# Cherishing Our Independence

# **Two Named** in Sheffield

SHEFFIELD-- Sheffield City Schools board members last week hired Jill Edwards as assistant superintendent and Michael Parker as SHS interim head football coach.

Both bring a wealth of experience in public education

to the positions. Edwards has most recently



**Edwards** 

served as curriculum director for Florence City Schools and has previously served as an elementary and high schoól administrator.

background is in instructional leadership, data-driven improvement, and multi-tiered systems of support. Edwards succeeds **Darryl** 

Washington in the assistant position.



"Her blend of vision, instructional expertise and practical leadership makes her exceptionally qualified to help us move Sheffield

forward," said SCS Superintendent Carlos Nelson.

See SHORTs... on Page 2

The Courier Journal will be CLOSED FRIDAY, JULY 4 and will reopen Monday, July 7.
Please note that ALL deadlines for the July 9 issue are 24 hours earlier than usual. Thank you and have a Safe and Happy Independence Day weekend. Volume 141 Number 36

July 2, 2025

**POSTAL PATRON** 

# Courier Journa

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Liston and Rosemary Coggins, a husband/ wife duo of nontraditional students proudly display the **Patriots** shirts at NWSCC.

Courtesy photo NWSCC



# Freshmen Sweethearts

MUSCLE SHOALS / PHIL CAMPBELL - At ages 75 and 73 respectively, Liston and Rosemary Coggins are proving that it's never too late to chase your dreams. The husband-and-wife duo are beginning a new chapter together as freshmen at Northwest Shoals Community College, determined to earn their Associate of Science

Their story begins decades ago when Liston first attended Northwest Alabama State Junior College in Phil Campbell in 1968. At the time, he was studying drafting, balancing night shifts at work and early morning classes. Rosemary, then his new wife, would

See FRESHMEN...on Page 6

#### 12th ANNUAL

# School **Share Drive**

**SHEFFIELD** Bank Independent | announced the launch of its 12th Annual School Share drive last week. This year, the drive donations supplies and dollars will support local school children through the '\$5 Helps Carry the

Cost" campaign, aiming to provide essential school supplies to those who are in need.

CELEBRATION COUPON CJJULY "Our '\$5 Helps

Carry the Cost' campaign is a great reminder that a little can help make a big impact," says Hallie Mauldin, and Engagement Officer at Bank

See SHARE...on Page 2

# Cox Recalls Her 30 Years With Us

COLBERT COUNTY-We at the Courier Journal are sad to see her go, yet we rejoiced with her in the conclusion of a successful career on Friday, June 28.

Judy Cox faithfully served her Courier Journal display advertising clients in Colbert County for close **Cox** 



to 30 years. She was routinely among the most productive advertising executives and her customers loved seeing her come through with that cheerful smile.

"I met and worked with some great people over the

See RETIRING... on Page 8

# INSIDE this Issue

- **Automotive Inside**

Ray Miller GMC **Advance Auto Sales** 

- **Insurance Insights**
- **Medicare Minute** Ask the Attorney
- Brain Zone!
- **Computer Skeptic**
- On Your Debt
- Fireworks Deals!
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### Share...

**Continued from Page 1** 

Independent. "Whether you can drop off school collection supplies on day or take a moment to donate to the drive, we'll ensure your donations make a positive difference in your community."

donations Monetary will be accepted via PayPal, making it easy for community members to contribute. Donations can also be dropped off at any Bank Independent sales office. In addition, a special collection day has been scheduled for July 18 at two Walmart locations: Cloverdale Road

in Florence and Highway 72 in Madison.

"At Bank Independent, we believe in the power of community support and recognize the importance of ensuring every child has the tools they need for a successful education," said Macke Mauldin, CEO of Bank Independent. "Our annual School Share drive is a commitment to investing in the future of our communities by providing essential school supplies to those in need. We are grateful for the opportunity to collaborate with local organizations community members who contribute to making a lasting impact on the lives of our students."

Bank Independent partners with local organizations across its footprint seven-county throughout north Alabama to ensure that donations are distributed to needs.

This year, donations in the Courier Journal's distribution area will be through Sidney's Safe in Lauderdale and Colbert County, Teacher Supply Depot in Lauderdale County, and DHR of Lawrence County and of Limestone County.

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## Shorts...

### Two Named at Sheffield

**Continued from Page 1** 

Parker was an assistant coach and offensive coordinator last year, his first at SHS. He previously spent five years as head coach at Clements High School. He succeeds Coach Johnny Wright, who stepped down this year for health reasons.

The interim appointment will provide much needed stability for players and staff and allow full assessment of the program's future. Wright recommended Parker saying, "I believe he can move the program forward."

Nelson said Parker's rapport and experience with the players will keep the program moving forward this year.

"At the end of the season we can evaluate whether this direction best serves our athletic program long term.'

### Hazards from the Household

FLORENCE-Keep Florence Beautiful, in partnership with Lauderdale County, the Tennessee Valley Authority, and Muscle Shoals National Heritage Area, is hosting a Household Hazardous Waste Day on Saturday, July 12 at the Florence-Lauderdale Coliseum (702 Veterans Drive) for Florence and Lauderdale County residents. This drive-thru event will run from 8am-12pm or until available funds/ space are depleted. This event is for residents only and materials will not be accepted from businesses or farms.

The event provides Florence and Lauderdale County residents with a safe and responsible way to dispose of household hazardous materials that should not be placed in regular garbage collection. Items accepted include:

- Oil-based and latex paint
- Gasoline, turpentine, and paint-related materials
- Pool chemicals, household cleaners, and adhesives
- Pesticides, herbicides, and fuel additives

• Motor oil, antifreeze, aerosol cans, and batteries • Mercury-containing items

Please note: Items not accepted include commercial or industrial waste, 55-gallon drums, ammunition, explosives, medical waste, radioactive material, or materials from businesses.

For more information, please call 256-760-6495.

#### **UNA Women** Add Coaches

FLORENCE -University of North Alabama head women's basketball coach Candi Whitaker recently announced the addition of two assistants for the upcoming 2025-26 season.

Whitaker enters her second season as she continues to round out her staff with a former Division I player and seven-year coaching veteran, Chayla Cheadle, along with coaching veteran, Kevin Clancy.

Cheadle will enter her first year of coaching collegiate



Cheadle

basketball after recently serving as the head girls basketball coach at Blue Valley Northwest High

School in Overland Park, Kansas.

During her tenure at Blue Valley Northwest, she led the Huskies to 26 wins in her two seasons from 2023-2025. Cheadle led the team to back-to-back sub-state championship appearances, and she was nominated for Kansas Class 6A Coach of the Year in 2024. She held some assistant positions prior to that and a club 16U team she coached in 2024 reached the Final Four at Nike Nationals.

Cheadle was also a four-year standout at the University of Kansas, appearing in 118 games while starting in 90 from 2014-2018 and was academic All Big 12 for three seasons.

See SHORTs... on Page 8



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

# FLORENCE INSIDE CHURCH YARD SALE Pleasant Hill Church, 2705 Co Rd 222, Sat., July 5th, 7am -Noon

KILLEN YARD SALE, 89 Timber Cove, Thurs., Fri., & Sat., 7am-Noon, Ashley beige Sectional, Must See to Appreciate! Courter top table & 6 chairs, Boyds Bears, Glassware, and much much more!

ARDMORE: BIG, THREE-FAM-ILY YARD SALE, Fri. Sat. & Sun. from Daylight to Dark.
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LEXINGTON GARAGE SALE, 5231 Co Rd 136, Thurs., Fri., & Sat., July 3rd, 4th & 5th, 7am-4pm, Clathon Hayrophold goods.



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

Summer Clothes Giveaway -Infants - Adults Clothes and Shoes. Thursday, July 3 from 8–10am at the Care Center at First Baptist Church in Killen.

Bad Art Fridays - Friday, July 4. **3pm-4pm** at the Florence-Lauderdale Public Library. Sometimes our biggest critic is ourselves, and that can hinder creativity. Here at Bad Art Fridays, we strive to create bad art so our inner perfectionist can leave us alone! You don't have to try too hard here, but you do have to have fun! Additional Date

"The Miracle Worker" at Ivy Green is performed out-of-doors at the Helen Keller Birthplace Amphitheater, 300 N. Commons West, Tuscumbia, Gates open at 7pm, with the play beginning at 8pm July 11-12 and July 18-19. Tickets can

be purchased by calling 256-383-4055 or at https://www.themiracleworker.info/ general-admission.

Treasurer Hunters - Are You Ready? Vacation Bible School for ages 5-12 at Wesley Chapel United Methodist Church, 11025 County Road 15, in Florence is July 9 & 16. 5:30pm meal, 6-8pm - Stories, Crafts, Music, Games, Science Experiments. You may preregister by calling 256-767-0017.

Middle-Grade DND: at the Florence-Lauderdale Public Library

Thursday, July 3, 3pm-4pm It's time for our Summer Campaign! Filled with travel, art, and humor, our Summer DND program is not one to be missed. Do you have what it takes to find art for your museum? Ages 11-14. Additional Date - July 10

Book Bingo - Friday, July 11, 2- 2:30pm at the Florence-Lauderdale Public Library. Play Bingo for a chance to win some fun books!

Whimsical Workshop - Tuesday, July 8, 1pm-2pm at the Florence-Lauderdale Public Library. Here at Whimsical Workshop, we focus on all things crafts! Create fantastic art that you can bring home with you, and show off your creation during Show and Tell! Every week there will be a new craft for you to pour your heart into. Ages 15-18.

"Hi Neighbors of the Shoals" meets at the Florence Public Library on the first Tuesday of each month (July at 10:30am. We are a women's social group welcoming all ladies who are residents of the Shoals area. Come join us! Contact Christina Dickinson, 262-930-7762. for further details.

The 42nd Annual Spirit of Freedom **Celebration** is Friday, July 4. Celebrate Independence Day at McFarland Park with a day full of fun with food trucks and live music. Then enjoy fireworks over the river at night! Food trucks open at 11am. Bring your lawn chairs, blankets, and your favorite people for a laid-back,

family-triendly day by the river. Free entry. Everyone is welcome

The Annual Board Meeting for the Spring Valley Water System takes place at 6pm Thursday, July 3 at the Spring Valley Water System Office, 912 Lagrange Road. 256-383-1666 This meeting will include board elections

See NOTES... page 30

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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: 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 Advertisers are responsible fo all content and claims in their advertising.

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

take notes in class while he rested—until life, and the birth of their first daughter, shifted their focus to family.

"I am a first-generation college graduate, but they are going to change that soon," their daughter, Tracy Hill said. "They have always supported us, and now it's their turn to achieve something they've dreamed about for so long.

Rosemary left high school after her junior year to marry Liston but later returned to NWSCC in 1996 to earn her GED. Now, nearly 30 years later, she and Liston are students again.

"We've always known about Northwest Shoals," said Liston, "but the recent rebranding really caught our attention. It reminded me that the Shoals and Phil Campbell campuses, where I attended years ago, are now part of the same college. Seeing all the excitement around the rebranding and the return of athletics made us stop and think, 'Why not now?'

The couple say the energy and growth shown by the college inspired them to take the leap. "It's been such a rewarding decision," added Rosemary. "We're excited to be part of a college that's clearly investing in the Northwest community. been so accommodating, and our instructors have gone above and beyond to make sure we can succeed."

Their motivation? deep-rooted belief in the power of education and the importance of leading by example.

"For us, this journey is about more than just earning a degree," said Liston. "It's a lifelong We're learning dream. new skills, staying mentally sharp, staying engaged in our community. But most of all, we want our children and grandchildren to see that it's never too late to

follow your dreams."
Hill, who works in financial aid at NWSCC, with pride. beams "Watching my parents go after their own goals is one of the most inspiring things I've ever seen," she shared. "They're rolemodels for our entire family, and we can't wait to watch them walk across that stage.

From wearing their

Patriots proudly gear to inspiring friends and neighbors to consider themselves, college Liston and Rosemary are redefining what it means to be students and proving that learning truly has no

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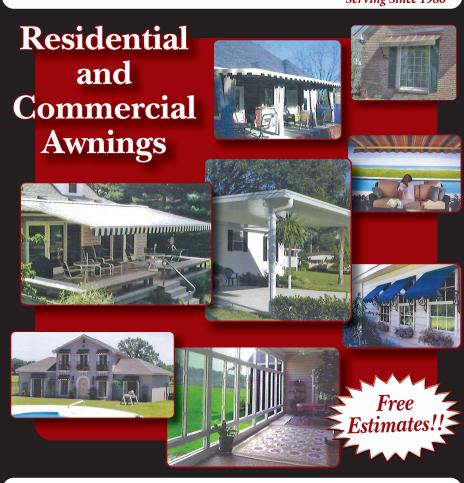
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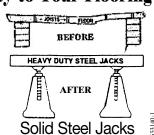
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gentle spirit and a loving heart.
Pilot is completely blind, which
is his biggest challenge, but
he handles it bravely. Because of his condition, he may get overwhelmed around high-energy dogs, so a calmer environment or a home where he's the only pet might be best. We're not sure how he does with other dogs yet, but slow introductions would be important. He's looking for a safe, patient, and loving home that will give him the care and compassion he truly deserves.



#### **Meet Smiley!**

Smiley is just as sweet as his name sounds! This handsome boy loves to lounge around and smile at everyone who walks by. He's calm, gentle, and walks beautifully on a leash-an ideal companion for a relaxing stroll or a cozy afternoon on the couch. Smiley would make a wonderful family pet. He's

easygoing, affectionate, and ready to bring joy to a loving

#### **Meet Pilot!**

This sweet boy has been through more than any dog should. Pilot was found tied to a pole with no food and water abandoned and left behind. Despite it all, he still has a gentle spirit and a loving heart. Pilot is completely blind, which is his biggest challenge, but he handles it bravely. Because of his condition, he may get overwhelmed around high-energy dogs, so a calmer



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**After** 

# Retiring...

**Continued from Page 1** 

years, and we helped a lot of businesses grow and expand their customer base. I will miss those relationships and those successes.'

We appreciate Judy's many years of dedication and wish her well in retirement. In the meantime, Tom at 256-In the 740-4701, and Tina at 256-740-5768 will handle Judy's active accounts.

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# CONTACT 2-1-1

Your link to community resources

# Shorts...

#### **UNA Women** Add Coaches

**Continued from Page 2** 

"Chayla brings a variety of experience to our staff," said Whitaker. "Her ability to connect with our young women, and future prospects will have an immediate impact on our program!'

Clancy brings over eight years of coaching experience to the Lions' staff, including both the high school and college level. He comes to North Alabama after serving as a volunteer assistant

Clancy

coach at Mississippi State. He has also coached at four different college institutions ranging from Junior College to

the Division II level. Stints at Moravian College as the Assistant Men's Basketball Coach in 2019-20 and the University of South Carolina, Salkehatchie as the Assistant Women's Basketball Coach preceded his landing at **Richard Bland** College for the 2022-23 season where he was the Assistant Women's Basketball Coach. The Statesmen excelled in Clancy's one year with the team, going 29-3 on the season while finishing as the runner-up in the 2023 National Junior College Athletic Association National Championship.

In 2018-19, Clancy was the Assistant Varsity Coach and Head Junior Varsity Coach at Willows Academy. He helped lead the team to a 21-8 record while improving

their win total by 13 from the previous season. At Villa Madonna Academy, Clancy was the Head Girls Basketball Coach for the 2020-21 season.

Prior to Mississippi State, Clancy served as the assistant women's basketball coach at **Thomas More** University for the 2023-24 season. His lone season with the Saints saw the team play their first season in Division II, going 18-11 with a 13-7 record in the Great Midwest Athletic Conference. The Saints also won their first GMAC Tournament game in program history.

'Kevin is passionate about the video and analytical side of the game," said Whitaker. "He is full of energy and casts a wide recruiting net."



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256-383-4447 (option 2)



# Insurance Insights

"Below is a State Farm" Simple Insights" article about "fuel efficiency tips" is provided by State Farm agent Rebecca Stutts Hovater.

# **Use Less Gas With These Fuel Efficiency Tips**

Regardless of the vehicle you drive, these techniques may help you save gas.

Did you know you can save considerably at the gas pump just by modifying your driving habits? Regardless of the type of car you drive, good driving habits contribute to better fuel economy, which saves money and helps the planet, too.

#### Perform routine maintenance

Your car needs the right proportions of air and fuel to run efficiently. A well-maintained vehicle will run at its best.

#### Keep tires rotated and inflated to ideal pressure

To help evenly distribute the wear and tear on your tires, the recommendation is to have your tires rotated every 5,000 to 8,000 miles. Under-inflated tires tend to decrease mileage. (They're dangerous, too.) Check manufacturers' recommendations and make sure your tires are inflated to the maximum PSI, measured when cold.

#### Glide into your stops

As you approach a stop sign or light, take your foot off the gas pedal earlier and let your car downshift before applying

#### Combine short trips

Warm engines run more efficiently than cold ones. Planning your errands so you travel in a sequence instead of backtracking is an efficient way to save time, as well as gas.

#### Drive at moderate speeds

While every vehicle is different, mileage decreases quite rapidly over 50 mph in most cases. To save gas, stay at or under the speed limit, and drive at a consistent rate of speed. Use cruise control on long trips.

#### Drive friendly

Aggressive driving habits such as gunning the engine, speeding, screeching around corners and jamming on the gas pedal are major fuel wasters. Avoid fast acceleration and generally drive in a measured and moderate fashion to achieve top fuel savings.

#### Travel light

Extra weight in the car creates a drag on the engine and consumes extra gas. Don't haul around heavy loads if you don't have to. Check the trunk and back of the vehicle for unnecessary items that may be safely stored elsewhere.

#### Keep your car aerodynamic

Good aerodynamics affect your car's fuel efficiency by reducing drag, especially at high speeds. Keep windows and moon roof closed on the freeway. Even keeping the car's exterior clean can make a difference.

#### Use the highest feasible gear

Driving at high speeds in lower gears burns excessive fuel. On a manual transmission, pay attention to RPMs as you accelerate and shift into high gear as soon as you reasonably can.

#### Avoid excessive idling

Idling uses a surprising amount of fuel — more than restarting the engine. If you need to wait in your parked vehicle for more than a minute or two, switch off the engine and only start up again when you're ready to continue driving. In extreme weather, it's nice getting into a comfortable car but be conscious of how long the vehicle is idling so fuel isn't wasted.

#### Ride share

AL Lic-428119

You'll cut per-person fuel consumption in half when you share a ride. Ask friends and colleagues who live near you or frequent the same places you do to share a ride. You can split gas costs as many ways as there are passengers.

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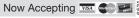
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342 Cox Boulevard Sheffield 256-383-4473 shoalsprimarycarellc.com Westminster Presbyterian Church

# **Trinity** Sunday at Westminster

We recently celebrated Trinity Sunday at Westminster. This is a time when we remember and commemorate our belief in One God in three persons: God the Father, God the Son (Jesus) and the Holy Spirit. We recognize that our understanding of this marvelous gift to us is unexplainable. It is challenging for humans to think in a larger context than our own human

God is not our grandfather sitting in a big chair with Jesus at His right hand. The Holy Spirit is not a figure in white flying around like one of the angels. Paul told us in 1 Corinthians 13, verse 12, "now we see through a glass darkly". If we are looking into a mirror from a long distance away, what we see will not be clear, but blurred. As we get closer, we will be able to see more clearly and understand what God is really like.

There will be a time when we will see, know and understand about the Trinity. When we reach heaven, we will know about it all. But

for now, we may just have to be content to understand that we are a part of the dance and the Father, Son and Holy Spirit are dancing with us in this world. Thanks be

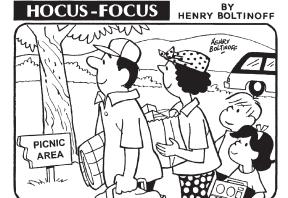


If you want to learn more about what we believe, visit us Sundays at 11 am for worship service. You can also reach us at our website: www.Westminsterpcusa.net, friend us on Facebook as Westminster Presbyterian Church or find us on YouTube, WPCFlorence

> 1520 Rickwood Rd. • Florence, AL 256-766-3841 • admin.assist@westminsterpcusa.net







Find at least six differences in details between panels



Differences: I. Cap is larger. 2. Hair ribbon is moved. 3. Thumb is moved. 4. Mouth is open. 5. Man is thinner. 6. Tree trunk is

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Kavtrina P. Simmons

Florence City Council, District 1

Brick & Ivy

Councilwoman.

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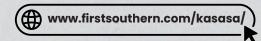
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#### Commentary

# Fighting Our Own Mini-Revolutions

hen in the course of human events, it becomes necessary for one people to dissolve the political bands which have connected them with another, and to assume among the powers of the

Few \*

Words

TOM MAGAZZU

earth, the separate and equal station to which the Laws of Nature and of Nature's God entitle them, a decent respect to the opinions of mankind requires that they should declare the causes which impel them to separation.

We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness. That to secure these rights, Governments are instituted

among Men, deriving their just powers from the consent of the governed, —That whenever any Form of Government becomes destructive of these ends, it is the Right of the People to alter or to abolish it, and to institute new Government, laying its foundation on such principles and organizing its powers in such

See MINI REVOLUTIONS... on Page 22

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

# Courier Journal

# Day's Fun

FLORENCE-The city of Florence is hosting the 42nd Annual Spirit of Freedom Celebration at McFarland Park on Independence Day. Celebrate the 4th of July with a full day of family friendly fun, featuring a variety of food trucks beginning at 11am, live music throughout the day, and a spectacular fireworks display over the Tennessee River after sunset.

**at McFarland** 

Guests are encouraged to bring lawn chairs,

See JULY 4... on Page 24



JULY 4, 2025 • MCFARLAND PARK

# Past & **Present** & Fiber

FLORENCE-The Kennedy-Douglass Center for the Arts is pleased to present a fiber exhibition, "Holding on to Past & Present Memories" by Mississippi artist Lukuise Swanigan from July 6-August 21. A reception will take place July 13 from 1-4pm in conjunction

with the opening of the "Mostly Blues Invitational" exhibit. Á 'Meet & Greet' with Swanigan will take place at 2:30pm that day where those attending will learn more about her fiber art and her creative process!

See FIBER ART... on Page 26

#### **GOURMET GALLERY** AT THE FLORENCE-LAUDERDALE PUBLIC

in the Shouls

LIBRARY is on Wednesday, July 2, 3pm-4pm. The great artists of old used wonderful techniques to create their masterpieces. Every week, we'll learn about a new artist and try to replicate a masterpiece of theirs through the medium of candy. Now you get to eat artwork - a dream come true! Additional dates: July 9 and July 16.

#### SUNRISE SWIMMING AT **ROYAL RECREATION**

**CENTER** Wednesday, July 2. Early risers can dive into the day with Sunrise Swimming, held Mondays, Wednesdays, and Fridays from 6-7:20am at Royal. The session runs from July 2-August 1 for a flat fee of \$60. For details, call 256-760-6425.



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Email resume as an attachment with or without a cover letter to: editor@courierjournal.net.



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 to 400 words. All letters become the property of the Courier Journal and may not necessarily reflect opinions of the Courier Journal staff, its advertisers, or a majority of readers.

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### **UNA Drops Employees**

WAFF-48 TV reported on May 14, 2025, that UNA has entered into an agreement with a private company to take over the custodian duties at UNA! The events described in the WAFF report came from UNA's custodian employees who are disappointed in the UNA decision to go private. The employees asked that their names not be used in the report. The following comments are from that report. The full report can be found on WAFF's website.

The employees were given two weeks to decide if they wanted to work for the private company. This change will mean different medical

. . . Based on her statements, Gonzalez seems familiar with the local gangs and how they operate. She knows gang activity when she sees it . . .



different insurance, retirement benefits and less paid time off. Now, if the employees decide to work for the private company, there will be a pay increase to \$12.00 per hour. However, this will be offset by the increase in cost of their medical insurance. The employees estimated their insurance cost will increase by \$175-\$375 when paid biweekly.

Also, the new insurance will not kick in until either July or August!

UNA stated that employees close to

retirement "should be able" to keep state benefits. The private company will offer a 401(k) for retirement by matching a portion of the employee contributions. It's obvious that employee contributions will be small.

The hiring of the private company will not prevent one benefit for the employees. UNA will still offer free tuition for their former custodial employees and any family member,

See LETTERS... on Page 24

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As We Celebrate our Country's 249th Birthday on July 4th, I Would Like to Discuss a

# **Recent Bankruptcy Filing by Hudson's Bay Company**



B. Grant **McNutt** Managing Attorney

As we prepare to celebrate our great nation's 249th birthday this week, the recent bankruptcy filing by Hudson's Bay Company-North America's oldest while eliminating burdensome debt. continuously operating business—serves as Hudson's Bay aims to emerge stronger a powerful reminder that financial hardship through restructuring—individuals can do can impact even the most established and historically resilient institutions. Founded effectively. in 1670, Hudson's Bay Company's long journey into bankruptcy offers important insights and lessons for individuals facing financial challenges here in our own great state of Alabama.

#### Understanding Hudson's Bankruptcy

Hudson's Bay Company, renowned historical roots, has faced mounting financial pressure from changing consumer behaviors, increasing competition, and debtors to restructure debts, including challenging economic conditions. Their decision to file for bankruptcy protection over a 3-5 year period, potentially saving was strategic, aiming to restructure debts, streamline operations, and ultimately preserve long-term viability.

#### Takeaways for Considering Bankruptcy

can learn significant lessons from Hudson's Bay Company's bankruptcy:

proactively filed for bankruptcy protection to regain control over its financial situation. Similarly, individuals can greatly benefit confidential consultation today. from seeking early legal advice to explore bankruptcy options before financial difficulties become unmanageable.

• Bankruptcy is a Tool for Rebuilding: Like Hudson's Bay Company, many opportunity to restructure debts, stop manageable path forward.

• Protecting Assets and Future Stability: Bankruptcy can safeguard essential assets like homes and cars, providing stability the same by leveraging bankruptcy laws

#### How Bankruptcy Can Help Consumers in Alabama

Residents of Alabama who significant debt have two primary options:

- Chapter 7 Bankruptcy: Provides rapid relief by eliminating unsecured debts such as medical bills, personal loans, payday loans and credit cards, often without for its iconic department stores and deep liquidating personal property due to state exemptions.
  - Chapter 13 Bankruptcy: Allows catching up on mortgages or car loans homes from foreclosure and cars from repossession.

Take Action and Regain Control: Contact Individuals The Bond & Botes Law Offices Today

Navigating bankruptcy successfully Consumers facing overwhelming debt requires expert guidance. The experienced attorneys at the Bond & Botes Law Offices have helped countless individuals find • Early Action is Critical: Hudson's Bay relief and build stable financial futures.

Don't wait until your financial situation becomes critical. Schedule your free,

At the Bond & Botes Law Offices, we understand the anxiety and confusion that overwhelming debt can cause. Our experienced attorneys are committed to helping you understand your options individuals view bankruptcy as an clearly. Bankruptcy may offer the fresh start you need, easing your financial collection activities, and develop a clear, burdens and providing a pathway to regain financial stability.

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



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**Check Blower Motor Capacitor** 

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It's hot, it's hot, humid and sticky. Everything feels too close, too crowded. You can't go outside to work, because, well, see above. So you are indoors, you have cleaned out all your sock drawers, the pantry, even the ubiquitous junk drawer in your kitchen (why are my toe nail clippers in THERE?). Now

it's time to do some real work. Grab your phone, your laptop, and your tablet, now is the perfect time to do a little digital cleaning.

I'm going to address a bit of a problem.

It's called your digital footprint. Think of all of your accounts. The older ones are like unlocked back doors to your life - a real security risk, especially if you're recycling passwords (come on, we all do it!). The constant pings from unused apps, the overflowing inboxes... it just adds this lowlevel stress and makes finding the important stuff harder. It's

Martin Dean



time for a proper digital clearout. Your sanity (and security!) will thank you.

Ready to go? Grab your beverage of choice, a snack and maybe a notepad for scribbling thoughts. If you use a notebook or notepad to write down passwords, keep it in a safe place.

#### 1. Tame the Email Beast (It's usually the worst offender!):

- Unsubscribe like a boss. Be ruthless with those newsletters you always skip. Bulk-delete ancient promo emails. It feels so good to watch that inbox shrink!
- Simplify. Aim for just one or two *main* email addresses you actually use. For those legacy addresses tied to old services you must keep? Lock

them down: super strong, unique password, and please, please turn on Two-Factor Authentication (2FA). It's like adding a deadbolt to that digital back door.

• Let go. Seriously consider deleting super old accounts you haven't touched in, say, five years or more. Less risk, less clutter, simpler life. Winwin-win.

#### 2. Declutter Your Phone/ Tablet:

• Open your app list. For each one, ask yourself: "When did I last actually use this?" If it's been six months (and it's not your once-a-year tax app!), it's probably just digital dust. Uninstal! Free up that space.

• Silence the noise. Go into your settings and turn off notifications for apps that don't need to ping you constantly. Trust me, your focus will improve instantly.

#### 3. Social Media Reality Check:

- Got an old Facebook or Instagram profile just... sitting there? Maybe it's time to deactivate or delete it. Ask yourself: does this platform add value to my life, or is it just another source of noise/stress?
- Curate your feed. Even on accounts you keep, unfollow or unfriend people/pages that don't spark any joy or useful info. Make your feed work for

#### 4. Hunt Down Zombie **Subscriptions:**

 Peek at your bank or credit card statement. See any recurring charges for streaming services, apps, or memberships you never use anymore? Yep, those sneaky little vampires draining your wallet! Cancel them right now. Feels amazing to stop paying for stuff you forgot existed.

#### 5. Lock the Doors (Password Hygiene):

- As you clean house, doublecheck your critical accounts (banking, main email). Do they have rock-solid, unique passwords? This is nonnegotiable.
- Use a password manager. Seriously, it's a game-changer. It creates and stores those complex passwords securely so you only need to remember one master one. Makes life infinitely easier and safer.

This whole digital cleanout isn't about erasing memories. It's about making your online world feel safer, simpler, and way less overwhelming. You'll gain a real sense of control and find this unexpected digital peace. So, beat the heat, and beat your digital life into submission. Stay skeptical my friends!



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#### SCHEDULE OF EVENTS

#### Thursday, July 17th

12:00 p.m. Farm open for campers & riders Kid Zone opens
Colbert County Cowboy

6:00 p.m.

Church Band on stage

8:30 p.m. **Deana Carter** on stage

#### Friday, July 18th

7:00 a.m Gates Open 11:00 a.m. Concessions Open

6:00 p.m. Kid Zone Opens 6:30 p.m. Rewind of the Shoals on stage 7:30 p.m. Amanda Brewer on stage

8:30 p.m. T.Graham Brown on stage

#### Saturday, July 19th

7:00 a.m. Gates Open

10:00 a.m. Concessions Open Grace Anne Underwood on stage

11:45 a.m. Bella Hodge on stage

Jax Greenhill on stage 12:00 p.m.

12:30 p.m. Deja Vu on stage

1:45 p.m. Josh Brannon Band on stage Live Auction

3:00 p.m. 8:30 p.m. Easton Corbin on stage

Sunday, July 20th

4:00 p.m. Farm Closes

#### **ADMISSION**

Primitive camping sites available for \$25, contact Ann Jones 256-446-5392 \$60 donation for weekend pass \$20 for Thursday & Friday \$40 for Saturday

> For more information please visit SaddleUp4Kids.org

TICKETS SOLD AT SINGING RIVER DENTISTRY ALSO AVAILABLE ON EVENTBRITE. SCAN OR CODE FOR EVENTBRITE PURCHASE. It all started with a phone call. St. Jude Hospital, seeking to stamp out childhood cancer, had an idea to identify influential and dedicated people to start local fundraisers for St. Jude in their respective communities. One of these fundraisers was called Saddle Up For St. Jude and was designed around horseback riding. Through research, St. Jude placed a phone call to Mr. Jimmy King of Leighton, Alabama. Jimmy was 62 years old and a long time passionate horse and cattle rancher in Northwest nama. Without hesitation, Jimmy King said yes to act as coordinator for the ride, and just like that the Northwest Alabama Saddle Up for St. Jude was born!

Gardiner Farms has been fortunate to host this event since its 2nd year and like everyone we are so thankful that Jimmy King said yes to St. Judel We have the best volunteers in the world, and with your help we have raised over 4 Million Dollars for St. Jude hospital with a goal of \$400,000 this year. Hope to see you there!

Jimmy Gardiner

#### **Directions to Gardiner Farms** 85 Underwood Road, Tuscumbia

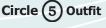
- From Hwy 72 West, turn left at Colbert
- From Hwy 12 West, further at Colbert Farmer's Co-op Go 1 block and turn left on Frankfort Rd. Go 1.7 miles and take left fork on Underwood Mtn. Go 3.1 miles and turn left on County Farm
- Go 1 block and veer right on Dead End Rd to Gardiner Farm

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Cantrell,	Gloria	C44	Household Misc.
Capita,	Pam	C17/48	Household Misc.
Cloud,	Paige	E3/28	Household Misc.
Green,	Pam	L19	Household Misc.
Hildreth,	Joey	C36	Household Misc.
Murray,	Amy	L1	Household Misc.
Quibell,	Gary	E4	Household Misc.
Way,	Elizabeth	L37	Household Misc.

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# f ASK the **ATTORNEY**



**Thomas McCutcheon** 

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

# **Double Trouble:**

## When One **Accident Falls Under Two Statutes**

I had a very nice person in my office after being injured on the job. The injury was caused by a contractor on the premises to do repair work. The injured person was told that they could not resolve

their on-the-job injury case until the doctor released them. Three surgeries and a little over two years later, this person contacts a lawyer—only to learn they still have a workers' compensation case, which isn't worth much, and no personal injury case against the party who caused the accident.

Workers' comp provides a very limited recovery. It provides a very low threshold for medical treatment and the payment of medical bills related to the injury, but the monetary recovery is limited.

Not so in an ordinary negligence case where someone is careless and fails to yield the right of way or stop at a stop sign. In those cases, you have to prove by a doctor's testimony that the injury was caused by the accident and that the treatment was necessary as a result. A jury determines the monetary amount and includes medical bills, pain and suffering, limitations in the activities of daily living, and limitations in the workplace. It also includes loss of earnings and loss of ability to earn. Most of those categories for monetary recovery are not available in an on-the-job injury case.

The law makes good sense when it prevents a court from hearing an on-the-job injury case until the person has fully recovered. This keeps the court from having to guess or speculate about how the person might recover. In these cases, we look at how the person actually recovers.

The statute of limitations in an on-the-job injury case is two years from the date of the injury OR two years from the last payment of temporary total disability, and that can certainly be more than two years.

The statute of limitations in ordinary negligence cases in Alabama is two years unless the person injured has not reached the age of majority.

The stronger case for the injured person would have been against the contractor who left the premises in a dangerous condition. In my opinion, the value of that case would fall between \$175,000 and \$250,000.

Under Alabama's workers' compensation law, a thirty-seven percent impairment to the lower extremity is worth between \$16,000.00 and \$17,000.00 in this particular case.

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

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# Commentary

# Mini Revolutions...

form, as to them shall seem most likely to affect their Safety and Happiness.

The founders referenced "Nature's God" and the "Creator" within the first two sentences of the Declaration of Independence. Despite their varying Ju Christian values Judeoand beliefs, they were all men of faith to some degree. There are many who denounce that aspect, citing other writings. However, the evidence here, and in many other writings, overrides the denouncements.

The founders' point is that your rights to live and be free are not awarded by other men or government. They are God-given. You are born with them. The job of government is to protect the individual rights of the law-abiding citizens of that society.

People on both sides of the American both political aisle will argue that government has egregiously crossed that historically destructive line, either this year or within the last few. Both sides could list some compelling examples. However, we're not close to the oppressions leading

up to the Revolution.

We may be at one another's political throats over 300 days of the year pointing, picketing, protesting, (and sometimes rioting), arguing immigration, sex change, public assistance, elitist preferences, and taxation, while publicly calling, writing, or posting that a President of our country is everything except a straight, white cisgender human male. And yet we are free to publicly reargue those same points the next day. That does not happen under fascism, or where freedom of speech and expression are not enshrined.

And it's those freedoms and principles outlined in our Constitution that make this country and our spirited discussions so special. With all it's early and predictably concerning flaws, it took a special group of men to found this country and to know it could mold itself into greatness.

Independence Happy Day to all! Stay safe, drive

soberly over the July 4th weekend, and say a prayer for someone you perceive as an adversary this weekend. It's hard to dislike someone for very long when you are praying for them.

And as Lee Greenwood so aptly exclaims, "God -Bless – the – U – S – A!

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# Invitation for Public Comment

#### **Spring Valley Solar Project**

The Tennessee Valley Authority (TVA) is asking the public to provide input on a Draft Environmental Impact Statement (EIS) for the Spring Valley Solar Project in Colbert County, AL, along US Highway 43. Details of the review are available in a draft Environmental Impact Statement at www.tva.com/nepa

TVA has entered into a power purchase agreement (PPA) with Spring Valley, LLC (Spring Valley Solar), to purchase the power generated by the proposed Spring Valley Solar Project in Colbert County, AL. The Project is anticipated to generate up to 200 megawatts (MW) alternating current (AC) in capacity. The proposed solar facility would be constructed, maintained, and operated by Spring Valley Solar, LLC, a wholly-owned subsidiary of Urban Grid.

The draft EIS includes two alternatives: a no action alternative and an action alternative. Under the No Action Alternative, TVA would not purchase the power generated by the Project under the 20-year PPA with Spring Valley Solar, LLC and TVA would not be involved with the project. Under the Proposed Action Alternative, Spring Valley Solar, LLC would construct, maintain, and operate a 200-MW AC single-axis tracking photovoltaic (PV) solar power facility. The facility would occupy approximately 740 acres of a 2,430-acre Project Site.

The complete draft Environmental Impact Statement and online comment form is available at www.tva.com/nepa

#### **Submitting Comments**

TVA invites you to comment on the draft EIS. Comments must be received or postmarked no later than August 11, 2025. Electronic comment submittals are preferred. Any comments received, including names and addresses, will become part of the administrative record and will be available for public inspection.

#### **Public Meeting**

TVA will host a public meeting on Tuesday, July 15, 2025, from 6-8 p.m. at Colbert Heights High School, 6825 Woodmont Dr., Tuscumbia, AL 35674.

Written comments should be sent to: Tennessee Valley Authority ATTN: Elizabeth Smith, NEPA Specialist 400 West Summit Hill Drive, WT-11D, Knoxville, TN 37902

Email Comments Here: nepa@tva.gov

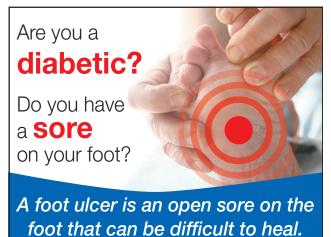


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#### Opinion Editorial

# Congress must act to help the new Postmaster General pull USPS back from the brink

By Martha Diaz Aszkenazy, Chair, National Newspaper Association

The United States Postal Service is on the brink of a selfinduced collapse.

The failed policies of the Delivering for America Plan have driven away customers through a combination of skyhigh rate increases and degraded service. David Steiner, who will take over as Postmaster General on July 14, 2025, has a tough job to do and little time to do it with some estimates indicating the USPS could be insolvent as soon as 2028.

Congress has a key role to play in helping him right the ship but must get off the sidelines and act. A useful step occurred earlier this week with a hearing before the House Oversight Subcommittee Government on Operations. The National Newspaper Association (NNÁ) provided statement for the hearing that lays out key actions Congress can take to help restore the USPS.

We emphasized that NNA members serve their communities, providing news on local events and civic matters that are not covered anywhere else, and that they depend on the USPS to get their papers to subscribers. The USPS — and by extension

businesses in the communities they serve — faces an immediate and existential crisis. We urge Congress to act swiftly and compel compél meaningful reform at the USPS.

Here are three actions Congress can take right now to get the USPS back on track and keep commerce America moving:

• Demand the USPS Board halt the Delivering for America a n including the large rate increase planned for July 13, 2025. This planned

increase, far above the rate of inflation, will only deepen the hole and ties the hands of incoming Postmaster General David Steiner, who should have the opportunity to assess the situation. The same holds true for the network consolidations and service cuts. Every customer that is lost through these increases and service reductions is one less Steiner can rely on in the future.

 Modernize USPS empower the Effective regulator. checks and balances are



**Martha Diaz** Aszkenazy Publisher, the San Fernando Valley Sun (California) El Sol Newspapers

on track. Congress needs to update and modernize the postal regulatory process to better safeguard against excessive rates and poor service by passing H.R. 3004, The USPS SERVES US Act.

Measure newspaper costs accurately. Congress should compel accurate measurement of newspaper service and hold the USPS accountable for maintaining

> n improving s e r v i c e quality by enacting H . R . 2098/S.1002, the Deliver for Democracy Act These are all

commonsense steps Congress can take to address what has been clearly a failed approach by USPS management. Steiner has a huge job ahead of him and will need all the help he can

Congress must act now to make sure the nation's next Postmaster General is not the last one.

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# July 4th...

#### **Continued from Page 12**

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### **UNA Drops Employees**

**Continued from Page 12** 

and fees at UNA aren't cheap.

The private company indicated that they would bring advanced equipment the workers and a healthier environment for students, staff, and the facility.

I support the employees. Maybe UNA will not renew the contract with the private company. Perhaps UNA will not expand going private in other departments.

I sure hope the Florence City Council will not support UNA's decision by going private and dropping some of our outstanding city employees!

**Bill Smoak** Florence

#### **Show Forth His Praises**

Editor,

How can we say thank you Lord for all you have done for us? Simply, "thank you Father and Lord Jesus." We have homes up there in the wide yonder and an eternity with God.

Can we ask God to keep us humble and cull out of us anything that is displeasing to Him? We represent a royal priesthood, a holy nation that we should show forth the praises of Him who has called us out of darkness into HIS marvelous light. May His light shine brightly as we await His return. In Jesus name.

Barbara Gill Aiken, SC

# CONTACT 2-1-1

Your link to community resources

### **Battle for LA Taking Shape**

Cynthia Gonzalez, vice mayor of Cudahy, California, wants to know where LA's street gangs are: "You guys are always tagging everything up, claiming [the] hood, and now that your hood's being invaded by the biggest gang there is, there ain't a peep out of you .... We're out there fighting our turf, protecting our turf, protecting our people and, like, where you at?

By "the biggest gang there is," of course, she means U.S. Immigrations and Customs Enforcement and its co-conspirators in the occupation of Greater Los Angeles.

A few miles in Huntington awav Park, Flores mayor Arturo has instructed his city's chapter of the Blue Line Gang to "begin verifying the identities and authority" of masked marauders attempting to abduct alleged immigrants on his city's streets.

move The comes after masked hoodlums, accompanied by gang "ICE shot-caller Kristi "ICE Barbie" Noem, terrorized a 28-year-old pregnant mother of four (and U.S. citizen) in a publicity stunt gone awry.

"Men dressed in tactical gear, operating unmarked vehicles without displaying credentials or agency affiliation, he says, "have infiltrated our neighborhoods in direct violation of our community's values. civil rights, and the basic principles of due process.

Naturally, supporters of President Donald Trump's deportation' scheme and his order for an ongoing military occupation of the LA area, now in its third week, want Gonzalez's and Flores's heads on pikes.

But they are not wrong.

See LETTERS... Page 26



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by DAVE RAMSEY



#### MAKE YOUR CASE, AND DON'T WORRY ABOUT THE OTHER GUY

Dear Dave,

What's your advice on asking for a raise in a delicate workplace situation? I've been with my company almost six years, and I make the same money as one of my coworkers, who has been with the company for an equal amount of time and holds the same title. I have no problem, all things being equal, but in my mind they're not equal. During our tenure with the company, I have consistently taken on more responsibility asked for it, even—and produced bigger and better results than he has. All things considered, at this point I feel I have the right to complain about the situation, because I think I should be making more money than he does.

Dear Jacob,

Believe me, I understand how you feel right now. But no, you don't have the right to complain. You agreed on your pay when you took the job, and you should perform your duties with integrity and character. What someone else does, or in this case *doesn't do*, has nothing to do with your title or personal compensation.

Now, if you honestly feel like you deserve a raise because of your effort and performance on the job, that's fine. It's sounds like it may even be understandable, given the situation. So, if that's the case, sit down with your leader and make a logical, objective and reasonable argument for why you deserve more money. I wouldn't mention your coworker, and especially don't bad-mouth him, because it's not relevant. Taking that approach could also make it come off as just a case of sour grapes to your boss.

As a leader, I can tell you that's not an attractive look on anyone. What's relevant here is the value you bring to the company. Period.

Do you hear what I'm saying, Jacob? If you think you deserve a raise, and you've got the results to prove it, sit down and have a respectful conversation with your leader. Make your case. Show him or her the numbers in black and white, the value you bring to the company and explain why you feel you should get more money. I really ťhink you'll have a better chance of getting your work recognized and rewarded if you'll approach things this

Ğood luck! – Dave

Dave Ramsey is an eighttime national bestselling author, personal finance expert and host of The Ramsey Show. He has appeared on Good Morning America, CBS This Morning, Today, Fox News, CNN, Fox Business and many more. Since 1992, Dave has helped people take control of their money, build wealth and enhance their lives. He also serves as CEO for Ramsey

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# **PUBLIC NOTICE**

#### FLORENCE CITY BOARD OF EDUCATION **Special Education Department**

Special Education records for students who graduated or should have graduated during the school year of 2019-2020 are going to be destroyed. Persons interested in receiving their records should contact the Special Education Department at 256-768-3070 before July 18, 2025.

#### Please Help Us Locate Children in Florence Who Have Disabilities

If you know of a child between the ages of three to 21 who has a disability and lives in the Florence city limits, please contact the Florence City Board of Education at 256-768-3070 or call the State Child find phone number at 1-800-543-3098.

All information will be kept strictly confidential.

# OF THE PAST



Thomas E. Wicks, Sr.

#### Location: 34.8121°N, 87.6237°W Veterans Memorial Park, Florence

Veterans Park has this new "FLAG" marker. On July 4th it is appropriate to remember the "grand experiment", the creation of the United States ruled not by kings or dictators but by "the people", governed by fair laws.

~ Courtesy David Curott ~ author of "Historical Markers and Other Signs of the Past"

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### **Battle for LA** Taking Shape

**Continued from Page 24** 

Flores knows what an occupation looks like, having participated as a U.S. Marine in the having a U.S. occupations of Iraq and Afghanistan.

Based on her statements, Gonzalez seems familiar with the local gangs and how they operate. She knows gang activity when she sees it. Letting this mess escalate to full-on civil war wouldn't be good for anyone involved.

On the other hand, ICE, the California National Guard, and the U.S. Marine Corps need to read and heed the sign LA is hanging out. It says: NOT WELCOME.

Until they take the hint

and leave, they should be shunned as individuals and resisted as a group.

Local businesses should refuse their patronage. Citizens should hide immigrants when they learn -- from ad hoc early warning systems already operating -- that ICE is coming. Activists should relentlessly impede and harass every organized movement of the ICE gang's street troops.

They should do it for themselves and for their friends, but inflicting utter defeat on ICE and its conflicting utter defeat on ICE and its conflicting the second of the confliction of their flooring, Carpentry Work, defeat on ICE and its coconspirators will also constitute a victory for America.

Thomas L. Knapp Director, William Lloyd Garrison Center for Libertarian Advocacy Iournalism Gainesville, FL

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# Fiber Art...

#### **Continued from Pg 12**

Born in Aberdeen, Mississippi and residing in Columbus, Swanigan is a self-taught artist inspired nature and childhood memories. Before making the decision to become an artist, Swanigan attended Ashworth Community College for floral design, a craft which she continued even after graduating. In 2009, she had a vision and found ways to create art using wrapped fabric. She honed her craft until she decided

to start appearing at art shows in 2018.

Her process begins with a sketch. From there she transfers the image to her canvas and begins the process of wrapping printed cotton fabric in vibrant colors into art. The time it takes to complete a piece can take from one week to months.



Courier Journal / July 2, 2025

depending on the amount of detail. Swanigan has been a member of Fine Art America since 2019.

The Kennedy-Douglass Center for the Arts is located at 217 E. Tuscaloosa St in Florence and is open to the public Monday-Friday from 9-4, and on Sunday from 1-4. Admission is free. Call 256-760-6379.

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All scripture is God-breathed. All modern

1:16 "For I am not ashamed of the gospel of Christ: for it is the power of God unto salvation to every one that believeth; to the Jew first, and also to the Greek." 2 Timothy 4:2 "Preach the word; be instant in season, out of season; reprove, rebuke, exhort with all longsuffering and doctrine." Preaching w/o the power of Christ and the HOLY scriptures and the inspiration of the Holy Spirit on the message, is stunting the growth and contributing to the destruction of the local N.T. church. When the effectiveness of the saved body becomes totally ineffective and it just about has, Jesus Christ will come for His body at the translation of the saints AND IT'S UP WE GO! EVEN SO, COME LORD

2 Corinthians 12:9c "that the power of Christ may rest upon me." If the power of Christ is not resting on those speaking and the message, change locations! Powerful God inspired preaching must include the scriptures, felt by the pulpit, and the pew! The gospel is offensive and 75% negative. Godly preaching includes: love, grace, mercy, the gospel, death, repentance of sin, hell, the blood of Christ, judgments, salvation, heaven, the lake of fire and the second death! PREACHERS are hiding behind salaries and fear of offending someone! Quit apologizing for the truth or not finding it! Obviously, if you don't have the scriptures, you can't preach them. The lack of preaching the word is what is destroying the faith of the saints and the growth of the body of Christ and its effectiveness. We certainly match the criteria of: Revelation 3:16 So then because thou art lukewarm, and neither cold nor hot, I will spue thee out of my mouth. Lazy, apathetic, lethargic are just a few descriptives of the current state of pulpits today. Powerless preaching promotes a powerless pew, and an empty one.

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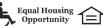
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lace a number in the empty boxes in such a way that each row across, each column down and each small 6-box square contains all of the numbers from one to six.

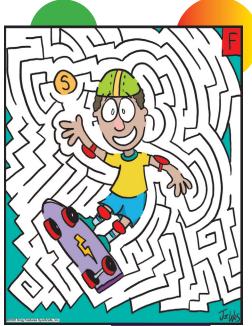
3

Brain Zone

4

2

3 6



#### **Answers** on Page 30

#### Even Exchange by Donna Pettmar

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

1. Laundry stiffener	_ T	Look high and low	_ E
2. Sign of life	L	Boxing match prize	R
3. Trench	_ 1	From Amsterdam	U
4. Mosey along	_ A	Awe	_ 0
5. Ocean vehicle	R	Tablecloth material	N
6. Take heed	T	Apprentice	V
7. Mishandle a football	F	Speak unclearly	M
8. Round map	B	Pitcher's gear	V _
9. Wolf down	R	Dedicated to	T
10. Fence style	1	Kangaroo's feature	0



"I'll tell you what it needs

	BLERS ithin each rectangle to form four ordinary words. Then ers to form the mystery word, which will complete the gag!
Void BASSY	
Giggle HAGUL	
Against SAVEER	
Lack HATRED	
TODA	AY'S WORD

#### Micro Crossword

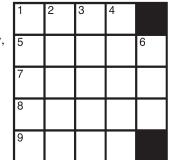
#### Across

- 1 Alamo rival
- 5 Swimmer Bobby, gold medalist at the Tokyo 2020 Olympics
- 7 Cold
- 8 Thickens, as cream
- 9 Body art

#### Down

- 1 "Is that \_ ("Oh, really?")
- 2 Luxury rental in the Alps

#### By Elizabeth C. Gorski



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- **3** Bar of gold
- 4 Funny sketches
- 6 Magazine staff, for short



- 1. Name the group that released "Up Around the Bend.
- 2. Which band released "I Don't Want to Live Without You"?
- 3. Name the female artist who released "The Sweetest Thing (I've Ever Known)."
- 4. Who released "Every Woman in the World"?
- 5. Name the song that contains this lyric: "Beneath this snowy mantle cold and clean, The unborn grass lies waiting for its coat to turn to green."



Why did the kid bring a ladder to school? Because she wanted to go to high school.

What does a cloud wear under his raincoat? Thunderwear.

Two pickles fell out of a jar onto the floor. What did one say to the other? Dill with it.

# Rodrigueż

- 1. TELEVISION: "The Simpsons" first appeared as a short on which TV show?
- 2. GEOGRAPHY: What is the distance between mainland Russia (Siberia) and mainland United States (Alaska)?
- 3. GAMES: What is the highest score you can achieve in one frame of bowling?
- 4. MYTHOLOGY: What is the Roman god of the sea called?
- 5. SCIENCE: What are the only letters that don't currently appear in the Periodic Table?
- 6. MOVIES: Which animated movie's tagline is "Escape or die frying"?
- 7. LITERATURE: The Republic of Gilead appears in which 1980s novel?
- 8. FOOD & DRINK: Which spice is often praised for its anti-inflammatory properties?
- 9. GENERAL KNOWLEDGE: In which country did Cirque du Soleil originate?
- 10. LANGUAGE: What is glossola-

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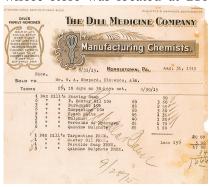
#### Florence Historian Billy Warren



#### **Home Medical Remedies**

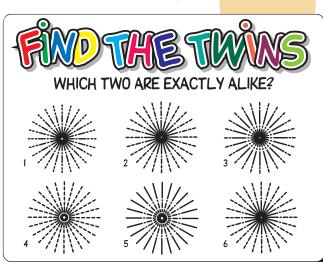
Until relatively recent years, most families in Florence - like families all over the country - depended primarily on home remedies for their medical needs since modern-day antibiotics and other medicines were simply not available. Therefore, it was not uncommon for the family medicine chest to be well stocked to combat various maladies and cabinets to be stocked with supplies for the creation of poultices. With all of that as background, note the copy of the bill of sale dated August 21, 1915, from Dill Medicine Supply Company (aka Manufacturing Chemists) to Mr. W.A. Shepard whose store was located at 210

North Court Street today known as the Otto Speake Menswear building. In this one purchase, Mr. Shepard ordered, other among concoctions, 6 dozen bottles of Dill's Castor Oil,



3 dozen bottles of Dill's Paregoric, 3 dozen bottles of Dill's Epsom Salts, and 6 dozen bottles of Quinine Sulphate. Interestingly, the total cost of the order, which included much more, as the invoice indicates, was just \$16.66. Each medicine had a specific use (or uses) in people's homes. For example, a generous dose of Castor Oil - a thick, foul-tasting substance - would be administered to children at least yearly, usually in early spring. Paregoric would be given to a fretful baby as tiny teeth were emerging. Parents and other caregivers learned quickly about these medications and their purported uses, often to the chagrin of the person to whom they were administered.

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



# **CryptoQuip**

Clue: P equals W

MO Z JNNCGHJ MC ZEENQMEBRQ ENMCQ PFHGFHJ PZRLMEB ONJPZJS NJ IZYLPZJS, YJNPC INGF PZQC.

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**Answers** on Page 30

# by Wilson Casey

- 1. Is the Book of Jonah (KJV) in the Old or New Testament or neither?
- 2. In Genesis 15, who was told to "look now toward Heaven and tell the stars"? *Noah, Adam, Abram, Moses*3. Who succeeded Belshazzar as
- King of the Chaldeans? *David, Darius, Daniel, Saul*4. Who sold his brother, Joseph, to
- a camel caravan? Cain, Judah, Silas,
- 5. Where did Jacob and his family settle in Egypt? Goshen, Damascus, Bethlehem, Beersheba
- 6. What was the name of Naomi's husband? *Ephriam*, *Elijah*, *Elimel*ech, Elisha

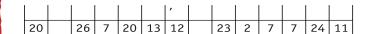


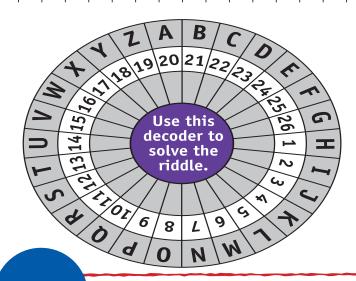
- 1. What ice sport, popular in Russia and Scandinavia, is played with a ball instead of a puck and has rules similar to soccer?
- 2. Name the sisters who played basketball for the Stanford Cardinal and were the No. 1 overall picks in the
- WNBA Draft in 2012 and 2014.
  3. On the TV sitcom "Seinfeld," what member of the New York Mets did Newman (Wayne Knight) heckle outside Shea Stadium after a June 14, 1987, loss to the Philadelphia Phillies?
- 4. American athlete Valarie Allman won gold medals at the 2020 Tokyo and 2024 Paris Summer Olympics competing in what track and field event?
- 5. What NASCAR driver, winner of 20 Cup Series races from 1950-71, died after suffering a seizure and crashing during an Easter 1972 late model race at North Carolina's Metrolina Fairgrounds?
- 6. Name the Dallas Cowboys defensive end who took the 1979 NFL season off to pursue a pro boxing career before returning to the Cowboys in
- 7. They purchased the Buffalo Bills NFL franchise in 2014. Their daughter Jessica reached the finals at the 2024 U.S. Open tennis tournament. Who are they?

# What is smaller than a

rain Zone

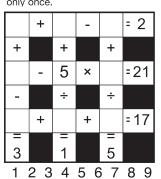
qnat's mouth?



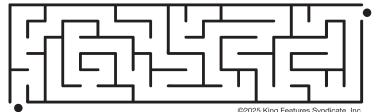


### **GO FIGURE!**

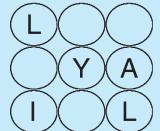
The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each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



### Kids' Maze



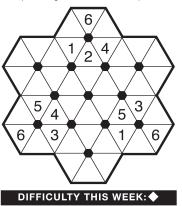
# WORD SPIRAL



Fill in the missing letters to reveal the nine-letter word that starts at one of the four corners and moves clockwise around erimeter before ending in the center. ©2025 King Features Syndicate

by Japheth Light

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



◆◆ Medium ◆◆◆ Difficult

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# **Community Notes...**

Continued from page 4

4th of July at The Old Railroad Bridge will once again offer the best view of the July 4 fireworks in the Shoals. The ORBC board of directors will use the opportunity to help raise money for the bridge's upkeep.

The Lauderdale County will run its normal household garbage pickup schedule on Friday, July 4.

The Solid Waste office will be closed Friday, July 4, and the Lauderdale County landfill will close at noon July 4. The office and the landfill will reopen Monday July 7. This keeps residential pickup from being disrupted to Saturday or the following week. Anyone

with any questions can call the solid waste office at 256-760-5878.

Religious Abuse Support Group of the Shoals will meet the first and last Sunday (July 6 and 27) of every month. Time and location will vary. Check Facebook for details: www.facebook. com/ragshoals

The Kennedy-Douglass Center for the Arts in Florence will present a fiber exhibition, "Holding on to Past & Present Memories" by Mississippi artist Lukuise Swanigan from July 6 – August 21. A reception for the artist will take place Sunday, July 13, from 1-4 pm in conjunction with the opening of the "Mostly Blues Invitational" exhibit. A 'Meet & Greet' opportunity with Swanigan. will take place at 2:30pm where she will briefly discuss her creative process with

The Aberdeen, MS native is a self -taught artist inspired by nature and childhood memories.

Kennedy-Douglass Center for the Arts tours are free and open to the public. The KD Art Center is located at 217 E. Tuscaloosa St. in Florence and can be reached by calling 256-760-6379.

Join us this summer for Gross Out Camp at Wildwood Park. Campers enjoy a full day of exploring outdoors in a safe environment. The outdoor science

for kids.
They will experience hunting for bugs, worms, roly-polies, millipedes, and salamanders. Science experiments make polymers (slime), study Newton's laws (Oobleck), and study photosynthesis. They may build forts and bird nests. If there is a creek nearby, they will be

wading, hunting for crawdads, and fishing. We guarantee tired, dirty children! Camp dates are <u>July 7-11.</u> Monday -

Friday 8am-6pm available for ages 6-12\*
\*Campers must have completed Kindergarten to reaister.

(Counselors in Training) must have completed 4th grade.

Financial aid available. To register d for more information, visit: GrossOutCamp.org

CaringPlace Caregiver Support Group, second Monday (July 7) of each month, 10-11 a.m., CaringPlace Center, 216 Marengo St., Suite I, Florence. Grief Group follows, 11-11: 30am. Information, Eileen Nunnelly, 256-762-1166.

Braves Youth Baseball & Softball Clinic: Muscle Shoals, Tuesday, July 8. 6pm at 901 Gattman Park Drive Muscle Shoals. Link to register: http://braves. com/clinics

All 2025 Braves Baseball and Softball Clinics will consist of three hours of youth baseball and softball instruction and competition within our custom-built curriculum. Participants will receive a Braves Clinic t-shirt.

Please note that event(s) may be cancelled, postponed or modified, in whole or in part, if required or recommended pursuant to public health requirements or recommendations. In the case of complete cancellation of clinic(s) due to public health requirements, a full refund will be issued.

\*Tickets are subject to availability.

Summer Reading Event: James Spann Weather Program - Tuesday, July 8, 10am-11am at the Sheffield Public Library, on Montgomery Ave. (256) 386-5633

Quad Cities Photography Club, 6:30pm, second Tuesday, (July 8) Kennedy-Douglass Center for the Arts,

#### LifeSouth Bloodmobile Dates:

Sunday, July 6 Foodland - 2861 AL-101, Elgin, 10am - 4pm

Mt. Moriah P.B. Church, 820 West Irvine Ave, Florence, will celebrate Pastor, Elder William Rowell Jr.'s 1st Anniversary July 12-13.

Community Fun Day – Saturday, July family fun for everyone!

Pastoral Anniversary Worship Service

- Sunday, July 13 | 11am, Guest Speaker Pastor James Edwards from Houston, TX

Household Hazardous Waste Day on Saturday, July 12, at the Florence-Lauderdale Coliseum (702 Veterans Drive) for Florence and Lauderdale County residents. hosted by: Keep Florence Beautiful, in partnership with Lauderdale County, the Tennessee Valley Authority, and Muscle Shoals National Heritage

Area.
This drive-thru event will run from 8a.m. until 1p.m., or until available funds are depleted. This event is for residents only and materials will not be accepted from businesses or farms.

The event provides Florence and Lauderdale County residents a safe and responsible way to dispose of household hazardous materials that should not be placed in regular garbage collection. Items accepted include:

- Oil-based and latex paint
  Gasoline, turpentine, and paintrelated materials
- Pool chemicals, household cleaners, and adhesives
- · Pesticides, herbicides, and fuel additives
- · Motor oil, antifreeze, aerosol cans, and batteries
  - Mercury-containing items

Please note: Items not accepted <u>include</u> commercial or industrial waste, 55-gallon drums, ammunition, explosives, medical waste, radioactive material, or materials from businesses.

For more information, please call 256-

SummerStock at the Ritz presents **"Something Rotten!**" July 11, 12, 13, 18, and 19 at the Ritz Theatre in downtown Sheffield. This hilarious, highenergy musical comedy set in 1595, follows the Bottom brothers, Nick and Nigel, as they struggle to make a name for themselves in the shadow of William Shakespeare – who is treated like a rock star. Desperate to outshine the Bard, they consult a soothsayer who predicts they consult a sootnsayer with processing that the future of theatre involves singing, all at once: the dancing, and acting all at once: the musical. Determined to write the world's musical. Determined to write the world's first, the brothers dive into outrageous situations, wild misunderstandings, and over-the-top numbers. Packed with clever humor, Renaissance-era absurdity, and endless Broadway references, it's a joyful, irreverent celebration of theatre itself. Tickets start at \$15. All showtimes for 7pm except for July 13 at 2pm. For more information or tickets, visit tennesseevalleyarts.org or call 256-383-0533.

Join us in the Jacksonburg **Jungle** as we get "Untangled - and Wild About God's Devine Plan" at our 2025 Vacation Bible School, July 14-17. 6:30pm-8:30pm. At Jacksonburg Church of Christ, 414 County Rd. 28, Florence.

Encouraging lessons about God's Creation, The Garden of Eden, Abraham and Jesus. Puppets, Bibi Refreshments, Games & Crafts. Bible Skits.

Classes for all ages with Laws Rushing teaching the teens and Mike Tays teaching the adults! Please join us and bring friend!

Tuesday night Social Dance at The Club/ Florence Senior Center, 450 Country Club Drive, in Florence. \$6. Doors open at 6pm.

Dance from 6:30-8:45pm. Texas two

step, waltz, line dance, fox trot and more The Browns provide the music from across the decades!

Lego Build - the third Tuesday of each month, (July 15) 3:30pm-4:15pm at the Florence-Lauderdale Public Library. Thousands of Legos and your creativity make this program FUN!



### **Keynote Speaker:** Hillary delaRosa, M.D. Physician and Entrepreneur



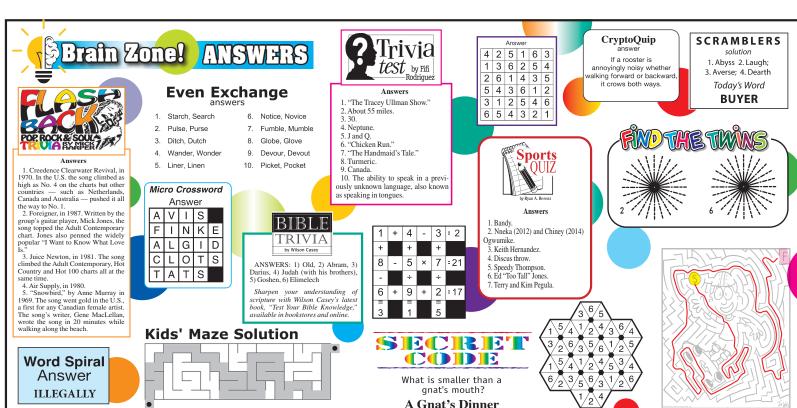
Holley Hamm, Rebecca Hovater, Carolyn O'Byrne, LaCinda Oyen, Sue Pilkilton

TICKETS: \$40 each or a table of 8 for \$312

Enjoy a delicious lunch, a great speaker, be a part of recognizing five outstanding women, receive a Souvenir gift bag and get the Shoals Woman magazine a day early! Get your tickets in person, at the TimesDaily office, starting Tuesday, June 3rd, 219 W. Tennessee St., Florence, Monday – Friday, 8 a.m. until 5 p.m. or call Mara Beth Cravens, Administrative Assistant 256-740-5811 to order by phone.

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# **Medicare Minute**

# "Qualifying for Medicare"

When I began working with Medicare health plans a few years ago it became obvious to me that people aging into Medicare were joining a health insurance program that they really didn't understand. Although the Centers for Medicare and Medicaid Services (CMS) do all they can to educate Americans about the benefits of Medicare it still isn't enough for them to fully understand what they have as far as medical coverage through the federal government. Over the next the next few weeks we're going to discuss the basics of and what is covered under Medicare. But first let's look at how Medicare started.

On July 30, 1965, President Lyndon B. Johnson signed into law the bill, Title XVIII of the Social Security Act, which led to the establishment of Medicare. The original bill included Part A (Hospital Insurance) and Part B (Medical Insurance). Today we know these 2 parts as "Original Medicare". In the beginning Medicare was created to provide health insurance to people 65 years of age and older, regardless of income or medical history.

Over the past five decades changes have been made as to who qualifies for Medicare. In addition to people over the age of 65, Medicare now covers people under the age of 65 who are permanently disabled and have been receiving Social Security Disability Insurance for 24 months. Also anyone at any age can receive Medicare if they have End Stage Renal Disease or ALS.

Although Medicare provides medical coverage for those who qualify it is not 100% coverage!! We often hear "once I go on Medicare my medical insurance worries are over." Medicare has deductibles and coinsurance that the Medicare beneficiary is responsible for unless the beneficiary has additional coverage to supplement Medicare.

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





**Ikey Fowler** 

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in accordance with the Alabama Self-Storage Act; per Section 8-15-34, Code of Alaabama, 1975, public notice is hereby given that the following units will be sold or disposed of on or after

#### July 7, 2025. Past due charges and fees will be accepted until 5pm on July 7, 2025.

Central Storage, LLC reserves the right to withdraw any unit from sale or disposal.

Name		Unit#	Contents
Clemmons	, Avery	N15	Household Misc.
Gibson,	Charles	L43	Household Misc.
Halley,	Sonja	J15	Household Misc.
lvy,	Tammie	R31	Household Misc.
Johnson,	Kristin	E1	Household Misc.
Joiner,	Jeff	D16	Household Misc.
McDonald,	Deniese	E16	Household Misc.
Richardsor	n, Hunter	G3	Household Misc.
Tackett,	Thomas	E20	Household Misc.
Wisdom,	Mollie	R6	Household Misc.
Young,	Jessica	R36	Household Misc.

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# Saturday, July 12, 2025

Drive Thru 8:00 AM - Noon or until available funds are depleted Florence-Lauderdale Coliseum

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