

Health Fair October 13

FLORENCE—The Shoals Community Clinic Health Fair Takes place on Monday, October 13 from 9am–2pm at the Shoals Community Clinic, 309-B WC Handy Place in Florence. Information - Resources - Tools - Vendors. The event is free to the public.

FREE Professional Screenings for: • Blood Pressure • Hearing • Vision

FASTING for 6 hours prior to testing for: • Cholesterol Screening • Diabetes Screening

FREE Flu Shots, **FREE** Lab Reports and much more!

The event is sponsored by: Anderson College of Nursing and Health Professionals; And Shoals Community Clinic.

For more information, call 256-760-4713

Florence Has Grant w/ UNA

FLORENCE—The City of Florence Recycling Department celebrated the award of a \$145,585 grant with the University of North Alabama last week that will enhance recycling efforts in both athletic and community settings around campus. The grant will provide new recycling receptacles at the Bank Independent Stadium

See **SHORTS...** on Page 4

Volume 141 Number 50

October 8, 2025

POSTAL PATRON

PSRT STD.
EORWSS
US Postage Pd
FLORENCE, AL
PERMIT #44



Courier Journal

Serving Northwest Alabama and beyond with direct mail, saturation coverage

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

USPS Circulation Verification Available

Courier Journal Perma-Note

the Y **Alumni**
NO JOIN FEE
Month in October.

Anyone who has ever been a Y member can come back without paying a Joining Fee.

Offer ends October 31, 2025.

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

UNA Cross Country coach, Connor Callahan, below, will also coach the distance runners during the initial phase of the new men's and women's track programs.

RoarLions.com

First Expansion in Eight Years

UNA Enters Flag Football, Track Realms

FLORENCE – University of North Alabama Athletic Department last week announced the addition of one new program and the expansion of two existing programs that to begin competition during the 2026-27 school year. The Lions will add women's flag football and will expand its men's and women's cross-country programs into distance-based indoor and outdoor track competition.

This will increase UNA's athletic department footprint to 19 programs.

UNA's launch into the track & field realm with participation in the men's and women's distance competition (1,500 and 5,000



See **TEAMS...** Page 11

CROWDER • ECKL • ISBELL • OLDHAM

Honoring 4 at the Walk

FLORENCE—The city of Florence hosted its annual ceremony and luncheon for the Walk of Honor Inductees at the Renaissance Shoals Conference Center.

The Walk of Honor, located in the beautiful River Heritage Park, recognizes individuals of Florence and Lauderdale County who have achieved national or international acclaim. This is a means to give honor and perpetuate the name and achievements of deserving individuals, either current or former citizens, through a form of civic recognition. Areas of national or international accomplishment include, but are not limited to agriculture, art, athletics, business, education, government, humanities, literature, medicine, military, music, public service, religion, and science/technology. Inductees for 2025 include:

CARLA CROWDER

(Plaque reads) An advocate for criminal justice reform, Carla Crowder received the Thurgood Marshall Award for Excellence in Print Journalism in 2005. She was named Woman of the Year by USA Today in 2024.

Carla Crowder serves as the executive director of Alabama Applesseed, a nonpartisan,

See **WALK...** Page 2



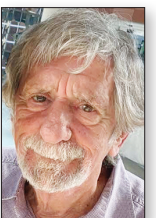
Crowder



Eckl



Isbell



Oldham

INSIDE this Issue

GAME DAY SCORE CARD 2025

Automotive Inside



Ray Miller GMC
Advance Auto Sales

- Ask the Attorney
- Medicare Minute
- Dave Ramsey
- Savvy Senior
- Commentary

- Computer Skeptic
- Hocus Focus
- Adopt-a-Friend
- Your Letters
- Family Fun Day

- Artistic Culture
- Family Fun Day
- Your Halloween Coloring Contest
- SIGNS of the PAST



Online Only:

- Outdoors
- Web Poll
- Mystery Photo
- Pet Talk



Visit us Online: www.CourierJournal.net

Facebook.com/
FlorenceCourierJournal



CASH FOR CLUNKERS

EXPIRES: 10/31/2025

Your Trade-In Values

Any Water Heater for	
Tankless Water Heater.....	\$300
Furnace.....	\$500
Air Conditioner.....	\$500

0% FINANCING

with Low Monthly Payments



FULLER SERVICES

256-381-7195

AL HVAC LICENSE #91114 • AL PLUMBING MPG-3489 • AL ELECTRICAL 01889



CASH FOR CLUNKERS

EXPIRES: 10/31/2025

Any V
Tank
Furna
Air C

Your Trade-In Values

Water Heater for
less Water Heater.....\$300
ace.....\$500
onditioner.....\$500

0% FINANCING

with Low Monthly Payments



FULLER

SERVICES

256-381-7195

AL HVAC LICENSE #91114 • AL PLUMBING MPG-3489 • AL ELECTRICAL 01889

CHEVROLET: STEPSIDE SHORT BED TRUCK.1997. Runs and looks good . Only \$5,500 call or text 256-856-2545.

LINCOLN: MKZ, 2009 \$2,500 obo. 1 owner, title in hand. Runs good, drives good, 300175 mi. 256-702-5099 Russellville

WE BUY CARS, TRUCKS, VANS, SUVs, and MOTORCYCLES, running or not. Must have titles, send a pic, get a price. 256-275-2276

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

FALL MUMS
All Colors, Large Tri-Colors, \$10-\$30. Grown in Russellville, AL. Quantity discounts. Delivery available. Call 256-668-3893

LIFT CHAIR, COLOR MAROON, \$250 Excellent Condition, 256-275-7046 Florence

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

Walk...

Continued from Page 1

non-profit law center known for freeing over-sentence individuals and advocating for criminal justice reform. After 16 years at newspapers across the country, she decided to abandon journalism and go into law. Her desire has always been to see justice.

Crowder attended public school in Florence and later attended a small college before starting classes as a married student at The University of Alabama School of Law.

"I don't come from wealth, or privilege, or the Ivy League in any way, and yet, I lead an organization that's making a difference for marginalized and vulnerable people in Alabama. So, anybody can do that," Crowder stated in the press release from the city.

Her drive to see communities impacted by social reform led to her nomination as Woman of the Year by USA Today in 2024.



He was best known for writing strong editorials and columns, supporting the civil rights movement in the South and for opposing the segregationist stand by Governor George C Wallace, earning him both praise and condemnation. In 1962, he served on the Alabama Advisory Committee to the U.S. Commission on Civil Rights and met with President John F. Kennedy in 1963 to support the rights of black Americans. He was active in the National Conference of Christians and Jews. He served as president of the Alabama Press Association and was elected to the Alabama Press Association Hall of Honor in 1981.

JASON ISBELL (Plaque reads) Winner of national and international music awards, including multiple Grammys in various categories and the UK Americana Award, Jason Isbell was judged the best in three categories of the U.S. Americana Awards in 2014.

Michael Jason Isbell was born in Green Hill, Lauderdale County in 1979, to Angela Hill Barnett and Mike Isbell. He grew up in the Muscle Shoals area and was immersed in music from a young age through an extended family that played music together at family gatherings.

He began playing the mandolin at age six and received his first guitar soon after. His paternal grandfather, a Pentecostal preacher, played country, bluegrass, and gospel on guitar with Isbell for hours every day and introduced him to the music of blues legend Robert Johnson. By the time he was a sophomore, Isbell was so adept with the guitar that his mother allowed him to earn money by playing with bands at local bars. Around the same time, he formed a country cover band with his friend, songwriter Chris Tompkins. The band played at the Grand Ole Opry in Nashville when Isbell was 16.

See HONOR... on Page 6

MEDICARE INSURANCE Questions?



Get Answers!

Call Derrick Gargis

(256) 335-3384



We do not offer every plan available in your area. Currently we represent 5 organizations which offer 56 products in your area. Please contact Medicare.gov, 1-800- MEDICARE, or your local State Health Insurance Program (SHIP) to get information on all of your options.



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

We sell  Gas!

FRESH MEAT

Ad Valid:

October 8-14, 2025

We Accept EBT Cards, Credit Cards & Debit Cards

LIKE Us On FACEBOOK 

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

Ground Beef \$3.99 Lb.
Beef Patties \$3.99 Lb.

T-Bone Steak \$7.99 Lb.
T-Bone Steak 4/\$27.99

New York Strip Steak \$8.99 Lb.
New York Strip Steak 5/\$27.99

Ribeye Steak \$10.99 Lb.
Ribeye Steak 4/\$29.99

Country Style Pork Ribs \$2.29 Lb.
Sirloin Pork Chops \$1.99 Lb.

Pork Steak \$2.59 Lb.
Boston Butt Pork Roast \$1.99 Lb.

Leg of Lamb \$6.99 Lb.
Goat Meat (6-way cut) \$5.99 Lb.

Whole Corn 50 Lbs. \$9.00
Deer Draw 50 Lbs. \$14

Chicken Whole Wings \$2.49 Lb.
Boneless Chicken Breast \$2.99 Lb.

Chicken Drumsticks \$1.59 Lb.
Chicken Leg Quarters \$7.99 10 Lb. Bag

Farm Raised Catfish Fillet 4 Lb. BOX \$18.99
Whole Rabbits \$15.99 Each

Tasty 10 50 Lbs. \$9.00
Goat Feed 50 Lbs. \$12
5-Way Scratch 50 Lbs. \$12

After growing up on a farm in St. Florian and earning his college degree, Louis Arnold Eckl spent his entire 42-year career in journalism at the Florence Times Tri-Cities Daily (the present-day TimesDaily). He worked his way up from an unpaid reporter to executive editor. He fought hard through the newspaper and through testimony before Congress, to nurture TVA in his early days into preserving the agency, when he elected leaders in Washington threatened to dismantle it. He was the longtime president of citizens for TVA. He lobbied for completion of the Tennessee Tombigbee, waterway, and other projects that brought economic development to the Shoals.





Yard Sales

LEIGHTON: YARD SALE 165 McCormick Lane Fri. Sat. 7am-5pm

MUSCLE SHOALS ESTATE SALE
3106 W. McGuire Dr. Fri., Oct. 10th and Sat., Oct. 11th,
8 am - 5 pm
Sun., Oct. 12th, 8 am - 4 pm.

Furniture, Some Antiques, Jewelry, Books (some law books, some old books for all ages including children), China, Lots of Glassware, some Cookware, Outdoor Furniture including Baker's rack, Washer & Dryer, Treadmill, Old Pictures, Clothes, Filing Cabinets, Queen Bed, Trundle Bed, Upright Freezer, Garage Refrigerator, Sofa Table, Large square Coffee Table, Oval Coffee Table, End Table, Older unused Stamps, Sterling Silver, Sewing Machine, Desk, Lamps, Leather Office Chair, Old Metal Christmas Tree Stand, plus a lot more Christmas items, Old Knick-Knacks and Toys, Trunk, Many Nice Bibles, Large 1992 Jerry Brown handle Bean Pot.

Saturday & Sunday are Discount Days!

Shoals Estate Sales

Go to our Facebook page for photos

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)

TUSCUMBIA, AL: 304 Dickson St October 11 Sat. 7 am until, Lots of Hardware from the closing of Walker Lumber Co., with many other items

FLORENCE MULTI-FAMILY YARD SALE, 1721 Edgemont Dr., Sat., Oct. 11th, 7am-until? Signs on Hermitage Dr., Household items, Furniture, Jewelry, Clothing, Toys, Plants, Christmas Decor, DVDs, Sewing Machine, Books, Dishes, Pet Supplies, Tools and more!

FLORENCE MULTI-FAMILY YARD SALE 1912 Caples Dr., Fri., Oct. 10th, 7am-3pm and Sat., Oct. 11th, 7am-1pm.

KILLEN YARD SALE, 394 Lingerlost Road, Fri., Oct. 10th & Sat., Oct. 11th, 7am-until? Kids Clothes, Crafts, Vintage, Furniture, Tools, and variety of things!

MUSCLE SHOALS: CHRISTMAS SALE AND MORE! 311 W Dearborn St Thurs. Fri. 8am-? Eight Families

MUSCLE SHOALS: CARPORT SALE 1511 Fordsway Ave (Corner of Waverly/Fords Way) Fri. Sat. 8am Table, chairs, entertainment, three sewing machines with patterns, thread, tv stands, miscellaneous.

NARMORE PAINTING 256-702-8024

Professionally painted homes and stained cabinets. Trim Carpentry. Military and Senior Discounts narmorepainting.com

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

REPAIRS TO HOMES, APARTMENT COMPLEXES, RENTAL UNITS: Plumbing, electrical, water heater etc. 256-757-5620

CAREGIVER I specialize in caring for elderly and disabled loved ones. I also enjoy cooking and cleaning. Available in Florence and Waterloo areas. CNA Certified 850-774-0121

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

McCaig's Garage Late model and low mileage motors and transmissions. 90 day guarantee. Call Gary or Brian, 256-332-5366. 256-460-0662

Savor Our Monthly Special Today!



ORDER IN-STORE OR ONLINE:
mikesmeatmarket.com
smartonlineorder.com

Contact Us For Special Orders
256.320.5223

Est. 2017 256.320.5223



1012 Avalon Ave. Muscle Shoals, AL

OCTOBER SPECIAL

- 2 - 8 oz. Ribeyes
- 2 Lbs. Ground Beef
- 2 Lbs. Fresh Tenders
- 2 Lbs. Bacon or Sausage
- 2 Lbs. Boneless Chops
- 1 Lb. American Cheese

All For Only \$65.99

BEVIS USED AUTO PARTS

WE BUY LATE MODEL WRECKS AND SELL USED AUTO PARTS

ALL In Stock Alternators, Starters and Air Conditioner Compressors

On Sale For \$50 Plus Tax*

WITH THIS COUPON

*Exchange required. this coupon comes with a 1 year warranty. However this coupon is required to take advantage of this deal. One coupon per customer per day. Coupon expires 10-31-2026

WE CARRY ENGINES, TRANSMISSIONS, ALTERNATORS, STARTERS, A/C COMPRESSORS, WHEELS, AND ALL BODY PARTS.

MONDAY - FRIDAY 8:00 TIL 5:00

IF YOU ARE NOT LOOKING FOR US, YOU WILL NOT SEE US. BELIEVE IT OR NOT WE HAVE THOUSANDS OF WRECKED VEHICLES ON 20 ACRES

350 Co. Rd. 357 Florence, AL 35633

256-766-2149 1-800-851-1176

MPE MEMBERSHIPS

NO TRICKS — JUST TREATS FOR YOUR HOME ALL YEAR!

✓ **PRIORITY SCHEDULING**

✓ **SEASONAL TUNE-UPS**

✓ **DISCOUNTS ON REPAIRS & INSTALLS**

PROTECT YOUR HOME, SAVE MONEY, AND ENJOY PEACE OF MIND WITH AN MPE MEMBERSHIP.

CALL TODAY!
256-290-1897

CALLMPE.COM

MPE SERVICES

MECHANICAL • PLUMBING • ELECTRICAL
LED LIGHTING • RESTAURANT REPAIR



AL#22283

We'd love to have you join us at our

LADIES DAY

at Jacksonburg Church of Christ

414 County Road 28, Florence, AL

Saturday, October 11 at 10 a.m.

"Cruise Control – Overcoming the Temptation to Take Control"

With guest speaker **Hannah Bradford**



Hannah is the founder of "Clothed," a Girl's Day events in the Shoals. She is the author of several Christian books and blogs, and she hosts two podcasts. Her books, podcasts, and more about her ministry can be found at www.hcbministries.com.



Registration begins in the church auditorium at 9:30 a.m.

Program begins at 10 a.m.

Please join us and bring a friend!

Lunch will be provided in the annex for everyone.

FIREWOOD FOR SALE:

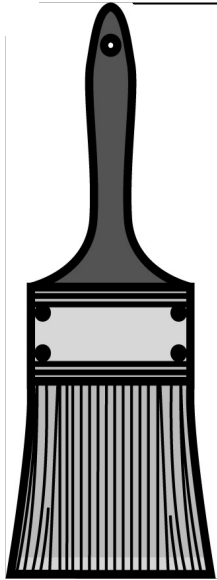
Seasoned and Split 4x4 rick \$60 you pick up. Fire pit bundles \$10. Call 256-349-9601 or 256-443-7395 Leave Message

THANK YOU for reading the CJ!

1994 Ford F250, manual transmission, 221,500 miles, tool boxes, ladder rack, \$3,900. Call 251-284-1634 Hodges

ELECTRIC WHEELCHAIR PAID \$2,800, asking \$900. Used only one year. Needs battery Call 256-335-6961

CHIHUAHUA PUPPIES CKC REGISTERED. Full blooded. Long hair, 10 weeks. Females \$1000, males \$750. First and Second shots, dewormed. 4 months. 1 Girl \$500. 2 Males \$300 each. Call or text 256-633-0740. We deliver.



FLORENCE PAINTING AND DRYWALL LLC

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

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

84885-1

NEED HEALTH INSURANCE?

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

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



Heather Fowler and Erica Vaughn are available to assist you with an ACA plan.

They can enroll individuals in health insurance with Blue Cross and Blue Shield of Alabama.*



www.AlabamaHealthGuidance.com

(256) 648-5710

Ask about specific enrollment times for those who qualify.

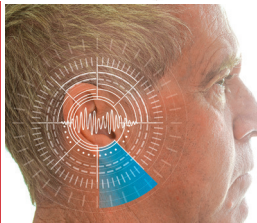


885 Florence Blvd.

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



ONE LOVE
Hearing Concepts



FREE Hearing CHECK UP!
FREE DEMO of ANY MODEL!

- Affordable Demo/Refurbished Models In House payments as low as \$40 month
- TRADE in Value up to \$2000.00
- Advanced Technology



William "Bill" Tate,
L-HIS
Rogers H.S. Alumni

1865 Highway 72 • Killen • 256.272.5095
www.1lovehearing.com
7 NORTH ALABAMA LOCATIONS

643052-1

Shorts...

Florence Has Grant w/ UNA

Continued from Page 1

and surrounding athletic fields, as well as supporting the purchase of a new event enclosed recycling trailer and pickup truck for the city of Florence.

"We are grateful for ADEM's continued support of Florence's recycling program and for UNA's commitment to making recycling a visible and convenient part of campus and community life," said Florence Mayor Andrew Betterton.

Florence has the added distinction of being the first municipal recycling program in Alabama. This grant enhances the robust program that includes curb-side pickup for residents as well as a drop-off site at the recycling center.

"We accept a wide range of materials including cardboard, paper, aluminum, steel, cooking and motor oils, electronics, and plastics such as HDPE and PETE that are sold to local industries like Constellium, Essity, and Indorama," said David Koonce, Florence Solid Waste, Street, and Recycle Manager. "These companies are major employers in the Shoals, which makes recycling not only an environmental success but also an economic driver for our community."

Grant Impact and Budget \$145,585:

Event Trailer – \$4,800
Trailer Wrap – \$1,949
Pickup Truck – \$38,874
Recycling Receptacles at UNA – \$99,962

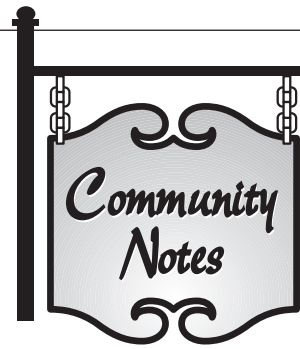
The award is part of more than \$2.5 million in 18 recycling grants statewide provided through the Alabama Recycling Fund (ARF) for fiscal year 2026.

LL Giveaway's Ten Winners

SHOALS-Long-Lewis recently announced its 110th Anniversary Giveaway Winners!

As part of celebrating and serving the communities in which

See SHORTs... on Page 8



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

Masquerade Extravaganza presented by AARP Chapter #273 on Thursday, Oct. 16 from 11am - 2pm at Royal Ave. Recreation Center in Florence. Fun • Food • Prizes - Please RSVP to 256-577-3037 by October 10.

The Ignite Tour 2025 - Thursday, October 9, 7pm at Norton Auditorium, 500 N. Pine St., Florence, This fall, The Ignite Tour brings together Danny Gokey, Mac Powell, and Colton Dixon with Ryan Ellis for a night designed to spark something deeper.

It's a rare blend of voices you know and love with songs such as "Hope in Front of Me," "New Creation," and "Build a Boat" — it's the kind of uplifting evening that lights a fire long after the music ends. Grab your crew and get your tickets before they're gone!

LifeSouth Bloodmobile Dates: Wednesday, October 8

• Central High School, 3000 Co Rd 200, in the Library, Florence, 8am - 3:30 pm
• Bealls - 15485 Hwy 43, Russellville, 10am - 4pm

Thursday, October 9 Farris Wholesale Outlet Inc., 220 Farris Drive, Leighton, 10am - 3pm

Friday, October 10
• Royal Furniture - 1702 Darby Dr., Florence, 10am - 4pm
• Liberty Finance of Athens, 800 US Hwy 72 W J, 11am - 4pm

Saturday, October 11 Austin's Shoes - 380 Cox Creek Parkway, Florence, 10am - 4pm

Thursday, October 16 Muscle Shoals Electric Board, 1015 Avalon Avenue, 10am - 4:30pm

Saturday, October 18 Fashion Exchange - 405 N Military St., Loretto, TN, 10am - 4pm

The Day by Day Annual Memorial Release will be with a beautiful array of Butterflies this year instead of balloons.

The special location for the 2pm Sunday, October 12 event will be at Spring Park in Tusculumbia - Pavilion #1.

Come join us at this special event as we honor the lives of our children.

Contact: Anita Watkins @ 256-810-1010 or Anita.Watkins@comcast.net

Shoals Community Clinic Health Fair. FREE TO THE PUBLIC. Monday, Oct. 13 9am - 2pm at the Shoals Community Clinic, 309-B WC Handly Place, Florence. Information - Resources - Tools - Vendors

FREE Professional Screenings for:
• Blood Pressure • Hearing • Vision
FASTING for 6 hours prior to testing for:
• Cholesterol Screening • Diabetes Screening
FREE Flu Shots, **FREE** Lab Reports and much more!

Sponsored by: Anderson College of Nursing and Health Professionals; And Shoals Community Clinic.

For more information Call: 256-760-4713

The Sheffield Fire Department is trying to set up an historic display, and organizers are hoping to obtain any firefighting tools, turnouts, fire trucks, former fire truck locations, old unique fire station equipment, etc. that were

part of the Sheffield fire department at one time. They have a surplus of photos dated from the 1950's and later. Copies or documentation of anything historical before that time would be greatly appreciated.

Please contact Sheffield Fire if you have any questions or antique items. John at 256-460-2010 or Johngregory9619@gmail.com

The Walker Ranch Farm Fall Festival is back for the entire month of October! at 16402 County Road 2, just 1 mile west of the Florence Sportsplex
Hours: Thursdays & Fridays, 3-7pm
Saturdays, 10am-7pm

Bring the family out to enjoy fall fun with animals, pumpkins, sunflowers, and more at Walker Ranch.

Monarch Retrospective - Kennedy-Douglass Center for the Arts, 217 E. Tuscaloosa St., Florence will look back on a decade of Monarch Tile National Ceramics Competition now through Oct. 23. The center is open 9 a.m. to 4 p.m. Monday-Friday and 1-4 p.m. Sunday.

The Tennessee Valley Museum of Art is hosting "SANCTUM," a mental health and wellness-focused exhibit through October 10.

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!

Florence Camerata is starting rehearsals each Thursday through Nov. 20 at 6:30pm for the Holiday Concert set for December 4. The rehearsals will be at the UNA chorus room off of North Court Street in Florence

Directed by Rebecca Rockhill and accompanied by Karen Cantrell, the choir offers the opportunity to participate in choral music in a cordial setting with people who love to sing. For information, call or text 256-910-9512.

Art Workshops at The Ritz - All workshops for adults age 21+
Wine & Canvas Series \$40/class. All supplies provided.

10/10: Haunted House Paintings
11/21: Snowman Family Portraits
6:30 - 8pm

I Can't Draw! \$100. Thursdays - 9/25, 10/2, 10/9, 10/16

Watercolor Class \$120. Students to purchase supply list. 9/29 - 10/27 - Mondays from 6 - 7:30pm

I Can't Paint! \$100. Students to purchase supply list. Tuesdays - 10/28, 11/4, 11/11, 11/18 6:30 - 8pm

For more details on each class and to register, visit TennesseeValleyArts.org. Call 256-383-0533 with any questions.

Sunday, October 5, 1pm, Maestro in Miniature: Stravinsky - Discover the brilliance of Igor Stravinsky in a casual setting. This program features a collection of the composer's small-scale masterpieces, including "Three Songs from William Shakespeare" performed by Dr. Gretchen Windt, "The Five Fingers," and "L'Histoire du Soldat" arranged for Clarinet, Violin and Piano.

Experience the wit, innovation, and elegance of Stravinsky's chamber music up close.

Go to shoalssymphony.org for individual show tickets or a season membership can also be purchased.

Information - Office hours 2-5pm Monday - Friday and by Appt. Call 256-710-1623 or info at shoalssymphony.org.

BMC Studios at 711 Thompson St. - Suite D in Florence is offering a Senior's Beginning Tap Class Starting the week of October 6. Great fun and good exercise! Come and join the fun! No Experience necessary! Contact BMC Studios at 256-349-9707 for more information!

See NOTES... page 13

In my line of work I often have to be the bearer of bad news. It's the nature of technology. When you bring a beloved piece of technology in to have it repaired and you hear the words "we can fix it, but..." I know the sinking feeling that "but" carries. "We were able to recover about 60% of your files, but...", "We can fix your broken laptop screen, but...", "We were able to repair the water damage, but...". In our line of work there are a lot of buts.

Please know that when we tackle a problem you bring us, we treat it like our own issue, we take each challenge personally and we are offended



Martin Dean

Repair Options for Failing Hardware

by "The Computer Skeptic"

at ourselves when things don't go according to plan.

So when you bring us a 10 year old, or older, PC that has never had hardware maintenance or regular backups and want to know what it would cost to repair it, our first step is to look at the used market and see what an identical machine would cost to replace your current device. We tell you that upfront, then we will quote you the repair cost including sometimes hard to find replacement parts. It's a hard pill

to swallow. Just know that we feel your pain. Every person working here has lost an important piece of technology at some point in their lives. Data, gone forever, pictures erased to the void, computers that just won't boot, it all hurts.

So when we deliver the bad news that something isn't quite right, or that the equipment you want fixed really isn't financially a smart move. Take it with the spirit intended, one of compassion and our desire to look out for you.

Sometimes there are reasons for

an expensive repair on outdated technology. Those reasons may be your own, we aren't required to know them. If you insist, we will repair anything you bring us, or we will tell you we can't, upfront. Our ultimate goal is to make sure you are satisfied with our effort if not happy.

All of that, to say this.

As we draw towards the end of mechanical hard disk drives, they last 3-5 years, make sure your data is protected, either through newer data storage or cloud storage.

As your computer ages, develop a formula in your head for how much you paid, how many years of use you have gotten from the device and rationalize the investment in a new device hoping for the same number of years of use. Don't set drinks near your technology, likewise don't use

your PC tower as a plant stand. Realize that the Chromebook you bought for \$200 is probably not going to be worth the cost of repairing.

We will gladly take care of your technology, and we will be as honest and straightforward as we can be with the information we have. Some tech loss is unavoidable, floods, fires, tornadoes, 2 years olds and puppies. But much is preventable. Come talk to us about protecting your technology and as always stay skeptical my friends.



Excellent Service
Expert Advice
computer services

1909 Florence Blvd., Florence

BUSH HOG Property vegetation management, storm debris clean-up, wood decks (New/repair/update) Chuck James 256-460-2749

MAKE A CLEAN SWEEP during our Anniversary Month CLASSIFIED BLOWOUT Celebrating 43 years! Get 2 extra lines free, even if you have 6-week business or 4-week private party packages. Valid on all Private Party, Commercial, Yard Sale, and Real Estate Classified ads. NO LIMIT to number of ads or weeks placed! Other restrictions apply. Call 256-764-4268. Not available online. 2 EXTRA Lines FREE. Offer valid through Friday, October 31, 2025

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

PROBLEM PLUMBING & SEWER 256-247-8319 Here for all of your plumbing needs. Rod and water drain replacement. Call 256-247-8319

GMC: ACADIA, 2017 \$19,950, SLT, one owner, 71K miles, all terrain edition, all wheel drive, pearl white, heated leather, sunroof, navigation, new Michelin tires. Like New! Excellent Condition. Call 256-527-2125

THE COURIER JOURNAL - We're Good For Your Business!

ELECTRICAL HANDYMAN SERVICES
Light Bulbs, Switches, Fixtures, Ceiling Fans, Smoke Detectors, Appliances, Installation, New Wiring, etc. Ron 256-762-7663

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

2019 CADILLAC XT5, \$22,450, Luxury Edition, only 66K miles, pearl white, tan heated leather, sunroof, power liftgate, V6 engine, rearview camera, outstanding condition! Call 256-527-2125

MAKE A CLEAN SWEEP during our Anniversary Month CLASSIFIED BLOWOUT Celebrating 43 years! Get 2 extra lines free, even if you have 6-week business or 4-week private party packages. Valid on all Private Party, Commercial, Yard Sale, and Real Estate Classified ads. NO LIMIT to number of ads or weeks placed! Other restrictions apply. Call 256-764-4268. Not available online. 2 EXTRA Lines FREE. Offer valid through Friday, October 31, 2025

Concrete River Construction

- Concrete Walls • Finished Floors
- Driveways • Sidewalks
- Curbs • Porches
- Stamped & Stained Concrete
- Block & Retaining Walls

Free Estimates • Licensed and Insured • 15 years experience

Call or Text:
256-762-5800 • 256-710-8198 • 256-710-3901



You are invited
to our

Gospel Meeting

SUNDAY – THURSDAY

October 12-16

GUEST SPEAKER:

Byron Longcrier

SCHEDULE OF SERVICES:

Sunday Bible Classes	9:30 a.m.
Sunday a.m. worship	10:30 a.m.
Sunday p.m. worship	5:00 p.m.
Monday-Thursday	7:00 p.m.

Valdosta Church of Christ

1119 Old Lee Hwy • Tuscumbia
256-381-0331 • www.valdostacoc.com



AL LIC# 83391

TUNE-UP \$69

- Check Condenser Fan Motor
- 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

PMA \$119

- Check Condenser Fan Motor
- 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

2 VISITS

Clean Condenser Coil
No Overtime Rates
15% Discount on Repairs
Priority Service

FREE SECOND OPINION

with written quote from another company.

TVA IS OFFERING A \$50 REBATE FOR A/C AND HEAT PUMP TUNE-UPS!

We handle the paperwork and all we need is a valid email address from you. TVA will send you an email and mail you the check. No inspection required.

**(256) 764-7386**

www.jchamm.com



Heating/Air Conditioning | Equipment Replacement | Repairs
Maintenance | Air Purification | Financing Options Available

**MAKE A
CLEAN SWEEP**
during our Anniversary Month
CLASSIFIED

BLOWOUT

**Courier
Journal**

Classifieds

Get 2 extra line free, even if you have 6-week business or 4-week private party packages. Valid on all Private Party, Commercial, Yard Sale, and Real Estate Classified ads.

2 Extra Lines FREE

Offer valid
through Friday,
October 31, 2025.

NO LIMIT to ads or weeks placed!
Available by phone or visit us in person! NOT AVAILABLE ONLINE!

TNValleyStuff
.com

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

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

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

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

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

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

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

DEADLINE: Friday 5pm

Private Party Rate

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

\$5⁵⁰
Week

Commercial Rate

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

\$8⁰⁰
Week

Real Estate Rate

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

\$8⁰⁰
Week

Yard Sales

6 LINES Each additional line - \$1.50

YARD SALES – An exclusive listing of the area's better sales prominently placed

\$14⁵⁰
Week

Employment

6 LINES Each additional line - \$2.25

EMPLOYMENT - Looking for employment or Businesses looking for employees

\$16⁰⁰
Week

Private Party Auto Rate

Up to 8 LINES for 4 weeks.

Each additional line - \$2.25

\$17⁰⁰
4 wks

*one line is approx. 30 characters

Name

Address

City

State

Phone

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

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

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

Please Print Ad Clearly. NOT RESPONSIBLE for illegible handwriting

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

Honor...

Continued from Page 2

Isbell befriended many professional musicians in the area while playing local venues, including David Hood, the bassist for the Muscle Shoals Rhythm Section and father of Patterson Hood, a founding member of the band Drive-By Truckers. Isbell left the Shoals to study creative writing on an academic scholarship at the University of Memphis but returned to Alabama before graduating to pursue his musical career.

Jason Isbell has won six Grammy Awards as a singer, songwriter, and guitarist. His songwriting and musical style are deeply connected to his north Alabama roots, and his carefully crafted lyrics often touch upon his personal life and the lives of the people of the region. Isbell's musical style has been described as "Americana," but it combines elements of the Muscle Shoals sound, southern rock, punk rock, country, blues, and folk. In 2015 his fifth solo album, *Something More than Free*, simultaneously debuted at #1 on the Billboard Top Rock Albums, Folk Albums, and Country Albums charts.

DEWEY "SPOONER" OLDHAM

(Plaque reads) Musician and songwriter Dewey ("Spoooner") Oldham toured with major artists in the U.S., the UK, Europe and Japan. Winner of the prestigious UK Roots Award in 2006, he was inducted into the Rock and Roll Hall of Fame in 2009.

"Spoooner" Oldham grew up in the Center Star area northern Lauderdale County. Spooner came from a musical family. His father, Dewey L i n d o n O l d h a m Sr., formed a string band with Spooner and his brothers, taught Spooner chords on the mandolin (that Spooner transposed to guitar) and created an original Southern gospel style.

After a short stint at Spar Music, Oldham's professional musical journey began at Rick Hall's iconic FAME Studios in Muscle Shoals, where he contributed to numerous hit records. Along with other Muscle Shoals Rhythm Section session players (who became known as The Swampers), Spooner conducted musical experiments that gave birth to what is now called the Muscle Shoals Sound. This happened in the early 1960s as R&B was shifting towards a smoother pop sound, influenced by the emerging Motown Sound from Detroit. Meanwhile, popular rock 'n' roll was also undergoing changes at the time.

Oldham was inducted into the Musicians Hall of Fame in Nashville in 2008, and in 2009, he was inducted into the Rock and Roll Hall of Fame in the "Sideman" category. In 2013, he was inducted into the Birmingham Record Collectors Hall of Fame and in 2014, to the Alabama Music Hall of Fame.

**MAKE A
CLEAN SWEEP**

During Our Anniversary Month Classified Ad

BLOWOUT

2 EXTRA LINES FREE
Call 256-764-4268

**Courier
Journal**

Personnel

EDITOR & PUBLISHER

Thomas V. Magazzu

ADVERTISING EXECUTIVES

Gregg Scott
Heather Ridinger

GRAPHIC COORDINATORS

Russell Roden
Andrea L. Gray

OFFICE STAFF/CLASSIFIED

Erin Gilbert

OFFICE STAFF/SALES ASST.

Tina Hill

CIRCULATION

Ted Fallin

OFFICE HOURS:

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

Copyright © 2025

All Rights Reserved

DEADLINES: Issues Published Every Wednesday

INSERTS - 5 pm Thursday

DISPLAY ADS - 5 pm Thursday

CLASSIFIED ADS - 5 pm Friday unless otherwise specified

219 W. Tennessee St.

Florence, AL 35630

256-764-4268

Fax: 256-760-9618

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

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

219 W. Tennessee St.

Florence, AL 35630

or email to:

editor@courierjournal.net

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

ICS
Insurance Claims Specialist

Roofing & Construction, Inc.



Use the most trusted roofing company in the Shoals area!

ICS Roofing & Construction, Inc.

256-383-4277

**3312 Jackson Hwy.
Sheffield**

icsroofingco.com



PREFERRED
CONTRACTOR

BUYING BROKEN WASHERS and DRYERS, no front loaders, 256-577-6433

MUSCLE SHOALS ESTATE SALE
3106 W. McGuire Dr. Fri., Oct. 10th and Sat., Oct. 11th, 8 am - 5 pm
Sun., Oct. 12th, 8 am - 4 pm.

Furniture, Some Antiques, Jewelry, Books (some law books, some old books for all ages including children), China, Lots of Glassware, some Cookware, Outdoor Furniture including Baker's rack, Washer & Dryer, Treadmill, Old Pictures, Clothes, Filing Cabinets, Queen Bed, Trundle Bed, Upright Freezer, Garage Refrigerator, Sofa Table, Large square Coffee Table, Oval Coffee Table, End Table, Older unused Stamps, Sterling Silver, Sewing Machine, Desk, Lamps, Leather Office Chair, Old Metal Christmas Tree Stand, plus a lot more Christmas items, Old Knick-Knacks and Toys, Trunk, Many Nice Bibles, Large 1992 Jerry Brown two handle Bean Pot.

Saturday & Sunday are Discount Days!
Shoals Estate Sales
Go to our Facebook page for photos

THANK YOU for reading the Courier Journal!

MAKE A CLEAN SWEEP during our Anniversary Month CLASSIFIED BLOWOUT Celebrating 43 years! Get 2 extra lines free, even if you have 6-week business or 4-week private party packages. Valid on all Private Party, Commercial, Yard Sale, and Real Estate Classified ads. NO LIMIT to number of ads or weeks placed! Other restrictions apply. Call 256-764-4268. Not available online. 2 EXTRA Lines FREE. Offer valid through Friday, October 31, 2025

PRIVATE SITTER Available 24 hours a day. Live in, part-time, or full-time. References available. Certified CNA. 256-702-4833

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

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

FITNESS GEAR Weight Bench \$100, weights/dumbbells \$100, Total Gym SUPRA \$250 Text only 865-296-9156

BIG JUICY'S PAINTING No job too big or small! Painting, gutters, pressure washing. **Free Estimates** 938-212-4422 or 256-263-8321

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

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

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

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

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

MAKE A CLEAN SWEEP during our Anniversary Month CLASSIFIED BLOWOUT Celebrating 43 years! Get 2 extra lines free, even if you have 6-week business or 4-week private party packages. Valid on all Private Party, Commercial, Yard Sale, and Real Estate Classified ads. NO LIMIT to number of ads or weeks placed! Other restrictions apply. Call 256-764-4268. Not available online. 2 EXTRA Lines FREE. Offer valid through Friday, October 31, 2025

CLEMENTINE HAULING & ESTATES Women Owned & Operated. Estate & Garage Clean Outs. Free Estimates. Call, Text 256-248-7133 Find Us on Facebook.

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

WE GIVE YOU MORE BANG FOR your buck! See page 6.

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

SUMMER SPECIAL

Only \$1,000 for 4 sessions!

Before Emsculpt

After Session 4

90 Days After

Before Emsculpt

After Session 4

90 Days After

We now offer Rewards & Memberships!

Why join Helping Hands Clinic VIP?

- ✓ Rewards for Visiting
- ✓ Exclusive Memberships
- ✓ Monthly Offers & Specials
- ✓ Gift on your Birthday!

SCAN TO SIGN UP

HELPING HANDS

256.712.5028 | 426 West College St. | Florence

Across from Infants & Children's

Local Medicare Insurance Specialists

Florence Office - 885 Florence Blvd.

Muscle Shoals Office - 410 S. Wilson Dam Rd.

Hope Stamps | Ikey Fowler | Lee Fowler | Erica Vaughn

Judy Keenum | Anah Whitehead Fowler | Beverly Stamps White | Caycee Fowler

Kay Holland | Kelly Davis | Marianna Honeycutt

Paul Sanderson | Mark Sanderson | Conner Sanderson

Are You Turning 65?

There's never a fee for our services.

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

- Medicare Education
- Medicare Insurance Enrollment
- Medicare Drug Plan Assistance

Any Medicare Questions?

We can provide answers to help.

- Low Income Benefits
- Customer Service to the policies you have with us

256-648-5710

www.AlabamaHealthGuidance.com

256-648-5220

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

633249-1

Shorts...

LL Giveaway's 10 Winners

Continued from Page 4

they reside, the company conducted a contest to award a total of \$110,000 to 10 charities that are making a real impact every day. Three of those are in the Shoals.

- American Legion Post 122-Prattville, AL
- **Chloe's Fund-Shoals, AL**
- Family Sunshine Center-Prattville, AL
- Kat Dadde Inc.-Jefferson Co, AL
- Kitty Kat Haven Rescue-Hoover, AL
- **Kruzn for a Kure-Shoals, AL**
- Notorious Dog Rescue -Huntsville, AL
- **Shoals United Stars - Shoals, AL**
- Uno's Home for Wayward Dogs & Cats-Birmingham, AL
- VFW Post 1349 - Prattville, AL

Over 20,000 nominations were submitted for deserving organizations across Alabama.

Everyone at Long-Lewis Automotive Group and the Long-Lewis Foundation congratulate the winners and thank every person who nominated and continues to support these amazing causes.

Antiques from Sheffield Fire?

SHEFFIELD-The Sheffield Fire Department is trying to set up an historic display, and organizers are hoping to obtain any firefighting tools, turnouts, fire trucks, former fire truck locations, old unique fire station equipment, etc. that were part of the Sheffield fire department at one time. They have a surplus of photos dated from the 1950's and later. Copies or documentation of anything historical before that time would be greatly appreciated.

Please contact Sheffield Fire if you have any questions or antique items. **John** at 256-460-2010 or Johngregory9619@gmail.com

Brooms Ride For Library!

FLORENCE - The United Way Witches Ride is set for Thursday, October 16 with registration beginning at 5pm and the parade beginning at 6. This whimsical, family-friendly Halloween parade is hosted annually in downtown Florence around Wilson Park to raise funds for **Dolly Parton's** Imagination Library. Participants dress as witches and associated ghouls and ride decorated bicycles, golf carts, and floats along a festive route, tossing candy and spreading joy to cheering spectators.

What began as a fun community event has grown into a beloved local tradition with a powerful purpose: promoting early childhood literacy. All proceeds from the Witches Ride support monthly book deliveries to children from birth to age five, helping



ensure that every child in our community has the opportunity to develop strong reading skills from an early age.

The parade is followed by a lively after party on Mobile Plaza with local restaurants and businesses joining in the celebration. Whether riding, volunteering, or simply watching the fun unfold, everyone plays a part in making this spooky, sparkly night a success for literacy in the Shoals.

The cost for each participant is \$35 (which is the cost to sponsor one child for one year

for Dolly Parton's Imagination Library), whether you choose to walk, ride a bike, or bring a golf cart! Each participant on a golf cart must pay a registration fee. Call **Kerry** at 256-764-5892 for more information.

Ladies Day at Jacksonburg

FLORENCE-Jacksonburg Church of Christ would love to have you join them for their Ladies Day event at Jacksonburg Church of Christ, 414 County Rd 28 in Florence on Saturday, October 11 at 10am "Cruise Control - Overcoming the Temptation to Take Control" is the topic that will be presented by guest speaker, **Hannah**

Bradford

Bradford is the founder of "Clothed," a Girl's Day events in the Shoals. She is the author of several Christian books and blogs, and she hosts two podcasts. Her books, podcasts, and more about her ministry can be found at www.hcbministries.com.

Registration begins in the church building auditorium at 9:30am.

Program begins at 10am. Lunch will be provided in the annex for everyone. Please join us and bring a friend.

Shoals Kidney Conference

FLORENCE-The first-ever Shoals Kidney Health Conference co-sponsored by The Alabama Kidney Foundation (AKF) takes place on Friday, October 10, from 10am-2:30pm at the Anderson College of Nursing & Health Professions in Harrison Hall, Room 144 on the UNA Campus.

Exhibits will open at 9am with coffee and light refreshments served. The conference program begins at 10am, highlighted by keynote speaker, Dr. **Dwight Matthew**, FSAN, Nephrologist, and a leading voice in kidney health.

The event is free of charge and open to Dialysis patients and their caregivers, Chronic Kidney Disease (CKD) patients, anyone at risk due to diabetes, hypertension, or family history, and nurses and healthcare professionals

Registration is free, but seating is limited - participants are encouraged to register early.

For more information, please contact **JoHelene Patrick** at 256-975-0000, email johelene@alkidney.org or visit <https://form.jotform.com/252165514165151>

NEED HELP?

CONTACT 2-1-1

Your link to community resources

DIAL- 2-1-1

TEXT- your zip code to 898-211

CHAT- 211connectsAlabama.org



Offering advanced skincare, anti-aging treatments, and personalized wellness solutions in a serene, professional setting.

- Massage Therapy
- IV Therapy
- PRP Hair Rejuvenation
- Botox/Jeuveau
- Fillers
- Celluma Light Therapy
- Facials
- Glo2 Facials
- Chemical Peels
- Microneedling
- Laser Hair Removal
- IPL Photo Facials
- FRAX
- Dermaplaning
- Brow Shaping and Tinting
- and so much more!



Robert Dickson, DO



Cameron Bonds, MD



Anthony Horton, DO



Jeremy Thompson, MD



Michelle Vinson, RN
Lore Robb, Aesthetician



Marshia Burleson, LMT

256-383-4447 (option 2)

www.medshoals.com/medspa

Medicare Minute Annual Enrollment Period

Open enrollment season for Medicare beneficiaries begins on October 15th and extends through December 7th. This is also known as the Annual Enrollment Period (AEP). AEP is an important time for anyone who is already on Medicare. These dates are very specific. You cannot enroll in a plan prior to October 15th or after December 7th unless you have a special circumstance.

AEP is specifically designed to give you an opportunity to enroll into a Medicare Advantage Plan (MA) or prescription drug plan (PDP) for 2026. If you are already on a MA or PDP it is the time for you to review your plan and determine if you want to make any changes for the next year. Either way there are some things that you'll want to consider.

If you are currently on or are considering a MA or PDP you want to look at the premium, copays, deductibles, coinsurance and the providers that take the plan. You will also want to look at the plan's drug formulary to be sure the prescription drugs you are taking are covered. Plan details can change from year to year so don't assume the 2026 plans will be exactly like the 2025 plans. Also, companies may introduce a new plan in your area for 2026 that may fit your needs better than the plan you are currently on.

A confusing thing about AEP is how Medicare supplements are treated. If you are on a Medicare supplement you do not have to wait until AEP to change plans. If you want to change to another supplement you can do that at any time during the year if you meet the new plan's guidelines. But if you are enrolled in a stand-alone PDP with your supplement the only time you can change the PDP is during AEP.

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



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



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

Courier Journal Page-Flip Edition

Always available on our homepage by sunrise Tuesday morning -
www.CourierJournal.net

sponsored by:

FULLER
HEATING • AIR CONDITIONING • PLUMBING & ELECTRICAL

FORD FOCUS, 2011 \$1,700 OBO.
Runs Great, No Air (can be fixed), High Miles, Call 256-760-7843 after 5:30pm Killen/Center Star area.

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

TLC IRRIGATION SERVICES
30 Years Experience
•New Installations •Repair
•Maintenance •Add-ons
Free Estimates
Call Reggie 256-324-5023
Licensed + Insured

YAMAHA: 950 2015 6,000 miles, Bluetooth speakers, windshield, burnt orange metallic, sharp \$3,800 256-648-6221

FUSE BOX OR ELECTRICAL PROBLEMS?
Call American Electric
In Florence, AL.
We have over 30 years experience, with friendly, dependable and affordable service. Locally and Veteran Owned, 256-760-1152

CHEVROLET: EQUINOX, 2018 \$18,950, Premier, all options, 71K miles, ruby red, climate seats, sunroof, navigation, power lift gate, just serviced including new tires, Excellent Condition, \$18,950. Call 256-527-2125

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

GOT JUNK OR UNWANTED ITEMS? Junk Removal and Haul Away. I'll move anything. JJ's Junk Removal Service, Call or text JJ at 256-648-6916

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

2005 DODGE CARAVAN SE, wheelchair accessible, 6-cylinder, runs good, Call 256-394-8258 for details

R.D.T. CONSTRUCTION & HANDYMAN SERVICES
"We Show up and Get the Job DONE!"
FALL CLEAN UP PRESSURE WASHING
Decks, fences, windows, doors, gutter clean-out, etc. All home repair and small construction...
"No Job Too Small!!" Veteran owned. Call Brandon for estimate at 256-762-0499

PROFESSIONAL CONCRETE
"The Concrete Specialist" Slabs, Walks, Patios, Driveways, Pool decks, Stamp Decorative, We do it all. 36 years experience. Free Estimates Call 256-577-9108

STACKS STORAGE UNITS

256-627-3351 OR 256-702-6343
PROPERTY OF MJ INVESTMENTS, LLC.

5 x 10 \$35/mo
10 x 12 \$65/mo
10 x 15 \$75/mo

OPEN 24/7
245 Mitch Ave.
Tuscumbia
off US 72 between Jacks and Harley Davidson

DR. KONRADI
★★★★★
"We took our three-year-old daughter here, and they were super patient and helpful.
Dr. Konradi and her staff went above and beyond to make sure our daughter had an enjoyable experience."
Matthew Y. - Google Review

TUSCUMBIA
115 E. 5th St.
256-320-5778

KILLEN
1367 Hwy. 72
256-272-3464

MADISON
7559 Hwy. 72 W.
256-325-1661

TreehouseDentist.com

EMPLOYMENT Opportunities

JOB OPPORTUNITY

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

the Position of ACCOUNTING ASSISTANT

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

Applications **with** resumes will be accepted and received until
Wed., October 15, 2025, 3:30pm

The Utilities Board is an EOE.

663486-1

Part-Time General Labor
Must be able to pressure wash equipment, and change big truck tires, \$18 per hour.
Call or Text between 1pm-3pm
256-483-9656

RETIRED MECHANIC WITH 50 YEARS OF EXPERIENCE Doing minor auto repairs, brakes, AC, computer scanning diagnostics, and more 256-810-2337



Full-Time Machine Operator

The TimesDaily is seeking a printing press operator to join our northwestern Alabama printing facility.

Responsibilities include but are not limited to:

- Performing standard set up of printing press
- Operating the press
- Making adjustments to maintain quality control
- Performing preventative maintenance and repairs.

Hands-on experience with a Goss Urbanite or DGM 850 is a plus, but not required. We are ready to hire and will train for the position.

This position offers benefits including:

- 401(k) matching
- Medical Insurance
- Dental Insurance
- Vision Insurance
- Life Insurance
- Disability Insurance
- Additional Insurance Coverage Options

- Flexible Spending Account
- Paid Time Off (Vacation, Holidays, Sick Time)

Qualified candidates will be available to work nights, weekends.

Applications are available at the TimesDaily office 219 W. Tennessee St., Florence, AL 35630

Questions or resumes may be emailed to: Kevin.Blurton@timesdaily.com

**JOIN
OUR
TEAM!**

ADVERTISING ADMINISTRATIVE AD BUILDER/SALES ASSISTANT

Redstone Rocket and Madison Record have an immediate opening for an advertising administrative sales assistant/ad builder. This is a full time position. Working directly with Sales Executive and Advertising Manager providing assistance in data entry as well as proofing.

Responsibilities include but are not limited to:

- Building display ads
- Scheduling advertising orders
- Preparing mailings and media kits for the department
- Interacting with customers and other departments on a regular basis
- Processing reports in a timely manner
- Assisting management with reporting monthly/quarterly special sections
- Answering phone calls and emails
- Assisting with daily workflow
- Completing various other administrative duties
- Overseeing clerical tasks

The ideal candidate for this position is highly organized, has strong attention to detail with professionalism in a fast-paced environment. Must be able to multi-task, prioritize deadlines, and keep information strictly confidential.

This position requires a high school degree or equivalent, at least two years of administrative assistant experience, graphic design experience using InDesign and Adobe Creative Suite, proficiency with office phones, computer and software experience with MS Office programs including Excel, PowerPoint, Word and office equipment. A bachelor's degree is preferred.

Possible flexible schedule.

Send resume, apply, or to learn more contact:

General Manager, French Salter
French.Salter@theredstonerocket.com

Equal Opportunity Employer • Minorities/Women/Protected Veterans/Disabled

665384-1



**Courier
Journal**

Picture Yourself in a Job You Love

We have an immediate opening for an Advertising Executive

- An Established Territory with Unlimited growth potential
- No Cap Commission plan
- Flexiblity in Work Schedule
- Generous Benefits Package

The ideal candidate will be a self-starter with strong communication and presentation skills, and a passion for genuine customer service. Marketing, sales, and advertising savvy will help grow current partnerships and develop new business relationships.

EMAIL RESUME:
editor@courierjournal.net

POSITION REQUIREMENTS

- Ability to nurture existing and new client relationships
- Good written and verbal communication skills
- Good creative, editing, and interpersonal skills
- Ability to multitask and stay organized
- Ability to work both as part of a team and independently
- Minimum HS or GED
- Some sales and/or customer service experience.

Teams...

Continued from Page 1

meters) represents the first phase of growing the programs to full track & field status in the coming years.

Current UNA cross country coach, Connor Callahan, will lead the new track programs in addition to his current role.

"This expansion is something we have talked about since I arrived," said Callahan. "To add track and field, it's huge for our university, and it's huge for the students we have here, and for the recruiting. Our sport is one that has been taken away from some universities, so it again shows the growth we are having here at UNA, as a university, as an athletic department. It shows that we are here to stay, and we are here to make some noise."

UNA had a men's track program in years past, but it was eliminated in the early-mid 1970's.

Today, 95% of Division I schools sponsor women's outdoor track, making it one of the most widely supported women's sports in the nation.

The addition of distance-based men's and women's indoor and outdoor track provides growth within the UNA cross country program, which is coming off a historic 2024 season. The cross-country program became the first to win an Atlantic Sun Conference championship in 2024 as Brian Bett won the ASUN Individual crown.

Women's flag football received an NCAA emerging sport recommendation earlier this year as the fledgling women's sport experiences rapid growth in Alabama and throughout the southeastern United States. As an early adopter, UNA will establish itself

as a leader in one of the fastest-growing sports in the country.

UNA becomes the second Division I school in Alabama to add women's flag football, joining Alabama State who announced the sport last year. The Lions are among the first six schools to announce women's flag football as a sponsored varsity sport at the Division I level along with future United Athletic Conference opponents UT Arlington, Mount St. Mary's, Long Island Univ., and Mercyhurst.

Eight Alabama community colleges have recently added women's flag football programs. Northwest Shoals Community College announced its women's flag football program last November and is now in its inaugural season with home games played at UNA's Cox Creek Sports Complex.

Alongside explosive national growth in women's flag football, more than 130 Alabama high schools now sponsor the sport, and the Alabama High School Athletic Association (AHSAA) added flag football to the Super Seven State Football Championships last December at Protective Stadium in Birmingham. Neighboring states

of Florida, Georgia, Mississippi and Tennessee also sponsor sanctioned high school state championships. Women's flag football is set to make its Olympics debut at the 2028 games with expected growth at the collegiate level.

A national search for the program's first head coach will begin this fall.

On a national scale, the NFL has launched the NFL FLAG campaign with over 2,000 youth leagues and over 800,000 youth athletes in all 50 states.

Both programs will utilize the Cox Creek Sports Complex, which was constructed in Fall 2024 with a multipurpose turf field as part of the Bank Independent Stadium project. Following a generous donation, the Hulet and Jacqueline Gregory Track was installed around the turf field in Spring 2025. The complex contains ample space to include additional lanes on the track and facilities for field and throwing events in the future.

The PERFECT Dress!



Nan's Fashions & Finds

109 E. 6th St., Tuscumbia
Tues.-Fri. 10-5, Sat. 10-2

The area's exclusive "Voice of the Crimson Tide"



You can hear all Football & Basketball games on 93.9 THE SCORE and the 93.9 THE SCORE APP!

Aluminum Carports and Patio Covers

Tony Cabaniss
256-577-5990
Chuck Cabaniss
256-702-7881

BUY HERE • PAY HERE

BUY HERE PAY HERE CARS

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



2015 Chevrolet Trax



2013 Ford Edge



2010 Ford Edge

\$135/weekly* \$125/weekly* \$105/weekly*

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

MECHANIC ON DUTY
OPEN TO THE PUBLIC: Monday-Friday

*W.A.C.

Advance AUTO SALES **256-767-3705**
www.Advancebhph.com
3641 Cloverdale Rd. • Florence

Mongolian Grill

We now serve hibachi chicken, steak, and shrimp

256-767-0588

121 Cox Creek Parkway, Florence

We are UberEat and DoorDash accessible

FRIDAY SATURDAY DINNER
FROG LEGS, CRAWFISH, HOT WINGS

Lunch
2 person
\$3 OFF
Mongolian Grill

Dinner
2 person
\$5 OFF
Mongolian Grill

Commentary

'Furloughs' are Not Paid Retroactively

Common terminology is that non-essential federal employees were being "furloughed" when the senate could not reach a budget on September 30 for the '25-26 fiscal year. However, those employees will get paid retroactively once the impasse is resolved and the employees return to work.

That is not furlough.

Paystub.org describes furlough as a mandatory and temporary absence from work. If you're put on a furlough as an employee, you retain your employment status and employer-sponsored benefits, but don't work or receive your salary for a period. Companies typically utilize employee furloughs when navigating challenging financial times.

The federal government, close to \$40 trillion in the red, fits the definition of "navigating challenging financial times" as I see it.

We had those arrangements in the newspaper industry for a few years back in the 2010's, when times were supposedly tough.

See **FURLOUGHES...** on Page 20

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

In A Few Words



TOM MAGAZZU
Editor

A Family Event in the Park

TUSCUMBIA – Fun Day in the Park returns this Saturday, October 11 from 9am-2pm in Spring Park, Tuscumbia.

Registration is from 9-11:30am in the Main Pavilion for all Shoals Area Youth, ages 4-13.

It is a day full of fun, food, and community with face painting, karaoke, lots of games, free food and treats for everyone with hot dogs, chips, cola, dessert, cotton candy, popcorn, and snow cones available until 2pm or while supplies last.

Come and meet the Tuscumbia First

See **FUN...** on Page 18



Innovative Mexican Writer and Printmaker influenced an

Artistic Culture

FLORENCE—As part of its Hispanic Heritage Month celebration, the City of Florence Department of Arts and Museums invite you to explore the life and art of José Guadalupe Posada at 10am Saturday, October 11 at the Southall House downtown.

Posada was a writer, printmaker, and innovative Mexican artist. Participants will learn the cultural significance of Calaveras (skulls) and the artistic practices connected to them in their relationship to the

See **POSADA...** on Page 18



October 8, 2025

Happening THIS WEEK

THE ST. JOSEPH TN

ARTIFACT & Collectables Show takes place Saturday October 11 from 8am-3pm at the St. Joseph Civic Center on Spring St. Admission is free. On display will be arrowheads and tools made by early inhabitants, Civil War artifacts, bottles, coins, pocketknives, fossils, and other collectables from all over the southeast. Concessions will be available.

THE WOODMENLIFE CHARITY GOLF

TOURNAMENT gets underway with a 9am Shotgun start, Monday, October 13 at Blackberry Trail Golf Course. Fight Hunger - School Back Pack Programs. 4 person Scramble @ \$400/ team - Breakfast, lunch and mulligans included. Prizes for Longest Drive and Closest to the Pin. • 1st Place Team - \$400 • 2nd Place \$200 • 3rd \$100. For more information, call Adam Beck 256-762-6499.

PINK ALABAMA PRESENTS

PINK THE RUNWAY Fashion Show, an inspiring event honoring cancer survivors. All cancer survivors are invited to dress to impress and rock the runway! Vendors, light snacks, speakers, and entertainment will be featured.

Sunday, October 12, 2-4p.m., at the Florence-Lauderdale Coliseum (702 Veterans Drive, Florence)

Tickets: Entry is \$10, but children 10 and under and all cancer survivors are free.

FOOTBALL

NORTH ALABAMA

SATURDAY
OCT. 11 • 3PM
vs. Central Arkansas
Braly Stadium

SOCCER

OCT. 9 • 6PM at Lipscomb
Nashville, TN

OCT. 4 • 1PM at Austin Peay
Clarksville, TN

VOLLEYBALL

OCT. 10 • 6PM vs Stetson University
OCT. 12 • NOON vs Florida Gulf Coast

Listen free of charge at RoarLions.com/watch

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

YOUR Letters

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

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

He Cannot Be Satisfied

Editor,

Once, upon a time, there was a man who had everything. Born into a wealthy family, he lived in estates with servants and attended the best schools. He avoided military service during the Vietnam era and graduated from an Ivy League college. Accepting millions from his father, he began dealing in real estate. By his admission, he made lots of money, acquiring several bankruptcies along the way. He had three beautiful wives, five healthy children, and his name in important buildings and prestigious golf resorts.

Finally, he became president of a country founded on principles of a representative, democracy and

individual freedoms. Fame, fortune, health, and wealth were his! This isn't the end of the story.

One would expect such a person would be filled with gratitude, humility, generosity, and compassion. One would think he might spend the rest of his life thanking God, for all he had been given.

... Have you ever looked at the FDA of iron in foods?...



Instead, he became paranoid, angry, vengeful, mean-spirited, disrespectful, and completely narcissistic. He publicly demeans, belittles, bullies, and intimidates others. Adulation is demanded from all of those around him. Still his quest for fame and fortune cannot be satisfied.

This story is not a fairytale. It is real. It is happening today.

Not knowing what the future holds, I hope this man has a road to Damascus experience the changes his heart.

I think about the good that could be accomplished if that happened. Perhaps reading a Bible would be more helpful to him than selling Bibles.

G. Simmons
Killen

See **LETTERS...** on Page 26

Community Notes...

Continued from page 4

Christmas for Kids - It's that time of year again. We are in need of sponsors for children during Christmas. These children have one or both parents in either jail or prison.

These are innocent children who have done nothing but are certainly affected because of their parent's wrongdoing.

If you or your organization would like to sponsor one or more of these children who do deserve a beautiful Christmas or would like more details call or write me.

Debbie Dixon 256-443-1297, P.O. Box 2234, Florence, AL 35630. Tax ID # 27-20011583

"Echoes of the Forks of Cypress:" Film Screening - October 9 at 6:30pm. at the Southall Building, 209 E. Tuscaloosa Street, Florence.

Florence Arts and Museums is hosting a screening of "Echoes of the Forks of Cypress," a film by Frederick Murphy. Tickets are \$15 and will fund the cost

of making the film as well as screening it across the country.

Originally funded by the Alabama Humanities Alliance as part of their "Healing History" initiative, the documentary "Echoes of The Forks of Cypress" delves into the intertwined lives of the enslaved people and their enslavers at the Forks of Cypress plantation in Florence, Alabama. The film narrates the historical significance of the plantation, focusing on the daily lives, struggles, and resilience of the enslaved individuals who lived and worked there.

To purchase tickets or make donations, go to the Florence Arts and Museums website: <https://www.florencealmuseums.com/forks>

For more information, call 256-760-6379 or email connect@florencealmuseums.com

FREE to the Public: Shoals Community Clinic presents the Annual Community Health Fair on Monday, October 13, 9am-2pm, at the clinic located at 309-B WC Handy Place, Florence. For more information, please call 256-760-4713.

This event includes FREE Professional Screenings for Blood Pressure, Hearing and Vision. Fast for 6 hours prior to testing for Cholesterol Screening and Diabetes Screening. FREE Flu Shots, FREE Lab Reports, and much more!

Co-Sponsored by: UNA Anderson

College of Nursing and Health Professions and Shoals Community Clinic, which is a partner agency of United Way of Northwest Alabama.

"All New" Opry "A Tribute to the Stars" - Saturday, October 25, 6pm at the St. Joseph Civic Center, 10 Park Drive, St. Joseph, TN 38481. Presented By The Cadillacs.

TRIBUTES TO: Alison Krauss, Shania Twain, Linda Ronstadt, Martina McBride, Wynonna Judd, Janis Joplin, Elvis, Lee Ann Womack, Sara Evans, Aretha Franklin, Patsy Cline, Dolly, Kenny Rogers, George Jones, Tammy Wynette, Merle, Connie Smith, Johnny Cash, Loretta Lynn, Earnest Tubbs, Teri Gibbs,

Trick Pony, Archie And Edith Bunker, Barry Sadler And More!

Your host for the evening is Dennis Odem. Admission \$15. We encourage everyone to bring canned food to the show for The Jesus Mission. A portion of the proceeds will benefit the St. Joseph Jesus Mission.

Dancers welcome. Don't miss this exciting show! "You'll get your money's worth the first 15 minutes and the rest of the show will be absolutely free."

Producer and Director - Carolyn Odem, Sound - Dennis Odem 256-762-7383.

See NOTES... page 19

BREAST NAVIGATION PROGRAM

At the Keller Breast Center, *your fight is our fight*. Our comprehensive Breast Health Program ensures that care is seamless — from routine screenings and diagnosis, to treatment, recovery and survivorship. Located on the campus of Helen Keller Hospital, patients have access to a full team of specialists, including radiologists, oncologists, surgeons and other experts who collaborate to provide **comprehensive and individualized care**.

\$40 MAMMOGRAMS
EVERY TUESDAY & THURSDAY
IN OCTOBER

For women over the age of 40 with no previous history of breast cancer. Not covered by insurance or Medicare.

SCHEDULE AN APPOINTMENT:
256.386.4114



THE COURIER JOURNAL - We're Good For Your Business!

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

C.A.S.E. WALNUT LUXURY VINYL PLANK FLOORING.

8 unopened boxes, 24 sq. ft. per box, \$50 per box. 1 box with 7 planks, 1 box with planks of various cuts. Both FREE., \$400 Firm. Cash Only. 256-810-4097

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

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

SUMMER SPECIAL, Gutter clean out, seamless gutters, gutter guards, Call GUTTER WORKS 256-394-3497

TOYOTA: SIENNA, 2000 \$2,500. Brown 223,700mi 5 door rear heat/AC mid and rear seats Pay/car transfer at TVA Credit Union. Florence 919-297-2294.

LIBERTY CUSTOM HOMES & RENOVATION, LLC Kitchens, bathrooms, garages, additions, decks, home repairs, lawncare. Licensed & Insured. References upon request, Free estimates. Call or text. 256-366-9884

LICENSED ELECTRICIAN
Repairs, Installation,
Trusted, Reliable, Local
256-762-7663 Ron

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

WE BUY RIDING MOWERS, John Deere, Cub Cadet, Kubota, Craftsman, etc, We will buy it running or not. Give us a call at 256-275-2276

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

MAKE A CLEAN SWEEP during our Anniversary Month CLASSIFIED BLOWOUT Celebrating 43 years! Get 2 extra lines free, even if you have 6-week business or 4-week private party packages. Valid on all Private Party, Commercial, Yard Sale, and Real Estate Classified ads. NO LIMIT to number of ads or weeks placed! Other restrictions apply. Call 256-764-4268. Not available online. 2 EXTRA Lines FREE. Offer valid through Friday, October 31, 2025

Shingle & Metal Roofing

- Standing Seam
- Custom Made on Job Site
- Concealed Fasteners
- Competitive Pricing

ALUMINUM GUTTERS

LICENSED,
INSURED & BONDED

USA Made Products

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

Now Accepting 

ASK THE ATTORNEY



Thomas McCutcheon

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

DOCTORS, DOCTORS, DOCTORS

Who to use – How to choose

Medicine is composed of many different sub-specialties. In a personal injury case, doctors give opinions regarding the injuries people receive and whether they are related to the accident.

Additionally, doctors provide testimony that the treatment injury victims receive is necessary and the costs associated with that treatment are reasonable. Emergency room doctors see more trauma cases than other doctors, but as personal injury attorneys, we rarely obtain their testimony. By far, orthopedic doctors give the greatest number of depositions, followed by neurosurgeons, and then other sub-specialists.

On occasion there are some non-personal injury lawyers who take medical depositions, but mostly the lawyers who practice personal injury law are the vast majority who take medical depositions. Some doctors, who are familiar with the process of a deposition, are very verbal and will link the injured person's injuries to an accident, and then there are others who just will not do it. The injured person must tell the doctor about the accident, because if not, the doctor has no way of knowing that your injuries were caused by an accident. They weren't there. They didn't see what happened. IT IS VERY IMPORTANT to let your doctor(s) know how the accident happened, what you believe your injuries to be, and how those injuries have affected your daily activities, your job, and things of that nature.

If you get a bad feeling that the doctor you are seeing is not on your side, call us. We are on your side. Don't continue treating with an ornery doctor who doesn't see your injuries as being compensable.

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

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

P. O. Box 38, Florence, Alabama 35631
or visit our website at: www.mhatty.com
facebook: McCutcheon and Hamner, P.C.

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



MCCUTCHEON & HAMNER
ATTORNEYS AT LAW

SHOP SMARTER
Buy Local, Sell Local

**Advertise in the
Courier Journal**
SEE PAGE 6 FOR DETAILS

**Courier
Journal**



AVALON
— MEDICAL GROUP —

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

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

Welcoming new patients for primary care.

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

WINDOW WORLD OF MUSCLE SHOALS



ENERGY EFFICIENT

Windows, Siding, Doors & More!

BACKED BY A LIFETIME WARRANTY



FINANCING AVAILABLE

GET YOUR FREE ESTIMATE
WindowWorldMuscleShoals.com

(256) 383-8894

717 Michigan Ave, Muscle Shoals, AL 35661







Home-Owned, Home-Operated





Preferred Angus Beef
BONELESS RIBEYE STEAK
Family Pack

\$15.99 Lb.

SUSHI
Made Fresh
DAILY at our
Killen
Location



Fresh
GROUND BEEF
73% Lean - Family Pack

\$4.29 Lb.



Peeled & Deveined
RAW SHRIMP
21/25

\$7.99 1 Lb.



Sanderson Farms
Fresh
BONELESS CHICKEN BREAST

\$3.29 Lb.



Family Pack
COUNTRY STYLE PORK RIBS OR PORK STEAKS
\$2.49 Lb.

Prairie Fresh
WHOLE BOSTON BUTT PORK ROAST

\$1.99 Lb.



Large Fresh
CANTALOUPE
Each

2/\$4



Red Or Green
SEEDLESS GRAPES
Lb.

\$1.99



Fresh Georgia
COLLARD OR TURNIP GREENS
Bunch

89¢



YELLOW ONIONS
3 Lbs.

2/\$4



Banquet
POT PIES
7 Oz.

5/\$5



Chef Boyardee
PASTA
7/15 Oz.

4/\$5



Rotel
DICED TOMATOES & GREEN CHILIES
10 Oz.

4/\$5



Food Club
WATER
24 Pk. .5 Liters

3/\$10



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

\$1.99



Yoplait
YOGURT
6 Oz.

49¢

Betty Crocker FRUIT SNACKS 6-10 Ct. 2/\$5	Hormel CHILI 15 Oz. 2/\$5	SPAM 12 Oz. 2/\$7	General Mills CEREAL: HONEY NUT CHEERIOS OR CINN'TOAST CRUNCH Family Size 18 Oz. \$3.99
Planter PEANUTS 16 Oz. 2/\$6	Keebler CLUB CRACKERS 11-13 Oz. \$3.49	Febreze AIR FRESHENER 8 Oz. \$2.99	Gain LIQUID 107 Loads Or Gain FLINGS 60 Ct. \$14.99
Mtn. Dew, Sunkist, Starry Or PEPSI 2 Liters 2/\$4	Mtn. Dew, Sunkist, Starry Or PEPSI 12 Pk. 12 Oz. \$6.99	Mtn. Dew, Sunkist, Starry Or PEPSI 6 Pk. .5 Liters 3/\$12	GATORADE 28 Oz. \$1.49
FRITOS OR CHEETOS 6-10 Oz. 2/\$8	Lay's CHIPS 7-8 Oz. 2/\$6	Golden Flakes PORK SKINS, CHEESE PUFFS OR CURLS 3-6 Oz. 3/\$5	Blue Bell ICE CREAM 1/2 Gallon \$6.99

DAIRY & FROZEN

Pillsbury Ready To Bake COOKIES 16 Oz. 2/\$7	Ore-Ida FRIES OR TATER TOTS 28-32 Oz. \$4.49
Daisy SOUR CREAM OR COTTAGE CHEESE 14-16 Oz. 2/\$5	COOL WHIP Topping 7-8 Oz. 2/\$4
Food Club Pure ORANGE JUICE 52 Oz. \$4.99	Totino's PIZZA ROLLS 100 Ct. \$9.99
Imperial SPREAD 45 Oz. \$2.99	Mayfield ICE CREAM BARS 6-12 Ct. \$2.99

BEER & WINE

Miller Lite Or Coors Light BEER 15 Pk. Pints \$19.99	Budweiser Or Bud Light BEER 12 Pk. Cans Or Btls. \$13.99
Liberty Creek WINE 1.5 Liters \$8.99	Stella Rosa WINE 750 ML \$11.99

Not Available At All Locations!

M-E-A-T

Previously Frozen CHICKEN DRUMSTICKS Family Pack \$1.29 Lb.	Preferred Angus Beef Boneless BOTTOM ROUND ROAST \$6.99 Lb.
Choice EYE OF ROUND ROAST \$7.99 Lb.	Family Pack BOTTOM ROUND STEAK \$7.49 Lb.
Kings SMOKED BACON 40 Oz. \$11.99	Smithfield Marinated PORK TENDERS OR FILETS Asst. Flavors \$6.49 19.2/23 Oz.
Smithfield BACON Regular Or Thick \$3.99 12 Oz.	Freshland SAUSAGE Mild or Hot \$3.49 1 Lb. Roll
	Oscar Mayer RED RIND BOLOGNA Regular Or Super Thick \$2.99 16 Oz.

AD GOOD OCT. 8-14, 2025
Prices Good At These Locations ONLY!

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

FOODLAND
Supermarkets

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

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

Tractor Trailer Wreck?

Our client recovered \$3,500,000!

NEVER settle for less.



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

mhatty.com
256.333.5000

MCCUTCHEON & HAMNER, P.C. 2023 & 2024
RECOGNIZED BY
Best Lawyers

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

CHALLENGER FISHING BOAT 17 ft. 90 HP Evinrude. All new seats, depth finder, fish finder, on board charger, all from Cabela's, metallic red \$2,900 256-648-6221

NISSAN: ALTIMA, 2019 \$18,950, Platinum Edition, 75K miles, pearl white, heated leather, sunroof, navigation, rearview camera, alloy wheels with new tires, super clean, Must See! Call 256-527-2125

ROBERTSON BUILDERS NEW HOME CONSTRUCTION, RE-MODELING, painting, home repairs, land scaping. Licensed and insured. In business since 1960. 931-242-0201

QUALITY FOUNDATION

And All Types of Home Improvement

Home Owned & Operated in the Shoals by Wayne Lawhorn

Let Us Add Stability to Your Flooring

FREE Estimate

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



BEFORE
FLOOR
HEAVY DUTY STEEL JACKS
AFTER
Solid Steel Jacks



DOG GROOMING

In the comfort of your home
Less stress & Anxiety
40 years experience
Call Michelle 256-710-8984

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

WE BUY RIDING MOWERS, John Deere, Cub Cadet, Kubota, Craftsman, etc, We will buy it running or not. Give us a call at 256-275-2276



IT'S ALL ABOUT WE.



1812 Woodward Avenue, Muscle Shoals, AL 35661
256.314.6580

Shoals Primary Care

Dr. Brad Ginevan

is Welcoming New Patients in Sheffield



Monday-Thursday • 8am - 5pm

MOST INSURANCE ACCEPTED • MEDICARE PATIENTS WELCOME

Walk-ins are Welcome



SHOALS PRIMARY CARE

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

Whether you are faced with a career change or just seeking advice on your current financial strategy, our experienced Financial Advisors are here to thoroughly understand you and your investment objectives. Our goal is to give you personalized advice in a format that is transparent and easy to understand.

Retirement/Career Change:

- A tailored plan based of your goals and timeline
- Education on your options for Pension & 401k funds
- Establishing a timeline for retirement
- Setting expectations for how much income you can generate from your retirement portfolio

We will provide a no obligation review of your strategy designed to address your questions:

- Am I properly diversified based on my goals?
- Is my current financial strategy too conservative or aggressive?
- Are the fees I'm currently paying reasonable?
- Could my strategy be more tax efficient?

Securities and advisory services are offered through LPL Financial (LPL), a registered investment advisor and broker-dealer (member FINRA/SIPC). Insurance products are offered through LPL or its licensed affiliates. Listerhill Credit Union and Listerhill Investment Services are not registered as broker-dealer or investment advisor. Registered representatives of LPL offer products and services using Listerhill Investment Services, and may also be employees of Listerhill Credit Union. These products and services are being offered through LPL or its affiliates, which are separate entities from, and not affiliates of, Listerhill Credit Union or Listerhill Investment Services. Securities and insurance offered through LPL or its affiliates are:

Not insured by NCUA or Any Other Government Agency	Not Credit Union Guaranteed
Not Credit Union Deposits or Obligations	May Lose Value

SHOP SMARTER

BUY LOCAL, SELL LOCAL

Advertise with us



SEE PAGE 6 FOR DETAILS

Catherine Barnes WOMEN'S HEALTH FAIR at the Shoals Community Clinic

October 20th & 24th

Shoals Community Clinic, 309-B WC Handy Place, Florence

FREE TO THE COMMUNITY

BY APPOINTMENT

256-760-4713

> Pap Smear Screenings

> Clinical Breast & Cervical Exams

> Mammograms (if qualify)

Patients Should Be...

- Women ages of 40 - 64
- Without insurance
- Low income

Presented by:

UNA Anderson College of Nursing and Health Professions,
Florence Pathology Service, Tri-State Center for Breast Health,
Lauderdale County Radiology, ABCCEDP, and
the Shoals Community Clinic's WELL WOMAN PROJECT



Posada...

Continued from Page 12

upcoming Latin holiday of Día de los Muertos. (Day of the Dead)

For this all-ages family event, Museum Educator Ana Peebles will start with a reading from "Funny Bones" by Duncan Tonatiuh, followed by a presentation on Posada and a hands-on activity.

Participants will get a chance to create scratch art Calaveras (skulls) like the way Posada created his own art! Afterwards, they can take home what they created or add them to the group of decorations for the Día de los Muertos event on November 1.

This program is free. The Southall Historic Home is located at 209 E Tuscaloosa St, Florence, AL next to Kennedy-Douglass Center for the Arts. Call 256-760-6379 for more information.

Community Notes...

Continued from page 13

American Legion Colbert County Memorial Post 31 will meet at 6pm on Monday, October 20 at the Post meeting hall located at 110 1/2 N. Main St. in Tuscumbia. A stair-lift is available if needed to the upstairs location. A meal will be provided. All Veterans are invited. For more information, please call 256-762-5950.

"Frankenstein" is coming to Cypress Moon Studios Thursday-Sunday, October 16-19. In this new twist on the classic drama/tragedy, a mysterious laboratory, a dark cemetery and a university classroom provide the setting for Victor Frankenstein and his university friends, students who dabble in the mystical science of regeneration. The full-length play is written by Ric Averill, adapted from the book by Mary Shelley, produced by Tonya Holly, and directed by Amanda Perry.

October 16-18 at 7pm, and October 18-19 at 2pm. Tickets are \$15 in advance and \$20 at the door. Visit cypressmoonstudios.org for tickets. The Full Moon Theatre at Cypress Moon Studios is located at 1000 Alabama Avenue in Sheffield.

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: Oct 19, Nov 16, and Dec 7.

"Kids & Quilts!" Saturday, October 11, and Saturday, October 25, 2:30pm-3:30pm at Belle Mont Mansion, 1569 Cook Lane, Tuscumbia. \$5.00 per family

As a complement to Belle Mont's Quilt Show exhibit, we are excited to add a "Kids & Quilts" programme series!

These exciting new programs will include quilt themed story times, snacks, coloring, museum admission, and hands-on creative activities. Children will even get to decorate their own quilt square! After the programs, all of the squares will be put together and go on display inside historic Belle Mont!

This program is recommended for children 3 and up. The cost is \$5.00 per family. No reservation needed and all supplies will be provided. There will be a different story at each program.

For more information please call 256-381-5052 or email bellemontmansion@gmail.com.

Greater St. Paul AME Church October Fest! Sunday October 26, beginning at 12:30pm. Bingo for only \$5 donation! Winners will receive a prize! Trunk Treats, Food and Fellowship. You don't want to miss it! 129 Cherokee Street, Florence.

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.

UNA Homecoming Parade is scheduled for Saturday, October 18, at 11:30 a.m. This year's Homecoming theme is Purple Reign - A Dynasty of Champions.

The UNA Homecoming Parade is presented by Chick-fil-A Florence.

Parade Registration Link: <https://cglink.me/2sy/s177>

Registration Deadline: Monday, October 13

See NOTES... page 28

Fun...

Continued from Page 12

Responders, Tuscumbia Police Dept, and the Tuscumbia Fire Dept.

Kids will receive Junior police badges and fire hats and kids ages 4-13 get a free t-shirt while supplies last

All children MUST be accompanied by a parent or guardian who will remain with them.

The event is sponsored by Shoals Elks Lodge #2860 in Sheffield. For more information, email: shoalselks2860@gmail.com

The Professor Says To Spread The Word! Shop Smarter!

If you really want to know what you're getting, get it from someone local.

Buy Local, Sell Local



219 W. Tennessee St., Florence
256-764-4268

www.courierjournal.net

Free
KASASA

***Cash® Checking ***

5.50% APY*

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

0.05% APY*

* ON ALL BALANCES, EVEN IF QUALIFICATIONS ARE NOT MET



FirstSouthern
BANK

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

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

visit



www.firstsouthern.com/kasasa/

Member
FDIC

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



Week of October 1 winner is

Sophia Harts of Florence

who correctly guessed

"Your Financial Solutions Pine St Florence"



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

Insurance Insights

"Below is a State Farm® Simple Insights® article about "How to buy a car online" is provided by State Farm agent Rebecca Stutts Hovater.

How to buy a car online

Written by State Farm® Editorial Team

Internet sales of cars are booming. Here's how to securely buy a car online.

Need a new set of wheels but not looking forward to the high-pressure environment of a dealership? While including the added benefit of social distancing for higher-risk shoppers, a (mostly) virtual buying experience can often save you time, money and unwanted stress.

Buying cars online vs dealership

When it comes to buying cars online versus at a dealership, it's not an all-or-nothing situation. Of course, there is the traditional method of visiting a dealership and completing your purchase there, from start to finish, as well as the opposite practice of completing the purchasing process from your office chair at home. There are, however, many variations that fall between those two extremes. You could shop dealerships first, and ultimately find a specific car online, or you could do your research and dealing online and ultimately purchase your car at a dealership. Here are steps you should follow no matter where you fall on the spectrum.

Do your research

Choose a model, trim level and your must-have features. Be sure to check car safety ratings and car insurance rates for your chosen model. You can change your mind at any time, but knowing what you want will help you narrow your search. After you've done all the research and you're ready to purchase a car, it's typically easy to obtain proof of insurance and to add or replace a vehicle on your existing insurance policy.

Set your budget

Establish your budget before you inquire about pricing. Determine whether it makes sense to look for a new or used car, which can significantly affect pricing. When you land on a car budget you feel comfortable with, you can look for funding.

Get a pre approved auto loan

Whether this car purchase is your first or your fourteenth, it's always important to brush up on auto loan basics before purchasing a new vehicle. Familiarize yourself with the process and secure your funding before you reach out to dealerships for pricing.

Go for a test drive

Visit a dealership to take your preferred make and model vehicle for a spin. Once you've located the specific car you want, make sure to test drive it to make sure everything is running smoothly. But don't get caught up in the moment — wait until you're back in front of your computer to get down to brass tacks.

Get quotes

After you've found the car you want, you can contact dealerships about pricing. Ask them for their best out-the-door price (inclusive of taxes and fees).

Negotiate

Email each dealership again and ask them to beat the lowest quote you've received. Then keep circulating the new lowest quote until the dealerships stop coming down on their price. A few extra emails could save you hundreds — or even thousands — of dollars.

Protect your investment

Purchasing a car is a significant investment — make sure you take the proper steps to ensure a secure transaction. Ask to see the title before you make the purchase and, if the car is used, make sure to ask for a car history report. Take time to review the purchasing and loan contracts, and if possible, have them reviewed by a lawyer.



State Farm® Insurance Agent
Rebecca Stutts Hovater



501 S Montgomery Ave, Suite C
Sheffield

256-383-1250 ReccaHovater.com

email: Rebecca@RebeccaHovater.com

Take Note...
of your Community.



Community Notes

Food Outlet

This Ad Good October 8-14, 2025

2503 North Wood Ave. • Florence
256-766-0456

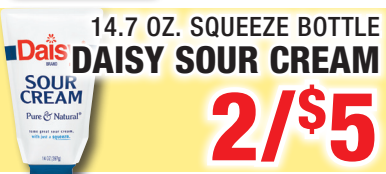
Hwy 200 • Central Heights
256-349-2377

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

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



DAIRY SPECIALS



PRODUCE SPECIALS



FROZEN SPECIALS



6 PACK 1/2 LITERS
PEPSI
PRODUCTS

3/\$12





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



St. Vincent de Paul
THRIFT STORE
Help Us, Help Others
Serving Families of the Shoals
Wall Art & Picture Frames 1/2 OFF
659 South Poplar Street, Florence
(Conveniently Located in Downtown Florence Off Veterans Drive)
256-718-0901 • Mon.-Fri. 10am-4pm, Sat. 10am-2pm
www.facebook.com/SVDPFlorence

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

CHALLENGER FISHING BOAT 17 ft. 90 HP Evinrude. All new seats, depth finder, fish finder, on board charger, all from Cabela's, metallic red \$2,900 256-6221

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

WHITLOCK REMODELING
Do-it-All Handyman!
Add on Sunrooms; Flooring; Painting, interior/exterior; Windows & Doors; Drywall hanging/finishing; Kitchens; Bathrooms; Vinyl Siding; Porches. No job too big or too small. 256-349-3703 or 256-291-6630

HEADLINER IN YOUR HAIR?
We Can Fix It! (Most colors in stock) Call 256-483-2923 Shoals area.

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

Commentary

'Furloughs' are Not Paid Retroactively

Continued from Page 12

Exempt employees (salaried) and non-exempt employees (hourly) often arranged furlough time differently because of employment laws, but they each had to accumulate the furlough period mandated by the company, no exceptions.

The federal government employs over 2 million civilians, and their pay is typically structured as a salary rather than hourly compensation. The average salary for federal employees in 2025 is approximately \$97,000/year and they are paid every two weeks.

During a furlough in the private sector, if a salaried employee works any portion of a pay period, they must be paid their full salary. When they don't work at all during that period, they don't get paid.

Federal employees are paid retroactively, regardless. I contend they should not be.

No, it's not their fault that the senate can't reach a compromise on the federal budget. However, it's not the taxpayers' fault either. Estimates are that \$400 million per day is reimbursed retroactively without ANY work being done. Again, as a country we are "navigating challenging financial times."

I am all for people getting what they work for, along with all their contracted benefits. However, when averaging close to 100K in salary alone as a public servant, that should be part of the annual risk they take, one they should have to budget for - just like everyone else.

This marks the 22nd government shutdown in U.S. history. The first was in 1976 under Gerald Ford. There were five under Jimmy Carter from 1977-'79. Ronald Reagan was president for eight of the shutdowns from '81-'87. This is the fourth while Trump has been president.

Prior to 2019, employees furloughed during a government shutdown were not "entitled" to retroactive pay for those furloughed days. However, they historically received retroactive pay because of legislation to that effect included in each year's budget compromise.

Following a prolonged shutdown in 2019,

Congress passed, and President Trump signed, the Government Employee Fair Treatment Act of 2019, which now legally requires that furloughed federal employees receive retroactive pay.

All they did was remove themselves from a potentially messy situation down the road. If anything, they should have officially rescinded any retroactive pay during a shutdown. That would have accomplished two very important things:

1) To avoid the prospect of dealing with federal employees' displeasure, it would force the Senate to reach a compromise within that two-week pay period. If it lasted 10 days, the employees would return

to work and get paid for the full time. The taxpayer would only be out \$4 billion toward that budget deficit. What a great deal, huh!?

2) If it lasted longer than two weeks, it would take the taxpayer off the hook for that pay period, and federal employees would have to adjust to slight budget hiccups like the rest of us do sometimes.

While we're on the subject, better yet... maybe no Senator should get paid for any time that the government is shut down because of a budget impasse, be it one day or one month, and with NO retroactive pay when they return. Theoretically, if they aren't accomplishing anything in that position, they aren't really working.

Ja Var Myatt-Jones MD

A Primary Care Physician
specializing in Family Medicine
with additional training in
Integrative Medicine



at MEDICAL MALL LOCATION

Now Accepting
New Patients

Walk-ins are
Welcome

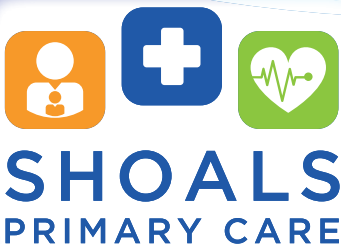
Admitting to Helen Keller Hospital
and Shoals Hospital

MOST INSURANCE ACCEPTED - MEDICARE PATIENTS WELCOME

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

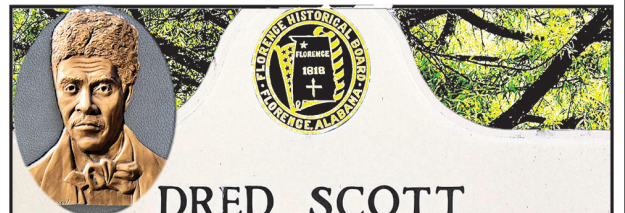


Follow me on Facebook!
(Dr. Javar Jones at Shoals Primary Care)



Medical Mall
1404 East Avalon Ave,
Suite A • Tusculumbia
Ph: 256-381-5507
Fax: 256-314-0610
shoalsprimarycarellc.com

SIGNS OF THE PAST



DRED SCOTT
(In Florence 1820-1830)

Dred Scott, whose name is associated with the landmark U.S. Supreme Court Dred Scott Decision of 1857, was born in Virginia between 1795-1809. In 1818 he was in Madison County, Alabama. He came to Florence with the Peter Blow family in 1820. About 1827 the Peter Blow Inn was established at this site. Scott served as the hostler here until the Blows relocated to St. Louis, Missouri, in 1830. Afterwards, Scott was sold to Dr. John Emerson. It was under Emerson's service that Scott based his legal fight for freedom that resulted in the Dred Scott Decision.

Location: 34.7999°N, 87.6775°W
Pine St between TN St.
& Mobile, Florence

As a SLAVE in a "Free State", Dred sought his freedom. Instead in 1857, the Supreme Court declared Negroes non-citizens with no rights and said authorities had to seek out escaped slaves in the North and return them to the South. The scandalous decision increased the tensions between North and South leading up to the civil war.

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

If Jesus Comes Tomorrow What Then

If Jesus comes tomorrow, to spend some time with you, would you answer all His questions or lie to hide the truth? Would you welcome Him with open arms or even let Him in? If Jesus comes tomorrow, what then? If Jesus calls your number could you leave today? Are you ready to lay down your worldly goods and walk away? Would it take a month of Sundays just to tell Him all your sin? If Jesus comes tomorrow, what then? If the sky turns black as midnight in the middle of the day and somehow you knew that Jesus would soon be on His way; Would you have to beg forgiveness or could you reach out and take His hand? If Jesus comes tomorrow, what then?

I have another reason for going to heaven, my wife is waiting there for me. Another rose left this earth September 23. What a beautiful lady she is! I was not worthy of her love. Christ has visited my house a lot in the last few years. Why? Because He was welcome and still is! His mercies endure forever. I am living proof of that!

Thanks to all my children and grandkids and greatgrandkids and families for all their work in helping us through difficult times. Thanks to Amy and Jason at the Rogersville Funeral Home for a perfect service. Thank all of you for coming, for the flowers and gifts and prayers. Thanks be to God Almighty for His fulness and presence in the service. Nothing can happen without His blessing and presence and power. Praise His holy name! God's tomorrows for me are yet to be seen, but if Jesus comes tomorrow, I will gladly take His hand. What about you, are you ready to meet your Creator? I can't wait to see the one who loved me enough to die, shed His blood, suffer my hell for me, and saved my soul! I pray now if you're out there and have never been saved that you will ask Christ to forgive you your sins, come into your heart and save your soul and receive Him as your Lord and Saviour and only hope for a home in heaven. He'll do it!

Beacon Baptist Church

Bill Bishop, Pastor • Rogersville • 256-247-7733

1.2 miles north from red light on Hwy. 207 on left
Sunday services at 10am and 11am and 6pm

Visitors welcome!

Michael Kors black purse \$85, Cole
Hann men's Shoes 9.5D, burgundy \$65
256-227-4010

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

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

PAINTING AND HOME REPAIRS
Sheet rock patch and repair water
and mold damage. Decks and
fences. Free estimates. Call Jimmy
Brown 256-879-8199

ALABAMA CRACK MAN

William James Greenlee III

Extra Mile Brick

"ALL MASONRY REPAIR"

•Fireplace •Chimney •Firebox

•Cracked Walls •Loose Brick

•Driveway Cracks •Steps •Firebox

•Tuck Pointing •Cracked Brick

•Stucco •Stone Work •Concrete

•Historic Restoration

82nd AIRBORNE INFANTRY

Combat Veteran

256-797-5281



FORD: FUSION, 2015 204,000 miles, 4
cylinder, loaded with all amenities, new
tires, very clean, no accidents, 35-40 mpg
on highway, beautiful black with black/tan
interior, tinted windows, runs great! \$6,000
firm. Will send pics. Call or Text 256-810-
2856 Sheffield

WANTED DEAD OR ALIVE!

Junk batteries, \$5 each. Ranger
Battery Co. 426 Royal Avenue.
256-766-0473

HEADLINER IN YOUR HAIR?

We Can Fix It! (Most colors in
stock) Call 256-483-2923 Shoals
area.

FINANCIALLY STRESSED?

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



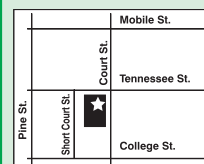
**B. Grant
McNutt**
Attorney at Law



**Nicholas H.
Gajewski**
Attorney at Law



**Tanya
McCalpin**
Attorney at Law



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

Attorneys Providing Financial Solutions

Florence • 256-760-1010

121 S. Court Street, Florence, AL 35630

For more information, visit www.bondnbotes.com

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

Flip the Pages Online: CourierJournal.net

Northwest Alabama Leg Pain Specialists

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



Do you suffer from...

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

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

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

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

2095 Florence Blvd., Florence

Phone: 256-766-2310 • Fax: 256-768-9956

**WALKER
RANCH**

*Fall
Festival*

October 2025

16402 Co Rd 2 Florence
1 mile west of the
Florence SportsPlex

PICK YOUR OWN PUMPKINS

Days & Times

Thursdays & Fridays
3pm-7pm
Saturdays 10am-7pm



General Admission

\$15

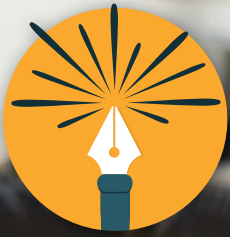
Armband \$25

Corn Maze Hay Rides Petting Zoo
Horse Rides Cotton Fields Pumpkin Patch
Food Trucks Scooby the Brahma Bull

See Ya There!



**We accept Cash
or Credit Card**



Local media supports the local economy

Thriving local media can serve small businesses through advertising and partnerships, strengthening economic development in our communities.

We can all support essential local journalism by

In a world increasingly shaped by global headlines and social media noise, reconnecting with local news is vital for civic engagement, accountability, and community resilience.

Support your local news outlets with good news, coming events, and your advertising dollars



October 5-11, 2025

National Newspaper Week

Embracing Local Journalism for a Better Future

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



666096-1

ON YOUR DEBT

Labor Day and the Dignity of Work: How Birmingham Forged a Path to Financial Freedom



B. Grant McNutt
Managing Attorney

As I enjoyed this past Labor Day, my thoughts turned to Alabama's unique history with bankruptcy—a history deeply rooted in the value of work. For generations, our state has been at the heart of a system that gives hardworking people a chance to pay back their debts while keeping their assets and their dignity.

This connection is especially meaningful to Bond & Botes. Back in 1989, we opened the first Bond & Botes office in Birmingham, Alabama. From the very beginning, it has been a privilege to represent the working men and women across Alabama who simply need a fair plan and a little breathing room to get back on their feet. We now have offices throughout this great State.

The Beginnings of Debtor's Court in Alabama

The story goes back to the 1930s, when the Great Depression left many Alabama families buried in debt. Creditors were quick to repossess cars, seize homes, and garnish wages. For workers who depended on their paychecks to survive, the situation was bleak and offered little hope.

In Birmingham, Alabama, in 1933, in a truly groundbreaking move, Judge W.I. Grubb and Special Referee Valentine J. Nesbit used a little-known provision of the Bankruptcy Act of 1898 to create what became known as "debtor's court." Instead of forcing people into a straight liquidation—losing everything and ending up in poverty—they allowed workers to repay debts out of their wages under a court-approved plan.

It was a revolutionary idea that gave people a path to financial recovery with their dignity intact. Families could keep the basics they needed to live and work while showing good faith by paying back what they could. This local innovation in Birmingham eventually shaped national law. In 1938, Congress passed the Chandler Act, which created Chapter XIII—the forerunner of today's Chapter 13 bankruptcy.

Labor Day and Chapter 13

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

Labor Day is a holiday built on the dignity of work. Chapter 13 bankruptcy reflects that same value. It recognizes that most debtors want to pay what they can but need time and protection from creditors to do so.

Through Chapter 13, workers make structured payments over three to five years, all supervised by the court. They often keep their homes, their cars, and their paychecks while creditors are treated fairly. It's not about avoiding responsibility—it's about working your way out of debt.

Birmingham's Legacy Lives On

Birmingham's debtor's court didn't just make history; it continues to shape lives today. Alabama still has one of the highest percentages of Chapter 13 filings in the country. Families here know the value of keeping their assets and paying back what they can, and Chapter 13 allows them to do just that.

For us at Bond & Botes, that legacy is personal. Since 1989, we've had the honor of standing with thousands of working people who want a chance to hold on to their property, protect their families, and regain control of their finances. Every case we handle is a reminder of the same principle that guided Judge Grubb and Referee Nesbit nearly a century ago: labor deserves a path forward.

If you or someone you know is struggling under the weight of debt, there is hope. Just as Birmingham once led the way with debtor's court, we continue that mission today—helping people across Alabama work their way back to stability and peace of mind.

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 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.

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

Bond & Botes, P.C.
Attorneys Providing Financial Solutions

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

121 S. Court Street, Florence, AL 35630

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

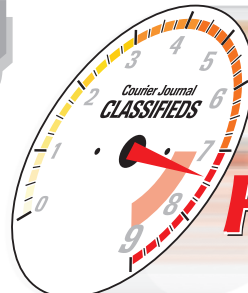


www.bondnbotes.com | Bond, Botes

Catch the eye of your buyer faster than any other classified advertising in the Shoals Area!

See the **Classified Form** on page 6 for details on how to place your ad or visit www.CourierJournal.net

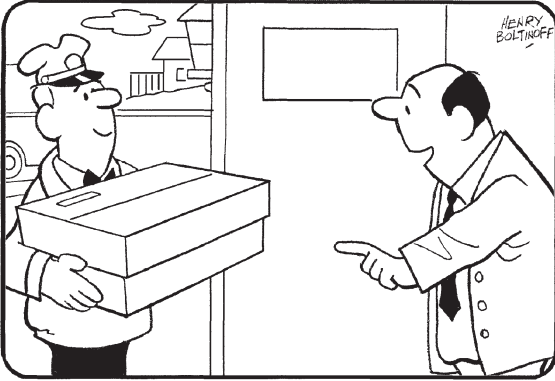
Courier Journal



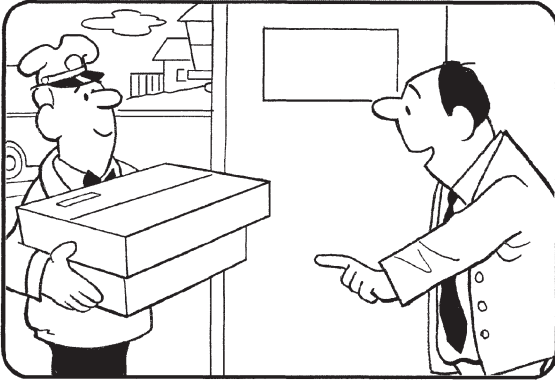
Sell It Fast with a RED LINE AD

HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Box is smaller. 2. Arm is longer. 3. Tie is longer. 4. Thumb is moved. 5. Mail has more hair. 6. Cap is a different shape.

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

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

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

MAKE A CLEAN SWEEP during our Anniversary Month CLASSIFIED BLOWOUT Celebrating 43 years! Get 2 extra lines free, even if you have 6-week business or 4-week private party packages. Valid on all Private Party, Commercial, Yard Sale, and Real Estate Classified ads. NO LIMIT to number of ads or weeks placed! Other restrictions apply. Call 256-764-4268. Not available online. 2 EXTRA Lines FREE. Offer valid through Friday, October 31, 2025

NEAL'S LAWCARE
► LEAF REMOVAL ◀
Free Estimates
256-284-8243

1999 HARLEY DAVIDSON ROAD KING CLASSIC, low miles, garage kept, many extras, excellent condition, Must See! 256-710-8275 Sheffield

MAKE A CLEAN SWEEP during our Anniversary Month CLASSIFIED BLOWOUT Celebrating 43 years! Get 2 extra lines free, even if you have 6-week business or 4-week private party packages. Valid on all Private Party, Commercial, Yard Sale, and Real Estate Classified ads. NO LIMIT to number of ads or weeks placed! Other restrictions apply. Call 256-764-4268. Not available online. 2 EXTRA Lines FREE. Offer valid through Friday, October 31, 2025

THANK YOU for reading the Courier Journal!

WE BUY CARS, TRUCKS, VANS, SUVs, and MOTORCYCLES, running or not. Must have titles, send a pic, get a price. 256-275-2276

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

WE BUY RIDING MOWERS, John Deere, Cub Cadet, Kubota, Craftsman, etc. We will buy it running or not. Give us a call at 256-275-2276

TOYOTA: 4RUNNER, 1999 \$4,500. 2WD, Excellent Condition 270k miles, \$4,500. Call 256-394-2820

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

HYUNDAI: SONATA SPORT 2015 \$6,000 obo. Metallic gray in color. Automatic, 6-speed, back up camera, 146,000 mi. New battery, brand new breaks and rotors. Cold air. 256-443-4564

\$\$ CASH PAID \$\$
for Used
Mobile Homes
Lemmond Mobile Homes
256-383-0808

All-Green Tree Service

LICENSED • BONDED • INSURED

- Topping
- Trimming
- Removal

Credit Cards Accepted



28 Years

256-767-3519

- Lots Cleared
- Stumps Removed
- 55' Bucket Truck

Free Estimates

Doug Minton

Cell 256-710-8787

Some Of The Benefits For Women:

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



HELPING HANDS

For a Limited Time!

\$500
Emsella® Chair

EMSELLA®
Enjoy the Ride

Some Of The Benefits For Men:

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



256.712.5028 | 426 West College St. | Florence

Across from Infants & Children's

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

Hamilton Family

URGENT CARE

Walk-In Urgent and Family Care



OPEN 7 DAYS :

Mon. - Fri. 8am-8pm;

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

Accepting New Patients

NOW OPEN
at 108 Avalon Ave.
MUSCLE SHOALS



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

256-284-7706 • www.hamiltonfamilyurgentcare.com

Convenient Online Registration • Most Insurance Accepted Including Medicare and Medicaid

ODD JOBS
We will haul off your unwanted items.
Call 256-710-0548

WE BUY RIDING MOWERS, John Deere, Cub Cadet, Kubota, Craftsman, etc. We will buy it running or not. Give us a call at 256-275-2276
RED LINE YOUR ADS. SEE PAGE 6

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

BUYING ESTATES SILVER, GOLD, STERLING SILVER FLATWARE, JEWELRY & COINS. 220 W. Tennessee St., Florence. Call for appt. 256-443-2439

BRAND NEW ELECTRIC SCOOTER Pickup in Muscle Shoals 256-263-8500 \$800
ROOFING - LEAKS REPAIRED, Chimneys Flashed, Valley Repair. All Work Guaranteed. Free estimates, 256-383-3218

INTERNATIONAL HARVESTER TRACTOR 504, Gas, All new tires, trade? \$2,200 Call for info. 256-483-3551 Rogersville

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

MELVIN'S ON THE SPOT CARWASH
256-767-3366 OR 256-335-8885 (Cell)
• Pick-Up & Delivery • 24-hour Rain Guarantee • Satisfaction Guaranteed
www.melvinsonthespot.com
SPECIAL WEDNESDAY WAX DAY!!!
WAX \$25 FOR
Gift Certificates Available
w/coupon only. Wednesday only.
*Limited Pickup & Delivery Area. Expires Tuesday, 10/14/2025

SHOALS MONUMENT COMPANY
+256-795-6399
www.shoalsmonumentcompany.com
shoalsmonumentcompany@yahoo.com
3714 CLOVERDALE ROAD
FLORENCE, AL 35630

NEED HELP AROUND THE HOUSE? Lawn Care, Hedge Trimming, Leaf Clearing, Help Moving/Truck & Trailer available. Call 256-577-9529
SELL IT FASTER WITH US!
AAA CONCRETE CONCRETE, WALLS, Finished Driveways, Sidewalks, Porches, Curbs, Steps, Foundations, Bobcat Work, 30 years experience, FREE Estimates. Call 256-633-8643 or 256-577-1823

WE BUY CARS, TRUCKS, VANS, SUVs, and MOTORCYCLES, running or not. Must have titles, send a pic, get a price. 256-275-2276
MUSCLE SHOALS MUSCADINES You pick them, \$1.00 per pound, 256-412-1270.

2025 Halloween Coloring Contest

Courier Journal

3 Age Groups: 2-4 • 5-7 • 8-10
Entry Deadline: THURS., OCT. 23 NOON
Winners will be announced in the Courier Journal Oct. 29 issue.
Drawings are judged by our staff on the basis of talent of the child's age ability.

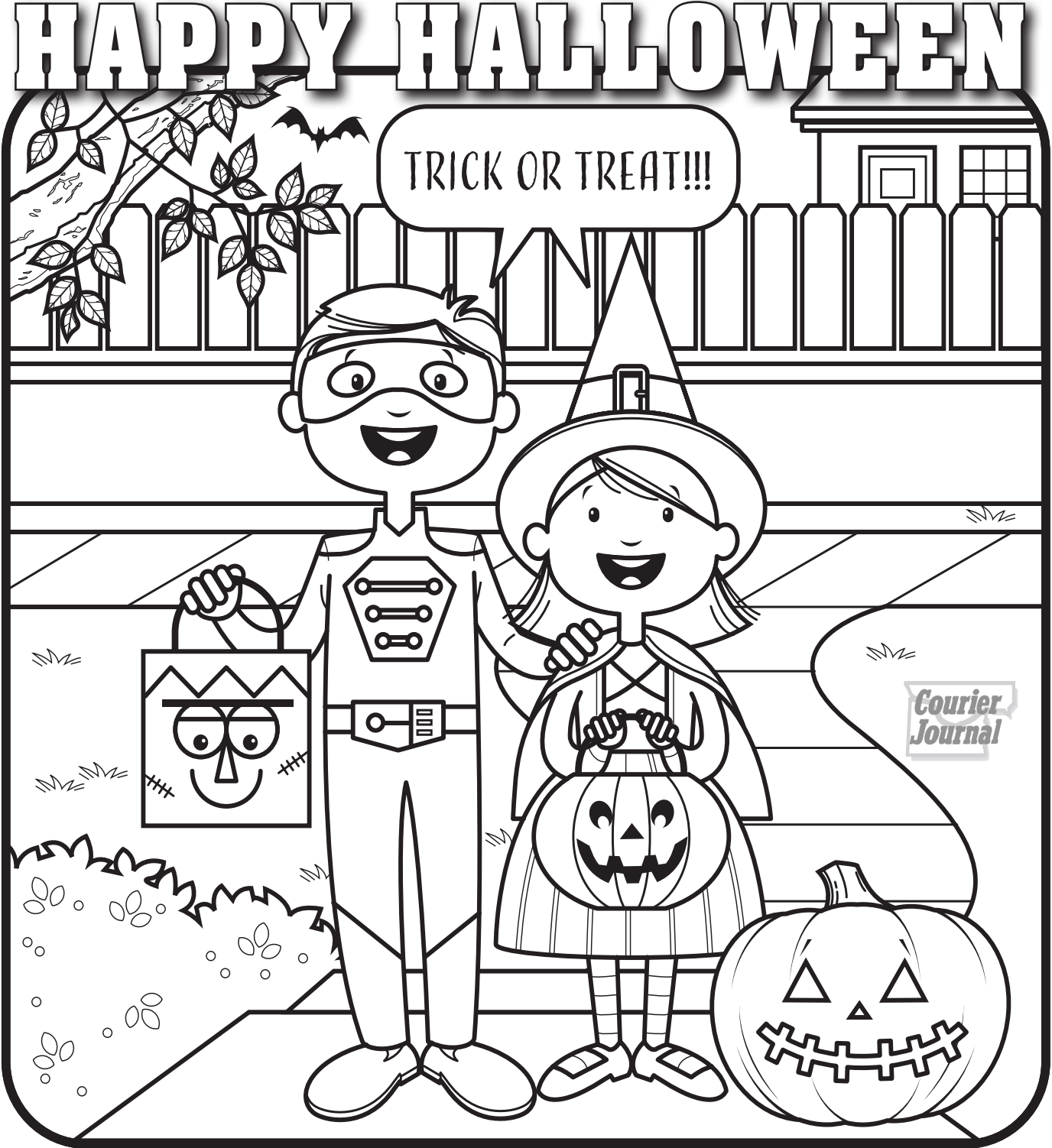
It must be colored by the child, or it will be disqualified.

Winners are not selected at random. One entry per person. One winner per family. You may also download and print this entry form from our website: www.courierjournal.net

TOP 3 WINNERS IN EACH AGE GROUP RECEIVE:

Large 1 Topping Pizzas And Halloween Goodies!
Courier Journal

Entry form below must be completed to to qualify.



Child's Name	Age	Address
Phone Number	City	State

Mail or Bring Entries to: Halloween Coloring Contest • Courier Journal • 219 W. Tennessee St. • Florence, AL 35630



Savvy SENIOR

How to Use Medicare's Star Ratings System During Open Enrollment

Dear Savvy Senior, What does Medicare factor into their star rating system? I need to find a new Medicare plan during the open enrollment period and want to get it right this time.

Medicare Shopper

Dear Shopper, If you're shopping and comparing Medicare Advantage plans (the alternative to original Medicare) or Part D prescription drug plans during the open enrollment (Oct. 15 - Dec. 7), you'll likely find a dizzying number of options to choose from. The Medicare star rating system is a terrific tool to help you narrow down your choices. Here's what you should know.

Understanding Star Ratings

The Medicare star ratings, which you'll find in the Medicare's online Plan Finder tool at [Medicare.gov/plan-compare](https://www.medicare.gov/plan-compare), offers a shorthand look at how Medicare Advantage and Part D plans measure up for quality and member experience.

In this annual rating system, five stars means excellent, four means above average, three means average, two means below average, and one means poor.

Medicare Advantage plans (but not Part D plans) that get at least a four-star rating get bonus payments from Medicare, which they can use to provide extra benefits.

You should also know that plans that get fewer than three stars for three consecutive years, can be terminated by Medicare, so plans are incentivized to keep their quality up. Such low-performing plans show up on Plan Finder with an upside-down red triangle that has an exclamation point inside.

People in these low-performing plans can switch to ones rated three stars or better during Medicare's Special Enrollment Period for Disenrollment, which is between Jan. 1 and Dec. 31.

How Ratings Are Comprised

Part D and Medicare Advantage star ratings comprised up to 40 or 30 quality and performance measures, respectively. Ratings for both types

of plans are based partly on member experience, customer service, and plan performance.

Part D ratings also assess prescription drug safety and pricing, while Medicare Advantage ratings also look at whether members are staying healthy and if ones with chronic conditions get the tests and treatments typically recommended to them.

Be aware that five-star plans are few and far between. The Centers for Medicare & Medicaid Services (CMS) has revised the Medicare star rating methodology in recent years, making it extremely hard for a plan to earn five stars.

Shopping Tips

Here are some tips to consider when evaluating Medicare Advantage and Part D star ratings during open enrollment:

- **Don't choose or reject a Medicare Advantage or Part D plan only because of its star rating.** Costs and access to services or health providers should be your top priority when choosing a plan. But a star rating could be your deciding factor when choosing between two plans with similar out-of-pocket costs and coverage.

- **Don't panic if a plan's 2026 star rating is slightly lower than its 2025 rating.** The downgrade could be due to a blip in the way the ratings are computed from year to year. It's best to look at a plan's star-rating history over several years.

- **If you're fine with the cost and coverage of a plan but concerned about its star rating, click through the Medicare Plan Finder for the star ratings subcategories.** You'll be able to see how the plan scored in the specific quality and member satisfaction yardsticks that matter to you.

If you have questions or need help choosing a plan, contact your State

Health Insurance Assistance Program (877-839-2675, [ShipHelp.org](https://www.ShipHelp.org)), which offers free unbiased Medicare counseling in person or over the phone.

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



MECHANIC SPECIAL
2013 MERCEDES-BENZ SUV, Sharp! 450 Turbo Engine, new battery, needs left rear shock replaced, \$2,000. Call 256-710-2196 Florence

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

COCKTAIL TABLE, DARK BROWN \$175; Jewelry Armoire with mirror \$125, 256-476-3467 Moulton

TOYOTA: CAMRY, 2009 \$5,700. L/blue 2.4L, 30mpg Good tires AC 207,200mi \$5,700 Pay/car transfer at TVA Credit Union. Florence 919-297-2294.

C.A.S.E. WALNUT LUXURY VINYL PLANK FLOORING.
8 unopened boxes, 24 sq. ft. per box, \$50 per box. 1 box with 7 planks, 1 box with planks of various cuts. Both FREE., \$400 Firm. Cash Only. 256-810-4097

Meat & Three Daily Specials

MONDAY
Hamburger Steak \$10³⁸

TUESDAY
Pork Chops \$10³⁸

WEDNESDAY
Meat Loaf \$10³⁸

THURSDAY
Ribs \$10³⁸

FRIDAY
Catfish \$12⁴⁷

SATURDAY
Country Fried Steak \$10³⁸

Bring your appetite and enjoy down-home country cooking at a price that feels like family.

Includes Tea or Lemonade

Choose from these Classic Sides:

Mashed Potatoes
Side Salad

Fried Okra Tomatoes
Macaroni & Cheese

Beans

Dine in or take out - we're here to serve you!

HOURS: Monday - Friday 10-6 and Saturday 10-3

FAMILY TIMES DELI & THRIFT

3017 N. Jackson Hwy., Sheffield, AL 256-712-8831

COOLSCULPTING® ELITE



- **FASTER Results**
- **Treats 2x MORE Areas**
- **DUAL/QUAD Sculpting**
- **NEW Sleek Design**
- **C-Shaped Applicators Fit the Shape of Your Curves**
- **Up to 30% MORE Tissue Contact**
- **Up to 18% MORE Surface Area Treated**

- An Elite CoolSculpting plan that involves treating seven areas every 50 days for 150 days would consist of three total treatment sessions.



HELPING HANDS

OLD COOLSCULPTING®

- **Results Take Longer to Be Visible**
- **Twice the Time to Treat**
- **1 Applicator per Machine**
- **Treats 1 Area at a Time**
- **U-Shaped Applicators Hold Less Fat**
- **More Appointments**



- The 150-day period would break down into three treatment sessions, each spaced 50 days apart, unlike the old machine one treatment!
- CoolSculpting Elite can treat multiple areas using dual applicators



256.712.5028 | 426 West College St. | Florence

Across from Infants & Children's



Welcoming New Patients



Over Three Decades of Caring

For more than 30 years, families across the Shoals have turned to Medical Associates for compassionate, comprehensive care.

Our experienced physicians are now welcoming new patients at all locations — so you can count on the same trusted team for your family's next chapter!

Thank you for trusting us with your health care needs!

MEDICAL ASSOCIATES OF THE SHOALS

256-383-4447 ext. 124
www.medshoals.com

1120 S. Jackson Hwy. Ste 300
Sheffield, AL 35660

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

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

JOEY'S HANDYMAN SERVICE,
Quad-Cities area. All house and
outside work. None too big or too
small. 25 years experience.
References. 256-648-7966 or
256-962-9092

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

**WE BUY CARS, TRUCKS, VANS,
SUVs, and MOTORCYCLES,** run-
ning or not. Must have titles, send
a pic, get a price. 256-275-2276

Letters...

Continued from Page 12

Destroying the Country

Editor:

What is happening to our country? America has always welcomed immigrants into our country, but there has always been a legal way for them to become citizens or temporary visitors. Students and vacationers can come to the United States for a specific time by means of passports or visas. However, the Democratic administration of President Biden decided to bypass all the laws regarding legal immigration to open our borders to anybody who wanted to enter regardless of their intentions.

These illegals came with health issues, criminal backgrounds, lawlessness, and so many other unsavory intentions and actions. The worst impact on our citizens may be yet to come.

Biden and his party gave hundreds of millions of dollars to non-governmental

organizations to supply these illegals free cell phones, gift cards, free housing, and free health care.

All these things they weren't entitled to.

Many don't contribute anything positive to our once great country, instead committing crimes, exploiting our young people, robbing, killing, sex crimes, and much more. They didn't come with good intentions because Biden and his party were in CONTROL!

Groups like Indivisible 5th District don't support the fact that these illegals don't have a right to be here, and they object that our current administration wants to use every law enforcement group available to remove these unwanted invaders from our country!

Indivisible, a 501c 3 nonprofit, is funded by people like George Soros and other billionaires provide their funding. In fact, in 2025 Soros' organization gave \$7.6 million to the National Indivisible Movement, and that's just one donor to the group!

As a law-abiding citizen, I support Trump's administration's use of ICE and all other resources necessary to remove these invaders. They should have used the legal means, and they would have been

welcomed!

I love my country and want my grandkids to have a future free from crime and able to enjoy the freedoms granted to our citizens. So please support all law enforcement and military to make America truly great again!

Philip Goodale
Florence

Hate in Name of Trump

Dear Editor,

Jesus said, "Love your enemies, do good to those who hate you." (Lk 6:27)

At the Charlie Kirk memorial, President Trump said, "I hate my opponent, and I don't want the best for them."

Now I see why so many evangelical Christians are supportive of Trump's presidency. He has relieved them of a whole lot of hard work, forgiveness, and love. They can just hate lots of folks now and be saved in the kingdom of Trump.

Kimball Shinkoskey
Woods Cross, UT

NEED HELP?
CONTACT 2-1-1

Your link to community resources

Extra Iron is a Health Issue

Editor,

Hemochromatosis, look it up. Common genetic condition that causes the buildup of iron in the body. It eventually attacks the organs causing organ failure. I'm fortunate so far in that area. However, I used to tell my primary care doctor that it was a good thing I hadn't gone into pro sports as I would be in a helluva shape.

I was referring to the fact that one by one my joints were succumbing to osteoarthritis. Back surgery, hip, neck, and knee problems, a total ankle replacement, and now, arthritis is so bad in my hands and wrists that I had to have pain receptor nerves to my left hand and wrist cut in September. I'm simply buying more time to try and stay active before more drastic fusion or replacement is necessary that will limit me to daily care. With hope and prayer there will be a better option by that time. I don't remember exactly when but sometime between the time of my Hemochromatosis diagnosis and the shape I'm in now, I began to

See LETTERS... Page 29

LIVE Personal Property AUCTION!!!
David Poss Estate
Saturday, October 11th @ 10 AM
1371 Co Rd 388, Killen, AL

Lots Of Personal Property: 95' 1500 Goldwing Track - Motorcycle Trailer - 2003 Jeep Cherokee -1996 Jeep Cherokee - 1986 Dodge Truck - 1985 Yamaha 3 Wheeler - 2000 Yamaha Moped Scooter - Air Compressor - Echo Weed-Eater - Ford Tw 20-5250 Generator-5250 Power Back Generator -2 Ton Floor Jack - Trail Beast - Hand Truck - Powerex Air Compressor -5 Gallon Shop Vac - Dewalt Saw - Bench Grinder - Extension Cords - Burns Chain Drive Garden Tiller - Craftsman Tool Box - Craftsman Edger - Cub Cadet Mtd 1864- Craftsman Weed Trimmer - Lots Of Antique Furniture - Dishes - McCoy - Carnival Glass - Crystal - Home Décor - Lamps - Clocks - Mirrors - Children's Toys And Lots More!!!

DIRECTIONS: From Highway 72, Rogersville, AL. Travel Highway 72 West For 11 Miles, Turn Right On County Road 31, For 2.8 Miles, Turn Left On County Road 73 For 2.3 Miles Then Turn Right On County Road 25 For 2.2 Miles, Turn Left On County Road 388. Watch For Our Holland Signs!! Hope To See You There!!

TERMS & CONDITIONS: "Live" Personal Property Auction: Terms & Conditions: 10% Buyers Premium. Cash Or Check With Proper Identification The Day Of The Sale. All Items Sold "As Is" With No Warranties Expressed Or Implied. Please Make Arrangements To Remove All Purchased Items The Day Of The Sale. Information Contained Herein Believed To Be Correct But Not Guaranteed. Announcements Made The Day Of The Sale Supersede Any Printed Material By Holland Realty & Auctions, Inc. Agency Disclosure: Auctioneers Are Working As Agents For The Sellers Only. 2025

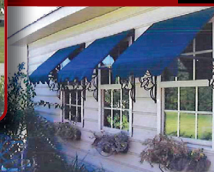
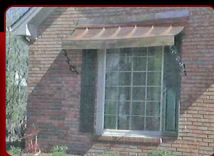
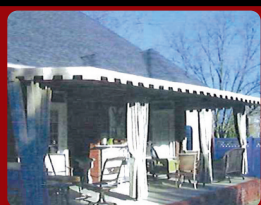
HOLLAND
Established 1947
REALTY & AUCTIONS, INC.

Barry L. Stewart, AL #1239, TN #2844, TN Firm #2445
1646 Lee St., Rogersville, AL • 256-247-0700
E-mail: hollandrealtylisting@gmail.com
www.hollandrealty.com

Alabama Awnings Co., Inc.

Serving Since 1986

Residential and Commercial Awnings



**Free
Estimates!!**

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



BUILDERS CHOICE

-BUILD BETTER-

Hardware - Home Center



Professionalism at its best!
Let us save you money on your project!

Killen

256-386-1156

Sheffield

10/8/25

2 Extra Lines Free with our Clean Sweep Classifieds Special - see page 6

Real Estate

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



FOR RENT: 2 BDRM. 1 BA.
living room, kitchen, dining &
carport. \$800 rent 256-275-
2251 No pets! No pets! Pe-
tersville.

THANK YOU for reading the
Courier Journal and patronizing
our advertisers!

MOBILE HOME 1995
FLEETWOOD SOUTHWIND
\$6000 obo. runs and drives,
46k miles, 31' long, interior
looks good, needs a few
things. Call 256-757-2014

NOW LEASING
W.C. Handy Place
Apartments
Newly renovated

1-4 bedroom units.
Comfortable living in
the heart of Florence.
Laundry hook-up,
pet friendly.

309-B Handy Homes,
Florence, AL 35630
256-760-5316


MONTREAT APARTMENTS
1850 Darby Dr.,
Florence, AL

Accepting
Applications

1st Month's
► Rent FREE! ◀

Seniors 62 and over or
mobility impaired

One Bedroom,
Rent Based on Income
256-767-2211



For Rent

**FULLY FURNISHED
EXECUTIVE RENTAL**
(Located in
Downtown Florence)
CALL OR TEXT
615-545-9445

LAKE OKEECHOBEE HOUSE
3 bed/2 bath, 1500 sq. ft.

Canal access to Lake Okeechobee
1096 8th St. Okeechobee, FL
realtor.com/realestateandhomes-detail/M6763345135

 Lake O
Real Estate

Okeechobee, FL
Jody Carter - REALTOR
cell - (863) 634-1285
JodyCarter.Okeechobee@gmail.com

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

PAYING TOP DOLLAR

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

FOR SALE: 3 BDRM. 1 BA.
Brick Houses, Maud Road
\$60,000 Cherokee, AL. 256-
702-8345

NOW LEASING
Cypress Pointe
Apartments
Newly renovated

1-4 bedroom units.
Laundry hook-up, pet
friendly, just minutes
from downtown
Florence and UNA.

1451 Cypress Pointe
Florence, AL 35630
256-760-5316

TUSCUMBIA HOMES
FOR RENT
(Colbert Heights)
3 bdrm. 2 ba. Two story
Also a Single Story 3 bdrm.,
1.5 ba., Both Pet friendly,
\$900 month + deposit,
256-263-8716

NOW LEASING
Magnolia Gardens
Apartments
Newly renovated

1-2 bedroom units
with a preference for
residents age 55+.

Stylish high-rise living
with walk-in showers,
laundry facility, on-site
senior center and
pet friendly.

110 S. Cypress St.,
Florence, AL 35630
256-740-5201

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

HOME FOR SALE!




2331 Shade Ave., Florence
Beautiful and Well-Built Home
with Lush Lawn,
3 BEDROOMS, 1 BATH
Large Family Room, Separate Den,
Dining Room, Cozy Kitchen, Nice 2-Story / 2
Car Detached Shop!

ESTATE SALE!
to Sell Furnishings in the
Home & Tools & Shop Items
Oct. 10-13!
Fri.: 9am-2pm; Sat.: 9am-1pm; Sun.: 1pm-3pm
See Terms & Photos on our FB Page &
on EstateSales .net

 **FOR SALE
ADVANTAGE
REALTY**
& ESTATE SALES, Inc.

Serving NW AL since 2002
Marold Davis, Broker • 256-762-8950
Stephanie Davis, Owner
256-335-9917


ONLINE AUCTION
125± Acres – 1 Tract
Timberland/Recreational
Water St., Cherokee, AL
Sept. 25 thru Oct. 9



Real Estate: This property lies just south
of Hwy 72 at the end of Water St. in the
Barton Community. The property consists
of 15 year old naturally regenerated pines
and various hardwoods. The property
adjoins Alabama's Freedom Hills wildlife
management area along its south border.
There is a cell tower on the property and
is served by overhead electricity.

Terms: 10% down payment with balance in 30 days. Seller will provide
deed and owner's title insurance. Seller reserves the right to accept
or reject any and all bids. Real Estate will be sold "AS-IS" without
warranties of any kind. The cell tower lease will be retained by the
Seller. Property to be conveyed subject to a utility/access easement
for cell tower and for water tank.

All information contained in this ad is believed to be correct, but not
guaranteed.

 **KING**
REALTY & AUCTION CO., INC.
256-766-9600
KINGREALTYANDAUCTION.COM

Since 1939
HENRY J. KING, BROKER (AL #5403 - TN #6919) • PAUL KING, III (AL #5354 - TN #7184)

Community Notes...

Continued from page 18

There will be an afternoon of Gospel Quartet music with the Dixie Echoes at 2pm on October 19 at Cypress Creek Methodist Church, 801 Lewis Bruce Lane in Florence. (off Cox Creek Pkwy)

Florence Fly Fisher & Tyers meets the 1st Tuesday of every month (Oct. 7) from 6:30-8pm at St Bartholomew Episcopal Church, 1900 Darby Dr. in Florence. Anyone interested is welcome and encouraged to attend.

Swamp John's Fundraiser - Monday, October 20, 3:30-6:30pm. Sponsored by the Pilot Club of Florence. Proceeds benefit our community projects. At the Fashion Exchange Parking Lot -

1401 US-72, Killen (Old Big Star) \$15 per plate (Fish, Chicken Or Shrimp. French Fries, Coleslaw, Hlushuppies & Tea.

The 2nd Annual Swing for the Arts Golf Tournament tees-off on Friday, October 24 at the stunning RTJ Golf Trail - Muscle Shoals! Hosted by the Tennessee Valley Arts Association and Shoals Symphony Orchestra, the fun begins with an 8:30am shotgun start and includes lunch, prizes, and plenty of friendly competition.

Team Registration: \$600/team of 4 Entry includes a full round of golf, Prizes for First and Second and A and B, flights, Closest to the Pin and Longest

Drive contests, 50-50 raffle on Hole 10, and more prizes, and lots of chances to support the arts in our community. Sponsorships are also available: Get recognized with hole signage, program listings, and more!

Visit TennesseeValleyArts.org to register and see about sponsorship details, or call 256-383-0533.

There will be a Fall Revival at the Cypress Creek Methodist Church, 801 Lewis Bruce Lane in Florence (off Cox Creek Pkwy)

Wednesday-Sunday, October 15-19. Wednesday-Darrin English; Thursday-Jacky Ward; Friday-Donnie McDaniel; Sunday-Cypress Creek's own Blayne McCafferty. Everyone welcome.

The Holos Hope Christmas Market of 2025 will be hosted on Saturday, November 15 from 10am-3pm at 1954 Jackson Rd in Florence. Entry fee is

\$5. Holos Hope is a nonprofit located at an undisclosed location in Florence committed to supporting the recovery of survivors of human trafficking and domestic violence. Proceeds go towards funding our residential program from women survivors. This is an opportunity for the community to get involved in the mission to serve this population and to make a difference. We would love to see you there! holoshope.org

Jacksonburg Church of Christ, 414 County Road 28, Florence, will host Ladies Day at 10 a.m. Oct. 11, with Hannah Bradford speaking. Registration will begin at 9:30 a.m. The theme is "Cruise Control - Overcoming the Temptation to Take Control." Lunch will follow in the annex.

The Batting Brigade Quilt Guild has hospitality at 9am the second Monday of the month, (October 13) with a meeting at 9:30am, at Edgemont United Methodist

Church, Florence. For information, call Liz at 601-590-4367. Additional Date: November 10

The United Way Witches Ride (Thursday Oct 16, 5-10PM) is a whimsical, family-friendly Halloween parade hosted annually in downtown Florence, Alabama to raise funds for Dolly Parton's Imagination Library. Participants dress as witches and ride decorated bicycles, golf carts, and floats along a festive route, tossing candy and spreading joy to cheering spectators.

What began as a fun community event has grown into a beloved local tradition with a powerful purpose: promoting early childhood literacy. All proceeds from the Witches Ride support monthly book deliveries to children from birth to age five, helping ensure that every child in our community has access to books and the opportunity to develop strong reading skills from an early age.

The parade is followed by a lively after party, with local restaurants and businesses joining in the celebration. Whether riding, volunteering, or simply watching the fun unfold, everyone plays a part in making this spooky, sparkly night a success for literacy in the Shoals.

The cost for each participant is \$35 (which is the cost to sponsor one child for one year for Dolly Parton's Imagination Library), whether you choose to walk, ride a bike, or bring a golf cart! Each participant on a golf cart must pay a registration fee.

Sponsorships are also available! Join us for a fun night for a worthy cause!

James Quad Cities Photography Club, 6:30pm, second Tuesday, (October 14) Kennedy-Douglass Center for the Arts, 217 E. Tuscaloosa St., Florence.

See NOTES... page 30

GAME DAY SCORE CARD



Courier Journal

BEST ENTRY WINS A \$50 GIFT CARD TO

Lost Pizza Co.



A "Perfect" Winning Card ALSO wins \$50 CASH plus a 2nd \$50 GIFT CARD to Lost Pizza Co.



<input type="checkbox"/> Ohio St. at	<input type="checkbox"/> Michigan at
<input type="checkbox"/> Illinois	<input type="checkbox"/> USC
<input type="checkbox"/> Indiana at	<input type="checkbox"/> Arizona St. at
<input type="checkbox"/> Oregon	<input type="checkbox"/> Utah
<input type="checkbox"/> Florida at	<input type="checkbox"/> Alabama at
<input type="checkbox"/> Texas A&M	<input type="checkbox"/> Missouri
<input type="checkbox"/> Georgia at	<input type="checkbox"/> Kansas at
<input type="checkbox"/> Auburn	<input type="checkbox"/> Texas Tech
<input type="checkbox"/> South Carolina	<input type="checkbox"/> Central Arkansas at
<input type="checkbox"/> at LSU	<input type="checkbox"/> North Alabama
<input type="checkbox"/> Arkansas at	<input type="checkbox"/> Abilene Christian at
<input type="checkbox"/> Tennessee	<input type="checkbox"/> West Georgia

WK 7 Saturday Oct. 11

CHECK BOX BESIDE EACH WINNING TEAM

DEADLINE: FRIDAY, 5PM OCT. 10 MAIL-IN ENTRIES MUST BE POSTMARKED BY FRIDAY AND RECEIVED BY MONDAY! (vs: games at neutral location)

TIE BREAKER Write Exact Score Below

Oklahoma at Texas

name

address city state zip

day phone evening phone

Week 5 WINNER - MARK HOLLEY of Town Creek
Week 5 Winner online by 4pm Tuesday and in the Oct. 8 paper.

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.

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

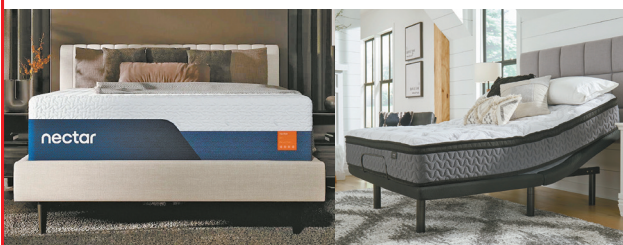


Lyndsay Warren
256-383-7077



SHOALS DISCOUNT MATTRESSES

NAME BRAND MATTRESSES FOR LESS



Name brand mattresses starting at only \$99.99!

Delivery and set up available.
Locally owned and operated for 12 years!

Shop without using credit*

Text 60564 to 22462 to apply!



Serta, Sealy, Beautyrest, Ashley, and MLily Mattresses **50% OFF MSRP**



705 Avalon Ave, Muscle Shoals
256-383-6611

Mon-Fri 10am-5:30pm Sat 10am-4pm

Like Us on Facebook @

www.Facebook.com/

Shoals Discount Mattress

Courier Journal ADOPT A FRIEND

The animals you see here are currently in local animal shelters or rescue facilities. Adoption fees vary and include having your new friend spayed or neutered, if necessary. Help us help these and other animals by adopting a new friend today.



Metro

Meet **Metro**, a bouncy and happy pup who's always ready for fun! He loves playtime, chasing toys, and then flopping down for a good nap. Metro has the sweetest

personality and is looking for a family who will let him grow up surrounded by love.

His adoption fee is **\$45**, which includes neuter, vaccines, and microchip. Come by Florence Lauderdale Animal Services and meet Metro—you won't be able to resist him!

Say hello to **Cudi**! This soft, snuggly pup is the definition of sweet. He loves being held, giving kisses, and will melt right into your arms when you pick him up. Cudi can't wait



Cudi

to find a forever home where he can be someone's best friend. His adoption fee is **\$45**, which includes neuter, vaccines, and microchip. Stop by Florence Lauderdale Animal Services and let Cudi win your heart! 256-760-6676



Gates

Handsome **Gates** is ready to meet you! He's a playful, curious puppy who loves exploring and learning new things. Gates has a fun personality and would love a family who enjoys both playtime and cuddle time.

His adoption fee is **\$45**, which includes neuter, vaccines, and microchip. Visit Florence Lauderdale Animal Services and meet Gates today—he's waiting for you! 256-760-6676

Letters...

Extra Iron is a Health Issue

Continued from Page 26

wonder if my osteoarthritis was due to the excess iron. Further research determined it was the likely cause.

Here is the problem: Have you ever looked at the FDA of iron in foods? Especially cereal that often contains 90+ percent in a one cup serving? I've never bothered to sit down for one cup. I and others have addressed this with the FDA to no avail. More recently I have contacted several sources including the HHS, news outlets, talk shows, etc., and have never gotten a response. I think it is the "doesn't affect me" and the "huh?" mentality that is keeping this from being a public health issue.

Based on my own personal appearance, my complexion, before getting my iron down with 6 months of twice weekly phlebotomy, I think I could have a decent hit/miss ratio picking out random people in a crowd who also have iron overload.

None of my hummingbirds have ever had to get radiation or chemo because of red dye but red dye is being banned. I am disabled in part, probably in large part, by osteoarthritis yet supplemental iron, LOTS of it, is still allowed and based on my research, no one needs it unless they are iron deficient.

Mike Kelly
Florence



The Best Value for Your Advertising Dollar!

Courier Journal

256-764-4268

FORD: F-150, 2019 \$27,000. Crew Cab 2-WD, 28 ECO, 62,000 miles, 256-412-1270 Muscle Shoals

HARLEY: SOFTAIL 2007, 35,000 miles, New tires, new drive belt, medium blue, dressed up \$5,300 256-648-6221

Michael Kors black purse \$85, Cole Hann men's Shoes 9.5D, burgundy \$65 256-227-4010

RED LINE YOUR ADS. SEE PAGE 6

Oakley's Painting & Remodeling

• Carpentry • New Construction
Residential & Commercial
Licensed & Insured
No Job Too Big or Too Small
Best Prices in Town!
256-627-0448 or 256-415-8192

VETERANS

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

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

RICK'S STUMP GRINDING

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

WE BUY RIDING MOWERS, John Deere, Cub Cadet, Kubota, Craftsman, etc. We will buy it running or not. Give us a call at 256-275-2276

Thinking of Selling Your Unwanted Diamonds & Gold?

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

GROGAN
JEWELERS BY *Lon*

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

DAY by DAY
Grief Support Group for Bereaved Parents/Grandparents

FRIENDS, CARING AND SHARING

Memorial Butterfly Release

This year instead of the annual balloon release, we are releasing live butterflies. Come join us at this special event as we honor the lives of our children.

In Memory of Children Who Have Died

Sunday, Oct. 12 • 2pm

Spring Park, Tusculumbia, Pavilion #1

NOTICE CHANGE OF LOCATION

Contact: Anita Watkins @ 256-810-1010
OR Anita.Watkins@comcast.net

Dr. Reid Melson, DO

Internal Medicine

is welcoming
New Patients at
Shoals Primary Care
2122 Helton Drive
Florence

Walk-ins are Also Welcome



MOST INSURANCE ACCEPTED • MEDICARE PATIENTS WELCOME

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

SHOALS
PRIMARY CARE

2122 Helton Drive
Florence

256-415-8680

Fax: 256-367-4990

shoalsprimarycarellc.com

Community Notes...

Continued from page 28

triumphant "E.T.: Flying Theme."

Go to shoalssymphony.org for individual show tickets or a season membership can also be purchased.

Information - Office hours 2-5pm Monday - Friday and by Appt. Call 256-710-1623 or info at shoalssymphony.org.

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

Monday-Friday 9am-3:30pm. Games (Rook, Mee, Dominoes, Mexican Train, Chickenfoot, LRC, and others. M-F Lunch served (\$1 donation), BINGO (Wednesday), Chair Exercise (Tuesday, Thursday, Friday), Rock Painting (Friday), Local Events, Square Dance Lessons, (Mondays), Social Dance (Tuesday), and Specially Scheduled Dance Events, Master's Games, Shuffleboard (Broadway Rec. on Tuesday),
Group Travel tours this year to The

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

The Florence Senior Center (The Club) - Diamonds in the Rough presents Fabulous Bus Tours for 2025. Fabulous Bus Tours for 2025. Planning is underway now!
Lancaster Show Trip & The Dutch Country, November 16-22, 2025, 7 days 6 nights, 10 meals, 6 breakfast 4 dinners. \$1130 pp/double occupancy.
Several shows including, "NOAH", the

Magic and Wonder theater, guided tour of Philadelphia, Lancaster and Kitchen Kettle Village, admission to the Amish experience & Jacob's choice at the FX theater. Holocaust Memorial, Liberty Bell and Hershey's Chocolate World and more!

For more information, visit: www.grouptrips.com/TheClub or call The Club 256.760.6642 or email fdavis@florenceal.org

ShoalsFest at McFarland Park. October 11-12 ShoalsFest returns to Florence for two days of incredible music! Headliners include Jackson Browne, Jason Isbell and the 400 Unit,

Waxahatchee, MJ Lenderman, Drive By Truckers and more.

Tickets available now: shoalsfest.showtickets.com

Shoals Artists Guild Meeting Every 3rd Friday of the month, (October 17), 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.

Friday, October 17: Sunset Sessions - 5PM - 8PM, Mobile Street Plaza, Florence. Join the Downtown Florence Alliance for an evening of live music under the lights at Mobile Street Plaza! Bring your friends, grab a bite, and enjoy great music as the sun sets over our city! Special thanks to our sponsors: Lost Pizza Co., The Carriage Wine & Market, Wildwood Tavern, and Downtown Florence Alliance.

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

Lego Build - the third Tuesday of each month, (October 21) 3:30-4:15pm at the Florence-Lauderdale Public Library. Thousands of Legos and your creativity make this program FUN!

One Nation Under God Prayer breakfast featuring guest speaker, Coach Bobby Wallace. November 4 at 6:30AM at the Renaissance Shoals Conference Center

Ticket Info: (256) 648-3470. Tickets are available for purchase (\$35 each or \$300 for a table of eight) and proceeds support our financial contribution towards scholarships and nonprofit support!

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.

For more information contact NACOLG SENIORx today. There is no charge for this service. 1-800-AGELINE (1-800-243-5463) Paula Pardue 256-389-0529

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

Trekking the Trails - Every Sunday in October from 2-3:30pm. Tishomingo State Park, 105 County Road 90, Tishomingo, MS

Join the Friends of Tishomingo State Park for a guided hike through some of Mississippi's Best Hiking Trails, for a scenic hike through the park's rugged beauty and famous rock formations. Trail selection will be based on participant interest, trail conditions, and weather.

Check in before 2pm at the Park Office for parking instructions and trail location.

Bring:

- Comfortable clothing
- Sturdy hiking shoes (for hills and rocky areas)
- At least 1 liter of water per person
- Bug spray (optional)
- Leashed pets are welcome (6 ft. leash required) - please bring clean-up bags!

The guided hike is free with paid park admission. For more information: Phil Seymour at 662-438-6914 or phil.seymour@wfp.ms.gov

Applications for the Elk National Foundation's (ENF) Most Valuable Student Scholarship program opened online August 1, 2025. Any high school senior who is a citizen of the United States is eligible to apply. Applications must be submitted online on or before November 12, 2025.



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

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

Call Lesli for an Appointment!

BOTOX[®] —Cosmetic

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

MAKE A
CLEAN SWEEP
during our Anniversary Month
CLASSIFIED

BLOWOUT

If charging classifieds by phone, say
"I'd like the 2 EXTRA FREE LINES in
a Courier Journal ad." or visit us in
person! **NOT AVAILABLE ONLINE!**

**Courier
Journal**

219 W. Tennessee St.
256-764-4268

We are celebrating 43 years of offering
Alabama's best print advertising values
and the unmatched effectiveness
of saturation through Direct Mail.

Get 2 extra line free, even if you have 6-week
business or 4-week private party packages.
Valid on all Private Party, Commercial, Yard
Sale, and Real Estate Classified ads.

NO LIMIT to number of ads or weeks placed!

*Offer valid on all private party, commercial,
yard sale, and real estate classified ads.
Not valid in combination with any other
discounts, offers, ad packages, or on previous ad
placements. No copy changes. Extra lines do not apply to
Employment ads or mdse ads that are free. Regular rates apply to all other ad
upgrades or attention-getters. Offer expires after October 31, 2025.

2^{Extra} Lines FREE

Offer valid through Friday, October 31, 2025

DAVE Says

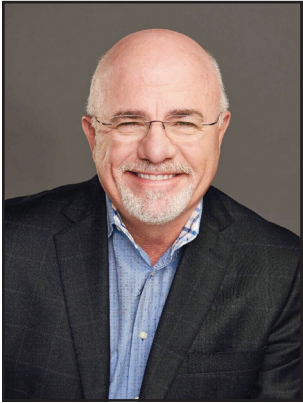
by DAVE RAMSEY

BIG INHERITANCE COMING... IS A PRENUP A GOOD IDEA?

Dear Dave,
What are your thoughts on prenuptial agreements? I'm a divorced single mom with two boys, and I'm their primary caregiver. I'd like to get married again one day if the right man comes along. The reason I ask about prenups is I'm expecting to receive an inheritance of about \$5 million sometime in the future. Would it be a good idea for someone in my situation?

Sarah

Dear Sarah,
In a situation like yours, I'd recommend a prenup. Full disclosure: Years ago, I used to be completely against them. I'd tell folks not to get married if they loved money and material stuff more than they loved the person they planned to marry. But after doing decades of financial coaching and even crisis counseling, I changed my tune. The reason I changed my mind is that I started to realize just how many weirdos are out there. When a dramatic amount of money is



involved, a prenup can actually help the married couple by adding an extra level of protection between you and the crazies. Let's say you marry a great guy, then his deadbeat cousin, a guy you're suddenly related to by marriage, shows up asking for \$10,000 to open a pizza place. Never mind that he can't even boil water. Your guy says, "Don't look at me. We've got a prenup." He looks at you, and you smile, offer him a glass of water and send Cousin Eddie on his way. Believe it or not, that kind of stuff actually happens. Sometimes it's the parents asking for a handout, sometimes it's the kids—it doesn't really matter. But it can drive a wedge between you and your spouse. Making and maintaining a good marriage is difficult. It's hard work. You don't need that kind of stuff creeping in and making things even harder. Do you see what I'm saying? In my mind, the prenup is not to protect you from the guy you married. He's probably okay. Especially if you

two are mature adults who took plenty of time getting to know each other before you walked down the aisle. And if you've been through a divorce, you probably feel that side of things a whole lot deeper than most folks. Now, I still don't recommend prenups where small amounts of money are concerned. I remember one couple who each had normal finances and average net worths. The boyfriend wanted a prenup based on the fact he had a 1967 Ford Mustang. I flat out told her not to marry the guy because he loved a car more than he loved her. That's practically planning a divorce. And Sarah, remember this: Wealth magnifies everything. The good and the bad. If someone who has a temper becomes wealthy, they become a bully. If they're compassionate and generous to start with, they become what we call philanthropists. Kindness and generosity become their personal brand. That's the kind of person you want to marry. — Dave

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.

2008 NISSAN TITAN SE, Crew Cab, 230,000 miles, silver color, runs great, cold air, comfortable, asking \$6,000. Send text to 256-366-5645.

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

CAREGIVER FOR HIRE Will care for your loved ones in the hospital, nursing home or rehab. Call or text Brenda 256-436-5386.

AKC BELGIUM MALINOIS PUPPIES, male and female, 7 weeks, parents on site, shots/deworming. Working Bloodline, Call 256-275-1315 Shoals area

RED LINE YOUR AD SO EVERYONE CAN SEE IT! See page 6.

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

WE BUY CARS, TRUCKS, VANS, SUVs, and MOTORCYCLES, running or not. Must have titles, send a pic, get a price. 256-275-2276

FIVE GUYS®

BURGERS and FRIES



Choose as many of our free toppings as you want!

- ☒ Mayo
- ☒ Lettuce
- ☒ Pickles
- ☒ Tomatoes
- ☒ Grilled Onions
- ☒ Grilled Mushrooms
- ☒ Ketchup
- ☒ Mustard
- ☒ Relish
- ☒ Onions
- ☒ Jalapeno Peppers
- ☒ Green Peppers
- ☒ A.1.® Steak Sauce
- ☒ Bar-B-Q Sauce
- ☒ Hot Sauce

Let Us Cater Your Next Event!

- Burgers
- Dogs
- Sandwiches
- Fries

Coca-Cola

We proudly serve Coca-Cola® products.

2881 Florence Blvd. Florence 256-349-2058
10:30am-10pm every day Order online: FiveGuys.com

Still Home Owned & Home Operated

Big Star Supermarket

Where We Don't Leave You Holding The Bag

Ad Good Oct. 8-14, 2025
Quantity Rights Reserved. None Sold To Dealers. We Welcome WIC & Food Stamp Shoppers

Bottom Rump Roast  \$5.99 LB.	Whole Fryers  \$1.79 LB.	Assorted Pork Chops  \$1.59 LB.
Center Cut Pork Chops  \$1.89 LB.	Land O Frost Lunch Meat  \$5.99	Minute Cube Steak  \$4.99 LB.
Boneless Chicken Breast  \$2.99 LB.	Idaho Potatoes  \$2.69 LB.	Grapes Variety  \$2.29 LB.
Food Club Pasta  4/\$5 16 OZ.	Ragu Pasta Sauce  \$2.29 24 OZ.	Kraft Dressing  2/\$6 16 OZ.

Come Visit Us For More Great In-Store Specials!

4695 Co. Rd. 47, St. Florian • 256-764-0245

Protecting drivers on game day. And every day.



Lyndsay Warren
256.383.7077



COUNTRY FINANCIAL®
Experience more.™

Auto insurance policies issued by COUNTRY Mutual Insurance Company, COUNTRY Preferred Insurance Company and COUNTRY Casualty Insurance Company, Bloomington, IL.

RAY MILLER**GMC**
WE ARE PROFESSIONAL GRADE246 Cox Creek Parkway Florence, AL
1-800-755-3113 • 256-764-9661
raymillergm.com**2025 GMC SIERRA 1500**GM Consumer Cash \$2,750
+ GM Bonus Cash \$1,500
+ GM Trade-In Allowance \$3,000
+ Ray Miller GMC Discount \$5,145**up to Total Savings \$12,395**

Stk #25G122 (WAC)

**2026 GMC TERRAIN**GM Bonus Cash \$750
+ Ray Miller GMC Discount \$1,430**up to Total Savings \$2,180**

Stk #26G028 (WAC)

**2025 GMC SIERRA 2500**+ GM Bonus Cash \$1,000
+ Ray Miller GMC Discount \$7,259**up to Total Savings \$8,259**

Stk #25G090 (WAC)

**2025 GMC ACADIA**

+ Ray Miller GMC Discount \$1,971

up to Total Savings \$1,971

Stk #25G189 (WAC)

***ADDITIONAL Offers You May Qualify For:**

- Ray Miller Finance Discount - \$1,000
- GM First Responder Offer - \$500
- Ray Miller Trade Discount - \$500
- GM Military Offer - \$500

GMC

WE ARE PROFESSIONAL GRADE

YOUR CARFAX[®] ADVANTAGE DEALER**09 Honda CR-V**#25G184B, 4 Door,
Full Power,
Local Trade!**\$8,888****18 GMC Terrain**#26G012A,
1 Owner, SLE,
Great MPG!**\$16,888****22 Chevy Equinox**#22P8120, 1 Owner,
6yr/100k Limited
Warranty!**\$22,888****22 Chevy Equinox**#22P7523, 1 Owner,
6yr/100k Limited
Warranty!**\$23,888****23 GMC Terrain Elevation**#26G002A, 1 Owner,
6yr/100k Limited
Warranty!**\$25,788****24 GMC Terrain**#24P5995, SLE, AWD,
6yr/100k Limited
Warranty!**\$25,888****23 Chevrolet Traverse**#26G011A, 1 Owner,
V6, 3rd Row,
Nice!**\$26,888****19 GMC Canyon**#26G-020A,
SLT, V6,
Nice!**\$23,888****21 GMC Sierra SLT**#25G132A, Premium
Plus Pkg., X31,
1 Owner!**\$32,788****24 GMC Canyon**#25G163A, 1 Owner,
6yr/100k Limited
Warranty!**\$36,788****23 Jeep Gladiator**#25G173A, 1 Owner,
Fully Loaded,
Nice!**\$39,688****19 Ford F150 Limited**#25G117A, Crew Cab,
Loaded, Nice
Local Truck!**\$40,888****20 GMC Sierra Denali**#25G183A, 1 Owner,
Diesel, 6yr/100k
Limited Warranty!**\$42,888****23 GMC Sierra SLT**#25G127A, 1 Owner,
6yr/100k Limited
Warranty!**\$44,788****19 Toyota Sequoia**#25G152A, 4 Door,
Leather,
Loaded, Nice!**\$44,888****23 Chevrolet Colorado**#25G066C, 1 Owner,
6yr/100k Limited
Warranty!**\$44,888****20 GMC Sierra Denali**#25G157A, 1 Owner,
Full Power,
Nice!**\$45,888****24 Buick Enclave Avenir**#24P5101, 1 Owner,
6yr/100k Limited
Warranty!**\$48,888****21 GMC Sierra Denali**#24P5101, 1 Owner,
6yr/100k Limited
Warranty!**\$52,688****Great Selection
Of Local Trades****22 GMC Sierra AT4**#22P6874, 1 Owner,
6yr/100k Limited
Warranty!**\$54,888****24 GMC Sierra Denali**#24P9429, Loaded,
6yr/100k Limited
Warranty!**\$55,788****22 Chevrolet Tahoe RST**#22P1991, 1 Owner,
6yr/100k
Limited Warranty!**\$57,788****24 Ram 2500**#22P1991, Power Wagon,
1 Owner,
Loaded!**\$58,488**

ALL prices DO NOT INCLUDE tax, title & fees. Some photos for illustration purposes only.

663046-1