

Gorder The Expo Guest

FLORENCE-Designer and HGTV celebrity, **Genevieve Gorder**, is the special guest for the Riverhill School Home & Garden Expo on May 9 in Florence. The former Save-



Gorder

A-Lot store on Florence Blvd behind Lauderdale Lanes will host a public event from 9am-3pm Saturday. Tickets are \$10 per adult and kids are free with

the purchase of an adult ticket. Be sure to see the designer's White Box Challenge and listen to presentations by area experts.

Over 45 vendors and suppliers will also be in attendance to answer your questions about design, remodeling, landscaping and more. Gorder's keynote presentation will cover emerging design trends and help inspire you as you work on your own home and garden! Proceeds benefit Riverhill School.



Verification of weekly circulation upon request



Northwest Alabama and beyond with direct mail, total market coverage

Courier Journal

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

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Fill Those Bags!

SHOALS-The National Association of Letter Carriers (NALC) will collect food donations on Saturday, May 9 that will be distributed to local families struggling with hunger. Celebrating its 23rd anniversary this year, the Stamp Out Hunger food drive is the nation's largest single-day food drive. The drive has amassed more than one billion pounds of food since its inception in 1993.

The nation's 180,000 letter carriers will collect food donations left at the mailboxes of generous Americans in more than 10,000 communities and deliver them to food banks and other hunger-relief organizations.

Generous individuals donated more than 72 million pounds of food in 2014 marking the eleventh consecutive year that at least 70 million pounds were collected.

Are you wondering what foods are great



LETTER CARRIERS' FOOD DRIVE SAT. MAY 9, 2015

to donate to the food drive? Here are a few non-perishable food items requested by local

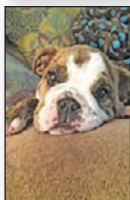
See **HUNGER...** on Page 6

Restaurant Week Friday

FLORENCE-Florence Restaurant Week sponsored by Florence Main Street runs from Friday, May 8 - Saturday, May 16. Every time you dine at a participating restaurant, you will have the opportunity to vote for one of our five featured five local charities. Those five were scheduled to be announced May 5 at the Taste of Kick-Off Event. Every time you dine from May 8-16 you get to vote! The charity with the most votes at the end of the week will receive a check for \$5,000 to be presented by McDaniel Window & Door.

Participating Restaurants:
Bookmarks Coffee Shop inside the Florence-Lauderdale Public Library
Sperry's
Wildwood Tavern
The Pie Factory

See **SHORTS...** on Page 5



Not Winners but SO ADORABLE!

Contest a Big Hit

SHOALS-Our staff falls into this predicament every year when the Courier Journal Pet Picture Contest opens for entries. It's exciting to see all the cute photos with classic expressions and mannerisms. However, we always forget how difficult it is to pick only three winners in each category. Well, difficult really doesn't cover it. Emotionally excruciating is a better description.

The 28th annual version of this popular contest wraps up its four week run with all the winning and honorable-mention photos appearing in this issue during

See **PETS...** on Page 6

FRIDAY WAS ARRIVAL DAY for CASA's four Home Sweet Home playhouses at Cox Creek Park in Florence. Jerald Smith of 5 Star Builders, right, helps set up his creation, a WC Handy Home playhouse, in the parking lot. Other historic miniatures include the Helen Keller Home, Fame Studios, and Florence Fire Brigade 1828. Three of the playhouses will be sold at an auction May 30 and a drawing will take place for the fourth playhouse. Tickets are \$5. For more information, please visit ShoalsCASA.org. photo TVM



Perfect Playhouse

Improving Senior Care

FLORENCE - A trip to an Emergency Department (ED) can be difficult at any age. EDs can be loud, crowded, full of commotion, and frankly, a bit overwhelming for an older adult. Eliza Coffee Memorial Hospital in Florence has taken important and necessary steps to improve seniors' emergency care experiences.

The newly designed seven-bed unit was created to

See **SENIORS...** on Page 6

Inside this Issue

- Lands & Water
- Ask the Attorney
- Knight's Korner
- Your Pet Pictures!!
- Computer Skeptic

- Dave Ramsey
- Cat & Kids

- Shoals Dining
- Soaps
- Hocus Focus

- Adopt-A-Friend
- Mitch Mann Opens
- Honor YOUR Veteran
- Ask Dr. Webb



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BLUE BUNNY
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2/\$5 56 OZ.

ROTEL 10 OZ.
Canned Tomatoes **5/\$5**

AUNT JEMIMA 32 OZ.
Pancake Mix **2/\$4**

BEST CHOICE 28-32 OZ.
Frozen Fries **2/\$3**

AUNT JEMIMA 24 OZ.
Syrup **2/\$5**

STOUFFER'S 90 OZ.
Lasagna **12.99**

KRAFT - AMERICAN 12 OZ.
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KELLOGG'S 6-8 CT.
Pop-tarts **2/\$4**

COUNTRY DELITE 128 OZ.
Orange Juice **3.98**

BLUE BONNET
Margarine Quarters
79¢ 16 OZ.

BEST CHOICE
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4.99 20 LB.

FRESH PRODUCE SPECIALS

IDAHO
Potatoes **2.99** 10 LB.

Cucumbers **2/\$1**

RED SEEDLESS
Grapes **2.29** LB.

BI-COLOR
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SMALL WHITE POODLE MIX
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DOZER, TRACKHOE, LOADER and Stump removal. Haul chert, gravel, topsoil or fill dirt. 256-366-0966 05-27

2003 BMW 325I AUTO., AIR, 6 cylinder, Leather, \$6,900. 256-710-8120 05-06

REASONABLE TREE SERVICE. Tree cutting, trimming, stump removal, free estimates, owner Gilbert Barga 256-314-1009, 256-366-3539. 05-13

2 FREE SQUARE DANCE LESSONS
May 21-28, 7 pm, Royal Ave. Recreation, Florence. 256-766-2104, 256-366-0759. 05-13

FOR SALE UTILITY TRAILER 5x8 with gate. \$600 cash. 256-627-6286 05-13

END YOUR ROOF PROBLEMS. Install a 40 Year Metal Roof. Lexington Metal Roofing, Granville Faïres 256-229-5573 or 256-394-3662 05-13

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2 CAMPER TOPS FOR SALE, 1-8 ft. Ford, 1-8 ft. Chevy, \$50 each. Call 256-757-4854. 05-13

WELDING AND CUTTING Service. Home, farm, and boat house. Call Johnny 256-810-2884. 05-27

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Common Symptoms Treated by Chiropractic:

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- Extremity and Soft Tissue • Sports Injuries

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No representation is made that the quality of the Chiropractic Services to be performed are greater than the quality of chiropractic services performed by other chiropractors.



Yard Sales

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

To list your sale, fill out the form on page 6.

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

ESTATE SALE- PROPERTIES OF Pat Huggins and Correne Johnson. May 8th and 9th, 9am to 4pm daily. 104 W. 3rd St., Sheffield. Thousands of items from unique to antique. 1/2 price on Saturday the 9th. Join us for a sidewalk concert by Pat Huggins and Friends beginning at 4pm. Sale will remain open until concert is finished. For more info contact Lisa at Meme's Memory Closet 256-577-6378 or on the web at estatesales.net. 05-06

ESTATE SALE ANTIQUES, VINTAGE Barbies, books, tools, clothes, quilts, glassware, much more. Friday and Saturday May 8 & 9. 7am. 6215 County Road 15, Florence. 05-06

YARD SALE! EVERY SATURDAY 9-5. 708 Fordsway Ave., Muscle Shoals. Window air conditioner, full size refrigerator, 1/2 size refrigerator, daybed, china, yard furniture & lights, entertainment center. 05-06

MULTI-FAMILY YARD SALE Saturday May 9, 6am, 501 Shoals Ave., Killen, off Hwy. 43. 05-06

YARD SALE FLORENCE FRI 3-8 Sat. 6-2 157 Stony Creek Dr. Furniture, Household items, clothes, etc. 05-06

INDOOR YARD SALE, ONGOING Wed.-Sat. Antiques, Collectibles, Tools, TV, Household items. 1131 Hazelwood Drive, Petersville. (Off Stony Point Rd.) 10am-5pm, 256-275-3179 05-06

INSIDE YARD SALE - LITTLEVILLE Senior Center Friday and Saturday, May 8th and 9th. 1400 Jackson Hwy. Behind Fire Department. 05-06

MAILING TO OVER 69,000 homes every week! No one in Alabama does it better. TFN

MOVING SALE SAT. MAY 9, 1506 Co. Rd. 28, Florence 05-06

MULTI-FAMILY YARD SALE; Saturday 7am, 103/104 Aidan Lane in the Muscle Shoals- Cottonwood area, next to MSHS Tennis Courts. 05-06

HUGE SALE OAKLAND Methodist Church on Waterloo Rd (Co. Rd. 14), Saturday, May 9th. 7am-until. Baked items, tv's, clothes, collectables and various other items. Too many to mention. 05-06

GREENHILL 75 CO. RD. 384, Friday & Saturday 7am-?? 47N past Rogers school to just past Methodist church on right. Sofa, grill, jewelry from collection, 2XL women's clothes, household miscellaneous. 05-06

YARD SALE IN KILLEN SATURDAY, May 9TH. 6am-Noon. 368 Deer Creek Dr. Deer Creek Village Subdivision. Adult and kids clothes, toys, etc. 05-06

FLORENCE COMMUNITY SAT. 7am-Noon. 162 Rose Dr. Applegate Apartments 05-06

INSIDE ESTATE/YARD SALE. 05/09. 7am. 1630 North Wood Ave. Florence. Furniture, glassware, dishes, tools. The house is Full.

YARD SALE SATURDAY, MAY 9th. 6am. Sharp Drive off Stony point Rd. Tools, small furniture, clothes, camper hitch, receiver hitch. 05-06

GARAGE SALE CENTER STAR. Big Oak Ridge Dr. Friday-Saturday, May 8th-9th. 7am. Mothers Day gifts, jewelry, flowers, purses, clothing, comforters. 05-06

CARD IT! Now it is easy to place your ads on our 24 hour/7 day automated ad line, 256-767-4077 or visit our website, www.courierjournal.net. Just put it on your debit or credit card TFN--

MULTI-FAMILY YARD SALE, SAT. May, 9th, 7am-until. 3802 Co. Rd. 69, Killen. From Hwy. 72, left on 31 by Outpost, right on 71 at 4-way, right on 69, 2nd house on left. Lots of juniors clothes, men's, women's & children's, furniture, too much to mention. 05-06

FLORENCE SATURDAY 7AM-?? 303 Redfield Rd, Large quantities of kitchen housewares, plates, cups, glasses, utensils, miscellaneous items 05-06

INDOOR YARD SALE 795 Sherrrod Lane, Hawk Pride Mountain, Tuscumbia on Saturday, May 9th at 8am. Directions Only call 256-263-0954 05-06

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BARTON CEMETERY DECORATION DAY

May 10, 2015

Donations for cemetery grounds upkeep may be sent to:
Barton Cemetery Board, Inc.
P. O. Box 506, Cherokee, AL 35616

All donations are needed and sincerely appreciated.

BARTON CEMETERY BOARD

My eyes fill with tears as I remember the day you had gone away. It never occurred to me that a part of me had left that very day. I find myself wishing it was all a dream. But every time I think about it pain and emptiness in my heart is all I feel. Friday mornings will never be the same. Because on Friday, May 9th, 2014, God had called your name. As I hold back my tears, all I can think of is all my memorable years with you my guardian angel. Even though you are no longer here, I will keep you in my heart where it is close and very near.



Your baby girl misses you,
Sheenia

William Bullitt
8.19.46 - 5.9.14

The Blame Game

Mankind has an inherent problem. Sin. You can't blame the police because we have crime. You can't blame wars on the military. You can't blame your behavior on someone else. I heard this statement on the news the other day that: "most people are good people." By whose standards? The reason we need more police is that we have given them more work to do. Scripture says **Romans 3:19** "Now we know that what things soever the law saith, it saith to them who are under the law: that every mouth may be stopped, and *all* the world may become guilty before God." The Scriptures continue **Romans 5:12** "Wherefore, as by one man (Adam) sin entered into the world, and death by sin; and so death passed upon *all* men, for that *all* have sinned." **Romans 5:19** "For as by one man's disobedience (Adam) many were made sinners, so by the obedience of one (Christ) shall many be made righteous."

I have seen the textbook where the Bible was taught and there was opening prayer in the public schools. Have things improved since we threw them out? No. We reject the Prince of peace (Christ) and His Word and we expect the providence and provision and protection and peace of God. It is not going to happen. The Bible speaks **Isaiah 45:7** "I form the light, and create darkness: *I make peace, and create evil: I the LORD do all these things.*" God again says in **Isaiah 48:22** "There is no peace, saith the LORD, unto the wicked." Until we deal with our sin, confusion and anarchy will prevail.

Jesus Christ said in **Matthew 11:28-30** "Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light." Christ states again in **John 5:40** "And ye will not come to me, that ye might have life." Listen friend, Christ knows what sin is all about, because He suffered for each sin that we have committed. You can make a difference today by giving your heart and soul to Jesus Christ. You can choose to change your world. Will you? That is the real change you need.

Bill Bishop, Pastor
Beacon Baptist Church
Rogersville • 256-247-7733

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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. All properly submitted Community Notes which are dated will be posted weekly at www.courierjournal.net. Visit our website for a complete list. Community Notes must be submitted in writing by noon Friday for consideration in the following week's issue. Fax to 256-760-9618; mail to 1828 Darby Drive, Florence, AL 35630; bring in person; email to editor@courierjournal.net; or "Submit News" on our website at www.courierjournal.net.



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VALUABLE COUPON
Senior Citizen Coupon
5% Discount On Total Food Bill
VALID MAY 12, 2015

Underwood-Petersville Community Center Luncheon: Please join us May 7 for our first Thursday covered dish monthly luncheon at 11:30am with special guest. We hope to see you there.

The NW AL Chapter #2 of the Korean War Veterans Assoc. will meet for Dutch treat breakfast and business at Ryan's Restaurant in Florence at 8am on Saturday, May 9. Guest speaker for this meeting will be Colbert County sheriff, Frank Williamson. All Korean service veterans are invited to attend. If you have ever served in Korea, 1945-present or served outside of Korea June 25, 1950-Jan. 31, 1955) then you qualify for membership. We invite you to join the KWVA, Inc., our federally-chartered Veterans Service organization! Please call Roland Stanley at 256-383-6900 if you have questions.

Clothes Give Away- Thursday, May 7 from 8-10am at the Care Center, First Baptist Church, Killen

Florence Parks & Recreation-Senior Center (The Club), Community Yard Sale was rescheduled for Saturday May 9 at 450 Country Club Drive (off Savannah Highway) in Florence - the old Florence Country Club location. Vendor spaces are available that morning for \$10. Gates open at 5am for vendors. Sale time: 6am-Noon. For more information call The Club at 256-766-6642. Rain Date: May 30.

Take Mom to a Pancake Breakfast Saturday, May 9 from 8-10am at Applebee's on Florence Blvd. Tickets are \$5/person and can be purchased at door. Proceeds benefit Shoals Christian School Band.

Minding Our Future: Investing in Healthy Infants and Toddlers Tuesday, May 12, 11am - 1pm at Lauderdale County Extension office at 802 Veterans Dr., Florence; Lunch provided; Pre-register by contacting Melanie Allen at 256-200-2996 or allenmg@aces.edu by May 9. Has been approved for 2 contact hours for social workers; Everyone will receive a certificate.

Gospel Singing Friday, May at 7pm at Piney Grove Church, off Hwy 20 near the Alabama/Tennessee state line. Everyone welcome. More info, 256-766-1534.

Swamp John Fish Fry at Cherokee Lions Den on Friday, May 8 from 4-7pm. Fish, chicken tenders, shrimp, or combo plates with fries, slaw, hush puppies and drink for \$10. Dine-in or carry-out.

Fish Fry - May 8, 4-7pm at St. Florian Senior Center. \$10 per plate. Fish, Chicken or Shrimp, Drink and Dessert included. Dine in or carry out. Catered by Pop's Catering. All proceeds go to Senior Center and Park.

The Cherokee Library Friends Annual Yard Sale will take place at the Old Middle School in Cherokee May 8 & 9. Friday from 8am-5pm and Saturday from 8am-2pm.

Shoals Elks Lodge 2860 Dance begins at 7-10pm Saturday May 9, at the Elks Lodge, 408 N. Nashville Ave. in Sheffield. Admission is \$5. Attire: Casual. Featuring "The Cadillacs". Details: Ron or Micki, krnc47@gmail.com or 256-383-7874, proceeds used to support Elk Charities.

The Order of St. Luke Shoals Chapter will have its monthly meeting Thursday, May 7 at Park Place in the Sheffield Room. The meeting takes place at 6:30pm with soaking prayer from 5:30-6:15pm. Everyone is urged to attend. We will discuss plans for a Mission. Prayer will be available.

Cloverdale Community Center Breakfast will be held on Saturday, May 9 from 6:30-9am. The cost of the breakfast is \$6 for adults and \$3 for children. Profits from the breakfast will go toward the upkeep of the center.

See NOTES... page 19

BEEF, PORK AND POULTRY CUT FRESH DAILY

BONELESS BEEF
New York Strip Steak
6.99 LB.

BONELESS, SKINLESS
Fryer Breast
2.19 LB.

BONELESS BEEF
Bottom Round Roast
3.29 LB.

COOK'S
Shank Portion Smoked Ham
99¢ LB.

- Boneless Center Cut Pork Chops lb. **2.79**
- Boneless Beef Minute Steak lb. **4.19**
- Sunnyland Jumbo Franks 16 oz. pkg. **1.09**
- John Morrell Sliced Bologna 12 oz. pkg. **1.19**
- Piggly Wiggly Sliced Bacon 12 oz. pkg. **2.49**
- Gwaltney Pork Sausage 12 oz. Roll **99¢**
- Sunnyland Sliced Ham Or Turkey 10 oz. pkg. **2.49**

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RUSSET Potatoes
2.69 10 LB. BAG

Tomatoes ON-THE-VINE
1.29 LB.

CALIFORNIA Broccoli Crowns
LB. **1.79**

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4 PK. **1.99**

RED SEEDLESS Grapes
LB. **1.99**

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VIVA 2-PLY Paper Towels
3.39 2 PK. BIG ROLLS

PIGGLY WIGGLY Instant Light Charcoal
2/\$8 7 LB. BAG

ALL VARIETIES Doritos
2/\$6 10.5 OZ. BAG

PIGGLY WIGGLY Peanut Butter
1.59 18 OZ. JAR

PIGGLY WIGGLY Cola & All Flavors
3 LITER BTL. **4/\$5**

WHITE LILY Flour
5 LB. BAG **1.99**

ALL VARIETIES Luck's Beans
15 OZ. CAN **69¢**

PIGGLY WIGGLY Frozen Pizza
5 OZ. BOX **75¢**

PIGGLY WIGGLY Orange Juice
1/2 GAL. PLASTIC JUG **2/\$4**

TOTINO'S Frozen Pizza
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Shorts...

Restaurant Week Friday

Continued from Page 1

Singin' River Brewery
 Rivertown Coffee Company
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 Trowbridges
 City Hardware
 Ricatoni's Italian Grill

Cruisin' Event for St. Jude

FLORENCE-Longshore Cycle Center will host the 6th Annual Cruisin' for St. Jude Benefit Ride Saturday, May 9. Registration opens at 9am with kickstands up at 10. A free Boston Butt lunch will be provided at noon. Over \$1000 in door prizes including jackets, helmets, and much more! There will also be a 50/50 drawing \$15 for single rider, and \$5 for passengers. All proceeds will be donated to St. Jude Children's Hospital. The ride has raised over \$6,400 since its beginning. The ride this year will start and end at Longshore Cycle Center. The route is about 55 miles long and will have a police escort. Free event t-shirts given for the first fifty sign ups.

Autism Speaks at Golf Event

ANDERSON-Angels for Autism - 12th Annual Golf Tournament is May 9 at The Golf Club in Anderson. 7-8am sign up, \$50 each player-2 person scramble includes Green fees and cart. Shotgun start. Ladies play from red tees all holes! A "Hole in One" on #7 pays \$10,000, "Hole in One" on #5, #12 and #14 wins a Great Prize. Cash prizes: 3 places! Longest Drive and Close to Pin Prizes! Random door prizes. No waiting, Ditty bags, doughnuts, peanuts. Contact: The Golf Club at 256-247-7890, Director: Marshall 256-483-1813, fax 256-247-1867. Early sign up - 256-247-1867 or 256-483-1813.

Aldridge at Hall of Fame

TUSCUMBIA-Hannah Aldridge performs her unique blend of country, rock, pop, blues and Americana on stages around the world. She will be coming home May 12 for a special performance in the lobby of the Alabama Music Hall of Fame, located at 617 U.S. 72 in Tuscumbia. Doors will open at 6:30pm and Aldridge will perform at 7.

"Hannah is an amazing artist, and we are excited she is coming home to

See SHORTS... on Page 15

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256-764-4268.

Seniors...

Continued from Page 1

meet the needs of the area's geriatric population. Seniors often have multiple diagnoses and are prescribed numerous medications. This requires more time to evaluate than other age groups of emergency room patients. "Our goal is to create a calm healing environment with staff trained to provide a comprehensive review of geriatric patients' current symptoms in conjunction with their medical history," said Kevin Bowling, ECM Emergency Department Director. "The OASIS Emergency Services unit provides reduced-glare lighting, non-skid flooring, treatment beds with thicker mattresses, soothing color scheme along with ease of access," added Bowling.

Another key component of the ECM OASIS Unit is the specialized training received by staff members. "Geriatric patients have unique needs and our staff has received focused training to help recognize various impairments that often occur with the aging process," said ECM E.D. Medical Director Hamad Husainy. Pharmacy assisted reviews of current prescribed medications for

contributing side effects will be part of the offered services. Social Services is readily available if assistance is needed with arranging community services. If in-patient care is required, coordinated services from the OASIS E.D. to the hospital's dedicated OASIS in-patient unit will assist with continuity of care. Finally, ECM has on staff the area's only gerontologist who can provide follow-up assistance with care if requested by the patient's attending physician.

Twenty percent of the patients visiting the hospital's emergency department in 2014 were over the age of 65. Nationally this the largest growing age group, so this percentage is expected to increase in the future. "We are taking an aggressive approach to better serve this significant population within our community. This is an investment by ECM with the return being improved services and hopefully fewer return visits to the emergency department," added Husainy.

For more information about the ECM OASIS Emergency Services or other programs/services, please contact Tom Whetstone, Communications Director at 256-768-8888 or jtwhetstone@chgroup.org.

Pets...

Continued from Page 1

National Pet Week. We could actually run forty pages of winners instead of four and still not adequately represent the hundreds of adorable photos our staff has to consider.

Therefore, we also include the photos of twenty honorable mention winners.

Many thanks go to our presenting sponsor, Pet Depot, which awards gift certificates to the owner of every winning and honorable mention pet. They also award a \$2 gift certificate to every entrant who picks one up at our office or who

supplies a stamped, self-addressed envelope for the return of their photo. Winning families also receive prizes or certificates from our other dedicated, pet-loving prize sponsors.

Those include Stained Glass Artistry, Legend's Steak House, Florence Trophy Company, Domino's Pizza, Foodland Stores, the Courier Journal, and Kidsville News!

The biggest thank you goes out to all those who took the time to enter this year's contest. Because of your interest and love for your pets, the Courier Journal and Pet Depot will be donating nearly 400 pounds of pet food to local rescue organizations!



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

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

Hunger...

Continued from Page 1

church pantries and food banks:

- Cereal
- Pasta
- Rice
- Canned fruits and vegetables
- Canned meals such as soups, chili, pasta
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- Peanut butter
- Pasta sauce or spaghetti sauce
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For more information about the annual Stamp Out Hunger food drive, visit www.facebook.com/StampOutHunger and follow the food drive at www.twitter.com/StampOutHunger.

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Ask Dr. Webb



Dr. Robert Webb

Q Mom has lung cancer and Dad won't let her take morphine because he says it will "knock her out". But she is short of breath and hurting. So what can she do?

A One of the greatest fears patients with cancer or other life-limiting diseases such as COPD [chronic obstructive lung disease] have is dying in pain or 'smothering' to death. Morphine, in the appropriate doses, has been shown to control these symptoms

so that people, because they are more comfortable, actually live longer!

All opioids/ narcotics [pain-killing drugs based on opium or morphine] cause sedation, or sleepiness: 'narcotized' or 'narcosis' means to be sedated. However, **the goal is to relieve pain without causing the sedation.**

To achieve that takes some trial and error: each of us reacts differently to any medicine. All drugs have side-effects—the only difference between a beneficial drug and a poison is how much you take! When someone with significant pain has not been resting well and finally their pain improves, they often sleep more until they are 'caught up!' Once that passes, the sedation is less. There's a fine line between 'controlling pain' and 'too sedated'. If the pain is controlled but they remain sedated, then try reducing the morphine.

Focus on the patient's goal: is it 'be comfortable even if sleepy'; or, 'be more awake though in pain'? Most patients tell me they would rather be drowsy and pain-free! So, families need to guard against imposing their goal over hers.

No one wants to watch her suffer. So start her morphine at a small dose, say 2mg, given regularly, three times a day, along with extra doses if needed; then, adjust it up or down depending on her response.

Next time, I'll talk about common side-effects from morphine—and how to avoid or treat them.

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Ask Dr. Webb is a bi-weekly article sponsored by Hospice of the Shoals as a community service to answer questions about hospice care and end of life issues. Please submit questions to ssimpson@hofjs.org or call 256-767-6699.

Dr. Robert Webb has focused his practice on geriatrics and palliative care since 2003. He is the Medical Director at Glenwood Healthcare as well as the Medical Director at Hospice of the Shoals.

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Genevieve Gorder's unmistakable style and enthusiasm have made her a multi award winning talent and one of America's favorite interior designers. An alumni of The School of Visual Arts, Gorder has worked in studios throughout Europe and New York City. Currently, Genevieve designs for her new series, Genevieve's Renovation. She can also be seen on Dear Genevieve, HGTV Star, and A Hero's Welcome Home, and as a host on HGTV's White House Christmas Specials.

Gorder's work has been featured in many major publications, and she's a regular contributor on Rachael Ray and the TODAY Show. In addition, her digital magazine, Real Genevieve, is now available at realgenevieve.com and the App Store.

We'll have the best vendors and suppliers in North Alabama there to answer your questions about design, remodeling, landscaping and more. Be sure to see the designer's White Box Challenge, and listen to presentations by area experts.

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The Utilities Board City of Muscle Shoals Water & Wastewater Department will accept sealed bids on the following piece of equipment **until 3:30 p.m. on May 21, 2014**. The equipment listed may be inspected at the office located at 2210 E. Second Street, Muscle Shoals. This item will be **SOLD AS IS**.

1997 John Deere 410E Backhoe
4 Wheel Drive
Extendable Boom
24 Inch Bucket
Enclosed Cab

The Utilities Board City of Muscle Shoals Water & Wastewater Department reserves the right to reject any or all bids, to waive any informality in any bid, and to accept any bid considered being advantageous to the owner.

763066

www.courierjournal.net



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Snack Bar Attendants
 (Seasonal May 10th thru Labor Day)
3 positions available

Line Cook (Year-round, Experienced, Creative, Outgoing, Friendly)
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Must be able to work weekends, nights and holidays as needed.

Please apply online at: www.tpycc.org

763408

EMPLOYMENT Opportunities

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\$12.68/HOUR SCHOOL BUS Drivers Wanted, 15 hours/week guaranteed; extra work, insurance, and CDL training available. Company pays DOT physical, background check, fingerprints, & drug screen. Call 256-766-1362 between 8am & 4pm. Ask for Sherri Cooper. 05-06

LIBERTY NATIONAL LIFE Insurance is hiring part-time and full-time positions available in the Shoals area. No experience required. Call for interview. 256-856-4333 05-06

NEED GOOD OTR DRIVERS, 1yr. experience. Starting at \$.35/per mile to \$.37/per mile in 90 days. 256-314-1163, 1-877-220-7506 05-06

IT SKILLS NEEDED. MEDICAL office seeking individual with strong IT skills. Duties will include trouble shooting issue with the internet, minor computer problems, and setting up printers, etc. Also some general office duties will be included in daily routine. Salary is \$12/hr. Please send resume to hrdept818@gmail.com 05-13

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GROWING FLOWER BED AND Shrub Care Business hiring experienced hedge trimmers. Must have verifiable references and own transportation. \$9/hr. Tammy Stricklin 256-247-8767. Leave message with name, number and experience. 05-06

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DRIVERS WANTED DAY AND night. Local cab company 256-767-0220 05-13

HELP WANTED: ADVANCED Building Components, Inc. Construction type labor. Please call 256-381-1500. 05-06

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COLDWATER NURSERY AND Garden Center is now accepting applications for nursery manager/laborer. Please apply in person at 1001 Koonce St. Florence. 05-13

HIRING GENERAL MAINTENANCE Must have personal tools, transportation, & valid driver's license. Pay rate depending on experience. Apply at Tim Rhodes Properties, 707 N. Broadway St., Florence, AL. 256-764-3137 05-06

TRI-AXLE TRUCK DRIVER Needed. Class A or B. Must have clean driving record. Pay depends on experience. Apply in person. Cass Pace Services, 4110 South Wilson Dam Road, Muscle Shoals. 256-314-0800. 05-13

DRIVERS: LOCAL TRUCKING Company: Great Pay, Full Benefit Package. CDL-A. Clean MVR, PSP and 1 Year Driving Exp. Local, Regional, And Dedicated Positions Available. New Equipment. Jay: 256-309-7520 05-13

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TREE TRIMMER POSITION

Sheffield Utilities will be accepting applications and resumes for a **Tree Trimmer position** beginning Monday, May 4 through Monday, May 11, 2015 at its Main Office located at 300 North Nashville Avenue Sheffield, Alabama.

Our office hours are from 8:00 a.m. until 5:00 p.m. Monday- Friday.

Job applications are also available at www.sheffieldutilities.org. As a condition for employment with Sheffield Utilities, this position must abide by the Residency Policy of Sheffield Utilities.

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See the Classified Form on page 6 for details.

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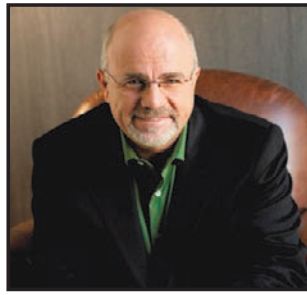
DAVE Says

by DAVE RAMSEY

DIFFERENCE IN DEBTS

Dear Dave,
I was recently notified that I am one of the beneficiaries of a class action lawsuit against a previous employer. The amount I can receive is just \$200, but I don't feel like this past employer wronged me in any way. Everyone around me is urging me to take the money, but I feel kind of weird about accepting anything under the circumstances. What do you think I should do?
Randy

Dear Randy,
I don't know all the details of the episode you're talking about, or



what happened with this particular company. But I don't agree with the idea that we're supposed to beat up anyone we can, or milk everything we can get out of every company or human being we come across. Some people are just incredibly opportunistic. They live like it's anarchy, and they have no sense of fairness or decorum. But you do.

The people who are telling you to take the cash don't think the way you do. They're the kind who would take any money, no matter the reason. But you sound like the kind of person who wouldn't do that, so you shouldn't be taking advice from those people.

I think your heart has already told you what to do, Randy. God is whispering in your ear. If I were in your shoes, I wouldn't take it. If it were \$100,000, I wouldn't take it. You were not wronged, and that money is for someone who was wronged.

You have a sense of dignity and pride about yourself and your behavior, and I respect that. My advice is to listen to your heart.

—Dave

MORTGAGE OR SAVE?

Dear Dave,
I just became debt-free, and I live in an apartment. I'm also 28 and single, and I make about \$75,000 a year. Do you think I should get a mortgage and go back into debt, or save up and pay cash for a house? I'd like to keep the price of a new home around \$200,000, and I think I can save about \$15,000 a year.
Kevin

Dear Kevin,
Congratulations on becoming debt-free! It feels awesome, doesn't it?

When it comes to saving, how about rounding that figure up to \$20,000 a year? Going that route, you're only 10 years away from a nice, new paid-for home, and you're still debt-free. That's one way to do it.

I don't borrow money, Kevin. And I don't tell people to do things I won't do. The one exception to that is I don't yell at people for taking out a 15-year, fixed-rate mortgage, where the payments are no more than 25 percent of your monthly

take home pay. You could save like crazy for a couple of years and put down a really strong down payment on a home in the price range you're talking about. Then, you could pay off that house in 15 years max — or even sooner.

I don't have a big problem with it either way. But wouldn't it be great to be only 38 years old and still be completely debt-free?

—Dave

Dave Ramsey is America's trusted voice on money and business. He's authored four *New York Times* best-selling books: *Financial Peace*, *More Than Enough*, *The Total Money Makeover* and *EntreLeadership*. The *Dave Ramsey Show* is heard by more than 5 million listeners each week on more than 500 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com.



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There is a new scientific medical breakthrough that is helping patients with severe low back pain and neck pain. The innovative treatment is called Spinal Decompression Therapy.

What is Spinal Decompression Therapy?

Spinal Decompression Therapy is proven to be a safe and effective means to treat severe chronic cervical (neck) and lumbar (low back) conditions. The program consists of an FDA-cleared non-surgical Spinal Decompression machine focusing on discal and arthritic conditions affecting the spine.

Along with Decompression Therapy, ancillary care is provided in the form of Physiotherapy modalities and procedures. Decompression Therapy provides relief by gently reducing the pressure within the disc (intradiscal pressure). Disc decompression treats the source of the pain, caused by disc bulge or disc herniation pressure. Treatment is computer controlled and very comfortable. These advanced methods use precise movements to reduce muscle spasms that could work against the decompression motion. More advanced methods also direct the treatment to specific levels of the spine by varying the angle of decompression making the treatment more effective.

What conditions does Spinal Decompression Therapy treat?

Spinal Decompression Therapy can effectively treat:

Disc Herniations (low back pain and/or leg pain/ numbness & neck pain and/or arm pain/ numbness), Degenerative Disc Disease, Arthritis, Facet Syndrome, Failed Back, Surgery / Post Surgical Pain Syndrome, Sciatica and many other low back conditions. The Doctor will do a thorough examination to see if you are a candidate for this procedure.

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The success rate for Spinal Decompression Therapy is extremely high for patients who are candidates. This treatment makes changes in the spine. After the recommended treatment program, patients will be on their way to optimal health again. Spinal Decompression Therapy has no side effects and is virtually pain free. Patients can continue with their normal daily activities during this procedure.

We are happy to bring this innovative procedure to the Shoals area. Our procedure treats a wide variety of conditions focusing on the low back and neck area of the spine. We are dedicated to getting all of our patients well.

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Dr. James McGuire, D.C.
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Commentary

Food- Saturday!

There are plenty of opportunities to contribute in our community, whether it is with time, money, or in-kind donations. A contribution of food may be the easiest route for many of us since opportunities are frequent and the hit to our budget is negligible. The Letter Carrier's Food Drive this Saturday is just such an opportunity. Hunger may be the most pressing issue in our community. Every night people in the Shoals go to bed hungry and wake up with nothing to eat for breakfast. This is tragic and inexcusable. You will be receiving a plastic bag in your mailbox this week to be used for non-perishable food items to leave by your mailbox on Saturday. I challenge every family to leave at least one item for pick-up, more if you are able. I'd love to see postal employees have to make numerous trips back and forth to the post-office before calling it a day on Saturday.

In A Few Words



TOM MAGAZZU
Editor

Courier Journal

in the

Shoals
May 6, 2015

THIS WEEK

Happening THIS WEEK

River WILD

SHOALS-Living Lands & Waters (LL&W), a not-for-profit organization based in East Moline, Illinois, is bringing its internationally-recognized programs and operations to the Tennessee River for the first time this spring. The *Tennessee River Tour* will be in The Shoals this week. The events include educational workshops for students and adults, river cleanups, open houses, media events and other conservation activities. The overall goal is to increase awareness of the importance and value

of the Tennessee River through unique educational experiences and stewardship activities. The programs will take place directly aboard LL&W's floating classroom and garbage barges. The education staff will offer a science-based curriculum

The conservation group Living Lands & Waters will be in the Shoals May 9-12 to discuss the health of the Tennessee River.

LL&W photo

THE DR. JOHN T. MURPHY MEMORIAL FOUNDATION will host a fishing tournament on Saturday, May 9 at McFarland Park in Florence. The tournament begins at 6am and weigh-in is at 2pm. Anglers will receive lunch and tournament prizes will be given away at weigh-in. All proceeds go to provide athletic supplies and event coverage for Brooks High School and Central High School athletics. The registration fee for anglers is \$60 or \$75 at the ramp the May 9. All ages are encouraged to participate. Call 256-275-2989 for more info.

A BROWN BAG SALE will take place at the Sheffield Public Library May 6-8. Find a grocery bag with books for \$5. The Bookstore is open 9am-5pm Monday-Friday at 316 North Montgomery Ave. in Sheffield. Call 256-386-5633

THE SHOALS CHAMBER SINGERS 2015 Spring Concert featuring Franz Schubert's Mass in G will be held on Tuesday evening, May 12 at 7pm in the sanctuary of Grace Episcopal Church in Sheffield.

SEVEN SPRINGS LODGE on Mt Mills Road in Tusculmbia will host the 2nd Annual Alabama Chuckwagon Race Championships May 5-10. Events include Trail rides, camping, live music, extreme cowboy races, AL championship chuckwagon races, mechanical bull rides, Oklahoma land rush races, Speed racking and even a parade. Ride, camp out, and enjoy live music. Live Music by: Glen Templeton on May 7, Chad Bradford on May 8, and Brian Randle on May 9. The cost is \$60 for entire event 5-day event, \$40 for Sat. and Sun, children under 10 are free. For more information, call the lodge at 256-370-7218.

Jenner Troubled

Outwardly, Bruce Jenner was all smiles for many years before and after his days as a world-class decathlete. However, none of us knew of the battle raging within him. Jenner's recent television interview with Diane Sawyer was equally courageous and enlightening. Not having a perspective as to the trials and emotions he lives with as someone

See JENNER... on Page 17

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

Mitch Mann



Mann Preps Tour Participants

FLORENCE - Florence / Lauderdale Tourism will once again provide musical entertainment before its popular Swampette music tour on Saturday, May 9. Local favorite, Mitch Mann, will bring his brand of Americana-flavored roots music to the Gallery at the Florence/Lauderdale Visitor Center beginning at 11am. The mini-concert is free and open to the public.

The May 9 Swampette tour of area music venues will follow Mann from noon-4pm. The popular tour includes FAME Studios, 3614 Jackson Highway and the Alabama Music Hall of Fame.

Led by Judy Hood, wife of the Swampers' bassist David Hood, the tour travels to each venue aboard the Trolley of Tunes. Tour cost is \$35 per person. For reservations, please call 256-740-4141.

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YOUR Letters

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

Letter Carriers' Drive

Dear Mr. Magazzu:

The 23rd Annual Food Drive sponsored by the National Association of Letter Carriers and the United States Postal Service. We letter carriers are very proud to be part of this event and are ready to go!

Last year's event was a great one with 111,000 pounds of non-perishable food collected for the needy of the Shoals area and over 72 million pounds of food was collected nationally.

The 2015 Food Drive will be on Saturday, May 9. Over local eighteen

postal installations will be participating in this event. We are asking the citizens of the Shoals area on that date to put non-perishable food items in or near their mail box. The carrier will pick those items up Saturday and they will be stored at the postal installation for distribution to the various church pantries and food organizations in this area.

A plastic bag will be provided to the postal customer to put food items in.

Steven McCrary
Food Drive Coordinator, National Association of Letter Carriers
Florence

A Freshman's View of the Alabama Senate

Editor:

As a new senator, the first week of the legislative session in March (the current legislative session will run through June) reminded me of my days in medical school. I was entering a new environment and had to quickly process huge amounts of information, and grow accustomed to a place with its own traditions and quirks. No day is the same in the senate. You may spend an hour learning complex rules for procedure on the Senate floor, followed by a constituent call with a request for a letter of recommendation for their son, and then have a series of meetings with the Legislative Fiscal Office and other senators to discuss the general fund and education budgets. It is busy and chaotic, but never dull.

See LETTERS... on Page 31

“A zip code should not determine the education choices a family has.”

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Shorts...

Aldridge at Hall of Fame

Continued from Page 5

the Alabama Music Hall of Fame for a concert," according to HoF manager, Dixie Griffin. "Some people say we have so many great artists with connections and family in the Shoals because there is something in the water here. In Hannah's case, it's in her genes."

Aldridge is the daughter of Florence-born singer-songwriter Walt Aldridge, who has written numerous country hits and is a former band member of the Shooters.

Hannah Aldridge grew up in the Shoals and has described her music as a Muscle Shoals sound with a throwback country influence. Many of the songs she writes are based on her life experiences.

A cash bar will be available. Admission is \$15. Seating is limited for the concert and tickets will go quickly. For tickets visit the Hall of Fame or call 256-381-4417.

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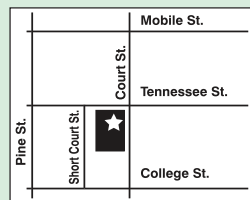


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I'VE BEEN LOOKING forward to talking to my computer since I was a kid. The ability to do so with our Smartphones has been around since 2010 but has really become indispensable only for the last couple of years. I'm always a bit surprised at the amazed reactions of people when I whip out my phone to ask a question and the phone speaks a bet-winning answer. Y'all really need to get up to speed. You're missing out on some awesome advances. So, this article is for those of you who are still old school.



Fisher

Voice capability comes in many flavors. iPhone users have Siri, Windows phone users have Cortana and Android users have

SPEAK TO ME, BABY

by "The Computer Skeptic"

Google Voice. They each have strengths and weaknesses but all work essentially the same.

So without further adieu, here are some cool commands that you really should be using: First, navigation. You can speak, "Navigate to Orange Beach, Alabama" or "Navigate to home" or "Navigate to 116 East Mobile Street." You can also speak, "Where's the closest gas station (or Italian restaurant or doughnut shop)?" or "Give me walking directions to City Hardware" and it shall be provided.

Location based reminders are really cool. You can tell your phone to "Remind me to pick

up a gallon of milk at Publix," or "Remind me to steal a ream of paper when I get to work," or "Remind me to take out the garbage when I get home." Your phone knows when you arrive at Publix or work or home and will remind you a few minutes after you reach the destination.

Speaking of reminders, you can simply speak, "Remind me of my haircut appointment tomorrow at 2:30pm," or "Set calendar appointment for July 4th, pool party" and you will be reminded to party on that date and time. You can say, "Set timer for 4 and a half minutes" to cook a perfect steak.

When speaking a text or

email, you can say "comma," "period," "exclamation point," and "question mark" at the appropriate points and appear to be smart.

And of course you can relegate complicated math to your phone such as "How many quarts are in a gallon?" or "What's 95 degrees in celsius?" or "What's 420 times 714?" and get an instant answer without even bothering your brain.

You can open apps on your phone. For example, while exercising or driving, you can speak, "Play music" or "Play playlist workout music" and your phone will play whatever's stored on your phone. You can also say, "Launch Pandora app (or Spotify or whatever music app you use)." You can also ask, "Who plays this song?" Your phone will listen and provide an answer.

You can speak, "Send a text to Tammy - I love you baby" (which is usually followed by a "What have you done now?"). You can speak, "Send an email to Joe Blow, subject beer, message body, bring more beer to the game" and not only will that email be properly composed, but beer will magically appear.

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COMMENTARY

Jenner...

Continued from Page 14

who feels like a female trapped in a man's body, it is difficult to understand why Jenner finally made his feelings public after years of speculation and secrecy. We knew for years that there was something going on, but his frankness and honesty during the interview was both inspiring and saddening.

Males and females of my generation remember Bruce Jenner with the utmost respect. He wasn't the world's fastest runner, or the best hurdler, distance runner, long jumper, or pole vaulter. Moreover, he likely wasn't in the top one thousand in the world for any single Olympic track and field event in 1976. He was far from a physical specimen like 400 meter hurdle Gold medalist, Edwin Moses, or 100 meter dash Gold medalist, Don Quarrie. However, Jenner was the best in the world in the combined competition of the decathlon events. He was fit, clean-cut, good-looking and his ascension to the top of the track and field world in the 1976 Summer Olympics came with endorsements, accolades, and nationwide admiration. The Wheaties box represented the pinnacle of athletic success at the time. Bruce Jenner owned it.

During the 20/20 interview Jenner stated, "I'm me, I'm a person, and this is who I am. My brain is much more female than it is male. It's hard for people to understand that, but that's what my soul is."

His decades of confusion are absolutely disheartening and have to be a tremendous emotional drain. We can forever debate the merits of whom he trusted and how he handled the confusion. However, Jenner is right that no one is perfect; we all have challenges we have to deal with. His personal victory in completing the interview and letting others with similar emotions, needs, and feelings know they are not alone may be more personally rewarding than his Olympic gold.

Notwithstanding, Jenner's mind and heart may say he is a woman, but his true soul is an intangible item that his Creator crafted before his birth. It will remain the same - with the original Bruce Jenner - regardless of what he does or does not do from this point forward in this life.

Those who identify as transgender need our love, support, and prayers. Reassignment surgery and hormones for life is a bandaid masking other issues we may never have the patience or knowledge to understand.

However, we can't let our emotions, the tide of social insanity, and the media's fixation on feelings supersede logic, physiology, genetics, and blatant reality.

As much as we want

Jenner and others in similar situations to have the internal peace they long for, they will never be able to change their God-given gender, no matter what science, medicine, and psychiatry allege.

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See Page 6

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764214

Notes...

Continued from page 4

Little Miss Sparkle Beauty Pageant takes place at 2pm May 9 at the Muscle Shoals Career Center behind City Hall. Contact Kim Brooks for more info 256-335-0587. The pageant is a benefit for the ACS Relay for Life (#teamparkle)

Shoals Elks Lodge 2860 Dance 7-10pm Saturday, May 9, at the Elks Lodge, 408 N. Nashville Ave., Sheffield. Admission is \$5. Attire: Casual. Featuring "The Cadillacs". Details: Ron or Micki, krnc47@gmail.com or 256-383-7874. Proceeds used to support Elk Charities.

The Dances Of 1812 Workshop takes place Saturday May 9 from 10am-2pm, Saturday, May 9 at the City of Tuscumbia Multi-Purpose Center at 601 East North Commons.

The Alabama Chapter of the Natchez Trace Parkway Association is offering a free workshop to prepare for the June 13 Victory Ball. The Workshop teaches the period dances to all who attend, including a local dance group. Suzy Spalding-Robbins teaches classes at Shoals Dance Academy. She has been teaching dance at UNA since 1996. She is certified in Bronze Smooth & Rhythm by DVIDA and also teaches dance on cruise ships. With the Alabama Bicentennial coming up in 2019, Suzy's troupe will be able to teach these dances elsewhere in Alabama.

NAMI Shoals Support Group for families with adults and/or children who have brain disorders (mental illnesses) meets Tuesday, May 12 at 7pm at the NAMI Shoals office, 749 Thompson St., Suite A, Florence.

Families helping families! You are not alone! Need directions or more information, call 256-765-2081.

LifeSouth Blood Drives - May - ECM Center, 205 Marengo Street, Florence, 256-765-7038. The hours are: Monday-Friday, 9am-5pm; Saturday, 9am-3pm; Sunday, 1-5pm.

Keller Center, 1208 S Jackson Highway, Sheffield, 256-383-3535. The hours are: The hours are: Monday-Friday, 9am-5pm.

Wednesday, May 6, 4-7pm, Burkes Outlet, 519 W Avalon Ave., Muscle Shoals
Thursday, May 7, 11am - 5pm, Office of Disability Adjudication & Review, 204 S Walnut St., Florence

Friday, May 8, 11am - 7pm, Burkes Outlet, 374 Cox Creek Pkwy, Florence
Saturday, May 9, 12-7pm, Wal-Mart, 1706 Military St S, Hamilton

Sunday, May 10, 9am - 1:30pm, Epic Church, 10 Hightower Place, Florence
Sunday, May 10, 2-6pm, Wal-Mart, 2701 Cloverdale Rd, Florence

Monday, May 11, 7:30am - 4pm, Deshler High School, 200 N Commons St E, Tuscumbia

Tuesday, May 12, 9am - 4pm, Colbert County DHR, 310 George Wallace Blvd, Muscle Shoals

Wednesday, May 13, 9am - 4:30pm, Colbert County Court House, 201 N Main St., Tuscumbia

The Senior Center at Waterloo meets Monday-Friday from 8am-noon. Lunch is served each day at 11am and the cost is a donation of \$1. The only requirements to join is to be 60 years old or handicapped.

Rook, pool, checkers, shuffleboard, music (playing and singing), game night, visiting, going out to eat and taking trips are just some of the activities available.

Please come join us for fun, food and fellowship. Phone 256-764-1960 for further info.

Food for Christ - Rhodesville Methodist Church. More info call 256-810-8694.

Aerobics: Sponsored by Florence Parks and Recreation Dept. meets Monday, Wednesday, Friday and Saturday, 8:30-9:30am at the Broadway Recreation Center. Cost is \$20 per month. Evening Classes are also available. Instructor: Linda Clanton. For information call 256-760-6418.

See NOTES... page 38

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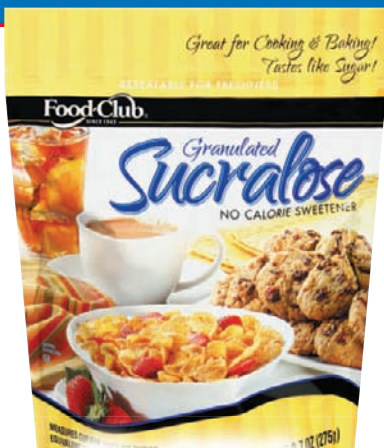


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The Lauderdale County Board of Education is offering by sealed bid the sale of a Double-Wide Modular Building, located on the property of the Lauderdale County Board of Education, 355 County Road 61, Florence, Alabama. Building can be viewed between the hours of 8:00 A.M. to 3:00 P.M., Monday through Friday.

- Specifications are as follows:
- Size - 31' x 76'
 - 2 restrooms
 - 3 offices
 - 1 large meeting room
 - 2 small storage rooms
 - 1 kitchenette

The building is to be removed within 30 days after the bid is accepted by the board.

Each bidder should pick up a bid form in the office of the Lauderdale County Board of Education and placed in a sealed envelope and mark it "Bid - Double-Wide Modular Building, May 19, 2015, 10:00 A.M.". All bids must be delivered to the Lauderdale County Board of Education office located at 355 County Road 61, by 10:00 A.M., May 19, 2015.

The board reserves the right to reject all bids.



Cat & Kids
by Cathy Turner

Yes M'am

Recently, I spoke at a Ladies' Day event where there were several young girls present and participating. During their presentation I made eye contact and smiled at one young girl in particular. After the gathering was completed, that eleven year old came and gave me a hug and asked me to sit with her at lunch. I agreed. After taking a few minutes to make it to the lunch, I landed in line by a mom who is raising the children of troubled relatives. She explained that she was doing the best she could but that the pre-teen and teen girls in her charge were becoming belligerent and disrespectful. We talked about teenagers. She wished that I could talk with them. When she pointed them out, one of them was the eleven year old.

I only had five minutes before this little girl scurried away. In that time, she readily told me about her absentee parents. In two minutes - I reminded her to be thankful for the people who were caring for her. I told her she needed to remember all that they were doing for her and that she needed to show her gratitude in the way spoke to them and responded to them. She said, "Yes M'am", hugged me and ran off with her friends.

That brief encounter, reminded me of "Thank You M'am", a short story by Langston Hughes (The Langston Hughes Reader, George Braziller, Inc. New York, 1958 or Google it). But here is an edited excerpt:

She was a large woman with a large purse that had everything in it but hammer and nails. It had a long strap, and she carried it slung across her shoulder. It was about eleven o'clock at night, and she was walking alone, when a boy ran up behind her and tried to snatch her purse. The strap broke with the single tug the boy gave it from behind. But the boy's weight and the weight of the purse combined caused him to lose his balance so, instead of taking off full blast as he had hoped, the boy fell on his back on the sidewalk, and his legs flew up. The large woman simply turned around and kicked him right square in his blue-jeaned sitter. Then she reached down, picked the boy up by his shirt front, and shook him until his teeth rattled...

...The woman said, "You ought to be my son. I would teach you right from wrong. Least I can do right now is to wash your face. Are you hungry?" "No'm," said the being-dragged boy. "I just want you to turn me loose." "Was I bothering you when I turned that corner?" asked

the woman. "No'm." "But you put yourself in contact with me," said the woman. "If you think that that contact is not going to last awhile, you got another thought coming. When I get through with you, sir, you are going to remember Mrs. Luella Bates Washington Jones..."

"...There's nobody home at my house," said the boy. "Then we'll eat," said the woman, "I believe you're hungry - or been hungry - to try to snatch my pocketbook." "I wanted a pair of blue suede shoes," said the boy. "Well, you didn't have to snatch my pocketbook to get some suede shoes," said Mrs. Luella Bates Washington Jones. "You could of asked me." "M'am?"...

...When they were finished eating she got up and said, "Now, here, take this ten dollars and buy yourself some blue suede shoes. And next time, do not make the mistake of latching onto my pocketbook nor nobody else's - because shoes come by devilish like that will burn your feet. I got to get my rest now. But I wish you would behave yourself, son, from here on in..."

...The boy wanted to say something else other than, "Thank you, m'am" to Mrs. Luella Bates Washington Jones, but he couldn't do so as he turned at the barren stoop and looked back at the large woman in the door. He barely managed to say "Thank you" before she shut the door. And he never saw her again."

Take time to teach. They are listening.

Email comments or suggestions to CatnKids1@gmail.com

Chisholm Road Self-Service Storage will hold a public sale to enforce a lien imposed on said property, as described below, pursuant to the Alabama Self-Service Facility Act, Alabama Code 8-15-30 to 8-15-38, at **3:00 PM on Friday, May 22, 2015**, at Chisholm Road Self Service Storage, **4450 Chisholm Road, Florence, AL 35633**.

Management reserves the right to withdraw any unit from sale. Registered or motor vehicles are sold "As Is / Parts Only," no titles or registration.

Tenant Name	Address	Unit #	Stored Items
TARA ENLOW	6881 County Road 6 Florence, AL 35633	A331	Household Goods
NANCY SINER	1271 Hermitage Dr. Apt. B5 Florence, AL 35630	F091	Household Goods

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The Whole Plan of God's Simple Plan of Salvation

God and God alone can determine what a man or woman must do to be saved. God's plan of salvation is a simple plan. It is a one that is easily understood and one that **MUST NOT** be added to nor subtracted from. Jesus said "...if you do not believe that I am He, you will die in your sins. (John 8:24). We must believe in Jesus. Jesus said "I tell you, no; but unless you repent you will all likewise perish" (Luke 13:3). We must turn to God with a change of will. Unless we do so we will perish. Jesus said "Therefore whoever confesses Me before men, him I will also confess before My Father who is in heaven" (Matthew 10:32). We must openly acknowledge Jesus to be acknowledged before God by Jesus. Sadly untold millions have stopped here and failed to come to Jesus.

Jesus **ALSO** said "He who believes and is baptized will be saved; but he who does not believe will be condemned." (Mark 16:16). Is baptism a part of God's plan of salvation? Yes! Is baptism a work a man should boast in? Absolutely Not! That is absurd. Is it an act of obedience? Yes! Jesus said believe and be baptized and you will be saved. (Believe + Baptism = Salvation) Those who teach otherwise are not telling the whole truth.

Baptism is a burial in likeness of Jesus' own death. "Therefore we were buried with Him through baptism into death, that just as Christ was raised from the dead by the glory of the Father, even so we also should walk in newness of life" (Romans 6:4). Baptism is to be united in the likeness of Jesus death. "For if we have been united together in the likeness of His death, certainly we also shall be in the likeness of His resurrection, (Romans 6:5). Baptism is an act of obedience so the body of sin can be done away with. "knowing this, that our old man was crucified with Him, that the body of sin might be done away with, that we should no longer be slaves of sin" (Romans 6:6). Peter commanded it of the Gentiles (Acts 10:48). Paul said "For as many of you as were baptized into Christ have put on Christ" (Galatians 3:27) If you have not been baptized, you are not in Christ and you have not put Him on. (Please consider carefully the conversions in the book of Acts (i.e. "And now why are you waiting? Arise and be baptized, and wash away your sins, calling on the name of the Lord." (22:16)) "...Be faithful until death, and I will give you the crown of life (Revelation 2:10).

A failure to include baptism in God's plan of salvation is to subtract from God's plan. God's plan is a simple plan, but the whole plan must be taught or untold millions will perish.

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Mall Drive Self-Service Storage will hold a public sale to enforce a lien imposed on said property, as described below, pursuant to the Alabama Self-Service Facility Act, Alabama Code 8-15-30 to 8-15-38, at **11:00 AM on Friday, May 22, 2015 at Mall Drive Self-Service Storage, 2708 West Mall Drive, Florence, AL 35630**.

Management reserves the right to withdraw any unit from sale. Registered or motor vehicles are sold "As Is / Parts Only," no titles or registration.

Tenant Name	Address	Unit #	Stored Items
MARY KIMBLE	PO Box 0857 Tupelo, MS 38802	0222	Household Goods and Furniture

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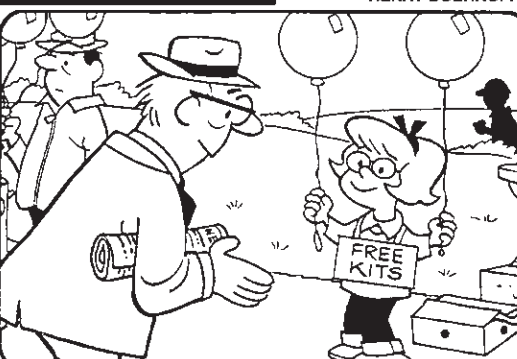
It is hereby given that on May 9th at 10am, contents of the following units will be sold at *Climate Guard Self Storage*, 2803 Florence Blvd., Florence, AL 35630. Tenants may satisfy their indebtedness prior to the time of sale. The auction will be inside our facility at *Climate Guard Self Storage*.

Kenneth Kiser: Units 5, 65, & 66 11 Clearwater Point Petal, MS 39465	Josh Richardson: Unit 237 108 E. First Street Tuscumbia, AL 35674
Tammy Koger: Unit B-30 434 B Cherryhill Homes Florence, AL	Albert Rothstein: Unit 413 214 Spring Street Florence, AL 35630
Sally Peele: Unit B-28 130 Pin Oak Drive Rockwood, TN 37854	

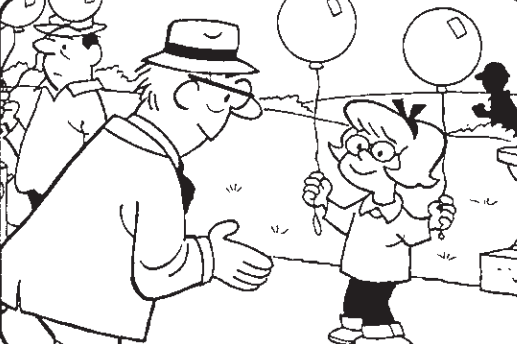
Tony Couch-Auctioneer Lic #657

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BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Zipper is missing, 2. Hat is different, 3. Paper is missing, 4. Sign is missing, 5. Balloon is moved, 6. Box is missing.

Soap Opera Preview

THE BOLD AND THE BEAUTIFUL Carter felt uncomfortable when Rick asked him for some insight on his engagement to Maya. Ridge gave his opinion to Eric about Rick's future with the company. Liam pressured Wyatt to hurry up in finding out Nicole's family secret. Nicole had a change of heart about how she felt Maya should proceed. Willing to give Maya the benefit of the doubt, Brooke asked to hear her side of the story. Rick angrily informed Ridge that he needed to respect his fiancée. The more she spoke with Maya, the more Brooke realized that Rick was headed for heartbreak. *Wait to See: Bill shows his dark side.*

DAYS OF OUR LIVES Will ignored the warnings and began investigating Clyde for the article. Adrienne and Lucas gave in to their feelings, not realizing that Justin had just returned to Salem. Hope

confided in Rafe about her conflicting feelings for Aiden. Paul considered returning to Salem and called Sonny to see how he would feel about that. Lucas received an unexpected job offer. Adrienne was stunned to learn what Justin had done with their son. Eve and Cole conspired together. Daniel asked Jennifer to urge her son to be honest with Paige. Nicole and Xander grew closer, but each had their own agenda. *Wait to See: John and Marlina take a break from fighting.*

GENERAL HOSPITAL Shawn confronted Julian about whether or not he was behind the recent assassination attempt. Jake made a confession to Carly. Olivia experienced early labor pains. Sam was forced to admit the truth. Having no choice, Nikolas reluctantly gave in to Hayden's demands. Elizabeth seized on an opportunity. Jordan was unaware that her life was in danger after she and Shawn made love. Sloane updated Anna on his theory about the local mob. Jake walked in to a disturbing situation in the garage. *Wait to See: Alexis has some tough questions for Julian.*

THE YOUNG AND THE RESTLESS Ashley caught Stitch and Abby sharing an intimate moment. Paul told Dylan that he needed to prepare Sharon for spending her life in prison. Summer and Kyle got into a nasty argument. Later, Abby and Kyle commiserated over their respective relationship woes. Mariah was upset that everyone cared more about prosecuting Sharon than catching the real killer. Sage tried to get Faith to warm up to her. At the Island Shack, Kelly asked the real Jack to write her a love letter. Neil noticed some tension between Lily and Cane. *Wait to See: Fen returns to Genoa City.*



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Ian Teaches Aaron

Aaron: "I hear people talking about being saved. What does that mean exactly?"

Ian: "Well, it means your sins are forgiven: you're a child of God. Have you been saved?"


Aaron: "I think so. I've said the *Sinner's Prayer* to have all my sins forgiven."

Ian: "Did you know that prayer isn't in the Bible?"

Aaron: "Are you sure?"

Ian: "I'm sure, and a story in Acts 22 tells us Saul prayed a long time but a man was sent to tell Paul he needed to be baptized to have his sins forgiven" (v. 16).

Aaron: "So....if prayer alone brings forgiveness, Saul would have already been forgiven and saved, but he wasn't. I'm going to have to think about that."



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WILD...

Continued from Page 14

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The barges will be moored on the riverfront near McFarland Park in Florence. There will be a variety of activities open to the public throughout the week. These events include a river cleanup, the Tennessee River Tour Speaker Series featuring Jim Lacefield, author of *Lost Worlds in Alabama Rocks*, discussing the geological history of the Tennessee River in Alabama, as well as an open house on the barge.

Informational workshops take place aboard the floating classroom after typical work hours so that adults and families can attend.

All workshops are always offered free of charge.

LL&W will invite experts to speak from 45-90 minutes on various topics relating to the Tennessee River. The floating classroom can handle 40 students and is equipped with modern audio/visual equipment such as laptops, projector, wireless internet, surround sound, wireless microphone, etc.

Light snacks and refreshments will be provided to all guests.

River cleanups are LL&W's niche project and are how it got its start. LL&W has become the only "industrial strength" not-for-profit river cleanup operation like this in the world, having hosted nearly 800 community-based river cleanups.

LL&W FLORENCE/ MUSCLE SHOALS

Saturday, May 9

9am-12pm River Cleanup
The river cleanup is currently full, but participants who have their boats that wish to join can meet at the barge at 9am for further details.

2pm-6pm The Singing River Celebration - Live music, and Muscle Shoals hits, family & fun at the Florence Lauderdale Tourism Office in McFarland Park. Please bring food and drink for your family!

Sunday, May 10
1pm-4pm Open House (Barge Tours)

Monday, May 11
9am-2pm Educational Workshop - Creekside Academy, Waterloo School, Brooks High School

6:30pm-8pm Tennessee River Tour Speaker Series
Tuesday, May 12

9am-2pm Educational Workshop - Florence Middle School

1:30pm Press Conference in McFarland Park

For more information on the Tennessee River Tour, please visit www.tennesseerivertour.org.



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Knight's Corner

by Jerry Knight



he was the backup catcher to the legendary Yogi Berra.

Readers of this column are familiar with the quotes attributed to Yogi from past articles and I enjoyed listening to Russ tell me some of the "real" stories behind some of those famous quotes that Gibbs told him about first-hand. After playing for the Rebels for two seasons, Cleveland returned home and became a stellar performer for the UNA Lions.

At UNA, Cleveland twice was named to the All-GSC Team in 1989 and 1990 as well as All-Region both years. Cleveland's talents sparked the Texas Rangers to draft him in 1990. In addition to being honored by his induction into the Colbert County Sports Hall of Fame, Cleveland received an extra thrill when his induction allowed him to join his father, Gil Cleveland, a 2008 inductee into the Colbert County Sports Hall of Fame.

E-mail comments and suggestions to: jerrywknight@comcast.net

Father-Son HOF Combo

Deshler High School and UNA has certainly had its share of great athletes in their long and storied sports history. A few weeks ago, another sports great from those two schools, Russ Cleveland, was honored when he was inducted into the Colbert County Sports Hall of Fame.

Cleveland excelled in football and baseball for the Tigers. As a quarterback, he led a potent Deshler offense into the second round of the State playoffs. But baseball was where Cleveland would make his mark as one of the area's all-time great pitchers.

Cleveland's career record at Deshler was 30-7. He also compiled a .365 batting average and was named to the 1986 TimesDaily All-Area Team. He was selected to play in the 1986 East-West games and was named Most Valuable Player in the first, second and third rounds, including playing for the North squad in the finals.

After graduation, Cleveland signed a baseball scholarship with the Ole Miss Rebels. His coach at Ole Miss was Jake Gibbs, who not only was a great quarterback for the Rebels, but later signed with the New York Yankees, where

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Letters...

A Freshman's View of Senate

Continued from Page 14

The main theme for the Alabama Senate Republicans' 2015 agenda has been "Paving a Path for the Future," with a focus on fostering job growth, reforming education, and protecting taxpayer dollars.

The Senate passed the Alabama Jobs Act to spur job growth. This provides economic incentives to companies that create a minimum of 50 new jobs in the state. A companion bill, the Veterans and Rural Jobs Act, provides additional incentives and tax credits to companies that create at least 25 new jobs in rural counties and for companies that hire veterans. These incentives will help us attract new businesses, and encourage our existing businesses to expand.

The Senate passed the School Choice and Student Opportunity Act to allow the formation of public charter schools. Forty-two other states have already implemented charter schools - as giving parents and students another education option is the responsible thing to do. A zip code should not determine the education choices a family has. Public charter schools will also encourage innovation in our education system. The Senate also unanimously passed the fiscal year 2016 education budget, which increases funding for voluntary pre-k and textbooks. This budget is fiscally responsible and will help avoid proration.

Protecting taxpayer dollars is a priority: the Prison Reform bill will prevent a federal takeover of Alabama's prisons, and will help solve the problem of overcrowding in our prisons by instituting smart sentencing reform. The Mandatory Tax Expenditure Report will require the Legislative Fiscal Office to produce an annual report for the legislators and the public to show every credit, exemption, economic incentive, and deduction being used. These two bills should save millions of taxpayer dollars.

Thank you for the opportunity to serve you in the State Senate. I will continue to keep you updated about what's going on in Montgomery. Please contact me if I can be of service to you.

Tim Melson -
District One
Alabama State Senate
Florence
334-242-7085

An Entitlement as a Clinton

Editor:

The Presidency is her destiny. She's entitled because she is a Clinton and a woman for diversity. It is a woman's time to ascend

the throne. However, before sounding the trumpets, google the fact-checkers because the national media will never question Hillary's past ethics or how she has lived her entire political life in the gray shadows of dishonesty in pursuit of wealth and adulation.

What has this devious woman ever done to place her on this pedestal-of-greatness when there are millions of intelligent, honorable, honest, patriotic women in America from which to choose?

The Democrats and national media will extoll Hillary as the greatest devoted Senator to ever grace the capital halls. They will not want the embarrassment of an early coronation, so they'll run a sacrificial lamb against her int hed emocratic primaries.

As a young aspiring lawyer, Hillary was fired by her Democratic boss. He called her a lying, unethical, dishonest lawyer - not good on a resume when seeking the highest office in America.

Skip her contemptible past and google "Hillary's vulgar mouth" on the internet. You'll see the real Hillary Clinton and how she treats underlings that she pretends to so fervently to care about. After reading her vulgar contempt for the people who work for her, I don't see how ANY moral person could vote for her. I was in the Navy and I never heard any sailor use such language. You will see her feelings toward blacks and Jews.

Seeking to connect with the common voter this hypocrite said, "The economic deck is stacked in favor of those at the top." The Clintons have a net worth of over \$100 million dollars. The net worth of those in the top 1% in America is about \$11 million. Therefore, she is comfortably among "those at the top."

Alfred Farris
Cherokee

A Land Legacy Stewardship

Editor:

Reflecting upon the work of the Center for Rural Affairs, I think it's an exciting time in rural America. There are growing opportunities in sustainable farming, clean energy, healthcare, and small business.

As a new Community Development Financial Institute, we're striving to meet growing capital needs of small businesses and exploring needs in the farm sector and in neighboring states.

We launched a land legacy stewardship effort to allow donors with farmland to secure their legacy, help the next generation of farmers get a foothold, and steward the Center's work. Meanwhile, 160 beginning farmers participated in our training programs. Additionally, we have

See LETTERS... on Page 41

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2nd

1st

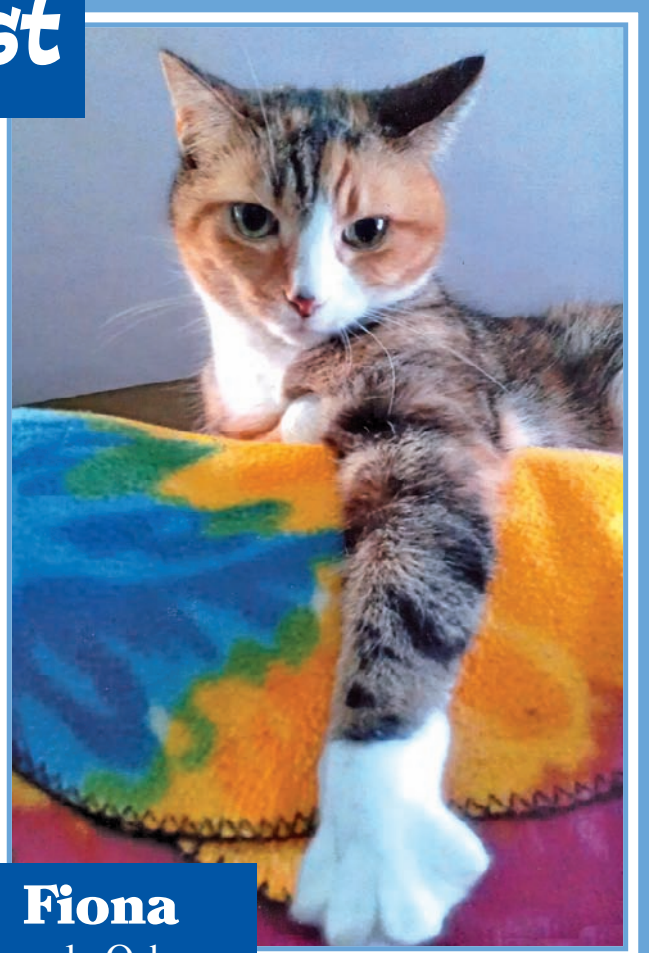
3rd



CJ
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Xavier
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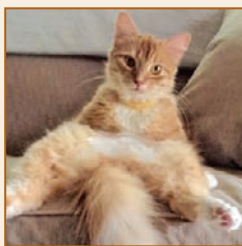
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Non-winners who sent a SASE will get their picture returned along with their \$2 Gift Certificate to Pet Depot.

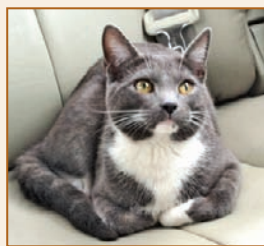
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Cathy Moss
Sheffield



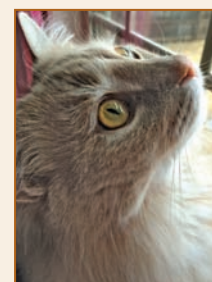
Ike
Robbie & Mary Ellen Killen
Killen



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Brittany & Eli Cockrum
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Dogs

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Muscle Shoals



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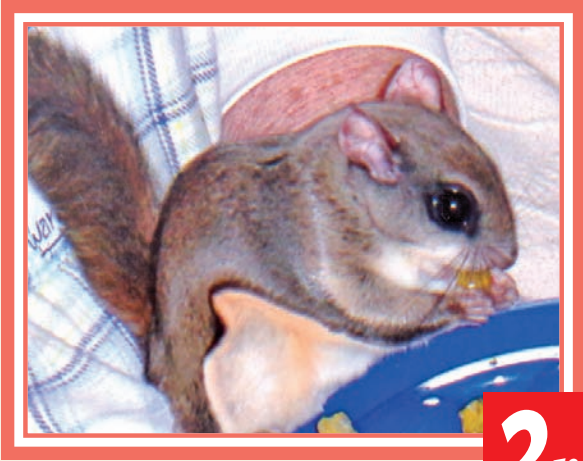
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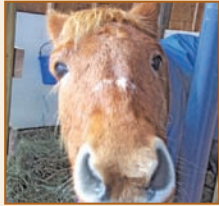
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2nd



Phoebe & Zoey
Allison Cole
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3rd



Pip & Jack
Amy Roggenbuck
Sheffield

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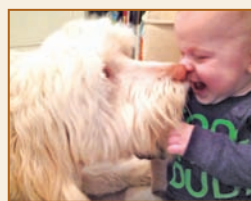
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Kimberly Henderson
Anderson



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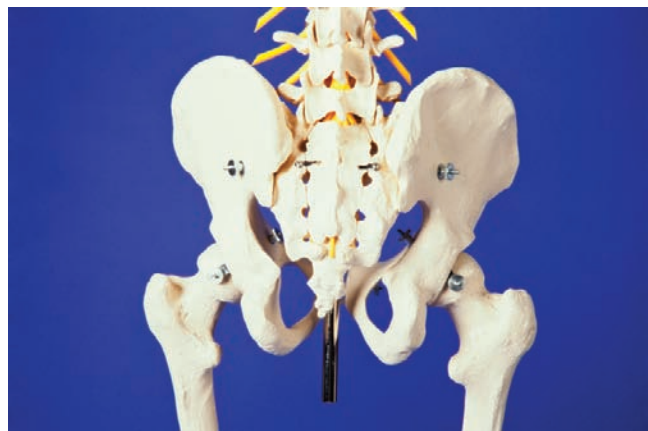
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How to Build and Maintain Strong Bones



Osteoporosis, a disease that causes bones to become weakened and brittle over time, affects millions of people across the globe. The International Osteoporosis Foundation says an osteoporosis-related fracture occurs roughly once every 3 seconds, accounting for more than 8.9 million fractures a year.

Younger individuals typically heal from fractures more quickly than older adults, who often discover that fractures greatly impede their mobility and quality of life.

Bone health is important at any age, but it is particularly crucial as a person gets older. Without a strong framework of bones, the body collapses on itself and rates of fracture increase. Fortunately, there are several ways to keep and maintain strong bones.

Bones are largely made up of a protein called collagen, which is bound together by calcium and other trace minerals. Vitamin D and calcium work in concert, with vitamin D helping the body to absorb calcium so it can find its way into bones. Experts advise getting the right ratio of calcium, protein and vitamin D to safeguard against osteoporosis. The Institute of Medicine suggests that adults get between 600 and 800 international units (IUs)

of vitamin D every day, and between 1,000 and 1,300 milligrams of calcium daily. Dairy products, such as low-fat and nonfat milk, yogurt and cheese, are high in calcium. Dark green vegetables and almonds contain calcium in smaller amounts. Obtaining calcium and vitamin D through natural sources is always preferable, but doctors may suggest supplementation if foods are not providing what a person needs to meet the minimum recommended levels.

Exercise is another important component of building strong bones. The National Osteoporosis Foundation says 30 minutes of exercise each day can help. Higher-intensity exercises should be mixed with lower-intensity workouts for the best results. Weight-bearing exercises, such as hiking, dancing and stair-climbing, can build between 1 and 3 percent of bone. An exercise regimen also should include lifting weights or using resistance bands.

Activities that promote good posture and flexibility can help improve balance and alignment of the body. Perform stretches smoothly and slowly after exercising to maintain your range of motion.

Quitting smoking also can promote strong bones. Smoking has been linked to poor skeletal health in both men and women, and the longer one smokes, the greater one's risk for fracture.

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Letters...

A Land Legacy Stewardship

Continued from Page 31

undertaken an innovative new rural arts initiative to drive socially engaged art projects forward in four small Nebraska towns. The work is a model for what can be done in small towns across the nation.

As part of a national initiative, we led the Midwest team focused on putting food from local farms on the trays of school children. We worked with nearly fifty small rural districts to bring local food programs to rural kids too. If we can do it here, you can do it anywhere.

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Sunday, May 17
 8:30 and 10:45 AM, Worship—The Servant Heart
 9:45 AM, Bible Class – Men of God, Jerry Jones
 Women of God, Lynn Jones
 3:00 PM, Recovery from Divorce
 4:00 PM, Parenting 101
 6:00 PM, God's Ideal Marriage
 7:00 PM, Affair-Proofing Your Marriage

Monday, May 18
 7:00 PM, Please Listen to Me, Part I
 8:00 PM, Please Listen to Me, Part II

Tuesday, May 19
 7:00 PM, Unrealistic Expectations
 8:00 PM, Trouble in Paradise: Pornography

Wednesday, May 20
 7:00 PM, Loving Your Mate Through the Seasons of Life, Part I
 8:00 PM, Loving Your Mate Through the Seasons of Life, Part II



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ASK THE ATTORNEY



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Q I was injured in an automobile accident when a driver of a car waved another driver through traffic that was stopped and that car hit me. The accident report stated the person that hit me was at fault but that person blames the driver who waved them through. Do I have to sue them both?

Confused, Tuscumbia, AL

A No, people are responsible for making sure their own right of way is clear. It is each driver's responsibility to keep a proper look out for other drivers lawfully using the roadway.

A driver should never signal another's driver's intention. In other words, if the car in front of you is stopping with its left turn signal on, you should just stop. If you are not going to turn, don't put your turn signal on.

Nonetheless, the law is "a signaling motorist cannot be held liable for negligence when the signaled driver proceeds across an intersection without independently ensuring that it is safe to do so. In so holding, the Court of Civil Appeals said as follows: In other words, the signaling motorist's conduct constitutes a courtesy to the signaled motorist, but it does not relieve the signaled motorist of his or her own duty to ensure that it is safe to proceed." See Pell v. Tidwell.

Therefore, you do not have to sue and really don't have the right to sue the person who, as a courtesy, waved another driver into a wreck.

Buckle up and drive safely.

Please send the questions to: "Ask the Attorney," P. O. Box 38, Florence, Alabama 35631 or visit our website at: www.mhatty.com

 facebook: McCutcheon and Hamner, P.C.

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

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Notes...

Continued from page 38

Joints In Motion Chair Exercise Class meets Monday, Wednesday and Friday 8:45-9:30am, at The Club, 450 Country Club Drive, Florence. There is no fee for this class. We welcome anyone who wants to get a little more range of motion out of life and enjoy more activities of daily living. For more information, call The Club 256-760-6420 M-F, 8am-5pm.

Singing River Squares Dance Club is sponsoring on going beginning square dance classes. Plus level dancing on Friday 6-7 pm. Beginner class 7-8:30pm and the Callers Choice from 8:30-9pm. For more information call The Club at 256-760-6642 M-F, 8-5 pm. Ladies, gentleman, couples, singles and families are welcomed to try a great family fun activity.

Free, fun, low impact aerobics, Killen Senior Center. Tuesdays and Thursdays, 9:30-10:30am. 256-757-1792 for info.

5th Saturday Night Singing at 2nd Baptist Church Sheffield, corner of 5th St. and Frankfort, Saturday, May 31 at 6:30pm. Featuring: Bro. Golan Harris. Everyone welcome.

Florence Parks & Recreation/The Club (where boomers and seniors come together as one), offering nutritional lunches Monday-Friday for those over 60 years. Lunches are based on age and not need. Suggested donation \$1 for lunch. For those that no longer drive we also provide transportation for those wanting to partake of our activities during the morning hours through lunchtime. Suggested donation \$1. For more information please call the Club M-F 8am-5pm. 256.760.6420.

Weekly Recovery meetings in the New Life Center at the East Colbert Church of Christ, 7pm Wednesday. Go to the left rear and up the stairs. This is faith-based recovery, asking God to help, and other Christians for support. Text me for any questions or details. There is no fee. 256-762-2931 for more information.

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