

## **AREA SATURATION - We Mean Business!**

## Holcombe is **Back Home**

FLORENCE-Johnson & Mahan Dental Care in Florence recently to welcomed Dr. Kayla Holcombe to its practice on Cox Creek Pkwy. Dr. Holcombe, a recent graduate of the UAB School of Dentistry, brings a strong academic background, fresh



**Holcombe** 

perspective, and a deep commitment to providing exceptional patient care.

A Florence native and graduate of Florence High School and

the University of Alabama at Birmingham, Holcombe said she is excited to return to her hometown and have a positive impact on her new patients and the community that helped shape her journey.

In her free time, Holcombe enjoys spending time with family, traveling, reading, and discovering new coffee shops.

#### 2 More Years for Prachniak

FLORENCE- UNA head coach, Jad Prachniak, last week, received a two-vear extension to his current contract, which will run through the 2028 season with an option for 2029.

"When Coach Prachniak arrived at UNA ahead of the 2022-23 season, we launched a multi-year plan to restore and elevate UNA Baseball's competitive expectations

See SHORTs... on Page 2

#### Volume 141 Number 40

July 30, 2025

**POSTAL PATRON** 

For All

Your

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Needs

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## Willing to Work

Rick's Barbecue **Operations Director, Jeremy** Hunt, L, works with Easterseals of Northwest Alabama to help boost his workforce, finding folks like Dajun Horison, pictured here with Hunt.

Courtesy photo



Rick's Finds Dedicated and Eager Employees at Easterseals

MUSCLE **SHOALS** Rick's Barbecue has been For information about advertising in pre an ongoing supporter of Easterseals of Northwest Alabama, providing numerous job opportunities for Easterseals' clients over the last four years. In addition to offering job experiences at all four local Rick's locations for Easterseals' summer Job Exploration Training Program (JETS),

3815 Florence Blvd. • Florence, AL CONNECT WITH US: happyhollowoutdoors.com Operations Director, Jeremy Hunt, has also

HAPPY HOLLOW

FLORENCE

employed seven of their clients who were seeking permanent employment.

"Mr. Hunt's devotion in providing meaningful employment to those with disabilities demonstrates the

See WORK... on Page 7

VISIT US AT:

## Another Area Code in Alabama

MONTGOMERY - Customers in the 334-area code region of Alabama are scheduled to see the implementation of the new 483-area code overlay on February 23,

Customers in that area are encouraged to begin 10-digit dialing to become adjusted prior to mandatory 10-digit dialing, which will take effect January 23, 2026.

Implementation of the new 483-area code ensures customers in that area will have enough supply of new telephone numbers, as numbering resources for the 334-area code are scheduled to exhaust by the third quarter of 2026.

New customers, or customers requesting an additional telephone line, who are currently in 334 zones, may be assigned the new 483 area code, pending activation. The implementation will not affect existing

See AREA CODE... on Page 4



The new area code will be interspersed in the 334 zone for new phone customers beginning in February of 2026.



## INSIDE this Issue

Killen Founders **Automotive Inside** Day This Weekend

- **Computer Skeptic**
- Ask the Attorney
- **Medicare Minute**
- The Trusted MEDIA LITERACY WORKSHOP Sources
- **Your Letters**
- Adopt-a-Friend

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Commentary **Hocus Focus** 

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## High Heat



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#### Shorts...

#### 2 More Years for Prachniak

**Continued from Page 1** 

at the Division I level," said UNA Athletic Director, Dr. Josh Loonev. "Jad has met every benchmark with a steady, confident, mission-driven approach. With Bank Independent Stadium set to open in

2026, we're wellpositioned to keep climbing under Jad's leadership." Last season, the

Lions achieved new Division I single season records despite what was arguably **Prachniak** the toughest schedule in school history beginning with 34 straight games away from home. UNA won 24 games and

finished with a 16-14 conference record — both of which are the most wins since 2018 The Lions battled six teams from the SEC and

three former NCAA National Champions in 2025, including a threegame series at eventual national champion, LSU. The Lions also played 2025 College World Series finalist Murray State in a home-and-home.

In 2026, Prachniak will enter his fourth season at UNA. He holds a career record of 329-230-2 across 12 seasons. Prachniak is just the 11th head baseball coach in the 91-year history of the sport at UNA and only the third head coach of the Lions in the last 40 seasons.

Prior to UNA, Prachniak was the top assistant coach at Delaware for two years. He was also the head skipper for NCAA Division II powerhouse West Chester, leading the program to a pair of

NCĂA Division II National Championships in 2012 and 2017.

"I am grateful to be a part of the University of North Alabama and the Shoals community," said Prackniak. "The last three years has shown what a special place this is to my family — my wife Kelly and daughter Emilia as well as myself from a personal and professional standpoint."

#### Diaz New ABS **Asst. Director**

SHEFFIELD- Bank Independent recently announced that Jessica Diaz, VP, Director of Learning & Development, was named Assistant School Director for the Alabama Banking School. The role of the Assistant School Director is to assist the Chairman and School Director in performing all duties in connection with the school.

We're thrilled to see Jessica recognized and named as the new Assistant School Director for the Alabama Banking School," said **Jason** Windham, President at Bank Independent and Director for the Alabama Banking School. "Her leadership and work ethic make a positive difference in our organization, and I'm excited to continue to work with her at both Bank Independent and now, the Alabama Banking School."

Diaz is a graduate of the Alabama Banking School and has had the honor of



the United States.

Diaz

2023. She joined Bank Independent as the Director of Learning & Development in January of 2024, bringing over 25 years of experience working in banks across

'I am honored to have the opportunity to serve as the Assistant School Director for the Alabama Banking School," said Diaz. "This opportunity is both a privilege and a responsibility — to help shape the future of banking leadership in our state. I look forward to serving with dedication, fostering growth, and continuing the tradition of excellence that defines

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**Amp Compressor Check Capacitor Tighten Electrical Connections Check Condenser Cleanliness** Check Freon Pressures and Temps **Check T-stat Operations** Check Indoor Blower Motor Clear Drains

**Check Evaporator Coil for Cleanliness Check Blower Motor Capacitor** 

1-VISIT

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**Check Blower Motor Capacitor** 

2-VISITS

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

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

## FLORENCE: MULTIPLE FAMILY CARPORT SALE 197 Blaze Drive Fri. Sat. Aug. 1-2 6:00 until

FLORENCE: 333 Deer Point Ln Thursday 7/31 4:00 - 7:00 PM & Friday 8/1 8:00 AM - Noon The Estate of Suzy Robbins Indian Springs. Please do not block driveways.

FLORENCE GARAGE SALE 101 Jefferson St., 1st house behind Waffle House off Flo. Blvd., Sat.,

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219 W. Tennessee St. Florence, AL 35630 **OFFICE STAFF/SALES ASST.** editor@courieriournal.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. of its management, or its staff. Advertisers are responsible for all content and claims in their

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**HELPING HANDS** 

#### **Area Code**

**Continued from Page 1** 

service for customers within the 334-area code customers region or outside it.

The 256-area code will continue to cover northwest Alabama. It was established in 1995 as part of a split from the 205area code with 10-digit dialing as a requirement. The 256-area code serves more than 1 million people across 13 counties across north Alabama, with 938 acting as an overlay when needed on several areas of northcentral and northeast Alabama.

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The Mitchell Burford Bookstore at the Florence Lauderdale Public library is hosting a Buy One, Get Two Free sale through the month of July on VHS tapes and music on CDs. First floor HOURS: Mon-Sat. 10am-4pm. Sunday 1–4pm. For more information, contact the bookstore at 256-764-6564, ext. 119.

Join us for a series of casual, **come-and-go events** where you can meet candidates. This is your chance to ask questions, share your priorities, and hear directly from those hoping to lead our community. No speeches, just conversations.

Florence Candidate Conversations sponsored by the University of North Alabama - July 29, 5:30-7:00pm at Singin' River Brewery - 526 E College Street, Florence

Local elections impact your daily life: schools, roads, safety, parks, and more. Yet, they often see the lowest turnout meaning your vote carries even more power. By participating in local elections, you're helping shape the future of the Shoals. #shoalsvotes

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See NOTES... page 14



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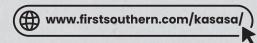




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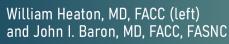
HEALTH





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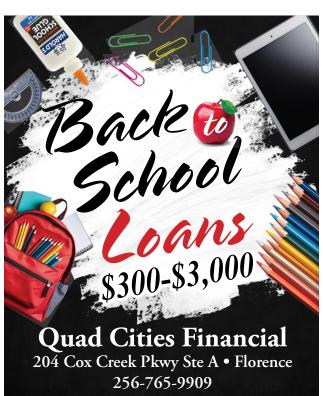
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#### Work...

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

importance of local businesses collaborating with us to make a difference in their lives," said Easterseals Executive Director, Jerry Groce. "This type of partnership serves as a "win-win." Businesses get good, dedicated employees who are excited about working and performing well while those with disabilities move towards a greater level of self-sufficiency."

Program Coordinator, Kanesha Bates, added, "We greatly appreciate the hard work of our Job Developer, Danny Vaughn, other Vocational Unit staff members, as well as our collaboration with the sponsor of the program, the Alabama Department of Rehabilitation Services (ADRS)"

For more information, visit eastersealsnwal.org

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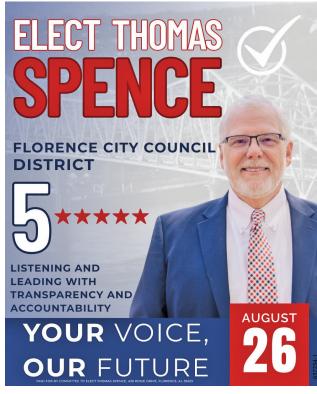
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Words

TOM MAGAZZU

Editor

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## hoals

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side want our political leaders to be more aggressive in advocating for the unborn and traditional marriage, even though both issues have been addressed and settled at the Supreme Court level

Yet, many of those same people don't necessarily want to hear that type of message in their weekend church service. They consider it too political and divisive. They want uplifting messages on a Sunday morning.

I'm the first to appreciate an inspiring and uplifting sermon on Sunday morning, and I recall many over the years that were motivational and informative. However, it's not hard to see how weekly worship services have changed drastically over the decades.

Instead of being places where we are reminded that sin separates us from God,

#### See NOT ALL ABOUT US... on Page 18

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

## **Trusted** Sources

#### Determining what is Reliable Information

FLORENCE-Archaeology at Pope's Tavern is hosting a presentation and discussion at 10am on Saturday, August 2 at Pope's Tavern Museum, 203 Hermitage Drive in Florence.

This is one of a series of programs at Pope's Tavern that explores history and archaeology.

How do we know which sources of information are credible, and

SOURCES... on Page 16





KILLEN- Make plans now to come out and enjoy two action-packed days at the annual Killen Founder's Day celebration takes place Friday and Saturday, August 1–2. The theme

for this year's Founder's Day is, "Small Town, Big Dreams." The Grand Marshall for the parade will be Greg Cummings. He will lead the

parade on Friday night, starting at 6pm. The parade will run along J.C. Mauldin Highway from Brooks Elementary to Foodland Marketplace.

KILLEN... on Page 22

## **Founders** Day 2025



(July 30) at noon at The Club, Cowboys and Cowgirls is the theme for the 30th, \$5 donation goes toward the State Masters Games in Trussville in October. Support our athletes that are 50+ years young while participating and representing the Shoals area. The Club. 450 Country Club. Drive, Florence, 256-760-6420.

**HELLO ALABAMA A&M** BULLDOGS! It's our Freshman Send-Off

and you are Invited to Attend...Please join us for our Annual A&M Alumni Round Up Picnic at 11am on Saturday, August 2 at the Harvest Mitchell Gym in Florence. Please RSVP at 256-710-3883 by July 30. - Food, Fun, and that Old Bulldog Spirit.

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



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- 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

#### **VOCAL Vigil a Success**

Editor,

Thank you so much for your participation in this year's VOCAL of the Shoals Annual Candlelight Vigil.

We could not host this event without the support of our community pulling together for a common cause in serving and advocating for victims of violent crimes.

We appreciate the work you do so very much and together we know we can make a positive difference.

Each year we come together to honor those we have lost, saying their names and uplifting each other.

Thank you for joining us, in a night of remembrance, being a voice for victims of violent crimes. Thank you

#### YOUR OPINION MATTERS, TOO!

So, where is YOUR letter? You will reach far more people than on social media Email to: editor@ courierjournal.net

so much for your continued support of our VOCAL of the Shoals event!

Lorien Watson, President VOCAL of the Shoals (Victims of Crime and Leniency) Florence

#### Ashamed, Disgusted

Editor,

From the least to the greatest in America we don't care about what is happening in Gaza. That is abundantly

The Israeli military continues daily to gun down, or bomb desperately hungry civilians based on the threadbare excuse there are bad guys lurking about among the hungry. There are plenty of bad guys lurking about among the fat and happy in the Israeli Knesset, but I don't see anybody gunning them down.

callous This savagery masquerading as salvific heroism on

See LETTERS... on Page 20

## **Re-Elect Willis Thompson-**Muscle Shoals City Council Place 3

For Willis Thompson, service isn't a slogan, it's a way of life. With deep roots in Muscle Shoals and a legacy of leadership built on faith, hard work, and integrity, Willis has spent his life giving back to the community he loves.

He began his professional journey as a laborer at the Tennessee Valley Authority and, through 36 years of dedication and perseverance, retired as Wilson Hydro Senior Operator/Tech 4. His experience also includes training at TVA's chemical fertilizer facility and specialized work with the Department of Defense's Rocky Mountain Arsenal which is proof of his adaptability and leadership under pressure.

his wealth of experience to the City Council, where he's championed improvements infrastructure, economic development, and overall quality of life. As development, an Advanced Trained Municipal Official, 120 hours with over certified training, of continues to bring

insight, accountability, and foresight to local government.

commitment His doesn't stop at the city limits. Willis serves on the Environmental and Natural Resources Committee on Energy and the Legislative Committee of the Alabama League of Municipalities, where he collaborates with leaders across the state to advocate for stronger policies and vibrant communities.

Education has always held a special place in his heart. Over 15 years on the Muscle Shoals City Schools Board, three as president and 11 years School Board Master Level designation from the Alabama Association of School Boards, with In 2020, Willis brought more than 500 hours of developmental training. He believes in investing in young minds as the future of Muscle Shoals.

Willis is also deeply involved in civic life. He is Past President of the Kiwanis Club, and serves on boards like Keep the Shoals Beautiful, Shoals Solid Waste & Recycling, and the Helen Keller



Willis Thompson

Foundation. At Baptist Church in Barton, he serves faithfully as a and deacon, trustee, treasurer.

A devoted husband of 35 years, proud father, and avid sportsman, Willis Thompson's life reflects humility, action, and a vision for progress.

With your vote on August 26, he'll continue building a stronger future for Muscle Shoals.

Let's keep our city moving Forward Together.

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## ON YOUR DEBT

#### Why Are So Many People Falling **Behind on Bills This Summer?**

Here's What You Can Do Before It's Too Late



**McNutt** Managing Attorney

Summer in the South should be a time for cookouts, beach trips, and making bankruptcy—either—memories—not stressing over money. Chapter 7 or Chapter 13—something But this year, more folks across Alabama called the "Automatic Stay" goes are finding themselves falling behind on into effect. This puts a stop to bills, and we're hearing it every day at wage garnishments, repossessions, the Bond & Botes Law Offices.

climbing, if your lights are about to available under federal law. be cut off, or if you're worried your How Chapter 13 Can Help paycheck won't stretch to cover rent or Home groceries—please know, you're not the only one going through this. And you don't have to go through it alone.

### Why July Is Hitting So Many Households Hard

financial strain right now. Here's why so many families are struggling:

· Utility bills are way up - Summer heat means the A/C is running nonstop, **Shutoff** and power bills are spiking across the region.

Back-to-school costs are starting to roll in – Between supplies, clothes, and fees, it's a heavy hit before August even

· Credit card interest rates are through the roof - More people are leaning on charge—whether by phone, video, or in cards to cover basics, but the interest is making it harder to catch up.

• Wage garnishmen

Wage garnishments and repossessions are picking up - Many people come to us after their paycheck was hit with a garnishment or their car was taken, often with no warning.

about to get worse, don't just hope it'll work itself out. Here are three steps you can take today:

Stop Garnishments Repossessions

When you file for

foreclosures, and even harassing phone If your credit card balances are calls. It's one of the strongest protections

#### How Chapter 13 Can Help Save Your

2. Prevent Utility Shutoffs

If you're behind on your electric, water, or gas bill, a bankruptcy filing can help stop the disconnection and may allow you to catch up over time. This isn't a loophole—it's a legal way We're seeing a perfect storm of to protect your household during tough

#### What To Do If You're Facing a Utility

#### 3. Talk to Us—It's Free and Confidential

We've been helping people across Alabama and Mississippi & Tennessee for over 35 years. Our team understands what you're facing, and we'll take the time to talk it through with you at no person.

There's no judgment here. Just honest and answers and real help.

#### You Don't Have to Carry This Alone

Every day, we sit down with good, hardworking people who are just trying to make ends meet. Many have never What You Can Do Right Now missed a payment in their lives until If you're behind and afraid things are now. Life happens—job loss, illness, rising costs—and when it does, there are steps you can take to get control back.

If you're feeling like things are and slipping through your fingers, we're here to help.

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I'm sorry. I know it's 2025 and we shouldn't have major corporations goofing up like Microsoft has, or seems to have done. It's not really a goof up, it's not their fault that computers more than 8 years old, still do the things you need them to do. They weren't counting on that. Those PC's

we bought back in the bronze age of computing weren't supposed to still be working in our modern era. But they are

Microsoft's decision to end support for Windows 10 is

part of its standard 10-year lifecycle policy for operating systems. It allows them to focus resources on newer technologies, particularly Windows 11, which introduces advanced security features such as TPM 2.0 and Secure Boot.

Martin Dean



by "The Computer Skeptic"

Maintaining outdated software, like Windows 10, diverts attention from addressing evolving cybersecurity threats and developing features for modern computing needs. The fight against "bad actors" (hackers) becomes increasingly expensive and challenging with outdated tools.

A key aspect of modern computer security is the Trusted Platform Module (TPM). While TPM 1.0 was introduced in 2003 and TPM 1.2 in 2005 (used in Windows Vista), the significant leap came with TPM 2.0, created

in 2014 and fully integrated into modern PCs by 2017. This integration greatly advanced computer security, enabling features like facial recognition and biometric scans, and bolstering encryption to make it much harder for hackers to break in. Windows 11, released four years after TPM 2.0's integration, was specifically designed to leverage this stronger security.

Your digital life is extensively stored on your devices, from looking up recipes to banking and doing taxes. Therefore, ignoring this warning means your data will no longer be safe on outdated equipment.

To protect yourself and avoid these risks, consumers have several options:

• Upgrade to Windows 11: If your device meets the hardware requirements (e.g., compatible 64-bit processor, 4GB RAM, 64GB storage, TPM 2.0, Secure Boot), you can upgrade for free via Windows Update.

• Purchase a New PC: If your current device is older and doesn't qualify for Windows 11, investing in a new computer offers improved performance, security, and compatibility with future software.

• Subscribe to Extended Security Updates (ESUs): Microsoft will offer paid security updates for Windows 10 through 2028, but this is a temporary fix and will likely increase in cost yearly.

• Switch to an Alternative OS: Tech-savvy users might

consider Linux distributions, though this can limit access to Windows-specific apps and requires a learning curve.

We all want to hold on to our technology, it is typically a major purchase, and we become familiar with the ins and outs of our equipment. But this situation is real. And your data is no longer safe on your outdated equipment. I know times are tough, but don't make them tougher by ignoring this warning. Please update your systems, don't let the bad guys win. Next time I'll be making some suggestions for budget conscious folks. Stay skeptical, stay informed.



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- ★ University of North Alabama Graduate
- ★ Board Member of Northwest Alabama Cerebral Palsy Center
- ★ Employed at Flexco
- $\bigstar$  Over 20 years Experience in the Financial Industry \*\*\*\*\*
- ★ Active Parent in the Muscle Shoals Scho
- ★ Married to Kristi Nix Sockwell
- ★ 3 Children Trey 2014 graduate of Muscle Sho High School. Jay and Lauren 8th grade at Muscle Shoals Middle School.

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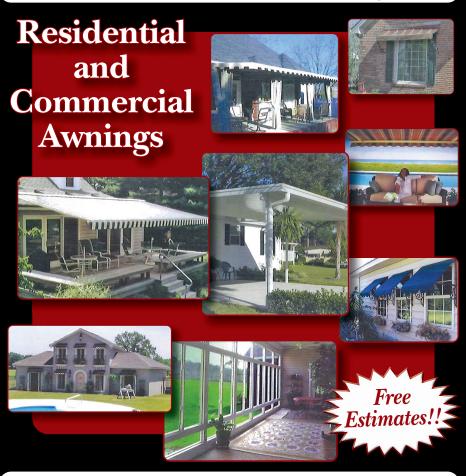
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## Notes...

#### Continued from page 5

#### Splash Pad Schedule: August 1-10: Open daily (normal schedule)

Weekday Closures Begin August 11 After August 10, the splash pad will close Monday-Thursday and be open

only on weekends: August 15–17 (Fri–Sun) August 22–24 (Fri–Sun) August 29–31 (Fri–Sun) September 1 (Monday - Labor Day) Final Day for 2025: September 1

Natchez Trace Genealogical Society - Join the Natchez Trace Genealogical Society Sunday, August 3, at 2 pm at the Florence-Lauderdale Public Library for our quarterly program, where local "Cemetery Man" Hugh Smith will present a 1-hour program titled "My Cemetery Discoveries." The program is free and new members are welcome.

#### Kay Cantrell and Ann Garrard Memorial Scholarship Tennis Tournament will be held on Saturday, September 20 at the Russellville Tennis Complex , 229 Rube Courington Dr. Russellville, AL

Kay Cantrell and Ann Garrard were great friends and avid tennis players.

To honor their memories, their families have established scholarships for local

tennis playing seniors in their names.
This tournament is hosted where Kay and Ann raised their families and funds the scholarships. Scholarships were awarded to 2025 graduates at local schools in Northwest Alabama. Let's do more in '26!

Business, Individuals & Group Sponsorships are available: GOLD -\$300. SILVER \$150. BRONZE \$75 are

Registration for the tournament, begins on Friday, August 1 and is \$30

Those interested in registering for the tournament or sponsoring the event can contact Paige McCluskey at 256-668-3434 or Katie Hester at 256-460-0519, or email KCGAtennis@gmail.com

Sick and Tired of Being Sick and **Tired?** FREE 3-Day, 4-Topic Health Seminar on how to choose better health with Dr. Clarence Ing, Internal Medicine August 7 and 8, 6:30pm at Holiday Inn

August 7 - How Not to Die; August 8 - How Not to Diet

Health Screening available with appointment \$20 (Limited space)
Then, on Saturday, <u>August 9</u> at Shoals Seventh-day Adventist Church, 2011 CR. 41/Jackson Rd. in Florence

11am - The Advantage: 2pm - How to Reverse Diabetes, Hypertension, Prevent Stroke & Weight Management

This free community event is sponsored by the Shoals Seventh-day Adventist Church. For more Information: ShoalsSDAChurch.org or call Stanley (local cell) 269-222-1711

Ronnie McDowell is coming BACK to Russellville - Don't miss an exciting show at the The Historic Roxy Theatre with opening act, Joseph Baldwin! Saturday, August 2, 7:00 PM

TICKETS: \$35-\$20 | Reserved Seats, \$15 | General Admission. Call to purchase tickets: 256-415-3270

Registering for Fall Sports!
We have THREE amazing programs starting soon: Fall Soccer • Girls Flag

Football • Flag Football

All programs: \$45 registration. Age determination: July 31st. Practice starts: following registration. Season begins in September.

Registration closes August 9th - spots fill up fast! Register today and give your child an amazing fall experience with friends and fun!

TVAA Member Show Now - Aug. 22 ARTworks at Tennessee Valley Museum of Art, 511 N. Water St., Tuscumbia. The museum is open from 9am to 5pm Tuesday-Friday and from 10am to 5pm. Saturday. Admission: \$5, \$3 for students and free for members.

See NOTES... page 16



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#### Insurance Insights

"Below is a State Farm\* Simple Insights\* article about "Techniques to help you save gas" is provided by State Farm agent Rebecca Stutts Hovater.

#### 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 the brake.

#### 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

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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### Notes...

**Continued from page 14** 

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 Now – August 21. The Aberdeen, MS native is a self -taught artist inspired by nature and childhood

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

Shoals Walk Across America Walk Across Alabama 2025. The Shoals Community Clinic - offers an annual challenge called Shoals Walk Across Alabama. This year, the program is partnering with Tru Freedom Riders, The Alabama Extension Systems, and the

YMCA of the Shoals to offer participants opportunities for walking, education, and prizes. Everyone is welcome to attend. The event is free.

If you didn't make it to the opening event on July 19, but want to participate in the walking challenge, you can register at any of the weekly group walks. The objective of the walking challenge is to help people set reachable, activity goals and to establish a more active lifestyle. The group will meet once a week for a 1-mile walk at various locations around the Shoals.

Weekly Walks (Thursdays at 4:30 p.m.) SCHEDULE:

• August 7- Martin Park

• August 14 - Sheffield Riverfront Park

- August 14 Sheriled Hiveling
  August 21 McFarland Park
  August 28 Wilson Park
- September 4 Barriers" Florence YMCA "Breaking Gym
- September 11 McFarland ParkSeptember 18 Spring Park Tuscumbia
- September 25 UNA Fountain
  October 2 Sheffield Riverfront Park
  October 9 McFarland Park

October 16 - Riverfront Heritage Park

LifeSouth Bloodmobile Dates: Tuesday, July 29 Florence Electricity Department, 601 Reeder Street, 9am -

- Friday, August 1

  Walgreens Dr. Hicks Blvd Florence, 12pm 4pm

  First Fridays, 301 N Pine St., Florence,
- 4:30pm 9pm Killen Founders Day, Killen Park 830

Locke Six Road, 5pm - 8pm **Saturday, August 2** Killen Founders Day, Killen Park - 830 Locke Six Road,

Monday, August 4 The Nenon Club of Florence, 219 Simpson Street, Fellowship Hall, Florence, 10am - 5pm

**Tuesday, August 5** TVA Power Service Shops, Hwy 133 TVA Reservation Rd - 127 Power Service Center Muscle Shoals 10am - 5:30pm

Wednesday, August 6 Genesis
Healthcare - Glenwood Center, 211 Ana
Drive, Florence, 10am - 4 pm
Thursday, August 7 Custom
Synthetic Fibers, 101 Jarvis Brewer Dr.,

Rogersville, 8am - 4 pm

See NOTES... page 22

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Sources...

**Continued from Page 8** 

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### An Expected End

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9:27 "And as it is appointed unto men once to die, but after this the judgment:" The odds eventually play out against us and we must cash in. If you die lost, you've a bad expected end coming. YOU can fix your problem. Your expected end can turn into a blessing if you just get right with God, now, today. Tomorrow is never guaranteed! Romans 14:12 "So then every one of us shall give account of himself to God." **Revelation 20:12** "And I saw the dead, small and great, stand before God; and the books were opened: and another book was opened, which is the book of life: and the dead were judged out of those things which were written in the books, according to their works." At this point, you've waited too long. You must fix your sin problem now, with a Saviour, JESUS CHRIST who suffered for you and died and paid your sin debt! Jesus Christ is His name!

For you to have a good expected end, ask Christ to get you through. Only Jesus can save you. You gambling for time? You might be one of the death stats above. Death is no respecter of persons! Yours might be today. Missing heaven by two seconds or ten feet is to miss it for good! How many kids are following you? No one has an assurance of tomorrow. The promise is: Hebrews 3:15a "While it is said, To day if ye will hear his voice, harden not your hearts;' Ask Christ now to forgive YOUR SIN and save you while you can. Tomorrow may not come!

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#### **Medicare Minute**

#### "Medicare Part A Part 1"

On a Medicare card Part A will have the word "Hospital" beside it. Because of that Medicare Part A is most commonly known as the inpatient or hospitalization part of Medicare. This means when a Medicare beneficiary is admitted into the hospital most of the services that are received are filed under Medicare Part A. This sounds simple but sometimes it's not.

Medicare Part A has a deductible of \$1,676 per benefit period. Notice two things here. First is the deductible of \$1,676. If you are admitted into the hospital and had Original Medicare only, you would owe the first \$1,676 of your stay. This deductible covers hospital services, including semi-private rooms, meals, general nursing, drugs as part of your inpatient treatment, and other hospital services and supplies.

The second thing to notice is the term "benefit period". This tells you the deductible is not an annual deductible but could hit you more than once in a calendar year. A "benefit period" begins when you are discharged from a hospital or skilled nursing facility and ends when you haven't received any inpatient care for 60 consecutive days. If you are admitted as an inpatient after the 60 days of no inpatient care a new benefit period begins, meaning another \$1,676 deductible. Also if you are confined to the hospital for 60 consecutive days your deductible will cover you but on the 61st day you will begin paying a coinsurance.

The good news is for most Medicare beneficiaries Part A is free. Free meaning you don't pay a premium for it. The reason for this is while you are working you pay 1.45% of your pay check into Medicare. If you did that for 40 quarters you're entitled to Part A for free. Next week will discuss the other benefits of Medicare Part A.

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





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#### Commentary

#### Not All About Us...

#### **Continued from Page 8**

many churches dispense with the hard edges in favor of warm and fuzzy that will be accepted more favorably and keep more people in the seats and money in the coffers.

Granted, it's tough out there on churches. Society is no longer church, Sunday, or Christian-friendly. COVID allowed many of us to relax and get comfortable watching church online... if at all. More of this generation sleep later on Sunday than any one before it. And many of us who attend services are drawn to the services where the sound systems and lights are great, where parking is plentiful, or where several pots of coffee are always ready and the donuts are always fresh.

Are we taking the time to worship God in an orderly and reverent manner the way He wishes, and He addresses in the Bible, or do we set it up the way we want, and God can attend if he chooses?

Is it a heartfelt period recognizing Jesus' dying on the cross for our sins and being raised on the third day in His new kingdom, or is it a Sunday morning TED Talk and wine-tasting that commends our personal courage and praises our independence of lifestyle?

We don't want to forego ANY uplifting messages to be slapped in the face with the Word and reminded that we are all sinners. "That's not nice." "It's coldhearted, mean-spirited, and unloving." However, it is what we need to hear

from the pulpit or lectern. It's the only thing that will prick our hearts and take us where we need to be spiritually.

Modern society has created some skewed perspectives for us to overcome. The world tells us there is very little black and white – "right and wrong." Everything is a gray area.

How many times have we heard (or said), "God wants me to be happy." It is a complete emotional falsehood. God is more concerned about our holiness than our happiness. He wants us to be joyful, but within the bounds of what is right and wise. He loves is but out "happiness" is not his primary concern.

Society also says, "Follow Your Heart," another well-meaning phrase that supposedly allows us to find true happiness. The heart is deceptive. Emotions aren't always bad, but they are not always reliable or objective in the moment.

I'm often reminded of the classic 19th century hymn that includes the words, "Less of self, and more of Thee!" It's a lofty daily aspiration, one in which I stumble through routinely. Yet, it shows how much work we all have before us if we are to make Him happy and find our way through that narrow gate to salvation referenced in Matthew 7:13-14.

"Less of self, and more of Thee!" is just the last line in the third verse. It is a four-verse song, entitled, "None of Self and All of Thee."

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Thomas McCutcheon

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#### **Will Contests**

A Will is a written statement made by a living person making a division of their property after death. When a husband leaves everything to his wife and upon her death, to the children to share and share alike, there are generally no issues.

But, life being what it is, there generally are issues. Sometimes the wife remarries and passes away shortly thereafter. What happens to the children's inheritance then? Does the new husband receive what the children's father worked to accumulate? What happens when one

child takes care of a parent and the other children don't? Is share and share alike fair under that circumstance?

Where we really see problems are Wills that are made shortly before death that favor a person who wouldn't otherwise be favored. Occasionally, we see other issues such as homemade Wills that just aren't legally valid and sometimes we see people who don't understand they have to probate a Will before they can sell the assets of the estate and keep the money.

A Will can be contested by anyone who is an heir at law or has an interest in the estate. Valid reasons for contesting a Will include a Will that was made by a person who is not mentally competent. In those cases, a treating physician who is familiar with the mental and medical condition of the person making the Will would have important evidence a jury would consider. The medications a person was taking when they made a Will would be important. A Will made by a decedent who was threatened or put in fear could be set aside for undue influence.

The most important thing to know is that will contests are subject to a statute of limitations that is different from other kinds of cases. Will contests in Alabama must be filed within six months of the Will being admitted to probate. There are several recent cases where contests were not properly filed or not timely filed. If anyone has reason to believe that something just isn't right with a Will, contact an attorney promptly because once it is admitted to probate, the clock is ticking.

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

Please send the questions to: "Ask the Attorney,"

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

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Ask about specific enrollment times for those who qualify



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Free

**Continued from Page 8** 

part of far-right

I have never been more on their part.

Kimball Shinkoskey Woods Cross, UT

#### **NEED HELP?** CONTACT 2-1-1

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

## militants in Israel.

Israel in the throes of such meritorious history Babylonia.

disgusted with American political leaders, left and right, in my entire life. am ashamed of docile Americans who read the daily stats and see the daily visual reporting with little to no citizen action

America has lost its

Your link to community resources

I BUY CLASSIC CARS

#### Letters...

#### Ashamed, Disgusted

anti-humanitarian propaganda has become an embarrassment to all the world. It is doing its best to extinguish the claims in the Hebrew Bible detailing its civilization before going into captivity at the hands of ancient

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

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2023 KUB CADET RIDING MOWER 19.5 HP still under warranty. \$1600. Sold house must sell. Executive Desk 5ft, 5 drawers \$95. Both together \$1,645 256-889-5690 Florence

**EXTRA LARGE TV CABINET** \$275

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BUICK: LACROSSE, 2007 Like New, only 125k miles, very dependable 3800 engine. Beautiful gray color, leather interior, immaculate condition and very dependable. New tires, recent service. Garage kept. \$7900 firm. 256-436-8755

JAGUAR: X-TYPE, 2007 \$7,500. 59,169 original miles, Exterior White, V-6, 6-cyl, leather seats, sunroof, AWD, 4 door, power seats, 256-653-5765

Gray's Home Repair Carpentry, Decks, Flooring, Pier/Dock Repair and Siding. Call 256-349-8241

THEIR AD IS NOT HERE! Do you they're not advertising their sales in the Courier Journal, it could mean missing out on significant savings for you and countless other shoppers in the community.

#### **PUBLIC NOTICE**

**Lauderdale Country Board of Education** 

#### **Special Education Department**

**Special Education records for** students who graduated or should have graduated during the year 2020 are going to be destroyed in September, 2025.

Persons interested in receiving their records should contact the

**Special Education Department** at 256-760-1324 before August 1, 2025.

## 

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201 Rosa Lane **Florence** 256-275-3838 shoalsprimarycarellc.com

## Real Estate

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## 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 TOWNHOUSE FOR RENT: 2 bdrm., 2 ba., \$700 month + deposit, Call 256-764-3986

#### FLORENCE COMMERCIAL PROPERTY FOR LEASE

3710 Cloverdale Road, Building is Excellent for Business or Office Space, Kairos Property Management 256-656-3578

FLORENCE: 306 HOWELL ST. 4 bdrm. 3 ba. \$1200 rent, \$1200 deposit. Recently remodeled 256-412-0205

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LAND FOR SALE IN GREENHILL, two acres, great building site located at intersection of Co Rd 363 and 144. Go South on Co Rd 144, past wooded area, will be on the right. Fenced, \$46,000, can divide, 256-740-7752.

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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.

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Center Star areas preferred.

256-710-2856

FLORENCE: 705 CAMP-BELL ST. 3 bdrm., 2 ba., Newly renovated. \$1,000 rent and \$500 deposit. Section 8 Accepted. 205-541-0535.

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(local & out of town)
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#### Location: 34.9340°N, 88.5209°W North Filmore St, Corinth, MS

The Memphis & Charleston and Mobile & Ohio Rairoads crossed here so it was strategically important as a Confederate base. A Confederate General said "If defeated here [Corinth], we lose the Mississippi Valley and probably our cause".

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

## LEGAL NOTICE

STATE OF ALABAMA, LAUDERDALE COUNTY NOTICE OF ABANDONED AND UNCLAIMED MOTOR VEHICLES

Notice is hereby given that on **Saturday, the 30th day of August, 2025 at 9:00 a.m.**, The following motor vehicles will be sold at public auction for cash. The auction will be held at Horne Wrecker Service, inc., 1634 State Street, Florence, Alabama. Horne Wrecker Service Inc. will accept proof of ownership should anyone care to submit same, Monday through Friday, between the hours of 8:00 a.m. and 4:00 p.m., until the day of the sale. **Vehicles may be viewed starting Monday, August 25th, 2025, between the hours of 8:00 a.m. and 4:00 p.m.** 

l	YR	MAKE	MODEL	VIN#	TAG#	COLOR	TOWED FROM LOC	
	05	CHEVROLET	TRAILBLAZER	1GNES16S556180828	N/A	RED	A & A AUTOMOTIVE	
	08	CHEVROLET	HHR	3GNDA23P08S540270	41GN199	RED	N CHESTNUT ST	
	00	DODGE	DAKOTA	1B7FL26X5YS603964	4875BM1	RED	CO RD 6	
	98	FORD	F150	1FTEX18L2WNA06772	41A10AP	WHITE	CO RD 10	
	03	FORD	FOCUS	1FAFP34313W332838	41A2MBT	WHITE	LEWIS BRUCE	
	05	FORD	TAURUS	1FAFP53U85A309319	N/A	WHITE	CHEVRON COURT ST	
	06	FORD	ESCAPE	1FMCU94156KC05055	N/A	BLACK	WALTONS	
	03	HONDA	ODYSSEY	5FNRL18043B050561	A0B0X29	GRAY	SAVANNAH HWY	55807-1
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#### Compassus Hospice Team



#### The Florence, AL Compassus Hospice program recently received Hospice Program of the Year for 2024!

This award is a nationally recognized achievement within Compassus that recognizes their outstanding dedication to providing compassionate, high-quality care to patients and families in Colbert, Franklin. Lauderdale, and Lawrence counties

507 E. Dr. Hicks Blvd., Florence • 256-764-0935

#### HOCUS-FOCUS HENRY BOLTINOFF



Find at least six differences in details between panels



longer. 4. Nose is different. 5. Thumb is moved. 6. Boy's hair is different. Differences: 1. Collar is larger. 2. Hat is tilted back. 3. Arm is

### Community Notes...

**Continued from page 16** 

**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!

The Annual Killen Founder's Day celebration will take place Friday and Saturday, August 1 and 2. Make plans to come out and enjoy this action packed

two days.

The Grand Marshall for the parade will be Greg Cummings starting at 6pm. The parade will run along J.C. Mauldin Highway from Brooks Elementary Foodland Marketplace. Opening ceremonies will begin at 7pm in Killen Park.
Saturday will be full of activities.

The musical entertainment on Saturday will begin at 2pm and last until 9:30pm. There will be several acts during the day including a local favorite "Bluewater." The entertainment will conclude with a performance by "The Shoal Nuff Band."

The night will end with a fireworks show at 9:30pm provided by TNT

Colbert County Community Bible **Study — Open registration** will be held at Parkview Baptist Church from 9am - 12:30pm on Aug. 4. We will have books available for pickup for anyone registered. The classes will meet in-person at Parkview Baptist Church every Tuesday from August 19-April 21. Classes meet from 9:45-11:30 a.m. Register online at colbertcounty.cbsclass.org. Contact Rita Prince for information at 256-366-8920 or email rita.prince906@gmail.com

CaringPlace Caregiver Support Group, second Monday (August 4) 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.

"Hi Neighbors of the Shoals" meets at the Florence Public Library on the first Tuesday of each month (August 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.

Summer Games and Daytime Dancing at The Club (Florence Senior

Center) Noon-2pm on the 1st, 3rd Wednesdays of August, and September. - 450 Country Club Drive in Florence (the former Florence Country Club property).

Summer Daytime Fun - Dress accordingly, Finger food welcomed. \$5, proceeds go for for the state Masters Games in Trussville in October 2025. Supporting our athletes 50+ years young! The Club, Florence Senior Center, Florence Parks and Recreation 256-760-6642 or

Clip and Save the Dates and Themes Who can be the most creative????? July 30. Cowbovs and Cowairls -Welcome to The Club

August 6, Luau at The Club - Grass skirts, bright colors, Leis
August 20, Picnic today - We'll have

hot dogs, and chips - summer attire, September 3, 50's & 60's Sock Hop, Remember when?

September 17, Tail Gate Party Support your favorite team attire

Florence Fly Fisher & Tyers meets the 1st Tuesday of every month (August 5) from 6:30-8pm at St Bartholomew Episcopal Church, 1900 Darby Dr. in Florence. Anyone interested is welcome and encouraged to attend.

Computer Classes (Microsoft Office Series) will be presented during August at the Florence Lauderdale Public

All classes are FREE, but registration is required due to limited seating. To register, email classes@flpl.org or call 256-764-6564 ext. 127. All classes are on Thursdays from 1-2:30pm

August 7-Microsoft Word Basics-Users will become familiar with creating documents, specifically formatting text and pictures

August 14–Microsoft PowerPoint– Users will learn to create visually appealing presentations by editing slides

and inserting images.

August 21-Microsoft Excel Part 1Users will create a spreadsheet and learn to organize lists and sort numerical data.

<u>August 28–Microsoft Excel Part 2–</u>

This class will build on the previous one with formatting and functions. Mail merge and pivot tables will also be discussed.

CaringPlace of the Shoals Yard Sale and Bake Sale Friday and Saturday, August 8 and August 9

Time: from 7am-2pm each day at Westminster Presbyterian Church of Florence, at 1520 Řickwood Rd. Shop for extraordinary and unique items and find those must have pieces you have been searching for - all at discount prices.
All proceeds benefit CaringPlace of the

Thursday, August 7 - Sunday, August 10, The "Sweet Delilah Swim Club" play follows five Southern women whose friendship began on their college swim team. They meet every summer for a reunion at the same beach cottage in the Outer Banks of North Carolina.

The play focuses on rour or trock weekends and spans 33 years, their evolving lives, The play focuses on four of these highlighting their evolvi friendships, and relationships.

At the Ritz Theatre in Sheffield. Directed by: Andrew Maples & Laura Ringnell

Pancake Breakfast - Monday. August 11, 7am, at the Elgin Senio Center, Alabama 101, Rogersville.

Elgin Senior Center has a pancake akfast the 2nd Monday of each month. 256-762-2104.

University of North Alabama **Women's Soccer** vs Northwest Mississippi - Exhibition. Sunday, August 10, 5-7pm. At the University of North labama, 1 Harrison Plz. Florence, 256

**The Batting Brigade Quilt Guild** has hospitality at 9 a.m. the second Monday of the month, (August 11) with a meeting at 9:30 a.m., at Edgemont United Methodist Church, Florence. For

information, call Liz at 601-590-4367. Additional Dates: September October 13, November 10

#### Killen...

#### **Continued from Page 8**

The opening ceremony will begin at 7pm in Killen Park. First-Third place trophies will be given for the best parade entries. Friday night entertainment will start soon after with a local favorite "Rewind" taking the stage

Saturday will be full of activities starting with the Killen Founder's Day 5k run at 8am and a 1-mile fun run at 9am. Both will begin at Killen First Baptist Church and run through downtown. The car show, sponsored by the Killen Masonic Lodge 788, will begin at 8am at Killen Park, in the upper parking lot by the tennis courts. They will also have their monthly Pancake Breakfast in that same area.

fun activities Other include singles and doubles horseshoe tournaments on Saturday, and a car bash sponsored by Center Star Fire Department on both Friday and Saturday. There will be wonderful food with the returning favorites, "Pop's BBQ, Martins," and and Wackv "The Wright Weiner." Also, we will have great Arts & Crafts vendors, with everything from clothing to Tupperware. The Friends of the Killen Public Library will be holding a book fair at their pavilion in the park. They will also have a coloring contest for elementary-aged children. Lastly, they will be raffling off a Family Fun Basket worth \$755. Tickets are \$1 for 1 ticket and \$5 for 7 tickets. The drawing will be at the end of the day on Saturday (you do not have to be present to win).

entertainment on Saturday will begin at 2pm and last until 9:30pm. There will be several acts during the day including a local "Bluewater." favorite entertainment conclude with a rmance by "The performance by "The Shoal Nuff Band." You do not want to miss this great entertainment.

The night will end with a fireworks show at 9:30pm provided by TNT Fireworks

Bring the entire family and do not miss all the

## CONTACT 2-1-1

Your link to community resources

**DIAL**- 2-1-1

TEXT- your zip code to 898-211 CHAT- 211connectsAlabama.org

#### **PUBLIC NOTICE AND** OPPORTUNITY TO COMMENT

#### The Lauderdale County School System

is attempting to locate any child with disabilities, Ages 0-21, who may be living in the Lauderdale County School District and who are not currently in a school program.

Anyone knowing of a child, who may be in need of Special Services, is asked to contact

> Mrs. Kim Meeks, **Director of Special Education** at 256-760-1324

between the hours of 8:00 a.m. and 4:00 p.m. Monday thru Friday.

ALL INFORMATION WILL BE KEPT STRICTLY CONFIDENTIAL.

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stained homes and cabinets. narmoreremodeling.com Military and Senior Discounts

#### NOTICE OF

ABANDONED VEHICLE
Bacon Auto & Alignment, 225
South Wood Ave in Florence will sale the following vehicle by auction Friday, August 22, 2025 at 1pm. If redeemed or purchased by bid, the buyer will have to pay all repair cost, storage fees and auction fees. 256-766-6500

2006 Cadillac DTS **1G6KD57Y66U199369** 07/30/25, 08/06/25 ADID 656910

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by DAVE RAMSEY

#### **SHOW HIM THE** NUMBERS

Dear Dave.

My husband and I recently began trying to get out of debt and live on a budget. I love your plan, but he's having a hard time getting adjusted to keeping track of things. He loves to eat out during the week. I don't mind this once in a while, but it has gotten to the point where it's disrupting our budget and our finances. The truth is, it's getting tough

to keep our heads above water financially. I think a lot of this behavior may be stress-rélated. He recently was forced to take a pay cut at his company, and I've been working part-time since then to help us get by. I know he's hurting and angry about things at his job, but how do I approach him about this?

Dear Emily, It's a tough situation, isn't it? I'm no psychologist, but I do know people can do all kinds of things when they're stressed out because of money problems or difficult situations they can't control. I'm sure taking a salary cut was a blow to his selfesteem. Lot of times guys, in particular, can come to associate their sense of selfworth with their jobs or how much money they make. That's not a healthy thing. But when behaviors begin having negative impacts on your family or finances, it's

time for a wake-up call. Your husband is probably a great guy. And everyone deserves a little bit of grace when they're going through a tough time. But honestly, I think you've maybe been a little too nice in your reactions to the situation. You're kind of acting like an indulgent mother dealing with a little kid, and that's not a good way for a wife to relate to her husband. No one should have to get a job just so their spouse can go to restaurants all the time. Plus, if you're seriously trying to get control of your money, the only time either of you should see the inside of a restaurant is if you're working there to earn extra cash.

A married man has several responsibilities in life. And one of the most important ones is taking care of his family. Your husband is down right now. He's feeling bad about himself as a man and a provider. But that doesn't mean he gets to have a pity party for months on end. Especially when the cost of that party is putting you both in financial opardy.

What your husband needs right now is a change of heart and lots of encouragement. He also needs his eyes

opened to what his behavior is doing to your finances and your relationship. You said you love my plan, right? Sit down with this guy, and have a caring, loving conversation about what you're seeing and what's going on. Let him know, first and foremost, that you love him and you're worried about him. Let him know you want to help. But you've also got to show him the numbers. Let him see, in black and white, the results of his actions.

work You two can through this, Emily. Just hold his hand and be there for him. Hug on him a lot, and let him know you're proud of him. And let him know that *together*, you guys will get through this and make things better.

- 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 Solutions.



## Thinking of Selling Your Unwanted Diamonds & Gold?

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285 Cox Creek Parkway • 256-764-4013 Shop groganjewelers.com

#### **Donations of toys, treats, or training help always welcome!**



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 a new friend today.

Meet Denali!
This gorgeous girl may be recovering from an injury, but her spirit is strong. Denali is dog-friendly(especially in small crups) loves loves small groups), people, and turns down a good meal. She's healing well and ready for the next chapter with a loving

family.

Come meet them — you just might find your new

Wister

best friend. Come meet this amazing pup



#### **Meet Mister!**

Mister is a gentle soul who's scared of the world right now — but that just means he needs someone kind and patient to help him build confidence. He's sweet, quiet, and docile — and with time and love, he'll blossom into the perfect companion. Come meet them — you just might find your new best friend. Come take him out for a doggies day out.



#### **Meet Grizzly!**

Grizzly may look tough, but he's got a heart full of tenderness. He's sweet and observant, and while we're not sure if he's dog-friendly yet, he hasn't shown reactivity when passing by others. Grizzly has a spirit is full of hope. Come meet them

Come meet them — you just might find your new best friend in this adorable dog.

Fostering is free to temporarily help them until they find their forever home

The adoption fee is \$85 and includes: vaccinations, a microchip, spay/neuter, and heartworm test.

Please call or come by Florence Lauderdale animal services 256-760-6676 to meet these wonderful companions.



MEET

DR. KAYLA HOLCOMBE

Johnson & Mahan Dental Care is proud to welcome Dr. Kayla Holcombe to our practice. A recent graduate of the UAB School of Dentistry, Dr. Holcombe brings a strong academic background, fresh perspective, and a deep commitment to providing exceptional patient care.

A Florence native and graduate of Florence High School and the University of Alabama at Birmingham, Dr. Holcombe is excited to return to her hometown and give back to the community that helped shape her journey.

In her free time, she enjoys spending time with family, traveling, reading, and discovering new coffee shops. We are excited to have Dr. Holcombe join our team and look forward to the positive impact she will make on our patients and community.

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MORE INFORMATION

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