

GPA is Best Since 2006

FLORENCE -- The 285 student athletes in the University of North Alabama Athletic Department posted a combined 2.93 grade point average for the recently completed Fall semester. The 2.93 GPA is the highest departmental mark since posting a 2.94 for the Fall semester of 2006.

The 2.93 combined figure included 29 student-athletes who posted perfect 4.0 GPAs and 151 student-athletes who posted a 3.0 or higher. UNA had thirteen teams post combined 3.0 GPAs or better, led by the women's basketball team at 3.64.

"This is quite an accomplishment for our student athletes and we are proud of their efforts," said UNA Athletic Director Mark Linder. "This says a lot about the type of student athletes that we are recruiting here at UNA and these results are a tribute to the combined effort made by our student-athletes, coaches and staff."

MSSH on 5th AP Honor Roll

MUSCLE SHOALS — Muscle Shoals City Schools is one of 547 school districts in the U.S. and Canada and one of five districts in Alabama being honored by the College Board with placement on the 5th Annual AP[®] District Honor Roll. The recognition is for increasing access to Advanced Placement course work while simultaneously maintaining or increasing the percentage of students earning scores of 3 or higher on AP Exams.

Reaching these goals indicates that the district is successfully identifying motivated, academically prepared students who are ready for the opportunity of AP. Since 2012 Muscle Shoals has increased the number of students participating in AP while improving the number of students earning AP Exam scores of 3 or higher. "Excellence in academics continues to be the primary focus behind decisions made in our school system," said

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More Funding from MSEF

MUSCLE SHOALS— The Muscle Shoals Education Foundation recently awarded funding to various programs within the Muscle Shoals school system. This is the second series of awards from

the Foundation in 2014. The first series consisted of scholarship money in May.

• Muscle Shoals City Schools was awarded a grant for \$1,875 for implementation of the Kuder Galaxy, Voyager

& Communicator Program serving students in K-5. This is a curriculum to build career awareness and to support career development. Grades

See FUNDING.. on Page 6

The Muscle Shoals High School wrestling team braved the cold damp air of Monday, December 22 performing some community service for a lady in Muscle Shoals. They raked leaves, picked up tree limbs in the yard, trimmed grass and shrubs, and generally cleaned up the outside of her house on Edison Avenue. Team members had the opportunity to spend time together outside of the school and practice environment and were able to help someone in need during the holiday season. *Courtesy Photo*



Helping Hands

Rogers HS Band at Disney

ORLANDO— Rogers High School Marching Band members became stars of their own Disney show earlier this month when they entertained resort guests at the Epcot Park. The group traveled from Florence, Ala. to the Walt Disney World Resort in Florida to take part in the Disney Performing Arts program.

The marching band, under the direction of John McCombs, entertained hundreds of Epcot Park guests as they marched from the Canadian Pavilion in the

See DISNEY... on Page 6

Partners Forming My Care Alabama

FLORENCE — Through its two Shoals area hospitals, ECM Hospital and Shoals Hospital, RegionalCare Hospital Partners have received approval to form an Alabama-based Regional Care Organization (RCO) called My Care Alabama. The arrangement is a partnership with Birmingham-based

Healthcare Business Solutions, LLC (HBS), a subsidiary of Blue Cross and Blue Shield of Alabama.

The Alabama Legislature approved the use of RCOs as the framework for providing managed care to Medicaid patients in 2013. My Care Alabama is prepared to serve

the more than 120,000 Medicaid enrollees in the ten northern counties of Alabama.

In November of 2014, My Care Alabama named the members of its Citizen's Advisory Committee (CAC.) Both Medicaid recipients and

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Shorts...

MSHS on 5th AP Honor Roll

Continued from Page 1

Muscle Shoals High School principal, **Chad Holden**. "Our superintendent and board members know that the classroom is where it all begins."

Muscle Shoals served as a program school with A+ College Ready from 2010-2013 which provided the district with financial resources for equipment, professional development, evaluation, and performance incentives. The grant ended in 2013 and the system became a partner school, continuing to provide Muscle Shoals with \$5,000 in matching funds to support similar components of an AP program.

UNA Honor Orchestra

FLORENCE – The University of North Alabama Department of Music & Theatre, in conjunction with the Shoals Symphony Association and the Peery Center for Orchestral Studies, will host the first-ever UNA Honor Orchestra weekend January 9-10. "It is important to recognize the talented string students found in the state of Alabama and in our region," said Dr. Daniel Stevens, artistic director and conductor of the Shoals Symphony at UNA. The importance of recognizing these students goes beyond the performance hall."

The weekend will culminate with the UNA Honor Orchestra Concert on January 10 at 7pm in Norton Auditorium. The concert will feature the Shoals Symphony at

UNA and the UNA Honor Orchestra participants.

"The hour-long concert will include four exciting works for the honor students alone - Seigfried Idyll performed by the Shoals Symphony at UNA and two pieces with the entire cast of more than 100 musicians," Stevens said.

He promised the final number, "Warrior Legacy," is a "Batman/Superman/

Pirates of the Caribbean type of adventure," concertgoers will not want to miss.

Tickets for the concert are \$5 and are available at Kennedy-Douglass Center for the Arts or at the door. For more information, contact the UNA Department of Music and Theatre at 256-765-5122 or www.una.edu/shoals-symphony.

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Helping Others

My grocery budget is tight, but I want to contribute to our church's food pantry. Therefore, I started watching for buy-one-get-one offers. If it's an item that I use, I keep one for my family and put the second in the food pantry box. It might be a little bit more expensive than buying the item on sale, but it still doesn't cost much to help those who are

really struggling financially.
Kaelin

When the Natural Food Market Is Cheaper

I like to buy organic, but often the prices are pretty high. I've found one exception. That's dried herbs and spices. Instead of buying those little bottles, I buy herbs and spices by the pound at the natural food store. Typically I'm only

buying an ounce or two, so it's only a few cents. Why pay for a bottle and packaging that you'll only throw away later?
Anika

Save Time & Money Later

With four kids in the house, we get a lot of invites to birthday parties, so I always shop the after-Christmas sales for solid color wrapping paper and bows. I try to buy enough to last me for the entire year. Not only do I save money, but also I don't have to make a special trip to the store to get wrapping paper when a party pops up.
Lurlene

Helping Elderly Parents

My mom had a stroke, and I'm taking care of her finances. I have power of attorney and am listed as co-trustee of her trust. But there are some things in the trust (which was written 25 years ago) that I think she would change if she could. Now, she's not mentally aware, so no changes can be made. If your parents have a trust that's more than a few years old, you should encourage them to have an attorney specializing in elder law review it. It might cost a couple hundred dollars, but it could avoid some of the problems that I'm dealing with now.
Donna

Free Theatre?

I live in Seattle, and many of the local professional theatres let you see plays for free if you volunteer to help with the show. This usually consists of selling coffee or taking tickets. We've also found that many of the theatres have a "pay what you can" night. We like to pay as much as we can to support the theatre, but definitely less than a single ticket would usually cost. And if you're not crunched for time, many theatres will sell their tickets at half price 15 minutes before the play starts if it is not sold out. This is usually not a problem on a weeknight or towards the end of a run. We've even gotten last minute tickets on a Saturday night.
Amy F. L.

Disposing of Cooking Oil

I used to wash the bit of oil in the bottom of my fry pan down the drain. That seemed better than pouring it into the trash and hoping that my garbage bag wouldn't leak. Then I started having problems with my septic system and got some advice from a neighbor. She said that when she has a little grease or cooking oil in the bottom of a pan, she soaks it up with newspaper or junk mail if she doesn't have newspaper. The paper soaks up the oil and doesn't cost her anything. Then it goes into the trash and never leaks!
Nikky

Caring for Suede

After living in North Dakota my entire life and owning a suede coat during college, I found the best way to keep it nice was to purchase a can of the suede protector spray from a leather store in the mall. I sprayed my coat every fall after having it professionally cleaned and it worked great. I wore it for four years in college (walking everywhere in frigid temps, rain, sleet and snow!) and finally gave it away since I moved to a climate where a suede coat filled with down just wasn't a practical winter coat. The spray repelled the water and stains and having it professionally cleaned every year kept it looking nice.
Jane

Ready for Biscuits

We love homemade biscuits. Like most families, we don't have a lot of time. When I do make biscuits, I make a triple batch. After I cut them out, I put most of them on aluminum pans, cover them with wax paper, and freeze them. Whenever we want some, I thaw them out and bake a few or a whole batch. When I take them out of the freezer, I remove the wax paper and let them sit for a few minutes. Then I bake them at 450 degrees until they're golden.
Rudy

See DOLLAR... page 20

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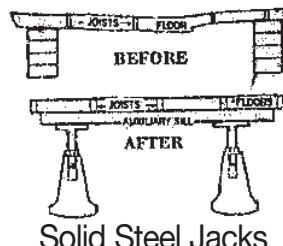
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Welcome to the world of Noah

Signs are here. See Luke 21-25-27

Just how was it in Noah's day? We read in: **Genesis 6:5** "And GOD saw that the wickedness of man was great in the earth, and that every imagination of the thoughts of his heart was only evil continually". And we read in: **Genesis 6:11-13** "The earth also was corrupt before God, and the earth was filled with violence. And God looked upon the earth, and, behold, it was corrupt; for all flesh had corrupted his way upon the earth. And God said unto Noah, The end of all flesh is come before me; for the earth is filled with violence through them; and, behold, I will destroy them with the earth". And He did. We read in: **Matthew 24:37** "But as the days of Noe (Noah) were, so shall also the coming of the Son of man be." And in: **Matthew 24:39** "And knew not until the flood came, and took them all away; so shall also the coming of the Son of man be." **Look around you, the signs are visible today.** Now you may or may not be part of the problem of promoting the current trend of global wickedness, and you may ignore this little article, and trash it, but you will never be able to deny you had an opportunity to make a difference in your life and the lives of your family and change your own little world for good and the betterment of the area we live in.

We read in: **Genesis 4:7** "If thou doest well, shalt thou not be accepted? and if thou doest not well, sin lieth at the door. And unto thee shall be his desire, and thou shalt rule over him." **Sin lies at the door of every person on this planet. If you let him (sin) in, he will control you.** The flesh doesn't know how to satisfy its appetite for sin. Friend, you don't have to live and die in your sin. Jesus Christ and Almighty God want you to live in heaven with them forever. This world isn't your final home. Christ died for our sins so He could free us from the power and penalty of sin. Would you let Him save and free you today? Without Christ, you are on a dead-end street headed for the lake of fire. May Jesus Christ help you today. **Give your family and nation a new mom or dad for Christmas.**

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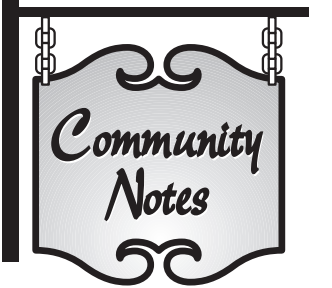
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The Lauderdale County Solid Waste Department and Lauderdale County Landfill will be closed Thursday, January 1 in observance of New Year's Day. Garbage collection service in Lauderdale County will run one day later on Thursday and Friday only. Please have your garbage carts out by 7am.

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

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!

Olen and Nancy Johnson Will Be Guest Singers at Revival Tabernacle Thursday, January 1 at 7pm. Robertson Blvd. Sheffield. Come join us as we worship the Lord in song.

LifeSouth Blood Drives - December 2014. ECM Center, 205 Marengo Street, Florence, Phone 256-765-7038. The hours are: Monday-Friday 9am-5pm, Saturday 9am-3pm, Sunday 1-5pm. Keller Center, 1208 S Jackson Highway, Sheffield, Phone 256-383-3535. The hours are: Monday-Friday 9am-5pm. Wednesday, December 31, 10am-4pm, Wal-Mart, 3100 Hough Rd., Florence

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:

- January 6, 10am-5pm
 - January 20, 10 am-5pm
 - February 3, 10am-5pm
- Questions about these sessions should be directed to Catherine Rice at 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.

Kennedy-Douglass Brown Bag Lunch Meeting will be at 11:30am-1pm on Friday, January 9 at Kennedy-Douglass Center for the Arts, 217 East Tuscaloosa St., Florence. Beverages and dessert will be furnished at 12noon. Speaker will be Dr. William Cale, President Emeritus of UNA. For questions, please call 256-760-6379.

What in the World Is Steampunk? Saturday, January 17, 12pm at the Florence-Lauderdale Public Library. You may have heard the word "steampunk" and wondered, "What in the world is that?" Learn more about this trend in books, film, and fashion during this event, which will include an introduction to steampunk, a book talk, and a fashion show.

On Friday, January 30 each Muscle Shoals school will have local musicians performing for "And The Beat Goes On" 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" event will start with a kick off celebration on Thursday evening, January 29, 6:30pm, at Highland Park Baptist Church 503 Wilson Dam Road, Muscle Shoals.

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ASK THE ATTORNEY



Thomas McCutcheon

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

Q My son was arrested for possession of marijuana with possible intent to distribute. He had 15.2 ounces. He stayed in jail for one week because he couldn't make his bond. Finally we got enough money to pay the bondman and he went back before the judge and the judge wouldn't appoint him a lawyer. My son is on disability and can't afford a lawyer and he needs help. What can we do?
- Renee, Athens, AL

A He absolutely needs a lawyer. The difference between simple possession, which is a misdemeanor (minor crimes punishable by no more than one year in county jail) and a distribution charge which is felony (serious crimes punishable by prison time and loss of civil rights including the loss of the right to vote, serve on juries, and all sorts of other

impediments to living a normal life) is huge.

I don't do criminal work but sat second chair in a case like this. Second chair means I worked for a more experienced attorney who tried the case while I watched. In that case, I believe to this day that the defendant claimed the marijuana so his son wouldn't get in trouble. The defendant was charged with intent to distribute but the jury (partly through the efforts of this very talented lawyer) rendered a verdict for personal use possession and the judge fined the man \$250.00. Had he been found guilty of a felony the consequences would have been severe.

In all criminal cases, including paternity cases and civil and criminal nonsupport cases which may result in the jailing of the defendant, in any court of this state created by authority of the Constitution of Alabama of 1901, as amended, when a defendant is entitled to counsel as provided by law, the court must determine whether or not the defendant is able financially to obtain the assistance of counsel.

Alabama Code §15-12-5 is the law about how a court decides whether someone is indigent (unable to afford an attorney). The court will require an affidavit of substantial hardship that lists in detail the financial resources available to the defendant and the court may order an investigation and report in determining whether someone is entitled to an appointed attorney.

Judges really don't like people trying to represent themselves. It is usually very awkward to watch and most people just can't manage the court system on their own. I can't tell you why the judge is not appointing an attorney but if your son truly cannot afford one, I suspect one will eventually be provided.

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

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

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

UNA Prominent In Final NCAA Division II Football Statistics

INDIANAPOLIS - The University of North Alabama is ranked prominently in the final NCAA Division II football statistics, finishing with ten category rankings in the Top 20 nationally. UNA went 9-2 in 2014, winning a share of the Gulf South Conference Championship and earning a berth in the Division II Football playoffs.

UNA averaged 35.9 points and 440.2 yards per game, while allowing just 18.2 points and 346 yards per game.

The Lion offense ranked among the national leaders in six categories, while the UNA defense was in the Top 20 in four.

The Lions ranked sixth nationally in fewest passes had intercepted (7), seventh in team passing efficiency (164.33), ninth in completion percentage (65.6), 10th in red zone offense (88.5), 12th in third down conversions (48.3) and 18th in passing yards per completion (14.66).

The UNA defense ranks 13th in passing efficiency defense (101.26), 18th in fewest passing yards allowed per game (174.2), 18th in scoring defense (18.2) and 20th in passes intercepted (16).

UNA junior quarterback Luke Wingo of Tuscaloosa, Ala., ranked among the Division II national leaders in four categories as he was fifth in completion percentage (67.6), fifth in yards per pass attempt (9.63), ninth in passing efficiency (162.0) and 19th in passing yards per completion (14.23). For the season, Wingo completed 161 of 238 passes for 2,291 yards and 14 touchdowns while throwing just seven interceptions.

UNA'S TEAM OFFENSIVE RANKINGS

6th - Fewest Passes Had Intercepted (7)

7th - Team Passing Efficiency (164.33)

9th - Completion Percentage (65.6)

10th - Red Zone Offense (88.5)
12th - Third Down Conversion (48.3)
18th - Passing yards Per Completion (14.66)

UNA'S TEAM DEFENSIVE RANKINGS

13th - Passing Efficiency Defense (101.26)
18th - Fewest Passing yards Allowed Per Game (174.2)
18th - Scoring Defense (18.2)
20th - Passes Intercepted (16)

UNA'S INDIVIDUAL RANKINGS

Luke Wingo
5th - Completion Percentage (67.6)
5th - Yards Per Pass Attempt (9.63)
9th - Passing Efficiency (162.0)
19th - Passing Yards Per Completion (14.23)

UNA Ends at #16

UNA finished the year ranked 16th in the final American Football Coaches Association NCAA Div. II poll. The ranking marks the 20th time since 1980 that a UNA football squad has been ranked in the final DII Top 25, and it is the tenth time in the last 12 years that the Lions have finished in the Top 25.

UWG Closes Well

West Georgia, coached by former UNA quarterback and Harlon Hill Trophy winner, Will Hall, was the last GSC team standing in the playoffs. The Wolves won three consecutive road playoff games before losing a very close 10-7 game at Colorado St.- Pueblo in the national semifinals. Pueblo went on to win the Division II National Championship 13-0 over Minnesota St.-Mankato on December 20.

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

Questions?
 call our office
256-764-4268.

Funding...

Continued from Page 1

6-12 already have this program.

- Howell Graves Preschool was awarded a \$2,500 grant as partial funding for a future state-of-the-art playground.
- Highland Park Elementary was awarded a \$3,400 grant for classroom and gymnasium technology equipment
- Webster Elementary was awarded a \$925 grant for an outdoor classroom and Muscle Shoals Career Academy students will help build tables for it.
- McBride Elementary School was awarded a \$3,307 grant for part-time technology instruction and equipment.

• Muscle Shoals Middle School was awarded a \$4,000 grant for sound and visual gymnasium equipment.

• Muscle Shoals High School was awarded an \$8,438 grant to upgrade auditorium sound equipment. Each school in the Muscle Shoals School System uses the auditorium.

• Muscle Shoals Career Academy was awarded a \$1,467 grant for student pipefitter training stations.

The total distributed was \$25,912.

The Muscle Shoals Education Foundation is funded by way of community support, individual contributions, and payroll deductions.

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My Care...

Continued from Page 1

leaders from key not-for-profit service organizations across north Alabama comprise the eight-member committee. The group represents a broad array of people and their significant work in the community.

Russell Pigg, Chief Executive Officer of the ECM Hospital, said, "As Alabama-based healthcare providers, we felt it was imperative we align ourselves with an Alabama-based healthcare manager in order to provide the best

and easiest access to care for Medicaid enrollees. We have already had good discussions with other area hospitals to continue to expand the network. We have begun meeting one-on-one with physicians and will continue to talk with providers in the coming weeks and months to establish the broadest, most inclusive network possible." There are more than 120,000 Medicaid enrollees in the ten-county north Alabama region.

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Disney...

Continued from Page 1

Epcot World Showcase to Future World.

This was the group's fourth visit to the resort with the Disney Performing Arts program.

Dance, vocal and instrumental ensembles from all around the world apply to perform each year as a part of Disney Performing Arts at both the Disneyland Resort in California and the Walt Disney World Resort in Florida. Once selected, they are given the opportunity to perform at the resort for an international audience of theme park guests. Millions of performers have graced the stages of the Disney Parks in the more than 25-year history of the program.

For more information, visit www.DisneyPerformingArts.com or call 1-800-603-0552.

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Dr. Robert Webb

Ask Dr. Webb

There are a number of myths about palliative care [PC] and hospice. Here are the most common—and the truth about them!

1. *My doctors have given up on me and I will receive no more treatment.* Unfortunately, many people believe this, partially because a doctor may say "There's nothing more I can do". What he's really saying is he has no "cure" for the problem. A referral for PC or hospice then indicates a shift from trying inappropriate "curative" treatments to more realistic "comfort" focused therapies which will actually often help someone live longer!

2. *It's only for people with cancer.* It's easy to forget there are many diseases just as bad or worse than cancer. Anyone with a "Life Limiting Disease" [LLD] can benefit from PC and hospice. Life limiting means the disease would eventually cause death unless something else happens first, and includes conditions like: Alzheimer's, Congestive Heart Failure, emphysema, Lou Gehrig's Disease, Strokes.

3. *It's only for old people.* There are many younger folks—as in under age 65—with a LLD who have benefited tremendously from PC/Hospice.

4. *It means I'm close to death.* Although hospice requires a certification that the patient will die within six months if the disease runs its usual course, PC is available to anyone with a chronic or LLD. Many people live longer precisely because they receive PC/hospice: by improving comfort, patients eat better, socialize and enjoy life more, allowing them to live months longer than expected.

5. *They dope you up & you sleep until you die.* The main reason both doctors and patients may have this delusion is that we all too frequently receive referrals so late that the only option remaining is palliative sedation: using continuous morphine and other drugs to induce a state of sleep so that suffering can be relieved, allowing them to die peacefully, with dignity, and which also leaves the family with a much better closing image.

6. *If I get morphine, I will stop breathing.* Only if it is given in very large doses by injection, will someone stop breathing. The dosages used in our programs are usually small and only enough to control pain, shortness of breath, and general suffering. Studies confirm that there is no relationship between the dose given in PC/hospice programs and causing someone to die prematurely.



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Ask Dr. Webb is a bi-weekly article sponsored by Hospice of the Shoals as a community service to answer questions about hospice care and end of life issues. Please submit questions to ssimpson@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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Chisholm Road Self-Service Storage will hold a public sale to enforce a lien imposed on said property, as described below, pursuant to the Alabama Self-Service Facility Act, Alabama Code 8-15-30 to 8-15-38, at **11:00 AM on Thursday, January 22, 2014**, at Chisholm Road Self Service Storage, **4450 Chisholm Road, Florence, AL 35633.**

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

Tenant Name	Address	Unit #	Stored Items
TAWANNA McCORD	1301 Appleby Blvd. Apt. E7 Florence, AL 35630	E05	Furniture, Boxes, Misc. Items
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THIS ARTICLE WAS INSPIRED by a recent viral Facebook post. The post contained a link that, when clicked, showed a map of your location the past few months on a minute by minute basis. If you've ever seen this, you know how eerie it feels that "Google" knows so much about you. But take a chill pill. The truth is far more interesting.



Fisher

It is important to understand that the location link I described above does not work unless you meet both these requirements: 1) Have a Google account (you have to have one if you own an android phone) and, 2) are logged on to your Google account on your desktop

LOCATION, LOCATION, LOCATION by "The Computer Skeptic"

computer or phone (smart phone users are always logged on). Those who do not have a Google account (or are not logged in to their account) would see nothing when they click the link in that Facebook post. iPhone users have a similar feature built into their phones. That data can only be seen by you.

Here's why this is not scary: ALL cell phone providers know your exact location at all times through cell tower triangulation and GPS. They (or, more accurately, their computers) have to know where you are in order to

deliver data and voice to your phone. Those companies simply make that data available to you if you wish to see it.

Location data is great when you are out of town and looking for a decent Italian restaurant. Just pull up a map, search for "Italian restaurant" and the map will show the restaurants close to your vicinity. Look up "weather" and your phone knows exactly where you are so can deliver the right forecast. Just recently, after returning from a trip to Florida, I could not find where I parked my car

at the Nashville airport. After touring the parking lot for a half hour, it finally dawned on me that I could use Google location history to see exactly where I was the previous Friday. Sure enough, Google had pinpointed my parking spot.

So, both Google and Apple know where you are at all times. Is that scary? I don't think so. After all, "privacy" has become a quaint, archaic notion now. If you are going to participate in the Digital Era, you will leave evidence of your whereabouts all over the place. Fortunately, most of that data can only be accessed by you, by people you choose to share with, and by people with a court order. Or by people who hack into your account as a few Hollywood stars found out recently.

If having all this location

data collected by your phone makes you nervous, iPhone users can turn it off by tapping Settings > Privacy > Location Services. Android users should access Settings>Location>Location Settings. Uncheck stuff and you will become invisible. By all means turn this stuff off if it makes you feel better. But do so knowing that your phone will be less useful.

Jim Fisher owns Excel Computer Services in Florence. Reach him at www.ExcelAL.com

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Guest Editorial

Left-leaning AP says police killings of blacks is year's top story: I vote for Meriam Ibrahim

The end of the year brings all kinds of lists. There are some serious lists which beg the question, what do we honor? The Associated Press chose as its story of the year the police killing of blacks. What I find interesting is that there were more blacks killing blacks this

year. Why wasn't that the AP top story? As well, there were far more unborn black babies killed this year. Why wasn't that the AP top story?

You see, for some reason those stories don't fit the narrative of the Associated Press. Why? And even more curious, who is it at AP who decides what the top story of 2014 would be? We are witnessing one of the most violent Islamic terrorist movements in recent history, but that wasn't worthy as a top story?

Perhaps the AP forgot to consider that Michael Brown committed several felony crimes. One of those was that he chose to assault a police officer, resulting in his own death. According to the CDC, over 300 whites and Hispanics were shot by police, compared to 123 blacks.

Who are these people who selectively choose the top story? The police killings of unarmed blacks in Ferguson, Missouri and elsewhere, and the investigations and tumultuous protests they inspired, were

See MERIAM... on Page 14

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



Allen B. West
Decorated U.S. Army Officer,
Former U.S. Congressman

Courier Journal

in the

Shoals
December 31, 2014

THIS WEEK

Happening
THIS WEEK

Five Steps to Financial Fitness in the New Year

by Dave Ramsey

It's another new year, and that means it's time for yet another set of resolutions. But if you're like most Americans, you'll probably forget your goals by mid-February. So how can you turn your financial resolutions into reality in 2015?

MAKE A PLAN

The number-one mistake people make with their money is they don't bother with a plan. They have no idea where their money is going! The money comes in and the money goes out, and only the names are changed to protect the innocent.

You have to do a budget! Put a name to every dollar you



earn. Tell your money what to do instead of wondering where it went. Remember, it takes at least three months of practice and dedication to really make your budget work.

SAVE FOR EMERGENCIES

Murphy is going to visit. You

know Murphy: If something can go wrong, it will. I promise you it's going to rain from time to time, so you'll need an umbrella. Save \$1,000 in cash as quickly as possible for an emergency fund before you begin

attacking your debt.

After you pay off all your debt except for your mortgage, increase your emergency fund to cover three to six months of expenses. Layoffs happen,

See 5 STEPS... on Page 24

Artistic Rendering Deadline

FLORENCE—The deadline for entry in Artistic Renderings of Youth is February 20. This is a juried exhibit of art work open to students in grades 7-12 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

See ARTISTIC... on Page 24

A SPECIAL PROGRAM OF DULCIMER MUSIC will be provided by the North Mississippi Dulcimer Association from 10am-1pm on Saturday, January 3 at the Parkway Visitor Center located at milepost 266 near Tupelo, Mississippi. The North Mississippi Dulcimer Association teaches dulcimer history, tradition, craftsmanship, and music by sharing its knowledge and talents. The Appalachian mountain dulcimer is the first instrument developed in the United States and dates back to the early 1800s. The National Park Service and the North Mississippi Dulcimer Association invite everyone to listen to the soft sweet sounds of the dulcimer and learn of its extensive history. The program is free. For more information, call 662-680-4027 or 1-800-305-7417.

THE FISH FRY AT EAST COLBERT CHURCH OF CHRIST takes place Saturday, January 3 from 12:30-6pm. All you can eat is \$10. All proceeds go to mission work and benevolence.

THE ANNUAL GET OUT OF TOWN travel series at the Florence-Lauderdale Public Library returns for 2015 getting started with Peru on Sunday, January 4 at 2pm; Tajikista on Sunday, January 11 at 2pm; and Haiti on Sunday, January 18 at 2pm.

"HI NEIGHBORS OF THE SHOALS" MONTHLY COFFEE takes place on Tuesday, January 6 at 10am at the Florence Public Library. Interested women who are newcomers to the Shoals area should call 256-275-3810 for more information.

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The Women's Center
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YOUR Letters

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

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

That Spirit All Year

Editor:

We've all heard the question, Why Can't Everyday Be Christmas? It's a day when people seem to put all the pain and suffering in the world aside and think about the reason for the season. We feel the peace and magnitude of one man who came to earth to suffer for our sins and die to take our burdens of punishment away. Yet, it seems all year long that we forget that gift from God. We fight and disagree with each other and live in sin and do shameful things that we often regret later.

We Christians are all guilty of becoming complacent in our everyday life and not being tolerant and understanding of one another, losing the sight of what Jesus sacrificed for our sins. I know I fall short of the grace of God and sometimes I am not reasonable in my actions and appreciation of life itself. I guess it's human nature to be a little selfish, greedy, and self-centered

sometimes.

With all of the turmoil in the world, killings, and hatred, don't you wish that everybody, whether Christian or non-Christian, could find the peace and love that many of us feel on Christmas Eve and Day?

Don't you wish that every day all mankind could feel the spirit and love of Christmas and make the world a better place?

Paul Sabatino
Florence

“...luckily there was no child in the seat, but the car was destroyed...”

Not Dead in My Yard

Editor:

I want to thank County Commissioner Danny Pettus for bringing up his concerns about Lauderdale County Road 25 just outside Killen. I have those concerns also because that is where I have lived for the last couple of years. I can tell you from experience that this part of the road is going to get someone killed, if it hasn't happened already.

There have been at least seven wrecks in my front yard since I moved here. They have destroyed my fences, the gates, and at least two good-sized trees. All of them were at least fifteen feet from the road. I have lost at least three mailboxes also. The phone company has had to replace the telephone pole so many times I have lost count. The trees across the street are also a great target for cars coming down the hill too fast and losing it.

See LETTERS... on Page 14

JANUARY 2015

Calendar of Events

HELEN KELLER HOSPITAL

 Health System

THURSDAY, JAN. 1

**HAPPY
NEW YEAR!**
EVERYONE!

FRIDAY, JAN. 2

BLOOD PRESSURE & BLOOD SUGAR SCREENINGS

8am-12pm

Hospital - Main Lobby

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WEDNESDAY, JAN. 7

DIABETES SELF-MANAGEMENT EDUCATION

9am • River Room

Teaches you to manage your diabetes through medication, diet and exercise.

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FRIDAY, JAN. 16

BLOOD PRESSURE & BLOOD SUGAR SCREENINGS

8am-12pm

Hospital - Main Lobby

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MONDAY, JAN. 19

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at 256-386-4747 for more information*

FRIDAY, JAN. 23

CPR CERTIFICATION AND CPR RENEWAL

Certification 10am;
CPR Renewal Classes 7:30am & 1pm in River Room
\$50 fee for non-employees.

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www.helenkeller.com • www.kellerbabies.com

Letters...

Not Dead in My Yard

Continued from Page 12

There was the big pickup truck driven by a very nice lady that took out the telephone pole and one of my pine trees. Then there was the guy in the pickup who lost control and hit the trees across the street in both the front end and then spun around and hit another tree with the back of his truck and bounced off that tree and stopped in my driveway. Luckily, the two small kids in the truck were not hurt. Then there was the young lady that came down the hill and took out my mailbox and bounced off one of the trees in my yard and then broke off another one. Luckily she was okay, but the nice mustang looked destroyed.

Then there was another young lady that lost it coming down the hill and hit the telephone pole broadside in her car and destroyed the pole and her car. When I got there to help her the first thing I saw was a child car seat in the back seat where she hit the pole. Again, luckily there was no child in the seat, but the car was destroyed. Then there was a young man coming down the hill who hit a tree across the street with his driver side door. When I got there all I could hear was him gurgling and he wasn't responsive. It took the rescue people at least an hour to get him out. He did, but he isn't in very good shape.

I could go on and on about the other cars that wrecked down there. I could tell you about the people that didn't have any insurance so they couldn't pay for what they destroyed. I could tell you about all of the great Fire and Rescue and Police Officers who have been here to help. I can also tell you that when the Lauderdale Engineer Eric Hill says the best remedy is signage and lowering the speed limit he just has no idea what he is talking about.

There is something wrong with the road and where it transitions from coming down the hill and then straightens out going back up the hill. Come on out and let me show you where it is messed up and see the damage to my property. The main problem is the drivers on the road are just plain going too fast for the road. Not all of them, but most all of them. There is very little police speed enforcement out here so people just fly down the road. They can't be everywhere, so it comes down to the people driving this road. Slow down because I don't want to have to find you dead or permanently disabled in my front yard.

James Johnson
Killen

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Guest Op-Ed

Meriam...

Continued from Page 12

the top news stories of 2014, according to The Associated Press' annual poll of U.S. editors and news directors. In a year crowded with dramatic news developments around the world, the number two story was the devastating outbreak of Ebola in West Africa, followed by the conflict in Iraq and Syria fueled by the brutal actions of Islamic State militants.

"Among the 85 voters casting ballots, first-place votes were spread among fifteen different stories. The Ferguson entry received twenty-two first-place votes, Ebola eleven and the Islamic State story twelve."

So, let me get this right. AP conducts a poll of just 85 editors and news directors who decide the top story of 2014. What pray tell are the political leanings of these astute individuals?

I hope some of the 85 individuals read this post and answer my question. How many blacks were killed this year in inner city black communities across America? How many of them were unarmed, perhaps just simple kids who refused to join gangs? Do their lives matter in your insidious little game of media manipulation and propaganda?

Time Magazine decided their Person of the Year should be the folks who stood on the front lines against Ebola. Perhaps they colluded with the AP folks and decided that since it came in as number one for them, it would be their number one.

It appears the liberal progressive media has a masterful plan to tell us working stiffs what's important. We now live in some Orwellian world where our thoughts, insights, and perspectives matter little — especially if they diverge from what is labeled as mainstream. I suppose those same eighty-five media elitists are the new Soviet style 'politburo' that makes all the determinations for us in our everyday lives and existence.

I applaud the folks highlighted on the cover of Time Magazine, but they did choose to go to West Africa and they had the backing of the best healthcare system in the world. So I must ask, what is it that we honor?

Here is my choice for the story we should honor — Meriam Ibrahim. Her story is one of faith, courage, commitment, and devotion.

If you don't recall this woman and her story, let me just offer a recap courtesy of Terence Jeffrey at CNS News,

"In a year when some of the most exalted public figures in the United States distinguished themselves by advancing

See **COURAGE...** on Page 27

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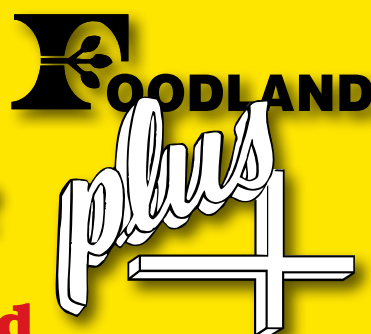
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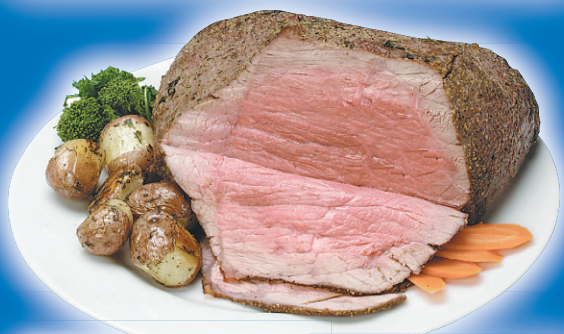
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THE DOLLAR
Stretcher

Continued from Page 3

Buy the Right Ground Meat

I just finished a food science course and learned something that most people don't know. When you buy ground meats, you should pay attention to the name. For instance, ground turkey can be any meaty part of the bird, including white or dark meat and even the skin!

A healthier choice would be to buy "ground turkey breast," or if you're buying beef, you should buy "ground chuck" or "ground round." It costs a little more, but you get what you pay for.

Melody

Just Enough

Seeing the advice about keeping a list of spices in your

cupboard made me think of buying just the amount of spice needed at a health food store. Most health food stores sell spices and many other items like rice, pasta and nuts by weight. I just bring along my measuring cups and spoons and measure out what I need. This is a great way to save on recipes that you make occasionally or for that special holiday recipe that you make once a year. It has been my experience that most special spices cost less than 50 cents and some as little as 25 cents.

MAH

My Menu, My Choice

Instead of purchasing frozen dinners to take for lunch, I make my own. I use the extra servings from a prepared recipe to freeze in sectioned, plastic plates I purchased cheaply at an off-price grocery store. I include the main dish and two side dishes, seal with freezer wrap, and label with a permanent marker. If I do this a couple times a week, I soon have a nice variety of homemade meals, which taste better, have no added chemicals, and cost much less.

Ellen T. in Waterville, Maine

Cheaper Auto Financing

I will share a tip to save on the financing. Go and talk to your bank's loan person, get a number for them and program it into your cell phone. Go to a credit union, talk to the loan person and do the same. Possibly get a third name and number. Now once you have the price of the car nailed down and the papers signed, it will be time to talk financing.

Every time the finance person says, "This is the best deal I can get you," call one of your people and get a counter offer. I have placed four to five calls and shaved 3% of the interest rate. The finance man at the dealer just keeps reaching deeper in his file cabinet for better and better deals. Most of them get a kickback for getting you to accept a higher interest rate than you qualify for, so you need to be careful.

Deborah Z.

2012 CHRYSLER 200 LX, CLOTH, automatic, 56k miles, \$11,722, financing available, call Shannon 256-412-1551 or 256-764-3351

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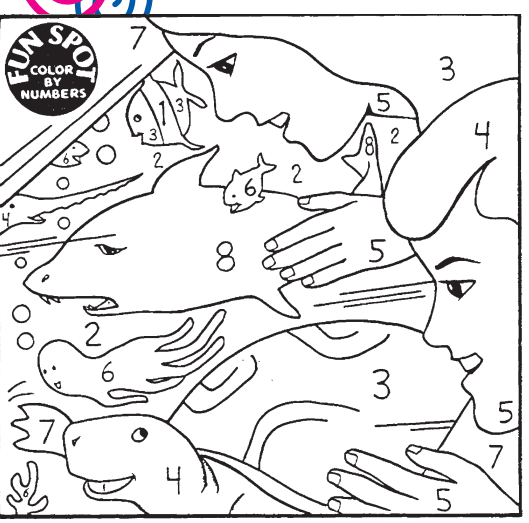
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FUN SPOT
 COLOR BY NUMBERS



FISH EYED! Visitors to this aquarium are enjoying a fine show. Colors: 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:
 OPALESCENCE

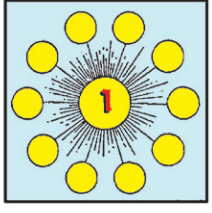
THEN score 2 points each for all words of four letters or more found among the letters.


Try to score at least 50 points.

RING SET! Place numbers 2 through 11 in blank circles of the figure at right so that numbers in each row of three circles across the center will total the same amount.

What amount? That is for you to decide.

Clue: Minimum three numbers-across total is 14 (11 plus 1 and 2). Now, you take it from there.





SCORE GOAL! Let's see if you can score a goal in this ice hockey game. One of four shots finds the net. Which?

SANDWICH SNARLS

When a luncheon party of four ordered sandwiches, their waitress responded to each one's choice with a puzzling remark. To the first diner's order she declared: "Ram honey." To the second she responded: "Aunt won heat." To the third she replied, "Ruin the two key." And to the fourth she asserted: "Ah, me, gr-rub."

Assuming her remarks are anagrams of sandwich names — ham on rye is one — see if you can puzzle them out.

Answers On Page 30

LITTER BERRA! Drop X's to paraphrase Yogi Berra's memorable words — "The game isn't over till it's over":
 YxOxUxCxAxNxNxExVxExRxTxExLxLxTxixixLxLxYxOx
 UxCxAxNxTxExLxL.



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Simple Ways to Maintain Your Mental Acuity



Many people know that a combination of a healthy diet and routine exercise is the best way to maintain their physical health. But what about mental well-being? Memory lapses are often assumed to be an accepted side effect of aging, but such an assumption is incorrect, as there are many steps men and women can take to maintain their mental acuity well into their golden years.

Find time for cardiovascular exercise. Cardiovascular exercise can help men and women

maintain healthy weights and reduce their risk of potentially deadly ailments like diabetes and heart disease. But cardiovascular exercise also can boost brain power. Cardiovascular exercise pumps oxygen-rich blood to the brain, and that blood contains glucose that can fuel brain cells. Cardiovascular exercise also strengthens blood vessels, which can help prevent potentially devastating diseases, such as stroke, that can have a lasting and negative impact on cognitive function.

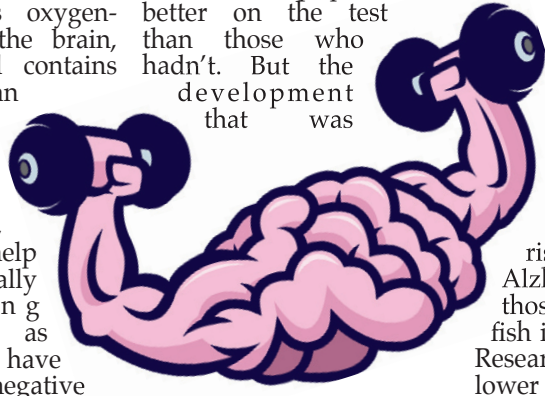
Find time for friends and family. Many people need no reason to socialize, but those that do can now cite boosting brain function as a great reason to get together with family and friends. Routine socialization can keep a brain sharp by reducing its levels of cortisol, a potentially destructive hormone brought on by stress. Researchers also believe that routine interaction with other people stimulates structures in the brain's frontal lobe that are likely responsible for planning, decision making and response control.

Squeeze in a nap every so often. Naps can have a reenergizing effect on men and women, but a study from German researchers also found that naps also can improve memory. In the study, researchers divided participants into three groups: people who would stay awake for 60 minutes;

people who would sleep for six minutes; and people who would sleep for 30 to 45 minutes. After the hour was up, participants were given a word recall test, and those who slept performed better on the test than those who hadn't. But the development that was

performed just as well on the test as those who slept for far longer, leading researchers to suggest that men and women need not take long naps to improve their memories.

Include fish in your diet. A study from researchers at Chicago's Rush University Medical Center found that people who eat fish once per week have a 60 percent lower risk of developing Alzheimer's disease than those who do not include fish in their weekly diets. Researchers credit this lower risk to DHA, an omega-3 fatty acid that is found in both the brain and in fish such as salmon and tuna.



perhaps most interesting was that those who slept for just six minutes

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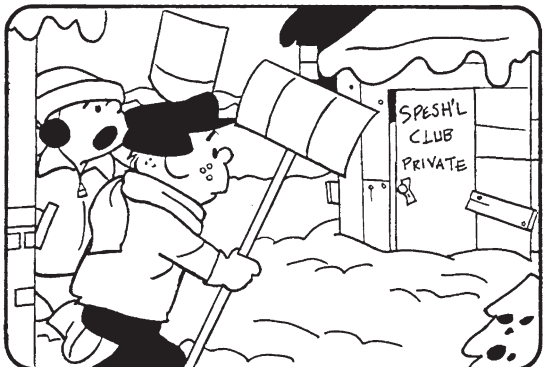
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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Cap is different. 2. Scarf is shorter. 3. Glove is smaller. 4. Shovel is turned. 5. Doghouse is missing. 6. Sign is missing. 7. Snow is missing. 8. Snow is missing. 9. Snow is missing. 10. Snow is missing. 11. Snow is missing. 12. Snow is missing. 13. Snow is missing. 14. Snow is missing. 15. Snow is missing. 16. Snow is missing. 17. Snow is missing. 18. Snow is missing. 19. Snow is missing. 20. Snow is missing. 21. Snow is missing. 22. Snow is missing. 23. Snow is missing. 24. Snow is missing. 25. Snow is missing. 26. Snow is missing. 27. Snow is missing. 28. Snow is missing. 29. Snow is missing. 30. Snow is missing. 31. Snow is missing. 32. Snow is missing. 33. Snow is missing. 34. Snow is missing. 35. Snow is missing. 36. Snow is missing. 37. Snow is missing. 38. Snow is missing. 39. Snow is missing. 40. Snow is missing. 41. Snow is missing. 42. Snow is missing. 43. Snow is missing. 44. Snow is missing. 45. Snow is missing. 46. Snow is missing. 47. 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No representation is made that the quality of legal services to be performed is greater than the quality of legal services performed by other lawyers.

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5 Steps...

Continued from Page 12

cars break down, and kids get sick. A fully-funded emergency fund can turn these disasters into nothing more than minor inconveniences.

Don't make the mistake of putting life's emergencies on a credit card. You'll end up paying on them for months or even years to come. An emergency fund gives you the peace of mind that comes with knowing you can handle whatever life throws at you.

USE THE DEBT SNOWBALL

List all of your debts, except your house, from smallest payoff balance to largest. Make the minimum payment on every debt except the smallest and put every extra dollar you can find toward the smallest debt until it is paid.

If you can find a way to generate extra income, do it! Take on a part-time job for a while or have a big yard sale and get rid of that stuff you never use, wear or didn't want in the first place! Then focus on paying off the next smallest debt, then the next, then the next, rolling the money over each time.

HAVE PLASTIC SURGERY

Cut up all of your credit cards. We call this a plasectomy. Everyone says they pay off their credit cards each month, but the truth is virtually no one does.

Carnegie Melon



conducted a study that showed when McDonald's began accepting credit cards, the average purchase increased by 47%. People are more reluctant to spend money when they see tens and twenties leaving their wallets and going into someone else's. You really feel it when you have to lay out cash. Get rid of the credit cards!

INVEST FOR THE FUTURE

When you're debt-free and have a fully funded emergency fund, you're ready to start planning for the future. Invest 15% of your income in a 401(k), Roth IRA and other tax-advantaged retirement plans. Why not more? Because the extra money you'll save can go toward saving for college (if you have kids) or paying off your home early.

Do these things sound like a dream? Well, I can tell you from experience that some dreams do come true. If you're willing to be disciplined and focused, live on a budget, and have a plan for your money, the sky is the limit. Make 2015 the year you begin to live like no one else, so later you really can live like no one else!

**Dave Ramsey is America's trusted voice on money and business. He's authored five New York Times best-selling books, and The Dave Ramsey Show is heard by more than 8 million listeners each week on more than 500 radio stations.*

DAVE Says

by DAVE RAMSEY

TRYING TO HELP A FRIEND

Dear Dave,
 I have a friend who is experiencing financial problems. She is between real jobs at the moment and only bringing in about \$600 a month. But even when she's working regularly, she doesn't budget or manage her money wisely, and she's always looking for more money. On top of all this, she's holding out hope for her dream job out of state. She interviewed several months ago, and hasn't heard anything from the company. What can I do to help her?

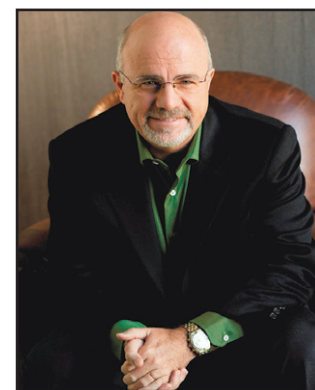
Gina

Dear Gina,
 I don't mean this as an insult so much as an observation, but your friend sounds kind of flighty and impulsive to me. I think she may also be a bit immature. So what we're really talking about here is how to get your friend to grow up a little bit and stop chasing rainbows. Don't get me wrong. There's absolutely nothing wrong with having a dream job, but you have to be realistic and practical at the same time.

Right now, I want her chasing three or four smaller job rainbows at once so she'll actually have a chance of catching something. When you chase just one, in most cases you end up with nothing. The first thing I'd tell her is that the most employable people are ones who aren't broke. When you go into an interview and you're broke, you come off as tense and desperate, and you don't make a very good job candidate.

The answer to that, when you're basically unemployed, is to work any job - and any three or four jobs. Wait tables, deliver pizzas or mow yards. I don't care what, just generate some income. Work all the time and smile! You never know when you might be talking to your next employer. You could be walking someone's dog one day and end up in their marketing department the next. But none of this will happen if you're trying to feel better about yourself by sitting home watching Oprah reruns.

I assume that since you're friends, she's willing to listen to what you have to say. But



if she won't, all you can do is pray for her. Remember the old saying, "Those convinced against their will are of the same opinion still."

—Dave

HONEYMOON ON A BUDGET

Dear Dave,

I just got married, and my husband and I want to book a combination honeymoon and New Year's trip to celebrate. We don't have all the money for it right now, but will have in a few weeks. We were thinking about booking the trip on a zero-interest credit card, and paying it off when we have all the money. I know you hate debt, but would this be okay since it would be a very short-term debt?

Laura

Dear Laura,
 I know you guys are excited and happy about being married. And I wish you all the happiness in the world. But I don't recommend credit cards of any kind, for any reason, whatsoever.

I don't want to burst your bubble, but if you can't pay for this trip up front you can't afford it. Believe it or not, lots of people postpone wedding trips until they've had a chance to save up a little bit of money. Some folks have never even gone on a honeymoon trip, and they have great, loving marriages.

My advice to you and your new husband is to work, and save up a little bit more. Maybe one or both of you could pick up extra jobs for a little while, and make it happen sooner. Then, when you can pay cash for the trip, go have a blast on a honeymoon you can afford!

—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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Artistic...

Continued from Page 12

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 two-dimensional entries must be matted or framed.

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

Kennedy-Douglass Center for the Arts is located at 217 East Tuscaloosa Street. Admission is free and hours are 9am-4pm, Monday - Friday. Call 256-760-6379 for more information.

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Soap Opera Preview

THE BOLD AND THE BEAUTIFUL

Knowing that the tables soon may turn, Maya held her tongue during a venomous confrontation with Caroline. Ridge had a candid conversation with Carter about his feelings for Caroline and what he planned to do about it. Eric was torn when Carter, as legal counsel, advised him not to sign the papers that Rick had delivered. Liam and Ivy shared similar ideas about how they wanted to spend their first New Year's Eve together as a couple. When Eric began to waver about signing the documents, Carter sent Ridge an urgent warning. Caroline got the shock of her life when Maya made an unexpected appearance during a board meeting. *Wait to See: Ivy defends her family.*

DAYS OF OUR LIVES

Melanie warned Jordan about dating Chad, dropping a tidbit about her own past with the young, smooth DiMera. John asked Marlena for a chance to start over. Clyde sought out Aiden's services. Paige demanded an explanation from JJ about why he broke up with her. Eric was livid when he discovered what Nicole had been up to in regard to Serena. Brady was thrown by Melanie's odd behavior, not realizing that she felt awkward after their close moment on Christmas Eve. Chad confessed to Jordan about his tumultuous past with Melanie. JJ admitted to Paige that he slept with someone else. Sonny's dreams were crushed. While ringing in the New Year, Melanie and Brady shared an unexpected, passionate kiss. *Wait to See: Rafe accuses Chad of sending the letter that got him fired.*

GENERAL HOSPITAL

Maxie and Nathan both encountered obstacles in their travels as they tried to make their way back to each other for New Year's. Jordan came up with a new cover in order to save her life. Patrick and Sam discussed the state of their relationship and decided to spend New Year's together. Carly helped Jake find a job. Jordan filled Shawn in on her latest plan. Carly and Jake found themselves in a compromising position. Elizabeth shared an emotional moment with a loved one. Alexis accused Julian of purposely making her jealous. Ned had a warning for Olivia. Sloan and Anna argued about his investigation. Duke and Lucy shared an open and honest chat about their feelings. *Wait to See: Luke has a hunch about "Fluke."*

THE YOUNG AND THE RESTLESS

Ashley told Jack about Tobias spying for Victor. Dylan asked Michael if he could cover the law office for a month so that he could take Avery on an extended vacation. Sage warned Adam not to underestimate her importance in his life. Phyllis asked Hilary for help in arranging a surprise for Jack. Nick was worried that Sage thought less of him when she found out he was Victor Newman's son. On New Year's Day, Nikki resolved to stay true to her sobriety. After Michael's cancer diagnosis, he and Lauren resolved to live every day to the fullest. *Wait to See: Phyllis sets a trap for Kelly.*

Mall Drive Self-Service Storage will hold a public sale to enforce a lien imposed on said property, as described below, pursuant to the Alabama Self-Service Facility Act, Alabama Code 8-15-30 to 8-15-38, at 11:00 AM on Friday, January 23, 2015 at Mall Drive Self-Service Storage, 2708 West Mall Drive, Florence, AL 35630.

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

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Old Times Revisited

I've been blessed during my sportscasting career by being able to do what I've always wanted to do while growing up. That was to be a sportscaster. I've been behind the mike for close to 2,000 games and been fortunate to be a part of calling state championships, national championships and an untold number of thrilling games.

Of all the coaches and players I've been associated with, it's always a thrill to run into some of those acquaintances and relive past memories. One such event occurred recently in a local restaurant when I saw Tony Clanton for the first time in almost thirty years. Tony was one of my all-time favorite players while I was broadcasting Coffee High School basketball games.

Tony was destined for stardom at an early age when he was a member of the Shoals Junior Olympic basketball team at age 12. That team finished fifth in the nation at the national championships in Indianapolis. At Coffee

High School, Clanton was the point guard on the Yellow Jackets' 1982 freshman team that posted an undefeated 25-0 record.

He started three years on the varsity and was named to the All-TVC team in 1983-'84, All-Region 14 team and Class 6A All-State team in 1985. He was the TimesDaily Player of the Year in 1985. Clanton signed a scholarship with David Lipscomb and was a member of the school's NAIA National Championship team in 1985-'86.

He played in the Goodwill Games in Tokyo in 1986 competing against Japan and Sweden. Clanton transferred to UNA for his final two years. A broken foot sidelined him his junior season but he started at point guard as a senior. He was named team captain and made the All-GSC Academic Team. Our chance meeting was brief, but special. Those kind always are.

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

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Guest Op-Ed

Courage...

Continued from Page 14

unjust causes or cowardly refusing to seriously resist them, a pregnant mother imprisoned in Sudan with her 18-month-old American son set a standard for saintly courage."

"When a Sudanese court told Meriam she must renounce her Catholic faith and convert to Islam or be hung by the neck until dead, she gave a non-negotiable answer: No."

"Meriam was born in Sudan to a Christian mother and a Muslim father who abandoned the family when Meriam was six. Her mother raised her a Christian. In December 2011 in a Catholic church in Khartoum, Meriam married U.S. citizen Daniel Wani. A Catholic priest



Ibrahim

witnessed their marriage; the Archdiocese of Khartoum certified it. Daniel had emigrated from Sudan to

New Hampshire in 1998 and was naturalized in 2005."

"In November 2012, eleven months after she and Daniel were married, Meriam gave birth to their first child, Martin. By law, because he was the son of a U.S. citizen, Martin was a U.S. citizen. In February, Sudan threw Meriam and Martin in the Omdurman Women's Prison. Meriam was then five months pregnant with her and Daniel's second child."

So, what do I honor? A woman who refused to surrender her faith, her God. A woman who cared for her American son while chained and gave birth to another child while imprisoned. A woman who knows firsthand the blessing of liberty and freedom and was willing to "give the last full measure of devotion" for what she held most dear.

To the 85 polled by the Associated Press I tell you this simple truth — you do not speak for me. Chances are there are many who feel the same.

ISIS was the top story of 2014, but with men and women who have the faith of Meriam Ibrahim, they shall be defeated.

Originally published December 26, 2014 at AllenBWest.com

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pet connection

TOP NEW PET PRODUCTS

10 new products — and a bonus item — to improve your life with your dogs and cats

By Dr. Marty Becker
Universal Uclick

The multibillion-dollar pet industry keeps coming up with ways to make our lives with animals better. Some are toys, some are veterinary products, some are home and pet-care items. I see them throughout the year as I travel to trade shows and veterinary conferences, and I try them out myself when possible or get my colleagues' input. Here are 11 new products that I think are winners.

❖ **KittyKaddy Double Diner and Torus Ceramic Diner.** As I age — I just turned 60 and feel stiffer — it becomes harder to bend over. That's when devices like this, which let you fill and clean pet food and water bowls without bending over, catch your eye. A long, detachable handle allows you to pick up the bowls easily.

❖ **Zen Clipper.** Most nail clippers either crush part of the nail when cutting or make it too easy to cut too close and hit a blood

vessel or nerve. Ouch! The Zen Clipper slices the nail 360 degrees at once while preventing you from trimming too much.

❖ **Tidy Cats LightWeight.** Do you feel like you get a workout every time you pick up a container of cat litter? The folks who originated cat litter 50 years ago have developed a new litter that is lighter and more absorbent. Now my 89-year-old mother-in-law, Valdie, feels like Popeye as she carries a jug in each hand.

❖ **Muffin's Halo.** I have a blind 14-year-old golden retriever, Shakira, who looks a little funny running around Almost Heaven Ranch in angel wings and a halo, but the halo protects her face and eyes the same way a face guard does on a football helmet. Now I don't have to worry that she'll hurt herself running into things.

❖ **Ultra Fel-O-Vax.** Cats are small and vaccine volumes seem big, especially as they're being injected. Ultra Fel-O-Vax has only half the volume of normal vaccines, making for a more comfortable vaccine

experience. That's what I call state-of-the-art technology with state-of-the-heart comfort.

❖ **Galaxy Wands.** Older cats seem to become kittens again when they play with these wands that mimic the movements of prey. I like the collapsible handles, which make storage easy — assuming your cat lets you put it away.

❖ **Ultra Duramune and Bronchi-Shield Oral.** These vaccines for dogs improve comfort level in two ways. Ultra Duramune has only half the volume of normal vaccines, so the injection doesn't last as long, and Bronchi-Shield Oral slides down the throat, preventing the gagging that often occurs during intranasal canine cough vaccines.

❖ **Planet Dog Orbee-Tuff Maze.** Talk about a brainteaser! This twist on a puzzle toy engages a dog's senses of sight, hearing and smell as he works to release the treats inside.

❖ **Apoquel.** There's almost nothing worse than an itchy dog. This anti-itch medication is so powerful that the misery some dogs have endured for years is gone after the first dose. (Tip: Always read the label with your veterinarian to make sure a particular medication is appropriate for your dog.)

❖ **Chuckit! Max Glow Kick Fetch.** Nobody wants to come in from playing



just because it's dark, and that includes dogs. This ball not only glows in the dark, it has a special grooved design that makes it easy to pick up. Play on!

❖ **Bissell PowerGlide Pet Vacuum.** Everybody needs a vacuum cleaner, but this one has special features for pet owners: It picks up more dirt and hair, swivels around your furniture (where pet hair often collects), and has a filtration system to help reduce allergens. Plus \$10 from each purchase (\$20 in December) goes to the Bissell Pet Foundation to help homeless pets. That's a win-win.

pet buzz
Famous Janus cat passes at age 15

• Frank and Louie had two faces but only nine lives, and he lost his last one on Dec. 4, reports Kim Ring for the Telegram & Gazette in Worcester, Massachusetts. The unusual cat, owned by Martha Stevens, held a Guinness World Record for being the oldest of his kind. Most Janus cats — so-called after the two-headed Roman god of beginnings and passages — die shortly after birth, but Stevens tube-fed him until he learned to eat on his own. Frank and Louie had two noses, two mouths and two functioning eyes, plus a blind center eye, but only one brain.

• Is your dog overweight? He might not have the right bacteria in his gut. A report published in November in the Journal of Veterinary Internal Medicine found that the beagles in the study who gained weight had less diversity of bacteria in their guts than the dogs who ate restricted amounts of food to maintain optimal body condition. The lean dogs also had different types of microbes. It may be that too much of certain types of bacteria can lead to body chemistry changes that cause obesity, but more research is necessary before that can be confirmed.



• Maine coon cats, despite their name, aren't the result of a fling between a cat and a raccoon. American originals, they were developed in New England as all-purpose farm cats and companions. The winner of the first cat show held in the United States was a Maine coon named Cozey, an apt name for these large, fluffy cats with easygoing dispositions. Maine coons are best known for their striking tabby coats, but they also come in many other colors and patterns. Not surprisingly, they are the official state cat of Maine.

— Dr. Marty Becker, Kim Campbell Thornton and Mikkel Becker

The sturdy Maine coon is dressed for cold weather with a neck ruff, "britches" on his legs, tufted feet and a big, bushy tail.

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

Notes...

Continued from page 4

Big River Broadcasting Presents: "Graceland" and "Asleep On the Wind" by Ellen Byron. Celebrating Elvis' 80th Birthday: January 8, 2015 at The Zodiac Theatre on January 8-10 at 7:30pm and January 10 at 2pm. Featuring: Christie Connolly, Forrest Harlan, Jennifer Kilpatrick, Ella Mann. Special Guest Mike Adams as ELVIS! Admission \$7 students, \$10 adults for general seating.

The Tennessee Valley Art Association hosts Bluegrass at the Ritz with Jake Landers & Friends, Saturday, February 21, 2015, from 12noon-10pm at the Ritz Theatre, 111 W. Third St., Sheffield. Admission: \$10 for all or part of the day. For tickets or more information, call 256-383-0533 or visit tvaa.net.

Alabama Industrial Development Training (AIDT) will be offering Leadership Skills I and II at the Shoals Center for Business & Economic Development, 20 Hightower Place in Florence. Each offering is a two-day course.

Leadership Skills I -- is the recommended first course for first-line, team leads and/or new supervisors. The class is offered in a 2-day format. There is a comprehensive test given after the class. If passed, the exam offers the credential of "AIDT Certified Leader I". It is designed for employed Alabama citizens currently in leadership positions.

Leadership Skills II -- is a follow-up course to Leadership Skills I, and includes more advanced topics of supervision. The class is offered in a 2-day format. There is a comprehensive test given after the class, and if passed offers the credential of "AIDT Certified Leader II".

Leadership Skills I Must Be Completed Prior To Taking Leadership Skills II.

Leadership Skills I, February 17-18, 2015, 8am-4pm. Leadership Skills II, March 18-19, 2015, 8am-4pm.

Leadership Skills I, May 20-21, 2015, 8am-4pm. Leadership Skills II, June 17-18, 2015, 8am-4pm.

The cost is \$35 per person to attend any of the two-day classes. The cost includes lunch and snacks on both days.

For more information regarding the classes go to <http://www.aidt.edu/classes/>. Please email christi.graham@seda-shoals.com or call 256-49-5632 to enroll.

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

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

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

St. Florian Senior Center is accepting group card players. We are now accepting reservations on Wednesdays and Fridays. Lunch provided if interested for a nominal fee. Fridays Bingo 10:30am-Noon.

Lunch is served at Noon on Fridays and 11:30am on Wednesdays. For more information call Debi 256-760-6660 or 256-412-4144.

Tennessee Valley Authority Campgrounds and Visitor Centers at TVA Dams and Reservoirs are reducing hours or closing as the 2014 recreation season comes to an end. TVA campgrounds that closed on Nov. 17 Pickwick Dam Tailwater Campground on Pickwick Reservoir and Wilson Dam Rockpile Campground on the Wilson Reservoir. TVA campgrounds will reopen for the 2015 season in mid-March and will be operated by concessionaires.

The Zodiac Players, adult wing of the Shoals Community Theatre, are currently accepting applications for directors for their 2015-2016 season. Applications for director positions or show suggestions should be mailed to P.O. Box 622, Florence, AL 35631.

"Christian Jobs Ministry - Looking for a job?" Let us help. Our Christian Jobs Ministry meets each Monday Evening at 6pm in the Florence Boulevard Church of Christ Annex, 2502 Florence Blvd. Florence. 256-766-3617 Email fbcc@florenceblvd.org or foxace@aol.com

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

The Sheffield Senior Center is open Monday - Friday from 8am-1pm.

The center offers a variety of activities including cards, dominoes, crafts, one-day trips. The center also serves a nutritional meal for those 60 years of age and older. Cost of the meal is \$1 donation. Meal is served at 11am.

For more information, call the center at 256-386-5636.

The Club (Florence Senior Center) serves a Nutritional Lunch each week day at 11am. The only requirement is being 60 years of age. It is not based on need, it is based on age. Suggested donation is \$1. Limited seating. We seat at 10:30am for lunch. If you have any questions call The Club at 256-760-6668, M-F 8am-noon.

Do you need help in obtaining prescription medications? The NACOLG SeniorRx Prescription Drug Assistance Program may be able to help you, if you meet certain program qualifications: Group 1: Age 55 years old or older; Group 2: Disabled of any age in the 24 month Medicare waiting period (disability Social Security Letter required); Group 3: If you are in the Medicare Part D Gap. Contact Janette Sutton at 256-389-0532 or 1-800-243-5463 ext. 532.

Want a job? Want a better job? Get your GED! Free GED Prep classes are located near you. The program is open entry with new students starting classes weekly. For more information, call the Northwest-Shoals Community College Adult Education Program at 256-331-5440 or 256-331-5438.

Hospice volunteers are special people who play a very significant part as a member of the Hospice team. Volunteers often support hospice patients and their families by helping them to cope with a terminal illness, provide bereavement support to survivors after their loved one has passed, and can even assist the office staff with general office duties. Whether you have had a family connection to hospice care and want to give back or are interested in learning more about how to support and comfort those in their final days, we encourage you to explore this truly rewarding volunteering opportunity! Please contact Jill Franks at Keller Hospice, 256-314-1204, to find out how you can make a difference in someone's life!

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GAME DAY SCORE CARD 2014

Game Day Scorecard will return next week with our final contest: **The College Football Playoff National Championship!**

Kyle Baker of Sheffield won Week #17

The winner of **Week #18** will be published January 7. The winner of **Week #19** will be published January 14. Winner of the **National Championship contest** and the full list of winners will be published January 21.




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Answers



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