

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

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**NWSCC Offers  
CADD Course**

MUSCLE SHOALS- Northwest-Shoals Community College's Training for Existing Business and Industry Department will offer an introduction to basic Computer Aided Drafting and Design (CADD) course February 9-12 from 4-8pm

Participants will learn the essential functions and techniques through interactive applications. Topics will include terminology, hardware, basic CADD and operating system functions, file manipulation, and basic CADD software applications in producing softcopy and hardcopy.

For more information or to reserve a seat, please contact Roger Garner at 256-331-5289 or email wgarner@nwsc.edu. Space is limited.

**Black Gospel  
for AMHOF**

TUSCUMBIA- Much of today's music is rooted in the rich gospel traditions of the Black church.

"In recognition of these traditions, the Alabama Music Hall of Fame will present the First Annual Black History Month event Celebrating Gospel Music at 5pm Sunday, February 8 at Muscle Shoals High School Auditorium," said Dixie Griffin, manager of the AMHOF. "During Black History Month, the Alabama Music Hall of Fame wants to showcase some of the great Gospel music of the area."

Performing during the show will be The Gospel Imperials and Shaun Moore and Friends of Huntsville, Aaron Freeman and Company, Rev. Shaun Rainey, and The Miracles of Joy from Florence, the St. Paul Gospel Choir of Russellville, Rev. Jerry Reeves and the Galilee Missionary Baptist Church of Leighton, and the Southside Church of Christ of Rogersville.

Tickets are \$10, \$8 for seniors, \$4 students, and children under 6 are admitted free. Tickets are available at the Alabama Music Hall of Fame at 617 U.S. 72 West in Tuscumbia or by telephone at 256-381-4417. All proceeds will go to fund the Alabama Music Hall of Fame.

**The Chocolate  
Crawl- Sweet!**

FLORENCE-Florence Main Street wants to get you in the mood for Valentine's Day by hosting its first Downtown Chocolate Crawl on Saturday,

See SHORTS... on Page 2

Volume 131 Number 15

January 28, 2015

POSTAL PATRON

**Courier Journal**

RETURN ADDRESS  
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*Exercising Your Rights...*

**and  
Your  
Lefts**

by Patsy Glenn  
for the  
Courier Journal

Come join us. We're the Joints in Motion chair aerobics class at The Club, formerly known as the Florence

Country Club. We're a family of seniors and boomers always looking for a new member.

We are led by Fran "Fish" Davis who is the Supervisor at the Club and a Parks & Recreation Dept. employee. She makes the class fun and inclusive and practically a necessity for all of us. Whether we are boomers or seniors we are there at 8:45am every Monday, Wednesday, and Friday morning to move and groove to some great music.

The exercises mimic movements we make every day, helping us to stay limber and keep our balance. We just know we have a good time, we feel better, and we get to hang out together. We started out with only six participants, but the class

See EXERCISING... Page 9



Balancing on each leg is one of over a hundred possible exercises for the Joints in Motion class at the Club three days a week at 8:45am.

Staff photos: TVM

**Nashville Firm  
Acquires Paper  
and Chemical**

NASHVILLE- American Paper & Twine Co., a large regional privately owned wholesale distributor, recently announced the acquisition of Paper and Chemical Supply Company in Muscle Shoals.

The purchase of Paper and Chemical Supply Co. further increases American Paper & Twine's share in the wholesale distribution market. "We are excited to bring Paper and Chemical Supply Co. under the American Paper & Twine umbrella," said Bob Doochin, American Paper & Twine Co. President. "Our companies share a similar history, the same core values, and a commitment to customer service excellence, making the two entities a great match."

Both companies are wholesale distributors of packaging materials, janitorial supplies, food service disposables, safety supplies and office

See AMERICAN PAPER... Page 6

**Floating Classroom Spurs Clean-up in Shoals**



Courtesy photo

By Dennis Sherer  
Colbert County Tourism

SHOALS-There's going to be a lot of trash talk along the Tennessee River this spring.

Illinois-based Living Lands and Water, will head down the river in April for a 22-day journey to collect trash and promote conservation of the waterway. The non-profit organization will use a four-barge floating classroom and several

See FLOATING... Page 6

**Inside this Issue**

- Computer Skeptic- 2015 Technology Predictions
- Dave Ramsey
- Hocus Focus

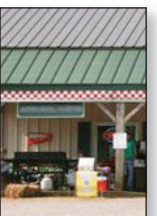
- Ask the Attorney
- Adopt-A- Friend
- Shoals Dining
- Knight's Korner
- Cat & Kids

- SAM Makes Room
- Ask Dr. Webb



**Online Only:**

- Mystery Photo
- Outdoors
- Web Poll
- Pet Talk



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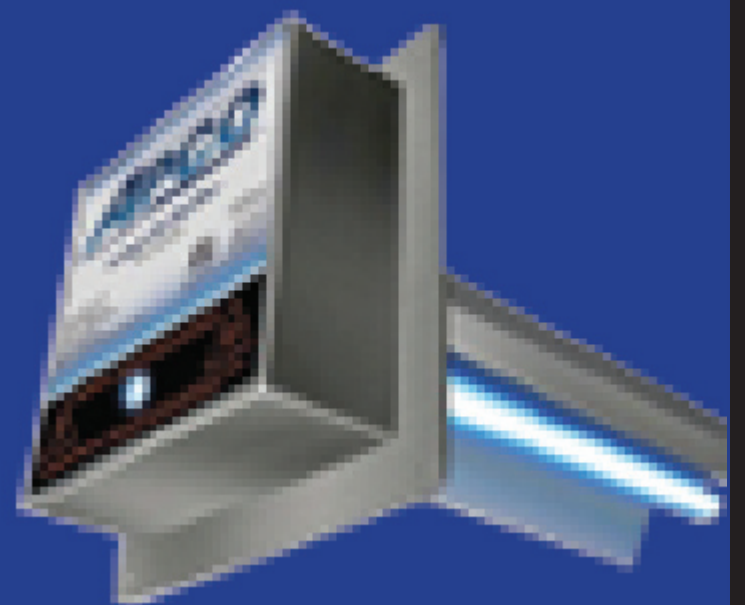
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**KRAFT**  
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**GREEN GIANT** 8-10 OZ. BOX  
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**ORE IDA** 16-32 OZ.  
**Frozen Potatoes** **2/\$5**

**PILLSBURY** 11.5-16.5 OZ.  
**Ready to Bake Cookies** **2/\$5**

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**KRAFT - DELUXE**  
**Mac & Cheese or Shells & Cheese** **2.25** 9.4-14 OZ.

**FRESH PRODUCE SPECIALS**

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**Potatoes** **2.99** 10 LB. BAG

**FLORIDA**  
**Strawberries** **2/\$4** 1 LB.

**Tomatoes** **99¢** LB.

**PREUVIAN**  
**Sweet Onions** **79¢** LB.

**Shorts...**

**The Chocolate Crawl - Sweet!**

Continued from Page 1

February 7 from 10am-2pm. Everyone is invited to purchase a \$5 ticket at the Main Street tent in front of Mefford Jewelers at 102 North Court Street. Then simply follow the balloons to participating downtown businesses where everyone can enjoy a variety of free chocolate samples while supplies last. Also take advantage of a 10% OFF discount at each location. Only ticket holders can sample the variety of chocolate and take advantage of the special discount. Tickets can be purchased online at www.florencemainstreet.org or at the Main Street office at 301 North Pine Street. There are a limited number of tickets available, so early purchases are encouraged. "The beginning of the year can be a very slow sales time for our downtown Florence businesses. The Chocolate Crawl is a fun way to get folks downtown for sweet deals and to treat them to chocolate samples of all kinds," said Teryl Shields, Executive Director of Florence Main Street. Anyone participating in the Downtown Chocolate Crawl is encouraged to park at the public parking garage at the corner of Tennessee Street and Pine Street.

For more information about us or any of these efforts, please contact Florence Main Street at 256-760-9648 or info@florencemainstreet.org.

See SHORTS... on Page 3

**FOUND JAN. 2 - SMALL DOG** - male in the Brookwood area of Killen off County Rd 103- Looking for its mommy or daddy. Please call and identify. 256-810-8030. 01-28

**DOZER, TRACKHOE, LOADER** and Stump removal. Haul chert, gravel, topsoil or fill dirt. 256-366-0966 02-04

**TAX REFUND? NEED A CAR?** I can help! Call Brandon 256-764-3351

**BRUSH MASTER LIKE NEW**, 11 HP & two-way feed chipper shredder, \$650. 256-648-7059 02-04

**2002 FORD EXPLORER XLT**, \$4,150, Nice! Only 102K miles. 256-247-6004 www.capautosales.com 01-28

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**2007 SPORT TRACK 79K MILES,** black new tires, like new, \$14,500. 256-335-9411 01-28

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**DECKS AND FENCES - FREE** estimates. Call me at 256-856-4662. References available. 03-04

**I BUY JUNK CARS, TRUCKS,** Vans w/out title, catalytic converter, pay top dollar. 256-702-2067 04-01

**2012 FORD FUSION SE,** cloth, automatic, 74k miles, \$11,977, financing available, call Chapman 256-702-8323 or 256-764-3351 01-28

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**HELPING SOMEONE BUY A CAR?** See & drive for reliability! Looks! Price! Lots of equipment! 2003 Camry 143K, \$5,650. 2005 Mercury Shorter SUV, 141K, \$4,975. 2003 Neon SXT, 149k, \$3,490. 2001 Honda CR-V, 141k, \$4,240. 2002 Toyota Avalon XLS, 155K, \$4,999. 2001 Volvo S40, 133K, \$3,650. Financeable. 60 years of customer satisfaction for you. Sonny Morris 256-386-0333

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**2014 FORD E150 15 PASSENGER** van, Certified, 31k miles, \$24,887, financing available, call Shannon 256-412-1551 or 256-764-3351 01-28

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**2009 CHEVROLET IMPALA LT,** leather, all power, 100k miles \$8,488, financing available, call David 256-415-0331 or 256-764-3351 01-28

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**2002 BUICK REGAL V6,** automatic, air, \$3,900. 256-710-8120 01-28

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**1995 MUSTANG, V6, 5 SPEED,** white. \$700 down. 931-242-5690 St. Florian 01-28

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**2008 CHRYSLER PT CRUISER** \$5,750, 90K miles. nice! 256-247-6004 www.capaautosales.com 01-28

# Shorts...

Continued from Page 2

## UNA's Pontius in Showcase

ARLINGTON, TX -- Former University of North Alabama punter/ place-kicker, **Taylor Pontius** of Biloxi, MS., has been selected to play in the inaugural College Gridiron Showcase on January 31 at the University of Texas-Arlington's Maverick Stadium that will include players from all divisions of collegiate football.

Pontius was a first-team All-Gulf South Conference kicker in 2014 and twice earned GSC Special Teams Player of the Week. He was a second-team Daktronics All-Super Region 2 pick and second-team Beyond Sports Network All-Super Region 2 selection in addition to earning second-team All-American acclaim from USA College Football.

Pontius led UNA in scoring with 79 points in 2014, making 11 of 14 field goal attempts and 46 of 48 extra-point attempts. He made a school-record 54 yard field goal on the final play of the game to defeat Valdosta State 31-29.

During his two years at UNA, Pontius scored 105 total points. He will be the 37th different UNA football player to compete in a post-season all-star game. The last was **Nick Williams** who played in the 2013 NFLPA Collegiate Bowl.

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| 2003 Jeep Liberty Sport, Red           | 2008 Nissan Altima                     |
| 2004 GMC Envoy XL                      | 2008 Scion TC, 73k                     |
| 2004 Chevy P/U, Ext Cab, 126k          | 2008 Ford F150, 4x4, 4dr               |
| 2004 Dodge Durango, Hemi               | 2010 Dodge Challenger, V6              |
| 2004 Ford F150, Reg Cab, Red           | 2010 Nissan Sentra, 52k                |
| 2005 Nissan Quest Van                  | 2010 Dodge Grand Caravan, Leather, DVD |
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## NOTICE

The contents of the following storage units at **Second Street Storage and Ridge Point Storage in Sheffield, AL** will be sold at auction on **Monday, February 9, 2015 at 10am.** Debts may be settled in full by owner prior to date of sale.

NAME	UNIT#
Anthony Morris	57
Dean Jackson	124
Daericia Barnett	128
Muhummad Sanders	161
Debbie Evans	58
Tajuana Hankins	43
Gregory Johnson	26
Tiara Scott	40-E
Barbra Stanfield	114
Scotty Harrison	5
Quentin Garner	25-F
Paul Whitson	33
Gregory Cole	181
Tonya Cosby	15
Robert Anderson	150
Donald Garner	185
Asisan Baker	171
Tony Carter	31-C
Emily Ayers	28-B
Laura Tisdale	153
Cory Hannah	4
Jearlene Murphy	59
Jeremy Michael	15 Ridge Point
Virgil Hunsburger	53 Ridge Point
Sharon Kerr	48 Ridge Point

## Over-Regulating Christianity

One reason the religious world we live in cannot rightly divide the word of God is they don't have the Teacher (Holy Spirit) living inside their soul. Another reason is rejection and unbelief of the truth. *Exodus 20:26 "Neither shalt thou go up by steps unto mine altar, that thy nakedness be not discovered thereon."* Over-regulating Christianity produces no Christianity or righteousness or salvation of any kind. The Apostle Paul exclaims in *Philippians 3:3* "For we are the circumcision, which worship God in the spirit, and rejoice in Christ Jesus, and have no confidence in the flesh." I have three questions for our readers: #1. When does the ("Christ's") blood cleanse the soul? #2. What causes the putting away of the "filth of the flesh" in *1 Peter 3:21*? #3. Whom, not what, is the only one that can forgive you and save your soul? Give chapters and verses. Please put it in this paper and sign it.

I was saved by Jesus Christ over 50 years ago and He hasn't lost me nor have I lost Him. What changed my life was His presence and power which is a lot more powerful than anything my flesh could produce or dream of. My faith in a church was garbage and my works were even worse. I needed something greater than my flesh could produce. Christ was it. I used to be a slave to sin and was living in a faith-works, self-righteous, commandment-keeping, phony church that produced no salvation. I attended and was faithful because I was taught that if I didn't, I was headed for hell. Maybe this is your case and your church has scared you into staying in it with no assurance or security or salvation. Friend, the only one that can break the power of sin in your life and save your soul is Jesus Christ.

Christ never authorized any man or cleric to help you or perform any ritual or ceremony or anything else to assist you or ensure your being saved. Christ has reserved that honor, power and glory for himself alone. Christ has never needed any assistance from man in the saving of anyone's soul. If you ever do get saved, you will know it, and you will know what freedom is really all about. Put faith and trust today in the shed blood and finished work of Jesus Christ. He cannot fail.

Bill Bishop, Pastor  
**Beacon Baptist Church**  
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**1997 MUSTANG, V6, 5 SPEED,** \$800 down. 931-242-5690 01-28

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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.

**While the holidays typically bring a slowdown to blood donations,** this winter's flu epidemic and the cold weather in the southeast cut even deeper into the blood supply. LifeSouth Community Blood Centers is now in emergency need for blood. Donations are down 40% from where the supply needs to be to provide hospitals with enough blood for patients. This has especially impacted the supply of Type O blood which is needed most.

O-negative is the universal blood type that can be used by anyone in emergencies. O-positive can be used by anyone with a positive blood type. The Centers for Disease Control reported in early January that 43 states, including Florida, Georgia and Alabama, are experiencing either high or widespread flu activity. Donors must be 17 or older, or 16 with parental consent, weigh a minimum of 110 pounds and be in good health. A photo ID is also required. For information, call 1-888-795-2707.

**Connection Ministries** first bus trip Grand Ole Opry at the Ryman, January 30th/31st, for info phone 256-383-3594.

**First United Methodist Church Day School** - Alabama's nationally recognized First Class Pre-K is now accepting applications for the 2015-2016 school year. Enrollment is open to all children who are four years of age by September 1 and residents of the state of Alabama regardless of family income. Register now through February 6, 9am-4pm at Florence First United Methodist Church Day School. Required documents: completed family information form and most recent utility bill as proof of Alabama residency.

A random selection drawing will be held. (Families do not have to be present in order to receive placement.) Location: First United Methodist Church Day School, 415 N. Seminary St., Florence on February 9 at 8am. The registered child must be 4 on or before September 1, 2015. Children who are eligible for kindergarten are ineligible to register.

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

**Vendors Are Needed for Spring Rummage Sale** at Woodward Avenue Baptist Church, 801 Woodward Ave., Muscle Shoals, February 7, 8am-1pm. Fee: \$20 for 10'x10' space. Sale conducted by Zeta Chi ESA and all booth proceeds will be donated to Easter Seals. The Habitat for Humanity truck will be there for donations after the sale. Contact Vicki Dean at 256-766-4101 for registration form.

**Tuscumbia Multiple Purpose Center** will be taking Baseball/Softball Registration now until February 20. For more information call 256-386-5655 or email tammyholt64@comcast.net.

We also offer classes for Karate ages 6 and up, Hip Hop ages 3 and up, and Self Defense ages 14 and up. Come join us!

**Petco is partnering with PAWS** to help save animals by the sale of their PETCO calendar. It's a great calendar with lots of coupons and the proceeds go to help PAWS save more animals! Stop by PETCO today!

**The Loving Locals Event** takes place at Coldwater books in Tuscumbia on Saturday, January 31, 10am-3pm. The following artists will be on hand: Mary Carton - Rosedale Garden Photography; Cara Hite - Broken Yoke Farm Natural Soaps; Debbie Brown - Jewelry & Scarves; Rebecca Linam (author); Tom McCormack - Tom's Carvings (hiking/walking sticks); Beth Denton - Thessy candles; Silver & Stones - Larry & Brenda Holley, Turquoise Jewelry; Ann Creel - Vintage Jewelry & Handbags; Adina Stone - doTerra Essential Oils; Lynn Barnwell - Hinkle Creek Pottery. From 3-5pm: Young Living Essential Oils with Jennifer Wilcoxon; Coupon Craziest Class with Instructor: Nikki Kelley Tapp \$10 fee including packet & booklets.

See NOTES... page 31

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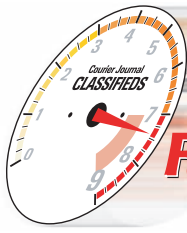
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## American Paper...

Continued from Page 1

products, servicing customers across a broad spectrum of market segments. "The acquisition allows American Paper & Twine to expand service areas throughout north Alabama and northeast Mississippi, including the Shoals" said David Morris, American Paper & Twine Co. CFO.

Paper and Chemical Supply Company's President, David Muhlendorf, has owned and operated the business for 35 years and will continue to be active in it.

He said, "Bringing together two successful privately-owned businesses creates a wonderful opportunity for our employees and improves

the total value we bring to our customers."

The acquisition continues a period of growth for American Paper & Twine. They also have locations in Memphis, Knoxville, Chattanooga, Little Rock, and Atlanta. Over the last two years, the existing operations in Memphis and Knoxville were moved into larger facilities and a new distribution center was opened in Atlanta.

Paper and Chemical Supply Co. will operate as a division of American Paper & Twine for an interim period as the companies execute an integration plan. "Given our shared core competencies, we expect the transition to be relatively seamless," Doochin added.

## Floating Classroom...

Continued from Page 1

smaller boats as it makes its way from Knoxville, Tennessee, to Paducah, Kentucky, making several stops along the way, including the Shoals area.

A community-wide river cleanup for the Shoals is set for May 9. A series of educational programs for students and adults will follow over the following three days. Volunteers are needed for the cleanup.

Janna Whitley, director of the Rogersville Area Chamber of Commerce, is helping coordinate the activities in the Shoals.

The upcoming journey will be Living Lands and Water's first trip down the Tennessee River. The non-profit organization created in 1997 has removed more than 7.5 million pounds of debris from America's waterways. Along with almost 70,000 volunteers, it has helped clean 23 rivers in 20 states.

"We're looking forward to visiting the communities along the Tennessee

River," said Tammy Becker, programs manager for *Living Lands and Waters*. "We will be collecting debris at our cleanups along the way and storing it on our barge. As the pile of garbage grows, it will make a statement about how the Tennessee River and all of our rivers need more attention."

During an open house event May 10, area residents can tour the organization's barge and learn about its environmental protection efforts.

Tennessee Valley Authority is helping pay for the six-city tour of the river. Jim Hopson, public relations manager for TVA, said the event will help showcase the federal utility's work to protect the river and encourage Valley residents to take an active role in that effort.

More details about the Tennessee River tour and opportunities for participating in the activities is available online at [livinglandsandwaters.org](http://livinglandsandwaters.org).



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## Are You a Thermometer or a Thermostat?

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You have a choice. You can be a thermometer which simply measures the temperature around you and announces to the world, with loud moans and grumbles, how absolutely terrible your present plight is. Or you can be a thermostat which measures the temperature around you and then makes the necessary adjustments to return the temperature to a more pleasing state.

What if we spent our time in that line counting our blessings and thinking of something kind we could say to that frazzled clerk at the register? We are blessed to be able to go to a store and reach in our pocket and buy the things we need. There are plenty of people who would love to have a cart full of groceries. Sure the situation is a little aggravating but we magnify that aggravation by simply reporting it to those around us. Even if we just keep it to ourselves it raises our blood pressure.

Instead let's be thermostats. Think of some way you could change the conversation to a more comfortable subject. Ask that older person in line in front of you about their grandchildren (I know I just made a grandparent

smile). When I am stuck in line for a while I always say, "It's nice to get to stand still for a little while". Then always try to lighten the load of the one who is suffering the most at the hands of the reporting thermometers. You don't have to say something inspirational - just smile.

Life is made up of a series of choices. Those choices are connected and when combined they either give you a happy life or an unhappy life. If you are a thermometer, you are letting the temperature of others make those choices for you. If you are a thermostat, then you are taking responsibility for the choices you make and the type of life you will have.

Go on. Get in the slow line this week and practice your thermostat skills. You will be better for it and you will help someone else also. The world needs you. Go make it a better place.



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[www.calvaryflorence.org](http://www.calvaryflorence.org)

- Sunday Services (Feb 8th) at 9:30 am & 6 pm, Mon-Wed (Feb 9-11) at 7 pm
- Deeper Life Seminars 30 minutes before each evening service (Sun-Wed)
- Music concert Tuesday Feb 10th at 7 pm
- Nursery and children's classes provided at all services
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On a hill identified as Mar's hill (Acts 17:16-34) in the city of Athens, the apostle Paul spoke to a very religious people who did not know the True and Living God (22-23). In this sermon Paul proclaimed that God made everything and does not dwell in temples made with hands (24); He is independent of all and is the Giver of life and breath (25); He made all men of the same blood and divides up their dwellings as He sees fit (26); And, He has done all of this in hopes that men would seek after Him and find Him though He is not very far from anyone of us at any time (27). There is not a single human being on the planet that is independent of God who gives us life, movement and our very being (28).

Paul said all of this to condemn the practice of idolatry and man's persistent way of making God the created instead of the Creator. Through Divine inspiration Paul calls all men everywhere to repent and turn to God (30). Remember these were very religious people, but these religious people were religiously wrong who needed to be taught that God will judge the world in righteousness through Jesus Christ. (31)

It is best to learn the ways of righteousness now, than to fall into the hands of the True and Living God. All men and women everywhere are called to repentance. This includes you, this includes me. Jesus said, "If you love Me, keep My commandments" John 14:15. And, Jesus says "He who believes and is baptized will be saved; but he who does not believe will be condemned" Mark 16:16. How have so many gotten it so wrong when Jesus' commandment is so clear? Could it be that many do not know the True and Living God? Could it be that many men and women today are still very religious, but religiously wrong? How will we know the truth unless we only turn to the Word of God?

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Dr. Robert Webb

## Ask Dr. Webb

*Dad has incurable cancer and we are considering hospice. No one in our family has dealt with someone dying. What do we need to do or know about before he actually dies, to make this whole event easier for everyone?*

Here is a **Checklist** of things every family should consider when someone is diagnosed with a life-limiting disease, and obviously when considering hospice. Many have already done this even without having a terminal diagnosis! It makes for less anxiety for everyone, and more comfortable, dignified care—leaving families with better memories.

1. Everyone in the family should understand no cure is possible and that he is considering hospice (unless he specifically doesn't want certain people told). However, occasionally some patients can't handle knowing they have a terminal diagnosis and families request we not tell them; each situation needs to be managed individually.

2. The family should discuss with him his preferences for care. A helpful tool for this discussion is *The One Slide Project* [engagewithgrace.org] - five questions about end-of-life care that everyone should talk about together.

3. **Complete an Advance Directive (Living Will).** This is a legal document which outlines his choices about: artificial hydration [intravenous fluids]; ventilator support; and CPR (CardioPulmonary Resuscitation), etc. You can obtain the form from our hospice, or on-line from <https://www.everplans.com/articles/alabama-advance-directive-form>.

4. **Appoint a Healthcare Proxy or Durable (medical) Power of Attorney.** This allows someone he trusts to make decisions about his treatment if he is unable to do so. This should also be the primary contact person for hospice or other health care workers.

5. Does he want to die at home? Under what circumstances would he prefer to die in hospital? For example, if the hospice was unable to keep him comfortable despite maximum drug therapy, he could be admitted under hospice to palliative care.

6. **Make funeral arrangements.** Does he want to be cremated?  
7. **Complete a property will.** Are there specific items he wants given to certain people?

8. Anticipate there may be distant family members or well-meaning friends who want more done than what he wants. How will your family manage this?

9. Choose a hospice, **sooner** rather than later. The optimal time is three to six months before death, rather than when a patient becomes bed bound and dies in one to three weeks (see previous articles on hospice eligibility).

If you have decided on hospice, then our staff will help you work through this checklist.



256-767-6699

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@hofs.org](mailto:ssimpson@hofs.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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# Exercising...

Continued from Page 1

has grown to over 40. Davis, who got her nickname, 'Fish', from so many years of teaching water aerobics, received training from the National Arthritis Foundation among others. After forty-four years of leading classes, we know we have a leader who is experienced and well-trained. Mary Depoyster, the oldest member at 90, is quick to brag on what the class has meant for her mobility.

Being 90 isn't a requirement to join, however. If you've lived long enough to earn a gray hair or two and can remember the good music, you're one of us. Most of the encouragement of friends who were already here.

Ask what it means to us and our answers will probably surprise you:

- Meeting new friends.
- Everybody has a good attitude.
- Helps me mentally and physically.
- Good way to start the day.
- When I first came, I was headed to the wheelchair.
- A body in motion is a body in motion.
- I move so much better.
- I come for the health, food, friendship, and fellowship.



Many seniors at The Club wear red on Fridays in support of U.S. troops.

Oh, yes, there's food. Tasty food. Many of us hang around after class until 11am when lunch is served. The camaraderie of the class carries over and you can hear us laughing and talking and enjoying ourselves. Lunch costs each of us \$1 and is offered on a first come, first served basis. You do have to be at least 60 to join in, but there is always free coffee for everyone. Some members come just for lunch whether it's one day or five, and some stay for the afternoon activities.

After lunch there's still plenty to do. Join us for board and card games or bingo. Whether we're just playing for fun or practicing to compete in The Master Games of Alabama (the Senior Olympics), we want you to join us.

On Monday afternoons some of us go to Lauderdale

Lanes for an afternoon of bowling. It doesn't matter if we are throwing strikes, spares, or gutter balls, we're having a blast. And you may be surprised at how good some of us are.

You might not recognize us on Tuesday and Saturday nights when we get all spiffed up for the dance. The Browns entertain us with a beat we can't resist. It's \$5 at the door and no one under the age of 18 is allowed. This is our time to kick up our heels. We are definitely not the rocking chair and shawl crowd! Fridays find us all dressed in red as a symbol of our support for the troops. Sometimes we celebrate Fantastic Friday with a cookout, an ice cream social, or a barbeque - all with a live band. You know you wouldn't want to miss that.

We go on day trips and weekend trips; we have special days to fish at Deibert Park, and when we are at the Club, we have arts and crafts. Some of us enjoy relaxing in the plush recliners and watching TV, while others would not miss the Square Dance lessons. Don't be surprised to find some of us playing horseshoes or walking the many trails around the Club if the weather is nice.

"Volunteers make it all possible," said Davis. The volunteers would say working with 'Fish' makes it a joy. Those of us who have such a great time here are quick to say we could not do without either.

If you're ready to join us and need more information, give us a call at 256-760-6420 or go to our website: [www.fpard.com/Recreation\\_Centers/Senior\\_Center/index.html](http://www.fpard.com/Recreation_Centers/Senior_Center/index.html)

If you're ready to jump right in, find us off Highway 20 on Country Club Drive in Florence. We're just 2.5 miles north of the McFarland Park entrance on the opposite side of the highway. There are no fees to join us, and we are here five days a week, plus the dance on Saturday night.

So, come exercise your options.



Fran 'Fish' Davis, center-back, leads the Joints in Motion class.

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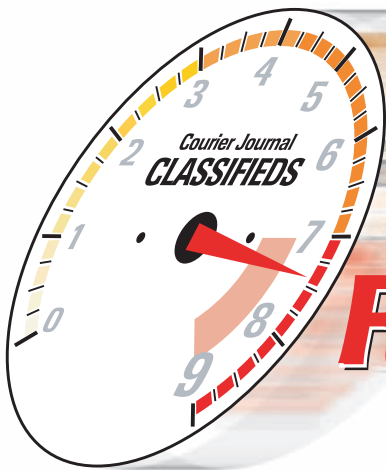
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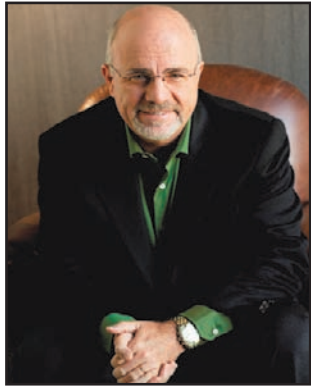
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# DAVE Says

by DAVE RAMSEY

## MAKING CHANGES



Dear Dave,  
My mom and dad always told me to live below my means, but they never showed me how to make it happen. I've gotten out of debt and fallen back in several times. I want to get control of my money and stop busting my budget. How do I keep from falling back again?  
Sandi

Dear Sandi,  
It sounds like you've taken a serious look at your situation, and you're smart enough to know it's not working and you want to do things differently. Well, this is a great time of the year for changes!

Years ago when I crashed and burned financially there were a few strong emotions that spurred me towards change. One of those was disgust. I realized that what I was doing was stupid, and that I was tired of living that way. I made a conscious, proactive decision that things were going to be different.

The second emotion was fear. I was scared to death that I'd be broke for the rest of my life. I don't think you should ever live your life in fear, but a reasonable, healthy level of fear can be a terrific motivator.

The third thing was contentment. Marketers try to sell us on the idea that we'll be happier if we just go out and buy things. When we have this stuff crammed down our throats all day long, rapid-fire, it can affect our level and perception of contentment.

One of the practical things I did was to stop going places where I was tempted to spend money. When you have to go out, make a list of only the things you need and take just enough cash with you to make the purchase. Spending money on a bunch of stuff you don't

need, and probably don't really want, isn't going to bring you contentment.  
—Dave

## WHO'S THE BOSS?

Dear Dave,  
I'm trying to get out of debt, but it seems like something unexpected always happens to knock me back down. I'm single, make \$45,000 a year, and I have \$12,000 in debt, in addition to a mortgage payment of \$1,124 a month. I've been trying to live on a budget, but I still don't know where all the money goes.  
Anonymous

Dear Anonymous,  
For starters, your house payment is kind of heavy. I always recommend that your monthly mortgage payment be no more than 25 percent of your take-home pay. Still, the biggest thing is that you've got to get control of your money instead of letting it control you.

I want you to sit down every month, before the next month begins, and write it all down on paper, on purpose. Give every single dollar a name, and tell your money what to do. Once you've done this, the idea of "trying to live on a budget" stops being some vague idea floating around out there and becomes a real game plan for your money!  
—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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746747



**Commentary**

**Too Bad The Egos Aren't Underinflated**

**T**his Sunday's Super Bowl between New England and Seattle should be all about football and the history that each team can make if it wins. A Patriots win would put QB Tom Brady and coach Bill Belichick in elite company with four Super Bowl wins in six appearances. The Seahawks would be the first back-to-back Super Bowl champions since the Brady-led Patriots in '04 and '05.

*In A Few Words*



**TOM MAGAZZU**  
Editor

However, much of the discussion last week was about under-inflated footballs used by the Patriots in their 45-7 AFC championship game route of the Indianapolis Colts. Seriously?

Each team provides twelve of their own game balls for when they are on offense. The balls are inspected by game officials before each game and again at halftime of each game. The footballs are supposed to be inflated from 12.5-13.5 psi and must weigh 14-15 ounces. Eleven of the twelve Patriot footballs were apparently at least two pounds under the 12.5 psi minimum in the first half. Supposedly, twelve alternate balls were used in the second half because of those issues brought to the officials' attention during halftime.

The grip can be better with under-inflated footballs, especially in wet weather. However, under-inflation is a clear disadvantage for punters and placekickers who like firm balls.

I have not played competitive football in over

See **INFLATED?...** on Page 22

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

**Courier Journal**

in the

*Shoals*

January 28, 2015

**THIS WEEK**

*Happening*  
**THIS WEEK**

**Looking for Room**

*Shoals Area Music Teams with Singing River for an 'Inn' Event*

Performing during the Room In The Inn benefit January 30 at Singin' River Brewery are clockwise from top: River Tribe, Izzy Miller, Ira Leitner, and An Abstract Theory.



FLORENCE—Room in the Inn has launched its warming center based at First Presbyterian Church in Florence.

Room in the Inn is a collective of local churches providing a warm shelter and two warm meals during the winter

months for those in the community who need them at no cost.

With cold weather here for the season, two local organizations want to help out. In partnership with Singin' River Brewery, Shoals Area Music is proud to sponsor a musical event entitled, *Room in the Inn*, from 6-11pm on Friday, January 30 at Singin' River Brewery, 526 East College Street in Florence.

The show features

See **ROOM...** on Page 27



Press photos



**Stellar Mix For Winter Foundation Event**

SHEFFIELD—The Sheffield Education Foundation is cooking up chicken stew and some awesome entertainment.

The foundation's Annual Winter Fundraiser is Saturday, January 31 at Sheffield High School at 2800 19th Avenue. Chicken stew will be served from 5:30-6:30pm in the school's cafeteria. A concert

featuring Jimmy Johnson and Will McFarlane of the Swampers along with Doctors, Lawyers and Such, Gary Baker, and Dr. Eric Kirkman begins at 7pm in the school's auditorium.

Two of the original Swampers, Jimmy Johnson and David Hood, are Sheffield

See **STELLAR...** on Page 22

**MUSCLE SHOALS SCHOOLS** will have local musicians performing "And The Beat Goes On" Friday, January 30. The event is sponsored by the Muscle Shoals Education Foundation in hopes of increasing interest and appreciation for music and reiterating the significance music has had on the thriving city of Muscle Shoals. This event is being held in honor of the legendary Rick Hall, the father of Muscle Shoals music. "And The Beat Goes On" will start with a kick-off celebration on Thursday evening, January 29, at 6:30pm at Highland Park Baptist Church at 503 Wilson Dam Road in Muscle Shoals.

**THE SHOALS CHRISTIAN SCHOOL KEY CLUB PRESENTS COFFEE HOUSE** - a benefit to build a fresh water well in Zambia and Water282 - January 31, 6-9pm at Woodmont Baptist East Campus. Admission is \$5 and coffee and desserts will be available for purchase. The benefit will feature Madeleine Frankford, McKenzie Lockhart, Days Like Always, The Bear and the Bride, and fresh off tour, More That This! For tickets or more information, call Shoals Christian at 256-767-7070 or Beth Benson at 256-335-3381.

**THE ST. FRANCIS PROJECT** announces the application deadline for 2015 grants is January 31. \$100,000 in grant money is available. For an application and guidelines, go to [www.stfrancisproject.com](http://www.stfrancisproject.com). Please submit by mail or in person to Trinity Episcopal Church, P.O. Box M, Florence, AL 35631 or 410 N. Pine St., Florence. Applications received after January 31 will not be considered. For more information, call 256-764-6149.

**SOFTBALL**  
Monday, Feb. 2 • 1pm  
vs Truett McConnell (DH)  
Home

For Tickets  
call the Ticket Office 256-765-5466  
or email Ticket Mgr. Jenn Sharp  
at [jsharp1@una.edu](mailto:jsharp1@una.edu)

**BASKETBALL**  
Thursday, Jan. 29 • 6pm  
vs West Alabama  
Flowers Hall  
Saturday, Jan. 31 • 1pm  
vs West Georgia  
Flowers Hall

**BASEBALL**  
Saturday, Jan. 31 • 12pm  
at Miles College (DH)  
Birmingham, AL

Thursday, Jan. 29 • 8pm  
vs West Alabama  
Flowers Hall  
Saturday, Jan. 31 • 3pm  
vs West Georgia  
Flowers Hall

Women

Men

Check [www.roarlions.com](http://www.roarlions.com) for complete schedules

**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

by Mail or in Person  
219 W. Tennessee St., Florence, AL 35630  
• e-mail: [editor@courierjournal.net](mailto:editor@courierjournal.net)  
• FAX- 256-760-9618

**Far-Reaching Effects**

Dear Sir:

The Baha'is of the Shoals would like to draw attention to a continuing and intensifying persecution of our Faith in Iran.

In the first nine months of 2014 more than 3,500 articles and video clips designed to foment hostility toward Iran's Baha'is were published in print and on the web, a figure 17 times the number published during a similar period in 2011. In addition, Baha'i businesses are increasingly being targeted for attacks with the objective of impoverishing the Baha'i community in that country. As an example, on October 25, 2014, 79 shops owned by Baha'is in the Iranian province of Kerman, were shut down by authorities. Similar actions have taken place in other parts of the country.

One of the most egregious violations of human rights is the prohibition of

higher education to young Iranian citizens who are members of the Baha'i Faith. This flagrant discrimination will have far-reaching effects on the future of these young people and on the future of Iran. We pray for these young people in Iran and for their efforts to secure their God-given rights as human beings and citizens of that country.

**Jacqueline Osborne**  
Baha'is of the Shoals  
Florence

...These amendments are an assault on immigrant families. Some of them even aim to repeal past executive actions on immigration...

**In Everyone's Business**

Dear Editor:

Why? Felines mind their own business. Birds mind their own business. All other creatures mind their own business. However, humans mind their own business - as well as everyone else's. That's why the world is in such a mess.

**Irene Billingham**  
Florence

**The Cowards at CNN**

Editor:

I have never prejudged CNN or Fox News, although I don't always agree with some of their programming

See **LETTERS...** on Page 24



# FEBRUARY 2015

## Calendar of Events

### HELEN KELLER HOSPITAL

 Health System

#### MONDAY 2

##### OSTOMY SUPPORT GROUP

6pm

Keller Wellcare Center

Call 256-386-4030 for more information.

#### WEDNESDAY 4

##### DIABETES SELF-MANAGEMENT EDUCATION

9am • River Room

Teaches you to manage your diabetes through medication, diet and exercise. Call 256-386-4029 for registration information.

#### THURSDAY 5

##### CHILDBIRTH CLASSES

6pm

Education Department in Basement of the Hospital

3 Consecutive Weeks - Other classes on Feb. 10 & 12 To Register Call HKH Education Dept., 256-386-4030

#### FRIDAY 6

##### BLOOD PRESSURE & BLOOD SUGAR SCREENINGS

8:30am-11:30am

Hospital - Main Lobby

FREE. No appointment necessary. Sponsored by Keller Volunteer Services

#### THURSDAY 12

##### HEALTHY VALLEY WOMEN PROGRAM

12pm

Keller Wellcare Center

Dr. Lisa Christian, Keller OBGYN will speak about the importance of annual Screenings.

FREE. Seating is limited. Call 256-386-4747 for reservations.

#### FRIDAY 13

##### BLOOD PRESSURE & BLOOD SUGAR SCREENINGS

8:30am-11:30am

Hospital - Main Lobby

FREE. No appointment necessary. Sponsored by Keller Volunteer Services

#### SATURDAY 14



#### WEDNESDAY 25

##### MARDI GRAS LUNCHEON & FASHION SHOW

Marriott Shoals Conference Center!

10am Grande Market

12pm Lunch & Fashion Show

Call 256-386-4747 for ticket info.



#### FRIDAY 27

##### CPR CERTIFICATION AND CPR RENEWAL

Certification 10am

CPR Renewal Classes 7:30am & 1pm • All in the River Room \$50 fee for non-employees.

Please pre-register with the Education Dept, 256-386-4030.

1300 S. Montgomery Ave., Sheffield, AL 35660 • 256-386-4196  
[www.helenkeller.com](http://www.helenkeller.com) • [www.kellerbabies.com](http://www.kellerbabies.com)



IN MY LAST ARTICLE, I stated that Google Glass was a failure and would only be successful in niche markets.

I change my mind. Google Glass is cool, dad gummit! I want to be able to beam data straight into my retina so I'm not giving up on it.

Google Glass will rise from the ashes and become awesome.

Please? I predicted that being able to cheaply print your own legos and Tupperware would become a reality in 2014.

I was wrong. 2015 is the breakout year for that, I promise.



Fisher

## 2015 TECHNOLOGY PREDICTIONS

by "The Computer Skeptic"

Drones that deliver packages to your door will NOT happen in 2015. It's a cool idea but the liability blows my mind. Maybe in 10 years.

I recently paid \$200 for a smartwatch. It is awesome but just a little buggy. 2015 will see smart watches perfected and more awesome than mine for under \$75.

With the recent surge in health and fitness bands, I'm going to go out on a limb and predict that someone will introduce a gadget that you

put in your mouth that will count calories and make you feel guilty in real time.

Someone will announce a new type of smartphone battery that is powered by "energy scavenging." It will charge itself much like old "windless" watches using motion.

People like me who sit at a desk all day long will still have to use the old fashioned charger.

Someone will introduce a "subvocalization" gadget that you wear close to your Adam's

apple.

It will "hear" you speak commands into your phone without you actually speaking.

Everyone who uses this will look like they are choking on a chicken bone.

Your phone will respond to you via a nearly-invisible earbud.

Someone will introduce new 3D technology that will allow you to interact with your friends much like Princess Leia interacted with R2D2 back in 1976 in a galaxy far, far away.

You'll be able to don a pair of 3D glasses in your living room and walk through a home plan or virtually sit in a boardroom in Japan.

This will be the breakout year for home automation.

Great strides have been made in controlling your

thermostat, door locks and lights but virtually all new home construction in 2015 will include some advanced automation technology - including the home I am about to build.

I can't wait to share some of my new home with you folks.

Happy new year!

Jim Fisher owns Excel Computer Services in Florence. Reach him at [www.ExcelAL.com](http://www.ExcelAL.com)

Excellent Service, Expert Advice  
1909 Florence Blvd., Florence  
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**CAMPER FOR SALE 1992 38 FT.** Dutchman, new roof, washer/dryer hookup, Florence. \$6,500. 256-648-7059 02-04

**1992 MAZDA MIATA - RUNS** good, Chrome wheels, 5 speed, Needs new top. White/tan top. \$2,200 OBO. 256-337-4869 02-04

**1998 DODGE RAM 1500 QUAD** Cab Sport. Running boards. Mechanically Sound. New Tires/Tie Rods/Pitman Arm/Ildler Arm. Black with grey interior. Tow package. \$4,500. 256-457-4136 02-04

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**Mystery Photo of the week!**

**Courier Journal**

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Enter at [www.courierjournal.net](http://www.courierjournal.net)

Last week's winner is **Jan Allen** of Muscle Shoals who correctly guessed "York Terrace Baptist Church, Sheffield"

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 on Wednesdays after 12 Noon.



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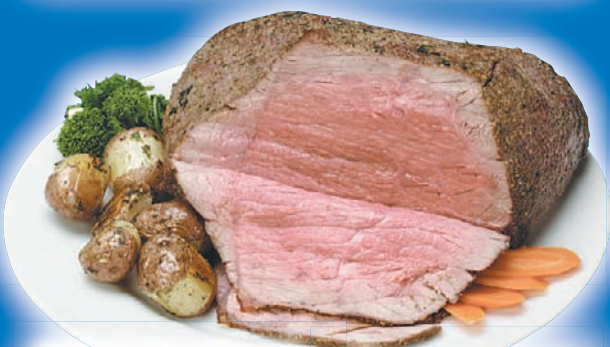
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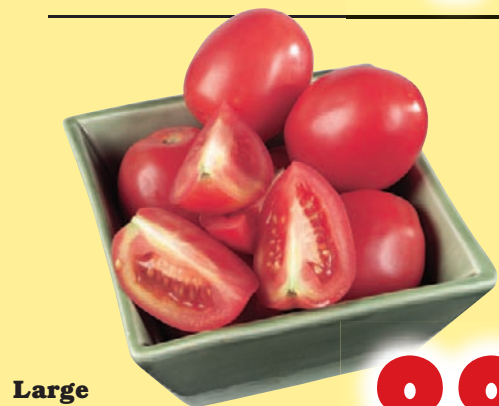
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**AD GOOD JAN. 28 - FEB. 3, 2015**



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# Cat & Kids

by Cathy Turner

## Ahhh...Heat

Hey y'all, I have heated seats in my car! I didn't even know that existed until a few years ago. And now I have them warming my sitdown and my lumbar area. I have heated seats now, because I finally have a car this century that was made in this century. The other day I was driving home reveling in the warmth on my backside, when it dawned on me that I have spent many moments in my life chasing warmth - for my backside.

In my growing up house, we didn't have central air and heat - didn't know it existed. In the summers in my mountain house, we let the windows up to cool off. In the winters, there was a wall space heater in the kitchen and a stand-alone, probably 4' by 4' box heater in the corner of our small living room. First thing every winter morning I would jump out of bed in my socked feet and head to one of those heaters. Usually, I would go to the room where I heard my mama's voice. The first order of business was to warm the backside. The house was cold. We were awakened oldest to youngest. Make your bed, five minutes by the stove, fifteen minutes to wash up in the bathroom, then a couple more minutes by the stove to warm yourself before breakfast. The house was warm about the time we left for school.

I am describing how it was before I was a teenager. When I was a teenager, we got central air and heat and a shower. Until then my mom would crank up that space heater in the kitchen on Saturday nights for our tub baths - tin tub baths. When we really needed it, we would bathe during the week, but mostly mom filled up the #10 oval tin tub

from pots of hot water on Saturday nights. Each of us kids would help mom carry the tub to the back door to empty it to refill it for the next one. What a process. In the winter, the red coils and gas flames of the kitchen heater were a welcomed essential part of Saturday evening. After the bath, I warmed my backside.

At Mulla's house (my grandmother's) when I was really little, heat came from two potbellied stoves, one in her living room and one in my aunt's room. My aunt was one year minus five days older than me, so I spent the night with her all the time. Most winter mornings we were awakened by the noise of Mulla chucking wood into that stove and poking at the leftover embers. By the time I could get my eyes adjusted what I would see would be Mulla with her house-coat and gown-tail hiked-up warming her backside. Oh what a sight to wake up to! I would hop out of bed to join her. Warm.

I am blessed to be married to the mad fireman. My husband loves building a fire. Many nights in the winter he continuously chucks wood into our fireplace until there are embers to poke. Warm. The smell of fresh burning wood reminds me of those early times when I had to chase down heat to warm my backside. Now all I have to do is flip a switch in my car. What a blessing. Heat is a blessing.

Email comments or suggestions to [CatnKids1@gmail.com](mailto:CatnKids1@gmail.com)



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## Commentary

## Inflated?...

Continued from Page 14

thirty years and before last week have held or thrown a football on maybe 100 occasions since that time. I purposely gauged the feel of three footballs side-by-side inflated at various levels between 13 psi, which is generally recommended, and 10.5 psi, the supposed weight of the under-inflated balls. The difference is noticeable - even to me.

NFL playoff officials have all been active at the sport for several decades. They can smell an under-inflated football in their sleep. Several officials handle the footballs between every play. How could they not immediately notice a repetitive series of under-inflated balls?

If a linebacker making an interception can recognize an under-inflated ball, how can officials not immediately notice?

How would the Colts' footballs not feel tighter?

If one after another felt under-inflated, why was an official timeout not taken to look into the situation?

If underinflating creates THAT much of an advantage then why did the Pats score only 17 points in the first half (30 minutes) with under-inflated balls and 28 points in the first 20 minutes of the second half with properly inflated footballs?

How big of a deal is this really? Not much.

The situation seems highly overblown and hardly worthy of more than a ten minute sports radio discussion or two articles in a daily sports section. However, it inundated 24-hour sports networks to the point that it spilled over into mainstream news by Thursday of last week.

Some of us need a life.

As of press time, the NFL had interviewed 40 people about the case. Brady and Belichick were not among them. So, is the NFL really interested in knowing?

Players and former players say inflation issues occur all the time to varying degrees. Pats coach, Bill Belichick, is generally regarded as the best in the business. He also uses and stretches the rules in order to gain every possible competitive advantage.

He was fined \$500,000 a few years ago for spying on another team's defense. - I'm not sure how that differs from scouting, watching film, talking to other coaches, reading lips, etc. But apparently it does.

Belichick publicly said he was not involved in the ball deflations... as did Brady. He is successful, not personable, and generally disliked as a coach, but he is a winner - the bar that all other active NFL coaches are measured by. Brady is successful, tall, good-looking, very well-off, and married to a super-model with gorgeous kids.

If it weren't about the Patriots, Brady, Belichick, and the Super Bowl, this simply wouldn't be a story.

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## March to Capitol for School Choice

MONTGOMERY - School choice supporters and civil rights leaders will gather for a historic march on Montgomery this week to demand greater school choice in our state.

The march and rally takes place Wednesday, January 28. It will be led by civil rights champion Dr. Howard Fuller and education reform leader Kevin P. Chavous. More than two thousand students, parents, teachers, community leaders, and elected officials from across the state are expected to attend, sending a clear message that leaders in Montgomery must dedicate themselves to protecting and expanding K-12 educational choices for children and families.

The march and rally will begin at 9am at the Doubletree Hotel in Montgomery. Attendees will march to the South Lawn of the Alabama Capitol where community leaders, students, and parents will speak. The event is timed to coincide with National School Choice Week, which will be America's largest-ever celebration of opportunity in education.

The Alabama Opportunity Scholarship Fund, StudentsFirst Alabama, the American Federation for Children, the Alabama Business Education Alliance, the Black Alliance for Educational Options, the Alabama Public Charter School Alliance, and the Business Council of Alabama worked together to plan the event.

Celebrated every year in January, National School Choice Week shines a positive spotlight on all types of effective education options for children. This includes traditional public schools, public charter schools, magnet schools, private schools, online learning, and homeschooling. The celebration is nonpartisan and nonpolitical.

## Stellar...

Continued from Page 14

High School alumni. They were recently inducted into the Sheffield Education Foundation's Registry of Honor. Hood is working in Europe and is unable to attend this year's event. His absence notwithstanding, the evening and world-class entertainment will be memorable.

Tickets are \$15 and may be purchased at the door, from any Foundation Board Member or at the Sheffield Board of Education.

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**Letters...**

**The Cowards at CNN**

Continued from Page 14

thoughts and values. However, for CNN to turn their backs on France and the American people's value of free speech because CNN does not want to offend Muslims by showing the cover of the French magazine, "Charlie," is despicably vile in support of terrorists and against free speech.

I don't know if CNN is afraid of retribution by insulting the same sect that is terrorizing the world or if there is some kind of internal or external powerful influence that's keeping them from reporting and showing reality in the name of honest reporting and free speech. CNN has just made a move that is going to cost them the respect of all free nations.

Paul Sabatino  
Florence

**Anti-Immigrant Amendments**

Editor:

On November 20, 2014 President Obama announced an executive action that will give millions of undocumented immigrants the opportunity to finally have the chance to fix their immigration status and stop living in fear of deportation. Today, Congress debated on a funding bill with amendments designed to strip away those protections in an attempt to restart the deportation machine and separate more immigrant families.

These amendments are an assault on immigrant families. Some of them even aim to repeal past executive actions on immigration. One example is the Deferred Action for Childhood Arrivals program of 2012 which has helped thousands of young Alabamians pursue an education and work without fear of deportation.

Evelyn Servin, regional organizer of the Alabama Coalition for Immigrant Justice, said, "We urge the Alabama Congressional representatives to stop attacks on our families. Instead of addressing our broken immigration system, House representatives are pushing forward the harshest anti-immigrant amendments in years and letting the most extremists in their party set the agenda on immigration."

Maricela Garcia is a single mother who loves her eleven year old son, Alex, more than life itself. She has been in the US since 2000 when she moved to Birmingham from Mexico looking for a better life. Alex is a US Citizen and just wants his mother to be able to live without fear of getting pulled over by the police and deported. Maricela would likely qualify for administrative relief, but

See LETTERS... on Page 28

**Redline** It - See Page 6 or visit [www.courierjournal.net](http://www.courierjournal.net)

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pet connection

# GONE ASTRAY

## Crucial tips for finding lost pets

By Kim Campbell Thornton  
 Universal Uclick

My stepmother called me in a panic. She had left the sliding door open in the guest room so a visiting cat could get some fresh air, and the cat clawed a hole in the screen and disappeared.

Everyone who's had a lost pet, including myself, knows that boulder-in-the-stomach feeling. One of our cats got out of the house when we had workmen there, and our cavalier Darcy also made an unauthorized excursion. Fortunately, both came back on their own (the cat after three days, and Darcy after a couple of hours), but not without frantic searching on our parts.

If your pet has gone AWOL, don't wait around hoping for a "Lassie" return. The quicker you take action, the better your chances of finding your pet. Here's what to do.

As soon as you discover your pet is missing, put up large fluorescent-colored posters big enough that people driving by can see and read them. Use what missing-pet expert Kat Albrecht calls the 5 + 55 rule: five words that people driving by at 55 miles per hour can read. For instance: REWARD LOST BLACK/WHITE CAT. "Those are five words that a passerby driving on a major road can interpret, visualize, remember and convey to others," Albrecht says.

Check the website [lostapet.org](http://lostapet.org) for information on making an effective poster and flier. Other online resources include Fido Finder ([fidofinder.com](http://fidofinder.com)), K9 Alert ([k9alert.com](http://k9alert.com)), LostPetUSA.net, Missing Pet Network ([missingpet.net](http://missingpet.net)), Tabbytracker.com, The Center for Lost Pets ([thecenterforlostpets.com](http://thecenterforlostpets.com)) and Pet FBI ([petfbi.org](http://petfbi.org)).

Go door to door and let neighbors know that your pet is missing. Bring a photo so they'll know what she looks like. If you live in a guard-gated association, notify security staff so they can keep an eye out for your pet as they make their rounds. The mail carrier is another person who travels through your neighborhood daily and can watch for your pet.

Check the shelter right away. If there is more than one shelter in your area, check all of them — more than once. Leave a description of your pet and your contact information.

Search your yard and the surrounding area thoroughly. Cats, in particular, may hide underneath shrubbery or decks, or squeeze into spaces where you think they can't possibly fit. Dogs may simply be shut up inside a shed, garage or closet, waiting patiently to be released. Ask neighbors for permission to search their yards as well.

Leave out food and water to encourage your pet to return. The familiar smell — and hunger — may draw him out of hiding.

Pets are highly attuned to sound. Walk around the neighborhood calling them. Stand in the yard and make sounds

associated with mealtime, such as shaking a food bag or running the electric can opener.

Use social media to spread the word. Your neighborhood or city may have a website or Facebook page where you can post the information.

Accidents happen. You can never guarantee that your dog or cat won't become lost, but you can take easy, inexpensive steps to increase the likelihood that he'll come home safely:

- ❖ Microchip him.
- ❖ License him (cats, too).
- ❖ Keep a collar with an up-to-date ID tag on him.
- ❖ Register him with a microchip registration company and keep your address and phone number updated.
- ❖ Keep a good, up-to-date, full-body color photo on hand for use on fliers.

My stepmother's lost cat? As my stepniece stood out on the deck at twilight calling for her a few days later, Miss Kitty came flying across the lawn and back into the arms of her very happy young owner.

Seniors or people who are ill or injured may welcome help caring for their pets.



**Tooth fairy visits Utah shelter pets** pet buzz

- A group of six San Diego veterinarians traveled to Best Friends Animal Society in Kanab, Utah, earlier this month to perform dental work on 32 dogs, 32 cats, one potbellied pig and one rabbit. Their goal? To help improve the pets' adoptability. "It is unrealistic for most potential adopters to take on a large health care investment when adopting a new pet," says board-certified dental specialist Brook A. Niemiec, DVM. "This makes shelter or sanctuary animals with dental disease significantly less adoptable, which means that these pets tend to have long shelter stays or require placement with rescue groups versus an adoptive family."
- Pointed cats, such as the Siamese, have light-colored bodies with darker shading on their heads, legs and tails. You probably knew that, but did you know that pointed cats are born white? As the kittens mature, the points make an appearance. Common point colors are seal (dark brown), chocolate (light brown), lynx (tabby markings), blue (bluish-gray) and lilac (pinkish gray). Other breeds with pointed coloration include the Birman, Himalayan, ragdoll, Tonkinese, snowshoe and Balinese.
- What'll they think of next? Cool pet products introduced at the Consumer Electronics Show include a smartphone for dogs, a smart feeder and a camera that lets owners communicate with pets. The Scout 500 Collar allows you to keep tabs on your dog with live video streaming, send voice commands and check his location with GPS tracking. The Petnet(io) feeder tailors portion sizes to a pet's age, weight and activity level, and automatically dispenses it. And with a PetCube Camera, you can watch and talk to your pet remotely via smartphone. Me? I'm still waiting for a robot that will brush the dogs' teeth.

— Kim Campbell Thornton



# Room...

Continued from Page 14

music from the local bands, River Tribe, known for "Alabama Zydeco," and the ever popular rock band, An Abstract Theory. Joining in will be Huntsville-based singer/songwriter Izzy Miller and Birmingham based Folk musician, Ira Leitner. Leitner has played

shows across the country from New York to San Francisco and is currently recording a new album at FAME studios in Muscle Shoals.

A portion of all tickets sales will be donated to Room in the Inn. Tickets for the show are only \$5 and are available pre-sale online at [shoalsareamusic.ticketleap.com/roomintheinn](http://shoalsareamusic.ticketleap.com/roomintheinn). There is also an option to donate money to Room in the Inn



if you would rather do so. Singin' River Brewery will have a drop box set up Tuesdays 5-8pm, Thursdays and Fridays 5-9pm, and Saturdays from 2-9pm for donations. Items that are needed include cough drops, Kleenex,

coats, gloves, hats, socks, blankets, and other warm clothing.

In addition, a portion of all Thursday sales at the brewery during the month of January will be donated to Room in the Inn.

Singin' River Brewing is

the Shoals area's first active craft brewery- brewing eight different beers and canning two.

Shoals Area Music is an organization moving towards non-profit status to help local musicians and music students.

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**MY NAME'S SALLY JANE,** & I'd make a purrfect new addition to your home! I'm a grey, long haired senior from the Florence Shelter! I'm a girl that loves to snuggle & be loved! If our lap is available, call the Florence Shelter at 256-760-6676 to learn about adopting me! My **adoption fee is \$35** & includes my spay & rabies!



**BARNEY HERE!** I'm a young, house trained Bulldog/Lab mix. I'm up-to-date on shots and will be neutered prior to adoption. I would love to be part of a family and out of the shelter environment. If interested, please call the Lawrence County Rescue Shelter at 256-974-3370 or email [arslca12@gmail.com](mailto:arslca12@gmail.com).



**HI, I'M COCO!** I'm a chihuahua mix up for adoption through PAWS! I like other dogs, but I prefer to hang with people. Also, car rides are one of my favorite things! Come meet me today! Call 256-383-0690 for more information about adopting or meeting me!



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## Letters...

### Anti-Immigrant Amendments

Continued from Page 24

this senseless amendment puts her family's security at risk.

Last November's historic victory for immigrant families was a result of the unity and strength of the immigrant rights movement. "We are committed to defend this victory against attacks from people who insist on denying hardworking Alabamians the chance to regularize their immigration status and have the opportunity to live, work, and stay in the United States with their families.

The Alabama Coalition for Immigrant Justice urges members in Congress to put an end to these attacks and vote "no" on the anti-immigrant amendments to H.R.240 bill.

Rodrigo Barragan  
Alabama Coalition for Immigrant Justice  
Montgomery, AL

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# Junior Whirl

by Hal Kaufman

**HEAD HUNT!** Our zany artist pal says there are some 22 assorted faces in this canvas. How many can you find?

**LOST CONTINENT**

Anagrams of names of seven major European cities are given above. That is to say, letters of each city's name are scrambled. You are asked to unscramble them.

1. IS PAR
2. DIDRAM
3. HAS TEN
4. PUT BEADS
5. SHINE ILK
6. MADAM REST
7. OPEN CHANGE

5. \_\_\_\_\_  
6. \_\_\_\_\_  
7. \_\_\_\_\_  
8. \_\_\_\_\_

P.S.: They are cities in the following countries (in order): France, Spain, Greece, Hungary, Finland, The Netherlands, Denmark.

**SLIDE SHOW!** Cold weather is the best time for a vacation in the sun. Coloring: 1—Red. 2—Lt. blue. 3—Yellow. 4—Lt. brown. 5—Flesh tones. 6—Lt. green. 7—Dk. brown. 8—Dk. blue.

**SPELLBINDER**

SCORE 10 points for using all the letters in the word below to form two complete words:  
OUTSIDER

THEN score 2 points each for all words of four letters or more found among the letters.  
Try to score at least 50 points.

**Answers On Page 34**

5	7	7	5	9
6	5	2	7	4
7	4	9	3	5
3	7	5	6	7
9	2	7	7	4

**NAME GAME!** Ann's a fan, so is Dan, Nan, Jan, and Fran. Les is a mess, so is Tess, Bess, Wes, and Jess. May's away, so is Fay, Ray, Clay, and Kay. See if you can think of some.

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# Active Shoals Seniors

Active Shoals Seniors is a bi-weekly feature in the Courier Journal. For advertising information, please call 256-764-4268.

## How To Stay Occupied During Those Long Winter Days & Nights



often referred to as SAD. SAD is marked by increased sleepiness, depression, anxiety, irritability, and lack of energy. Experts think that two specific chemicals in the brain, melatonin and serotonin, may play a significant role in SAD. These two chemicals help regulate a person's sleep-wake cycles, energy and mood. The short days and long hours of darkness in fall and winter may cause increased levels of melatonin and decreased levels of serotonin, creating the biological conditions for depression.

have fun outdoors. Darker times are ahead, but people can make it through the winter months by planning activities that do not necessarily require sunlight.

Upon the arrival of winter, many people wonder about how to cope with dark skies and increased time spent indoors. Those who leave for work or school in the early morning and return in the evening may find they have little to no opportunity to see and enjoy the sun.

The transition to winter can be difficult. Certain biochemical changes take place in the body in reaction to less sunlight, and it helps to know about these changes should they prove problematic when winter hits full swing. Many people experience seasonal affective disorder,

SAD also can inspire a craving for sugary foods or carbohydrates, which may be the body's natural way to stimulate more serotonin production or get an energy boost.

The following are some ways to feel more energized and upbeat despite the long hours of darkness.

- Spend as many hours as you can outside. When you wake up in the morning, open the curtains or blinds and soak up the sun's rays. This can help you get some vitamin D and will also suppress melatonin production, which could make you feel drowsy.
- Invest in a light therapy lamp. These lamps simulate the rays of the sun and can be particularly helpful for those who experience SAD from decreased sunlight. Follow the manufacturer's instructions to get the exposure you need. Light therapy can improve mood and decrease other SAD symptoms.
- Continue outdoor activities. Even when it is snowy or dark, life should still go on as normal. Try to maintain normal recreational schedules, making time for outdoor activities. Fresh air can be revitalizing, and studies have shown that exercise can help to combat depression.
- Spend additional time with friends or family members. Routinely play host or hostess to friends and family. Hosting people in a social setting is good for the mind and can stave off feelings of cabin fever.
- Host activities that take advantage of the darkness. Kids can play a rousing game of hide-and-seek in the yard while their parents light a fire in the hearth or in an outdoor fire pit and warm up with mugs of hot chocolate. Play games of laser tag or give children glow sticks so they can still

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## Remembering Childhood Days

One of my dearest lifetime friends is Ernest Breland. Our lives have paralleled each other from childhood days to high school days to military days. We both came from humble beginnings, growing up in a housing project in Tuscumbia. We never knew we didn't have much but were proud of those days and nights playing football, cork ball, kick the can, 1-2-3- red light and so on.

I was excited and thrilled to see Ernest become one of Deshler High School and Florence State's all-time greatest athletes. During his career, he played for two Hall of Fame coaches: Buddy Moore at Deshler and Hal Self at Florence State. He played both offense and defense for the football Tigers in 1959 and 1960.

He was also a track star at Deshler for four years, specializing in the mile run. "Ernest was a tough football player", said Buddy Moore. "He was a leader on our team and when we faced tough situations, you could always count on him". After graduation, Breland signed a football scholarship with Florence State and became one of the

school's all-time greatest receivers.

He was named to the All-Alabama Collegiate Conference as a freshman, sophomore, junior and senior. His most outstanding accomplishment as a Lion was catching a school record 11 passes in one game for 189 yards against Jacksonville State in 1965, a mark that stood for 32 years. Breland accomplished something during his career that probably could stand for a record—he never missed a single practice or game during his playing days.

He was a competitor. He loved to practice. He loved to play. And he did them both well. Breland also ran track and cross country for four years at Florence State. He served in the Alabama Army National Guard for 20 years, retiring with the rank of Lieutenant Colonel.

Breland received the ultimate honor for his athletic achievements when he was inducted into the Colbert County Sports Hall of Fame in 2006. From growing up with Ernest in the housing projects as a kid, to graduating in the same class of 1961 at Deshler to serving 20 years with him in the National Guard, will always be some of my most cherished memories.

E-mail comments and suggestions to: [jerrywknight@comcast.net](mailto:jerrywknight@comcast.net)

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**FOR RENT - 212 PAMPLIN** Ave, Petersville. 3BR, 1.5BA, brick, central heat, carport, \$650 monthly, \$500 deposit. 256-412-1331 01-28

**WATERLOO RIVERFRONT** For Rent. 3BR, 2BA mobile home with beautiful wood floors, 2 sets french doors, huge deck, natural spring on acreage joining TVA woods to river. Deposit and references required, \$550 per month. 901-292-1328 01-28

**FOR RENT - 1-2 BEDROOM** Apartments, North Florence. Appliances, W&D connections. \$325-\$425+ deposit. 256-764-3986 02-04

**2BR, 2 BA. CONDO IN** Orange Beach. Top Floor on the Gulf. Amazing View! Partial Ownership for Sale. \$49,500. 251-970-2607 02-04

**14 ACRES 4BR, 2BA HOME,** barn, fenced \$1,500 month. 256-710-0016 02-18

**MOBILE HOME FOR SALE!** Taking Offers! Must Be Moved! 2BR, 1BA 1996 Pioneer. call or text 256-443-3090 02-04

**TUSCUMBIA FOR SALE BY** Owner 3BR, 1BA. New central unit. Appliances. Front porch and fenced in yard. Gas logs, very nice. \$79,900. 256-762-8241 02-04

**FOR SALE BY OWNER** Florence Brick 4BR, 2BA. Large living room and kitchen. Stainless appliances. Formal dining. Laundry with washer/dryer/freezer. New roof and central unit. Fenced yard. \$116,900. 256-762-8241 02-04

**COLONIAL GARDENS (Apts.),** Tusculmbia. 2BR, 1.5BA, appliances, CH/A, W/D conn. Swimming pool, \$425 rent, \$300 deposit. 256-764-3137 01-28

**3BR, 2BA, CENTRAL AIR** and heat, \$475 per month, deposit \$475. West Florence, Harris St. After 5 only 256-394-1400 or 256-762-1188 02-04

**FOR RENT - 2BR, 1BA** house on Co. Rd. 36, Killen. No pets. call 256-757-7444 or 256-710-6282 01-28

**FOR RENT, GREENHILL** Area, 14x70 Mobile Home, 2BR, 2BA, water furnished, no pets, \$400 month, \$200 deposit. 256-366-8440 or 256-366-5712 01-28

**COMMERCIAL SPACE FOR** Rent, 2707 E Second St Muscle Shoals, approximately 1000 sq ft, \$400 month, \$400 deposit. 256-349-0000 Knight & Humphries Inc. 03-04

**NORRIS AVE. APTS** Florence 2BR, 1BA, appliances, central heating/air, washer/dryer connection \$375 rent, \$300 deposit. 256-764-3137 01-28

**MOBILE HOMES FOR** Rent- Completely furnished including all utilities & furniture. Off Elledge Ln. 738 Green Acres Dr. Tusculmbia. No pets, nice quiet shady location. Also camper spaces. No texts. 256-412-5847, 256-275-1310, 256-314-6272 01-28

**HOUSE FOR RENT - 1256** Second Creek Rd, Lutts TN, \$350 month plus deposit. 931-724-9005 01-28

**3BR, 2BA IN HEATHROW** subdivision. \$155,000. Owner pays closing cost. 256-810-3795 02-04

**1988 DOUBLEWIDE MOBILE** Home, 4BR, 3BA, \$6,000. Must be moved. 256-483-8352. 02-04

**800 SANNONER SQUARE** Apts. Florence: remodeled units. 1st Month Free. 1 & 2BR, 1BA, near UNA, hardwood floors, new appliances, new AC/heat units, laundromat. \$350-\$375 rent plus \$25 water, \$300 deposit. 256-764-3137 01-28

**MUSCLE SHOALS 208** Anna, 3BR, 2BA, garage, storage, fenced backyard, \$151,900. 256-383-4667 01-28

**BRECKENRIDGE APTS 2BR,** 2BA, one level, pool & security cameras, pet friendly \$600 per month \$300 dep. 256-383-1877 01-28

**HOUSE FOR RENT IN** Rogersville next to Foodland. \$550 mo, \$500 dep. 2BR, 1BA. Unfurnished. 256-483-2735 02-04

**INVESTORS - 5 APARTMENT** complexes of 2-6 units, 20 houses, all rented & in good condition. Will sell individually or a package. Don, 256-764-1903 02-04

**1407 COLORADO AVE** House, Florence, 2BR, 1BA, appliances, electric heat, window air, washer/dryer connection, \$400 rent, \$400 deposit 256-764-3137 01-28

**FOR SALE BY OWNER!** 909 Davison Ave, Muscle Shoals. 3BR, 2BA home. Completely remodeled, hardwood floors, fenced backyard. Owner financing available. \$119,500. Oakley Land Company 256-764-7459 02-04

**FOR RENT SHEFFIELD, YORK** Terrace Area, 3BR, 1BA \$550. 256-381-2000 01-28

**LION'S DEN APARTMENTS -** Florence, 1 Room Efficiency Apartment. Walking distance of UNA, \$450-\$575 rent, includes all utilities, cable & WIFI. Student discount available. 256-764-3137 01-28

**NICE 1 AND 2 BEDROOM** units in Killen. Must pass credit/bakground check. No pets. 256-766-6992 www.rentshoals.com Knight & Humphries Inc. 03-04

**KILLEN, BROOKS SCHOOL** District. House with basement, 5BR, 2BA, \$750 month. Butch Collins Properties 256-710-2443 02-11

**712 STEVENS AVE (HOUSE)** Muscle Shoals 3BR/1BA, appliances, central heating/air, washer/dryer connection \$650 rent \$650 deposit 256-764-3137 01-28

**FOR RENT - 142** Fairgrounds Rd. 3BR, 2BA, stove, fridge, dishwasher, central heat and air, \$680 plus deposit. 256-810-0809 02-04

**501-D AVALON (APT)** Sheffield. 1BR, 1BA, appliances, Win A/C, Elect. Heat. \$325 rent, \$300 deposit. 256-764-3137 01-28

**ONE NEAT BEDROOM** apartment. Quiet place, private entrance. 256-766-7114, 256-767-1759 01-28

**OFFICE SPACE FOR RENT** in down town Florence. Good location for an office professional. \$300 month, \$300 deposit. Includes utilities, internet. 256-349-0000 Knight & Humphries Inc. 03-04

**WHEELER VIEW DRIVE LAKE** Lot for sale, \$90,000 OBO. 256-349-0000 01-28

**FOR RENT: 3BR, 1BA BRICK** home, 5 mi from Florence. 28230 Co Rd 14. Unfurnished. No pets. \$475 mo and \$250 dep. 256-320-5957 01-28

**FOR RENT: STUDIO** apartment, Florence area, furnished, utilities included, no pets. \$500 month, \$250 deposit. 256-710-8927. 01-28

**FOR RENT NICE 3BR, 1BA,** 211 Madison Ave, \$525 a month, \$425 deposit, available February 1st. 256-335-4346 01-28

**FOR RENT: WILSON SCHOOL** District, 3BR, 1.5BA, central air, \$600 a month, Petersville. 256-627-0414 01-28

**KENDALE GARDENS HOME** For sale. On 1.5 acres with winter lake views. Totally renovated 2 story, 4BR, 2.5BA, full basement with tornado shelter & exterior exit. Front entry, lounge & separate dining rooms all with hardwood floors. Fully renovated open plan kitchen with family room & sunroom, new appliances, tiles, new carpets & fresh paint throughout. New bathroom fixtures & more!!! \$235,000. 256-767-5421 02-11

**MUSCLE SHOALS, E FORD** Ave. Renovated 3BR, 2BA. New heat/air. New kitchen appliances, \$89,900. Seller will pay \$1,500 on closing cost. 256-446-8562 02-04

**TOMBIGBEE COURT APTS,** Florence, 2BR, 1BA, Near UNA, Appliances, central heat/air, balcony, security gate, water included. \$600 rent, \$300 deposit. 256-764-3137 01-28

**2150 CHICKASAW DRIVE.** Nice 3BR, 2BA home in Hickory Hills. No pets. \$1,200 mo, \$1,200 deposit www.rentshoals.com 256-766-6992 03-04

**3BR, NORTH FLORENCE.** Appliances, washer/dryer connections. \$595 + deposit. 256-764-3986 02-04

**DUNCAN 2BR APARTMENT** For rent. Large bath & washer area. \$450 month. 256-764-4126

**COMMERICAL PROPERTY** For Sale or Long Term Lease. Tusculmbia, Woodmont Drive. 256-412-8350. 01-28

## Notes...

Continued from pg 4

**Florence Parks & Recreation/ The Club** (where boomers and seniors come together as one), offering chair exercise classes *Joins In Motion!* There is no charge for these classes. *MWIF* 8:45-9:30am, at The Club, 450 Country Club Drive, Florence, AL 35630, for more information please call the Club M-F 8am-5pm. 256.760.6420.

**Florence Parks & Recreation/ The Club** (where boomers and seniors come together as one), offering an activity that will not only challenge you but get you stepping in time. *Square Dance Classes* are sponsored by the *Singing River Squares* on Friday nights, 7-8:30pm, at The Club, 450 Country Club Drive, Florence, AL 35630, for more information please call the Club M-F 8am-5pm. 256.760.6420.

**The Florence Parks and Recreation Department** will be conducting online registration for *Adult Softball* now through March 1. Register online now at [www.fpard.com](http://www.fpard.com). We will be taking team registrations for *Men and Coed Leagues*. Team fee is \$400. For more information contact Nicole Lambert at 256-760-6628.

**Charcot-Marie-Tooth Branch Group Meeting** - Mt. Zion Church of Christ Activity Building 6900 CR 61 Florence on Thursday January 29 from 6-8pm. Guest speaker: Rodney Vaden Representative of ALLARD. This meeting will focus on orthotic management of CMT, education, awareness, advocacy, current events for the CMTA. CMTA branch groups are for those who have Charcot-Marie-Tooth disorder, their families/ caregivers/supporters.

If you plan to attend or would like general information; please call: Tina Smith at 256-366-5273 email [TinaSmith@rcmh.org](mailto:TinaSmith@rcmh.org) or Todd Oyen 256-810-6582 email [ToddOyen@gmail.com](mailto:ToddOyen@gmail.com). You can also visit the CMTA website at [www.cmtausa.org/supportgroups](http://www.cmtausa.org/supportgroups). Refreshments served.

**Zip City Community Center** Adult game and fellowship night, Thursday, January 29, 6-9pm. Bring your cards and snacks and join in the fun and fellowship. Info - 256-764-6032.

**Call For Entries - Artistic Renderings of Youth** - The deadline for entry in *Artistic Renderings of Youth* is February 20. This is a juried exhibit of art work open to 7th - 12th grade students from Colbert, Franklin and Lauderdale counties. The exhibit opens March 3 and runs through April 10 at Kennedy-Douglass Center for the Arts in Florence.

The exhibit and competition is coordinated by area art teachers. Schools may participate or students can enter on their own. Each student can enter up to three works. Entries are juried and, if accepted, are eligible for ribbons awarded in different grade level groupings. Works must be original and can be in any medium. All 2-dimensional entries must be matted or framed.

For more details on entry rules call Mary Nicely at Kennedy-Douglass Center for the Arts, 256-760-6379.

Kennedy-Douglass Center for the Arts is located at 217 East Tuscaloosa Street and is open from 9am-4pm, Monday-Friday at no charge.

**Florence-Lauderdale Public Library Computer Classes** for January and February. Class registration is done on a first-come, first-serve basis with limited seating. Beginners may sign up for a 4-week series, while intermediate and advanced level classes are offered as one-time topics depending on your interests. We'll also help you with your new tablet with our *Tablet Series* in February. Register by calling 256-764-6564 ext. 27 or emailing [classes@flpl.org](mailto:classes@flpl.org).

**Advanced Email Part 2: Organization** Thursday, January 29, 1-2:30pm. Acquire skills for efficiently organizing your email tasks with folders, contacts, filters, and calendars. *Skill Prerequisites:* Active Email Account, Mouse, Keyboard, Basic Internet, Beyond Basic Level

**Heavenly Blessed and Jimmy Cox & Friends** will be singing at Cloverdale Community Center Friday, January 30 from 7-9pm.

Open mic for gospel singing. Everyone welcome.

See NOTES... page 34

**Cherry Hill Homes Family Apartments**  
2 & 3 Bedrooms Available, rent based on Income/Utility Allowances. Located on Florence Blvd. Background checks conducted. Must be at least 19 years old to apply. Must be able to obtain utility services.  
**Office: 452 Cherry Hill Homes, 256-760-5322**



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**FLORENCE:**

- 414 Plum St., 3BR, 2BA ..... \$600
- 606 Martha Ave., 3BR, 1BA ..... \$475
- 402-B W. Tombigee St., 3BR, 1BA, Apt .... \$450
- 269 Woodcastle Dr., 3BR, 2BA ..... \$750
- 550 Co. Rd. 124, 3BR, 1.5BA ..... \$750
- 3450 Cloverdale Rd., 2BR, 2BA, Apt. ... \$450
- 116 Creekwood Dr., 4BR, 3BA ..... \$1,300
- 305 Robinhood Dr., 4BR, 2.5BA ..... \$1,200

**COMMERCIAL:**

- 1314 Avalon Ave., 4,800 sq. ft. .... \$2,000
- 6183 Hwy 72E ..... \$900
- 1533 N. Wood Ave., 1,800 sq. ft. .... \$600
- 16031 Hwy 72, Rogersville, 1,100 sq. ft. . \$550

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# ASK THE ATTORNEY



**Thomas McCutcheon**

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**I** have filed for Social Security because I can't work anymore. I go in every month for my medicine but I rarely see the doctor. At every visit

I am seen by my nurse practitioner. She is great and has said she will help me because she knows I cannot work. Will Social Security accept what she says or does it have to come from a doctor?

*Deanna, Rogersville, AL*

**A** There are actually two issues in the question you present. The first issue I see in your question is, "she knows I cannot work." The only person who can make that decision is a Social Security Judge. Doctors can send letters to Social Security that say you are disabled and cannot work, but the judge would not be required to find you disabled based on that doctor's opinion. The issue of whether or not you are disabled is reserved to the Social Security Judge. Although this may sound wrong, there is a reason. Social Security has a very specific set of rules which define what constitutes "disability." What a doctor thinks disability means may not be how Social Security rules define disability.

Social Security Ruling 96-6p states that the opinion of a treating doctor must be given "controlling weight" if that opinion is supported by medically acceptable clinical and laboratory evidence and is not "inconsistent" with other evidence. "Controlling weight" means that the opinion of a treating doctor must be adopted and/or accepted by the judge. So the opinion of a treating doctor which says you can only lift 10 pounds and the doctor's

records support that limitation and there is no evidence to the contrary, then the judge must find that you can lift only 10 pounds.

The problem you face is that a nurse practitioner is not an acceptable treating source under Social Security law (20 CFR 404.1502, 416.902). Therefore, the judge is not obligated to adopt any limitations your nurse practitioner may say you have. However, if your doctor signed the form in addition to your nurse practitioner I would argue that the opinion is that of the doctor's. That said our judges are well aware that it is often the nurse

practitioner who has actually spent significant time with the patient. Although they are not bound to give the opinion of your nurse practitioner "controlling" weight, they can choose to give a nurse practitioner's opinion significant weight and use their opinion as supporting your inability to work. Simply put, the opinion of your nurse practitioner will not be ignored but it may not win your case for you. You always want the doctor's agreement and signature for Social Security disability purposes.

*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](http://www.mhatty.com)

facebook: McCutcheon and Hamner, P.C.

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## By What Are We Saved?

Let the Bible Answer:

### We are saved by:

**Knowledge that we are sinners**  
"For all have sinned and fall short of the glory of God" Romans 3:23

**Faith**  
"But without faith it is impossible to please Him..." Hebrew 11:6


**Repentance**  
"...but unless you repent you will all likewise perish" Luke 13:3

**Confession**  
"I believe that Jesus Christ is the Son of God" Acts 8:37

**Baptism**  
"the like figure whereunto baptism doth also now save us..." 1 Peter 3:21

**A Faithful Life**  
"be thou faithful unto death and I will give thee the crown of life..." Revelation 2:10

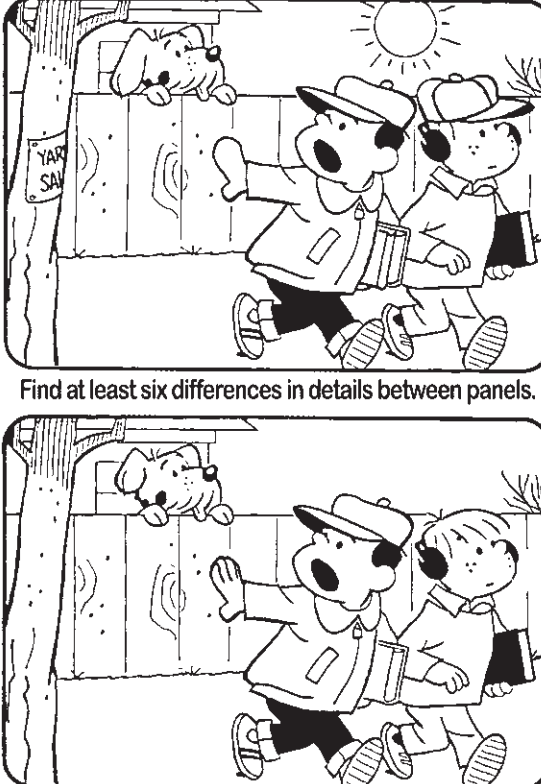
**Grace of God**  
"For by grace are you saved through faith" Ephesians 2:8



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**LOOKING FOR AN HOURLY** or live-in caregiver for older gentleman in the Florence area - experience only. Send resume or brief history, rates, and qualifications to stainededg@msn.com or mail to: Caregiver, 116 West Mobile Street, Florence, AL 35630. TFN

**2009 HYUNDAI ACCENT GLS**, auto, 73k miles, \$7,724, financing available, call Tony 931-213-1386 or 256-764-3351 01-28

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**MISSING BOSTON TERRIER**, 14 yrs old and blind, wandered from home Sun., 1-18, from Ford City area. Please call 256-810-6500 or 256-366-6996. 01-28

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## ADOPTIONS

### WILLIAM JOHNSON

ATTORNEY

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## NOTICE

It is hereby given that on February 6th 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*.

Jarvis Austin	Unit B52
Josh Frost	Unit B38
Kenneth Kiser	Units 5, 65, 66
Jessica Mangum	Unit D6
Troy Perry	Unit D3
Russell Bryant	Unit A3
Stacey Saunders	Unit 389

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- 01 Honda CR-V, Equipped, 141K ..... \$4,240
- 02 Toyota Avalon, Equipped, 155K, Leather ..... \$4,999

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## Notes...

Continued from page 31

**5th Saturday Night Singing** at 2nd Baptist Church, Sheffield, corner of 5th and Frankfort on Saturday, January 31 at 6:30pm. Featuring *The Loveless Family*. Everyone welcome. Pastor: Bro. Roger Lovelady.

**Zip City Neighborhood Watch Meeting** February 1 at 2pm at the Zip City Fire Department.

**Bro. Ricky Mitchell** will be preaching at True Gospel Pentecostal Church, Muscle Shoals, Sunday, February 1 at 4pm. Everyone welcome.

**Florence Parks and Recreation Department** will be conducting registration for Spring Youth Softball now through February 27 for girls 5-12 years of age and Spring Youth Baseball now through February 27 for kids 3-12 years of age. You can register at [www.FPARD.com](http://www.FPARD.com). Age control date is May 1, 2015. Registration fee is \$35 per player. For more information contact David Dolan at 256-760-6628.

**Florence Parks and Recreation Department** will be conducting registration for Youth Soccer now through March 8 for ages 4-14 years old. You can register at [www.FPARD.com](http://www.FPARD.com). Registration fee is \$45 per player. For more information contact Nicole Lambert at 256-760-6628.

**Swamp John's at the Lexington Senior Center** February 3, 4-7pm. Fish, shrimp, chicken and all the fixings.

**LifeSouth Blood Drives - February - 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: Sunday, February 1, 2-7pm, Burkes Outlet, 519 W Avalon Ave, Muscle Shoals

**Monday, February 2**, 10am-5pm, Wal-Mart, 3100 Hough Rd., Florence

**Tuesday, February 3**, 9am-4pm, Colbert County Department of Human Resources, 3105 George Wallace Blvd., Muscle Shoals

**Wednesday, February 4**, 1-6pm, Marriott Shoals Hotel & Spa, 800 Cox Creek Pkwy, Florence

**The Zodiac Players Announce Auditions** for their upcoming production of "A Closer Walk with Patsy Cline." Auditions will be held by appointment at the Zodiac Theatre. For information or to make an appointment for audition, after call 215-808-4467 between 10am-2pm after February 1. Audition times and dates are February 14, 1-4pm; February 15, 2-5pm; February 16 (callbacks only) from 6-9pm. The show dates are April 9-12 at the Shoals Theatre. The show is directed by Shonda K. Purvis.

Parts are available for one female (25-40) with very strong voice to portray Patsy Cline; one female (teenager) for non-speaking role; one-five males (to appear 25-60) for comedic speaking roles only with no singing; four males (ages vary) to portray Jordanaires, Patsy's back up singers. (two tenors, one baritone, one bass). Musicians are also needed, but do not have to be at auditions. The band will consist of a piano player, bass player, guitar player, fiddle player, drummer, and a pedal steel guitar player, if available. Auditions for non-singing roles will consist of cold readings from the script. Singers should prepare 16 bars of a song which best shows your vocal ability. You will need to provide your own accompaniment. Anyone interested in acting, playing with band, or working backstage should call the above listed number.

**Helen Keller Hospital** is pleased to announce a partnership with Enroll Alabama to host Affordable Care Act education and Health Insurance Marketplace enrollment sessions for Open Enrollment 2015.

Enroll Alabama is a nonpartisan organization whose mission is to maximize the number of uninsured Americans who enroll in health coverage made available by the Affordable Care Act.

Open Enrollment will take place through February 15, 2015. Information sessions will begin this month to highlight the Health Insurance Marketplace application process, tips, and success stories. All sessions are free and open to the public.

Enrollment sessions will be held at the following dates and times at the Muscle Shoals Public Library:

-February 3, 10am-5pm  
Questions about these sessions should be directed to Catherine Rice at [crice@aidactioncoalition.org](mailto:crice@aidactioncoalition.org).

Enroll Alabama is a nonpartisan organization whose mission is to maximize the number of uninsured Americans who enroll in health coverage made available by the Affordable Care Act.

**Clothes Give Away - Thursday**, February 5 from 8-10am at the Care Center, First Baptist Church, Killen.

**The Zodiac Players**, adult wing of the Shoals Community theatre, will present the Steinbeck classic "Of Mice and Men" at the Shoals Theatre in downtown Florence February 5-8. The show is directed by Steifon Passmore. Curtain times are 7:30pm Thursday, February 5-Saturday, February 7 and 2pm on Sunday, February 8.

Synopsis of the show: Lennie and George, Depression-era farmworkers are trying to scrape together enough money to buy a house of their own. In this heartbreaking American classic, Lennie causes trouble on the job and George must choose between protecting his friend or continuing to pursue the American dream.

Advance tickets for all performances are \$12 for adults and \$9 for students. Tickets at the door are \$13 for adults and \$10 for students. In addition, there will be two school performances on February 3. For more information or to make reservations, visit our website at [shoalstheatre.org](http://shoalstheatre.org) or call 256-764-1700.

**From Civil Rights to Now - The Library's** programs for Black History Month will focus on the Civil Rights era and how those events led us to where we are now.

- Film Screening: *Freedom Riders* with discussion led by Camille Goldstein Bennett - Friday, February 6, 6pm
- The Cold Case Project: *Investigations of Civil Rights Murders* with Hank Klibanoff - Thursday, February 12, 6pm
- March With Me: *The Children's March and the Selma March* with Rosalie Turner - Thursday, February 26, 6pm

**Tharptown Friendship Holiness Church** will have a singing Saturday, February 7 at 7pm with Larry Crumpton and Glorybound Bluegrass. Everyone welcome.

For more information call Janice at 256-466-0496, Charles at 256-460-5480, Helen at 256-332-1785 or Etta at 256-332-5893.

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5	7	7	5	9
6	5	2	7	4
7	4	9	3	5
3	7	5	6	7
9	2	7	4	

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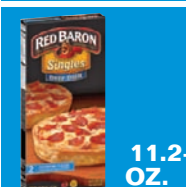
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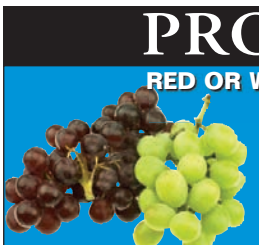
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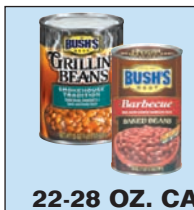
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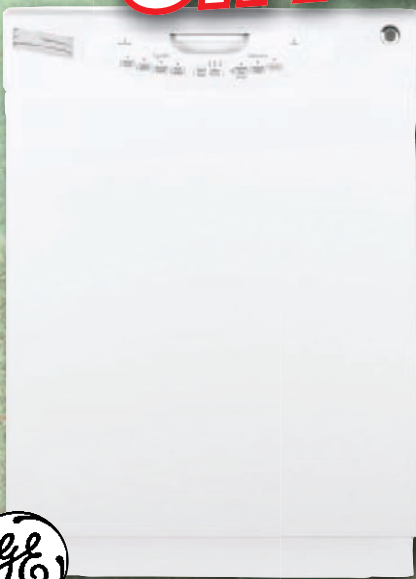
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