

**Hamilton is Named D.A.**

MONTGOMERY – In late February, Governor Kay Ivey appointed **Angie Hamilton** as District Attorney for the 11th Judicial Circuit serving Lauderdale County. Hamilton is a graduate of Jacksonville State University and the **Thomas Goode Jones School of Law at Faulkner University**. She will replace District Attorney **Chris Connolly** who was appointed to the Lauderdale County Circuit Court by Ivey in January.

“Angie Hamilton is well qualified to take the reins of the office of Lauderdale County District Attorney with over two decades of leadership experience in prosecuting violent crimes, crimes against children, white collar cases and complex drug prosecutions,” said Governor Ivey. “Her transition from Chief Assistant District Attorney to District Attorney is an easy one and I have no doubt she will honorably serve the people of Lauderdale County.”



**Hamilton**

“I am honored to accept Governor Ivey’s appointment to serve as Lauderdale County District Attorney and grateful for the trust she has placed in me,” said Hamilton. “I am committed to leading this

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

Volume 143 Number 21

March 18, 2026

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**Fathom That...**

**US Navy Submarine Parts Will Soon Set Sail from Repurposed Barton Plant**

BARTON — U.S. Navy officials confirmed last week’s announcement of a plan to build a defense industrial facility on the Barton

Riverfront Industrial Park property formerly occupied by FreightCar America, before it took those jobs to Mexico in 2021. Officials said the new development could result in

thousands of jobs.

U.S. Rep. Robert Aderholt, Senator Tommy Tuberville, and others confirmed the Navy

See **NAVY...** on Page 6



**A Mad Dash for the Playground**

FLORENCE – Kilby Laboratory School in Florence will host the 3rd Annual Kilby Cub Dash 5K & 1 Mile Fun Run — a high energy, family friendly community race with a purpose on Saturday, April 18. Whether you’re a competitive runner, a casual jogger, or a family looking for a healthy weekend activity, this event is the perfect way to



See **DASH...** on Pg 9



**2025 Ms. Football for the state of Alabama, quarterback Julia Rose of Vestavia Hills**  
RoarLions.com

**Munson is UNA’s First Flag Football Coach**

FLORENCE – UNA Athletics officially announced that Abbi Munson will be university’s head women’s flag football coach for the program’s first season which gets underway in the Spring 2027 semester.

Munson comes to UNA from Pratt Community College in Pratt, Kansas, where she spent two seasons as the head flag football coach while also serving as



**Munson**

the Director of Students and Residence Life. She also spent one season as the head coach at Fort Scott Community College in Paola, KS in 2023-24.

“From the beginning, our search focused on finding

See **FLAG...** on Page 10

**INSIDE this Issue**

**Online Only:**

**Automotive Inside**



Ray Miller GMC  
Advance Auto Sales

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- Medicare Minute
- First Metro Youth
- Better Hearing
- Savvy Senior

- Computer Skeptic
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- Your Letters
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- Join Shoals Walks
- Moments in Time
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- Adopt-a-Friend
- SIGNS of the PAST

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Trip Website and full brochure:  
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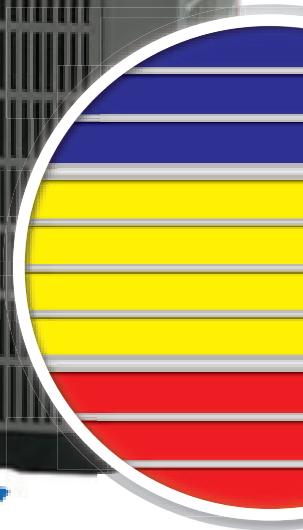


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# Shorts...

## Hamilton is Named D.A.

Continued from Page 1

office with honesty, integrity, and dedication. I look forward to continuing working every day to serve the people of Lauderdale County.” Hamilton assumed the D.A.’s role immediately

## Join Chamber Trip to Greece

**SHOALS** — The Shoals Chamber of Commerce is inviting the community to experience the trip of a lifetime with its upcoming group travel program, “Best of Greece: An Aegean Odyssey,” scheduled for November 1–9, 2026, with an optional Santorini extension through November 11. The trip is open to everyone. Chamber members and non-members alike are all welcome.

This nine-day, eight-night journey will take travelers on an immersive exploration of Greece’s ancient history, breathtaking landscapes, and vibrant culture. The air and land package departs from Huntsville International Airport and includes round-trip airfare, first-class hotel accommodations, 18 meals, guided sightseeing, and professional tour management throughout the experience.

The early bird rate for the main tour is \$3,899 per person double occupancy (\$799 single supplement) if reserved with a deposit by March 29, 2026. After that date, pricing increases to \$4,099. Space is limited and expected to fill quickly. For more details, visit the Chamber’s booking website at <https://tinyurl.com/SCGreece2026> to reserve your spot.

For more information, contact **Alyssa Crow** at the Shoals Chamber of Commerce at 256-764-4661 or [acrow@shoalschamber.com](mailto:acrow@shoalschamber.com).

58th annual essay contest open to all students in public and private schools in Florence and Lauderdale County.

The contest is intended to encourage students to pause and consider some patriotic, historic, or other important concept and to then express their thoughts in an essay of up to 500 words.

The theme for this year was “What Is the Most Important Amendment to the U.S. Constitution and Why?” Many students chose the 1st Amendment, but not all. Winners read their respective essays at the Florence Kiwanis Club meeting on January 16th or 30th. First place winners received a cash award of \$125 and second place \$75.

### The winners this year are as follows:

**7th Grade Division:**  
1st Place: **Adele Kauchick**, St. Joseph Catholic School

**8th Grade Division:**  
1st Place: (tie)  
**Atticus Evers**, St. Joseph Catholic School, and **Melody Mostafavi**, Florence Middle School

2nd Place: (tie)  
**Sylvie Magee**, St. Joseph Catholic School, and **Lexine Ramos**, St. Joseph Catholic School

**10th Grade Division:**  
1st Place: **Ihaam Musah**, Florence High School  
2nd Place: **Cameron Hughes**, Florence High School

**11th Grade Division:**  
1st Place: **Bryant Clemons**, Florence High School  
2nd Place (tie): **Rainbow Milliman**, Florence High School, and **Layla Townsend**, Florence High School.  
*Honorable Mention:* **Lillian Willingham**, Florence High School

The prize money for the winners comes from proceeds of the Annual Pancake Day fundraiser.

## Inman Takes Moulton Post

**SHEFFIELD** – Bank Independent recently announced **Monica Inman** as the new Sales Officer at its Moulton

See SHORTS... on Page 4

## North Alabama Medical Center/Shoals Hospital 2026 Job Fair

Thursday, March 19<sup>th</sup>  
5:30 - 7:30 PM  
NAMC Main Lobby

### Multiple departments represented

Members of our People Services (HR) team, leadership and frontline staff will be on-site to answer questions and assist with the application process.



**YETI COOLER PRIZE BUNDLE**  
Valued at more than \$350

There will be light refreshments and door prizes

**FREE Diabetes Education** featuring certified instructor **Leigh Anne Rutledge**. (Free CEs offered for Nurses!)




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**Ribeye Steak** \$10<sup>99</sup> Lb.  
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**5 Item Bundle** \$49<sup>99</sup>  
• 1 pack Ribeyes (2 steaks)  
• 1 pack Ground Beef  
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• 1 family pack Pork Chops  
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**Country Style Ribs** \$2<sup>59</sup> Lb.

**Boston Butt** \$1<sup>99</sup> Lb.  
**Pork Neck Bones** \$1<sup>79</sup> Lb.

**Whole Spare Ribs** \$2<sup>49</sup> Lb.  
**Pork Belly (Skin On)** \$3<sup>99</sup> Lb.

**New addition! Asian Food**  


**Chicken Split Breast** \$1<sup>49</sup> Lb.  
**Chicken Whole Wings** \$2<sup>49</sup> Lb.

**Fresh Chicken Tenders** \$2<sup>99</sup> Lb.  
**Chicken Leg Quarters** \$7<sup>99</sup> 10Lb. Bag

**Farm Raised Catfish Fillet** \$18<sup>99</sup> 4 Lb. BOX  
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**Rabbit Feed** 50 Lbs. \$16

## 58th Kiwanis Essay Contest

**FLORENCE** – The Florence Kiwanis Club recently concluded its



# Yard Sales

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

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

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

**FLORENCE MULTI-FAMILY YARD SALE**  
19325 Co. Rd. 14, (Rhodesville Community) Sat., March 21st, 8am-2pm, Six Person Tent, Furniture, Clothing, and misc. items.

**FLORENCE YARD SALE (Forest Hills Sub.)**  
330 Flurnoy Ave., Sat., March 21st 7am-5pm, Furniture, Household & Gardening items, Men's 2XL and Women's Clothes & more!

**TUSCUMBIA: YARD SALE**  
128 Renee Dr  
Fri. and Sat. 7-3, GREAT PRICES! Lots of Men's AND Women's items!, Electronics, Harley Stuff, Guitar, laptop, Dish Network Playmaker for RV, Blackstone Grill, toaster oven, coolers motorcycle helmets, ladies' shoes, blankets, sheets and more.

**FLORENCE YARD SALE**, 131 Garfield Ave., Fri., March 20th and Sat., March 21st, 7am-until? Good Brand Clothes, Jewelry, Household items, Vintage Glassware, Tables, Pine Cabinet, and more!

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**FLORENCE YARD SALE**, 2163 Estaline Dr., Sat., March 21st, 8am-noon, Furniture, Floral arrangements, Christmas Decor, Clothes, and more!

**ESTATE SALE**  
**The Cedars Subdivision**  
117 Kingswood Dr.,  
Florence, AL 35630

Unique collection of treasures collected from travels around the world including New Zealand, Scandinavia, England and more.

**Fri., March 20th, 9am-3pm,**  
**Sat., March 21st, 9am-2pm,**  
**(Numbers given out at 8:30am**  
**Friday & Saturday)**  
**Sun., March 22nd, 1pm-3pm.**

Rare Grays Pottery and Susie Cooper China; 1800's Sterling; Oriental Rugs; Waterford and Wedgewood; Coins; 1800's Federal Inlaid Chairs; Carl Larsen Prints; Reynolds Metals items; Blue & White Porcelain; Matchbox; Dinky and Tootsie Cars; Vintage Stereo Equipment and More!

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## SOFTBALL

**SAT. MARCH 21 (DH)**  
**1PM & 3PM**  
at Austin Peay - Clarksville, TN

**SUN. MARCH 22 • 1PM**  
at Austin Peay - Clarksville, TN

**WED. MARCH 25 • 6PM**  
at Alabama - Tuscaloosa, AL

# NORTH ALABAMA



## BASEBALL

**TUE. MARCH 17 • 4PM**  
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**FRI. MARCH 20 • 7PM**  
vs Eastern Kentucky - Mike Lane Field

**SAT. MARCH 21 • 2:30PM**  
vs Eastern Kentucky - Mike Lane Field

**SUN. MARCH 22 • 2:30PM**  
vs Eastern Kentucky - Mike Lane Field

Visit [www.roarlions.com](http://www.roarlions.com) for full team schedules and ticket information

# Community Notes

**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

**Oakdale Missionary Baptist Church** invites you to our Singing Concert at 5pm on Sunday, March 22 with Bob Sellers, the former lead singer for the Kingsman Quartet. Everyone is welcome. Oakdale is located at 1215 E. Reeder St in Florence, one of the oldest and smallest churches in town.

**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.

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

Everyone is welcome. The schedule includes:

- 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

**The Gerald Williams Cooperative Garden Program is registering 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.

The deadline is Friday, March 20. Call 256-248-1921 from 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 person household - \$1,956
- 2 person household - \$2,644
- 3 person household - \$3,331
- 4 person household - \$4,019
- add \$688 for each additional person

### 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!

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

With a legacy spanning decades, Shenandoah remains one of country music's most enduring and influential bands.

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.

See NOTES... page 7

## Shorts...

### Inman Takes Moulton Post

Continued from Page 2

Sales Office.

A lifelong resident of Lawrence County and a graduate of Hatton High School, Inman brings decades of professional experience and a strong personal connection to her community. She earned a bachelor's degree in business management from The University of Alabama and has built a 25-year career in banking with extensive experience in lending and credit.



Inman

"Monica's experience and her deep roots in Lawrence County make her an excellent fit for our Moulton team," Area President, Bob Thompson said. "She understands the importance of relationships in community banking and brings a level of knowledge and care that aligns perfectly with our mission of serving others."

Inman's roles have included loan officer, senior loan officer, assistant vice president, senior loan specialist, and commercial banking officer. Her background spans agricultural, commercial, residential, and consumer lending, giving her a well-rounded understanding of the financial needs of individuals, families, and local businesses.

### Gullett Earns Library Assn. Scholarship

TUSCUMBIA - The Public Library Directors Association of Alabama (PLDAA) recently announced that Elisabeth Gullett, Director of the Helen Keller Public Library, is the inaugural recipient of the Jason Baker Memorial Scholarship.

The scholarship honors Jason Baker, former Trussville Public Library Director and longtime PLDAA member, whose leadership left a lasting mark on Alabama's public

libraries.

The award funds PLDAA members' attendance at a professional development conference and recognizes directors who demonstrate exceptional leadership, mentorship, and advocacy.

"As an active PLDAA member, Elisabeth demonstrates community-focused, staff-centered leadership," said PLDAA President Lindsey Gardner. "I'm proud to work with Elisabeth and other PLDAA members to advocate for public libraries across Alabama."

"I am truly honored to receive this scholarship named for Jason Baker," Gullett said. I had just begun working with Jason in the Alabama Library Association and was looking forward to learning from him, so this award is particularly special to me in continuing his legacy, attending this conference, and sharing what I learn with my fellow librarians in Alabama."

FAM is hoping this project will add to the interpretation at the Museum, which focuses on 19th century history of Florence and Lauderdale County, including domestic life, slavery, and the Civil War. The extended deadline for submissions is 5pm on Tuesday, April 17.

Those interested in submitting are invited to Pope's Tavern Museum for an Interest Meeting on Thursday, March 26 at 6pm.

The request for proposal form can be downloaded from our website (www.florencealmuseums.com). The design that will go on the building will be chosen by a selection committee.

Call 256-760-6379 or email connect@florencealmuseums.com for more information.



Gullett

### Pope's Mural Deadline is Extended

FLORENCE - Thanks to a grant from the Muscle Shoals National Heritage Area, Florence Arts & Museums (FAM) is seeking proposals from local artists for a mural at Pope's Tavern Museum. The objective of the project is to enhance the historic site at Pope's Tavern with a creative expression of historical events relevant to the Shoals area.



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### SPORTS CARD SHOW

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8am- 2pm  
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Form with fields for Name, Address, City, State, and Phone.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Phone \_\_\_\_\_

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

## Navy Ribbon Cutting...

Continued from Page 1

will host a ribbon-cutting ceremony on Friday, March 20 for a defense industrial facility in Colbert County.

"I am very pleased to confirm that Hadrian is the company partnering with the U.S. Navy on this important project in Northwest Alabama," said Congressman Aderholt. "Hadrian represents the kind of innovative American manufacturing that is critical to rebuilding and strengthening our nation's defense supply chain."

Hadrian specializes in advanced precision manufacturing and works with leading defense and aerospace partners to rapidly produce high-quality components needed for national security.

"This investment represents a strong partnership between private industry, the U.S. Navy, and the Trump Administration to reinforce America's defense industrial base," Aderholt continued.

According to Tuberville, Defense Secretary, Pete Hegseth, and Secretary of the Navy, John Phelan, are expected to participate in the event.

"As current events show, America needs sea power more than ever - Alabama is up to the challenge and we will build a 21st century collaborative campus here that no conventional shipyard or industrial park can rival," Aderholt said.

Tuberville said the facility will be driven by artificial intelligence and create 750-1,500 jobs in the area. He reportedly said the facility will work with Austal, which manufactures ships in Mobile.

However, Aderholt said the facility will bring thousands of manufacturing jobs and opportunities to Northwest Alabama.

"This 2.2 million square foot facility will now be a symbol of U.S. defense, anchoring shipbuilding and maritime production in Northwest Alabama," he said. "This major investment will be truly transformative for the Shoals area."

"I worked for nearly six years to bring industry to an unused facility in the Shoals, and that effort came to fruition through the One Big

Beautiful Bill," Aderholt added. "I'm proud to have secured funding to bring shipbuilding capacity to Alabama's Fourth Congressional District, proving that maritime dominance is not just a coastal priority."

U.S. Sen. Katie Britt, R-Ala., said national defense means a great deal to Alabama and vice versa.

"The Trump Administration has been dedicated to unleashing a new Maritime Golden Age, and I'm excited for Alabama to play a leading role in achieving this mission to increase our shipbuilding capacity," Britt said. Alabama's military capabilities are second to none and stand ready to meet our nation's maritime and defense industrial needs."

"What it means for our town is added enthusiasm and the hope to pick up some residents," said Cherokee Mayor Troy Rutland, whose town is the closest municipality to the Barton plant. "This means a lot for our restaurants, retail stores, and schools. I would expect those jobs to be at or above (median income levels) and raise the standards of living for our area and the rest of the Shoals."

Rutland also hopes the addition to the industrial park prompts the return of a grocery store to the western end of the county. Piggly Wiggly was Cherokee's grocery store, and it closed in December 2024. "We've been in a food desert since then," Rutland added. "This would be great for an independent grocer to jump on while the iron is hot."

No timeline had been specified at press time for production to get underway. However, the company has already launched a website dedicated to its upcoming work in the region [hadrianalabama.com](http://hadrianalabama.com).



### Personnel

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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  
CLASSIFIED ADS - 5 pm Friday unless otherwise specified

**219 W. Tennessee St.**  
Florence, AL 35630  
256-764-4268  
Fax: 256-760-9618

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

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

**219 W. Tennessee St.**  
**Florence, AL 35630**  
or email to:  
[editor@courierjournal.net](mailto: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.

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# Community Notes...

Continued from page 4

**The 22nd Annual Empty Bowls Luncheon** presented by the Salvation Army Women's Auxiliary takes place Wednesday, April 1 from 11am-1pm at the Renaissance Shoals Conference Center. Tickets are \$20 and will be available from any SAWA member, The Salvation Army on Huntsville Rd., the Law Office of Ralph Holt, or from Trinity Ceramic Supply.

Over 50 savory soups will be available to try! The winner of the soup competition is awarded the title of 'Best Soup in the Shoals.' All proceeds from the event go to The Salvation Army food pantry of the Shoals. There will also be a bakery available and numerous vendors selling their crafts.

We look forward to seeing you there to help a great cause.

**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](http://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 18** Sam's Club, Florence, 12pm - 6pm

**Thursday, March 19** Lauderdale County High School, AV Room - Rogersville, 8:30am - 2:30pm

**Friday, March 20** Long-Lewis Volkswagen Mitsubishi, 1602 Florence

Blvd., 10am - 4pm

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

**Monday, March 22** Walmart - Hough Road, Florence, 10am - 4pm

**Tuesday, March 23** American Wholesale Book Company, 4350 Bryson Blvd., Florence, 6:30am - 6:30pm

**Thursday, March 26** 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](http://FlorenceRecycles.org) or 256-760-6495 for more details.

**Community Group: GODSPEED - Wednesday, March 18**, 6:30-8pm at 416 W Tuscaloosa St., Florence.

Could it be that in this fast-paced life we live, we need to slow down to catch up with God? You're invited to join us for an 8-week study starting March 18. We'll explore the "Pace of Being Known," touching on topics such as stability, presence, community, and slowing down. Anyone is welcome to join us, for all 8 weeks or for just a few of the sessions as your schedule allows.

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

**Story Studio Friday - March 20**, 1pm at the Muscle Shoals Public Library for all ages.

**Live Music by DeFrance - Friday, March 20**, 7pm at Champy's Shoals, Muscle Shoals

Also at Champy's: Billy Lawson and Wishbone Band on March 27; and Natasha Logan on March 28. Entertainment begins at 7 p.m.

**Big Al and the Heavyweights - Friday, March 20, 6:30pm-12am** at Lil Capones, 139 Cox Creek Pkwy, Florence. <http://bigal.net>

Big Al and the Heavyweights' live performances are family oriented, energetic and most of all fun. **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.

**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 Ladarus Prince, Registration Workout and walk at Martin Park. RSVP: [shoalscommunityclinic.bomccay@gmail.com](mailto: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.

See NOTES... page 26

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#### EMPLOYMENT OPPORTUNITIES

The City of Tusculmbia 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 Tusculmbia City Hall, 116 East 6th Street, Tusculmbia, AL 35674, Completed applications must be returned to City Hall or mailed to P.O. Box 29, Tusculmbia, AL 35674 during regular business hours: Monday -Friday, 8:00 a.m. to 4:30 p.m.

*The City of Tusculmbia is an Equal Opportunity Employer.*

#### Administrative Sales Assistant / Event Coordinator

The TimesDaily has an immediate opening for a full-time Advertising Administrative Sales Assistant / Event Coordinator **Responsibilities include but are not limited to:**

- Scheduling advertising insertions
- Assisting with training staff on computer ticket entry
- Interacting with customers and other departments on a regular basis
- Assisting management with scheduling special sections
- Filing daily newspapers
- Answering phone calls and emails
- Helping service all walk-ins
- Event Coordinator, plans, organizes and oversees all aspects of an event to ensure it runs smoothly and meets objectives, from initial planning to execution and breakdown.
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The ideal candidate for this position is highly organized, has strong attention to detail, and Must be able to multitask, prioritize deadlines, and keep information strictly confidential. We are looking for someone with a desire to go the extra mile. This position requires a high school degree or equivalent, administrative assistant experience, and proficiency with computers, phones, and office equipment.

The job will require availability Monday – Friday and is 37.5 hours a week plus commission.

#### Benefits include:

- 401k Matching
- Health, dental, vision
- Company paid life insurance
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Send resumes to:  
[Renita.Jimmar@timesdaily.com](mailto:Renita.Jimmar@timesdaily.com)

or applications can be picked up at TimesDaily  
219 W. Tennessee Street,  
Florence, AL 35630.

#### Full-Time

##### Machine Operator

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

#### Responsibilities include but are not limited to:

- Performing standard set up of printing press
- Operating the press
- Making adjustments to maintain quality control
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Hands-on experience with a Goss Urbanite or DGM 850 is a plus, but not required. We are ready to hire and will train for the position.

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Qualified candidates will be available to work nights, weekends.

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

Questions or resumes may be emailed to: [Kevin.Blurton@timesdaily.com](mailto:Kevin.Blurton@timesdaily.com)

*The TimesDaily is an Equal Opportunity Employer*

#### The Colbert County Rural Water Dept.

will be filling **ONE** vacancy in the following position:

## CLERK/ RECEPTIONIST

**QUALIFICATIONS:** Must be at least 18 years of age and possess a valid driver's license. Experience in clerical and customer service relations preferred.

**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.

**Full County Benefits: Health/Life Ins. State Retirement, etc.**  
**Hourly Rate: \$17.19 Schedule: M-F 6am – 2:30pm**

**Applications and Job Descriptions will be made available and received by the State Employment Office until the position is filled.**

COLBERT COUNTY IS AN EQUAL OPPORTUNITY EMPLOYER (m/f)

# Dash...

Continued from Page 1

get moving and make an impact.

The day kicks off at 8am on the certified 5K course, professionally mapped and timed by Race Ready Events, followed by a 1 Mile Fun Run at 9am for runners and walkers of all ages. A joint celebration will take place at 9:30am with post race awards, refreshments, and community fun at the Kilby campus.

All proceeds from the event support the Kilby Laboratory School PTO's initiative to build a new, modern playground that inspires active play, imagination, and inclusion. The goal is to raise \$150,000, and thanks to dedicated families and supporters, over \$25,000 has already been raised. Your race registration or donation helps take the next big stride. For more information, visit [unsignup.com/Race/AL/Florence/TheKilbyCubDash](http://unsignup.com/Race/AL/Florence/TheKilbyCubDash).



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**Colbert County Road Dept. is requesting applications to fill ONE vacancy in the following position:**

## MECHANIC I

**QUALIFICATIONS:** Must have a valid driver's license.  
**WORK SCHEDULE:** Normal hours M-F (6:00 A.M. - 2:30 P.M.), seasonal hours vary.  
**JOB REQUIREMENTS:** Responsible for the maintenance of vehicles serviced at the County Road Department (See "Job Description" for full details). Responsibilities are not limited to that as stated and shall include various related tasks.  
**SPECIAL REQUIREMENTS:** 3-5 Years previous experience repairing vehicles preferred but consideration will be given to individuals with a minimum of two years experience and applicable certifications. Possess tools required for normal maintenance and repair of vehicles and small equipment. Required to obtain a B-class CDL license with Passenger Endorsement, issued by the Alabama Department of Public Safety, within the first 3 months of employment.  
**HOURLY RATE:** \$17.33 (full time employment)  
**BENEFITS:** BC/BS (Health Ins.), State Retirement, Annual and Sick leave accrual, Holidays.

*Individuals interested in the position should contact the State Employment Office. Applications will be received through 3/31/26.*

COLBERT COUNTY IS AN EQUAL OPPORTUNITY EMPLOYER (m/f)

**E.S. ROBBINS**  
CORPORATION

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Apply online at [esrobbins.com](http://esrobbins.com), email [jobopportunities@esrobbins.com](mailto:jobopportunities@esrobbins.com), or in person at 2802 E Avalon Ave, Muscle Shoals, AL 35661. No phone calls please. E.O.E.

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# Flag Football...

Continued from Page 1

a coach with true collegiate flag football head coaching experience, and Abbi has successfully built programs from the ground up twice," said UNA Director of Athletics, Dr. Josh Looney. "She is exactly the kind of visionary teacher and competitor who will help grow the sport locally, across the Southeast and on the national stage."

Not only is Munson an accomplished coach, but she also brings national championship experience as a player. Munson was the starting left guard for the Oklahoma City Lady Force, winning a national title in 2022 and earning a runner-up finish in 2023.

Munson completed her bachelor's degree from the University of Central Oklahoma in 2021 and a master's degree from Arkansas State in 2025. Prior to this, Munson served in the United States Army as a Specialist. She received an honorable discharge in 2013.

"I am deeply honored to join the University of North Alabama and lead the first group of varsity flag football student-

athletes," said Munson. "This opportunity is about more than just building a team; it's about helping shape the future of the sport, fostering development on and off the field, and contributing to the growth of flag football both regionally and nationally."

Munson will take over a program that already has 14 official signees, including the 2025 Ms. Football for the state of Alabama, quarterback Julia Rose of Vestavia Hills. Future signees will be announced as the offseason continues.

Prior to Munson taking the reins, UNA Associate Athletic Director for Governance and Student-Athlete Experience Anna Milwee Hovater was named interim head coach and put together the early signing class.

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# The Industry Standard

Have you noticed the internet often feels like a never-ending shouting match? It's because social media wasn't actually designed to help us find truth; social media was designed to grab our attention because that is how they make money. These companies don't make money from advertising, they make money by selling YOU. The companies, using algorithms, quickly discovered that an easy to read story with a conclusion, a calm happy story is boring, but uncertainty, outrage, and "us versus them" memes and stories keep us scrolling forever. The companies don't care if a post is true; it only cares if it keeps your eyes glued to a screen.



Martin Dean

This isn't just a modern

# How Social Media Weaponized Our Oldest Instincts

Article 3 of 3 by "The Computer Skeptic"

advertising issue and it's not even the fault of our technology. These companies have found a way to plug into a deep-seated human drive, one involving our ancient, "cave man" brains. Millennia ago, getting kicked out of your tribe was a death sentence, you couldn't survive predators or starvation alone. Because of this, we evolved a reflex to prioritize staying aligned with our group over being 100% accurate. In our modern world, uncertainty actually triggers the same neural regions

as physical pain, which is why a clear, even incorrect, explanation like a conspiracy theory makes us feel so much better. This information is easier for us to grasp and digest than honest ambiguity and so we feel safe.

This is the danger zone. We have stopped caring about what is verifiable and have started defaulting to "tribal allegiance," we are now perfect targets for scammers. Scammers and conspiracy theorists use the same paradigms, the same structures.

These entities provide a false sense of control in a chaotic world they name an "enemy". Once a scammer latches into your fear, your rational thought disappears and you can be pushed in any direction they want you to go. This might look like a flashing screen with sirens and a phone number YOU MUST CALL NOW! It might look like a meme that you immediately agree with and hit share without a second thought, because it says what you believe, true or not.

For instance, if you already believe the system is out to get you, you're more likely to fall for an imposter scam, like a fake deputy calling to serve a warrant. You might find yourself running to a store to buy gift cards because the fear feels real. Similarly, echo chambers can lead people to ignore evidence of a scam because they provide information that fits preexisting beliefs. Whether it's a

Facebook beggar using a copied-and-pasted script or a high-pressure "One Time Password" or "OTP" text scam, these tricks rely on you reacting with emotion instead of logic.

We are cavemen swimming in a huge digital ocean, the water is rising fast. Life vests are not optional. We must recognize that the fire we gather around now is digital and virtually infinite and unfortunately often weaponized. Our best defense is to stay skeptical, slow down when a message makes your heart race, and remember that in a noisy world, your undivided attention is the most valuable thing you have.

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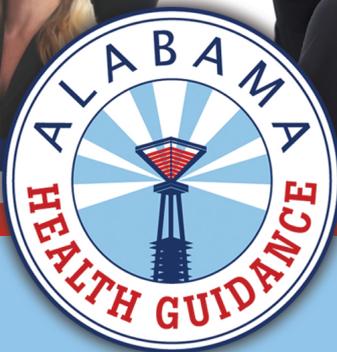
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Commentary

# Burton's Chance to Die Naturally

Charles Burton had been on death row for more than 30 years for his role in the death of Doug Battle, a customer at a Talladega Auto Zone parts store during a store robbery in 1991.

He and his accomplice, Derrick DeBruce, along with four other men, took part in the robbery. However, everyone acknowledges it was DeBruce who shot and killed the father of four. Burton was outside the store when the killing of Battle occurred.

DeBruce was convicted of capital murder and sentenced to death, but his sentence was overturned in 2014 after the 11th Circuit Court of Appeals determined he received inadequate representation at trial. He was resented to life in prison and died there in 2020, while Burton remained on death row.

The Council on American-Islamic Relations (CAIR), the nation's largest Muslim civil rights and advocacy organization, thought it was insulting that Burton, a Muslim, would be put

See DEATH ROW... on Page 20

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

In A Few Words



TOM MAGAZZU  
Editor

# Courier Journal

in the Shoals

March 18, 2026

# THIS WEEK

Happening THIS WEEK

## Shoals Weekly Walks Impact Wellbeing

SHOALS – Too many of us spend prolonged hours of inactivity in front of TV, computers, and phones, and it is having a

negative impact on our overall health and wellbeing. Incorporating regular physical activity such as walking into daily

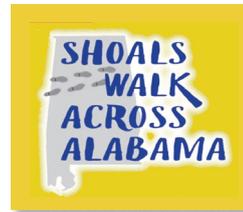


Metro graphics

routines reduces health risks and offers a better quality of life and longevity. The Shoals Community Clinic invites us to get up and get outside for the 2026 Walk Across Alabama walking challenge.

The Kick-Off for this year's walking challenge is Saturday, March 21 from 9:30-10:30am at the Royal Avenue Recreation Center in Florence. Ladarius Prince will get the group going with a lively dance and exercise routine, and those who are interested can register for the 10-week walking challenge.

See WALK... on Page 27



**GAME DAY - THURSDAY, MARCH 19, 1-3pm** at Bartholmew's Church, 1900 Darby Drive, Florence, every third Thursday of each month. Games provided or bring some. 678-372-3526

**THE SHOALS ARTISTS GUILD** meets 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

**JOIN THE VILLAGE SCHOOL FOUNDATION** and the Muscle Shoals National Heritage Area for their first volunteer event of the year Saturday, March 21, 10am-1pm at 200 Chickamauga St. in Sheffield 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. Please wear clothes you don't mind getting dirty and closed toe shoes. Work gloves are good 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! [thevillageschoolfoundation.org](http://thevillageschoolfoundation.org) Join us the 3rd Saturday of the month, March-October, for our volunteer work days.

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### Who is Responsible?

Editor,  
I don't claim to be very smart, but usually the children can be turned to for serious answers today. I mean, without all the conditioning, the crap we've been pumped with through the years is confusion.

In a democracy, we vote. Everyone that voted for this felon brought about who is or was responsible for what our future looks like today. Thanks folks!  
Knowing most are just too busy with their own petty matters, our leaders are working hard to remove the law of the land, the Constitution. That way our new Dictator can proceed to destroy any rights we've been able to create for our 250-year celebration.

...A job in either county is good for the entire area. . . ”

Now is not the time to have your sons and daughters heading off to war. You might be the first one on your block to have your kids come home in a box.

Tom House  
Killen

### Birth of SEDA: Why The Shoals Needs it

Editor,  
Over the years prior to 1984, the Shoals area had tried to promote and recruit industrial and economic development through more than a half-dozen groups not counting the efforts of N.A.I.D.A. (North Alabama Industrial Development Association) TVA, ADO, and the Council of Local Governments.  
These splintered groups of our area had good intentions but could only tell prospects what a good area we were with a big river, good schools,

See LETTERS... on Page 22

# BETTER HEARING

WITH DR. HOLLIE GREEN



## Welcoming Spring Through Sound

Spring is arriving in Florence, ushering in warmer days, blooming landscapes, and the return of familiar sounds that mark a new season. One of the most common things I hear from patients when they first try hearing aids is how surprised they are by the sounds of spring — especially birds chirping.

For many people, hearing loss gradually fades these subtle sounds from daily life. The rustle of leaves, the breeze through trees, and birdsong in the early morning often go unnoticed. When hearing is restored, these sounds can feel almost magical, signaling a renewed connection to the world.

Spring is a season of fresh starts, and it's a perfect time to prioritize hearing health. Just as nature begins again after winter, addressing hearing loss can help people re-engage with their surroundings and fully enjoy the beauty around them.

experiences are richer when sound is clear and balanced.

Modern hearing technology is designed to enhance these moments naturally, without feeling overwhelming. Devices today are comfortable, discreet, and capable of adapting to different environments, allowing wearers to move seamlessly from quiet mornings to lively social settings.

Springtime in Northwest Alabama has always held a special place in my heart. Helping patients rediscover the sounds of the season is one of the most rewarding parts of my work. If winter has felt quiet in ways you didn't expect, spring is an invitation to listen again. We invite you to schedule a hearing evaluation at Alabama Hearing Associates and start this season with clearer sound and renewed connection.

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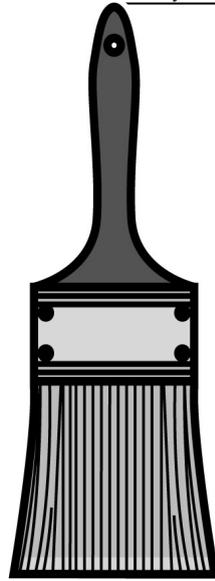
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CLASSIFIED FORM ON PAGE 6



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# Moments in Time

- **On March 16, 1827,** "Freedom's Journal," America's first Black-owned-and-run newspaper, debuted in New York City. A mix of news, service and abolitionist advocacy, it was distributed in 11 states, Canada, Haiti and the U.K.
- **On March 17, 461 A.D.,** Christian missionary, bishop and apostle of Ireland St. Patrick died at Saul, Downpatrick, Ireland after 40 years of living in poverty, teaching and traveling, during which time he converted thousands of Irish and built churches around the country.
- **On March 18, 1911,** composer Irving Berlin copyrighted "Alexander's Ragtime Band," a multimillion-selling hit that helped turn American popular music into a major international phenomenon.
- **On March 19, 1931,** the Nevada state legislature voted to legalize gambling in an attempt to lift the state out of the Great Depression's tough times. Today, state gambling

taxes account for the lion's share of Nevada's overall tax revenues.

- **On March 20, 1345,** scholars at the University of Paris alleged the Black Death was born of what they called "a triple conjunction of Saturn, Jupiter and Mars in the 40th degree of AQUARIUS." Also known as the Plague, it cut a swath across Europe, the Middle East and Asia during the 14th century and left an estimated 25 million dead in its wake.
- **On March 21, 1956,** James Wong Howe became the first Asian American to win an Academy Award, for Best Cinematography for "The Rose Tattoo," starring Anna Magnani and Burt Lancaster. According to Smithsonian Magazine, Howe claimed a knack for making "old stars young, plump stars thin, ordinary faces beautiful."
- **On March 22, 1999,** 22-year-old Cynthia Vigil Jaramillo was discovered running naked and with a padlocked metal collar around her neck down

an unpaved road near Elephant Butte State Park in New Mexico. She had been abducted three days earlier in Albuquerque by David Parker Ray and Cynthia Lea Hendy, who brought her to their mobile home, where she was raped and tortured. While law enforcement agents believed Ray had many more victims, he was never charged with or convicted of murder and died in custody in 2002 on the way to beginning a 200-year sentence for kidnapping.  
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Ronco **PASTA SAUCE**  
24 Oz.

**79¢**  
8 Oz.

**\$1.99**



Quaker Instant **OATMEAL**  
8-12 Oz.

**\$2.99**

**\$1.99**



Nabisco Premium **SALTINES**  
16 Oz.

**\$2.99**



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**AD GOOD MARCH 18-24, 2026**

**Kellogg's CEREAL** Apple Jacks, Corn Flakes, Froot Loops, Rice Krispies, Rice Smacks Or Frosted Flakes  
13-17 Oz.  
**\$3.99**

**Nature Valley GRANOLA BARS** Or **GM CEREAL BARS**  
5-6 Ct.  
**2/\$5**

**Taco Bell DINNER KITS**  
12 Ct.  
**2/\$6**

**Maruchan RAMEN NOODLES**  
12 Ct.  
**\$3.49**

**Bumble Bee TUNA**  
5 Oz.  
**99¢**

**Double O PINK SALMON**  
15 Oz.  
**\$2.99**

**Bertolli OLIVE OIL**  
16 Oz. Jar  
**\$7.99**

**Planters DRY ROASTED PEANUTS**  
16 Oz.  
**2/\$5**

**Purex DETERGENT**  
43-50 Oz.  
**\$3.99**

**Charmin Soft & Strong TOILET PAPER** 9 Mega Rolls Or **Bounty PAPER TOWELS** 6 Double Rolls  
**\$10.99**

**Mtn. Dew, Sunkist, Starry Or PEPSI**  
2 Liters  
**2/\$4**

**Mtn. Dew, Sunkist, Starry Or PEPSI**  
12 Pk. 12 Oz. Cans  
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**Mtn. Dew, Sunkist, Starry Or PEPSI**  
10 Pk. Mini Cans  
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**Mtn. Dew, Sunkist, Starry Or PEPSI**  
6 Pk. .5 Liters  
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**Mtn. Dew, Sunkist, Starry Or PEPSI**  
8 Pk. 12 Oz. Bottles  
**2/\$12**

**CHEETOS OR FRITOS**  
6-10 Oz.  
**2/\$7**

**Golden Flake, UTZ Or Zapp's CHIPS**  
7-8 Oz.  
**2/\$5**

**On The Border TORTILLA CHIPS**  
8-12 Oz.  
**2/\$5**

**Lewis Soft Twist White BREAD** 20 oz. Or **HAMBURGER BUNS** 5 Inch/6 Ct.  
**2/\$5**

# DAIRY & FROZEN

**Daisy SOUR CREAM** 8 Oz. **2/\$3**

**Food Club ORANGE JUICE** 1/2 Gallon **\$2.99**

**Blue Bonnet MARGARINE** Quarters/1 Lb. **4/\$5**

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**Lactaid MILK** Gallon **\$4.99**

**Totino's PIZZA ROLLS** 24 Oz. **\$4.99**

**Pillsbury TOASTER STRUDEL** 11 Oz. **\$2.99**

**TGIF APPETIZERS** 11-17 Oz. **\$6.99**

**Blue Bunny Premium ICE CREAM** 46 Oz. **\$4.99**

# BEER & WINE

**Miller Lite, Coors Light Or Yuengling BEER** 24 Pk. Cans  
**\$24.99**

**Jack Daniel's COCKTAILS** 6 Pk. Bottles  
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**Natural Light Or Ice BEER** 15 Pk. Cans  
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**Stella Rosa WINE** 750 ML  
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**Not Available At All Locations!**

# MEAT

**Previously Frozen PORK BABY BACK RIBS**  
1 Piece  
**\$3.69** Lb.

**Prairie Fresh Marinated PORK LOIN FILET** 22 oz. Or **PORK TENDERLOIN** 18.4 oz.  
**\$5.99** Each

**Sanderson Farms Fresh WHOLE CHICKEN WINGS** Family Pack  
**\$3.29** Lb.

**Previously Frozen SPLIT CHICKEN BREASTS** Tray Pack  
**\$1.49** Lb.

**Williams SAUSAGE** Mild Or Hot  
**2/\$7** 1 Lb. Roll

**Jimmy Dean BACON** Hickory, Applewood Or Thick  
**\$3.99** 12 Oz.

**Ball Park FRANKS** Regular, Bun Length Or Turkey  
**\$2.99** 15 Oz.

**Oscar Mayer BOLOGNA** Super Thick Red Rind Or Regular Red Rind  
**\$2.99** 1 Lb.

**AD GOOD MAR. 18-24, 2026**

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3413 Woodward Ave. • 7am-11pm • 256-978-6093

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**TUSCUMBIA** 103 West 1st Street • 7am-11pm • 256-383-9425

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# FIRST METRO BANK 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 Brooks High School Senior, **Grant Duncan**.



**Grant Duncan**

Grant is heavily involved with the Robotics Department, serving as the department head. He is also in Future Business Leaders of America (FBLA), Scholar Bowl, and Mu Alpha Theta Mathematics Honor Society.

After graduation Grant Plans to study Accounting/Business at the University of North Alabama.

**What have you learned as a member of YLB?:**

Being on the Youth Leadership Board helped me step out of my comfort zone. I learned practical financial skills and realized that leadership can be quiet, thoughtful, and still make an impact.

**Favorite Quote:**

"Nothing is certain but death and taxes!  
- Benjamin Franklin



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# THE DOLLAR Stretcher

Want to live better on the money you already make? Visit TheDollarStretcher.com for hundreds of articles to help you stretch your day and your dollar!



**SAVING ON PET FOOD**

With two large dogs, our pet food bill was getting to be a problem. Now, instead of shopping at Walmart once a month, I go to the farmer's supply store. I save nearly half!

**PROTECTING GARDEN TOOLS**

If you're a gardener, you have your favorite hand tools. I keep mine in great shape with a bucket of sand. I put a little used motor oil in the sand. Tools are kept there when I'm not using them. They don't rust, stay clean, and are all in one place. Can't beat that!

**THE SHOPPERS' DANCE**

I have heard that the music is used to move you through the store. If the store doesn't have many customers, the music is slowed down to make you walk slower and possibly impulse buy. If the store is crowded, the music is faster to make you walk faster and

get your shopping done. SW

**SKEETER RELIEF**

As we head into spring here in Alabama, the mosquitoes are returning. Here's how to keep them away without nasty chemicals. Just put a little Listerine(r) on a tissue. Rub your ankles, wrists, and any exposed area with the tissue. I don't know why, but I guess that mosquitoes just don't like it!

**DEBT REDUCTION MOTIVATOR**

Working my way out of credit card bills can be draining. I'm making progress (\$3200 last year!), but it's hard to stay motivated. Therefore, whenever I reduce it by \$500, I head to a butcher shop and buy a nice steak! It's not a purchase that I would normally make, but it costs less than \$20 and gives me a reason to continue the fight.

See DOLLAR... page 18

**Oakdale Missionary Baptist Church**

Invites YOU to our Singing CONCERT with BOB SELLERS, the former lead singer for the KINGSMEN QUARTET.

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Regular Services: 10am Sunday School  
11am Children's Church & Preaching Service.  
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- Macaroni & Cheese
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## The Most Important Food

Matthew 4:4 "But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God." Matthew 22:29 "Jesus answered and said unto them, Ye do err, not knowing the scriptures, nor the power of God." Misery, strife, worry, doubt, wars, confusion, heartache, sorrows, lust and a myriad of negative things are causing the unrest in the world today. Hardly any one consults the word of God for guidance to solve life's problems! Most of the time we're the root of our own problems. Does God have the answer to all of earth's troubles? Yes, God does. But, when we don't approve or disagree, we rebel and decide we know more about it than He does, and we continue to self-destruct. God, that made you also gave you a book to help you get to know Him and go to Him with our needs and fix for you the issues that overwhelm the world today.

Do you have joy, peace and assurance today? Sin is only a pacifier and a temporary fix. The world cannot supply us with things that only God can give! You may not understand it now, but have you ever trusted God for or with anything? God made you and gave you a soul and somewhere you will live forever! Don't get so engrossed in your distresses that you lose sight of your meeting God, and you will but, are you ready? The devil is an expert at side-tracking folks unto death, then its too late! The main thing is getting saved now, after death it's too late. Fix the most serious problem today, that's your soul. Christ shed His blood, suffered and died for your sins and rose again so you would be saved. Would you ask Him today to forgive you and save you from a devil's hell and help you with your current trouble? Jesus stands waiting for your answer. Talk to Him right now. "Lord Jesus, please forgive me and save me!"

**Beacon Baptist Church**

Bill Bishop, Pastor • Rogersville • 256-247-7733  
1.2 miles north from red light on Hwy. 207 on left  
Sunday services at 10am and 11am and 6pm  
Visitors welcome!

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Cars are for parts only! VEHICLES MUST BE PAID FOR THE DAY OF SALE TONY COUCH - AUCTIONEER, AL LICENSE NUMBER 657 ALL VEHICLES SOLD AS IS • NO WARRANTY • ALL SALES FINAL • CASH ONLY No titles offered!

**Saturday, April 18, 2026 • Sale Starts 9am**

| YEAR/MAKE/MODEL            | VIN               |                        |                   |
|----------------------------|-------------------|------------------------|-------------------|
| 2011 BUICK LUCERNE         | 1G4HC5EM1BU139564 | 2006 HONDA ACCORD      | 1HGCM567X6A166419 |
| 1998 BUICK CENTURY         | 2G4WS52M2W1412253 | 2004 HONDA CR-V        | JHLRD68474C009159 |
| 2004 CHEVROLET TRAILBLAZER | 1GNDS13S042389058 | 2007 HONDA ODYSSEY     | 5FNRL38797B034659 |
| 2010 CHEVROLET IMPALA      | 2G1WA5EK4A1192908 | 1993 HONDA ACCORD      | 1HGCB7679PA087925 |
| 2008 CHEVROLET UPLANDER    | 1GNDV23158D203318 | 2002 HONDA ACCORD      | 1HGCF86692A160124 |
| 2012 CHEVROLET MALIBU      | 1G1ZA5EUXCF385638 | 2009 HONDA ACCORD      | 1HGCS12889A015886 |
| 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          | 1FAPP40413F371465 | 2008 NISSAN QUEST      | 5N1BV28U58N109304 |
| 2019 FORD F-150            | 1FTMF1CB3KCC46695 | 2015 NISSAN PATHFINDER | 5N1AR2MN4FC624169 |
| 2003 FORD F-150            | 1FTRW07643KA38713 | 2007 NISSAN XTERRA     | 5N1AN08U87C545056 |
| 2006 FORD EXPLORER         | 1FMEU64E36UB71762 | 2003 NISSAN MAXIMA     | JN1DA31D83T500415 |
| 2011 FORD FUSION           | 3FAHP0JA5BR133609 | 2003 NISSAN ALTIMA     | 1N4AL11D53C146325 |
| 2002 FORD FOCUS            | 1FAPP36302W353871 | 2006 NISSAN MAXIMA     | 1N4BA41E56C808123 |
| 2010 FORD FUSION           | 3FAHP0HA2AR268051 | 2006 NISSAN ALTIMA     | 1N4AL11D56N327577 |
| 2001 FORD EXPLORER         | 1FMZU67E01UA32744 | 2024 TOYOTA CAMRY      | 4T1R11AK3RU245564 |
|                            |                   | 1998 TOYOTA CAMRY      | 4T1BG22KXWU834157 |

# SIMPSON'S WRECKER SERVICE

835 Rickwood Rd., Florence, AL  
NOTICE OF PUBLIC SALE: SIMPSON'S WRECKER SERVICE gives Notice of Foreclosure of Lien and intent to sell these vehicles on 04/18/2026, 09:00 AM at 835 RICKWOOD RD., FLORENCE, AL 35630-1367, pursuant to subsection 32-13-3 of the Alabama Statutes. SIMPSON'S WRECKER SERVICE reserves the right to accept or reject any and/or all bids.

# THE DOLLAR Stretcher



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Continued from Page 17

**ENOUGH!**

I love to save money! So I signed up for every list that offered discount codes and "special deals." This winter, I realized that I'm buying a lot of stuff just because it's a good

deal and not because I really need it. Therefore, I deleted the email account that I had set up for all the deal emails. Next I'm going to find a way to sell some of this stuff that I got such a good deal on!  
*Stella*

**NATURAL HAIR CONDITIONER**

My hair is very thick and long. One day I ran out of conditioner. Without it, I couldn't seem to get a brush or comb through my hair, so I needed a solution. I decided to try some baby oil I had in the shower. I put just a few drops on my hands and ran them through my hair after towel-drying it. Now that's all I use. My hair looks and feels great!  
*Vonica*

See DOLLAR... page 23

ASPIRING SUPERHERO MEETS REALITY

## UNA Grad Releases Young Adult Novel

OCALA, FL—Former UNA student, Roland Mann, recently released his second novel, THE INTERNS, a young adult superhero comedy that blends heart, humor, and high-stakes adventure in a coming-of-age story about a young superhero finding his place in the world.

Mann has written comic books and graphic novels since the late 1980s and was an editor at Marvel Comics during the 1990s. He is now a university professor in Ocala, Florida, where he teaches creative writing.

"Our time in the Shoals and at UNA contains some of my favorite memories," Mann said. "My son was born in Florence, and both of my kids went to school at Kilby. My wife, BJ, worked at UNA, and I started my teaching career at both UNA and Northwest Shoals. The good times and great friends there are still very meaningful for us."

THE INTERNS tells the story of seventeen-year-old Caleb Randolph, who has just graduated from the superhero academy trained to

become a top-tier superhero — cape, fame, city lights, the whole package. But when internship assignments are announced, Caleb doesn't get a big, glorious city like New York or Los Angeles. He gets Oxford, Mississippi. Forced to operate under

the identity of a small-town school mascot, Caleb must navigate small-town life, awkward encounters, and unexpected dangers while discovering what being a hero truly means.

Saving the world is easy. Surviving your internship is the hard part.

THE INTERNS is a 249-page young adult superhero comedy available in paperback, hardback, and eBook formats through Amazon and select retailers. The novel is independently published.

ISBN: 978-0-9834339-5-8

For media inquiries, interviews, book signings, or appearances, contact:

Roland Mann  
rolandmann@gmail.com



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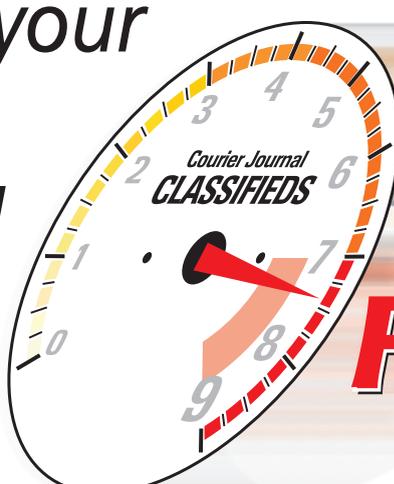
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# ASK THE ATTORNEY



**Thomas McCutcheon**

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

## The Court Of Civil Appeals Gets It Wrong

Worker's compensation law already favors the employer however the Court of Civil Appeals really got it wrong in a recent decision on the issue of whether or not an injured worker was permanently disabled.

The employer sent the injured worker for an FCE (functional capacity evaluation) which evaluates how much a person can lift and carry and what their functional, physical capacity is.

An FCE is an estimate based on a test that takes about four hours of what a person could do over an eight-hour day and a 40-hour week.

This employer sent the injured worker for an FCE to a place we would never allow our clients to go. One hates to throw the term prostitute about, but this particular place is known to be overly friendly to the employers.

The injured worker certainly did not help himself by filing unemployment claims where he affirmed, as all do who claim unemployment benefits, that he was ready, willing, and able to work. The law is and should be that those statements are admissible to contradict any assertion that a worker is unable to work in court when he has said elsewhere that he could work. Of course, the desire to eat and have heat is strong and courts can consider those circumstances as well.

In this particular case though the worker fell 14 feet and had broken bones and had been working 12 hours a day. The FCE was in favor of the employer and said that he could perform sedentary work and a partial range of light work. He had been a brick mason which is heavy work.

In this area of the law there are four types of work based on the amount one has to carry. Sedentary, light, medium, and heavy. There are some jobs that are "very heavy" and they require lifting more than 100 pounds. Vocational disability is a specialized field of knowledge, and most courts require that these experts base their testimony on a recognized authority known as the Dictionary of Occupational Titles.

At any rate, the court looked at this guy's ability to perhaps do some work somewhere or part time work which has never been the test and reversed the trial court's finding of permanent total disability, ignoring the tests set forth by Terry Moore in his textbook on Alabama Workers Compensation and who currently serves on this very court.

When an employer sends an injured worker to their own experts, they are going to get favorable testimony. It takes an experienced judge to know which experts to listen to and to ignore.

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 **MCCUTCHEON & HAMNER** ATTORNEYS AT LAW

or visit our website at: [www.mhatty.com](http://www.mhatty.com)

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This Ad Good March 18-24, 2026

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**GROUND BEEF**  
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**\$3.98** LB.

USDA WHOLE  
**BOSTON BUTTS**  
**\$1.68** LB.  
USDA 1/2 BUTT **\$1.88** LB.

GRADE A **BONELESS CHICKEN THIGHS**  
**\$2.48** LB.

USDA BONELESS  
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**PORK STEAKS**  
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BAR S **JUMBO FRANKS OR SLICED BOLOGNA**  
**4/\$5** 1 LB.

1 LB. - NABISCO  
**PREMIUM SALTINE CRACKERS**  
**\$2.98**

5 OZ.  
**STARKIST TUNA**  
IN OIL OR WATER  
**78¢**

15 OZ. **VAN CAMP'S PORK AND BEANS**  
**88¢**

14.8 OZ. TALL CAN  
**DOUBLE Q PINK SALMON**  
**\$2.98**

12-17 OZ. - SELECT  
**KELLOGG'S CEREALS**  
**\$3.88**

12 MEGA ROLLS **ANGEL SOFT BATHROOM TISSUE** - 48  
**\$9.98**

**DAIRY SPECIALS**  
8 OZ. **FOOD CLUB CHEESE SHREDS**  
**\$1.88**

**PRODUCE SPECIALS**  
8 LB. BAG **RUSSET POTATOES**  
**\$2.98**

**FROZEN SPECIALS**  
1/2 GALLON **BLUE BELL ICE CREAM**  
**\$5.98**

8 OZ. **DAISY SOUR CREAM**  
**2/\$3**

LB. **TOMATOES ON THE VINE**  
**\$2.48**

10 OZ. **MARIE CALLENDAR'S POT PIES**  
**\$2.98**

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**COKE PRODUCTS** 6 PK. 1/2 LITERS  
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**Week of Mar. 11 Winner:**  
**Wes Richardson of Tusculmbia**  
who correctly guessed "Murals on fence behind El Pollito Loco, North Florence"



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

Commentary

Death Row...

Continued from Page 12

to death during the last 10 days of Ramadan.

Prosecutors noted that the 75-year-old Burton had celebrated 30 previous Ramadans through all his appeals and legal wranglings since he was sentenced to death.

As Burton's scheduled execution date of March 12 loomed, Governor Kay Ivey announced the commutation of that sentence to life in prison with no chance of parole. After contacting a representative of Battle's family, she notified Attorney General, Steve Marshall, and Alabama Department of Corrections Commissioner, John Hamm, before issuing a statement. A portion of that reads as follows:

"Charles Burton did not shoot the victim, did not direct the triggerman to shoot the victim and had already left the store by the time the shooting occurred. Yet Mr. Burton was set to be executed while DeBruce was allowed to live his life in prison.

"I cannot proceed in good conscience with the execution of Mr. Burton under such disparate circumstances. I believe it would be unjust for one participant in this crime to be executed while the participant who pulled the trigger was not."

As expected, Marshall was not pleased with the decision. Portions of his statement read:

"While the media has done its best to paint Mr. Burton as a harmless, decrepit old man, he is a murderer. He organized an armed robbery, held a gun to the store manager's head, and callously doled out the proceeds of the robbery once Douglas Battle, an army veteran, was dead.

"Burton was a career criminal before he became a murderer, and the jury rightfully held him responsible for the death that he caused.

"...Over the past 33 years, his conviction and sentence have been reviewed at least nine times, and no court has found any reason to overturn the jury's decision."

I am still a death penalty advocate for the most heinous of crimes but am seeing benefits of the alternative, life in prison without parole. The abundance of defense attorneys looking to dip from the government trough, expanded criminal rights, and death

row treatment (isolated living conditions and individualized services), the death penalty is no longer a taxpayer bargain or a discouragement against heinous crimes.

An almost endless series of appeals and delays have eliminated swift justice. An execution 30 years after the crime is no deterrent for others. In addition, the death penalty guarantees the convict regular visits outside of prison walls, extended case publicity in fighting death makes the convict look like a victim, while the real victim's family relives the agony through two additional generations.

In addition, with so much evidence in these cases eventually found to be faulty, withheld, prejudicial, disallowed,

some questionable verdicts/sentences often prevail.

This is the second time the Governor Ivey has granted clemency to a death row inmate since taking office in 2017, demonstrating that she understands the process and the finality of that responsibility.

In my opinion, the governor's decision in this case was the correct one. However, it should have come 12 years ago when DeBruce was resentenced. That would have saved parties on both sides a lot of stress and grief, and the taxpayers a lot of expense.

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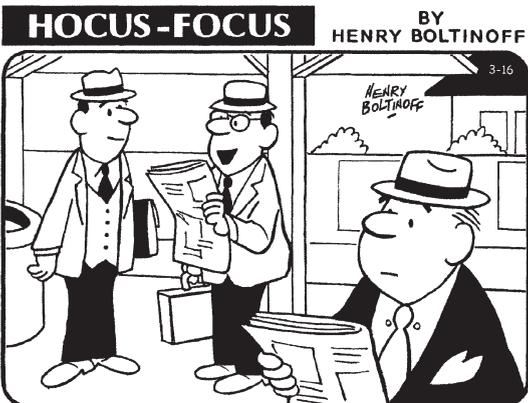
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## Letters...

### Birth of SEDA: Why The Shoals Needs it

Continued from Page 12

a university, and a technical school. We also had several industrial parks which competed to attract industries. All were nice but there were many other areas of the country with much more to offer.

Many years ago, the two counties were designated as a MSA (Metropolitan

Statistical Area) by the U. S. Government. Although the MSA covered Colbert and Lauderdale counties, it was named 'Florence MSA' because it was the largest city in the area. When large corporations considered locating in the area, they thought it was only Florence. A few years later the term changed to Florence-Muscle Shoals

MSA because Muscle Shoals is the largest city in Colbert County.

Some old timers may remember when the elected officials and forward-thinking citizens walked to the center of Wilson Dam from each side of the river to declare the two counties as "The Shoals." Signs were erected on the roads entering the two counties referencing, "THE SHOALS." They recognized something important: together is better!

Several years before, local legislators had also recognized the unfairness of TVA in-lieu-of-tax monies being sent to the state of Alabama for equal distribution. They fought hard to take a greater proportion of the funds from the state and bring millions of dollars back home annually to the north Alabama communities served by TVA.

More recently, our local legislators also worked hard to secure tax credits for a new company to operate the massive Reynolds Plant which was closing. That new

company is employing over a thousand workers today.

After years of divided efforts, the concept of ONE economic entity to oversee the marketing of Colbert and Lauderdale counties was established.

Even as unemployment skyrocketed into the high teens in the mid-1980's, some opposed the concept of creating a single entity to market and control all the industrial parks in the two counties.

Only after several failed attempts to go forward with the legislation, the *Times Daily* editor, John Fitzwater, UNA, local banks, and others endorsed the idea, and it gained support. Then with the unanimous support of the Shoals legislative delegation, the bill was passed into law establishing the Shoals Industrial Development Authority (SIDA), and the state's first multi-county public industrial recruitment organization came into existence.

Through a comprehensive strategic plan, the organization

became known as the Shoals Economic Development Authority (SEDA), now referred to as Shoals EDA.

The Shoals Economic Development Fund was established in 2007 and is fueled by a half-cent sales tax in Colbert and Lauderdale counties.

The idea of changing SEDA and the way it is funded is beyond reasonable thinking. Sure, Lauderdale County is larger than Colbert County, but it is only right to fund SEDA on a population basis because it is all about jobs for people in the entire area. SEDA does not tell an industry which county to locate in. An industry locates where its best interest is served.

A job in either county is good for the entire area. SEDA is selling the Shoals as one community and hopefully the Alabama Legislature will kill the pending bill in the State Senate.

**Bobby Denton**  
Retired State Senator  
Muscle Shoals

### Larry Boy's Gaslighting

Editor,

I can't help but respond to Larry Boy Smith's letter in the March 4, 2026 issue. After reading the letter, I and most objective people see just how small his world is. Smith shows his contempt for Donny Boy Trump, but not once did he write about the Clinton or the Biden crime families or ask how Obama is a multi-millionaire after being the President.

Let me speculate on his view of some other Trump accomplishments. He probably believes:

- that men should be allowed in girls locker rooms.
- tampons should also be accessible in men's locker rooms.
- men can have babies.
- illegals that have committed crimes should be released to commit more murders, rape, and burglaries.

See LETTERS... Page 24

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- Emergency Financial Assistance

# Medicare Minute

## Mail, Calls and Door Knocking

**WARNING!!** If you are turning 65 over the next few months you will be inundated with mail, phone calls and sometimes people actually knocking on your door. These are just three of the ways companies market Medicare health and drug plans. Over the next couple of weeks, we will look at different marketing methods and what the companies are trying to accomplish with each.

**Phone calls** – Supplement companies are well known for making out bound calls to people turning 65. Once they have you on the line, they're only objective is to sell you a Medicare plan. It's perfectly ok to sign up over the phone but, if you have a problem with the plan you enrolled in, your agent may be in Florida or California and unwilling to help you. Also, if you ever fill out a request for information online, that request is immediately sent out to several agents and the phone calls will double.

**Door knocking** – I've never understood why anyone would buy something as important as their Medicare health plan from someone who showed up unannounced at their door. People who market door to door are usually out of town agents. They will buy the same list that direct mail companies buy and literally find your house and knock on your door. It is not a good idea to buy this way for a couple of reasons. First, are you willing to trust someone who shows up at your door with your personal information, such as Social Security number and checking account information. Secondly, it can be dangerous!! Any law enforcement person would advise you to never allow someone you don't know into your house.

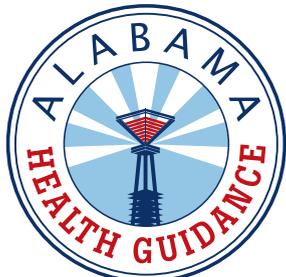
The solution to this is to find a local agent that can help you. They will make sure you get the right plan and you'll be able to find them if you need them.

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](mailto:ikey@alabamahealthguidance.com). Alabama Health Guidance is an independent insurance agency and is not affiliated with Medicare or any other government agency.



Ikey Fowler

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# THE DOLLAR Stretcher



Continued from Page 18

## DRESSED TO SHOP

My friend and I like to shop at thrift stores. We also like to be prepared, so we wear gym-style clothes when we do. Leggings, a tank top, and flip-flops make it easy to try on a skirt, shirt, jacket or shoes. I can find out whether something fits and looks good in just a few seconds!  
Jules

## COSTLY COMMUTER CURES

I have to commute a long distance to work, which uses up a lot of gasoline! To save gas, I make sure there's nothing in the car that I don't need. Totaled up together, various items in the trunk or interior can add a few more pounds and cause the car to use a bit more fuel. Also, when I'm on the highway, I don't drive 70 miles an hour. I get in the slow lane and keep it on 55 to stretch my gas mileage. It takes maybe five or six minutes more to go slower, so I just leave early enough to still arrive at work on time. I'm also going to try to partner with some other workers, so we can carpool. Every little bit helps!  
Lynn

## MOSQUITO BITES

Last summer my friends all thought I was crazy until they tried it. The best way to get relief from mosquito bites is with Listerine(r). Just put a little on a tissue and hold it on the bite. You'll get relief within seconds without nasty chemicals or smells!  
Lyrica

## HOMEOWNERS INSURANCE DISCOUNT

I have always been frugal and just need to boast about my recent savings relating to auto insurance. I have used the same company for over 20 years for both house and auto insurance. I called and asked for a discount because of my great credit score. They gave me a \$200 yearly discount!  
Carla

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See DOLLAR... page 31

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## Letters...

### Larry Boy's Gaslighting

Continued from Page 22

- nonwhite doctors and other professionals should be allowed to graduate at lower standards because it isn't fair that that can't meet the criteria required.
- people should take a knee for the National Anthem.
- it's okay to cancel a speaker because they offer an opposing view to his standards.
- we should teach critical race theory to our children to destroy our heritage and culture.
- we should require pornographic material to be available for our 3rd graders.
- in forcing people to use someone's preferred pronoun or charge them with human rights violations.
- in telling parents that they don't know how to

raise their children, but teachers and government do.

- in hiding juvenile gender transitioning and giving puberty blockers to children without informing parents.
- in charging parents with domestic terrorism because they question a school board policy.
- in allowing gender mutilation to children for religious reasons.
- that social media should ban conservative and opposing viewpoints.
- that there are over 70 genders.
- that it is hard to define a woman.
- Martin Luther King being wrong that we should look at the character of a person, not the color.
- in demanding diversity but not diversity of thought.
- in belonging to a party that preaches tolerance but practices intolerance.
- in defunding the police.
- vetting immigrants is racist and not a good idea.
- that we should prioritize feelings over facts.

President Trump may have his shortcomings but compared to the devastation the previous administrations have done to our country and lifestyle, he has tried to put us back on track to not being subjugated by corrupt politicians, insane left-wing policies and global organizations that intend to circumvent our laws. Which party is it that always opposes the agenda that favors the common people.

My suggestion to help Larry Boy, a habitual gas lighting letter contributor, is to stop taking his cues from Democratic influencers, shut off ABC, CBS, NBC, CNN, MS NOW, etc, and see what is really going on in this country.

**Robert Seaman**  
Killen

### On Fostering and Adopting

To Whom It May Concern:

Lauderdale County Department of Human Resources, along with the entire state of Alabama, continues to deal with

a shortage of foster and adoptive homes. Our role as a state agency is to assist families in Lauderdale County when in need. However, we rely on the support of our community to do so. Unfortunately, this need will always exist to ensure the children in our community have somewhere safe when they cannot be safe in their own homes. Currently, we have around 70 children in foster care in Lauderdale County.

To continue to recruit and approve foster and adoptive families for Lauderdale County, foster and adoptive parenting classes are being offered throughout the month of March at Lauderdale County DHR, which is

located at 424 Veterans Drive in Florence.

If someone is interested in becoming a foster or adoptive parent, they can contact one of the two individuals listed below and register for classes. The classes begin March 17. However, you can still sign up and attend after the classes begin.

It would be greatly appreciated if everyone helped spread the word. If you have any questions, please feel free to contact Samantha Credille at 256-765-4023 or Kari McCord at 256-760-5014.

**Jennifer Berry, LBSW**  
Resource & QA Supv  
Lauderdale County DHR

# SIGNS OF THE PAST

Hodges  
Franklin County  
AL

## "SPIRIT OF HODGES"

The Town of Hodges held a war bond auction in the month of January 1943. The proceeds amounted to about \$47,000. As an award, the war department allowed Hodges to name a P-51 Mustang Fighter aircraft. She was named "The Spirit of Hodges." The plane was built by the North American Aviation Company and was modified in Birmingham, Alabama. The P-51 was a long range, single seated aircraft. It flew most of its wartime missions as a bomber escort in raids over Germany and was used against the Japanese in the Pacific. It is not clear if the "Spirit of Hodges" plane was shot down or if she came back to the United States. On October 11, 2007 the Town of Hodges celebrated its 100th birthday. The Hodges Historical Committee formed its first festival and once again honored the "P-51" by using her as the theme for the celebration.

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During WW2, the town of Hodges collected and donated about a million dollars (in today's money) to the War Department for a P-51 Mustang Fighter which was named "The Spirit of Hodges". This plane escorted raids over Germany and later fought against the Japanese. This war effort was remarkable for a population of less than 200.

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

*Take Note...* of your Community.

**Courier Journal** Community Notes

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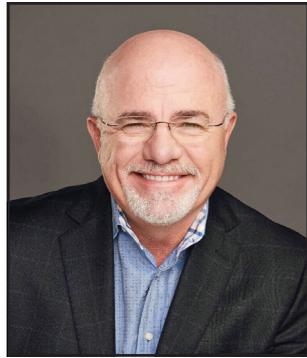
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# DAVE Says

by DAVE RAMSEY



## IT'S A HOBBY, NOT AN INVESTMENT

Dear Dave, I'm single, and I work with a well-known, high-end retail company. Over the years, I've noticed that certain models of some watch brands appreciate incredibly over time. I've seen a few that have doubled, tripled and even quadrupled in value over the years. With this in mind, what do you think about

the idea of select watches, including vintage watches, as part of my investment portfolio?  
Adam

Dear Adam, I've seen a few really nice watches in my day. Now, I even own a couple. But watches, no matter the brand or model, aren't what

I'd consider to be an actual investment. Mutual funds are investments. Real estate and 401(k)s are investments. But watches? Not so much.

When you're talking about watches, what you're really talking about is collectibles. For example, I have a friend who has collected over 1,000 bottles of wine over the years. While the value on most of them has gone up, it's not part of his formal investment strategy.

So, if you've got your financial house in order, and by this, I mean you're debt-free, you've got an emergency fund of three to six months of expenses and you're putting money toward retirement, do some research, save up and go buy a very nice new, or vintage, watch. There's nothing wrong with that if watches are something you really enjoy. Just don't go crazy and buy a dozen, okay?

If you know your stuff in this area, that first purchase could launch you toward owning a fine collection of watches over the years. Some people do the same kind of things with cars, too. But whether you're talking about watches, cars or even baseball cards, treat

them like what they are—consumption items. They're things you like and can afford to enjoy.

See what I'm saying, Adam? Things like that are hobbies, not real investments. But then, if they happen to go up in value over time, that's a nice added bonus, isn't it?

— 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.*

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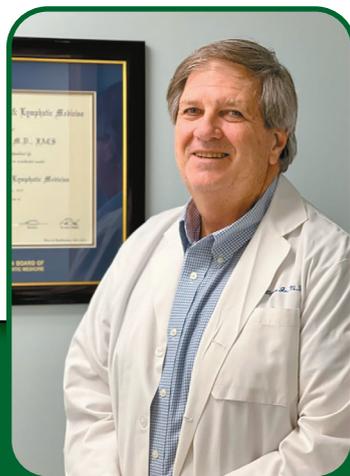
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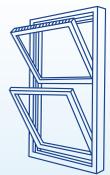
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## Notes...

Continued from page 7

**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.

**Kahoot! - Tuesday, March 24, 3:30pm-4pm** Calling all knowledge seekers! Join us for some fun as we test your skills on animals, music, movies, and more using Kahoot! at the Florence-Lauderdale Public Library  
Additional Date: Tuesday, April 28

**The Artistic Renderings of Youth** 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.

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

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

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

**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)

**Tishomingo State Park Easter Egg Hunt Saturday, March 28** at Tishomingo State Park in Iuka, MS from 11am-1pm. Park admission is free if you arrive before 10:30am. See the Friends of Tishomingo State Park Facebook page for more information.

**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.

**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.

See NOTES... page 29

# 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](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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# Walk...

Continued from Page 12

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Following that event there will be a one-mile group walk in Martin Park behind the Rec Center. Wellness coach, **Micah McGlathery** will offer a demonstration of the outdoor fitness center in the park as well. Everyone is welcome to attend.

If you can't make it to the opening event on Saturday but want to participate in the walking challenge, you can register at any of the weekly group walks or at the Shoals Community Clinic. The group will meet each Thursday through May for a one mile walk at various parks and walking trails around

the Shoals. Participants will be encouraged to walk at least a mile a week and



will receive a walking and physical activity journal to monitor their

progress. A physical health and exercise expert will lead the weekly walks in warm-up and cool-down exercises and provide instructive health education. The YMCA will be the indoor walking area on bad weather days. At the end of the 10 weeks, there will be prizes for those who have completed their activity goals. This year's sponsors include Workout Anytime, the Alabama Extension Services, and the YMCA of the Shoals.

These events are free to the public. For more information, contact the clinic by calling 256-760-4713.

- March 21 9:30am - KICK OFF -**  
Royal Ave. Rec. Center  
420 N Royal Ave.  
Florence, then Walk & Workout Martin Park
- March 26 4:30pm**  
Diebert Park -2810  
Darby Dr, Florence
- April 2 4:30pm**  
Wildwood Park -1211  
Waterloo Rd, Florence
- April 9 4:30pm**  
River Heritage Park-15  
High Tower Pl, Florence
- April 16 4:30pm**  
Workout Anytime -992  
Cox Creek Pky, Florence -  
overcoming Gym Barriers
- April 23 4:30pm**  
McFarland Park -200  
James M Spain Dr,  
Florence
- April 30 4:30pm**  
Old Railroad Bridge.  
Sheffield
- May 7 4:30pm**  
Gattman Park -901  
Gattman Park Dr, Muscle  
Shoals
- May 14 4:30pm**  
Spring Park, 400 Main  
St, Tuscumbia
- May 21 4:30pm**  
Riverfront Park,301-499  
Hendricks Rd, Sheffield
- May 28 4:30pm**  
Diebert Park -2810  
Darby Dr, Florence
- TBA** Wrap Party

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

Your link to community resources

DIAL- 2-1-1  
TEXT- your zip code to 898-211  
CHAT- 211connectsAlabama.org

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

**DODGE: CHALLENGER SRT, 2012** \$35,900, one owner, 37,250 miles, Excellent Condition! Redline 3 coat exterior paint Pearl, automatic, new tires, 6.4 engine. One speeding ticket, 256-466-4590 De-catur

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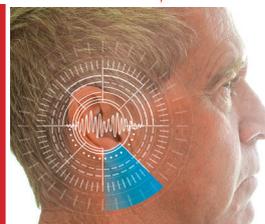
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### Courier Journal ADOPT A FRIEND

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

**Meet Phillip**, a 13-month-old, 45-lb sweetheart with the cutest personality! This handsome boy loves attention and isn't shy about asking for it — sometimes even putting his paw up like he's ready to help you at the desk. He is playful, affectionate, and full of love. He's the kind of dog who will happily be your companion for walks, playtime, and cuddles. With his gentle nature and adorable face, he's sure to win over everyone he meets. He is still young and would thrive with a family ready to give him love, guidance, and a forever home.



**Meet Tazzy**, just under 2 years old and weighs 39 lbs, making her the perfect medium-size companion. With those adorable ears and bright eyes, she's as cute as they come! She is sweet, loving, and enjoys being around people. She has a playful side but also loves attention and affection. She would make a wonderful family dog or loyal best friend for someone looking for a loving companion. Dogs like Tazzy just need someone to give them a chance — and once you meet her, you'll see how special she is.

**Meet Tanya**, she has been waiting 240 days for someone to choose her. That's way too long for such a loving girl. She is 4 years and 7 months old and full of love. Tanya even spent time with us at Lizzie's coffee shop a while back and has gone on several doggy day outs, where she showed everyone what a wonderful companion she is. Recently, a couple took her home for a trial and said she was perfect. They reported that she • Is house trained • Got along great with their dog • Was wonderful with their 5-year-old child (she does better with older kids) After 240 days in the shelter, Tanya deserves a couch, a yard, and a family to call her own. She has so much love to give and is ready to be someone's best friend.



**Adoption Info:** • Fee: \$85 • Includes: Spay/neuter, current vaccinations, microchip, and heartworm test  
• Location: Florence Lauderdale Animal Services  
• Contact: 256-760-6676 • Fostering is FREE!

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## Notes...

Continued from page 26

The Coalition for Alzheimers and Related Disorders is partnering with Florence Lauderdale Public Library to present a 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.

**Community Breakfast - Saturday, April 4, 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.

**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!

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CLASSIFIED FORM ON PAGE 6

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**ESTATE SALE**  
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117 Kingswood Dr. • Florence  
Friday, March 20 • 9am-3pm  
Saturday, March 21 • 9am-2pm  
Numbers given out at 8:30am Friday & Saturday  
Sunday, March 22 • 1pm-3pm  
Unique collection of treasures from travels around the world from: New Zealand, Scandinavia, England and more.  
• Rare Gray's Pottery and Susie Cooper China • 1800's Sterling • Oriental Rugs • Coins • Waterford and Wedgwood • 1800's Federal Inlaid Chairs • Carl Larsen Prints • Reynolds Metals Items • Matchbox, Dinky and Tootsie Cars • Blue & White Porcelain • Vintage Stereo Equipment and More!  
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**Gorgeous Antiques dating back to the 1800's** including a statement piece tall Armoire in the Living Room, Cherry Secretary Hutch, Pristine Antique Parlor Table, Beautiful Patio Set, Gorgeous Large Antique Colonial Maple Hutch, Wonderful Antique Cherry Washed Display Cabinet, Pristine Finish Dark Wood Formal Dining Room Suite with Beautiful China Cabinet, Red Leather Recliner, Antique Oak Glider Rocker, Beautiful Howard Miller Mantle Clock with Soothing Chime, Antique Dresser with Marble In-lay, Nice King Size Pennsylvania House Bedroom Suite, Costume Jewelry, Name Brand Purses and High-end Name Brand Ladies Shoes and Gorgeous Everyday Clothing, Beautiful Square Antique Kitchen Table & 4 Chairs, Large Heavy Sunroom Patio Chairs, Tools, Holiday Decor, Nice Linens, Beautiful Johnson Bros Vintage China Set with Serving PCs., Antique Glassware, Kitchen Aid Stand Mixer, Schwinn Exercise Bike, Nice Home Office Desk, Lovely Decor, Sewing Supplies, and Much More! **High Quality Items throughout the home! Don't Miss!**

**Terms:** Cash, Cards & Venmo accepted. 3% CC Fee, Sales are Final, Everything Sells "As-is." Shop at your own risk. We are not responsible for accidents. Bring help to load heavy items. No large purses or personal tote bags allowed inside the house. Do not block neighbor's driveways or mailboxes. We look forward to seeing you there!

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See NOTES... page 30

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

# Community Notes...

Continued from page 29

The Tennessee Valley Art Association proudly presents the world premiere of "Faith: a Folk Opera," Friday and Saturday, April 3-4. The original work by Shoals native composer **Jeremy Smith**, debuts on the historic Ritz Theatre stage in downtown Sheffield at 7pm each night.

Set inside a remote Appalachian church, Faith blends the emotional intensity of opera with the musical traditions of Southern gospel and Appalachian folk. The result is a haunting Southern Gothic tale that explores devotion, obsession, and the devastating consequences when faith becomes something darker. The story unfolds within a rural congregation where belief, power, and desperation collide—revealing how easily reverence can give way to ruin.

Tickets and additional information are available through the Tennessee Valley Art Association: <https://tennesseevalleyarts.org/events/faith/> and the Historic Ritz Theatre box office.

**Food Box Giveaway Saturday, March 28 from 10am-Until at two locations;** Bethel CPCA at 408 East Alabama St in Florence, and Hopewell CPCA at 1600 First St. in Leighton. People in Colbert, Lauderdale, and Lawrence County who need food are invited to come and pick up free food.

That you to participating partners: Bethel CPCA, Florence; Goodsprings CPCA, Rogersville; Hopewell CPCA, Leighton; Little Star CPCA, Town Creek; Mt. Zion CPCA, Killen; New Life CPCA,

Town Creek; Crossroads Community Outreach, Florence; First Metro Bank of the Shoals, Listerhill Credit Union of the Shoals, State Farm Insurance-Rebecca Hovater, Sheffield; Foodland Grocery Stores of the Shoals; Publix of the Shoals; and Walmart, Muscle Shoals.

**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 Deibert Park on Darby Drive in Florence. Bring your own tackle. No fishing licenses required.

**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.

**Our Redeemer Lutheran Church** at 630 N. Poplar St. in Florence recently announced it's 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.

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

**Northwest Alabama Camp Meeting April 15-17, 7pm** each night. Guest Speaker - Bishop Kip Box, featuring a kids revival. Hosted by Winfield Church of God, 1571 Bankhead Hwy., Winfield

**Alabama Plants Series - Florence Arts & Museums** is excited to launch the Alabama Plants Series. Hosted by Summer McCreeless, this demonstration will provide an opportunity for participants

to learn how to make 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.

This event 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](mailto:connect@florencealmuseums.com).



# Easter Coloring Contest

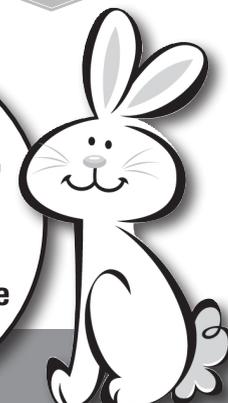
## 2026

**3 Age Groups:**  
2-4 • 5-7  
8-10





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



**Mail or Bring Entries to:**  
**Courier Journal Coloring Contest**  
 219 W. Tennessee St.  
 Florence, AL 35630  
 Or email:  
[andrea@courierjournal.net](mailto: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.

First & Last Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Phone Number \_\_\_\_\_

**All 9 Winners Will Receive An...**

**Easter Basket Filled With Lots of Goodies From**



**1st Place Winners Also Receive ...**

**Super Party for 6 Kids**

**2nd & 3rd Place Winners Also Receive ...**

**Large Pizza & 50 Gaming Credits**

From 



# Savvy SENIOR

## What Causes Dizziness and How to Fix It

Dear Savvy Senior, What can cause dizziness in older adults? I have dizzy spells from time to time but I'm not sure what causes it or what I should do about it.--Dizzy Donna

Dear Donna,

Whether it's a moment of lightheadedness or the room-whirling sensation of vertigo, dizziness can be very unsettling. As many as 30 percent of people older than 60 experience dizziness at some point, about 50 percent after age 85.

This unpleasant sensation only rarely signifies a serious medical condition. But it can knock you off balance, leading to falls and injuries. That's why anytime you feel dizzy, you should lower yourself to a safe, seated position. Here's a brief rundown of what typically causes dizziness and what you can do to fix it.

### What Causes Dizziness

One of the most common causes of dizziness and vertigo in older adults is benign paroxysmal positional vertigo (BPPV). This occurs when tiny crystals in the inner ear, which play a role in balance, become dislodged. BPPV is more likely as we get older because wear and tear can cause the crystals to shift out of place.

The resulting dizziness is generally triggered by changes in head position. People with BPPV often complain that the room spins when they roll over in bed, get into or out of bed, tip their head back, bend over, or make other quick head movements. These episodes usually last only a minute or two, but they may happen intermittently over a period of time.

A drop in blood pressure may also cause dizziness, even fainting, especially when changing position from sitting or lying down to standing. This so-called postural hypotension is often the result of problems with blood pressure medication.

If this is something that occurs on a regular basis, you need to be evaluated by your doctor. Certain sedatives, antidepressants, cough and cold medicines, and antibiotics can lead to dizziness, too.

Dehydration may be another culprit in postural hypotension. Staying hydrated is extremely important for balance, blood pressure, and general well-being. Declines in vision and hearing (including ear infections and impacted earwax) may also affect your balance.

### When to Call a Doctor

Occasional dizziness that lasts only for a few seconds is probably no cause for worry, but you should still let your doctor know. If it persists for several minutes or more or keeps happening, call your doctor right away.

Sudden dizziness or loss of balance, along with facial drooping, trouble speaking, nausea, and vision or hearing disturbances can signal a stroke. If this happens call 911.

### Treatment for Dizziness

If your doctor thinks you have BPPV, they can teach you the Epley maneuver, where you turn your head and body in ways that move ear crystals back into place.

For medication related dizziness, your doctor can change your medication or dosage to reduce the side effects.

For persistent problems, your doctor can check for infections, balance disorders, and more serious issues, such as tumors, congestive heart failure, an irregular heart rhythm, and conditions like Parkinson's disease.

If none are found, your doctor may recommend vestibular rehab, which may help with dizziness, vertigo, and balance problems. Anxiety and depression can also cause dizziness in some people. Treating this may ease your lightheadedness.

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



# THE DOLLAR Stretcher

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Continued from Page 23

### CHEAP 'AIR CONDITIONING'

I recently found a way to make a homemade air conditioner! Using a styrofoam cooler (\$1 at a dollar store), we made three small holes the size of a toilet paper tube in one side. Then we stuck those tubes in the holes. Last we cut a circle in the lid and put a small fan on top that was facing down. Inside the cooler, we placed blocks of ice. The cold air lasted several hours! Once the ice melts, you can re-use it by freezing it again. My husband who gets hotter than me was even comfortable with just the fan.

There are more elaborate homemade air conditioners out there, including videos on how to make them. Just google "homemade air conditioner." Julie S.

### BAKING SODA SHAMPOO

I've been washing my hair for a few months with baking soda, and it works great. I've read that it helps to get your scalp back into balance from the chemicals that regular shampoos have in them. I found the recipe online. It said to make a paste of baking soda and water and rub it into your scalp. Then massage it in before washing it out. However, I usually just mix a tablespoon or less with water in a two-cup measuring cup, and pour it slowly over my head as I massage it in with my other hand, making sure it goes everywhere. Then I wash it out thoroughly. After that, if you want, a tablespoon of apple cider vinegar in a glass of warm water is a good conditioner. Not sure if it's perfect for thick hair, but it works for mine. The baking soda alone seems to work for me. I love using the baking soda. It's so easy, quick and cheap! And there are no harmful chemicals for the environment or me. Francie

### ANNIVERSARY PARTY IDEA

Instead of a guest book, print a 5" X 7" black and white photo of the couple, and then buy a large white matte (the matte can be any size that will accommodate the number of signatures of those attending) and a simple, metal black frame. Put it together and set it up on

an easel so each guest can sign the matte. Be sure to have at least three good permanent "black" ink pens attached to the frame. After the party, insert the glass to protect the photo and signatures. Now the couple has something they can display and enjoy, remembering this very special day and all that love them. Guest books just seem to be put away never to be seen again. Bobbie R. in Medford, Oregon

### EASY OPEN

We bought a house with a detached garage. We asked our son (who is an electrician) to run wiring so we could have the opener in the house instead of the garage. He suggested

we buy another opener and program it to our opener in the garage and hang it next to the back door. Then when we want to open the door, we use the opener. This saved us a bunch of money and time. Janice H.

### CLOTHING SWAPS

If you're not in a clothing swap, find one and join it! It's a great way to clear your closet and pick up some new-to-you clothes for you and your family. Some groups welcome other household "stuff" like perfume, cosmetics, home decor, plants, and small appliances. If you volunteer to take the leftovers to charity, you get the tax deduction! Sharon

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