

Garden Seed Program Now

SHOALS – The Gerald Williams Cooperative Garden Program is underway for 2026. The FREE program through Community Action Agency of Northwest Alabama offers FREE vegetable garden supplies to help qualifying local residents wishing to grow their own gardens.

Sign up is now and the deadline is March 20. Call 256-248-1921 between 1-4pm Monday- Friday to sign-up.

Participants in the program must reside in Lauderdale, Colbert or Franklin counties and have a household monthly gross income that does not exceed the amounts listed below.

- 1 in household - \$1,956
- 2 in household - \$2,644
- 3 in household - \$3,331
- 4 in household - \$4,019
- \$688 each added person

Howard ASUN All-Academic

JACKSONVILLE, FL – North Alabama Women’s Basketball received its first



Howard

postseason honor last week with senior **India Howard** being selected to the Academic All-ASUN team by the league’s sports information directors and academic advisors.

Howard earns the academic honor for the second-straight season after being named

See **SHORTS...** on Page 2

Volume 143 Number 20

March 11, 2026

POSTAL PATRON

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Safe Schools

Allen Thornton Career Tech is 1 of Only 9 Recognized with Top State Award



Allen Thornton staff members at the Safe Schools presentation (L-R), Todd Nix, Michelle Belue, Brad Black, Wesley Heathcoat, Joe Berrens, Mindy Crittenden, Hannah Wallace, Carole Pongetti, Melissa Pettus, Attorney General Steve Marshall, Ray Morris, Whitney Sexton, Austin Hester, Scott Jones. AT Tech photo

KILLEN – Alabama’s Attorney General, Steve Marshall, presented a 2025 Safe School Award to Allen Thornton Career Technical Center in Killen last week. The award provides the opportunity to recognize the excellent implementation of safety plans and identify current trends in school safety.

“Out of over 1,500 public and private schools in our state, it is

See **SAFE...** Page 8

Courier Journal Easter Coloring Contest Underway

SHOALS–The Courier Journal Easter Coloring Contest gets

underway this week with another great prize package for 9 winners in 3 age groups.

Foodland will award Easter Baskets



See **COLORING...** on Page 13

Courier Journal Perma-Note

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Pancakes Hot Off the Griddle

FLORENCE– The 74th Annual Pancake Days sponsored by Florence Kiwanis should be an extraordinary event as All-You-Can-Eat Pancakes & Sausage with drinks are served Friday and Saturday, March 13 and 14 at the Florence–Lauderdale Coliseum.

Serving hours are 6am–7pm Friday and 6am–2pm Saturday.

Advance Tickets are \$10 in advance and \$12 at the door. Bundles of 10



See **HOT...** on Page 14

INSIDE this Issue



Online Only:

Automotive Inside

NOW

Advance Auto Sales

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- First Metro Youth
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- Insurance Insights
- Coloring Contest
- Hocus
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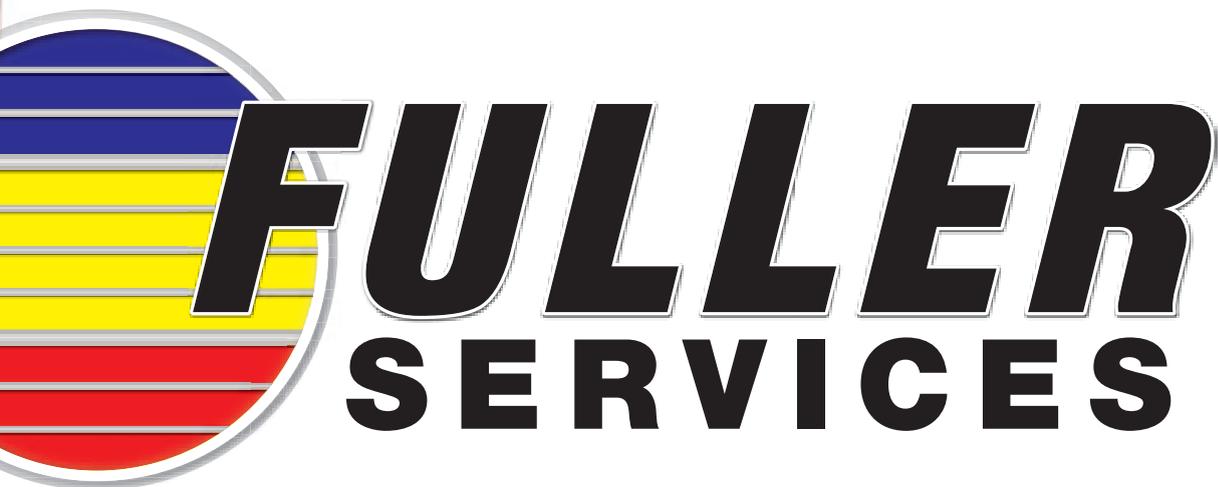
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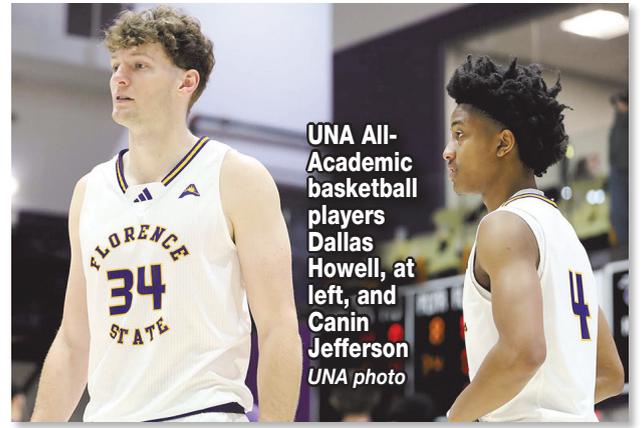
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UNA All-Academic basketball players Dallas Howell, at left, and Canin Jefferson
UNA photo

Shorts...

Howard ASUN All-Academic

Continued from Page 1

the team for the 2024-25 campaign. It also marks the third-straight season North Alabama has been represented on the academic team and fourth time overall. She is majoring in Engineering Technology with a 3.91 GPA.

To be eligible, undergraduate student-athletes had to have a cumulative 3.50 GPA, participate in 50 percent of contests during the season, have completed four semesters of college coursework OR 50% of progress towards a degree and have one year of residence at the institution.

The Coppell, Texas native was a solid contributor and a veteran presence on the team. The forward appeared in all 29 regular-season games, averaging 7.7 points on 60.6 percent shooting with 4.9 rebounds per game.

She 30 blocked shots ranked her 8th in the ASUN.

all six seasons. Howell played in all 29 games that were played before the conference tourney, with 28 starts, averaging 8.4 points per game. He leads the team with 29 blocks and has 98 for his career. He ranks third on the team in steals (26) and rebounds (103) while leading in three-point makes (57).

After two seasons as a backup point guard, Jefferson moved into the starting role this season. He has played in 21 games with 18 starts, but only played one game in February due to injury. He is second on the team in scoring with 12.8 PPG while totaling 57 assists.

Jefferson had his first career double-double against Stetson in his second-to-last appearance this season, scoring 10 points with a career-high 10 assists. He also scored a career-high 24 points at ECU and had a career-high six steals against FGCU in January.

Jefferson is currently pursuing a bachelor's degree in sport management.

Men Have Two All-Academics

The ASUN also named two UNA men's basketball players to the Academic All-Conference team, including sixth-year senior Dallas Howell and junior Canin Jefferson.

Howell and Jefferson are both first time honorees.

Currently in his sixth season at UNA, Howell is set to graduate in May with a master's degree in exercise science. He is one of just seven known sixth-year seniors in Division I basketball, but he is the only one of the seven to stay at the same school for

'Canaan' will Premiere at Handy

FLORENCE – Florence Arts & Museums announces the premiere of "Canaan" at 2:30pm on Sunday, March 15 at Handy Recreation Center, 1105 Beale St. in Florence. The documentary follows the lived experiences of Black residents who lived in Canaan. The documentary features interviews, photographs, maps, and memories that tells the story of what is now a part of West Florence. Coordinated by Anita Smith Cobb, the interviews will

See SHORTS... on Page 6

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Chicken Whole Wings \$2.49 Lb.	Chicken Leg Quarters \$7.99 10 Lb. Bag	Whole Spare Ribs \$2.49 Lb.	

Yard Sales

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)

FLORENCE GARAGE SALE, 201 North Fulton St., Fri., March 13th & Sat., March 14th, 6am-until?

KILLEN HUGE FORMAL DRESS SALE
42 Dixieland Dr.,
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Over 350 Cruise, Prom, Wedding, or Pageant Dresses! Women's sizes 3-4 to 24 and Girls Easter dresses. All New With Tags or Gently Used. Jewelry, Furniture, and more! PRICED TO SELL!
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FLORENCE: INDOOR YARD SALE! 3604 Jane Way Dr 03/13/2026 - 03/14/2026 Fri. 7:00am, Sat. 7:00am, Rain or shine. Antiques, miscellaneous, tons of Christmas decor, lamps, books, and stuff

CLOVERDALE: YARD SALE, 12101 Hwy. 157, Old Cloverdale School Gym, Sat., Mar 14th 7am-5pm, Lucy's Poems, Handmade Bracelets, Handmade skin products. Pins by Tonya, baked goods, and much more. Lots of vendors.

KILLEN NEIGHBORHOOD SALE
69 Aqua Vista Dr., and
101 Allison Dr., plus others!
Fri., March 13th 7am-until? and
Sat, March 14th, 7am-noon.
Wide variety of items!

FLORENCE: YARD SALE Oak Hill Subdivision 109 Royal Oak Rd March 14th 8am Household items, clothes, priced to sell.

MUSCLE SHOALS MOVING SALE, 2004 Rosedale St., Sat., March 14th, 7am-3pm. Furniture, Toys, Tools, Lots of Household items, Men's, Women's & Children's clothing & lots more!

FLORENCE: WAREHOUSE SALE 1117 Florence Blvd. Turn Around Fashion (next to Dollar General) Fri. Sat. 7am-5pm Nothing over \$5!

KILLEN BIG YARD SALE, 531 J.C. Mauldin Hwy., Thursday, Friday & Saturday, March 12th, 13th & 14th. Lots of household and other items.

MUSCLE SHOALS: 688 Brandon Dr Fri. March 13 and Sat. March 14 7am-1pm, Antiques, Lots of Furniture, Glassware, and much more.

INDOOR MISSION YARD SALE First Baptist Church Lexington 301 Taylor Kiser St Thurs. and Fri. 7 am to 5 pm, and Sat. 7 am to 1 pm. Neat and organized sale, racks full of name brand clothes, men's and women's small to XXL, boys and girls infant, toddler, and youth sizes, shoes, toys, baby items, toddler bed, bassinet, lots of sheets and pillows, household, jewelry, video games, pictures, apple watch bands (\$1 each), books, DVDs, plus lots more! New items added daily. Cash only.



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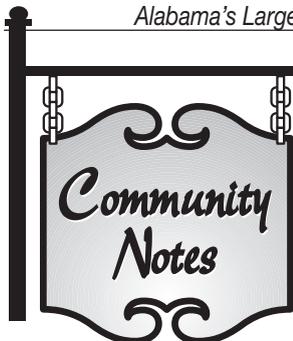
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COMMUNITY NOTES may be submitted for non-profit, civic or church-related events and published free of charge AS SPACE IS AVAILABLE in the Courier Journal. Community Notes must be submitted in writing by 4pm Friday for consideration in the following week's issue. • Email to editor@courierjournal.net

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8am to depart by 8:30am, or meet the group at the park (3834 Hawk Pride Mountain Rd., Tuscumbia) around 9am. The trail ride will be paced according to the experience level of the least experienced rider, making it accessible for various skill levels. Admission to Hawk Pride is \$20 per person (children under 10 are free), and waivers can be signed at the gate or online in advance. For more information, you can contact Hawk Pride Offroad at 256-349-4150.

The Creating Hope and Opportunity for Our Students' Education (CHOOSE) Act of 2024 establishes refundable education savings accounts (ESAs) for eligible K-12 students in Alabama. ESAs provide up to \$7,000 per student for approved private school expenses and \$2,000 per home schooled student (up to \$4,000 per family) for qualified education costs through approved providers.

Dr. Jason Imbrogno, Associate Professor, Economics at UNA, will host the following free public presentations explaining the CHOOSE Act at local libraries, including eligibility, how to apply, and how families can use the funds.

The presentation will be followed by a Q&A period.

The last two presentations are at Cherokee Public Library at 1pm Thursday, March 12, and Helen Keller Public Library (Tuscumbia) at 10:30am Friday, March 13.

Circus Pop! The Giant Bubble Show, featuring the talents of Ringling Bros. alumnus Logan Jimenez, will take place at the Ritz Theatre on Sunday, March 15 at 2pm. This 60-minute one-man show combines world-class bubble artistry with magic, circus skills, and comedy, featuring stunts such as bubble volcanoes, contortion, and

creating giant bubbles. For additional information, you can contact the Ritz Theatre at 256-383-0533.

5K Fun & Run - April 18 at Kilby Laboratory School, 511 N. Pine Street, Florence, 8am - 5K, 9am - Fun Run.

Run Together. Give Together. Build a New Playground for Kilby Kids

Register at: RunSignUp.com/Race/AL/Florence/TheKilbyCubDash online until noon April 17.

• Register before March 15 to guarantee a Race T-Shirt. Race Day Registration from 7-8am
Packet Pick-up: on April 17 2:30-5:30pm or Race Day from 7-8am.

LifeSouth Bloodmobile Dates:
Wednesday, March 11 Tharptown High School, Russellville, 7:30 am - 3:30 pm

Tuesday, March 17 Alabama Department of Transportation - Tuscumbia, 8am - 3pm

Saturday, March 21 Farmers Home Furniture - Russellville, 10am - 4pm

Thursday, March 23 Constellium, 4805 E 2nd St., 8am - 4pm

The Florence City Clean-up got underway recently, and it lasts all month! Register to organize your own cleanup on your own schedule, and we will have your supplies ready. FlorenceRecycles.org or 256-760-6495 for more details.

Somewhere in Time - A social support group for Widow/Widowers in their new life journey after the loss of a spouse. Call for schedule 256-791-5569.

Clothing Giveaway with light meal Monday, March 16 and Monday, April 13 Highland Baptist Church-Broadway Fellowship, 3215 Huntsville Rd in Florence. Doors open at 5:30pm. Food served at 6.

Oakdale Baptist Church invites you to our Singing Concert with Bob Sellers, former lead singer for the Kingsman Quartet - 5pm Sunday, March 22. The church is at 1215 Reeder St. in Florence. Everyone Welcome!

See NOTES... page 7

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Sunday, March 15 (10:30 a.m.)
“Raising Godly Children In A Secular World” – Adam Smith

Sunday, March 15 (4:00 p.m.)
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Youth Leadership Board

The First Metro Bank Youth Leadership Board (YLB) is shaping the next generation of leaders by bringing together high school seniors from across Colbert and Lauderdale counties. Through monthly meetings, hands-on learning, and mentorship, students gain leadership skills, financial knowledge, and practical experience that will benefit them long after graduation. Each week, we are excited to introduce the community to one of these bright young leaders and share their story.

This week's featured student is Lexington High School senior, **Hannah Corum**.

Hannah is involved in FFA (formerly Future Farmers of America), Mu Alpha Theta, National Honor Society, and she is a Shoals Area Music Teachers Forum Student.

After graduation in May, Hannah plans to study mathematics at Northwest Shoals Community College and pursue a career in accounting.



Hannah Corum

Favorite Quote:

"It's nice to be important, but it's more important to be nice." - Nick Saban

What have you learned as a member of YLB?:

The importance of giving back to the community and helping others.



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SATURDAY
9am - 9pm Doors open 8am

We had a terrific Shoals Storytelling Festival May 2025, and we have a great lineup for 2026!



Donald Davis



Dolores Hydock



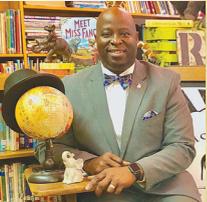
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MAIL - Mail your written ad to address at right. Include your phone number. We will call to finalize your ad. List how many weeks the ad is to run.

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

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

Yard Sales 6 LINES Each additional line - \$1.50 YARD SALES - An exclusive listing of the area's better sales prominently placed **\$14.50** Week

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*one line is approx. 30 characters

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

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

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Please Print Ad Clearly. NOT RESPONSIBLE for illegible handwriting

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

Shorts...

'Canaan' will Premiere at Handy

Continued from Page 2

document the childhood, school, church, and extracurricular activities of the community members.

This presentation follows Ms. Cobb's completion of the "East End, Stewart Spring, and North Florence" projects, the latter of which is available on our website, www.florencealmuseums.com. This program is free to the public and is sponsored by Florence Arts & Museums, Handy Recreation Center, and the Alabama Humanities Alliance. Call 256-760-6379 for more information.

Walking Trail at NWSCC is from TVACCU

MUSCLE SHOALS - Northwest Shoals Community College officially opened the TVA Community Credit Union Walking Trail at Patriot Park on the Shoals campus with a ribbon cutting March 5.

"We have several great community partners that support Northwest Shoals, but our friends at TVA Community Credit Union made this possible," said NWSCC President Dr. Jeff Goodwin. "We could not be more thankful and excited to officially open the TVA Community Credit Union Walking Trail today. We still have more to come, but this is the next step toward reaching our vision for Patriot Park and the resource it will be for our community."

The walking trail offers the students, staff and community another outdoor resource to use while enjoying nature and getting exercise.

"TVA Community Credit Union is extremely honored to partner with Northwest Shoals Community College on this exciting project," said TVACCU Marketing Director Alyssa Ashley-Guin. "This walking trail

is more than just a path. It's an avenue for our community, designed to offer a safe, accessible, and beautiful space for promoting health and well-being while creating a community connection."

According to NWSCC Advancement Director **Katie Smith**, the trail includes a half mile path that will include a pollinator garden and a playground. "We are really excited about the future for Patriot Park and making it a place that individuals of all ages can enjoy while taking in Patriots athletic events," she said.

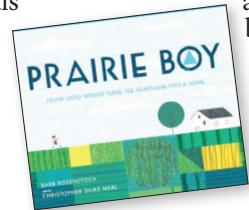
Museum Read is Prairie Boy

FLORENCE - National Reading Month will be celebrated at 3:30pm on Friday, March 13 with Storytime at the Museum in the **Frank Lloyd Wright** Rosenbaum House. Florence Arts & Museums invites everyone to this read-along that will be followed by a hands-on activity. National Reading Month is celebrated every March

as a time to encourage people of all ages to discover - or rediscover - the joy of reading.

The featured story will be *Prairie Boy*, written by **Barb Rosenstock** with Art by **Christopher Silas Neal**. Afterward, participants will explore shapes with a shape-map making activity! This event is free and recommended for children ages 5-8, but all are welcome.

The Rosenbaum House is located at 601 Riverview Dr. in Florence, AL 35630. Parking is located across the street. Storytime will take place inside of the Rosenbaum House in the dormitory room.



Personnel

EDITOR & PUBLISHER

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Heather Ridinger

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OFFICE STAFF/SALES ASST.

Tina Hill

CIRCULATION

Ted Fallin

OFFICE HOURS:

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

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DEADLINES: Issues Published Every Wednesday
INSERTS - 5 pm Thursday
DISPLAY ADS - 5 pm Thursday
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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.

LEGAL NOTICE

STATE OF ALABAMA, LAUDERDALE COUNTY NOTICE OF ABANDONED AND UNCLAIMED MOTOR VEHICLES Notice Is Hereby Given That On **Saturday, The 11th Day Of April, 2026, At 9:00 a.m.,** The following motor vehicles will be sold at public auction for cash. The auction will be held at **Horne Wrecker Service, Inc., 1634 State Street, Florence, Alabama.** Horne Wrecker Service Inc. will accept proof of ownership should anyone care to submit same, Monday through Friday, between the hours of 8:00 a.m. and 4:00 p.m. Until the day of the sale. **Vehicles may be viewed STARTING Monday, April 6th, 2026, between the hours of 8:00 a.m. And 4:00 p.m.**

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02	TOYOTA	CAMRY	4T1BE32K82U051246	N/A	SILVER	WALTONS

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CHAT- 211connectsAlabama.org

Community Notes...

Continued from page 4

4th Annual Team Roping for Ronald McDonald House Alabama. Friday, March 13 - Sunday, March 15, 4pm-8pm each day. At the Longhorn R Arena in Tuscumbia

Saddle up and get ready to rope for Ronald McDonald House Alabama March 13-15, 2026! The Austin family, who stayed at Ronald McDonald House Alabama, hosts this fun event. Details are forthcoming regarding registration and more. Follow Team Roping on Facebook for the latest!

Shoals Walk Across Alabama - Kick Off Party! Saturday March 21 at 9:30am at the Royal Avenue Recreation Center, 420 N. Royal Ave, Florence. INVITE FRIENDS!

Work Our with Ladarius Prince, Registration Workout and walk at Martin Park. RSVP: shoalscommunityclinic bomccay@gmail.com

Experience the beauty of the outdoors with the whole family at the Trail Riders United organized ride,

hosted at Seven Springs Lodge from March 20-24. This multi-day event offers guided trail rides designed for all ages and skill levels to enjoy together. Beyond the trails, the weekend is packed with entertainment including live music, bingo, great food, and dancing. For more information and to get involved, please contact Jamie at 256-483-2859. 292 Mount Mills Rd., Tuscumbia.

Midway church of Christ will host its March Sermon Series, "Strengthening Families In Christ," March 13-15 with a different speaker at each of four presentations.

Jared Hagan will present, "A House Built On The Rock," Friday, March 13 at 7pm.

Stacy Crim will speak on "Biblical Roles In Marriage," at 7pm Saturday, March 14

Adam Smith's message at 10:30am on Sunday, will be, "Raising Godly Children In a Secular World."

Don Miller will close the series on Sunday afternoon at 4pm, with "Leaving A Spiritual Legacy."

Everyone is invited to hear all or portions of the series. Midway is located at 6000 US Hwy. 43, Florence (just north of the Hwy. 64 intersection) For more information, please visit facebook.com/midwaychurchofchrist.org.

The Deadline for Entry in the Artistic Renderings of Youth exhibit for 2026 is Friday, March 13.

The exhibit runs from March 23-April 30 at Kennedy-Douglass Center for the Arts in Florence. This is a juried exhibit of artwork open to students in grades 7-12 from Colbert, Franklin, and Lauderdale counties. The exhibit and competition are coordinated by area art teachers. Schools may participate or students can enter on their own. Each student can enter up to three works.

Entries are juried and, if accepted, are eligible for ribbons awarded in different grade level groupings. Works must be original and can be in any medium. All 2-dimensional entries must be matted or framed. Framed pieces and canvases must have hanging wire attached on the back. For more details on entry rules, call Kennedy-Douglass Center for the Arts 256-760-6379 or email: connect@florencealmuseums.com

The Kennedy-Douglass Center for the Arts is located at 217 E. Tuscaloosa St. in Florence.

Real Troublesome Times

What's going on now is just a tea-party compared to what soon to come! Ezekiel, chapters 38 and 39, reveal what's soon to come on the face of the whole earth! They reveal the end for all the major players and the rest of the world combined! If you have a saved teacher or preacher, he should have already told you this, even if his money is at stake! The world is in great need of oil. And nations are willing to go to war to get it. Careful study of the above passages and **the book of Daniel and Revelation** will reveal all the pertinent events! Nothing is going to stop these things from happening! **Revelation 17:17** "For God hath put in their hearts to fulfil his will, and to agree, and give their kingdom unto the beast, until the words of God shall be fulfilled." **Zechariah 12:3** "And in that day will I make Jerusalem a burdensome stone for all people: all that burden themselves with it shall be cut in pieces, though all the people of the earth be gathered together against it." Well, we are here, now what do you do? If you are religious and lost, get saved. If you are saved, get a good Bible, KJV, and bury your head in the scriptures and stay there until your hair all falls out!

The end of Gog and Magog (RUSSIA) AND THE KINGS OF THE EAST (CHINA) and YOUNG LIONS thereof. See Ezekiel 38:1-23 & 39:1-29 AND STUDY! If you don't go out at the translation of saints, save this and get ready for the horrors of your life! What reason do you have for not getting saved? Your money, possessions, and pleasures are not worth losing your eternal soul!

Mark 8:36-37 For what shall it profit a man, if he shall gain the whole world, and lose his own soul? Or what shall a man give in exchange for his soul? Nothing is worth suffering in flames forever. Come to Christ today. Ask Him to forgive and save you today. Jesus said: **John 6:37** "All that the Father giveth me shall come to me; and him that cometh to me I will in no wise cast out."

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See NOTES... page 11

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Safe Schools

Continued from Page 1

an honor to recognize Allen Thornton Career Technical Center as one of only nine schools to be selected for the highest award, an Alabama Safe School Award," Marshall said. "Today we honor the thoughtful planning and strong partnerships that help ensure the safety of its students."

"During the evaluation process, it was evident that the school has cultivated a proactive and safety-focused culture," Marshall added.

Most notably, students consistently shared that the best part of their school experience is the meaningful relationships they have built with staff."

The selection process featured a comprehensive application and review process by a panel of independent judges who possess real-world insight into school safety trends. All applicants were evaluated in their ability to enhance safe school protocols through preparation and training; collaboration with local emergency response agencies; involvement of school resource officers or alternate security personnel; structure and innovation of safety technology, community participation; and law-related and prevention education.



Applicants from across Alabama applied for the 2025 Attorney General's Safe Schools Initiative. AT Tech was the only school in NW Alabama receiving the Award.



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TENNESSEE VALLEY ART ASSOCIATION

Tennessee Valley Museum of Art | The Ritz Theatre

Spring 2026 at the Ritz...

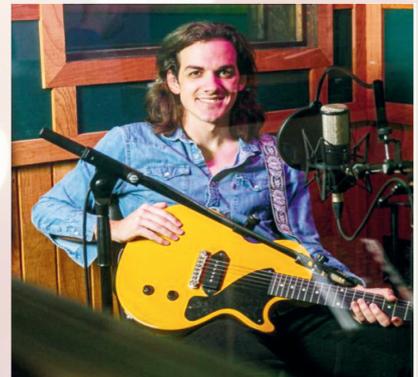
Saturday, March 14th
7pm • The Historic RITZ Theater • \$20



Crews Wright
(Selmer, Alabama) • @crewswrightmusic

Crews Wright is a 18 year old country music artist from Samson, Alabama whose talent has made a significant mark on the local country music scene with a string of impressive accolades, including five consecutive wins as male vocalist of the year at the North American Country Music Association International.

Saturday, April 11th
7pm • The Historic RITZ Theater • \$20



Bay Simpson
(Muscle Shoals) • @baysimpsonmusic

Bay Simpson is a singer/songwriter from Muscle Shoals, Alabama. Raised up around the studio, and born a performer, Bay could already be considered a veteran in his mid 20s. Bay is currently being featured on season 29 of NBC's The Voice.

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The City of Tuscumbia is accepting applications for the following positions.

- Administrative Assistant – Building Department
- City Treasurer – Administrative Office
- Mechanic – Public Works Department

The Positions will remain open until filled.

Applications and Job Descriptions may be picked up at Tuscumbia City Hall,
116 East 6th Street,
Tuscumbia, AL 35674,

Completed applications must be returned to City Hall or mailed to P.O. Box 29, Tuscumbia, AL 35674 during regular business hours: Monday -Friday, 8:00 a.m. to 4:30 p.m.

The City of Tuscumbia is an Equal Opportunity Employer.

ECM TVCC, LLC seeks Invasive-Interventional Cardiologist in Florence, AL (multiple positions).

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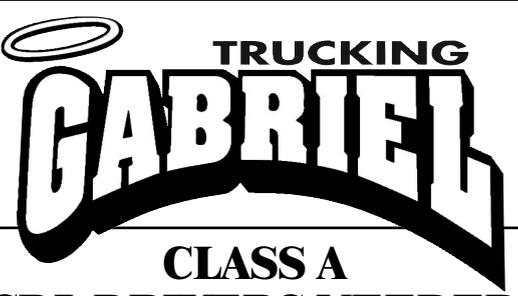
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Questions or resumes may be emailed to: Kevin.Blurton@timesdaily.com



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JOB REQUIREMENTS: See "Job Description" for a complete listing with Office Management support as the main focus. Job will require extensive computer usage with development of spreadsheets, documents and usage of department and outsourced supporting software. Good personnel skills required for customer relation support with development of new accounts, billing and collections.

SPECIAL REQUIREMENTS: Travel may be required for educational training.

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Notes...

Continued from page 7

The Ritz Theatre will host the "70s Jukebox Countdown" on Thursday, March 19 at 7pm. This fast-paced, family-friendly music show celebrates America's greatest hits from 1970-1979, featuring a mix of rock, dance, pop, and love songs from the decade. For tickets or more information, you can contact The Ritz Theatre at 256-383-0533.

Lauderdale County Democratic Committee Meeting: Thursday, March 12, 6pm at Handy Recreation Center, 1105 Beale St. in Florence. Phillip Ensler, candidate for Alabama Lieutenant Governor, is scheduled to speak.

Free Supper! on Monday Nights at Highland Baptist Church - Broadway Fellowship, 3215 Huntsville Rd in Florence. Doors open at 5:30pm. Meal served at 6.

Florence Arts & Museums is happy to announce the premiere of "Canaan" at 2:30pm on Sunday, March 15 at Handy Recreation Center, 1105 Beale St. in Florence. The documentary follows the lived experiences of Black residents who lived in Canaan. The documentary features interviews, photographs, maps, and memories that tells the story of what today is now a part of West Florence. Coordinated by Ms. Anita Smith Cobb, the interviews will document the childhood, school, church, and extracurricular activities of the community members.

This presentation follows Ms. Cobb's completion of the "East End, Stewart Spring, and North Florence" projects, the latter of which is available on our website, www.florencealmuseums.com. This program is free to the public and is sponsored by Florence Arts & Museums, Handy Recreation Center, and the Alabama Humanities Alliance. Call 256-760-6379 for more information.

Spring Series - Jacksonburg Church of Christ, at 414 County Rd 28 in Florence, will host a Spring Lecture Series at 7pm with various quest speakers each Wednesday in March and April. The theme is the "Armor of God."

Everyone is welcome. The schedule includes:
Austin Swinea, March 11
Justin Pannell, March 18
Ricky Collum, March 25
Harrison Chastain, April 1
Matt Miller, April 8
Chris Moran, April 15
Kirk Brothers, April 22
Adam Ragland, April 29

Florence Kiwanis 74th Annual Pancake Days - Get ready to be part of this extraordinary event on Friday, March 13 (6am - 7pm) and Saturday, March 14 (6am - 2pm) at the Florence - Lauderdale Coliseum

All-You-Can-Eat Pancakes and Sausage with Drinks
Advance Tickets are \$10 - At the Door, \$12. Bundles of 10 or more \$9. Children under 12 are \$6

For advance tickets and multiples of 10 or more go to www.zeffy.com/en-US/ticketing/pancake-day-2, visit any Florence location of Bank Independent or call the Law Office of Randy D. Whitten, 256-766-0284.

Every ticket purchased to this event will benefit Kiwanis projects for children in the Shoals, and helping in their mission of creating a brighter, more compassionate world for all.

There is space HERE for YOUR EVENT, and plenty of eyes to read it. Email your information to editor@CourierJournal.net.

Readers of the Lost Ark Book Club, 10am, third Wednesday, (March 18) at Helen Keller Public Library, 511 Main St., Tusculumbia. nancy537481@yahoo.com

See NOTES... page 14

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Commentary

The Positions Are Unconscionable

Thankfully, the U.S. Supreme Court last week vindicated parental rights regarding transgender identity for minor children.

The court upheld an injunction against California's state gender secrecy policy, which mandated that school staff hide a student's claimed transgender identity from parents unless the student expressly consented to the parents knowing.

You read that correctly. The state was mandating that public educators secretly allow indoctrinated and confused children to transition behind their parents' back."

The case stemmed from two parents who didn't know their eighth-grade daughter publicly identified as a boy until after she attempted to commit suicide and was hospitalized on two occasions. The girl is now receiving psychiatric care.

Assuming that prepubescent kids and young teens can understand the gravity of permanent sterilization and major disfiguring surgery at

See **UNCONSCIONABLE...** on Page 24

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

In A Few Words



TOM MAGAZZU
Editor

Courier Journal

in the *Shoals*

March 11, 2026

THIS WEEK

CAUTION!

It's Only Rock 'n' Roll



SHOALS – The Renaissance Shoals Resort is opening a new tribute exhibit to The Rolling Stones. To celebrate, they are hosting a grand opening event on Friday, March 13.

Make your plans for **CAUTION! Stones Ahead**, a night of iconic stories, live music, celebration, and unveiling of the world's largest public exhibition of Rolling Stones memorabilia.

The evening begins with an on-stage interview with Craig Braun, co-creator of the legendary tongue logo and "Sticky Fingers" album art, followed by a live concert featuring Chanel Haynes and Tim Ries, members of The Rolling Stones' backing band, filmed for public television.

See **STONES...** on Page 27



Promotion

Happening THIS WEEK

FLORENCE CAMERATA PRESENTS ITS SPRING GALA at 7pm on Tuesday, March 17 at First Presbyterian Church in downtown Florence. This concert will be a great mix of Broadway, love, and a touch of Irish songs on St. Patrick's Day! For more information, please call 256-810-9512.

AMERICAN LEGION POST #31 IN TUSCUMBIA, will celebrate its 107th birthday with a dinner on Monday, March 16 at 6pm at the Tuscumbia Church of Christ Annex, located at the corner of Main and Fourth Streets in Tuscumbia. All veterans and their families are invited. For more information, contact 256-762-5950.

FLORENCE ARTS & MUSEUMS IS CELEBRATING the return of Spring Art Adventures at the Kennedy-Douglass Center for the Arts. The Southall House at KD will host the second of two new presentations by Art Educator, Elizabeth Renault, Sunday, March 15 from 2-4pm. Renault's presentation will focus on Pointillism and how color can be used to trick the eyes. She will also highlight the artists who discovered and practiced these color techniques.



Wright CrewsWrightMusic.com

Crews is Wright Back Home

SHEFFIELD– The Historic Ritz Theatre will host country music phenom, Crews Wright, Live at The Ritz: on Saturday, March 14 at 7pm.

Wright is an 18-year-old country music artist from Samson, Alabama, who has

gained significant recognition in the country music scene, including five consecutive "Male Vocalist of the Year" awards from the North American Country Music

See **WRIGHT...** on Page 27

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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.

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Some Prophetic Lines

Editor,

Hitmaker Neil Sedaka was ahead of his time in more ways than one. While we remember "Breaking Up Is Hard to Do" and "Laughter in the Rain" following his February 27 passing, he had one record that might have slipped through the cracks: "The Immigrant" from his 1974 album "Sedaka's Back".

Immigration wasn't quite the hotbed issue in

1974 that it is today, but the record reached #22 on Billboard's Hot 100 chart.

It wasn't Sedaka's biggest seller but talk about prophetic. Lines like, "To find they've closed the door, they don't want him anymore" and the "It was a time when strangers were welcome here" refrain over a lilting piano made

"The Immigrant" a favorite easy listening favorite.

Very 1970s. And for the wrong reasons, very 2026.

Jim Newton
Itasca, IL

... Three million people were removed from America last year ...



Wait Before Blinking

Editor,

From continuous observation over the years, I have found that motorists don't need driving instruction on how to operate a car.

They need driving instructions on how to operate a car in the presence of other drivers in their cars. That's what is missing in our society right now.

Those of you who have seen some of my earlier letters to the editor, please, please stop leaving your blinkers on at red lights when you're not turning, especially in the Right Turn or Left Turn Only Lanes.

The signal to make a right or left

See **LETTERS...** on Page 20

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Coloring...

Continued from Page 1

to each of the nine winners. Those have been the talk of the contest for years.

In addition, CiCi's Pizza in Florence has reopened under new ownership and management and they are also supplying prizes for the contest.

First Place winners in each age group receive a CiCi's Super Party for them and five of their friends. Second and third place winners receive a large pizza and 50 FREE gaming tokens! So, get those entries in before the deadline at NOON Wednesday, March 25.

The Easter Coloring Form is in this week's paper and will also be in the March 18 and March 25 issues. The Coloring Form may also be downloaded online at CourierJournal.net.

Winners will appear in the April 1 issue.



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North Alabama Medical Center 2026 Job Fair

Thursday, March 19th
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 NAMC Main Lobby

Multiple departments represented
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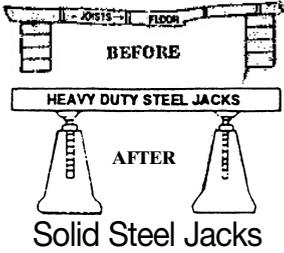
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Community Notes...

Continued from page 11

Shoals Artists Guild Meeting
 Every 3rd Friday of the month, (March 20), 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.

2026 Batting Brigade Quilt Guild Quilt Show Friday, March 20, 10am-5pm and Saturday, March 21, 10am-4pm. at Edgemont United Methodist Church, 1330 Eauclaire Ave. in Florence.

Admission is \$6. Quilts on display, door prizes, demonstrations, boutique and gift baskets.

David Hope Ministries presents

the powerful one-man Biblical, Easter drama, Eight Days That Changed The World! at 6pm Palm Sunday, March 29 at Woodmont Baptist Church in Florence.

Taken from the Gospels of Matthew, Mark, Luke, and John, this free family Easter event is suitable for adults, youth, and older children. Hope portrays more than twenty characters, including Jesus himself, leading the audience through the events in days leading up to our Lord and Savior's death, burial, and resurrection.

Relive His triumphant entry into Jerusalem and witness His confrontation with the Jewish Council. Be with Jesus at the Last Supper. Listen as Judas betrays Him and Peter denies Him. Observe His trial before Pilate and the engulfing anguish of His crucifixion. Experience the eternal joy of the resurrection that leads to His charge to the disciples encompassed in Matthew 28:19 - "Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit."

Your family is invited to celebrate the promise of Easter as you reflect on those compelling Eight Days That Changed the World!

Childcare is available for children five and under. Woodmont is located at 2001 Darby Drive in Florence.

2026 Fishing Days at Delbert Park are right here on us! Dates have been planned to accommodate everyone - from children on spring break to seniors who enjoy early mornings and weekend options for working parents.

SAVE THESE DATES:
 Friday, March 27-6:30am-4pm
 Saturday, March 28-8am-4pm
 Friday, April 3-6:30am-4pm
 Saturday, May 16-6:30am-4pm
 Tuesday, June 16-6:30am-1pm
 Tuesday, Sept. 22-6:30am-1pm
 Saturday, October 3-8am-4pm
 Each event is at Delbert Park on Darby Drive in Florence. Bring your own tackle. No fishing licenses required.

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Hot...

Continued from Page 1

or more are \$9. Tickets for children under 12 are \$6.

For advance tickets and multiples of 10 or more go to www.zeffy.com/en-US/ticketing/pancake-day-2, visit any Florence location of Bank Independent or call the Law Office of Randy D. Whitten, 256-766-0284.

Every ticket purchased to this event will benefit Kiwanis projects for children in the Shoals, and helping in their mission of creating a brighter, more compassionate world for everyone.

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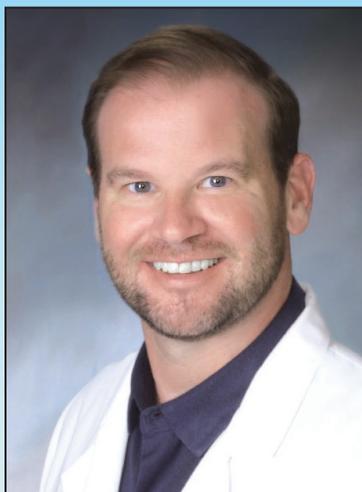
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See NOTES... page 25

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Insurance Insights

Below is a State Farm® Simple Insights® article about "Insuring Your Home Business" is provided by State Farm agent Rebecca Stutts Hovater.

Options when insuring your home business

Homebased businesses might require small business insurance since homeowners may not cover business needs.

What are some ways to insure your home business?

Around half of America's businesses are homebased according to Fundera. But setting up headquarters in your home doesn't mean your homeowners insurance will adequately protect your operation, so it is a good idea to consider getting home business insurance.

A typical homeowners policy provides limited business coverage that may include electronic data processing equipment — but it may offer liability protection or cover you for lost data or income.

Do your research to protect yourself and your home business. When you are starting your own business, you may benefit from creating a business plan which usually includes topics like insurance and retirement needs. *Here are three options to consider when insuring your homebased business.*

A homeowners policy with increased business property limits

Your homeowners policy may cover up to \$1,500 worth of personal property, such as a desk or merchandise held as samples, e.g., Mary Kay Cosmetics. This coverage protects business property while it's used or stored inside your home. The policy may also offer up to \$750 worth of coverage for your business property while it's away from your home. If your homebased business is small, this might be enough coverage. If not, there may be options to increase those coverage amounts with a homeowners policy endorsement.

You might consider adding a homeowners policy endorsement to your existing coverage if you:

- Plan to have less than \$4,999 worth of business property kept at your homebased business location.
- Don't invite customers to your homebased business location.
- Only have \$750 worth of personal property intended for business use outside your home.

An in-home business policy

An in-home business policy provides more comprehensive coverage for business equipment and liability than a homeowners policy endorsement. These endorsements, which may also be called in-home business endorsements, vary significantly depending on the insurer.

A business owner policy

While your homeowners insurance policy might come with liability protection for certain incidents that happen inside your home, it does not extend to homebased, business-related activities. For example, if a customer comes to your home to exchange payment for goods or services and suffers an injury, there may not be coverage under your homeowners policy. Coverage gaps can easily be fixed with a business owners insurance policy.

You might consider a business owner insurance policy if you:

- Provide services directly to customers while in your home, such as tax preparation or hair services, which may require additional specialized liability coverage.
- Plan to have \$5,000 or more worth of business property kept at your homebased business location.
- Rely on the income from your business to support your household.

Considerations for home business owners

Additional insurance: Re-evaluate your coverage as your business grows and your needs change.

Zoning laws: Visit your local planning office to review restrictions that could affect your business.

Licenses and permits: Find out which licenses and permits you need to run your business legally.

Taxes: Talk to a tax professional about tax laws for homebased businesses. Also research money saving deductions, such as the home office deduction.

Vehicles: If you're using your vehicle for homebased business-related activities, ask your agent about getting it rated as a business vehicle on your auto policy to make sure it's properly covered.

Not sure if you're fully protected? Meet with your State Farm® agent to discuss the insurance needs of your homebased business.



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Moments in Time



- **On March 9, 1841**, at the end of a historic case, the U.S. Supreme Court ruled, with just one dissenting vote, that the enslaved Africans who seized control of the Amistad slave ship had been illegally forced into bondage and thus were free under American law.
- **On March 10, 1882**, all solar system planets aligned on the same side of the sun in an event called a syzygy. Fortunately, and contrary to the natural catastrophes predicted in the 1974 bestselling book "The Jupiter Effect" by John Gribbin and Stephen H. Plagemann (including an earthquake in the San Andreas fault), Earth went on with business as usual.
- **On March 11, 1997**, former Beatle Paul McCartney added "Sir" to his name when he was knighted by Queen Elizabeth II for his "services to music" at London's Buckingham Palace. Three of his children accompanied him, but wife Linda was unable to attend as she was dealing with breast cancer, which would end her life a little more than a year later.
- **On March 12, 1988**, a sudden hailstorm caused a stampede of fans at a soccer match in Kathmandu, Nepal's National Stadium, killing at least 70 people and injuring hundreds more.
- **On March 13, 1942**, the Quartermaster Corps of the United States Army began training dogs for the newly established War Dog Program, or "K-9 Corps." More than a million dogs served on both sides during World War I, the most famous being Rin Tin Tin, who made his film debut in 1922.
- **On March 14, 1979**, Judy Chicago's art installation "The Dinner Party" debuted at the San Francisco Museum of Modern Art,

earning praise for its feminist focus as well as controversy over its use of genital imagery. It remains on permanent display at the Brooklyn Museum in New York City.

• **On March 15, 2021**, Deb Haaland became the first Indigenous person in American history to serve as a cabinet secretary when she was sworn in as Secretary of the Interior.

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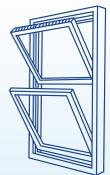
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ON YOUR DEBT



B. Grant McNutt
Managing Attorney

Why Debt Settlement Programs Fail for Many Families

When financial stress begins to build, most people do not immediately consider speaking with a bankruptcy attorney. Instead, many families look for what feels like a safer or less drastic solution. Debt settlement programs often appear to offer exactly that — reduced balances, lower payments, and a path out of debt without court involvement.

Unfortunately, many of the people who eventually contact our office have already tried a debt settlement program first. And too often, they arrive after spending significant time and money only to find themselves in a worse financial position than when they started.

Why Debt Settlement Programs Sound Appealing

Debt settlement companies typically promise to negotiate directly with creditors to reduce what you owe. Advertisements often emphasize paying less than the full balance, one consolidated monthly payment, avoiding legal proceedings, and becoming debt-free faster.

How Debt Settlement Programs Usually Work

Most settlement programs require consumers to stop paying creditors and instead send monthly payments into a dedicated account managed by the settlement company. During this period, accounts typically fall further behind, late fees and interest may continue accruing, credit scores often decline, and collection activity may increase.

The Lawsuit Problem Many Families Don't Expect

Creditors are generally not required to participate in settlement negotiations. Even while payments are being made into a program, creditors may still pursue lawsuits, judgments, or wage garnishment.

Understanding the Difference Between Negotiation and Legal Protection via Bankruptcy

Debt settlement programs rely on voluntary cooperation from creditors. Legal debt solutions like Bankruptcy operate differently. In certain circumstances, federal law allows consumers to obtain immediate protection from collection activity while creating an organized and supervised plan to address debt obligations over time.

There Is Value in Understanding All Options

Financial hardship affects hardworking families across Alabama every day. Seeking information is not an admission of failure — it is a responsible step toward regaining control.

The Bond & Botes Law Offices offers free and confidential consultations to help individuals and families fully understand their available debt-relief options.

Contact the Bond & Botes Law Offices

If you are feeling financial pressure from rising living costs, we encourage you to give us a call. We are here to help and we want to help!

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



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SIGNS OF THE PAST

EARLY ROADS

Tennessee Street along the north side of the square, was originally part of Gaines' Trace, a horse path laid out in 1807 under the direction of Capt. Edmund Pendleton Gaines of the U.S. Army. From Melton's Bluff on the Tennessee River, the trace ran westward to Cotton Gin Port on the Tombigbee, in present-day Mississippi. Another important early thoroughfare was the Byler Road (1819), which ran southward through Courtland and linked the Tennessee Valley to Tuscaloosa and lower Alabama.

ERECTED 1994 BY THE COURTLAND HISTORICAL FOUNDATION AND THE TOWN OF COURTLAND

Location: 34.666°N, 87.311°W
Courtland Town Square, Lawrence Co.

Without a navigable waterway through "the Shoals", the few roads through the region were especially important. Gaines' Trace, an early horse path, ran through Courtland. A north/south Byler Rd connected Courtland with Tuscaloosa. This 32 year old sign in the Courtland town square shows its age.

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

This Ad Good March 11-17, 2026

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Letters...

Wait Before Blinking...

Continued from Page 12

turn is for when you are going to or are making a turn. Not when a car or truck is standing still waiting for the light to change from red to green. Before making your turn, it is correct to turn on your signal to notify your intention to make a turn instead of going forward.

It's not just a courtesy it is good driving practice.

Charles Van Heyden
Owner/Instructor
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for the Quad Cities
Florence

countries don't give us a list of needs. They just accept the money and there is no accountability.

I am a person that tries to follow in the footsteps of Jesus. I'm not sure if that's religion or a belief in just doing as much good as I can in the time I have here on earth.

And I have concerns that our leaders need to be morally and ethically above board. We don't need amoral, corrupt, and or convicted politicians. We don't want the worst of our politicians free to commit more atrocities. We have enough people in our own lives that are vile and evil and village idiots. Let's not put those in

See LETTERS... Page 22

The Treatment You Want?

Editor,

I'm really not political. I just want our tax dollars to be used for America first and foremost. Nothing for countries that are sucking Americans dry. I want our kids and families fed. I want them to have the best education... for free. That is in America. I don't want anyone to be sent to prison or concentration camps because they are homeless. I want healthcare, dental, and vision insurance for Americans. We pay taxes to be used for Americans. If there's enough in our pockets to send tens of billions of dollars to Israel and Argentina and other places, take care of America first. Those

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Lana



Meet **Lana**, a beautiful shepherd mix with a big smile and even bigger heart. Lana is alert, intelligent, and loves spending time with people. She enjoys attention, going for walks, and would make a wonderful companion for an active family or someone who loves the loyalty of a shepherd-type dog. With her bright eyes and happy personality, **Lana is sure to win you over the moment you meet her.**

Grogan



Say hello to **Grogan**, a sweet and friendly boy who is ready for a fresh start. Grogan has a gentle face and a loving personality. He enjoys being around people and would love a home where he can relax, play, and be part of the family. Whether it's going for walks or just hanging out beside you, **Grogan is happy simply being with his people.**

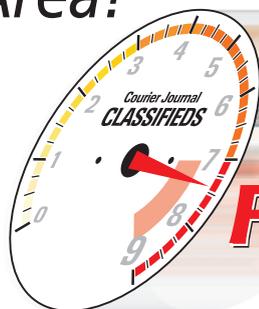
Gotti



Meet **Gotti**, a handsome boy with a sweet face and loving personality. Gotti is attentive, friendly, and enjoys spending time with people. He would love a home where he can get plenty of attention, playtime, and a cozy place to relax. With his loyal nature and charming looks, **Gotti is ready to become someone's best friend.**

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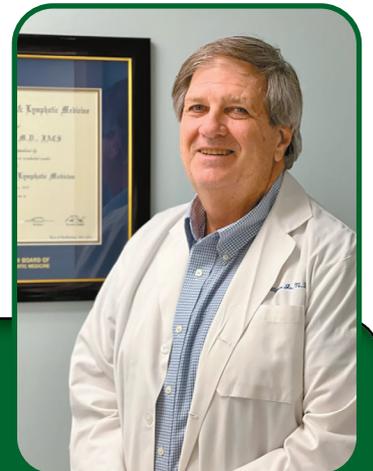


Find at least six differences in details between panels.



Differences: 1. Hat is larger. 2. Bottom of lamp is not showing. 3. Ear is different. 4. Book cover is different. 5. Glasses are missing. 6. Ribbon is moved.

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Letters...

The Treatment You Want?

Continued from Page 20

service to America. They don't need to have the power to avoid corruption laws or any laws of this land. Politicians and their families aren't supposed to benefit from their position in government. All public servants and their families are deemed by law not to be able to profit in office.

And I don't think many of you considered the day-to-day consequences of deporting immigrants seeking asylum, which has been legal for 250 years. Those immigrants worked those farmer's fields. They built houses. They rented homes in communities. They paid for utilities. They purchased vehicles. They bought groceries in town. They bought clothes and other necessities. They bought gas and tires. They ate at restaurants. They paid federal and state taxes. They sat in pews at church. Trying for a better life. Just as Jesus said, Love Thy neighbor as you love Me. It doesn't

matter who they are or where they come from. They are human beings.

Three million people were removed from America last year. That is a lot of consumers, a lot of taxpayers. Yeah, they can't get their tax refunds.

Immigrants aren't allowed to receive federal or state benefits. None. Not SNAP. Not Medicaid. Not Social Security or Disability, even though they had to pay in. And they cannot vote. Not until they are citizens. Think of how you want to be treated. Use kindness to guide you.

Linda Johnson
Florence

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2010 CHEVROLET IMPALA	2G1WA5EK4A1192908	1993 HONDA ACCORD	1HGCB7679PA087925
2008 CHEVROLET UPLANDER	1GNDV23158D203318	2002 HONDA ACCORD	1HGCF86692A160124
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2012 CHRYSLER 200	1C3CCBAB7CN170643	2014 HYUNDAI VELOSTER	KMHTC6AD5EU203986
2013 DODGE CHARGER	2C3CDXBG6DH502828	2009 LEXUS RX 350	JTJGK31U199852889
2019 FORD FUSION	3FA6P0HD3KR160346	2007 LEXUS IS 350	JTHBE262972012109
2003 FORD MUSTANG	1FAFP40413F371465	2008 NISSAN QUEST	5N1BV28U58N109304
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Medicare Minute

4 Parts of Medicare



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Did you know there were four parts to Medicare not two? Did you know that two of the parts you can get through the federal government but the other two parts, if you choose to take them, must be purchased through private insurance companies? Finally, did you know most people have an option as to whether to sign up for three of the four parts of Medicare? To some these are very simple questions but to others they can be very confusing.

The four parts of Medicare are labeled Part A, Part B, Part C and Part D. Over the next few weeks we will discuss each of the four parts in detail but for today let's simplify things by saying that Part A is your inpatient or hospital care, Part B covers your outpatient services, Part C is called Medicare Advantage and Part D is your prescription drug plan.

The two parts of Medicare that you receive through the federal government are Parts A & B. The two parts that can be purchased through private insurance companies are Parts C & D. So which parts are optional for most people? That would be Parts B, C and D.

It's very important for the Medicare beneficiary to be familiar with each of the four parts of Medicare and what they cover. Here are some ways you can do that. First you can go to Medicare.gov. This is an excellent website that will tell you everything you want to know about Medicare. You can also refer to the "Medicare and You" handbook. Another way to learn about the basics of Medicare is to attend one of the Medicare Education Classes our company conducts. They are free of charge and open to the public. Just contact our office for times and dates. Of course you can also check out the "Medicare Minute" each week in the Courier Journal!!

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



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Courier Journal Community Notes



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Commentary

Unconscionable...

Continued from Page 12

such a tender age is insanity.

I can't imagine how such foolishness of thought foisted on unsuspecting kids by supposed adults with working brains even sees the light of day to be addressed.

The Thomas More Society sued the Escondido Union School District on behalf of teachers (and parents) in the state who feared punishment if they

refused to lie or withhold details about a student's (perceived) gender identity. The California Department of Education was also sued. It has a similar policy.

A district court judge had issued a permanent injunction blocking the schools from enforcing gender secrecy policies. However, a three-judge panel for 9th Circuit, U.S. Court of Appeals granted the school district and the state a stay of the injunction.

The Supreme Court's decision upheld the injunction with an unsigned opinion vacating the 9th Circuit's stay regarding the parents. The legal aspects are confusing but suffice it say that Justices Samuel Alito and Clarence Thomas would have sided with the parents and teachers. Justice Sonia Sotomayor would have chosen not to take up the case.

Justice Amy Coney Barrett wrote a concurring opinion, which Justice Brett Kavanaugh and Chief Justice John Roberts joined. Justice Elena Kagan wrote a dissent, which Justice Ketanji Brown Jackson joined.

The court concluded that California's policies "substantially interfere with the 'right of parents (the primary protectors) to guide the religious development of their children.'"

Forget religion, what about common sense and getting a child to a point in life when he or she can make rational life-altering decisions.

Throughout our nation's history, parents, not the state – have had the authority and responsibility in the upbringing and education of children.

However, after the opinions and dissents in what ostensibly amounts to a 6-3 vote along philosophical lines, we have three judges appointed for life who want to eliminate parental rights to raise their children and protect them from perceived harm. They agree that the state should have jurisdiction above parents in the most life-altering of situations.

This doubles down on the fact that California and Minnesota legislatures have already criminalized parents for the act of

misgendering a child (if they do not affirm a child's alleged gender identity). Only a veto by Governor Newsom that time kept it from becoming law. Other state legislatures including Colorado are considering similar legislation that criminalizes parents.

For example, when Rep. Yara Zokaie of the Colorado State House of Representatives was asked if anyone in the business community or if parent groups that are not part of the LGBT community were brought into the discussion about this legislation, her response was, "...a well-stakeholdered bill does not need to be discussed with hate groups," Zokaie said. "And we don't ask someone passing civil rights legislation to go ask the KKK their opinion." HB25-1312

So, if parents are not willing to advocate for and support the delusion that their child was born in the wrong body, then they are an enemy of the state, and it wants to prosecute a perfectly rational parental position.

We all know that these ideas in school or in legislatures do not come from Republicans.

The fact that left wing educators and bureaucrats want to override parental rights should make every voter in this country think twice.

This case and the associated responses speak volumes as to where the Democrat party is going these days and how much they truly want to control your children and your family.

Let's be sure we get this straight. On one hand, they push for a parent to have any and all rights when a child is in utero. However, after birth they want to strip them of those rights when it comes to infant immunizations and what they are taught in the public education realm. It is unconscionable that we even tolerate this reckless, anti-family ideology, much less understand how people can possibly support it at the ballot box.



Wrap Up the Year by Honoring a Woman Who Shines!

Nominate Your Shoals Woman of the Year 2026 ~ Because Giving Recognition is the Greatest Gift of All!

This is your chance to nominate the next Shoals Woman of the Year. All nominations must be submitted by 5:00 p.m. April 24, 2026.

The purpose of the Shoals Woman of the Year award is to recognize an individual woman who distinguishes herself in her community as a leader. The recipient of the Shoals Woman of the Year award demonstrates excellence in leadership and has a visible impact on others. She represents the best of who we are as women and as leaders.

Please explain in detail, with examples, how the nominee makes an impact in the following areas:

Leadership: How has the nominee demonstrated strong leadership abilities, whether in their workplace, community, or volunteer activities.

Impact: How have they made a visible difference in the lives of others through their actions or initiatives.

Presence: In what ways do they possess a strong presence, demonstrate integrity, and inspire others.

Service: How does your nominee go above and beyond in their immediate job responsibility to benefit others.

Nomination Guidelines:

- In a 200-300 word summary tell us your nominee's story and specifically how it relates to your nominee being selected for Shoals Woman of the YEAR along with how she has given back to the community including her involvement in the Organization representing courage, determination, heritage, heroism, initiative and vision. **(Please detail on a separate sheet)**
- Nominee Name/Address/Phone/Email
- Nominated by Name/Contact Phone
- Name/Describe your nominee's Organization (list Professional positions held within the last 2-5 years and general responsibilities)
- List all civic/community activities, clubs, groups and or boards they have served on within the last 2-5 years. Any awards received.

For USPS Mail, send nomination letter to:
TimesDaily
Attn. Shoals Woman of the Year
219 W. Tennessee Street
Florence, AL 35630

OR

For Email, send nomination letter to:
swoynominations@timesdaily.com

For online entry visit
https://www.timesdaily.com/site/shoals_woman_of_the_year_nomination_form.html

For more information on Shoals Woman of the Year nominations or the event, please contact Renita Jimmar at 256-740-5815 (renita.jimmar@timesdaily.com).

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Community Notes...

Continued from page 14

Belle Mont's popular Kite Day and Egg Hunt event is on Saturday, March 21 at 10:30am. Children 12 and under are invited to visit Belle Mont Mansion to fly kites, hunt Easter eggs, have story time, color, tour historic Belle Mont, and eat popcorn! This program is free and kites will be provided. Reservations are required, please RSVP to bellemontmansion@gmail.com or call 256-381 5052.

This program is in partnership with Helen Keller Public Library. Belle Mont is located at 1569 Cook Lane in Tuscumbia.

Our Redeemer Lutheran Church at 630 N. Poplar St. in Florence recently announced its Holy Week Worship schedule. Palm Sunday service is at 10:30am on March 29. The annual

Maundy Thursday and Good Friday Worship Services take place at 6:30pm April 2 and 3 respectively.

And then, Celebrate the Resurrection Easter Morning at 10:30am, Sunday March 5. He is Risen! Everyone is welcome.

A Ribbon-Cutting Ceremony will take place at 10am on Saturday, April 11 at Florence-Lauderdale Animal Services, 3240 Roberson Rd in Florence, to celebrate the arrival of the new Friends of FLAS rescue van. The van is a vital addition that will enhance the department's ability to serve animals and residents across the county.

As part of the celebration, Friends of Florence-Lauderdale Animal Services will host an adoption event that day featuring

a special \$26 discount off adoption fees for 2026. Community members are encouraged to attend, tour the facility, meet adoptable pets, and celebrate.

The public is invited and encouraged to attend.

For additional information, please contact Florence-Lauderdale Animal Services at 256-760-6676.

Spring Festival at First Free Will Baptist Church, 2701 Florence Blvd, Florence on Saturday, March 28, 10am - 12 noon. Games, food, kids obstacle course, egg hunt, prizes and more! Everyone welcome. (Bad weather date April 4)

Alabama Plants Series - Florence Arts & Museums is excited to launch the Alabama Plants Series. This year the series will feature a combination of demonstrations, presentations, and workshops. More information on each workshop can be found below:

Hosted by Summer McCreless, these

three demonstrations will provide an opportunity for participants to learn how to make tea, medicine, and soap out of native plants.

Soap Making: Sunday, March 22, 1pm

Hosted by Nadene Mairesse, this workshop will provide an opportunity for participants to make ink out of native plants. This event will take place on Sunday, March 29 at 1pm.

The Alabama Plant Series is a set of five workshops hosted at Pope's Tavern Museum. These workshops are meant to draw the connections between Native American cultures, Alabama plants, and the products created by people that are rooted in early traditions.

All of these events will cost \$20 per participant and will take place at Pope's Tavern Museum, 203 Hermitage Drive, Florence, AL. Pope's Tavern is open Tuesday-Saturday, 10am until 4pm, and is located at 203 Hermitage Drive, Florence, AL 35630. For questions, call: 256-760-6379 or email: connect@florencealmuseums.com.

The Coalition for Alzheimers and Related Disorders is partnering with Florence Lauderdale Public Library to present 5-part series for Alzheimer's caregivers. Each segment of the series will take place from 10:30am-12:30pm on the first Saturday of each month from February-June (April 4, May 2, June 6) in the library's conference room.

Planned speakers include an eldercare attorney, a bank manager, a local mental health law enforcement officer, a grief counselor, a physician, a social worker and more. There is no charge to attend. Please go the library's website, at flpl.org for more details.

American Legion Post #31 in Tuscumbia will celebrate its 107th birthday with a dinner on Monday, March 16 at 6pm at the Tuscumbia Church of Christ Annex, located at the corner of Main and Fourth Streets in Tuscumbia. All veterans and their families are invited. For more information, contact 256-762-5950.

Community Breakfast - Saturday, March 14, 6:30-11am at the **Underwood-Petersville Community Center**, 840 County Road 7, Florence

Cash only: \$10 for adults; \$5 for children younger than 10.

Cash only, check nor credit cards will be accepted. The breakfast is the first Saturday of each month. Call 256-764-1388, or follow the Lauderdale County Solid Waste Department's Facebook Page.

Come Join The - Creative Crafters

This is a craft group for adult friends who draw, craft, paint, sew, quilt, embroidery, crochet, etc. (all artisans welcome). Bring your project to work on and come join us! This group will meet at the Killen Library once a month beginning in February.

Saturday mornings - March 21 and April 18, from 9am-12:45pm

All Adults Welcome!

See NOTES... page 26

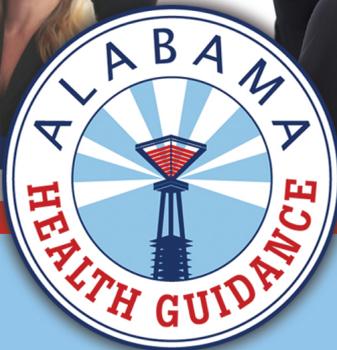
Local Medicare Insurance Specialists

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Muscle Shoals Office - 410 S. Wilson Dam Rd.

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Community Notes...

Continued from page 25

Game Day - Thursday, March 19, 1-3pm at Bartholomew's Church, 1900 Darby Drive, Florence, every third Thursday of each month. Games provided or bring some. 678-372-3526

Additional 2026 Dates: February 19, March 19, at Bartholomew's Church, 1900 Darby Drive, Florence.

Saturday, March 21, Shenandoah will perform live at Mars Music Hall at Von Braun Center in Huntsville, AL on Saturday, March 22. Tickets on sale now at www.ticketmaster.com.

ABOUT SHENANDOAH: With a legacy spanning decades, Shenandoah remains one of country music's most enduring and influential bands. Known for their

rich harmonies and heartfelt storytelling, the Grammy, CMA, and ACM Award-winning group has delivered timeless hits like "Two Dozen Roses," "Church on Cumberland Road," "Next to You, Next to Me," "Sunday in the South," "I Want to Be Loved Like That," and "Somewhere in the Vicinity of the Heart."

A platinum-selling powerhouse with over a billion career streams, Shenandoah's music continues to resonate across generations. Their recent collaborations have reignited fan excitement—"Two Dozen Roses" featuring Luke Combs and "Sunday in the South" featuring Jason Aldean and Luke Bryan both soared to #1 on the iTunes All-Genre Chart, proving the band's

influence is as strong as ever.

With a sound that helped define the golden era of '90s country and a presence that still commands today's stages and charts, Shenandoah remains a pillar of American country music.

Saturday, March 21, 10am-1pm. Join the Village School Foundation and the Muscle Shoals National Heritage Area for their first volunteer event of the year! They'll provide supplies and direction, no experience necessary.

Work will include anything from cleaning, painting, scraping, to yard work, to organizing materials and more. Email or get in touch via social media to sign up and/or alert us to specialized skills you might share. Thanks so much!!

Please wear clothes you don't mind getting dirty in, such as jeans and closed toe shoes. Feel free to bring work gloves as well.

If you're not able to stay the whole

morning, please stop by anyway to say hi and see what we're up to!

Thanks so much to @muscleshoalsnha for partnering with us on this project!

200 Chickamauga St. Sheffield, AL
<https://thevillageschoolfoundation.org>
Join us the 3rd Saturday of the month, March through October, for our volunteer work days!

SUNRISE SERVICE...Easter Morning Sunday, April 5 at 7am at First Free Will Baptist Church, 2701 Florence Blvd, Florence.

The Underwood-Petersville Community Center is open and available. Let us host your event. Contact us at 256-764-1388 or by email UPCC.Info@yahoo.com

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.

LifeSouth is in emergency need for blood donors. This year continues to be difficult for LifeSouth and blood centers across the country with the impact of the pandemic causing a decrease in blood donations, while the need to help patients in local hospitals continues to increase.

Regular blood donors who have not given recently and first-time donors can make a major impact by donating. One donation can save up to three lives.

Donate at the Center, 307 Veterans Drive, Florence. Schedule an appointment, 256-765-7038. www.lifesouth.org.

Hours: 307 Veterans Drive, Florence, 256-765-7038 Hours of Operation: Monday: 9am - 5pm, Tuesday: 9am - 7pm, Wednesday: 9am - 5pm, Thursday: 9am - 7pm, Friday: 9am - 5pm, Saturday: 9am - 3pm and Sunday: 1 - 5pm

Misfit Quilters meets at the Florence Lauderdale Public Library (board room) once a month on Sunday, April 5 from 1-4pm. Misfit Quilters is a craft group for adult friends who draw, craft, paint, sew, quilt, embroider, crochet, etc. (all artisans welcome). Bring your project to work on and come join the fun! All adults are welcome.

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!

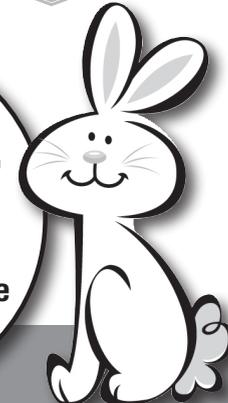
See NOTES... page 29



Easter Coloring Contest 2026

3 Age Groups:
2-4 • 5-7
8-10





ENTRY DEADLINE THURSDAY, MARCH 26, NOON
Winners will be announced in the April 1 issue.

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andrea@courierjournal.net



Adults who color your kid's entry, will not win. Adults can help in completing the entry form. Entrant information must be completed to qualify.

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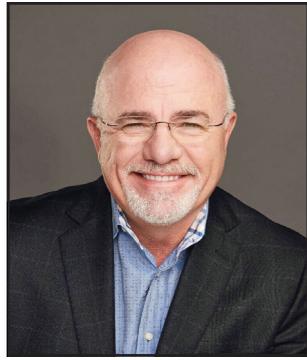
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DAVE Says

by DAVE RAMSEY

DON'T LOSE YOUR MOMENTUM!



Dear Dave,
My husband and I are making great progress in paying off almost \$100,000 in debt from student loans and a car loan using your debt snowball system. Our current combined income is \$90,000 a year. He makes \$45,000 as a teacher, and I make \$45,000 as a retail assistant manager. My husband would like to go back to school and get his master's degree. We've talked about him quitting his teaching job in order to do this full-time. He'll be able to make significantly more money with an advanced degree, and he would only be unemployed for two years. Plus, I can pick up extra hours at my job to bring in a little more money. The program will cost us about \$2,500 out of pocket per semester for those two years. How do you feel about this?

Lisa

Dear Lisa,
I love the way you're both looking toward the future and trying to make better lives for yourselves. But my advice would be to wait until you've got your debt knocked out. Then, your husband could go back to school when you two are in a much better financial situation.

I mean, you could slow down your debt snowball and use some of that money to pay for school, but I can't recommend it. I've seen too

many people try to slow down, or skirt around the getting out of debt part of the Baby Steps, and next thing you know they're still in debt—or have even more debt—four or five years down the road. They've lost all their momentum and fire for becoming debt-free and gaining control of their finances.

There's really no reason for your husband to quit his job to make this happen. Lots of people, especially teachers, hold down their jobs and go back to school to further their education. It's a pretty common thing, actually. Trying to make it on one income when you're that deep in debt? It just sounds like a bad plan to me.

But whatever you do, please don't borrow more money to make this happen. Cash flow it, or don't do it.

Good luck, Lisa!

— Dave

Dave Ramsey is a nine-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.

Stones...

Continued from Page 12

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All tickets are VIP for \$75 each (plus fee) and are available through Eventbrite. Search CAUTION!

Wright...

Continued from Page 12

Association International (2021-2025). He won "Southern Lights: The Search for a Star," in 2022 which led to a record deal with Paradigm Music Group. Wright further increased his profile by earning a "Golden Ticket" on season 23 of *American Idol*, where he advanced to the Top 30. Wright is a Nashville recording artist and songwriter who has opened for major acts such as Clay Walker and Trace Adkins.

Tickets for the show are \$20. For additional details, you can contact The Ritz Theatre at 256-383-0533. The Ritz is located at 111 West 3rd St. in downtown Sheffield.

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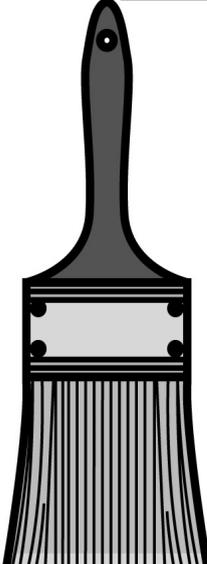
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Thomas McCutcheon

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How To Pay For Accident-Related Medical Treatment

It's all about the money. There it is. Like it or not, our system of justice compensates people who are injured with money. There certainly have been other systems of justice throughout history. Probably the most well-known is the Old Testament "eye for eye and tooth for tooth". In other parts of the world people who are injured have the right to inflict the same injury on the person who caused their injury. We use money to balance the scales of justice. It may not be perfect, but it's better than any other system devised by man.

Some people don't think it's "fair" for their insurance to pay for medical treatment that results from someone else's carelessness. Other people don't realize how health insurance and car insurance and medical payment coverage can work together to provide treatment at the lowest possible cost. The payment of medical expenses is something that has to be considered in a personal injury lawsuit and how much you have to repay certainly can determine how much money you keep. At the end of the day, how much money you keep is important.

Blue Cross Blue Shield, Medicare, Medicaid, Champus and TriCare all have pre-negotiated rates with medical care providers based on the medical coding that represents the service provided. Individuals do not have a pre-negotiated rate and are not in a position to negotiate price when they or someone they love needs medical treatment. Allstate, State Farm, Nationwide, and other car insurance companies do not have pre-negotiated rates for treatment. Car insurance companies provide two types of insurance. One is based on liability and reimburses for medical treatment received and the other is medical payment coverage which is reimbursement for medical treatment received but doesn't depend on someone being at fault.

How should you pay for your injuries? Use your health insurance with the pre-negotiated rates to pay for your medical treatment. Then use your auto medical payment coverage to repay you first for out-of-pocket expenses. **Do not tell medical care providers who your auto insurance is with.** They would rather charge full rates than take what Blue Cross or Medicare pays. It's about the money for them too.

I helped establish the law that requires insurance companies and medical payment providers to reduce the amount of repayment by the amount of attorney's fees that a person has to pay for a recovery that benefits Blue Cross or State Farm. Therefore, we can get Blue Cross to reduce, use State Farm to pay Blue Cross, and then get State Farm to reduce the amount you have to repay is much less and results in more money for you which is better. If you know better, you can do better.

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

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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

Notes...

Continued from page 26

The 'Hi Neighbors of the Shoals' women's social group meets on the 1st Tuesday of each month (April 7) at 10:30am in the Florence Public Library, 256-764-6564. The group welcomes all ladies who are residents of the Shoals. Come join us!

The Zodiac Players Present: "The Prince of Egypt" The Musical, April 9-12 at The Shoals Theatre. This show is directed by Jacob Adams.

"The Prince of Egypt" is a sweeping epic of a musical with music and lyrics by Grammy and Oscar winner Stephen Schwartz, book by Philip LaZebnik, and 10 new songs written by Schwartz, together with five of his songs from the DreamWorks Animation film. The show also features Schwartz's Academy Award-winning song, "When You Believe." Journey through the wonders of Ancient Egypt and the Book of Exodus as Ramses and Moses, two young men raised together as brothers in a kingdom of privilege, find themselves suddenly divided by a secret past. One must rule as Pharaoh, the other must rise up and free God's people; both face a destiny that will change history forever.

Join us in Wilson Park for Arts Alive 2026! The fun starts Saturday, May 16, 9 a.m. - 5 p.m. and continues Sunday, May 17, 10 a.m. - 4 p.m.

Meet artists from around the south and beyond, explore the gallery in the Kennedy-Douglass Center for the Arts, grab some food at food trucks on Tuscaloosa Street and Wood Avenue, and take home some new artwork!

Arts Alive is a family-friendly event with opportunities to listen to local music, enjoy the kids' crafts table, and learn more about the various media our artists work with every day. And yes, your pet is invited, too.

Meet Me at the Fountain in May!

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).

Diamonds in the Rough/The Club (Florence Senior Center)

2026 Travel Schedule:

New Orleans, March 16-20, \$790 double occupancy \$990 single occupancy, \$75 deposit now, final payment due Jan. 9.

Smokey Mountains, May 18-22, \$845 double, \$1004 single, final payment due March 11.

Niagara Falls/Canada, passport required, July 19-25, \$1199 double, \$1504 single, final payment May 12.

Mackinac Island, August 23-29, \$1195 double, \$1464 single, final payment due June 16.

Maine, October 10-18, \$1675 double, \$2134 single, final payment due Aug. 3.

Branson, December 7-11, \$915 double, \$1070 single, final payment due Sept. 30. \$75 deposit holds your space.

Make checks payable to Diamond Tours (NO CASH), Sign up at The Club, 256-760-6642, 450 Country Club Drive, Florence, AL 35633.

Underwood-Petersville Neighborhood Watch meets at 2pm the fourth Sunday every three months at Underwood-Petersville Community Center, 840 Lauderdale 7, Florence.

Sunday, April 26, 2pm
Sunday, July 26, 2pm
Sunday, October 25, 2pm

See NOTES... page 30

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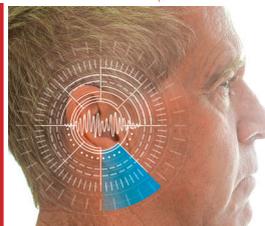
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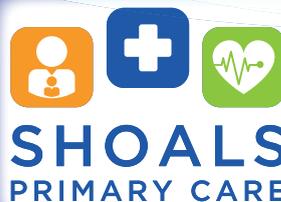


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Community Notes...

Continued from page 29

Muscle Shoals Sounds Studio hours in 2026 will still be 10am-4 pm, Tuesday-Saturday with guided tours 10:30, 11:30, 12:30, 1:30, 2:30 and 3:30. Tours last 45 minutes.

Prices maintained for 2026: \$25 for adults, children 5 and under free. Special discounts for military and senior citizens.

The studio is available for rental for private events, weddings and is a pet friendly attraction.

Tours can be purchased online at www.musclehoalsoundsstudio.org or in the gift shop. 256-978-5151. 3614 Jackson Highway, Sheffield

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.

The Florence Senior Center/The Club is now offering transportation 3 days a week (Tuesday, Wednesday, Thursday) for seniors, 60 years+, who are no longer driving and live within a five mile radius of The Club. For more program and transportation information please call The Club Monday-Friday, 9am-3:30pm. The Club is located at 450 Country Club Drive in Florence off of Savannah Highway next to the old landfill.

Call 256-760-6420 for more information.

F3 Shoals: Fitness Fellowship Faith. F3 is a free workout group that is open to all men, is always held outdoors, has rotating leadership, and it ends in a time of fellowship and prayer. The mission of F3 is to plant and grow men's small workout groups to invigorate male community leadership. Our weekly schedule is Monday & Thursday at Gattman Park in Muscle Shoals, Tuesday & Friday at Diebert Park in Florence, and Wednesday at TVA Trails Thunder Rd trailhead. All workouts begin at 5:30am. Look for the planted American shovel flag! <https://map.f3nation.com/> or call for more info 256-394-2326.

Historical Plaques Again Available - After a few years of unavailability, the plaques to mark individual historical homes and buildings in Florence are being offered once again by popular demand.

To be eligible for a plaque, the home or building must be at least fifty (50) years old and must not have had its street side facade significantly altered. Heritage Preservation, Inc., a local non-profit organization, is producing the plaques in lots of 50 or more, and the cost is \$100 each, prepaid. Therefore, when as many as 50 have been ordered, the company will go to press. To receive an application for ordering a new plaque or replacing an existing one, please contact Billy Warren at 256-718-5020 or by email at: brwarren@florenceal.org.

Al Anon Men's Group meets every Thursday night 6:30-7:30pm at St. Bartholomew Episcopal Church, 1900 Darby Dr in Florence. All are welcome.

STRANGE but TRUE

- **In ancient Greece,** lipstick was seen as scandalous by most women and worn predominantly by sex workers.
- **The record for the longest tire skid** was set in 1964 at the Bonneville Salt Flats in Utah.
- **Ornithologists often use Cheetos** to study behavior in crows. Along with being easy to spot because of their bright orange color, they're also one of a crow's favorite treats.
- **Apollo 17 astronaut Harrison Schmitt** is allergic to moon dust.
- **Michigan still has a 1931 law on the books** stating that "any man who shall seduce and debauch any unmarried woman shall be guilty of a felony." If convicted, the man can be punished with up to five years in state prison or a fine of up to \$2,500.
- **Pentheraphobia** is the intense and disproportionate fear of your mother-in-law.
- **Thumbs** have their own pulse.
- **A 2015 study of black garden ants** found that the insects might occasionally feel self-doubt.
- **Some throat singers** are able to produce four tones simultaneously.
- **The first Hershey's chocolate bars** with almonds were produced in 1908 because they were cheap to make. The nuts took the place of some of the more expensive milk chocolate, which meant Hershey's could keep the price of the candy at a nickel.
- **Eggplants** are berries.
- **William Hogarth** had a pug called Trump, who famously features in several of his paintings. Louis-Francois Roubiliac created a sculpture of Trump in terracotta to accompany a bust of Hogarth in 1741.
- **In the U.S.** alone, up to 500 million drinking straws are used every day.

- **Venus rotates backward** and has days longer than its years.
 - **Eastern Russia** serves breakfast when western Russia serves dinner.
 - **If you are born blind** due to lesions in the brain (congenital cortical blindness), rather than lesions in the eye (congenital peripheral blindness), you apparently can't become schizophrenic.
 - **Words** have a lifespan of anywhere between 1,000 and 20,000 years.
 - **While inducting Bob Dylan** into the Rock & Roll Hall of Fame, Bruce Springsteen noted that he first heard Dylan's song "Like a Rolling Stone" in the car with his mother, who liked the music but after a minute looked at her son and said, "That boy can't sing."
 - **The Oscar statue** must always appear in an upright, vertical position and cannot be dressed, altered, rotated, stretched or embellished in any way.
 - **Oak trees** are more prone to being struck by lightning than any other tree.
 - **A wildlife photographer** documented an unlikely duo in northern Finland: a young female gray wolf and a male brown bear that met every night for 10 days. They weren't observed fighting, but roaming, playing and even eating from the same plate.
 - **Broccoli** contains more protein per calorie than steak.
 - **On July 26, 2025,** Thaddeus Daniel Pierce was born from an embryo that had been frozen since May 1994.
 - **North Dakota** has the most golf courses per capita out of any state in America.
 - **After the beloved TV series "I Love Lucy"** ended, Desi Arnaz offered Vivian Vance (Ethel) and William Frawley (Fred) their own spin-off called "The Mertzes," but Vance declined, primarily because she didn't want to work one-on-one with Frawley. The pair's onscreen chemistry notably didn't mirror their offscreen relationship.
 - **Lint** can be used as a highly efficient fire starter.
- Thought for the Day: "I love being married. It's so great to find that one special person you want to annoy for the rest of your life." -- Rita Rudner*
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Savvy SENIOR

How To Navigate Inheriting an IRA From a Parent

Dear Savvy Senior, What are the rules regarding inherited IRAs? My brother and I recently inherited our father's IRA when he passed away late last year and would like to know what we need to do to handle it properly. Oldest Sibling

Dear Oldest, I'm sorry to hear about the loss of your father, but you're smart to be planning ahead. Inheriting an IRA from a parent comes with a unique set of rules. Understanding them can help you make the most of the money you inherit and avoid an unpleasant surprise at tax time. Here are some basics you should know.

Setting It Up

Many people assume they can roll an inherited IRA into their own IRA, but that's not allowed for most beneficiaries. If you inherit an IRA from a parent, sibling, or anyone other than a spouse, you cannot treat the account as your own. Instead, your share must be transferred into a newly established inherited IRA, properly titled in the deceased owner's name—for example, John Smith, deceased, for the benefit of Jane Smith.

If your father named multiple beneficiaries, the IRA can be split into separate inherited accounts. This allows each beneficiary to manage withdrawals independently, as if they were the sole beneficiary.

You can open an inherited IRA at most banks or brokerage firms, although the simplest option is often to set it up with the firm that already holds your father's account.

The 10-Year Withdrawal Rule

Under the SECURE Act, signed into law in December 2019, most non-spouse beneficiaries must withdraw all the money from an inherited IRA by the end of the 10th year following the original owner's death. This rule applies if the owner died in 2020 or later.

If your father had already begun taking required minimum distributions (RMDs), you generally must continue taking annual RMDs while also emptying the account within 10 years. If he had not yet started RMDs, annual withdrawals aren't required, as long as the entire IRA is withdrawn by the end of the 10-year period.

You may take withdrawals faster if you choose, but distributions from a traditional IRA are taxable as ordinary income in the year taken. Roth IRA withdrawals, however, are usually tax-free, provided the account has been open at least five years.

If you fail to take a required RMD, or don't withdraw enough, the penalty is 25 percent of the amount you should have taken. That penalty can be reduced to 10 percent if the mistake is corrected within two years.

Exceptions to the Rule

Several beneficiaries are exempt from the 10-year rule, including a surviving spouse, a minor child, a disabled or chronically ill beneficiary, or someone who is within 10 years of age of the original IRA owner. These beneficiaries may be allowed to stretch withdrawals over a longer period.

Minimize Your Taxes

As tempting as it may be to cash out an inherited IRA in a lump sum, or take large withdrawals over just a few years, proceed carefully. Doing so could trigger a hefty tax bill. Withdrawals from a traditional IRA are generally taxed as income at your regular tax rate.

For many heirs, spreading distributions over the 10-year period can help manage taxes and reduce the risk of being pushed into a higher tax bracket. Other strategies may make sense if your income fluctuates or you're nearing retirement.

To help navigate these decisions, consider working with a financial advisor. If you don't have one, you can find a fee-only, fiduciary financial planner through the National Association of Personal Financial Advisors at napfa.org.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org.

Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.



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