

Two Hired in Sheffield

SHEFFIELD-- The Sheffield City School District recently hired Mental Health Service Coordinator, **Morgan Smith**, and Child Nutrition Program Coordinator, **Monica Jeffreys**. Smith replaces **Jacqueline Johnson** and Jeffreys is filling the vacancy left by **Bailey Harrison**.

Smith is a University of North Alabama graduate with a master's degree in social work. She has worked in Sheffield schools the past three years, two as a social work intern.



Smith

Last year Smith worked as the in-school therapist for Threadgill Primary School and L.E. Willson Elementary.

Smith is a University of North Alabama graduate with a master's degree in social work. She has worked in Sheffield schools the past three years, two as a social work intern.



Jeffreys

Last year Smith worked as the in-school therapist for Threadgill Primary School and L.E. Willson Elementary. "I'm very excited to continue working in the Sheffield school system, Smith said. "I feel that I learned a lot of what I know about being a social worker while in this system. Already having good familiarity with the staffs, administrations and families I work with will be

See SHORTS... on Page 2

Volume 141 Number 44

August 27, 2025

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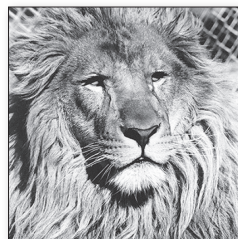
Lion's Lair?

Committee Determines that Interest Exists for Live Mascots Returning

FLORENCE – The Special Committee on Live Lions at the University of North Alabama has shared its findings with President, Dr. Ken Kitts, and he has accepted the recommendations shared as part of the committee's year-long process.



Leo I came to campus in 1974



Leo II (1988)



Siblings Leo III and Una (2002)

"The members of the Special Committee on Live Lions did excellent work on behalf of the University, and I am grateful for the insights they provided," said Kitts. "These individuals thoroughly studied the process of returning live lions to campus. With that, Vice President Kevin Haslam and his team in Advancement will work over the next two years to determine if donor interest in this project is significant enough to help bring the committee's vision to life."

The Special Committee on Live Lions was convened at Kitts' request in August of last year after the passing of Leo III. The group studied

See LION'S LAIR?... Page 8

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New Signature, Platinum Cards



FLORENCE— Listerhill Credit Union announces the official launch of its University of North Alabama branded Signature and Platinum credit cards. This launch continues Listerhill's dedication to supporting the university and the local community. This multi-year collaboration enhances Listerhill's ongoing commitment to providing financial wellness

See CARD LAUNCH... Page 10

Game Day ScoreCard Invites You to Get Lost

SHOALS – We all felt it... and you probably did too; that glorious crack of Autumn in the air with a the dip in evening temperatures. That

means just one thing: College Football is returning.

And so is the Courier Journal's Game Day ScoreCard Contest.

The Week 1 slate is in this week's paper with a host of big games on this long Labor Day weekend.

This year's advertising sponsors for Game Day ScoreCard include:

- Big Star- St. Florian
- Country Financial - Lyndsay Warren,

See GAME DAY... Page 6



INSIDE this Issue

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Shorts...

Two Hired in Sheffield

Continued from Page 1

beneficial as I continue in these professional relationships.”

Jeffreys has more than 20 years of experience in education and administration as the community education director for Muscle Shoals City Schools.

She says her new position as CNP director for Sheffield City Schools gives her a deep sense of purpose.

“I’m honored to join this team and lead a program that is so vital to the health and well-being of our students in Sheffield,” Jeffreys said. “I look forward to working alongside the dedicated staff, families and community partners of Sheffield to continue providing excellence in child nutrition.”

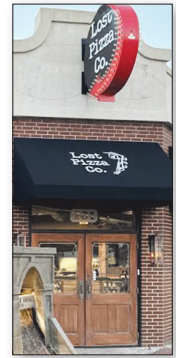
Chloe’s Bakers Welcome Fall

FLORENCE- The Chloe’s Fund Bake Team has kicked off the “Welcome Fall” Bake Sale with a two page menu

- full of assorted treats and delicious homemade breads. The Pre-ordering is requested, however the cut off for that is at noon, Wednesday, August 27. There is no time to waste! Order pick up is Saturday, August 30 from 10am-1pm at Florence Lauderdale Animal Services, located at 3240 Roberson Rd in Florence.

The menu is on the following Facebook Pages: Chloe’s Fund for Medical Needs of Florence Shelter Animals, Florence Lauderdale Animal Services, and Friends of Florence Lauderdale Animal Services. Bake Sale Coordinator, **Lisa Wilson Rim**, can also text the menu to you. Contact her at 804-240-6880 or send a direct message to Lisa on Facebook to place your order. If you don’t have a chance to pre-order, the volunteer bakers often bake more goodies than are ordered, so there may be some available on Saturday.

Chloe’s Fund was founded in March/2017 after shelter volunteers, **Glen and Debby Nelson** lost their beloved dog of 16 years, Chloe. The mission of Chloe’s Fund is to help as many sick and injured Florence Lauderdale Animal Services animals as possible. To date, Chloe’s Fund has vetted and saved the lives of more than 600 animals suffering from various illnesses in need of medical attention, allowing them to be placed in forever homes.



and operator of Lost Pizza. “We hope to see you each week as we get up close and personal with Coach Dearmon

and the UNA football program. And remember, if you can’t join us, tune in to 93.9 The Score live.”

Lost Pizza Co. Shoals is located at 201 North Seminary Street in downtown Florence.

For more information on North Alabama Athletics, visit www.roarlions.com.

Clean Up Set for Sept. 20

LEIGHTON- The Town of Leighton and the Leighton Colbert Cooperative Improvement District are hosting a community cleanup day at the Old Leighton Training and Leighton Middle School on Saturday, September 20 from 8am-noon. Volunteers are invited to join and help clean up the outside area of Leighton Training School/Leighton Middle School. Help is needed with weed eating, picking up debris and general cleaning up.

Leighton Mayor, **Derick Silcox**, and Cooperative Improvement Chair, **Renita Jimmar-Hall**, speak for other local officials in needing your cooperation and assistance as they begin to make improvements at this historic location and make a real difference in keeping the legacy alive.

Wear comfortable shoes, and bring your gloves and water bottles. Those with weed eaters, lawn equipment, weed killer, and any items for helping rid the premises of weeds and overgrown grass are encouraged to take part. Individuals with expertise in framing windows and doing wall prep are also needed.

Enjoy free hot dogs, water, snacks, and music at this fun community day. For more information, please contact Silcox at 256 556-0990 or Jimmar-Hall at 256-648-6412.

See SHORTS... on Page 5

UNA Show is at Lost Pizza

FLORENCE – The UNA football program has a new home for its weekly radio show. Lost Pizza Co. in downtown Florence hosts “UNA Football Night” live every Monday from 7-8pm during football season on 93.9 FM The Score locally or worldwide on 939thescore.com.

UNA head coach **Brent Dearmon** and select players and will be on each week hosted by “Voice of the Lions” **Benjamin Ray** and **Mike Ezekiel**.

“Lost Pizza Shoals is excited to host the UNA Football radio show,” said **Chuck McCarty**, owner

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Chicken Whole Wings **\$2.49** Lb.

Boneless Chicken Breast **\$2.99** Lb.

T-Bone Steak **\$6.99** Lb.

T-Bone Steak 4/**\$26.99**

Baby Back Spare Ribs **\$2.99** Lb.

Boston Butt Pork Roast **\$2.29** Lb.

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Ribeye Steak **\$7.99** Lb.

Ribeye Steak 4/**\$28**

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Yard Sales

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

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

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

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MUSCLE SHOALS: GARAGE SALE 401 Gusmus Ave Sat. Aug. 30 7 am (If raining, following Sat.) Lots of great bargains. Every thing cheap. Glassware, clothing, furniture, a little of everything.

FLORENCE: GARAGE SALE 213 Roxie Dr (Forest Hills Subdivision) Sat. August 30 Rain or Shine! TONS OF STUFF!

SHEFFIELD : 109 Park Terrace Ct August 29th & 30th Estate Sale! 7am Home & Holiday Decor, Vintage items, Lawn Care, Clothing, Furniture & more!

Estate Sale
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Florence, 35634
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(Numbers given out at 8:30 AM)
Sunday, August 31st:
1:00 PM - 3:00 PM

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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

DivorceCare will be held for 13 weeks on Sunday evenings at FBC Colbert Heights beginning Aug. 31 at 5pm. 6000 Woodmont Dr., Tuscumbia. Call 256-383-8016 to register.

Free Clothes - The Samaritan House, 600 Geneva Ave., Muscle Shoals, gives away free clothing each Tuesday from 9-11am - except for every 5th Tuesday. Donations are accepted.

Splash Pad Schedule: Now open only on weekends:
August 29-31 (Fri-Sun)
September 1 (Monday - Labor Day)
Final Day for 2025: September 1

Labor Day Chicken Stew & BBQ at St. Michael's Church in St. Florian. Sales begin at 6am on Monday, September 1. Card Reader Available - Lowest prices in town!

or Day Chicken Stew - The Killen Lions Club will be hosting the Labor Day Chicken Stew event at Brooks Elementary School, Killen, on Sept. 1 starting at 9 a.m. Proceeds from the event will go to support the Brooks High School Band.

GriefShare, a grief recovery support group where you can find help and healing for the hurt of losing a loved one, will take place for 13 weeks on Monday evenings beginning Sept. 1 at First Baptist Church Colbert Heights. You can pick from the two available sessions. The first session is at 2pm and the second session is at 6pm. 6000 Woodmont Dr., Tuscumbia. Call 256-383-8016 to get registered today!

LifeSouth Bloodmobile Dates:
Wednesday, August 27 Allen Thornton Career Technical Center, 7275 US-72, Health Room, Killen, 8am - 2:30 pm
Thursday, August 28 Shoals Christian School, 301 Heathrow Dr., Florence 9am - 3:30pm

Saturday, August 30 Walmart - Hough Road - Florence, 10am - 4pm
Sunday, August 31 Petersville Church of Christ, 11am - 4:30 pm
Monday, September 1 Fashion Exchange - 1401 US Hwy 72, Killen, 10am - 4pm
Sunday, September 7 Magnolia Church of Christ, 2650 Vulcan Ave., Florence 10am - 2pm

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 Lauderdale County Landfill will be closed beginning Saturday, August 30 and will reopen Tuesday, September 2.
Meanwhile, the Lauderdale County Solid Waste Department for rural garbage pickup will be closed on Labor Day, Sept. 1 and reopen Tuesday, Sept. 2.
Household garbage collections will be delayed by ONE day all week to allow

employees to have a three-day weekend with their families.
For questions call 256-760-5878

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 the state Masters Games in Trussville in October 2025. Supporting our athletes 50+ years young! The Club, Florence Senior Center, Florence Parks and Recreation Department. 256-760-6642 or 256.760.6420.

Clip and Save the Dates and Themes
Who can be the most creative?????
September 3, 50's & 60's Sock Hop, Remember when?
September 17, Tail Gate Party - Support your favorite team attire

The NACOLG SENIORx Medication Assistance Program supplies free and low cost medications for anyone in Alabama with a disability or a chronic illness regardless of age that requires daily medication. Medicare recipients may also be eligible.

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This program is in partnership with the State of Alabama and Alabama Department of Senior Services.

Jacksonburg Church of Christ, at 414 County Road 28 in Florence, will host a Gospel Meeting, Sunday-Wednesday, September 14-17, with guest speaker, Hoby Grace.

Sunday Bible study at 9am and worship at 9:45am. A fellowship meal will follow the morning service. Afternoon service is at 1:30pm. Monday-Wednesday services at 7pm. Everyone welcome!

See NOTES... page 26

Who can GO TO THE GYM for **30 minutes** and only **4 sessions** to get this result?

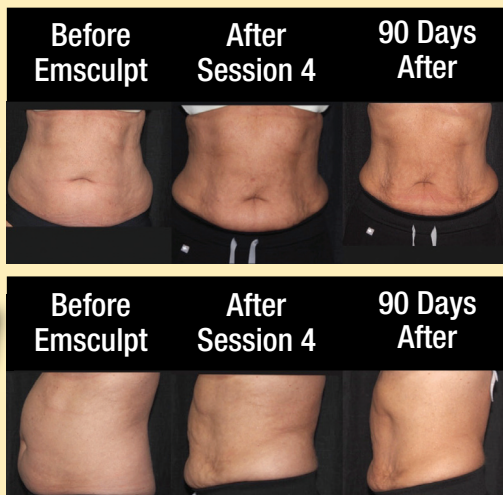
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Shorts...

Continued from Page 2

TVA Awards 179 Grants

KNOXVILLE
– The Tennessee Valley Authority and Bicentennial Volunteers, Inc., announced \$655,000 in robotics awards for 179 schools and non-profit organizations that serve youth across the TVA's seven-state region. The funds can be used to create a new robotics program or enhance a program that already exists.

This is the first year for the robotics awards program, which is similar to TVA and BVI's long-standing STEM awards. Any school or non-profit that receives electricity from a local power company served by TVA was eligible to apply. A complete list of winners can be found at tva.com/robotics.

Examples of how the winners intend to use the funding include:

At Tupelo Middle School in Mississippi, a teacher plans to take her class on a field trip to Vanderbilt University in Nashville, Tenn. to see professionals in engineering and coding and funds will also be used to make participating in the First Lego League free for all students.

In northwest Tennessee, there are plans at Lake County High School to update and expand their robotics equipment, including purchasing new VEX IQ parts, sensors, pneumatics kits and additional laptops to improve programming reliability.

While this is the first year for robotics awards,

TVA, BVI and the TVA Retirees Association have supported robotics programs across the region for many years. Winners from our readership area include:

- \$2,500 - Central High School, Florence**
- \$2,500 - Colbert Heights Elementary School, Tuscumbia**
- \$2,500 - Forest Hills Elementary School, Florence**
- \$2,500 - Harlan Elementary School, Florence**
- \$2,500 - Kilby Laboratory School, Florence**
- \$2,500 - LE Willson Elementary, Sheffield**
- \$2,500 - Leighton Elementary Robotics, Leighton**
- \$5,000 - Muscle Shoals High School, Muscle Shoals**
- \$2,500 - Muscle Shoals Middle School, Muscle Shoals**
- \$2,500 - Riverhill School, Florence**
- \$5,000 - Skyrockets (Blue Springs Elementary), Athens**

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Game Day

Continued from Page 1

• Florence Foot Center, • Justin Roberson - MarMac Real Estate, • Hamilton Family Urgent Care, • Listerhill Credit Union, • Medical Associates of the Shoals, • Singing River Dentistry, and • WYTK-93.9 The Score.

Premier games from across the Southeast will be part of the package each week as well as others of national and local interest. Contestants who do well have a chance to savor more than the wins.

We know the fans of Game Day ScoreCard will also like the return of our weekly prize package for Lost Pizza Co. Shoals in Downtown Florence. A \$50 gift card goes to the contest entrant with best scorecard entered each

week. Winning entries with a perfect card also win \$50 from the *Courier Journal* and a second \$50 gift card to Lost Pizza Co!

Our games this week begin on Saturday so we have a Friday 5pm deadline. That means a Friday post mark by mail, by fax at 256-760-9618, or by submitting conveniently online at CourierJournal.net by 5pm. Hand deliveries must be in our office at 219 West Tennessee St. in Florence the close of business Friday. The submission deadline online or by fax will always be Friday at 5pm unless otherwise specified.

It's time to get the games underway. Enjoy the season, the contest - and the meals at Lost Pizza Co!

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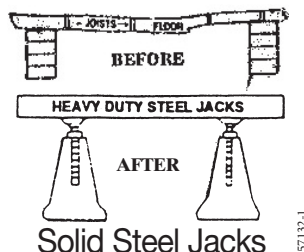
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Monday - Friday
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INSERTS - 5 pm Thursday
DISPLAY ADS - 5 pm Thursday
CLASSIFIED ADS - 5 pm Friday unless otherwise specified

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Florence, AL 35630

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Fax: 256-760-9618

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

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

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

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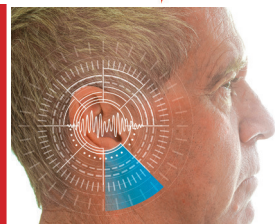
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Lion's Lair?...

Continued from Page 1

the viability of returning live lions to the UNA campus. Speaking with animal experts, visiting other habitats, and conducting an extensive survey of 12,000 on and off-campus stakeholders were part of the process of determining if there was a desire to see a return of live lions to UNA.

The members reported that the live lion tradition is important on the UNA

campus and suggested a continuation of that tradition. However, only if in continued alignment with the national standards established by the Association of Zoos and Aquariums.

The current lion facility, the George H. Carroll Lion Habitat, would need to be doubled in size in order to meet new AZA standards. Making those updates, along with hiring a trained professional to oversee the care crew, would cost from \$5-\$7 million.

This fall, the old fencing at the habitat will be removed so that the area can temporarily become a green space for the campus and community to enjoy while protecting the option of expanding the habitat in the future.

The live lion tradition began at UNA in 1974 with Leo I. Leo II was brought to campus in 1988 and passed away in 2000. Leo III and Una arrived in 2002.

Article images and dates
 courtesy leoanduna.com

ON YOUR DEBT

Back-to-School Bills Are Piling Up: How Alabama Families Can Get a Fresh Start



**B. Grant
McNutt**

Managing Attorney

Struggling with back-to-school expenses and rising debt? Learn how parents in Alabama can stop repossessions, garnishments, and find lasting relief.

The Back-to-School Crunch Feels Heavier Than Ever

For many parents across Alabama, the start of the school year brings more than just excitement for new classes and activities. It also brings a wave of bills—school supplies, new clothes, athletic fees, band costs, and after-school care.

In a year when grocery and gas prices are still high and credit card interest rates are climbing, these expenses can push already stretched families over the edge. Too often, they end up charging everything to high-interest cards and watching their balances grow faster than they can pay them down.

Why Families Are Feeling the Pinch This Year

Back-to-school spending happens every year, but this season feels different. Here's why:

- Credit card interest rates remain at historic highs, with some accounts charging over 20% APR.

- Inflation continues to drive up the price of everyday essentials, leaving less cash to handle extra costs.

- Families already behind on payments are being hit with lawsuits, wage garnishments, and repossession threats as creditors grow more aggressive.

For many Alabama households, it feels like there's no way to catch up before the holidays bring even more expenses.

How Bankruptcy Can Help Parents Breathe Again

If you're overwhelmed by credit card bills and falling behind on payments, bankruptcy may be a lifeline, not a last resort. It can give you the chance to:

- Stop lawsuits, garnishments, and repossessions immediately through the automatic stay.

- Eliminate or reduce unsecured debts like credit cards and medical bills.

- Keep your home, car, and belongings—most people who file in Alabama do not lose their property thanks to state and federal exemptions.

- Get a realistic plan for moving forward, whether through a Chapter 7 discharge or a Chapter 13 repayment plan tailored to your income and expenses.

At the **Bond & Botes Law Offices**, our attorneys have helped thousands of local families get out from under crushing debt while protecting what matters most. We know how stressful it is to feel like you're failing your family financially, and we're here to help you find peace of mind.

Will Filing Bankruptcy Wreck My Credit?

This is one of the questions we hear most often. The truth is, while a bankruptcy filing does appear on your credit report, many of our clients see their scores begin to rise within months. Once the late payments, collections, and maxed-out accounts are cleared, it's often easier to rebuild credit than if you remain stuck making minimum payments and watching interest pile up.

Act Now Before Things Spiral

If back-to-school expenses and credit card interest rates have left you feeling trapped, the worst thing you can do is wait. The longer creditors have to sue, garnish wages, or repossess property, the harder it becomes to regain control.

Let our experienced bankruptcy attorneys help you explore your options and take back control of your finances. Every day, we sit down with good, hardworking people who are just trying to make ends meet. Many have never missed a payment in their lives until now. Life happens—job loss, illness, rising costs—and when it does, there are steps you can take to get control back.

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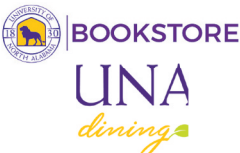


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Card Launch...

Continued from Page 1

and valuable services to the UNA community, including students, athletes, faculty, alumni, and employees.

As part of the partnership, the new UNA Keystone credit cards and debit cards are designed to show Lion pride and offer appealing financial perks. The cards are available now at <https://listerhill.com/keystone> as well as by visiting any of Listerhill's local branches.

"We're proud to offer these UNA-branded cards as part of our continued effort to support the University community," said Brad Green, President & CEO of Listerhill Credit Union. "The financial wellbeing of UNA students, alumni, faculty, and the local community remains our top priority, and these new cards represent an exciting step forward in our partnership."

That relationship began

in 2010 when Listerhill presented a \$625,000 gift to the university to go toward the construction of the Wendell W. Gunn University Commons, which currently houses Listerhill's Financial Education Resource Center. Three years later, Listerhill partnered with UNA on its student access card, The Mane Card. In 2017, The One Card, was introduced, combining student access cards with a debit card for everyday purchases. Listerhill is also a sponsor of Lion Athletics and has tailored financial wellness efforts that meet the unique needs of the university community.

Since 2020, Listerhill has partnered with UNA through the Keystone Debit card, a program that has contributed tens of thousands of dollars to multiple University initiatives. The new Keystone Signature card will give users 2% cash back on every purchase while both the Keystone Signature and Platinum cards will offer some of the most competitive rates in the area.

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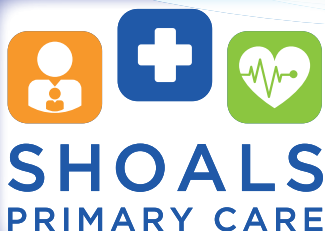
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So, when you're adding something new to your digital calendar, don't just put "Doctor." Trust me, the future will thank you if you write something specific like



Martin Dean

Remembering with Your Reminders

by "The Computer Skeptic"

"Dentist — Dr. Lee." And while you're at it, fill in the address or phone number right in the app. That way, you won't be scrambling later. Plus, if it's an actual appointment you need to drive to, popping in the full address means your phone can give you directions.

You know how important things sometimes slip through those cracks? Relying on just one reminder is a recipe for disaster. For anything crucial — like medical appointments, bill payments, or big meetings — do yourself a favor: set two reminders. One a day or two ahead, and another one about

an hour before. That gives you breathing room to get ready, or just mentally prepare, without that last-minute panic.

Got something that happens all the time, like your weekly bridge game or that monthly medication refill? Use the "repeat" or "recurring" option. You set it once and forget it. And if that recurring event has an end date — say, a class that only lasts six months — make sure you add that end date too.

Let's talk about family. If you have a spouse, an adult child, or a caregiver who helps you out, share your calendar with them!

You can share the whole thing or just specific events. This is gold for coordinating rides, keeping up with medication times, or just making sure everyone knows what's happening. No more frantic calls trying to figure out who's doing what.

Oh, and if your calendar has a "travel time" feature, use it! Your phone is smart enough to figure out how long it'll take you to get somewhere and will actually tell you when to leave. Super helpful for avoiding that "oh crud, I'm late!" moment.

Typing everything out can be a pain, I know. So try this: talk to your phone's assistant! A quick "Hey Siri" or "Okay Google, add dentist appointment on Tuesday at 10 AM" and poof, it's on your calendar. Effortless.

Finally, make sure those notifications are turned ON so you actually get the reminders

you set! And if you really want to stay on top of things, try adding a calendar widget to your phone's home screen. It's a super easy way to see what's coming up at a glance, without even opening the app. Trust me, it helps keep those cracks from getting too big. One last thing: always add contact phone numbers, email addresses, and any other relevant notes directly into the event, you'll have everything you need right there. Some apps even let you attach photos of tickets or receipts, which is pretty neat. It's all about making your life a little smoother.

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Commentary

A Genuine Quest or Just Our Memories?

I was rather surprised that after a year's time, the Committee on Live Lions at UNA has taken the next step recommending a two-year process of checking the donor interest level in renewing the live mascot tradition on campus.

The popularity of the live lion mascots and attention they brought the university can't be overvalued. Leo I came in 1974. He was known for lightly nipping Miss Alabama on the posterior during a photo shoot. Leo II was voted second best college mascot in 1997 by *Sports Illustrated*.

Siblings Leo III and Una continued the storied tradition drawing almost constant attention from the time they arrived in 2002. The pair even topped the list of College Football's Best Real Animal Mascots in 2012 by *TotalProSports.com*. That was no small feat considering the competition of major competitive colleges like Colorado Buffaloes, Texas Longhorns, LSU Tigers, and Baylor Bears. The title is made more

See **GENUINE?...** on Page 28

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

In A Few Words



TOM MAGAZZU
Editor

Courier Journal

in the *Shoals*

THIS WEEK

August 27, 2025

Happening
THIS WEEK

Labor Day in Colbert Co.

County to Celebrate Labor Day with Two Beloved Traditions

COLBERT COUNTY—Colbert County will honor two long-standing traditions on Labor Day with events in Tuscumbia and Cherokee.

The Shoals Area Labor Council will host its 106th Annual Labor Day Celebration at Spring Park, while the Key Underwood Coon Dog Memorial Graveyard will continue its one-of-a-kind observance in Freedom Hills.

Spring Park Labor Day Celebration

The Labor Day Celebration in Spring Park begins at 10am with a parade through downtown Tuscumbia, led



A previous Labor Day Parade in Tuscumbia
Photo Mary Carton

by District 18 State Rep. Jamie Kiel as grand marshal. Festivities will continue in the park from 11am–4pm.

Visitors can enjoy live music, fellowship, and prize drawings, including two separate \$1,000 giveaways. The seventh annual car show will be featured, with registration beginning at 8am,

followed by awards presented at 1pm.

During the event, the Shoals Area Labor Council will recognize its 2025 honorees:

• **ADMINISTRATIVE PERSON OF THE YEAR: Patricia Byrd, IBEW Local 558**

See **LABOR DAY...** Page 20

4TH ANNUAL REMEMBERING OUR VETERANS THROUGH MUSIC Concert in August 30 is a free community event honoring those who have served. Join the City of Florence Parks and Rec and Knox Media Group Saturday, at 12pm for a powerful afternoon filled with music and celebration at McFarland Park in Florence. Enjoy live entertainment from Howell Sledge & Revue, Kassidy McCorkle, Pat Jamar & Band, Encounter, Angela Hacker & Bae Simpson, Paul, Mona B, and DJ J-Rock.

LABOR DAY CHICKEN STEW & BBQ at St. Michael's Church in St. Florian. Sales begin at 6am on Monday, September 1. A Card Reader is Available. Our prices are the lowest prices in town!

THE LAUDERDALE COUNTY LANDFILL will be closed beginning Saturday, August 30 and will reopen Tuesday, September 2. Meanwhile, the Lauderdale County Solid Waste Department for rural garbage pickup will be closed on Labor Day, Sept. 1 and reopen Tuesday, Sept. 2. Household garbage collections will be delayed by ONE day all week to allow employees to have a three-day weekend with their families. For questions call 256-760-5878

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YOUR Letters

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

- **by Mail, in Person, or Mail Slot**
Editor-Courier Journal
219 W. Tennessee St., Florence, AL 35630
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Forrest Gump

Editor,

The Florence Electricity Department has decided to use electric meters that are WiFi enabled. Why is this bad? When the Florence Electricity Department was held for \$300,000 ransom a few years ago,

...Without knowing a man's heart, we all too often bestow awards to the deeply flawed...



the only information the "hackers" got was phonebook information – name, address, phone number, account number, etc. The hackers did not immediately notify the Florence Utility Department of the data breach. They studied the information for months and likely sold much of what they learned.

With WiFi-enabled electric meters, the hackers will be able to learn so much more. Based on your hourly electrical usage, the hackers will learn what time you go to bed, what time you get up, what time you go to work, what hours your house is empty, what time your kids go to school, what time they usually get home, what time you get home from work, what time you open your business, what time your business is empty, and which night(s) you go out, and they will sell this

information to persons that you most likely do not want to meet.

The City of Florence will respond, "These meters are being used across the country and there is not a single report of a system being hacked." My response, "There haven't been any reports, YET!"

Stupid is as stupid does.

Vic Billingham
Killen

Powers of Discernment

Editor,

Much speculation is surrounding the Nobel Peace Prize these days.

See **LETTERS...** on Page 22

Insurance Insights

"Below is a State Farm® Simple Insights® article about "Why your dog needs health insurance" is provided by State Farm agent Rebecca Stutts Hovater.



Protect your dog for its lifetime with health insurance.

Your pets are an essential part of the family dynamic. Whether you have a puppy, adult dog or multi-pet household, they're with you every day. Life is unpredictable and the unexpected may occur. So, if your dog suddenly needs medical care, you want to be able to help them. Read on to learn more about dog health insurance and how it may help your pet for their lifetime.

The importance of health insurance for dogs and why you need it:

For the unexpected - No matter how much you prepare, an accident may happen. And health insurance for your dog can help you plan for those moments. For instance, if your puppy is limping you may need surgery or specialty care. This medical care could cost you thousands of dollars. The last thing you want is to be stressed about finances when your dog is sick. With the help of dog health insurance, you can focus on your dog's care, instead of finances.

Get a pet insurance quote

Take care of bow-wows and meows.

Dogs get sick too - As your dog ages, they may be more prone to illnesses. Some illnesses may require expensive care like medication, food, hospitalization, and physical therapy. Those costs may add up and start to impact your monthly budget. You don't want to have to say no to treatment when your dog needs medical care. Fortunately, you can have peace of mind knowing that you have health insurance for your dog.

For your pet's lifetime - You don't want to put a limit on your pet's medical care or treatment. As a valued member of the family, you want to be able to afford medical care from when they're a puppy to living their golden years as a senior pet. To give your pet the best, do your research and consider what works best for your family. Fortunately, with the help of health insurance for dogs you can protect them for their lifetime when they need it most

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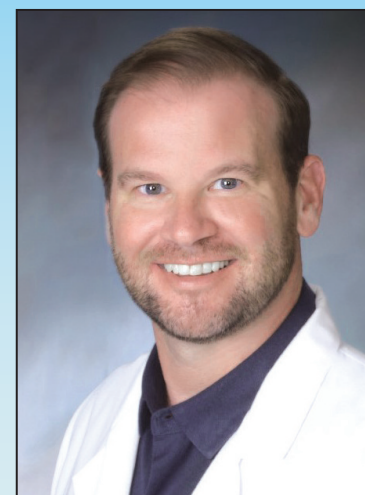
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Moments in Time

• **On Aug. 25, 1921**, Franklin D. Roosevelt was diagnosed with polio -- also known as infantile paralysis because it usually strikes much younger people -- at the age of 39. He never regained the full use of his legs.

• **On Aug. 26, 1936**, suffragist Susan B. Anthony's likeness appeared on a U.S. postage stamp that soon sparked

some controversy: While some critics claimed it was an election-year ploy for women's votes, others insisted that it showed a cigarette in her lips.

• **On Aug. 27, 1967**, Beatles manager Brian Epstein was found dead from an accidental overdose of Carbitral, a drug used to treat insomnia. A "scared" John Lennon later said that "I knew that we were in

trouble then. I didn't really have any misconceptions about our ability to do anything other than play music."

• **On Aug. 28, 1987**, the Arcadia, Florida, home of Richard, Robert and Randy Ray burned down in what was almost certainly an act of arson. The three young siblings, who were not at home at the time, had already faced severe discrimination due to their HIV status in an era in which the virus was still largely considered a "gay disease."

• **On Aug. 29, 1914**, the Women's Defence Relief Corps was formed in Britain. Women's rights organizations in Britain at first opposed the country's entrance into the war, but reversed that position after recognizing the war effort's potential to gain advancement for British women on the home front.

• **On Aug. 30, 2006**, the California State Senate passed the Global Warming Solutions Act, which made California the first state to place caps on carbon dioxide and other greenhouse gases, including those found in automobile emissions.

• **On Aug. 31, 1888**, prostitute Mary Ann

Nichols, the first known victim of a London serial killer called "Jack the Ripper," was found murdered and mutilated in the city's Whitechapel district. In 1892, with no leads found and no more murders recorded, the Ripper file was officially closed, but criminologists, historians and amateur sleuths still debate his true identity to this day.

• **On Sept. 1, 1878**, Emma Nutt of Boston became the first female telephone operator. Until then, most telephone operators were teenage boys, whom customers weren't overly happy with due to their gruffness and penchant for jokes and cursing.

• **On Sept. 2, 1995**, pop star Michael Jackson's recording of "You Are Not Alone," penned by R. Kelly after Kelly lost people close to him, made it to the top of Billboard's Hot 100, becoming Jackson's 12th No. 1 hit. It also earned American Music Award and Grammy nominations for Best Pop Vocal Performance.

• **On Sept. 3, 1939**, in response to Hitler's invasion of Poland, Britain and France declared war on Germany.

• **On Sept. 4, 2016**, Pope Francis declared Roman Catholic nun Mother Teresa, who had dedicated her life to caring for India's poor and marginalized, Saint Teresa of Calcutta before an approving crowd of thousands in Vatican City's St. Peter's Square. Her

numerous awards included the 1979 Nobel Peace Prize.

• **On Sept. 5, 2024**, Oksana Masters, who was born with disabilities linked to the Chernobyl nuclear disaster, including webbed fingers and six toes on each foot, and abandoned as a baby but adopted at age 7 by an American professor, won her 9th Paralympic gold medal, scoring 19th overall across rowing, cycling and skiing.

• **On Sept. 6, 1781**, British Brigadier General Benedict Arnold, a former Patriot officer who had already become infamous for betraying the United States by attempting to sell the Patriot fort at West Point, New York, to the British the previous year for 20,000 pounds, added to the stains on his reputation by ordering his British command to burn every building in New London, Connecticut, after they'd looted the town, to the equivalent of more than \$500,000 worth of damage.

• **On Sept. 7, 1911**, radical French poet Guillaume Apollinaire was arrested and jailed on suspicion of stealing LEONARDO DA VINCI's "Mona Lisa" from the Louvre Museum in Paris. Due to a lack of evidence, he was released after five days.

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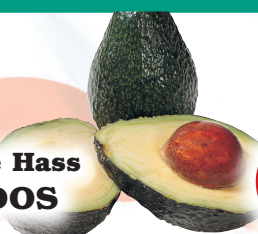
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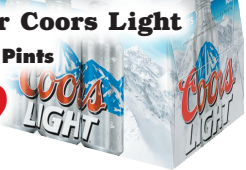


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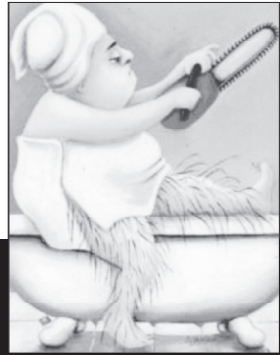
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Labor Day

Continued from Page 12

• LABOR PERSON OF THE YEAR: **Kenny Yarborough, CWA Local 3911**

• HALL OF FAME INDUCTEE: **Ron McNatt, Ironworkers Local 477 (retired)**

• HALL OF FAME (POSTHUMOUS): **Carroll "Squeaky" McClanahan, Machinists Local 65**

• FRIEND OF LABOR: **Attorney Tom Heflin**

• FRIEND OF LABOR (POSTHUMOUS): **Tammy McInish, retired Central High School teacher**



Coon Dog Cemetery Labor Day Celebration

At the same time, the Key Underwood Coon Dog Memorial Graveyard, located at 4945 Coondog Cemetery Road, Cherokee, will host its annual Labor Day Celebration from 10am-3pm.

The event will include barbecue plates, vendors, raffles, buck dancing, and the popular liar's contest. Live music will be provided by Baileytown, Joseph Baldwin, and The Cadillacs. All proceeds benefit the upkeep of the cemetery.

The historic cemetery was established in 1937 when hunter Key Underwood buried his faithful dog, Troop, at a favorite hunting camp. Today, more than 300 coon dogs from across the United States are laid to rest there, making it the only cemetery of its kind in the world.

"Please come out and support our annual Coondog Cemetery Labor Day Celebration on September 1," said Lee Hatton of the Friends of the Coon Dog Cemetery Board. "We look forward to seeing you there for the BBQ plates, vendors, live music, buck dancing, the liar's contest, and much more."

For more information on these events, visit our website at Colbert County Tourism or call us at 256-383-0783.

Medicare Minute

Medicare Part A & B Review

The past couple of weeks we have discussed Medicare Parts A & B in detail. These are the two parts of Medicare that are received through the federal government. This week let's review what we have discussed.

Although Medicare Part A and Part B are great programs that cover a lot of services there are some things Medicare does not cover. They include most dental care, eye exams related to prescribing glasses, dentures, acupuncture and hearing aids.

Medicare Part A is primarily used to cover your inpatient care. Part A has a \$1,676 deductible for each benefit period, meaning the deductible can be applied more than once in a calendar year. 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. Part A is "free" to most Medicare beneficiaries. "Free" meaning you may not have to pay Medicare to have Part A. It does not excuse the deductibles and co-insurance.

In most cases Part B is used to cover your outpatient services. These include visits to your primary care physician and/or specialist. It also may cover transportation by ambulance, durable medical equipment, preventive services and mental health treatment. Part B also entitles you to an annual "Wellness" visit to a qualified provider. Most Medicare beneficiaries joining Medicare Part B for the first time in 2025 pay a monthly premium to Medicare of \$185.00 (or higher depending on your income). Part B has an annual deductible of \$257 and a coinsurance the beneficiary pays of 20%, after the deductible is met.

To cover the deductibles and coinsurance that Part A and Part B have you would need to look at some type of supplemental policy sold through private insurance companies. These include Medicare supplement plans or Medicare Advantage Plans. If you want to study Part A or Part B in more detail you can look at previous Medicare Minute articles or give our office a call and we'll be glad to discuss this with you.

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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ASK THE ATTORNEY



Thomas McCutcheon

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Trusts to Avoid Probate

We are asked a lot of questions about using trusts to avoid probate. Certainly, trusts have valid reasons for use, but I don't believe attempting to avoid probate is a valid use and here's why.

Probate is simply the process that determines that a Will meets the requirements of law to be a Will. Was it witnessed properly? Was it notarized? Is it a handwritten holographic Will that would be valid in certain jurisdictions but not Alabama? Once the court makes the determination the document

proposed as a Will is in fact a valid Will, the court provides the person named as "personal representative" Letters Testamentary which is a short letter of authority signed by a judge to act on behalf of an estate. The current filing fee ranges from \$45 to \$50, depending on the county. The court then orders the personal representative to advertise in the newspaper that the Will is being probated and allows creditors (people or businesses who have a claim against the person who died) six months to file a valid claim. After that period of time, claims are evaluated and contested, negotiated, or paid. What's left is divided as the Will provides.

Probate is a pretty simply process and shouldn't cost more than \$2,500.00. Some are obviously more complicated than others, but it's a straightforward process that accomplishes the goal of allowing real and personal property (houses and cars and such) to be legally transferred to the heirs of the estate as provided by the Will.

On the other hand, Trusts are pretty complicated and require a trustee. The trustee is going to be following the guidelines of the Trust for years and years. All commercial trustees charge pretty hefty fees. If your trustee dies or becomes incompetent or otherwise fails to serve, an alternate must have been chosen.

I have no issue with and think it's a great idea to set up a Trust for people who are minors at the time the Will is made. I personally favor requiring a four-year degree or waiting until the person is 30 before they are gifted with a substantial amount of money. That's not an attorney's decision to make but it is an example of what a Trust can accomplish. Simply stated, a Trust can provide for the health, support, maintenance, and education of an individual who cannot legally or mentally care for themselves.

I think setting up a Trust to avoid probate is doing a whole lot of work to avoid doing a little bit of work.

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



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Letters...

His Powers of Discernment

Continued from Page 12

Several have mused out loud about Trump's chances of securing the nomination and even winning the award. None other than Hillary Clinton has weighed in about Trump's fitness for the award.

During the very first blush of his presidency, Barack Obama won the prize for being able to fog a mirror. Keeping that in mind, hopefully Trump will reject the award on the grounds that it was forever rendered meaningless by the feckless awards committee. Through the years, the winners have been quite a mixed bag, capriciously selected according to nebulous, ever-changing guidelines. Any student of the Bible will tell you that the New Testament specifically warns against seeking mankind's approval. God knew what man has forgotten: awards coming from one's fellow man are infrequently deserved,

often turning out to be detrimental to the emotional well-being of the recipient.

Clearly our Lord wanted all men to be universally respected and loved. He did not desire that any be elevated above others since we are all equal in God's eyes. The praise of man is insidious. Without knowing a man's heart, we all too often bestow awards to the deeply flawed. During my lifetime, I have seen countless awards bestowed. Few of them have been truly deserved.

If Trump falls into the Nobel Peace Prize trap, I will be disappointed in his powers of discernment.

Charlotte S. Dean
Florence

Difference in Need, Wants

Editor,

Some time ago while visiting relatives I had an opportunity to travel to Williamsburg, Virginia. While there, my relatives suggested that I visit

Colonial Williamsburg. It was like turning back the clock on time! The highlight of that visit showed me a way of life that was based on hard work, neighbors helping neighbors, and the reliance the people had in God! That was topped with a 2-hour presentation by an individual acting and speaking as Patrick Henry in a speech he gave at the House of Burgess where he declared, "Give me liberty or give me death." That speech was so inspirational that it led me to begin a study of the Founding Fathers and signers of the Constitution.









It was very clear that virtually all the founders and signers of the Constitution agreed that their belief in God was foremost in the writing of the great document. Patrick Henry also stated of the Bible that "a book worth more than all other's that were ever printed". Another signer made a reference to Christ's Sermon on the Mount and Matthew 7:7 ("Ask, and it

See LETTERS... Page 25

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DAVE Says

by DAVE RAMSEY

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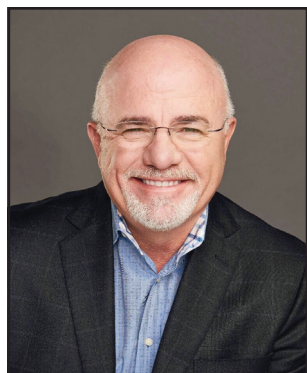
Dear Dave,
Your plan has really changed our financial lives, and our relationship, for the better over the last three or four years. My wife and I went from living paycheck-to-paycheck, and having a mountain of debt, to being debt-free except for our home and getting a great start on saving for retirement. It wasn't always easy, but we made it happen by working together and sticking to your plan. At this point, my wife and I often wonder why so many people are willing to live like we used to? We can't imagine going back to that now.

Marshall

Dear Marshall,
Wow, thank you so much for all the kind words. I'm really proud of you two. Just remember one thing: I may have shown you a path and given you some encouragement, but you two put in all the hard work and made the many sacrifices that got you where you are now. Congratulations!

To answer your question, there are lots of reasons some folks resist making changes in their lives. Often, one of those things is denial. Ninety percent of solving a problem is realizing, and admitting, a problem exists. I'm convinced one of the major factors keeping people from winning with money is they don't realize they even have a problem—or won't admit it.

If you're apathetic because you think things like debt and living paycheck-to-paycheck are just normal parts of life, you'll be unwilling, or sometimes afraid, to make the big changes necessary to achieve big results. Debt is so ingrained into



our culture that most Americans can't envision college without student loans, or a car without huge payments for five or six years. We've been sold on the idea of debt so aggressively that most folks don't believe a decent life is even possible, unless hundreds or thousands of dollars in payments are attached.

Another thing is that change is painful. Most people won't change what they're doing or how they're living, until the pain of where they are is greater than the pain of change. No matter who you are, where you are financially right now is largely a sum total of the life decisions you've made up to this point. There are some folks who experience unfortunate, life-altering things, but in most cases, if you don't like where you are, you have to acknowledge the fact that things need to change. You have to acknowledge the fact that you need to change.

And finally, there's usually an element of ignorance involved. Don't get me wrong. I'm not calling anyone stupid. I'm talking about a lack of good information. The good news is learning new things isn't that hard. You just have to admit you don't have all the answers, and set your mind to studying and educating yourself on the topic at hand. Because if you're not careful, what you don't know about money will make you broke and keep you broke.

Just my thoughts. I hope it helps!

Dave Ramsey is an eight-time 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.

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Letters...

Difference in Need, Wants

Continued from Page 22

shall be given you; seek, ye shall find; knock, and it shall be opened until you.") As I studied all the different writings by these men, it made me think of a song penned "How Great Thou Art" written originally in 1885.

The early settlers of America depended on each other, but not only each other. They trusted in and had a real trust in God in their daily walk and survival! We find today that people are more dependent on the almighty dollar, and all the things it can buy them. It is sad to say the Almighty Credit Card has replaced God in our daily lives! To many people use the excuse that they work 40 hours a week and the only time they have to sleep in, go fishing, or any other excuse they can use to not take the family to church. "Besides that, they will expect me to put some money in the offering plate, which Lord knows I need to pay my bills!"

Early in my life my mother made sure that the family went to church whenever the doors were open. One passage mom lived by was Proverbs 3:5,6 and to trust in the Lord. Even when times were tough, we always had enough to eat and enough to pay the bills and to get by. My dad also was very wise! Dad taught us that our word was our bond and any time he couldn't do what he said, he would always tell the person why he couldn't.

Today, people buy things they really don't need and can't afford. We all need to learn the difference between Want and Need, and that starts with you and me. Foremost in life we need God and if you can trust in Him, He will supply your every need. God Bless America!

Phil Goodale
Florence

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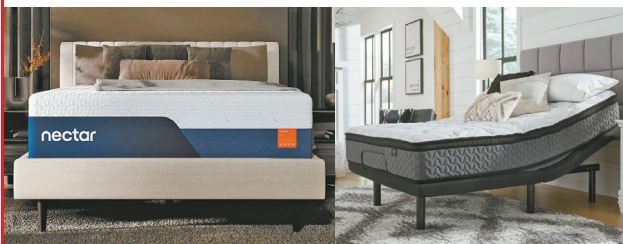
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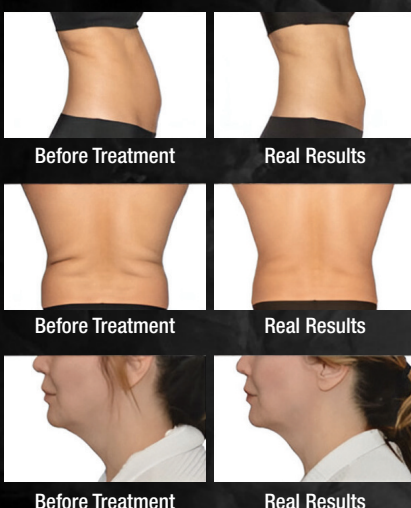
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Community Notes...

Continued from page 4

August 30: 4th Annual Remembering Our Veterans Through Music Concert - The City of Florence Parks and Recreation and Knox Media Group invite you to the 4th Annual Remembering Our Veterans Through Music Concert—a free community event honoring those who have served. Join us Saturday, August 30 at 12 PM for a powerful afternoon filled with music and celebration at McFarland Park.

Enjoy live entertainment from Howell Sledge & Revue, Cassidy McCorkle, Pat Jamar & Band, Encounter, Angela Hacker & Bae Simpson, Paul, Mona B, and DJ J-Rock.

Come out, show your support, and remember our veterans through music!

Florence Fly Fisher & Tyers meets the 1st Tuesday of every month (September 2) from 6:30–8pm at St Bartholomew Episcopal Church, 1900 Darby Dr. in Florence. Anyone interested is welcome and encouraged to attend.

"Hi Neighbors of the Shoals" meets at the Florence Public Library on the first Tuesday of each month (September 2) 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.

Readers of the Lost Ark Book Club, 10am, third Wednesday, (September 17)

at Helen Keller Public Library, 511 Main St., Tusculumbia. nancy537481@yahoo.com

Master of Memory - Session 1 Thursday, September 4 - Wednesday, September 17, 2025, 10am-11:00am at the Muscle Shoals Library, 1918 Avalon Avenue.

A six-session series that encourages participants to recognize how they can impact and evaluate their memory function and find ways that may help address some of those factors. The Alabama Cooperative Extension System (Alabama A&M University and Auburn University) is an equal opportunity educator, employer, and provider. Register Online View this event online: <https://www.aces.edu/event/master-of-memory-session-1-2/>

Shoals Artists Guild Meeting Every 3rd Friday of the month, (September

19), 10am-Noon at the Southall-Moore House, next to the Kennedy-Douglass Art Center, Downtown Florence. For more info, contact Carolyn Wear, 256-710-6854.

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 available

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

Vendors Wanted for the Fall 2025 Love Shouldn't Hurt Vendor Market set for Saturday and Sunday, September 6-7 at the Roundhouse at Tusculumbia, 110 North Indian St. - Saturday 9am-5pm and Sunday 12-4pm

Vendor setup is 4pm-6pm Friday, September 5. 8x8 spaces are available for \$40 each (non-refundable). Food Trucks available. Limited spaces are available so reserve yours early.

For more information: Call CCDVRC: 256-284-2284; Email: colbertdvrc@aol.com

Facebook: Colbert County Domestic Violence Response Coalition

(These are the only contact options. Please do not respond to other/unknown contacts, especially on Facebook.)

An afternoon with the Guardian Quartet will be on Sunday, September 7 at 2pm at Cypress Creek Methodist Church, 801 Lewis Bruce Lane off Cox Creek Pkwy in Florence. Free to the public. A Love offering will be received.

James Quad Cities Photography Club, 6:30pm, second Tuesday, (September 9) Kennedy-Douglass Center for the Arts, 217 E. Tusculosa St., Florence.

See NOTES... page 30

GAME DAY SCORE CARD

BEST ENTRY WINS A \$50 GIFT CARD TO

2025

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<input type="checkbox"/> TCU at	<input type="checkbox"/> Georgia Sou.
<input type="checkbox"/> N. Carolina	<input type="checkbox"/> at Fresno St.

WK 1 Saturday August 30

CHECK BOX BESIDE EACH WINNING TEAM

DEADLINE: FRIDAY, 5PM AUG. 29

MAIL-IN ENTRIES MUST BE POSTMARKED BY FRIDAY AND RECEIVED BY MONDAY! (vs: games at neutral location)

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Write Exact Score Below

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Week 1 winner will be online Tuesday and in the Sept. 10 paper.

Who will be first winner this year!

Enter online at www.courierjournal.net

or Mail or deliver your entry to: **Courier Journal Gameday Scorecard**
219 W. Tennessee St., Florence, AL 35630 - Fax to: 256-760-9618

Winners will be listed online Tuesday afternoon and in the FOLLOWING week's Courier Journal.

Hamilton Family URGENT CARE
Walk-In Urgent and Family Care

Listerhill CREDIT UNION

RULES: You can only enter for yourself, not other people. Only one entry per person per week. Only one winner per week. Winners must present a photo I.D. when picking up their gift certificate(s). Check the box beside the appropriate picks for the first 11 games, then write in the exact score of the tie-breaker game and alternate game. Person with the most correct picks receives a \$50 Gift Card from Lost Pizza Co. No change will be returned for any unused portion of the certificate. Gratitude is not included. In event of a tie, the tie-breaker score will be utilized. Otherwise, it will not be considered. Closest tie-breaker score wins. Total points will be next tie breaking procedure, and a random drawing of finalists will be used to determine the winner if they are still tied after the tie-breaking procedure. ALTERNATE GAMES will only be used in cases of late postponements or forfeits, games which will then be excluded from consideration. Person with the winning card for the week, who also picks every game correctly including tie-breaker, will also win \$50 from the Courier Journal and another \$50 Lost Pizza Co. Gift Card. Judges decision is final. Mailed entries must be post-marked by deadline day. Hand-delivered, faxed or on-line entries must be submitted by exact time of deadline stated above. NO EXCEPTIONS. Winner is posted on website each Tuesday afternoon and in the paper delayed by one week. Employees and family of Courier Journal and Game Day Scorecard sponsors are ineligible to win. NOTE: If you're faxing, first make a CLEAN COPY, then FAX THAT COPY. NEWSPRINT DOES NOT REPRODUCE CLEARLY ON A FAX. WE ARE NOT RESPONSIBLE FOR ILLEGIBLE COPIES.

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Commentary

Genuine?

Continued from Page 12

impressive by the fact that the pair were the only mascots from a non-Division I institution.

A press release distributed last week stated that the Committee on Live Lions conducted an extensive survey of 12,000 on and off-campus stakeholders. I'm curious as to who fulfills the definition of "stakeholder."

Siblings Leo III and Una lived in the 12,700-sq. ft. habitat for close to two decades. Reports indicate the enclosure size will have to double, and it will take \$5-\$7 million to complete, plus ongoing animal and facility maintenance.

How many lions? One? Two?

Since they would not have to travel outside the campus, would the lions be present in the new stadium at home games? Is there an area even allocated for such in the design?

So many questions, but all speculation at this point.

Who is pledging to match that first million to get the roar's return underway?

Attitudes toward captive animals have changed for many Americans. The demise of traveling circuses makes that evident, even though animal care in that environment cannot approach what these pampered felines have and would experience.

Regardless, the one defining difference is the human connection and extraordinary love that was shared between Leo

III and Una with Dr. Dan in 2024.

and Anne Howard, along

with several other highly dedicated and emotionally invested volunteers, from the cubs' birth. That devotion and association can't be replicated. That love also helped connect the campus and the community from the outset.

The thought of honoring the memory of Leo III and Una with yet another generation of live mascots may be admirable and somewhat attractive at this point, still relatively soon after Leo III's passing

Will the current urgency carry the same sense of intrigue 3-5 years from now when the money has been pledged and the acquisition is about to become a reality?



Leo III and Una ("You-na") were born in New Hampshire in 2022



Photos and some details in this piece courtesy of LeoandUna.com

NEED HELP?

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Your link to community resources

Courier Journal ADOPT A FRIEND

Meet Tweed!

Full of Energy and Even More Love! She's an 8 month old Shepherd mix with a playful, energetic personality and a heart full of love. Velvet would thrive with an active family or someone who enjoys outdoor adventures and playtime. She's ready to bring fun and companionship into your life!

Tweed



Meet Coco!

Coco has been in foster care for 356 days, patiently waiting for her forever home. She's just as sweet and beautiful as her name suggests. Coco is a 3-year-old brown mixed breed weighing around 36 pounds. She walks beautifully on a leash, adores car rides, and has been living in a foster home with four other dogs. Coco does best with calm, independent dogs — no puppies or high-energy companions, please. She loves treats, thrives on attention, and will happily climb into your lap for cuddles.



Meet Paige!

This adorable little puppy is ready to find her forever home where she can grow, learn, and give endless love. Paige is sweet, playful, and full of puppy charm—she'll make a fantastic family dog and a loyal companion. Paige is one of many wonderful dogs waiting for a family. If you can't adopt, consider fostering—it's completely free and makes a huge difference in a dog's life. Come meet Paige (and her friends) today—you might just find your new best friend!



Meet Poe!

This handsome little guy is ready to find his forever home where he can grow, learn, and give endless love. Poe is sweet, playful, and full of puppy charm—he'll make a fantastic family dog and a loyal companion. Poe is one of many wonderful dogs waiting for a family. If you can't adopt, consider fostering—it's completely free and makes a huge difference in a dog's life. Come meet Poe (and his friends) today—you might just find your new best friend!



The adoption fee is \$85 and includes everything your new pet needs to be on track for a happy, healthy life: 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.

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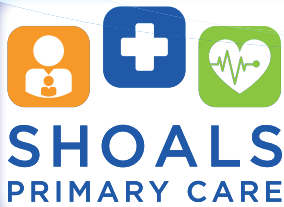
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As a bible KJV student for 60+ years, I have learned how simple God makes some things and complex he makes others! For instance, salvation; **2 Corinthians 11:3** "But I fear, lest by any means, as the serpent beguiled Eve through his subtilty, so your minds should be corrupted from the **simplicity that is in Christ.**" In salvation God appeals to children as well as adults: **Mark 10:15** "Verily I say unto you, Whosoever shall not receive the kingdom of God as a little child, he shall not enter therein." The call to be saved, (ONLY FOR SINNERS), leaves no excuse for anyone (kids or adults) that understands sin and its consequence, to die without Christ! **Ephesians 2:8-9** "For by grace are ye saved through faith; and that not of yourselves: *it is* the gift of God: Not of works, lest any man should boast." You refuse the gift, hell is your home, accept the gift of Christ, heaven is your home! My that's complicated!

The complexity of God is revealed when God questions Job in Job chapters 38-42. Here the scholars and Gnostics get silent! **Job 9:10** "Which doeth great things past finding out; yea, and wonders without number." **Romans 11:33** "O the depth of the riches both of the wisdom and knowledge of God! how unsearchable *are* his judgments, and his ways past finding out!" God to Job in: **Job 38:4A** "**Where wast thou** when I laid the foundations of the earth?" At the end Job answered: **Job 42:6** "Wherefore I abhor *myself*, and repent in dust and ashes." Job was restored! My son Aaron in Sunday school Sunday used one of a the most profound verses in Bible: 1 John 4:17 "Herein is our love made perfect, that we may have **boldness in the day of judgment**: because as he is, so are we in this world." Coupled with: **Hebrews 4:16** "Let us therefore **come boldly** unto the throne of grace, that we may obtain mercy, and find grace to help in time of need." Saved and walking with God brings blessings in life, prayer and at judgment. Ask Christ to save you today!

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BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Tray is longer. 2. Leg is longer. 3. Mattress is thicker. 4. Flowers are reversed. 5. Doorknob is missing. 6. Shirt collar is different.

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Community Notes...

Continued from page 26

Pancake Breakfast — Monday, September 8, 7am, at the Elgin Senior Center, Alabama 101, Rogersville.

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

Fishing at Deibert Park, September 18, October 4. Bring your own tackle, chairs and snacks. Catch and keep, catch and share, catch and release. No fishing license required. Sign in at the table. Enjoy your catch and fish responsibly.

The Batting Brigade Quilt Guild has hospitality at 9 a.m. the second Monday of the month, (September 9) 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 8, October 13, November 10

Lego Build - the third Tuesday of each month, (September 16) 3:30pm-4:15pm at the Florence-Lauderdale Public Library. Thousands of Legos and your creativity make this program FUN!

Game Day at St. Bartholomew's Church, 1900 Darby Drive, Florence, the 3rd Thursday of the month. (September 18) 1-3pm. Games provided or bring your own. For more info, call 678-372-3526. All are welcome, for fun and fellowship.

The Town of Leighton and the Leighton Colbert Cooperative Improvement District are hosting a community cleanup day at the Old Leighton Training and Leighton Middle School on Saturday, September 20 from 8am-noon. Volunteers are invited to join and help clean up the outside area of Leighton Training School/Leighton Middle School. Help is needed with weed eating, picking up debris and general cleaning up.

Wear comfortable shoes, and bring your gloves and water bottles. Those with weed eaters, lawn equipment, weed killer, and any items for helping rid the premises of weeds and overgrown grass are encouraged to take part. Individuals with expertise in framing windows and doing wall prep are also needed.

Enjoy Free Hot dogs, water, snacks, and music at this fun community day. For more information, please call 256-556-0990 or 256-648-6412.

September 20: 10th Annual Tennessee River Litter Tournament, happening Saturday, September 20, from 8-11AM!

Hosted by Keep the Shoals Beautiful, this unique community cleanup invites participants to fish for litter wherever it lurks—in the water, along the shorelines at Riverfront or McFarland Park, or anywhere that matters to you in the Shoals.

Participants will receive cash prizes and a free t-shirt, thanks to support from TVA, Constellation, and Keep the Tennessee River Beautiful. Register today at keeptheshoalsbeautiful.org

Misfit Quilters Wanted - This is a craft group for adult friends who draw, craft, paint, sew, quilt, embroider, crochet, etc. (all adult artisans are welcome). Bring your project to work on and come join the fun! This group will meet at the Florence Lauderdale Public Library (in the Board Room) once a month. 2025 dates for this summer/fall are from 1-4pm on Sundays, Sept 21, Oct 19, Nov 16, and Dec 7.

September 27: Get Ready for the Annual Shoals Dragon Boat Festival!

The Shoals Dragon Boat Festival is back—and it's one of our community's favorite days of fun, teamwork, and friendly competition, all in support of Shoals Scholar Dollars!

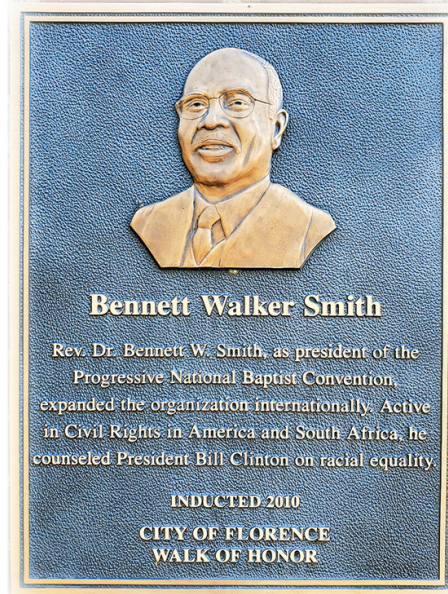
Friends, families, coworkers, gym crews, church groups, and neighbors are all invited to form a team and take part in this exciting event on the water.

Every splash helps support local students through Shoals Scholar Dollars, providing scholarships that make educational dreams a reality.

- Save the date: September 27
- Register your team at: www.shoalsscholardollars.com

Underwood-Petersville Neighborhood Watch meets at 2pm the 4th Sunday (September 28) of each month at Underwood-Petersville Community Center, 840 Lauderdale 7, Florence.

SIGNS OF THE PAST



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River Heritage Park, Florence

Born in Florence on 7Apr 1933, attended Slater Elementary and Burrell Normal High School, and entered Tennessee State Univ. after service in the Air Force. He was called into ministry and graduated with a Master of Divinity degree in Theology. Bennett died 7Aug 2001.

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

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Savvy

SENIOR

Tips and Treatments for Restless Leg Syndrome

Dear Savvy Senior,
What can you tell me about restless leg syndrome? Over the past year or so I've developed an uncontrollable urge to move my legs because of an annoying tingling sensation, and it's keeping me awake at night.

Always Tired

Dear Tired,
If an irresistible urge to move your legs has you kicking in your sleep, then chances are pretty good you have restless leg syndrome (or RLS), a condition that affects about 7 to 8 percent of Americans. Here's what you should know.

RLS, also known as Willis-Ekbom Disease, is a nervous system problem that causes unpleasant or uncomfortable sensations (often described as a creepy-crawly, tingling, itching, aching throbbing, pulling or electric feeling) and an irresistible urge to move one or both legs while you're sitting or lying down, and the symptoms usually get worse with age. It typically happens in the evenings or nights while resting. Moving eases the unpleasant feeling temporarily.

While RLS is not a life-threatening condition, the main problem, other than it being uncomfortable and annoying, is that it disrupts sleep, leading to daytime drowsiness, difficulty concentrating and even depression.

What exactly causes RLS is not known, but researchers suspect it could be linked to several things including iron deficiency, an imbalance of the brain chemical dopamine, and genetics – about

60 percent of people with RLS have a family member with the condition.

Treatments While there's no cure for RLS, there are things you can do to alleviate the symptoms. The first line of defense is usually to avoid certain substances like alcohol, caffeine, nicotine and refined sugar, which can aggravate the problem.

Certain drugs including antinausea drugs, antipsychotic drugs, some antidepressants, and cold and allergy medications containing sedating antihistamines can also make RLS worse. If you take any of these medications, ask your doctor or pharmacist if something else can be taken.

Iron and magnesium deficiencies are also believed to be contributors to RLS, so make an appointment with your doctor and get a blood test to check for this. If you test positive for iron and/or magnesium deficiency, your doctor may recommend supplements.

You may also benefit from self-care treatments such as leg/calf stretches and massage, hot baths or applying hot or cold packs to the affected area. Pressure can also be effective for some people, so you may want to try wearing compression socks.

Getting moderate, regular exercise like walking, cycling, water aerobics and yoga can

relieve symptoms too, but overdoing it or exercising late in the day may intensify them.

Medications If the previously listed tips and self-treatments don't reduce your RLS, there are various medications your doctor can prescribe that can help, including:

Anti-seizure drugs: These medications affect nerve cell activity to reduce symptoms. Examples include gabapentin enacarbil (Horizant), gabapentin (Neurontin) and pregabalin (Lyrica).

Dopaminergic medications: These drugs, which are taken before bedtime, work by increasing dopamine, a chemical in the brain which helps reduce RLS. Examples are ropinirole (Requip), pramipexole (Mirapex), and the transdermal patch rotigotine (Neupro). But be aware that while these drugs, taken short-term are effective, long-term use can make symptoms worse.

The anti-seizure medicines have become a first-choice drug treatment option for most doctors because they seem to be as effective as the dopaminergic medications, with fewer side effects.

Sometimes, other medications like benzodiazepines – alprazolam (Xanax), clonazepam (Klonopin), diazepam (Valium) – may be prescribed for more restful sleep, but they don't eliminate the leg sensations, and they can be addictive so it's best to avoid them if possible.

For more information, visit the Restless Legs Syndrome Foundation at RLS.org.



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

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