f](https://www.facebook.com/BondBotes) Bond, Botes

Notes...

Continued from page 5

(Mondays), Social Dance (Tuesday), and Specially Scheduled Dance Events, Master's Games, Shuffleboard (Broadway Rec. on Tuesday).

Group Travel tours this year to The Ark, Virginia Beach, Cape Cod, Martha's Vineyard, Vermont, Washington DC, and Lancaster. Trips are open to the general public. For more information, email fdavis@florencial.org or call 256-760-6420.

North Alabama Youth/Family

Ministry presents the 2nd Alabama HBCU Day Saturday, March 29 Noon – 3pm at Mt. New Home Missionary Baptist Church at 7135 Old Hwy 20, in Leighton. Free Food • Door Prizes • Music • Learn about our Alabama HBCUs • entertainment • sorority/ fraternity step shows.

Encouraging our youth to have hopes and dreams – Providing parents with information for college and trade school. For additional information, call 256-762-1378, 256-509-4488, or 256-616-2868.

The Muscle Shoals TVARA chapter meets Wednesday March 12 at 10am at 1405 Wilson Dam Road, Muscle Shoals. Lunch will be provided and door prizes.

2025's Fishing Days at Deibert Park presented by Florence Parks and Recreation Department.

Sign In. Catch and keep, Catch and share, Catch and release. Mark your calendars.

No fishing license is required. Bring your own chair, snacks, tackle, and enjoy park fishing days.

Please adhere to the times on the schedule. Parents, please keep a close eye on your young ones who are fishing. Sign in with your phone number and we'll send you a reminder of fishing dates.

FRIDAY, March 21, 6:30am-11:30am Spring Break

See NOTES... page 17

Mid-South Hudson Car Show



KEESTONE
Resort & Spa

SATURDAY
MARCH 15TH AT 10 A.M.

The StoneHouse Restaurant
will be open for your convenience.
Also, join us every Sunday for
Brunch 10a.m. to 3p.m.

SATURDAY
March 22nd
10:00 a.m.
HORS D'OEUVRES
will be served

GIVE AWAYS!!
A CRUISE VACATION!!
SPA PACKAGES
OVERNIGHT
ACCOMMODATIONS
DINNER
for two

OPEN HOUSE
THE SPA
At KEESTONE Resort

FOR INFORMATION ABOUT KEESTONE RESORT EVENTS CALL:
931-853-3303

Keestone Community Event
Saturday March 22nd

OPEN HOUSE &
RIBBON CUTTING AT
10:00 A.M.

THE SPA
At KEESTONE Resort

ABSOLUTE MOTIVATION
12:00 P.M.

THE ABSOLUTE MOTIVATOR EXPERIENCE AT
KEESTONE RESORT. HOSTED BY JAMES DIXON
WITH KEYNOTE SPEAKER MASTER SERGEANT
EARL D. PLUMLEE. A NETWORKING &
LEADERSHIP EVENT LIKE NONE OTHER

MASTER SERGEANT
EARL D. PLUMLEE (RET.)
MEDAL OF HONOR
RECIPIENT & U.S. ARMY
SPECIAL FORCES

ROCKLAND ROAD
CONCERT
6:30 P.M.

ROCKLAND ROAD

KEESTONE
Resort & Spa

150 Clubhouse Drive, Loretto, TN
931-853-3303 • keestone.com

EMPLOYMENT Opportunities

TELLER POSITION AVAILABLE
Railway Credit Union
1604 Gusmus Ave.,
Muscle Shoals, AL 35661
Please email resume to:
mmatthews@railwaycredit
union.com

CNC Mill Operator
Read Calipers
Micrometers
1+ years experience
Southeastern Extrusion
510 Staples Drive,
Florence, Alabama 35630
Send resume to:
hr@set-tool.com

NOW HIRING
SHOP HELP and
SPRAY PAINTERS
Cash Pay!
Call 256-762-2190

HELP WANTED
Small Engine Mechanic
and Shop Helper
Moody's Power Sports
St. Florian, AL 35634
Call 256-394-6373

Experienced Automotive Technician

Immediate position available for an experienced Automotive Technician who can diagnose, repair, and perform maintenance work on modern vehicles.

To be considered for the position, one must have their own tools, pass a drug test, have a clean driving record, and any ASE certifications are a plus but are not a necessity.

Please apply in person at
Vick's Automotive
4545 Hwy 157
Florence, AL 35633.

DIESEL MECHANIC WANTED

Must have experience
► **Apply in person at:**
C & R Diesel
14800 Hwy 20
Florence, AL 35633
► **Call: 256-476-3781**

The Utilities Board
City of Muscle Shoals
Water & Wastewater Department
will be accepting applications for

Two Positions of Distribution/Collection Crew Member

Applications and a current job description may be obtained at the Muscle Shoals Utilities Board office located at 2001 Wildwood St.

Applications **with** resumes will be accepted and received until
Thurs., March 20, 2025, 3:30pm

CNC Machinists Wanted

Perrico Defense, Inc. is a licensed manufacturer of firearms. We have applied for a patent on a derringer and are in the advance prototype stage of manufacturing.

We are currently located in Huntsville, AL, but will be **OPENING A NEW FACILITY IN KILLEN, AL** with the goal of beginning production later this year.

We are looking for **Qualified CNC Machinists** to join our team to help us grow and produce high quality firearms.

If interested in the position, please contact us via phone or email at (256) 701-6850, or caleb@perricodefense.com.

PERRICO
DEFENSE, INC

The Best Value for Your Ad Dollars!



256-764-4268

Commentary

Blank Checks vs. Reality Checks

Passionate Ukraine advocates insisted that President Trump and Vice President Vance were rude to Ukrainian President, Vladimir Zelensky, at their Oval Office meeting on February 28.

The discussion turned tense when Zelensky tried to wrest control of the opportunity with the media in attendance, by reverting to previous demands for US security/guarantees (continued financing and equipment support).

Trump was firm in his position that we supported Ukraine in its current efforts to stop the war, but the generous policies of the previous administration would not be maintained.

Zelensky mocked Trump's point that Ukraine "didn't have the cards" to dictate ongoing parameters by saying, "I'm not playing cards." He continued to argue for assurances.

He was soon ushered out without lunch.

Zelensky has let the European comparison to a modern-day Churchill go to his head.

See REALITY CHECKS... on Page 20

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

March 12, 2025

Happening THIS WEEK

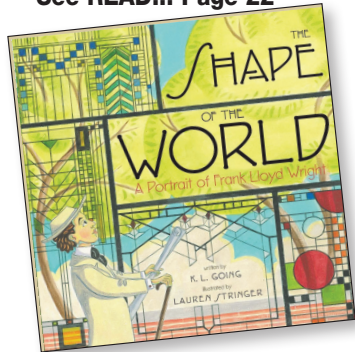
READING MONTH

Story at the Museum

FLORENCE— "Storytime at the Museum" will help celebrate National Reading Month at 3:30pm on Friday, March 14 at the Frank Lloyd Wright Rosenbaum House. Join the Florence Arts & Museums staff for a read-along, followed by a hands-on activity.

National Reading Month is celebrated every March as a time to encourage

See READ... Page 22



Eagles Tribute

Celebrating 55 Years since Idlewood South

SHEFFIELD—End of the Line: a premier Allman Brothers Tribute Band is celebrating the band's music from 1970 in honor of its 55th anniversary and is presenting its **Songs From The Idlewild Garage Tour**. The tour runs through Sheffield at 7pm on Friday, March 14 for a live concert at the Ritz Theatre, downtown.

The 2025 tour pays homage to the recordings

of the historic Idlewild South album, featuring such staples as 'Midnight Rider' and 'In Memory of Elizabeth Reed.' Live at Ludlow Garage 1970 includes epic versions of 'Dreams', and one of the most incredible 'Mountain Jams' ever recorded.

End of the Line's setlist will feature them performing for the first time such songs as the Ludlow

See IDLEWILD... Page 16

THE AMERICAN LEGION COLBERT COUNTY MEMORIAL POST 31 will meet at 6pm on Monday, March 17 at the Post meeting hall located at 110 1/2 N. Main St. in Tusculumbia. A stair-lift is available, if needed, to the upstairs location. A meal will be provided. All Veterans are invited. For more info, please call 256-762-5950.

THE ACCLAIMED SOUTHERN ROCK BAND, OTIS, will be performing at Champy's in Muscle Shoals on Saturday, March 15 beginning at 7pm. The band's new single, *Last Fool in Line*, is a bluesy, rockin', groove-infused original song...their first new original song in seven years. The young, hard rocking quartet out of Kentucky blends roots music, blues, classic rock, soul, and Southern rock for a sound reminiscent of some of the great classic Southern rock bands while still charting its own future with original music. OTIS is a proud, new torchbearer in the Southern rock heritage. The band's latest album was released on Cleopatra Records, the blistering *Eyes of the Sun*, which was produced by Grammy-winning producer Paul Nelson. For more information, visit <https://theotisband.com>

BASKETBALL MEN

SUNDAY, MARCH 16 • 2025

NCAA Tournament Selection Sunday

98.3 FM & 103.5 FM

Home of **NORTH ALABAMA Athletics**

BASKETBALL WOMEN

SATURDAY, MARCH 15 • 2025

Atlantic Sun Conference Championship

TBA

Visit www.roarlions.com for full team schedules and ticket information

YOUR Letters

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

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

The Musk-Rat Con

Dear Editor,

So, Mr. Editor, I watched Don Trump's "address to congress" and I thought of you. Trump went on and on about what he had already accomplished in "just six weeks." Yeah, he put an immigrant from South Africa in charge of cutting the federal workforce, including 80,000 people from Veterans Affairs. Really, Tom? Because Elon Musk-Rat gave him \$240 million to win the 2024 election?

MAGA is still swallowing the Trump-Musk-Rat con. Now it seems that the veterans are standing up against this South African immigrant and the New York

You can also use services like Credit Karma or buy scores from bureaus like Experian, Equifax, or TransUnion.



Draft Dodger saying Musk has no business telling our country how to manage our government. I watched the Republican cheer section give this immigrant a long-standing applause. Why, because they fear Don Trump will primary them.

And yet, Don Trump bragged about how many illegal immigrants he has deported in just six weeks. Hey Don, you forgot one that should be deported to Russia, and that would be Elon Musk-Rat. Where are our elected officials from

Alabama? Right there cheering Trump on. The 2026 election will be here before they know it. Get ready boys and girls. We The People are going to come for you. And so are the veterans that put their lives on the line for this country, unlike "Ole Bone Spur Don."

Larry J. Smith
Florence

See LETTERS...on Page 18

Injured in a Wreck?

Our client recovered
\$7,500,000!

NEVER settle for less.



**MCCUTCHEON
— & HAMNER —**
ATTORNEYS AT LAW

mhatty.com
256.333.5000



No representation is made that the quality of legal services to be performed is greater than the quality of legal services performed by other lawyers.

**ALLEN'S
BUSH HOG SERVICE**
References Available
256-483-6819
Leave Message

LICENSED ELECTRICIAN
25 years Experience
Affordable, Professional,
Insured
256-762-7663 Ron

**MILLER'S TREE
SERVICE**

Tree Trimming and Removal
Free Estimates
Senior Discounts
Licensed & Insured
256-710-0548



CHEVROLET: CAMARO LT, 2015 Excellent condition. Paddle shift, HUD, AM, FM, USB, Bluetooth, Sunroof, leather, LT model, cash, PayPal, Venmo only. \$17,500, OBO. 256-810-3454 after 2:30 pm only.

TRANSFER VIDEO TAPES & FILM, before they ruin! DATA VIDEO TAPING 256-710-0292

R.D.T. CONSTRUCTION & HANDYMAN SERVICES

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

GRASS CUTTING: Fair Prices, Quality Work, Colbert County area. Call 256-383-3218

SPORTS CARD SHOW

Sat., March 15th
8am- 2pm
Clarion Inn
Sheffield, AL
Call 256-412-2184
for more info.

Clean-Up...

Continued from Page 1

a morning cleaning up litter at random or in areas of Florence that are personally important.

Take before, during, and after photos and videos. Tag @florence. recycle on Facebook, so your efforts can be shared with others in the city. It's a huge step in making Florence beautiful for a spectacular spring and summer.

Your help is very important for the litter pick-up to be successful. Grab a friend and help out. To register, go to FlorenceAL.org and follow the link. As always, walk-ups are welcome on the day of the event!

Alabama Spine & Pain

Pavan Telang, MD

Board Certified & Fellowship Trained in Interventional Pain Medicine.

Specializing in Advanced Management of
Back and Neck Pain Not Involving Surgery or Opioids

No Referral Required

256-712-2422

3907 Peach St. • Florence, AL
Behind Clearview Cancer Center

alabamaspineandpain.com

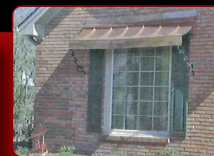
Proudly serving the
Shoals for 11 years.

Thankful for our
community & patients.

Alabama Awnings Co., Inc.

Serving Since 1986

Residential
and
Commercial
Awnings



Free
Estimates!!

4617 Huntsville Road • Florence
256-767-1900 • www.alabamaawning.com



BUY HERE • PAY HERE

**BUY HERE
PAY HERE CARS**

HOURS: Mon.-Thurs. 8am-5:30pm; Fri. 8am-5pm; Sat. 8am-Noon. After Hours by Appt.



**2013 Ford
Flex**

\$130/weekly



**2016 Ford
Fusion**

\$130/weekly



**2013 Ford
Edge**

\$120/weekly

LOWEST NO HASSLE PAYMENTS: WEEKLY • BI-WEEKLY • MONTHLY
In-House Financing Based on Debt to Income Ratio not Credit Score

MECHANIC ON DUTY
OPEN TO THE PUBLIC: Monday-Friday

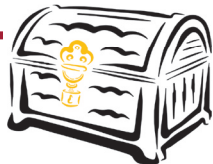


AUTO SALES 256-767-3705

www.Advancebhph.com

3641 Cloverdale Rd. • Florence

TIMELESS TREASURES & GIFTS LLC



20% OFF EVERY ITEM Thru 3/31

- ANTIQUE FURNITURE • BEDS • LAMPS
- COSTUME JEWELRY • TABLES & CHAIRS

Bridal Registry • Financing Available • We Deliver • Layaway

TUES.—SAT. 10-5

WE BUY ESTATES!

1801 Mall Rd., Suite 5, Florence (by Casa) 256-263-7720

TREE COMMANDER TREE SERVICE

Tree Removal, Debris Removal, Tree Trimming, Veteran & Senior Discounts. Free Estimates. All Major Credit Cards accepted.
Kane Rice-Owner
256-600-3239
Licensed & Insured

BONDED PAIR BLUE AND GOLD MACAWS with large cage \$2000 obo 256-589-0202

CHIMNEY NEED ATTENTION? Is it time to clean? Smells, Water, Animals? Dryer vent cleaning. Black Hearth Chimney Sweeps 256-710-0292

McCaig's Garage

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

I BUY CAMPERS TRAILERS & MOTOR HOMES

All Types, Ready to go, or if they need work, for **\$FAST CASH\$**
Call Lawrence 931-242-3135
Local number

MANSELL ROOFING, Discounts to Veterans and Seniors. All Work Guaranteed. Free Estimates, 256-383-3218

MATTHEWS TREE SERVICE

(Shoals Area)
• Stump Grinding • Tree Trimming • Tree Removal
Licensed, Bonded, Insured
BBB Accredited
Steven Matthews, Owner
256-483-5918

AUTO & TRUCK HEADLINERS INSTALLED
Limited mobile service in Florence, AL 256-483-2923

Insurance Insights

"Below is a State Farm® Simple Insights® article about "Renters Insurance" is provided by State Farm agent Rebecca Stutts Hovater.

Unexpected Uses of Renters Insurance

Most people know renters insurance covers their space. But what about its other perks? We review additional protections it may provide.

Whether your landlord requires it or a near-miss tornado prompts you to purchase it, renters insurance is a smart investment. A renters policy will typically provide replacement cost coverage for personal property damaged by a covered loss such as fire, smoke, covered water damages, theft and it likely offers many other protections you've not considered.

Here are answers to a few common questions about the unexpected uses of renters insurance.

Does renters insurance cover temporary housing?

Yes, if your rental is rendered uninhabitable as a result of a covered loss. Loss of use or additional living expenses coverage pays for temporary housing until you can return to your rental or move into a new one.

Does renters insurance cover hotel stays?

Yes, loss of use coverage typically pays for hotel stays if your residence is uninhabitable as a result of a covered loss.

Does renters insurance cover my food or gas?

Yes, your plan likely covers the increased costs you incur as a result of your home being uninhabitable. Food and gas costs associated with living in temporary housing may be more than what you incur at your home. If staying in a temporary location or hotel increases your commute or causes you to dine at restaurants for meals, your plan will likely reimburse the extra expenses you incur up to your coverage limits.

And when you're back in your own dwelling, does renters insurance cover refrigerator food loss? It's possible. If the food in your refrigerator is spoiled due to a power outage or failed appliance, it may be covered under your policy.

Does renters insurance cover damage to a landlord's property?

It depends. Landlords have their own insurance policies to protect their buildings from things like fires and storms. If you cause damage, however, the costs could fall on you. Your insurance may cover accidental mishaps, but you'll be on your own for any intentional damage. Also, your plan won't cover a lost security deposit. Check your policy or speak with your insurance agent to better understand what coverages your policy provides.

Does renters insurance offer medical coverage?

Typically, yes, if a guest is hurt in your home as a result of a covered claim, whether they fall or your dog bites them, renters insurance may cover their medical bills up to your policy limits. A typical renters policy does not provide coverage if you, or someone who lives with you, is hurt at your home.

Does renters insurance provide legal liability protection?

Yes, typically a renters insurance policy provides liability protection for covered claims. For example, if someone is hurt in your home and sues you, renters insurance may cover any claims or lawsuits brought against you including your legal fees, up to policy limits.

Does renters insurance cover car theft?

Yes and no. Typically, automobiles are excluded from coverage under a renters policy. Auto insurance covers the car itself, but renters insurance may cover possessions stolen from your car.

Do roommates need separate renters insurance?

It's a good idea. While the policy provides coverage for the insured and their resident relatives, any non-related roommates would need to be listed on the policy to have coverage. If relatives or roommates are listed, you may want to increase the limits to ensure appropriate coverage limits. Another option is for each roommate to purchase their own separate policy.

State Farm® Insurance Agent
Rebecca Stutts Hovater



501 S Montgomery Ave, Suite C
Sheffield

256-383-1250 RebeccaHovater.com
email: Rebecca@RebeccaHovater.com

AL Lic-428119

20% OFF

♦ Beehive Bathhouse Products

♦ Baby Merchandise

♦ Canister Sets

♦ Vegetables For Home Decor -
Look Real

People's Drugs & Variety

Cherokee, AL 256-359-6242



MEDICAL ASSOCIATES OF THE SHOALS



Celebrating
30
Years
Caring for
the Shoals

Front Row: Cameron Bonds, MD; Jeremy Thompson, MD; Amber Olsen, DO
Back Row: Joshua Vacik, MD; Robert Dickson, DO; Anthony Horton, DO; Brad McAnalley, MD

4 CONVENIENT LOCATIONS

SHEFFIELD - TUSCUMBIA - GREENHILL - CLOVERDALE ROAD

We are currently WELCOMING New Patients.
Visit our website at www.medshoals.com or call (256) 383-4447 ext. 124



FOODLAND
Marketplace



Home-Owned, Home-Operated



Fresh
GROUND BEEF
73% Lean - Family Pack

\$3.99

SUSHI
Made Fresh
DAILY at our
Killen
Location



Preferred Angus Beef
NEW YORK STRIP STEAK
Family Pack

\$10.99
Lb.



Peeled & Deveined
RAW SHRIMP
21/25

\$7.99
1 Lb.



Preferred
Angus Beef
BONELESS TOP ROUND ROAST

Family Pack
TOP ROUND STEAK
\$5.79
Lb.

\$5.29
Lb.



Prairie Fresh Assorted
BONE-IN PORK CHOPS
Family Pack

\$1.99
Lb.

Fresh
GREEN CABBAGE
Lb.

49¢

St. Patrick's
Day Favorite

Sweet & Delicious
RED SEEDLESS GRAPES
Lb.

\$1.49

Fresh From Florida Sweet
STRAWBERRIES
1 Lb.

2/\$4

Imported Sweet
ONIONS
3 Lbs.

\$2.99



Hunt's
PASTA SAUCE
24 Oz.

4/\$5



Van Camp's
PORK & BEANS
15 Oz.

5/\$5



Red Gold **TOMATOES** Or
Libby's **VEGETABLES**
14-15 Oz.

5/\$5



Kraft
DRESSING
16 Oz.

2/\$5



Kraft
MAYO
30 Oz.

\$3.99



CAPRI SUN
10 Pk.

2/\$5



Kraft
BBQ SAUCE
18 Oz.

4/\$5



Kellogg's **CEREAL**
Frosted Flakes, Corn Pops
Or Rice Krispies 8-12 Oz.

2/\$6



Food Club **CHEESE**
Shreds, Chunks
Or Slices 8 Oz.

5/\$10



Quantity Rights Reserved • None Sold to Dealers • WIC & Food Stamps Accepted
Not Responsible For Typographical or Pictorial Errors

AD GOOD MAR. 12-18, 2025

<p>Food Club COFFEE 12 Ct. K-Cups</p> <p>2/\$7</p> <p>French Roast 100% arabica coffee</p> <p>Donut Shop Blend 100% arabica coffee</p>	<p>PRINGLES 5 Oz.</p> <p>4/\$9</p> <p>Original Cheddar Cheese BBQ Sour Cream & Onion</p>	<p>Knorr PASTA OR RICE SIDES 4 Oz.</p> <p>4/\$5</p> <p>Cheddar Broccoli Rice & Pasta Blend with Broccoli</p>	<p>Kraft Deluxe MAC & CHEESE OR Velveeta SHELLS & CHEESE 12-14 Oz.</p> <p>2/\$6</p>
<p>Oscar Mayer BACON BITS OR PIECES 3 Oz.</p> <p>2/\$6</p> <p>Real Bacon Bits Hickory Smoke</p>	<p>Prego PASTA SAUCE 45 Oz.</p> <p>2/\$7</p> <p>Rao's PASTA 16 Oz.</p> <p>2/\$5</p>	<p>Gain LIQUID 61 Loads Or FLINGS 31 Ct.</p> <p>\$8.99</p>	<p>Charmin Essentials TOILET PAPER 9 Mega Rolls Or Bounty Essentials PAPER TOWELS 6 Dbl. Rolls</p> <p>\$7.99</p>
<p>Dr. Pepper, Sprite, Mello Yello Or COCA-COLA 6 Pk. .5 Liters</p> <p>3/\$13</p>	<p>Dr. Pepper, Sprite, Mello Yello Or COCA-COLA 24 Pk. 12 Oz.</p> <p>\$10.99</p> <p>Dr. Pepper Or COCA-COLA 2/\$11 10 Pk. Mini Cans</p>	<p>POWERADE 8 Pk. 20 Oz. Bottles</p> <p>\$5.99</p>	<p>BODY ARMOR 16 Oz. Bottles</p> <p>4/\$5</p>
<p>DORITOS OR RUFFLES 6-10 Oz.</p> <p>2/\$7</p> <p>Cool Ranch Cheddar & Sour Cream</p>	<p>On The Border Or Tortiyahs TORTILLA CHIPS 8-12 Oz.</p> <p>2/\$5</p> <p>Golden Flake PORK SKINS 3/\$5 3-6 Oz.</p>	<p>Blue Bell ICE CREAM Pints</p> <p>2/\$6</p>	<p>Blue Bell SHERBET Quart</p> <p>\$3.49</p>

DAIRY & FROZEN

<p>Philadelphia CREAM CHEESE 8 oz. ...</p> <p>2/\$5</p>	<p>Green Giant NIBBLERS 12 Ct.</p> <p>\$3.99</p>
<p>Blue Bonnet MARGARINE 45 Oz.</p> <p>\$2.99</p>	<p>Eggo WAFFLES 24 Ct.</p> <p>\$5.99</p>
<p>Pillsbury Ready Bake COOKIES 16 Oz.</p> <p>2/\$7</p>	<p>Crav'n FRIES 22-32 Oz.</p> <p>\$2.99</p>
<p>Food Club DIP 16 Oz.</p> <p>\$3.49</p>	<p>DiGiorno Rising, Thin Or Classic Crust PIZZA 17-29 Oz.</p> <p>\$5.99</p>

BEER & WINE

<p>Miller Lite Or Coors Light BEER 12 Pk. Cans Or Bottles</p> <p>\$13.49</p>	<p>Michelob Ultra BEER 18 Pk. Cans Or Bottles</p> <p>\$22.29</p>
<p>Bota Box WINE 3 Liters</p> <p>\$19.99</p>	<p>Vibe COCKTAILS 500 ML</p> <p>\$3.49</p>

Not Available At All Locations!

MEAT

<p>CHOICE EYE OF ROUND ROAST</p> <p>\$5.49 Lb.</p>	<p>Cook's CORNED BEEF BRISKET</p> <p>\$5.19 Lb.</p>
<p>Prairie Fresh Family Pk. BONE-IN CENTER CUT PORK CHOPS</p> <p>\$2.79 Lb.</p>	<p>Fresh CHICKEN LEG QUARTERS Sold In a 10 Lb. Bag</p> <p>79¢ Lb.</p>
<p>Gwaltney FRANKS</p> <p>4/\$5 12 Oz.</p>	<p>Jimmy Dean SAUSAGE Mild Or Hot</p> <p>\$4.39 1 Lb. Roll</p>
<p>Johnsonville Assorted SMOKED BRATS</p> <p>\$3.99 12-14 Oz.</p>	<p>Bryan BACON Regular Or Thick</p> <p>\$3.99 12 Oz.</p>

AD GOOD MAR. 12-18, 2025

Prices Good At These Locations ONLY!



Pick up a copy of this ad in a **Courier Journal** at our store OR go online to **Foodlandgrocery.com**

- KILLEN** 1161 Hwy. 72 • 7am-11pm • 256-757-2002
- FLORENCE** 1708 Darby Dr. • 7am-10pm • 256-767-2227
- MUSCLE SHOALS** 3001 Woodward. • 7am-11pm • 256-381-7277
3413 Woodward Ave. • 7am-11pm • 256-978-6093
- SHEFFIELD** Foodland Plus • 106 Towne Plaza • 7am-10pm • 256-381-6552

- TUSCUMBIA** 103 West 1st Street • 7am-11pm • 256-383-9425
- FORD CITY FOODLAND** River Road • 7am-10pm • 256-446-5842
- ELGIN CROSSROADS** ELGIN Forest Plaza • 7am-11pm • 256-247-1958
- ROGERSVILLE** Rogersville Shopping Ctr. • 7am-11pm • 256-247-1805

VPNs have gained considerable attention as tools for enhancing online privacy and security. However, it's essential to approach their adoption with a critical eye, as the average user may not derive substantial benefits from their use.

VPNs offer several potential advantages:

- **Enhanced Privacy:** They encrypt internet traffic, preventing ISPs from readily monitoring browsing habits.
- **Secure Public Wi-Fi Use:** VPNs can protect sensitive data on unsecured public networks.
- **Remote Access to Home Networks:** They facilitate secure access to personal files and devices remotely.
- **Avoiding Bandwidth Throttling:** VPNs may prevent ISPs from throttling speeds based on online activity.
- **Bypassing Regional Censorship:** They can circumvent



Martin Dean

Do Most Consumers Need a VPN? Proceed with Caution.

by "The Computer Skeptic"

government or organizational censorship.

- **Secure Communication:** VPNs offer a layer of protection for sensitive data, which can be helpful to journalists and activists.
- **Accessing Geo-Restricted Content:** They allow access to legal content from different regions.
- **Online Shopping and Price Comparison:** VPNs can enable access to region-specific discounts. However, for many internet users, the practical advantages of a VPN are limited:

- 1. Privacy is Not Absolute:** While VPNs shield browsing activity from ISPs, they do not

guarantee complete anonymity. VPN providers themselves may track user data, and the level of privacy depends on the provider's trustworthiness. Furthermore, the widespread adoption of HTTPS provides encryption for data transmitted between users and websites.

- 2. Public Wi-Fi Risks Can Be Managed:** Public Wi-Fi networks are indeed less secure, but most reputable websites and applications now employ encryption. Users who avoid entering sensitive information on non-HTTPS sites can mitigate much of the risk.
- 3. Bandwidth Throttling is Not**

Ubiquitous: While it can occur, bandwidth throttling by ISPs is not a widespread practice for typical internet usage.

4. Censorship Circumvention Has Limited Relevance: Unless a user resides in a region with significant internet censorship, the ability to bypass restrictions is largely unnecessary.

5. Terms of Service Considerations: Accessing geo-blocked content through a VPN may violate the terms of service of streaming platforms, even if it does not constitute illegal activity.

Therefore, VPNs are most beneficial for specific user groups:

- **Journalists and Activists:** Individuals who require secure communication channels to protect sensitive information from surveillance.
 - **Frequent Travelers:** Users who routinely access public Wi-Fi networks and handle sensitive data.
 - **Individuals in Censored Regions:** Those who need to bypass government restrictions to access information freely.
- For a large segment of the

consumer population, a VPN represents an unnecessary ongoing expense. In our shop we see customers that experience blocked websites, limited functionality, and sometimes, can't access the internet at all. While both free and paid VPN services are available, free VPNs may come with strings attached such as data tracking or malware. All have the potential to cause issues if not used properly.

Before subscribing to a VPN service, consumers should carefully assess their individual needs and risk profiles. Don't spend the money, if you get a service with a VPN already active? You can probably disable it. Don't fall for the buzz words buzzing about, stay skeptical my friends!

Excellent Service, Expert Advice
1909 Florence Blvd., Florence

GRASS CUTTING: Fair Prices, Quality Work, Colbert County area. Call 256-383-3218

POTTER LAWN SERVICE
Complete mowing, edges, shrub clearing. Small tree removal. Spring and fall clean ups. 352-428-2857 Local number.

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

HANDYMAN JOEY 256-648-7966 For all of your home repairs, painting, carpentry, yard work, etc. References. 256-648-7966 Shoals

HOME IMPROVEMENT AND BUILDING: siding, additions, garages, painting, decks, Free Estimates. 256-383-3218

WANTED DEAD OR ALIVE! Junk batteries, \$5 each. Ranger Battery Co. 426 Royal Avenue. 256-766-0473

Carter House Moving
Specializing in rigging, lifting and moving structures, floor leveling, and replacing damaged floor components. Call or text: 256-275-1570, 256-633-2722

KIA: SOUL, 2015 \$5,995. All leather, sunroof, moonroof, power seats, and windows, heated seats, heated steering wheel, navigation system, USB Connections, and more. 38 mpg. 256-394-3007

POETRY BY RENEASIMPSON
Embark on a lyrical journey with my latest poetry collections, your newest companions for cozy evenings and reflective moments. Make them yours today at www.reneasimpson.com

FLORES HOME REPAIR, LLC, Ceiling repair, Drywall, Painting, Flooring, Carpentry Work, Licensed & Insured 256-443-3697 or 256-443-3663

ANTONIO'S HOME REMODELING AND PAINTING
Bathrooms, Shower, Ceramic Tile, Water Damage, Roofing, Drywall, Additions, Garages, Carpentry, Decks, Porches. Insured. Free Estimates 256-577-8660

Thinking of Selling Your Unwanted Diamonds & Gold?

Bring Them to the Jeweler You Trust.
We Pay Top Dollar

GROGAN JEWELERS BY Lon
285 Cox Creek Parkway • 256-764-4013
Shop groganjewelers.com

Chisholm Heights Water
P.O. Box 3120
Florence, AL 35630
256-718-0301

Failure to Perform Required Monitoring

Chisholm Heights Water & FPA is required to monitor your drinking water for specific contaminants on a regular basis. Results of regular monitoring are an indicator of whether or not your drinking water meets health standards. During August 2024, we did not complete all required monitoring for total coliform bacteria and therefore cannot be sure of the quality of your drinking water during that time.

Please share this information with all the other people who drink this water, especially those who may not receive this notice directly (for example, people in apartments, nursing homes, schools and businesses). You can do this by posting this notice in public notices or distributing copies by hand or mail.

Chisholm Heights Water completed all testing in September 2024, and all samples were good.

Should you have questions concerning this violation or monitoring requirement, please contact Chisholm Heights Water at 256-718-0301 or e-mail at chisholmheightswater@comcast.net.

WINDOW WORLD OF MUSCLE SHOALS

"Simply the Best for Less"

ENERGY EFFICIENT

Windows, Siding, Doors & More!

BACKED BY A LIFETIME WARRANTY

FINANCING AVAILABLE

GET YOUR FREE ESTIMATE

WindowWorldMuscleShoals.com

(256) 383-8894

717 Michigan Ave, Muscle Shoals, AL 35661

Spring has Sprung
Lots of colors & choices! New Shipment of Shoes!

Nan's Fashions & Finds
109 E. 6th St., Downtown Tusculumbia • 256-436-0128
Tue.-Fri. 10-5, Sat. 10-2

JOHN DEERE UTILITY TRACTOR
Model # 3038E Diesel 36 HP 4 wheel hydrostatic drive. Front loader, box scraper \$18,000 250 hours like new. Call Jerry 256-247-0218



R R HANDYMAN SERVICES - All types of repair to include: plumbing, electrical, decks, light sheetrock work. 35 years experience. Please call us for all your needs! 256-394-3827.

I BUY CLASSIC CARS
No matter your location, I will come to you.
Call Lawrence 931-242-3135 Local Number

NELSON SERVICES COMPANY
•Asphalt Paving •Dump Truck Hauling •Dozer Grading
•Land Clearing, Ponds & Roads
Walsh Nelson 256-710-6182

2014 DR STUMP GRINDER 19 hrs. \$1900 205-269-8943

931-279-1604 YOUR ULTIMATE HANDYMAN
Painting, drywall repair, minor electrical repairs, pressure washing, plumbing, bathroom remodeling, deck building, wood rot repair, floor refinishing, gutter cleaning, & more!

WHITLOCK REMODELING

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

HOME IMPROVEMENT AND BUILDING: siding, additions, garages, painting, decks, Free Estimates. 256-383-3218

MILLER'S TREE SERVICE

Tree Trimming and Removal
Free Estimates
Senior Discounts
Licensed & Insured
256-710-0548

DECKS AND FENCES - FREE Estimates. Call me at 256-856-4662. References available.



TLC IRRIGATION SERVICES

30 Years Experience
•New Installations •Repair
•Maintenance •Add-ons
Free Estimates call
Reggie Alvarez 256-324-5023
Licensed + Insured

MULTI-FUNCTIONAL EXERCISE CHAIR, USES your own weight. \$175. Call 256-942-4489 Florence



CHEVROLET: BLAZER RD, 2019 \$17,500 Dark Green / Black Wheels 98,000 miles, good condition 256-345-1276

KAZARI...

Continued from Page 1

Jackson, Honorary Consul General of Japan and Japanese American Society of Alabama President.

Those attending will have the Sushi and Cocktail Reception, a private Collector's Tour with Lynn Ray, and a first look at the exhibit which explores the deeper meaning of Kazari, which translates 'to decorate' or 'to adorn'. It can also refer to the act of decorating itself. The word is used to describe the interplay between objects and their settings, and the way that decoration can transform



ordinary spaces into something sacred
KAZARI: Decorative Arts of Japan will run from March 15 – May 15 at the Tennessee Valley Museum of Art.

Drawn largely from the private Asian collection of Mr. Lynn Ray of Florence, Kazari: Decorative Arts of Japan will examine the material culture of Japan through pieces from the 17th century – 20th century. Other works to be included in the exhibit will be drawn from the private collection of Wanda Isom and the Isom Collection (TVAA permanent collection). Limited tickets are available at \$40 each. Details are at tennesseevalleyart.org.

PUBLIC NOTICE

The **FLORENCE** HOUSING AUTHORITY announces that ...

It will be closing its HOUSING CHOICE VOUCHER waiting list, as of March 31, 2025, until further notice.

You will remain on the waiting list if you have already submitted an application. A 14-day notice will be given by public notice when the waiting list re-opens.

COMMUNITY ACTION AGENCY OF NORTHWEST ALABAMA'S

GERALD WILLIAMS COOPERATIVE GARDEN PROGRAM 2025

FREE Vegetable Garden Supplies to help qualifying local residents wishing to grow their own gardens.

SIGN UP: FEBRUARY 18

DEADLINE: MARCH 21

Participants in the program must:

- Reside in Lauderdale, Colbert or Franklin Counties
- Household monthly gross cannot exceed the amounts listed below.

- *SINGLE PERSON HOUSEHOLD - \$1,883.00
 - *2 PERSON HOUSEHOLD - \$2,555.00
 - *3 PERSON HOUSEHOLD - \$3,228.00
 - *4 PERSON HOUSEHOLD - \$3,900.00
- FOR EACH ADDITIONAL PERSON ADD \$672.00

ALL RESIDENTS: CALL 256-248-1921

THE COOPERATIVE GARDEN PROGRAM IS A PARTNERSHIP OF THE COMMUNITY ACTION NW-AL, TVA RETIREES, AND MANY OTHERS.

AFFORDABLE CONCRETE
Specializing in All Types of Concrete Work

- Driveway Removal & Installation
- Stamped Decorative Concrete
- Concrete Walls
- Building Slabs

FREE ESTIMATES
256-954-5054

Over 25 Years Experience

FINANCIALLY STRESSED?

- ▶ **Debt Consolidation/ Bankruptcy**
STOP Garnishments/ Repossessions/Foreclosures
- ▶ **Collection Harassment (FDCPA) Credit Report Disputes (FCRA)**
- ▶ **Social Security Denials**



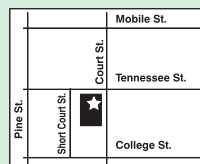
B. Grant McNutt
Attorney at Law



Nicholas H. Gajewski
Attorney at Law



Tanya McCalpin
Attorney at Law



BOND, BOTES, SYKSTUS, TANNER & McNUTT P.C.

Attorneys Providing Financial Solutions

Florence • 256-760-1010

121 S. Court Street, Florence, AL 35630

For more information, visit www.bondnbotes.com

No representation is made that the quality of legal services to be performed is greater than the quality of legal services to be performed by other lawyers. We are a Debt Relief Agency and Attorneys at Law who, where appropriate, help people file for relief under the Bankruptcy Code.

Medicare Minute

"Mail, Calls and Door Knocking"

WARNING!! If you are turning 65 over the next few months you will be inundated with mail, phone calls and sometimes people actually knocking on your door. These are just three of the ways companies market Medicare health and drug plans. Over the next couple of weeks, we will look at different marketing methods and what the companies are trying to accomplish with each.

Phone calls - Supplement companies are well known for making out bound calls to people turning 65. Once they have you on the line, they're only objective is to sell you a Medicare plan. It's perfectly ok to sign up over the phone but, if you have a problem with the plan you enrolled in, your agent may be in Florida or California and unwilling to help you. Also, if you ever fill out a request for information online, that request is immediately sent out to several agents and the phone calls will double.

Door knocking - I've never understood why anyone would buy something as important as their Medicare health plan from someone who showed up unannounced at their door. People who market door to door are usually out of town agents. They will buy the same list that direct mail companies buy and literally find your house and knock on your door. It is not a good idea to buy this way for a couple of reasons. First, are you willing to trust someone who shows up at your door with your personal information, such as Social Security number and checking account information. Secondly, it can be dangerous!! Any law enforcement person would advise you to never allow someone you don't know into your house.

The solution to this is to find a local agent that can help you. They will make sure you get the right plan and you'll be able to find them if you need them. If you have questions regarding any aspect of Medicare or Medicare health plans feel free call us at Alabama Health Guidance (256-648-5710), stop by our office at 885 Florence Blvd (Four Lane Shopping Center) or email me at ikey@alabamahealthguidance.com. Alabama Health Guidance is an independent insurance agency and is not affiliated with Medicare or any other government agency.



Ikey Fowler

885 Florence Blvd. • 256-648-5710
(Four Lane Shopping Center)



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

Courier Journal Page-Flip Edition

Always available on our homepage by sunrise Tuesday morning -

www.CourierJournal.net



sponsored by:



452645-1

This Ad Good March 12-18, 2025

Food Outlet

2503 N. Wood Ave. Florence 256-766-0456

Hwy 200 Central Heights 256-349-2377

HAPPY St. Patrick's DAY!

We Welcome WIC & Food Stamp Shoppers. Quantity Rights Reserved. None Sold To Dealers.

The Price You See On The Shelf, Is What You Pay!

<p>USDA FRESH ANGUS FAMILY PACK</p> <p>GROUND BEEF</p> <p>\$3.38 LB.</p>	<p>USDA FRESH BONE- IN MIXED</p> <p>PORK CHOPS</p> <p>CENTER CUT \$1.98 LB. MIXED \$1.48 LB.</p>	<p>COOK'S</p> <p>CORNER BEEF BRISKET</p> <p>\$4.88 LB.</p>
<p>WRIGHT SLICED BACON</p> <p>\$8.48 24 OZ.</p>	<p>CONECUH SMOKED SAUSAGE</p> <p>\$4.98 1 LB.</p>	<p>GRADE A FRESH</p> <p>DRUMSTICKS OR THIGHS</p> <p>\$1.38 LB.</p>
<p>14-18 OZ. SWEET BABY RAY'S BBQ OR DIPPING SAUCE</p> <p>2/\$4</p>	<p>8-9 OZ. KELLOGG'S CEREALS FROSTED FLAKES, FROOT LOOPS, RICE KRISPIES OR CORN FLAKES</p> <p>\$2.98</p>	<p>12-14 OZ. KRAFT VELVEETA SHELLS & CHEESE OR DELUXE MAC & CHEESE</p> <p>\$2.88</p>
<p>15 OZ. HORMEL CHILI WITH BEANS</p> <p>2/\$4</p>	<p>16 OZ. CHICK-FIL-A SAUCES</p> <p>\$3.88</p>	<p>32 OZ. HUNGRY JACK PANGAKE MIX</p> <p>\$2.88</p>
<p>DAIRY SPECIALS PRODUCE SPECIALS FROZEN SPECIALS</p>		
<p>8 OZ. DUTCH FARMS CHEESE - SHREDS OR BARS</p> <p>2/\$4</p>	<p>LB. - FRESH GREEN CABBAGE</p> <p>48¢</p>	<p>24-28 OZ. - IDAHOAN FRENCH FRIES</p> <p>\$3.98</p>
<p>8 CT. PILLSBURY CRESCENT OR CINNAMON ROLLS</p> <p>2/\$5</p>	<p>LB. - FRESH YELLOW SQUASH OR ZUCCHINI</p> <p>\$1.18</p>	<p>24-28 OZ. CLEAR BAG PICTSWEET VEGETABLES</p> <p>\$2.98</p>
<p>12 OZ. KRAFT CHEESE SINGLES</p> <p>\$3.58</p>	<p>1 LB. - FRESH STRAWBERRIES</p> <p>2/\$5</p>	<p>24 OZ. PICTSWEET FORDHOOK LIMAS</p> <p>\$4.98</p>
<p>6 PACK 1/2 LITERS PEPSI PRODUCTS 3/\$11</p>		

63421-1

Idlewild...

Continued from Page 1

highlight, 'I'm Gonna Move to The Outskirts of Town' and Idlewild's 'Leave My Blues at Home.' The Allman Brothers Band defining their legendary sound in 1970, over a relentless tour schedule of over 300 shows. End of the Line looks forward to returning this timeless material to mainstream music lovers and to their ever-growing fan base across the country, where the road truly does go on forever! End of the Line has carved up the southeast with sold out shows. From the

authentic, raspy vocal approach of Justin Smith to the chugging drum/percussion train of Ryan McClanahan & Dave Czuba, the band both pays homage while pushing the boundaries of the timeless & extensive catalog. Carrying the electric weight of Dickey Betts is Adam Gorman, who is the band's lone Maconite, and joining him as the counterpart Duane Allman is Noah Pavey. With endorsements from The Big House - the official Allman Brothers Museum, End of the Line carries on the legacy of

The Allman Brothers with poise and power.

Tickets and assorted details are available through the website at tennesseevalleyart.org.

Prices are \$25-\$35 plus tax and processing fees. Your tickets will be emailed to you upon purchase. Call 256-383-0533 for ADA seating.



256-764-4268

GREEN PLANET LAWN SERVICES
 Spring/Fall Clean-ups,
 Complete Mowing,
 Hedge/Shrub Trimming,
 Flowerbed Maintenance,
 Mulch, Pine Straw, Decorative
 Rock and Pressure Washing.
 Licensed & Insured.
 -Free Estimates-
 Call Antonio 256-284-5590

TILE INSTALLATION Backsplashes and flooring tile. Great rates, free estimates. Call Randy 256-702-1815

WHITE GERMAN SHEPHERD PUPS 8 weeks old. AKC registered, shots and wormed. 1 male, 3 females. \$700 256-483-5029

HOME IMPROVEMENT AND BUILDING: siding, additions, garages, painting, decks, Free Estimates. 256-383-3218

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.

POA v. LIVING WILL v. LAST WILL AND TESTAMENT

When it comes to planning for the future, understanding the differences between a Power of Attorney (POA), a Living Will, and a Last Will and Testament is helpful. These legal documents help ensure a person's wishes are carried out in the case of incapacity or death but serve different purposes.

A Power of Attorney (POA) is a legal document that grants another

person the authority to act on a person's behalf. You can have a general POA for anything that a person could do if they were present or a specific POA for a specific financial or legal matter. A Durable POA can be used if a person becomes incapacitated as long as it was done and signed while they were competent. This allows a person to act on another's behalf if they become incapacitated due to illness or injury.

A POA expires upon death. The agent can no longer make financial or medical decisions once a person passes away. That's when a Will takes over.

In between competency and death, a Living Will can be very helpful. These are also known as an Advance Healthcare Directive, and it outlines a person's medical treatment preferences in case they become incapacitated or are unable to communicate their wishes. The purpose of this document is to make known if a person wants life-sustaining treatments (ventilators or feeding tubes, etc.) and their wishes regarding pain management and further instructions on resuscitation. This document is used in situations where a person is terminally ill and unable to communicate and to prevent or provide medical intervention.

A Living Will does not handle financial or legal matters. It cannot be used to distribute assets or name a Personal Representative for the person's estate.

A Last Will and Testament (Will) is a legal document that details how a person's assets will be distributed after death. A Will is used to manage how assets are to be distributed after death. It also appoints the person to follow those instructions as to debts, assets, and the distribution thereof. There is a frequent misconception that the person appointed or named in the Will as the Personal Representative has some authority before the maker of the Will dies. They don't.

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

facebook: McCutcheon and Hamner, P.C.



MCCUTCHEON & HAMNER
ATTORNEYS AT LAW

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.

Who can GO TO THE GYM for **30 minutes** and only **4 sessions** to get this result?
WINTER SPECIAL
Only \$1,000 for 4 sessions!



We now offer **Rewards & Memberships!**
Why join Helping Hands Clinic VIP?
 ✓ Rewards for Visiting
 ✓ Exclusive Memberships
 ✓ Monthly Offers & Specials
 ✓ Gift on your Birthday!



HELPING HANDS 256.712.5028 | 426 West College St. | Florence
 Across from Infants & Children's

Advertising with us is Easy... And Set-up is FREE!

- 1.) Call us for a 2-minute account set-up.
- 2.) Our Award-Winning ad staff quickly creates your ad with your information.
- 3.) You approve / modify and pay with card
Your new ad is on the press, and in over 50,000 mailboxes next week!



The state's largest circulation, good news format, and a long shelf life make us a favorite for generations of readers and advertisers alike. One call gets you started...

219 West Tennessee St. Florence 256-764-4268 www.CourierJournal.net

Take Note...
of your Community.

Courier Journal Community Notes

Notes...

Continued from page 6

SATURDAY, March 22, 4pm-7pm Spring Break
 FRIDAY, March 28, 4pm-7pm Spring Break
 FRIDAY, April 25, 7am-5pm No School
 TUESDAY, June 17, 6:30-11:30am Summer Day
 THURSDAY, September 18, 6:30-11:30am Fall Day
 SATURDAY, October 4, 8am-5pm Fall Weekend

The NAACP Tri-County Branch will present its Annual NAACP Freedom Awards Breakfast at 9am Saturday, March 29 at the Mt. Moriah Family Life Center, 820 West Irvine Avenue in Florence. The speaker for the event will be the Reverend Lyle Lee, President of Huntsville Bible College. Rhoda P's Catering will prepare the breakfast.

Each year, the Tri-County Branch presents Freedom Awards in the categories of Leadership, Youth Service, Community Service, Civic Duty, Humanitarianism, Education, and Spiritual Guidance to local individuals, organizations, and businesses. Nomination forms are available at the NAACP Tri-County website, from the Branch officers, or at WZZA Radio.

Tables of eight are \$240. Individual tickets are \$30 each. A souvenir program for the Freedom Award Banquet will feature ads at a cost of \$35 for a quarter page, \$60 for half a page, \$100 for a full page, \$150 for the inside front or back cover, and \$200 for the back cover. Patron ads are available at \$20 each. Ads can be emailed to Secretary@NAACPTriCounty.org. Payments can be mailed to NAACP at Post Office Box 2110, Muscle Shoals, Alabama 35662.

Funds raised during the Freedom Awards Banquet assist in supporting advocacy of civil rights throughout the Tri-

See NOTES... page 18

2008 FISHER ALL WELDED ALUMINUM BOAT, with trailer, 2 cycle Mercury 50 hp, stick steering, new wheels, new tires with spare. Recently checked, new water pump & 54 lb. thrust foot control (motor guide 12 volt like new) Asking \$10,000. Call 256-627-6826

MANSELL ROOFING, Discounts to Veterans and Seniors. All Work Guaranteed. Free Estimates, 256-383-3218

MILLER'S TREE SERVICE
 Tree Trimming and Removal
 Free Estimates
 Senior Discounts
 Licensed & Insured
 256-710-0548

DOBERMAN PINCHER PUPPIES, AKC Registered, Health tested, shots & dewormed, tails docked, offering ear cropping, 256-275-1315 Shoals area

J.J.J. MAINTENANCE SERVICES
 Specializing in Roof Repair and Leaks.
 786-291-3565
 (Shoals area)

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

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

SHOTGLASS GUNS, INC.
 Gunsmithing, Repairs, Refinishing, Action & Trigger jobs, Stock work, etc. Cerakote, Refurbishing
 103 Taylor Road, Florence
 256-349-5051



When it comes to building your home, you have a million questions!
 We have 1 Solution!

BUILDERS CHOICE
 -BUILD BETTER-
 Hardware - Home Center
 256-757-3012

LOOKING TO RENT 2 bdrm. house or apartment. 256-221-1294

SHIH TZU PUPPIES, 3 males & 2 females, 4 months old, all shots including rabies shots, \$600 ea., 256-856-5712.

FREE BULLBOXER PUPPIES, to a good home, 6 months, 2 males and females Text 938-219-3900

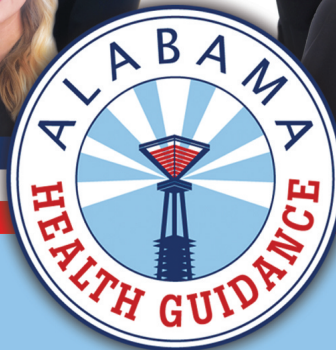
Local Medicare Insurance Specialists

Florence Office - 885 Florence Blvd.

Muscle Shoals Office - 410 S. Wilson Dam Rd.

Hope Stamps | Ikey Fowler | Lee Fowler | Erica Vaughn
 Judy Keenum | Anah Whitehead Fowler | Beverly Stamps White | Caycee Fowler

Kay Holland | Kelly Davis | Marianna Honeycutt
 Paul Sanderson | Mark Sanderson | Conner Sanderson



Are You Turning 65?
 There's never a fee for our services.

- Are you a Veteran?
- Do you need Extra Help?
- Are you coming off of your Employer's Insurance?

Any Medicare Questions?
 We can provide answers to help.

- Medicare Education
- Medicare Insurance Enrollment
- Medicare Drug Plan Assistance
- Low Income Benefits
- Customer Service to the policies you have with us



256-648-5710

www.AlabamaHealthGuidance.com

256-648-5220



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

EXERCISER BO-FLEX POWER PRO Tall with fold up bench on wheels. Manual included \$225 obo. 256-565-5143 Lacy Springs

Notes...

Continued from page 17

County area. Please email toricbailey@gmail.com or call 256-383-4260 for additional information.

Religious Abuse Support Group of the Shoals will meet the first (April 6) and last Sunday (March 30) of every month. Time and location will vary. Check Facebook for details: [https:// www.facebook.com/rags Shoals](https://www.facebook.com/rags Shoals)

Village One Volunteer Day with Muscle Shoals National Heritage Area on March 15 10am-1pm - Village School, 200 Chickamauga St., Sheffield. The first volunteer event of the year. No experience is necessary—we'll provide all supplies and direction. Tasks may include cleaning, painting, scraping, yard work, organizing materials, and more. If you have specialized skills to share, let us know when you sign up via email or social media. Please wear clothes you don't mind getting dirty, such as jeans and closed-toe shoes, and feel free to bring work gloves if you have them. Even if you can't stay the whole time, stop by to say hi and see what we're working on! For more information call 256-765-5028.

End Of The Line: Allman Brothers Tribute Band March 14 at The Ritz Theatre in Sheffield celebrating the music of 1970 in recognition of its 55th anniversary with the SONGS FROM THE IDLEWILD GARAGE TOUR featuring classics like Midnight Rider and In Memory of Elizabeth Reed—along with Live at Ludlow Garage 1970, which includes unforgettable performances of Dreams and one of the most electrifying renditions of Mountain Jam ever recorded. Tickets are available for purchase by visiting tennesseevalleyarts.org. For additional

See NOTES... page 22

Letters...

Continued from Page 8

Understand Credit: Small Business

Editor,

Credit is a tool that lets you borrow money or access goods and services with the promise to pay later. It's essential for personal and business finances, enabling large purchases like homes or cars and helping small businesses grow. Lenders use credit reports and scores to decide whether to approve loans and set interest rates.

What is a credit score? A credit score is a three-digit number (300 to 850) that measures your creditworthiness based on your financial history. It helps lenders predict how likely you are to repay a loan. Your personal credit score is tied to your Social Security number, while a business credit score is linked to an EIN and evaluates your business's financial health.

Why credit scores matter for small business owners: Although personal credit and business credit are different, your personal credit score can still impact your small business. From securing lower interest rates to building trust with potential investors or partners, your personal credit score could help with:

Securing loans. Lenders may use personal credit scores to approve business loans and offer lower interest rates.

Building trust. A good score helps establish credibility with suppliers, investors, and partners.

Managing cash flow. Access to affordable credit provides flexibility during slow seasons or emergencies.

Where can you check your credit score?: Many banks and credit card providers offer free credit scores. You can also use services like Credit Karma or buy scores from bureaus like Experian, Equifax, or TransUnion.

How to build or improve your credit score: Pay bills on time, keep credit utilization below 30% or lower, maintain older credit accounts, limit new credit applications, and diversify your credit mix

responsibly.

Good credit opens doors to financial opportunities. By being proactive, you can strengthen your credit and secure your financial future.

Jessica Caban
Center for Rural Affairs
Lyons, NE

REGISTERED GOLDENDOODLE STANDARD PUPPIES F1 and F1-B. UTD on shots, dewormed, beige, cinnamon and red. Well socialized. Ready to go. \$750 256-247-1647 256-810-7169

MATTHEWS TREE SERVICE
(Shoals Area)
•Stump Grinding •Tree Trimming •Tree Removal
Licensed, Bonded, Insured
BBB Accredited
Steven Matthews, Owner
256-483-5918

GMC: ENVOY, 2004 \$2,500. XUV. Call Tri Star Auto Auction at 256-762-5519.

QUALITY FOUNDATION
And All Types of Home Improvement

Home Owned & Operated in the Shoals by Wayne Lawhorn

Let Us Add Stability to Your Flooring

FREE Estimate

37 YEARS EXPERIENCE
Licensed • Bonded • Insured
256-767-5258



Solid Steel Jacks

Dr. Andrew Williams
has just joined

THE INTERNAL MEDICINE CLINIC
in Florence and is



WELCOMING NEW PATIENTS!
Same Day Appointments!

www.drwilliamsimc.com

Call for more info or to schedule an appointment.

THE INTERNAL MEDICINE CLINIC
204 Ana Dr., Florence • 256-767-5940

Dr. Darin Bowling
Family Medicine & Weight Loss


Shoals Primary Care

Now Accepting New Patients
Walk-ins are Welcome

MOST INSURANCE ACCEPTED
MEDICARE PATIENTS WELCOME

Monday-Thursday 8am - 5pm • Friday 8am-Noon

Admitting to Helen Keller Hospital



SHOALS PRIMARY CARE

342 COX BOULEVARD
SHEFFIELD
256-383-4473
shoalsprimarycarellc.com


St. Vincent de Paul THRIFT STORE
Help Us, Help Others
Serving Families of the Shoals

ALL CLOTHES 1/2 OFF

659 South Poplar Street, Florence
(Conveniently Located in Downtown Florence Off Veterans Drive)

256-718-0901 • Mon.-Fri. 10am-4pm, Sat. 10am-2pm
www.facebook.com/SVDPFlorence

SIGNS OF THE PAST



Oscar Stanton DePriest

In 1928, Oscar S. DePriest, son of former slaves, became the first 20th Century African-American Congressman from the north. He is credited with the Anti-discrimination Amendment to the 1933 Civilian Conservation Corps Bill.

INDUCTED 2016
CITY OF FLORENCE
WALK OF HONOR

Location: 34. 8068°N, 87.6313°W

Oscar DePriest was born in a Florence cabin on 9 March, 1871. His parents Alexander DePriest and Mary Karsner DePriest had been slaves. When Oscar was 7 years old, the family moved to Kansas when their neighbor had been lynched. Oscar moved to Chicago at age 17. At the age of 58 he was sworn into Congress.

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

RESTORERS DREAM! ORIGINAL 1941 Chevy 2-door Deluxe WW 16' Tires. Good upholstery. Owner passed. Must sell auto items. Last offer, \$5,500. Info and pics call 770-458-0281. 850-348-8656, Tony, or email jantuck@att.net Blountsville

CHEVROLET: CAMARO Z28, 1992 \$20,000 OBO. Convertible, Excellent Condition! Teal in color, Loaded with options, garage kept. Call for details and pictures. 540-336-0043

JASON'S STAIN/PAINT 30+ yrs. experience painter, interior/exterior, Excellent in cabinet repaint. Serving Colbert County/Florence 256-247-2487

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

WALK-IN SHOWER
Professionally installed.
Replace that old tub in three days or less, \$6,800.
Call 256-627-8007

JUNK REMOVAL
Florence based junk removal company. Reach out for a free virtual estimate today.
bnlremovals@gmail.com
256-945-0432

MANSSELL ROOFING, Discounts to Veterans and Seniors. All Work Guaranteed. Free Estimates, 256-383-3218

HOME IMPROVEMENT AND BUILDING: siding, additions, garages, painting, decks, Free Estimates. 256-383-3218

CUBCADET 760ES WALK-BEHIND MOWER 33"cut \$285. (256)506-0445

HARDWOOD FLOOR REFINISHING
25 Years Experience
All work comes with warranty.
Ben Hanson, 256-263-2063

YORKIE PUPPIES, REGISTERED, MALES and females, 9 weeks old, very small, shots, dew claws removed, and dewormed. 256-275-2794 Shoals Area

H & H Towing (local & out of town)
I Buy Junk Vehicles, all types
Greg 256-394-6340

All-Green Tree Service
LICENSED • BONDED • INSURED

- Topping
- Trimming
- Removal
- Lots Cleared
- Stumps Removed
- 55' Bucket Truck

Credit Cards Accepted
28 Years
Free Estimates
Doug Minton
Cell 256-710-8787

Living Water From A Living Well

In John Chapter 4, Jesus Christ easily demonstrates the simplicity of salvation, with the Samaritan woman at the well who had five husbands and was currently "shacking" with the prospective sixth! Christ asked her for a drink. She replied in verse 9. In verse 10, Jesus replied: **John 4:10** "Jesus answered and said unto her, If thou knewest the gift of God, and who it is that saith to thee, Give me to drink; thou wouldest have asked of him, and he would have given thee **living water**." She did: **John 4:15** "The woman saith unto him, Sir, give me this water, that I thirst not, neither come hither to draw." **John 4:24-26** God is a Spirit: and they that worship him must worship him in spirit and in truth. The woman saith unto him, I know that Messias cometh, which is called Christ: when he is come, he will tell us all things. **Jesus saith unto her, I that speak unto thee am he.**" **John 4:28-29** "The woman then left her waterpot, and went her way into the city, and saith to the men, Come, see a man, which told me all things that ever I did: is not this the Christ?" She got saved and brought others to Christ! Christ won her to Himself, like Paul in Acts 9!

A saved person is a living well with living water. What kind of water are you pouring out in your life? Can the world see the Living Water in your life? Are you lost? Are you too proud or religious to ask Christ for this living Water, which is Himself? Are you afraid He might save you and you might lose your religion? I got saved and gave up mine, gladly. I have never thirsted for Living Water since! C'mon man, no guts? Lead your home to Christ. You'll never regret it! I would choose heaven over hell any day. Ask Christ to forgive you and give you this Living Water. Jesus is ready and willing to give it. See Revelation 22:17. It works! See John 4:32.

Beacon Baptist Church

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

DAVE Says

by DAVE RAMSEY

PREPARING FOR THE FUTURE

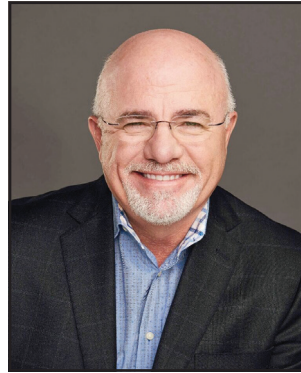
Dear Dave,
I've been listening to your show, and following the Baby Steps, for about a year. But I received some news from a family member recently, and I'm not sure what to tell them. One of my cousins just discovered she has cancer. She's a single mom with two young kids, and it doesn't sound like she has thought much financially at this point to make sure her family is protected?
Jacki

Dear Jacki,
I'm truly sorry to hear about this. A cancer diagnosis is a scary thing, so please remember to pray for her and be there for her all you can.

Most of the time when folks ask if a person has their affairs in order, they're usually referring to a few different questions. First, are you right with God? Then, do you have life insurance and a will? Another important thing is having all the paperwork of your life organized and in a safe location, so someone you trust can handle the details in a worst case scenario.

Everyone should have good term life insurance in place. My advice is to have a policy worth 10 to 12 times your annual income. When it comes to a will, make sure it's state-specific. Probate and estate regulations aren't federal laws, they're state laws. So, any will should be drawn up according to guidelines for the state in which you live.

It's probably the hardest thing to think about, I know, but arrangements should be made for any minor children. Sitting down to talk with two or three trusted family members, or close friends, to decide who will take them if the worst should happen is a good idea, too. Whoever is chosen for this responsibility should be a person who's incredibly mature, caring and willing to love and raise these kids



many more. Since 1992, build wealth and enhance Dave has helped people their lives. He also serves as take control of their money, CEO for Ramsey Solutions.

MELVIN'S ON THE SPOT CARWASH
256-767-3366 OR 256-335-8885 (Cell)
www.melvinsonthespot.com

SPECIAL WEDNESDAY WAX DAY!!!
WAX \$25 FOR
Gift Certificates Available

Aluminum Carports and Patio Covers
Tony Cabaniss 256-577-5990
Chuck Cabaniss 256-702-7881

Northwest Alabama Leg Pain Specialists

Treating the Causes of Leg Pain, not just the symptoms.



Do you suffer from...

- Restless Legs
- Cramping
- Swelling
- Burning
- Itching
- Discoloration
- Varicose Veins
- Aching
- Spider Veins
- Tingling
- Heaviness
- Hair loss

Our team of experts, including a Board Certified Physician, specialize in the diagnosis and treatment of leg problems. We utilize the latest technology to get to the cause of the problem and develop a solution.

Let us help you get back to an active and healthy lifestyle!

For more information or to setup an appointment, please call 256-766-2310.

2095 Florence Blvd., Florence
Phone: 256-766-2310 • Fax: 256-768-9956

Mystery Photo Courier Journal

WIN LUNCH FOR 2 at **WEEK of March 12**

Rosie's CANTINA
www.rosiesmexicancantina.com

in Downtown Florence
ENTER at www.courierjournal.net

Week of March 5 winner is Karen Kielbasinski of Florence
who correctly guessed "The Red Clay Table in Sheffield, AL"

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

Commentary

Reality Checks...

Continued from Page 8

The citizens of Ukraine are not interested in extending a war they cannot possibly win just so he can pound his chest.

How are some of us so comfortable in giving away \$billions upon \$billions when we are trillions of dollars in debt, even if it is "the right thing" to do?

When would this ever stop? When everyone over there is dead? When we as a nation have financially imploded?

Our political polarization often stands between our respective allegiances and rational thinking.

World view or not, the financial and physical well-being of the United States must be our priority, regardless.

Much of Europe parades their theoretical support for Ukraine, a gesture that is little more than virtue signaling since it includes moral pressure on the U.S., but very little permanent financial outlay on their part. Trump's plan is not perfect. It won't make anybody whole or bring back the lives lost, but nothing will.

It will also require a meeting (and agreement) with Vladimir Putin. That doesn't make him an ally or make Trump his buddy. In addition, Ukraine may not have all its previous land assets returned. However, the ceasefire/treaty will probably include several \$billion more to help Ukraine begin recovering. And if our money is going out, it needs to go towards lifting the Ukrainian people back up, not continuing the back-and-forth military barrage of death and destruction.

From what Trump said toward the end of his address to Congress last week, it appears that Zelensky has had a change of heart. We'll see if an agreement can be hammered out.

If the U.S. has a civilian presence in Ukraine through the production and oversight of a new shared mineral agreement, that should be a reasonable deterrent against a Russian attack that would endanger innocent Americans. Putin is not interested in WWII, either. Russia is not an economic superpower. It is a country with firepower and a leader with an urge to return to the glory of yesteryear.

Would we just be waiting out the life of Putin and hoping that a more humane and sensible dictator replaces him?

Maybe so, but what are the better options?

IN SEARCH OF A Lawn Sweeper, reasonable price. 256-466-7341

CONCRETE WORK

Retainer Walls, Driveways, Slabs, 50+ years experience. Free estimates 256-740-1971 or 256-633-9993

SAFER DRIVING Through better education. Lessons \$15 includes free copy of **The Careful vs. The Careless Driver** 615-962-4493 or email: vanheydenauthor@gmail.com

HOME AND RENTAL PROPERTY REPAIRS Electrical, plumbing, water heaters, etc. 256-757-5620

HOME IMPROVEMENT AND BUILDING: siding, additions, garages, painting, decks, Free Estimates. 256-383-3218

LAWN SERVICE

Taking on new clients, Reliable & Dependable. 256-629-9675

2003 FORD TAURUS SE \$3000 Needs work under the car, but good transmission and motor. Silver. Calls only 256-349-5471

NEAL'S LAWN CARE LAWN CARE AND MORE! Free Estimates 256-284-8243

AUTO & TRUCK HEADLINERS INSTALLED

Limited mobile service in Florence, AL 256-483-2923

SKID STEER WORK, Mini-X Work, Dirt Work, Mulching, Clean-up Work, Excavating, Water line installation. No job too big or too small. Licensed & insured. Owner/Operator Vince Lewis 256-710-7085

AKC REGISTERED COLLIE PUPPIES \$200 - \$300 Wormed and 1st shots 256-668-9187

CAN YOU FIND THE DIFFERENCES in the two drawings? Look for Hocus Focus each week, only in your Courier Journal.

HYUNDAI: ACCENT, 2014 \$3,500. Runs and drives great. Few dents and dings. Call Tri Star Auto Auction at 256-762-5519.

CONCRETE WORK: DRIVEWAYS, SIDEWALKS, Curbs, Slabs. No job too big or too small, 30 years of experience. Call Peanut 256-980-2208

NEED HEALTH INSURANCE?
You may qualify for coverage through the marketplace.
Get **LOCAL** assistance and a **FREE** quote. Let's talk!

Depending on your family size and household income, your premium may be as low as **\$0 per month**, based on the plan you choose!

Heather Fowler and Erica Vaughn are available to assist you with an ACA plan. They can enroll individuals in health insurance with Blue Cross and Blue Shield of Alabama.*

BlueCross BlueShield of Alabama
885 Florence Blvd.
www.AlabamaHealthGuidance.com
(256) 648-5710

We are independent agents of Blue Cross and Blue Shield of Alabama. Blue Cross and Blue Shield of Alabama is an independent licensee of the Blue Cross and Blue Shield Association.

40UP
A WORLDWIDE MINISTRY
of Victory Christian Ministries

MEN OVER 40
Basketball on Sundays @ 5:30pm

Brief message by Pastor Torey!
Victory Christian Fellowship Gym
2302 Hough Rd. Florence, AL 35630
Call 256-710-1749 for more info!

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 LeeAnne!
This sweet timid girl is absolutely precious. She is good with other dogs, great on leash and keeps her kennel clean. LeeAnne is such a love bug too. This amazing dog is a definite must meet kind of girl. The adoption fee is currently \$45 and includes 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 sweetheart.

Meet Paul! Paul is a funny, cute and super sweet. You will fall in love with him in an instant. He's medium in size and large in personality. He's good on leash and good with other dogs. Fostering is free and doggies day outs are super fun. The adoption fee is currently \$45 and includes everything your new pet needs to be on track for a happy, healthy life: vaccines, a microchip, spay/neuter, and heartworm test. Please call or come by **Florence Lauderdale animal services 256-760-6676** to meet this handsome fella.

Meet Emmerson! Oh doggie! Emmerson makes the cutest expressions. He is good with other dogs, sweet and smart as well. He loves walks and is good on a leash. Emmerson would make a good family dog and would be honored to be part of your family. The adoption fee is currently \$45 and includes 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 your new best friend.

Real Estate

FLORENCE: FOR SALE 314 Furnoy Ave 5 bdrm., 2.5 ba. New roof and windows \$299,000 K&H Inc. 256-349-0000

Courtview Towers Studio Apartments 1 & 2 Bedrooms available. Convenient to downtown Florence. Rent based on income. Equal Housing Opportunity 256-767-0201



FLORENCE HOUSES FOR RENT: 2 bdrm., 1 ba., \$800-\$900 month plus deposit. Call 256-764-3986

FLORENCE: GARAGE APARTMENT for rent 848 Mars Hill Rd. 1 bdrm. 1 ba. kitchen, appliances furnished. \$550 monthly. Contact: 256-335-3391 or 256-627-7552

SHEFFIELD HOME FOR RENT 500 E. 11th St., One bedroom, \$650 per month, \$650 deposit, Lawn care included, 256-710-6876 or 256-764-4511

PAYING TOP DOLLAR
For small tracks of land to lease for bow hunting only. Will purchase insurance and have equipment to improve property, if needed. Mature Veteran, local business owner. Killen, St. Florian, Center Star areas preferred. 256-710-2856

FLORENDALE APARTMENTS TAKING APPLICATIONS
1 bdrm. - \$400;
2 bdrm. - \$450;
3 bdrm. - \$500
Water Included, \$25 application fee per adult, for background check
Call 256-766-1823

FLORENCE: FOR RENT 1613 Mockingbird Ct 3,200 sq. ft. office space with small warehouse K&H Inc. 256-349-0000

FLORENCE HOUSES FOR RENT: 2 bdrm., 1 ba., \$800-\$900 month plus deposit. Call 256-764-3986

TUSCUMBIA: HOME FOR SALE 1231 Frankfort Rd Needs some repairs. 1 bdrm. 1 ba. \$40,000 256-762-4903

FLORENCE 2 BEDROOM APARTMENT, Central heat & air, \$600 month plus deposit. Call 256-764-3986

MONTREAT APARTMENTS
1850 Darby Dr., Florence, AL
Accepting Applications
1st Month's Rent FREE!
Seniors 62 and over or mobility impaired
One Bedroom, Rent Based on Income
256-767-2211



LAND AVAILABLE FOR HAY or FARMING in Tuscumbia, if interested call 256-436-4419

HOME FOR SALE: 3 bdrm. brick ranch 2 full ba. Full basement. 2 acres, newly rebuilt. Anderson Area. 3 Car carport \$235,000 678-879-2001

"REDUCED" PROPERTY FOR SALE Muscle Shoals 3.45 Acres Mary Mack St. 256-740-1960

SIX-FOOT TRACTOR SUPPLY DISK \$600 256-702-2203

MATTHEWS TREE SERVICE (Shoals Area)
•Stump Grinding •Tree Trimming •Tree Removal
Licensed, Bonded, Insured
BBB Accredited
Steven Matthews, Owner
256-483-5918

DODGE: PICKUP, 2012 \$23,000. 2500 Mega cab with side job box ew dings 6.7 diesel 4x4 Laramie 259,800 miles 256-349-0247

DODGE: CALIBER, 2009 \$5,000. New tires and battery, runs good, very dependable, Silver. Calls only. 256-349-5471

WATCH & CLOCK REPAIR
Including Grandfather Clocks
256-572-2679 Killen, AL

MASONRY WORK: Brick, Block, Fieldstone, all types. Excellent work. Call Mark, 256-394-2820

OCCASIONALLY YOU MAY SEE an ad duplicated and printed several times throughout the paper. This is done at the request of the advertiser. Each ad is paid for. Thank You for reading your Courier Journal.

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

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

FORD: F-450, 2007 \$15,000. 174,000 miles. 5th wheel. Flat bed model. Power stroke V8 EX Super Duty. 205-835-8963

SPRING CLEANING GUTTER CLEAN OUT, seamless gutters, gutter guards, Call GUTTER WORKS 256-394-3497

AUTO & TRUCK HEADLINERS INSTALLED
Limited mobile service in Florence, AL 256-483-2923

HANDYMAN SERVICE
Ceramic Tile Installation, Bathtub Resurfacing, Bath Remodeling, Decks, Doors and Windows.

Call for all your home repair needs.
Bobby Greene 256-366-6641
bobbygreene93049@gmail.com

TIMBER WANTED We do select cut and clear cut. Will pay lump sum. No yard trees. 256-412-8956



FLORENCE PAINTING AND DRYWALL LLC

We offer professional painting services including Interior and Exterior House Painting, Drywall Repair, Deck and Fence Staining Pressure Washing and More

Over 30 years' experience,
Call Today for **FREE ESTIMATE**
ALL WORK GUARANTEED
256-577-0730



LISTERHILL.COM/RELATIONSHIP

Bring your auto, recreation, or personal loan to Listerhill and get up to 1% off our already competitive rates! With relationship pricing, you can receive a discount for your new:

- Checking Account
- Automatic Payment
- Direct Deposit
- Listerhill Credit Card
- Outside Loan

Already a member with one or more of these relationships? Then you are already eligible for discounts!

Federally Insured by NCUA



AMAZING HUGE ESTATE SALE! Fri. - Mon., March 14-17

Fri. 9am-3pm; Sat. 9am-2pm; Sun. 1-4pm; Mon. 10a-2pm

275 Oakdale Dr., Florence. Take Chisholm Hwy. and turn onto Lemuel Lane beside Townsley's Car Wash/HT Merchandise

Honda Fit Car, Extended Length Work Van, John Deere Zero Turn Mower, Ferris Zero Turn Mower and Electric Push Mower • Selling Inventory of Antique Store & Restaurant • Large Qty. of Prepper/Survival Items

NUMEROUS ANTIQUES: Several Gorgeous Stained Glass Lamps, Beautiful Antique Mirrors, Beautiful Furniture, Area Rugs, Waterford, Lenox, Jewelry, Buttons, Tons of Smalls, Metal Animal Coin Boxes, Commercial Loom, Large Qty. of Antique Books, Nice Collection of Antique Buttons, Several Knives & Swords, Victorian Figurines, Vintage Bakeware & Jars, Vintage Glassware, Several Cast Iron Door Stops, Cast Iron Pans, Huge Qty Nice Stainless Cookware. Several Heavy Dog & Wildlife Figurines, Stainless Steel Prep Table & Serving Cart, Several Nice Chrome Storage Shelves, Huge Selection of Nice Antique Baskets, Large # of Beautiful Antique Prints, Many Nice Large Antique Frames & Artwork & Much More!!

Very Nice Tools & Shop Items, Pepper Storage Totes, Lots of Beautiful Pottery, Sewing, Beautiful Kitchen Items, Butcher Block Prep Table, Washer, Dryer and Refrigerator, Patio Furniture & Much More!!

Terms: We do not accept checks. We accept cash, debit/credit & Venmo. Sales are final. Everything Sells As-is. By coming to the sale, you agree to shop at your own risk. We are not responsible for accidents or injuries. You must load your own purchases. No large purses or tote bags allowed. We supply you with shopping totes while you shop. No exceptions. Shoplifters will be prosecuted. The grounds are under surveillance.



Serving NW AL since 2002
Marold Davis, Broker • 256-762-8950

Stephanie Davis, Owner
256-335-9917

WE BUY JUNK CARS, Trucks or Vans with or without titles, Call Joel 256-303-7609

KING GRILL BY CHARGRILL, double racks, good condition, \$50 OBO, 938-230-6539 Decatur

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

GRASS CUTTING: Fair Prices, Quality Work, Colbert County area. Call 256-383-3218

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

CLEANING: Office & Commercial 22 years experience. Call 256-702-4646 for competitive quote. GM SERVICES

Read...

Continued from Page 8

people of all ages to discover – or rediscover – the joy of reading.

The museum's educator will share, *Shape of the World: A Portrait of Frank Lloyd Wright*, written by K.L. Going and illustrated by Lauren Striner. Discover how a young Frank Lloyd Wright drew inspiration from shapes in nature to one day become America's most famous architect. Afterward, explore some of those shapes with a hands-on building block activity! This event is free and recommended for children ages 5-8, but all are welcome.

The Rosenbaum House is located at 601 Riverview Dr. in Florence. Parking is across the street. Weather permitting, Storytime will take place outside the museum on the terrace. In the event of rain, Storytime will be moved inside.

NEED HELP?

CONTACT 2-1-1

Your link to community resources

Notes...

Continued from page 18

information, contact the Ritz Theatre at 256-383-2299.

Trail Care: Cane Creek Canyon - 251 Loop Rd, Tuscumbia. March 15. Join Cane Creek Land Stewards in trail care work such as: building natural steps and water control features, updating trail markers and assisting with trail cutbacks and clearing debris from trails. No experience required. Wear sturdy, closed-toe shoes. Please bring water, snacks, and work gloves. Extra water, work gloves and tools will be provided. Complete a separate registration for each individual participating (each person must sign a waiver). Guardians may sign up on behalf of minors. For more information call 256-534-5263. oration services for seniors and individuals with disabilities in Colbert County. Seniors and handicapped individuals who live in Colbert County and are in need of free transportation, please contact Mr. Wendell Plain at 256-412-5220 or Mr. Otis Johnson at 256-762-1378.

Artistic Renderings of Youth is a juried exhibit of artwork open students grades 7-12 from Colbert, Franklin, and Lauderdale counties. The exhibit runs April 2-May 1st Kennedy-Douglass Center for the Arts in Florence.

The exhibit and competition are coordinated by area art teachers. Schools may participate or students can enter on their own. Each student can enter up to three works. Entries are juried and, if accepted, are eligible for ribbons awarded in different grade level groupings. Works must be original and can be in any medium. All 2-dimensional entries must be matted or framed. Framed pieces and canvases must have hanging wire attached on the back.

The entry deadline for *Artistic Renderings of Youth* is Friday, March 14. For more details on entry rules, call Kennedy-Douglass Center for the Arts at 256-760-6379 or email: connect@florencealmuseums.com The Kennedy-Douglass Center for the Arts is located at 217 E. Tuscaloosa St.

Disabled American Veterans in Sheffield meets every fourth Tuesday of each month. (March 25) at 1409 W. 11th St. in Sheffield - 256-381-8229. Dinner at 6pm - Business at 7pm. Veterans Serving Veterans. Open Monday-Wednesday 9am-1:30pm.

The Muscle Shoals Alumnae Chapter and Xi Phi Chapters of Delta Sigma Theta Sorority, Inc. recently announced the opening of its annual scholarship application process. African American high school seniors with a 3.0 GPA or higher in Colbert, Lauderdale, and Franklin county are encouraged to apply. Applicants must submit an online application with current official high school transcript and three letters of recommendation with original handwritten signature, and must be present on May 4.

The essay contest is open to all high school students in Colbert, Lauderdale, and Franklin counties. Applicants must submit an original essay on topic, "My Dream of a Fair and Just World," and be present on May 4 to read the essay. The essay must be a one page double-spaced, typed document of 250-300 words. Cash prizes will be awarded.

Applications and essays must be submitted by **MARCH 31**. Direct any questions to msaa.scholarships@gmail.com. To apply go to <https://www.dstshoals.org/>.

Florence Camerata are resuming rehearsals Thursdays, at 6:30pm in the choral room at UNA. This cycle will feature Broadway and show tunes, as well as love songs. The concert is scheduled for **March 18**. Our talented conductor is Rebecca Rockhill and Karen Cantrell is our very capable accompanist. New singers are welcome. For more information, call 256-810-9512.

See NOTES... page 23



Savvy SENIOR

When to Worry About Your Memory

Dear Savvy Senior,

At age 70, I've become more and more forgetful lately and am concerned it may be an early sign of dementia. Are there any memory screening tools or services that you can recommend to help me gauge my problem, without going to a neurologist?

Forgetful Frank

Dear Frank,

Many older adults, like yourself, worry about memory lapses as they get older fearing it may be the first signs of Alzheimer's disease or some other type of dementia. To get some insight on the seriousness of your problem, here are some tips and resources you can turn to.

Warning Signs

As we grow older, some memory difficulties – such as forgetting names or misplacing items from time to time – are associated with normal aging. But the symptoms of dementia are much more than simple memory lapses.

While symptoms can vary greatly, people with dementia may have problems with short-term memory, keeping track of a purse or wallet, paying bills, planning and preparing meals, remembering appointments or traveling out of the neighborhood.

To help you recognize the difference between typical age-related memory loss and a more serious problem, the Alzheimer's Association provides a list of 10 warning signs that you can assess at 10signs.org.

They also provide information including the signs and symptoms on other conditions that can cause dementia like vascular dementia, Lewy body dementia, frontotemporal dementia, Parkinson's disease, Huntington's disease, chronic traumatic encephalopathy and others – see ALZ.org/dementia.

Memory Screening

A great resource and first step to help you get a handle on your memory problem is the Alzheimer's Foundation of America, which offers a National Memory Screening Program. This is a free, confidential, face-to-face memory screening done virtually in real-time that takes about 10 to 15 minutes to complete and consists of questions and/or tasks to evaluate your memory status. Once the screening is complete, the screener will review the results with you.

Available to everyone, these memory screenings are done daily Monday through Friday, and are given by doctors, nurse practitioners, psychologists, social workers or other healthcare professionals across the country.

A smart phone, computer, tablet or any other device with a webcam and Internet capability is all that's needed. Appointments can be requested online at ALZFDN.org/memory-screening or by calling 866-232-8484.

It's also important to know that this screening is not a diagnosis of any particular condition but can indicate whether you should see your doctor for more extensive assessment.

See Your Doctor

If you find that you need further evaluation, make an appointment with your primary care doctor for a cognitive checkup and medical examination. Depending on what's found, you may be referred to a geriatrician or neurologist who specializes in diagnosing and treating memory loss or Alzheimer's disease.

Keep in mind that even if you are experiencing some memory problems, it doesn't necessarily mean you have dementia. Many memory problems are brought on by other factors like stress, depression, thyroid disease, side effects of medications, sleep disorders, vitamin deficiencies and other medical conditions. And by treating these conditions he can reduce or eliminate the problem.

Send your senior questions to:

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



Concrete River Construction



Concrete Walls • Finished Floors
Driveways • Sidewalks • Porches • Curbs
Stamped and Stained Concrete

Free Estimates • Licensed and Insured • 15 years experience

Call or Text: 256-762-5800 • 256-710-8198

STATE-LINE SEPTIC PRO, LLC.
SEPTIC & PLUMBING
256-702-6100
PLUMBING PATROL IS ON A ROLL!

Dr. Reid Melson, DO

Internal Medicine

is welcoming

New Patients at

Shoals Primary Care

2122 Helton Drive

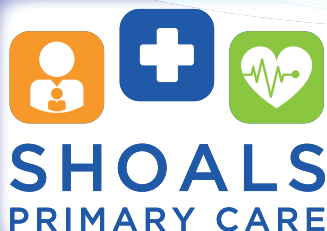
Florence

Walk-ins are
Also Welcome



MOST INSURANCE ACCEPTED • MEDICARE PATIENTS WELCOME

Monday-Thursday 8am - 5pm • Friday 8am-Noon



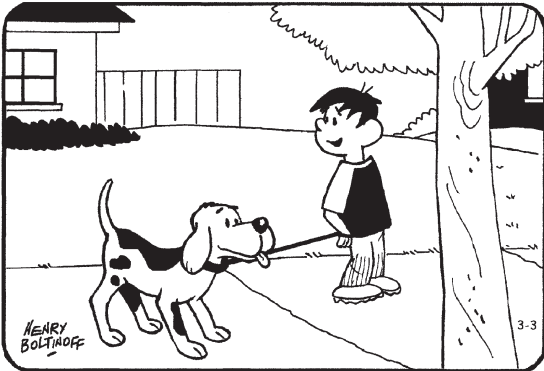
2122 Helton Drive
Florence

256-415-8680

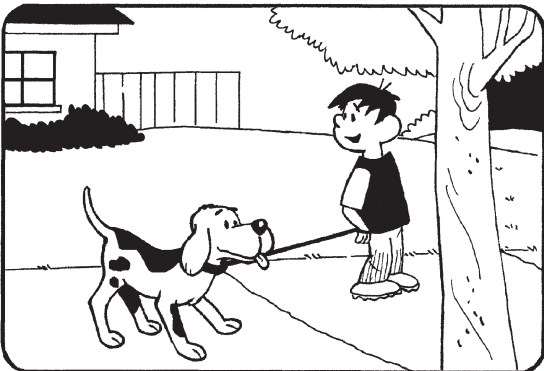
Fax: 256-367-4990

shoalsprimarycarellc.com

HOCUS-FOCUS BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Boy is moved. 2. Shirt is different. 3. Tail is moved. 4. Window is missing. 5. Bush is larger. 6. Dog's leg is moved.

Notes...

Continued from page 22

AARP Tax Aide is doing taxes for free again this year in Sheffield. Monday, Wednesday, and Friday starting at 9am - By appointment only. 600 N. Columbia Ave. Sheffield Now - April 14. Call Kim at 256-483-2894 for more info.

Creative Crafters wanted. This is a craft group for adult friends who draw, craft, paint, sew, quilt, embroider, crochet, etc (all artisans welcome). meeting at the Killen Library once a month. Bring your project to work on and come join the fun! The next 2025 date for this winter is Saturday, March 15 from 9-1pm. All adults welcome.

Shoals Discount MATTRESSES

705 Avalon Ave • Muscle Shoals • 256-383-6611

Rest Better With A New Mattress

Twin Mattresses starting at only **\$79.99**

Full Mattresses starting at only **\$99.99**

Queen Mattresses starting at only **\$99.99**

King Mattresses starting at only **\$299.99**

Ashley Hybrid Mattress starting at only **\$299**

MLily Or Beautyrest Black Label... **50% OFF MSRP**

Mon-Fri 10am-5:30pm • Sat 10am-4pm

Like Us on Facebook @ www.Facebook.com/ShoalsDiscountMattresses

WUSTHOF CLASSIC KNIVES 3 1/2" Pairing knife. 2 3/4" Trimming knife. \$55 each. 256-810-1808

AUTO & TRUCK HEADLINERS INSTALLED
Limited mobile service in Florence, AL 256-483-2923

HOME IMPROVEMENT EXPERT

Kitchen/Bath Remodel, Flooring, Windows, Doors, Trim, Carpentry, Tile, Drywall, Siding
931-279-1604

KOGER LAWN SERVICE and Pressure Washing. Call 256-366-3133

MANSELL ROOFING. Discounts to Veterans and Seniors. All Work Guaranteed. Free Estimates, 256-383-3218

Some Of The Benefits For Women:

- Treat Incontinence
- Improve Sexual Wellness
- Non-Invasive
- Stay Fully Clothed



For a Limited Time!

\$500
Emsella® Chair

EMSELLA®
Enjoy the Ride

Some Of The Benefits For Men:

- End Urinary Incontinence
- Increase Penile Rigidity
- Increase Control Erection
- Increase Staying Power
- Restore Confidence
- Reduce Stress & Anxiety



HELPING HANDS

256.712.5028 | 426 West College St. | Florence

Across from Infants & Children's

Thanks for voting us #1 Urgent Care Walk-In-Facility!

Hamilton Family

URGENT CARE

Walk-In Urgent and Family Care



OPEN 7 DAYS:

Mon. - Fri. 8am-8pm;

Sat. 8am-6pm; Sun. 2pm-6pm

Accepting New Patients

COME VISIT US AT OUR NEW FACILITY AT 3515 CLOVERDALE RD.

Right across the street from our previous location



3515 Cloverdale Rd. • Florence

Celebrating 2 Years In Killen

Also visit us in our Killen location at 343 Hwy. 72 (New Moulton location in 2024)

Covid Testing • Televisits Available • We See Kids! • On Site X-Ray

256-284-7706 • www.hamiltonfamilyurgentcare.com

Convenient Online Registration • Most Insurance Accepted Including Medicare and Medicaid



KEEP
FLORENCE
BEAUTIFUL

CITYWIDE CLEANUP

MARCH 15, 2025 8:00-Noon

Register a group for a designated area or meet us at the Florence/Lauderdale Coliseum for supplies.

REGISTER TODAY



256-760-6495 ~ FlorenceRecycles.org

Sponsored By: Mayor's Office Florence Gas & Water
Florence Solid Waste Street and Recycling Courier Journal
Rosie's Cantina Taco Mama Waste Connections



KEEP THE SHOALS
Beautiful

