Taylor's Film About Lange

SHEFFIELD— The Ritz Cinema Society and the Southern Circuit Tour of Independent Film Makers present one of the 20th century's influential documentary photographers, Dorothea Lange, as told through the eyes of her granddaughter, five-time Emmy award-winning director, Dyanna Taylor.

Lange was born in 1895 in Hoboken, N.J. She overcame personal challenges and physical disability and went on to document the human experience with her photography. Lange captured images from the Great Depression such as "White Angel Breadline," "The Migrant Mother," "Ditched, Stalled and Stranded" and others, like those of WWII, "Manzanar War Relocation Camp" which documented the internment of Japanese Americans. Central to her practice was the technique of making herself invisible to her subjects.

"Grab a Hunk of Lightning" will screen at 7pm on Friday, February 19 at the Ritz Theatre at 111 W. Third St. in Sheffield. The film will be followed by a Q&A with director Dyanna Taylor.

Tickets are \$8 for adults and \$7 for students and association members. They are available at the Tennessee Valley Museum of Art, 256-383-0533, ritztheatre.ticketleap and at the door. For more information please contact the TVAA at 256-383-0533 or visit tvaa.net.

ECM Earns Gold Seal

FLORENCE - Eliza Coffee Memorial Hospital recently announced that it earned the Joint Commission's Gold Seal of Approval[®] and the American Heart Association/ American Stroke Association's Heart-Check mark for Advanced Certification for Primary Stroke Center. The Gold Seal of Approval[®] and the Heart-Check mark represent symbols of quality from their respective organizations.

ÉCM underwent a rigorous onsite review in December



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Matthew Massey graduated from Samford University McWhorter School of Pharmacy in 2003. He acquired his first store on Cloverdale Road in 2005

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"Tim fits that mold perfectly and he is one

accreditation standards, practices sound processes, and hires the best personnel to

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principal, Laurie Wilson, kisses Sally, the baby pig shown at left. Courtesy photos

as Joint Commission experts evaluated compliance with stroke-related standards and requirements, including program management, the delivery of clinical care, and performance improvement.

"We congratulate ECM Hospital for achieving this designation," said Nancy Brown, chief executive officer, the American Heart Association/American Stroke

See SHORTs... on Page 6



Pet Connection

See PIG KISS... on Page 6

- Adopt-A-Friend _{III}
- Jr. Whirl Lio
- Shoals Dining
- Ask the Attorney Black History
- Dr's Weekly Quiz Bloody Valentine
- Soaps Hocus

on Page 6

- Knight's Korner

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BAKER'S SAVINGS

My family loves my cookies, so I bake often. I realized that I could reuse the parchment paper on my cookie sheets. I just roll the parchment paper up and put it into an empty paper towel roll to keep it neat. - *Celeste*

HEALTH SAVINGS ACCOUNTS

I was talking with our HR representative when she reminded me that I hadn't listed a beneficiary on my Health Savings Account. I didn't know that if I died, my wife (who is my beneficiary) doesn't get taxed if she assumes ownership of the account. - *Wil*

SCRATCH AND DENT SAVINGS

We recently purchased our first home. We needed to buy appliances but didn't want to run up our credit card balance. So we visited a local scratch and dent store. We found a fridge and stove that had dents on the side that's hidden in our kitchen.



We did have to pay full price for the dishwasher, but still scored a big savings! - *Selena*

TEETHING PUPPY CHEWS

My puppy was teething and chewing on everything. My vet suggested that I take an old kitchen towel, wet it thoroughly, wring it out, and put it in a zipper baggie in the freezer. When frozen, it's hard enough for puppy to chew on and the cold helps sooth any teething pain. It won't stay frozen long, so it needs to be rotated with two or three others. - *Burt*

TOO MUCH INFO

As a Facebook junkie, I love it when people comment on my posts or poke me, but after a friend had her identity stolen, I started wondering about all that personal information I post online. I decided it was wise to remove my address and birthdate from the profile. It's nice getting birthday wishes, but not if it helps someone trying to steal my identity. - Melinda



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March 2 - First Wed. Night Singing March 9 - Doug Jackson March 16 - Ed White March 23 - Stan Dean March 30 - Wayne Wood



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April 6 - First Wed. Night Singing April 13 - Wayne Kilpatrick April 20 - Chris Moran April 27 - Bill Bagents

You are cordially invited to come feast upon God's inspired word as these very able gospel preachers speak during our Wednesday Night Series at 7PM. Please come, bring a friend, and let us study together the scriptures which are "...profitable for doctrine, for reproof, for correction, for instruction in righteousness, that the man of God may be complete, thoroughly equipped for every good work" (2 Tim. 3:16,17). any of our locations through **February 29.**

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Alabama's Largest Direct Mail Weekly

Continued from page 4

Ryerson & Associates, DMD at 1013 E. Avalon Ave. in Muscle Shoals is offering free dentistry at their office to the Shoals community in observance of Valentine's Day. "Dentistry from the Heart" will be performed from 7am-5pm on Friday February 12. It will include a choice of one: cleanings, fillings, and extractions - at no charge on a first come, first serve basis. Dr. James A. Ryerson, Dr. Derek Weigand and other assisting doctors will see as many patients as time allows, so only the immediate need of each person will be ministered to. Patients will, however, be given a health report telling them if more problems exist and if they need to see their general dentist or a specialist. "Dentistry from the Heart" is designed to give those that don't have dental insurance or can't afford treatment an opportunity to be treated without worying about the cost.

Florence Parks and Recreation Department will be conducting online registration for:

Spring Youth Softball now through February 26 for girls 5-12 years old. Age control date is January 1. Registration fee is \$35 per player. For more information contact David Dolan at 256-760-6628.

Spring Youth Baseball now through February 26 for boys ages 3-13 years old. Age control date is May 1. Registration fee is \$35 per player. For more information contact David Dolan at 256-760-6628.

Youth Soccer now through March 14 for ages 4-14 years old. Registration fee is \$45. For more information contact 256-760-6628.

Adult Softball now through March 4. We will be taking registration for Men and Coed Leagues. Team fess is \$400. For more information contact Nicole Lambert at 256-760-6628.

You can register online at www.fpard.com.

NAMI Shoals Support Group for families with adults and/or children who have brain disorders (mental illnesses) meets Tuesday, February 9 at 7pm at the NAMI Shoals office, 749 Thompson St., Suite A. Florence.

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

Open Mic Gospel Singing Friday, February 12 at 7pm at Piney Grove Church, Waterloo, located off Hwy 20 near AL-TN state line. For more info call Pastor Robert Gilchrist, 256-766-1534. Everyone welcome.

LifeSouth Blood Drives for 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: The hours are: Monday-Friday, 9am-5pm.

Tueasday, February 9, 9ám-5pm, UNA-Phi Theta Kappa Alumni Association, In front of the UNA Clock Tower on Circular Drive, Florence

Wednesday, February 10, Noon-6pm, Supreme Beverage Company, 106 W Avalon Avenue, Muscle Shoals

Thursday, February 11, Noon-8pm, Russellville Hospital, 15155 Hwy 43, Russellville

Friday, February 12, 9am-6pm. Walgreens Customer Care Center, 521 W Avalon Ave, Muscle Shoals

Saturday, February 13, 10am-6pm, Walmart, 13675 Hwy 43, Russellville Sunday, February 14, Noon-6pm,

Sunday, February 14, Noon-6pm, Bargain Hunt, 149 Cox Creek Pkwy, Florence Monday February 15 Noon-7pm

Monday, February 15, Noon-7pm, Walmart, 1706 Military St S, Hamilton Tuesday, February 16, 9am-1pm, Tractor Supply Co, 535 Avalon Ave, Muscle Shoals

Tuesday, February 16, 2-10pm, SCA Tissue North America LLC, 1834-B Haley First Class, Alabama's Voluntary Pre-K Program now registering through February 26, 9am-4pm at Florence First United Methodist Church Day School, 415 N. Seminary St., Florence. Lottery to be held February 29 at 9:15am, do not have to be present in order to receive a placement.

The following are required: Completed Family Information form and most recent utility bill as proof of Alabama residency, child's social security card, birth certificate, and Blue Card.

Acceptance to the program is through a random selection process. The registered applicant must meet residency requirements and complete the essential documents set forth by the program. The registered child must be 4 years old on or before September 1, 2016. Children who will not be denied participation on the basis of income, sex, race, color, national origin, or disability. More info: 256-766-2472.

Tuscumbia Parks and Recreation Department will be taking registration for Dixie Youth Baseball and Softball through February 19. Registration fee is \$45 per player and \$20 for each additional player. Please contact the TPRD for any information at 256-386-5655 or email tammyholt64@ comcast.net.

Celebrate Recovery Group meets on Tuesday nights at Rogersville United Methodist Church. Free dinner at 5:45pm, large group at 6:30pm. We are a caring group who wants to help with solutions to everyday life and the hurts, hang-ups, and habits we all face everyday. We pledge anonymity. Small groups start at 6:30pm with a group for men and a group for women. Call Rogersville Methodist Church with any questions. 256-247-0512.

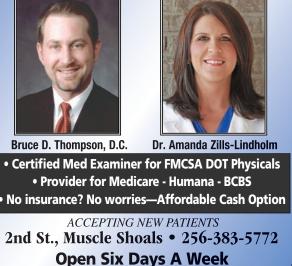
VFW Sheffield Post 4919 Weekend Dances - Friday night door opens at 6pm. Appearing the Backwoods band with Doug Thomason on the keyboard. Saturday night is Lisa Hacker and the Bushwackers.

Events at Florence-Lauderdale Public Library - For more information, call 256-764-6564, evt. 15

256-764-6564, ext. 15. About Us: A Learning Session -Saturday, February 13, 11am-2pm. Kids can learn all about the important contributions of blacks to American culture and history. Activities will be focused on history, music, dance, and storytelling.

See NOTES... page 34

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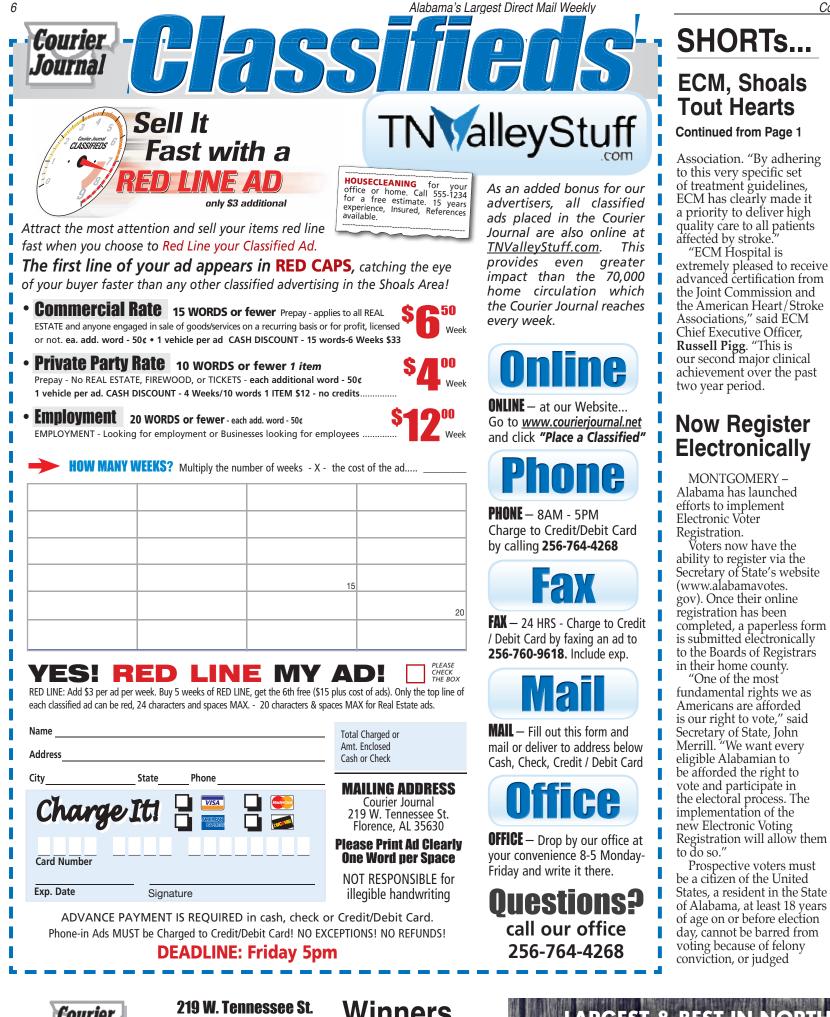
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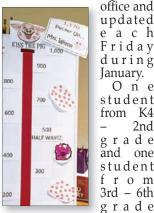
The last day to apply via electronic voter registration for the March 1 primary election is February 15.

For more information, please contact 7200 or visit our website at www.sos. alabama.gov/

Pig Kiss...

Continued from Page 1

Legacy principal of She Christian Academy. wanted to kick off 2016 by encouraging good reading habits. The entire school staff and students had an exciting month with some good-natured kidding while making sure the kiss would happen. A tally chart of books read was kept in the



updated e a c h Friday during January. 0 n e student from K4 2nd grade and one student from 3rd – 6th grade

received a local restaurant gift card to "pig out" and a toy pig that oinked. Each class's top reader was also recognized. All the students enjoyed watching Wilson put on red lipstick, pucker up, and kiss the baby pig named Sally, provided for the event by the Hunt family.

Christian Legacy Academy is located at First Baptist Church in Killen. Science is the emphasis in February and math the featured topic for March as the school will participate in a Math-a-thon to benefit St. Jude Children's Hospital.





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Winners...

Continued from Page 1

of Carmike Cinemas, and a KISS FM shirt and lots of movie treats.

All Shoals elementary students in grades K-6 may enter by snapping a

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photo of themselves and others placing recycled material in the appropriate bin. Upload photos to Instagram, Facebook, or Twitter using the hashtag #IKeepTheShoalsBeautiful. Each week a winner will be selected randomly from that week's submissions. The challenge wraps up on April 15 with a grand prize winner selected to receive an Ultimate Experience package of the Shoals, a pizza party for his or her class, and a special visit by the Kidsville News! Mascot, Truman the baby dragon. For more information, see inside this issue and visit the Keep the Shoals Beautiful Facebook page.

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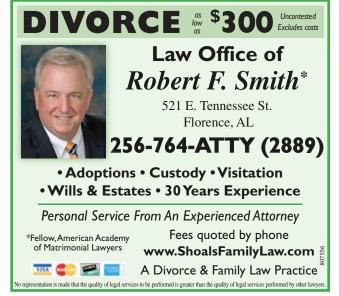
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Inird...

Continued from Page 1

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Ask Dr. Webb

This is #4 in the series about why we should be concerned with seniors taking so many pills: Beer's List of Potentially Inappropriate Medications - the Category I Drugs

Category I includes drugs potentially inappropriate in general and therefore should be avoided by all seniors.

Each 'Class' is underlined and lists a few of the better known drugs: the generic, with brand

Dr. Robert Webb name in brackets, is followed by the main reason for concern. For a complete description, search for Beers Criteria on-line (Wikipedia has it).

Anti-histamines and anti-cholinergics, such as

diphenhydramine [Benadryl], hydroxyzine [Vistaril], and promethazine [Phenergan]: all tend to cause drowsiness, dry mouth, constipation, and confusion, increasing the risk of falling especially at night (because they're often used in 'sleep aids').

Anti-hypertensives [for blood pressure]: doxazosin [Cardura], methyldopa [Aldomet], clonidine [Catapres] - often drop blood pressure when you stand, causing dizziness and falls; not recommended for 'routine' treatment (there are others that are better for daily use).

Anti-arrhythmics [control heart rhythm] - amiodarone [Cordarone] is strongly discouraged because it's toxic to so many organs; guidelines advise safer alternatives.

Antipsychotics, such as risperidone [Risperdal], haloperidol [Haldol] – slightly increase the risk of stroke and dying; intended principally for schizophrenias; however, Haldol is helpful in delirium.

Anti-anxiety meds [benzodiazepines], such as diazepam [Valium], alprazolam [Xanax], lorazepam [Ativan] - risk of confusion, falls, fractures.

Hypnotics [for insomnia], such as zolpidem [Ambien]-risk of amnesia plus the same anti-anxiety group side-effects.

Muscle relaxants, such as carisoprodol [Soma],

cyclobenzaprine [Flexeril] - increased drowsiness, falls, risk of fracture; questionable effectiveness.

Anti-inflammatories [pain relief], such as ibuprofen [Motrin, Advil], naproxen [Aleve] – all increase the risk of bleeding, kidney failure, and confusion. Using one occasionally is not a problem; it's the daily use that needs to be avoided.

Next time: Category II drugs - those to avoid if you have a particular disease.



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@hofts.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 Hospice of the Shoals.

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Thomas McCutcheon

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My dad passed away 18 years ago and my mom 16 years ago. In a hand written Will, not probated, my dad wanted my nephew to purchase their home for \$40,000.00. My sister and brother-inlaw have put the house in their name and not my

nephew's name. There are many things in the house that are mine. My sister was over the Will in her handwriting. Is there anything that I can do or is it too late? - B.J.

I can't tell you how this matter will turn out but I can tell you what the law is. The "Will" in all likelihood was not a valid Will to begin with. Wills require certain language and two witnesses for the Will to be valid.

Even if it had been valid, a Will may only be probated for five years after death. After five years, no Will is valid. Therefore, there is no Will.

However, you can always go back and administer an estate. Sometimes you have to administer an estate many years after a death to properly establish title to land or a chain of title to land. The difference is that with a valid Will, an Estate can be probated.

Without a Will an Estate is administered.

I don't know if you have signed away any of your rights or signed off on a deed which may or may not be valid, but if you haven't, don't. I think you should contact a lawyer and have your parents' Estate properly administered and the property would be divided according to the "Will" the state has written for everyone. That is known as intestate (no Will) succession.

In advertisements for various online legal services, the advertisements tend to try to alarm people by suggesting that the State could take your property or take some action against you. The truth is you should know two things.

First, the manner in which property is divided under the statutory scheme provided by law when people don't have a Will is as reasonable a solution as any ten people come up with. Secondly, we only charge \$50.00 to do a simple Will and we do this mainly as a public service because when a person has a valid Will, it saves the survivors and/ or the Estate the cost of purchasing a bond which can be fairly expensive. At the end of the day you should certainly talk to a lawyer who handles Wills and Trusts about the administration of your parents' Estate. 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

f facebook: McCutcheon and Hamner, P.C.

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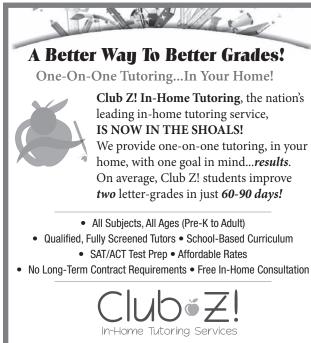
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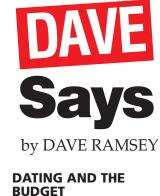
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Dear Dave, I've been following your plan, and I've finally gotten out of debt and feel I have control of my finances. I'm also single, and I was wondering if you have any tips for how to gracefully mention financial topics and budgeting when you're on a

Paula

date.

Dear Paula,

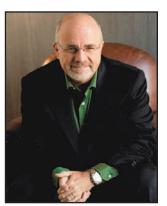
Well, I don't recommend bringing it up on a first date. If I'm a guy on the initial date with a girl and the first thing out of her mouth is about finances and handling money, that's going to be pretty strange. Now, if the first date turns into another and another and another, then you might start talking about the deeper things in life and where you both stand. As you start talking about more serious subjects, you'll begin to learn if there's enough of a basis for a real relationship.

But the first date is just sort of an introduction, right? You're both seeing if there's any initial, mutual Asking compatibility. someone how much they make, or where they are on their debt snowball in this scenario is officially weird—even by my standards. In other words, use manners and tact. They may be old fashioned words these days, but in most cases they work well. –Dave

MORE OF A LONG-TERM SPENDING THING

Dear Dave,

I've started my four-yearold on an allowance structure and a chore chart. I also have DaveRamsey and on the web a mini-envelope system with at daveramsey.com.



spending and saving set up, but I'm having trouble helping him distinguish between the two. How can I solve this? Monica

Dear Monica,

At that age, any type of saving is going to be more of a glorified, long-term spending plan. The point is to teach them to delay gratification when you're first starting out. And when you're only four, two weeks is long term.

The contents of the spending envelope should be kind of spontaneous. Let him take it on trips to the store, and if he wants a pack of gum or whatever, he can get it. The saving envelope, though, stays at home. Then, as he grows and his mind and reasoning develops a little more, you can really start teaching him about longterm goals and how to get there—including giving. Don't try to force a four-

year-old to think five or 10 years into the future. We're just trying to teach lessons here, and it doesn't have to be done perfectly. Just be intentional, and try to find teachable moments as you go along!

-Dave

Dave Ramsey is America's trusted voice on money and business, and CEO of Ramsey Solutions. He has authored five New York Times best-selling books. The Dave Ramsey Show is heard by more than 8.5 million listeners each week on more than 550 radio stations. Dave's latest project, EveryDollar, provides a free online budget tool. Follow Dave on Twitter at @

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2-Year Commitment: Early termination fee of \$20/mo. remaining applies if you cancel early. Included in 3-year price guarantee at \$49.99 advertised price: America's Top 120 Plus programming package,

Local channels and Regional Sports Networks (where available), and monthly 1st receiver and HD service fees. Included in 3-year price guarantee for additional cost: Programming package upgrades (\$64,99

Qualification: Advertised price requires credit qualification and eAutoPay. Upfront activation and/or receiver upgrade fees may apply based on credit qualification. Offer ends 04/04/16.

1999 CADILLAC DEVILLE: 77K 2014 HYUNDAI SONATA GLS 2.4L, \$13,988. Financing available. Call Shannon 256-412-1551 or 256-764-3351. 02-10 2012 VOLKSWAGEN JETTA 2.5 SE; Burns Gas. 49 k miles. Like new. \$10,500 OBO. 256-702-6210 02-10 **CONCRETE WORK DRIVES,** patios, buildings, most structures removed. Let us replace your old driveway. 256-443-2098. 02-10

miles. Excellent Condition. \$3,500 OBO. 256-702-6210. 02-10 2015 INFINITI Q50, LEATHER, power 21k, \$27,986. Financing available. Call David 256-415-0331 or 256-764-3351. 02-10 QUEEN PILLOWTOP MATTRESS

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2012 KIA FORTE EX, CLOTH,

MUST SELL. FORD 600 TRACTOR, \$2,500. Massey Ferguson 65 diesel tractor, \$3,500. Farm equipment. 256-324-8042 02-10

2003 SATURN VUE, 4X4, \$3,500 cash. 931-242-5690 St. Florian 02-10

Commentary

14

Courier Journal

@ The Real Trump?

onald Trump's congeniality after a second place finish in Iowa was out of character. His graciousness toward Ted Cruz in the February 1 concession speech was stunning. Did I made some erroneous assumptions?

When he woke up out of his dream the morning of February 3, he was the same bombastic guy who doesn't like his pristine In A

sandbox sullied. Trump's Twitter assault blaming his Iowa Caucus defeat on fraud perpetrated by Cruz and his campaign was more in-character.

CNN reported that Ben Carson was going home to Florida after the Iowa caucus instead of going to New Hampshire. Implications exploded on twitter from Business Insider, two CNN anchors, the Rand Paul campaign, and others. The Cruz campaign was caught in the middle, asking caucus goers for their votes. Cruz



Few

Words

TOM MAGAZZU Editor

apologized for the confusion afterward. Carson never blamed Cruz for the rumor. Trump did. Trump's true colors were also clearly on display during a five-post second grade twitter tantrum. Trumps wants and expects to get his way, period.

She's Still a Candidate?

Seriously, how can Hillary still be considered a candidate for city alderman much less

See STILL?... on Page 22

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



KILLEN–Looking for something insanely different to do this Valentine's Day weekend? If so, then the Arx Mortis 4th Annual My Bloody Valentine

special event is just what you've been searching for. The Arx Mortis My Bloody Valentine event in Killen is a perfect opportunity for you and the horror fans in your life to celebrate the horror fans in your life to celebrate the otherwise sugar-coated holiday. Feeling grumpy about being single? Bring your friends and you can commiserate while being chased by zombie clowns and the undead through 50,000 square feet of twists and turns. If you're happily attached, you and your significant other can cling to each other as you cleverly escape certain doom!

See BLOODY... on Page 25

Roasting Chesthuts?

TACF Hosts Meet & Greet AMERICAN CHESTNUT FOUNDATION

FLORENCE-The Highland Rim Restoration Branch of The American Chestnut Foundation (TACF) is hosting a casual Meet & Greet at the Singin' River Brewing Company in Florence from 2:30-5pm on Saturday, February 13. Those attending will have an opportunity to learn more about research and conservation, including local breeding efforts

See CHESTNUT... on Page 15



in the

Black History Month Events

FLORENCE-Students, faculty, and staff at UNA will host several events to honor the history and heritage of black Americans during February.

UNA will host a screening of the award-winning documentary, *Footsoldiers: Class of 1964*, on Tuesday, February 16 at 7pm in the GUC Loft. That will be followed by a discussion with documentary director and producer, Rev. Alvelyn Sanders, Pastor of Greater St. Paul

See HISTORY... on Page 33

For Tickets call the Ticket Office 256-765-5466 or email Ticket Mgr. Jenn Sharp at jlsharp1@una.edu





February

THIS WEE

IN RECOGNITION

OF BLACK HISTORY

MONTH, the Tennessee

Valley Historical Society is

offering a tour of Florence

history of the local African

The Up From Slavery Tour

sites significant to the

American community.

Seating is LIMITED. Call 256-740-4141 to reserve. Please arrive at the center at 10:30am for registration, refreshments, and an introduction to the tour.

MARY ELLEN'S CIRCLE,

an advocacy group for Shoals CASA, will host an evening of wine tasting and food sampling complete with special live music by "Doc and the Piano" and silent auction from 6-7:30pm February 11 at Sweet Basil Cafe', Darby Drive in Florence. Tickets are \$25 each or 2 for \$40. For more information, call 256-765-0041. All proceeds benefit Shoals CASA.

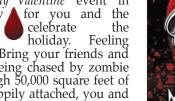
THE POPULAR THIRD

TUESDAY EVENT at the Alabama Music Hall of Fame will take place from 4:30-6pm beginning February 16. The artists for the February 16 show are the local band, "Last Chance". Glenn Bevis known as the "Flash" is the leader of the band. They play a variety of music, oldies, country, and rock. The event is FREE to the public. For more information, please call 256-381-4417.

Fine Care Right Here

Someone who

really reassures me and causes me to believe everything he writes. It would have been nice if the 'intelligence' part had rubbed off on him a bit. He is like so many others; a racist bigot who is incapable of accepting a person of color as our Commander-in-Chief. It is common knowledge that shortly after Barrack Obama was elected president, the Republican leaders of the House of Representatives and the Senate, John Boehner and Mitch McConnell, met with their constituents and agreed to say "no" to anything President Obama proposed. That is a well-known, documented fact. That is wrong. Regardless which party you belong to, everyone should be willing to compromise. No one knows everything. You give a little to get a little and we all benefit. After having dealt with that policy for six years, President Obama decided to use his executive authority to get something done.



MEETING

2:30-5pm February 13

Singin' River

Brewer Company



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

Editor:

I am replying to the letter from Joe Fairer in January 27 paper. I agree with everything he says. I was in ECM Hospital from August-November 2008. I had wonderful doctors and care. Dr. Peter Pons is my hero; he saved my life. I will always be grateful to all the

doctors and the nurses who took care of me. They were all great right here in the Shoals.

I would never go anywhere else.

Carolyn Thrasher Tuscumbia

He Got Something Done

Editor:

I just read another comical letter submitted by Jimmy Wayne Cosby. He

always disagrees is neither a fair nor an honest



is the same fellow who warned everyone a while back that the President was having our armed forces invade Texas. Can you say, 'Whacko'? He also always refers to the President

as 'Hussein.' He does this to jar peoples' memories so they think of Saddam from Iraq and because it sounds foreign. It's more of the fear tactics that his political

sidekicks are so fond of using. He also goes to pains every few letters of reminding everyone that he was an Intelligence Officer. Woo-hoo! That

See LETTERS... on Page 21





Alabama's Largest Direct Mail Weekly

Chestnut **Continued from Page 14**

within the state.

Tom Saielli is the regional science coordinator with TACF. He will present information about the TVA backcross breeding orchard in Muscle Shoals, the 2016 plan for Alabama's first seed orchard in Huntsville, preliminary plans for seed orchards at the University of North Alabama, and innovative science and cutting-edge genomics tools involved.

TACF's Highland Rim Restoration Branch was formed in 2015 and is organized by Will Calhoun, Carmen Burkhalter, Betsy Heckert, and Harris Parker. They have joined a citizen advisory board that includes local businesses supporting TACF's mission to restore the American chestnut to the forests of its native range. The board will focus especially on trees with genetic properties unique to Alabama. Dr. Jack Agricola is the former president of the Alabama Chapter of TACF. He has been a tremendous supporter of the Highland Rim Branch's efforts. "We are very lucky to have these young and talented chestnut enthusiasts as part of the state's restoration efforts. This is a long-term project and it's critical that we keep sharing the important story of the American chestnut tree. We want future generations to understand the ecological impacts of its loss so that they will play an active role in bringing it back.

The American chestnut was a significant species throughout its range in the eastern United States. It also had exceptional economic and cultural significance to rural Americans. At the beginning of the 20th century, a fungal disease was inadvertently imported from Asia, and the blight spread rapidly throughout eastern forests. By the 1950s virtually nothing remained of the species than occasional other



seedlings and small sprouts. In 1983 a committed group of scientists and citizens decided to do address the issue while the species could still be saved. They formed TACF to initiate a complex breeding program to transfer genes containing disease resistance from Asian chestnut species to American chestnut.

After just twenty years the first generation of trees are 96% Åmerican chestnut, but they contain Asiatic genes for blight resistance. The organization is supported than ^{*} 5,400 bv more members and hundreds of volunteers in twenty-three states. It is planting and testing offspring of those trees as it continues to build and improve its breeding population to help boost this iconic species.

For more information on TACF and its work, please contact TACF Director of Communications Ruth Goodridge at 828-281-0047; email: ruth.goodridge@acf. org or visit us at www.acf. org.



15



Thursday, Feb. 25

Meet us in the **lobby at ECM** Hospital on Thursday, February 25 from 8:30 a.m. to noon for the ECM Heart Health Fair! Come talk to medical caregivers, participate in screenings, and learn more about your heart and how to keep it healthy. It's one

Hospital Sleep Labs

• Information about strokes from the J.W. Sommer Rehab Unit at Shoals Hospital

• Chest Pain Center information about fast response times from door to dilation in the ER

• A CPR display from the Educa-



tion Department • A display from our **Open Heart Surgery**

Unit. Mended Heart

And more! If you want to learn all about your heart and its health, be sure to come to our FREE Heart Health Fair. You'll be glad you did!

Support Group



www.ecmhospital.com

February 25, 8:30 a.m. - noon, ECM Hospital Lobby

LOCAL INTERNET SERVICE providers advertise "blazing" speeds that promise to make everything faster. I have news for you: They lie. The fact is, most of you who are paying for ultra high speed packages are throwing money out the

window. On the other hand, some of you are frustrated with your slow internet speed and don't know that you can easily upgrade for a befter experience. In

Fisher

fact, a recent FCC survey found that 80 percent of broadband users in the United States don't know how fast their internet is or if they are actually receiving what they pay for. I aim to fix that.

Before continuing with this

WANTED DEAD OR ALIVE! JUNK batteries, \$5 each. Ranger Battery Co. 426 Royal Avenue. 256-766-0473 02-24

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have all day! OK, now look for a heading that tells you how many megabits per second (Mbps -- a number referring to how many

by today's standards. At the

other extreme, some of you

for that 75Mbps plan from

Comcast.

said "Give me the fastest stuff

you gots!" and are overpaying

Generally speaking, most

individuals will be fine 6Mbps. Families will need 20Mbps

or more. Here is why: Most

websites deliver content to

you at a pretty slow speed.

sends data to you at only 1

or 2 Mbps. Thus, paying for

more than 3 Mbps is a waste

of money if all you do is visit

For example, a typical website

Facebook or check your email. Still, I'd suggest at least 6 Mbps

just to have some overhead. Those of you who watch streaming video or use online game consoles such as Xbox have a need for speed. For example, Netflix delivers high definition movies at 3 Mbps but they recommend 5 Mbps. However, you want a bit of a buffer for video streaming so I'd recommend at least 6 to 10 Mbps for Netflix users. Paying for more than 10 Mbps won't make that high def video any more high def. A caveat: Very few of you have the new-ish "ultra high def" TVs. UHD will require a whopping 25 Mbps.

Households with more than one person need to consider how many users or devices are playing on the internet at the same time. If your household has 4 people who are all surfing the 'net at the same

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time, each of you may use up to 5 Mbps each so you'll need to opt for a 20 Mbps plan. So, generally speaking, estimate 3 to 5 Mbps for each user in your home then opt for a plan that is a little over that number. My next article will discuss how optimize your home internet and how to make sure you're getting what you pay for.

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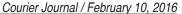
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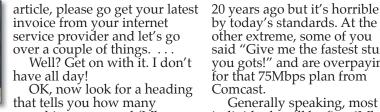


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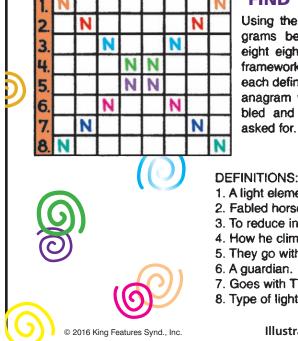




SUZUKI KING QUAD 450, 545 miles



old 3Mbps plan from AT&T. That was considered "fast'



bled and used to form the word asked for

ANAGRAMS:

none + grit

coin + runs

dens + cone

dish + nine

cars + nine

lent + sine

nick + nags

horn + tern

45 seconds?

345

12

THE UP OR DOWN PROBLEM! To the right the numbers 1 through 9 have been written above or below a line according to some scheme. Can you determine where the number 10 should be placed?

LINK-UPS! Here's a list of 12 short words, divided into two columns. Turn them into six longer words by linking them together. To do this, draw a line from one word in the left column to one word in the right.



789

1. A light element. 2. Fabled horses. 3. To reduce in size. 4. How he climbed the tree. 5. They go with nooks. 6. A guardian. 7. Goes with TV 8. Type of lights.

Illustrated by David Coulson



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Letters...

He Got Something Done

Continued from Page 14

Ronald Reagan and George W. Bush issued more executive orders than President Obama has. They actually had a Congress that would work with them rather than against them. I can honestly say that I have agreed and disagreed with every President we have had since the mid-seventies. That's because all of them were human and did what they thought was best for America. Someone who always disagrees is neither a fair nor an honest person. They are partisan and will lie in order to make their political party or politician look better.

So, if you enjoy reading some letters to get a good laugh then this Cosby fellow will have you rolling with tears in your eyes.

If you want letters with more substance and fact, look for the ones that can be equally observant of both political parties and don't insult and tell falsehoods.

Rodney Osbirn Florence

Use the Right Pet Shelters

Dear Editor:

In light of the rescue of at least 600 dogs, cats, horses, and other animals from a no-kill shelter in Raeford, North Carolina, I urge readers to beware of sham rescues and scam shelters. Every week PETA receives reports about rescues and fosters neglecting animals, sometimes fatally. Last December we learned of a rescue in Connecticut where animals were kept in a garage in dirty cages, suffering from urinary tract infections, wounds, and urine-scorched skin; a Texas rescue which a former volunteer described as an "animal concentration camp" where animals died "slow painful death[s] of starvation or dehydration"; and a Kentucky rescue where 178 animals were languishing in deplorable conditions with sores from lying in feces and wounds from fighting. The National Center for Prosecution of Animal

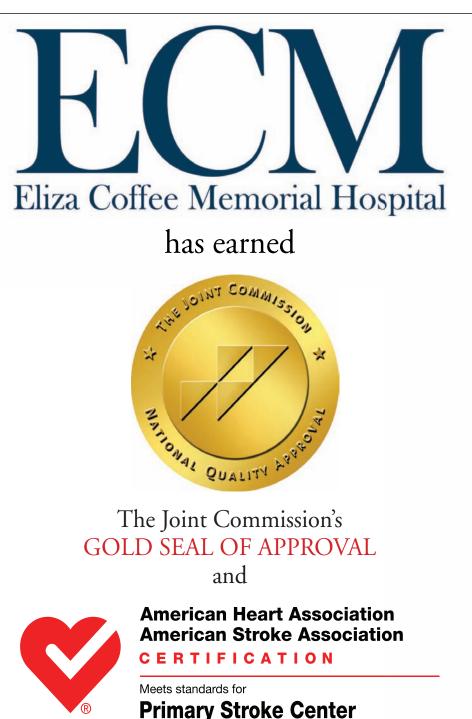
Abuse reports that "[t] here is an entire industry of 'rescues' that warehouse animals horrific in conditions; however, the catalyst for warehousing is not a mental health affliction, but pure, old-fashioned, greed." Scammers known are to obtain animals from

shelters and then sell them for a profit.

Please, don't unwittingly fund or back a "slow-kill" nightmare for animals: Support only professionally run shelters that accept every needy animal and provide them with a painless end when needed, rather than hoard animals or let them suffer. Visit www.PETA.org to learn more.

21

Teresa Chagrin Animal Care & Control Specialist People for the Ethical Treatment of Animals (PETA) Norfolk, VA



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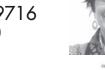
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COMMENTARY

20 3 B

Still?... Continued from Page 14

President of the United

States? Her cavalier attitude toward emailing highly classified national security info is infuriating, negligent, and treasonous. It is unconscionable that the lady once dubbed "the smartest woman in the world" could be so stupid. She approved the copying of highly sensitive classified U.S. government information from the Secret Internet Protocol Router Network (SIPRNet) and Joint Intelligence Worldwide Communications System (JWICS) to her private and unsecured email server. It is becoming more apparent that she and/or her team deliberately copied the emails. They lied about it and then tried to dump all the evidence in a series of amateur deletions, some at 1am. That act alone mandates a fine and/ imprisonment and disqualifies her from ever holding ANY federal office. The United States code

Title 18, Chapter 101, Section 2071 pertaining to government records has been updated/amended several times since its origin in 1909, most recently in 1989. It reads as follows:

Whoever, having the custody of any such record, proceeding, map,

book, document, paper, or other thing, willfully and unlawfully conceals, removes, mutilates, obliterates, falsifies, or destroys the same, shall be fined under this title or imprisoned not more than three years, or both; and shall forfeit his office and be disqualified from holding any office under the United States.

www.law.cornell.edu/ uscode/text/18/2071

Clinton naturally claims that the whole thing is a right wing political attack against her. The minefield is being cleared by this administration's Chicagostyle tactics which wants to keep mud off its face and wants a democrat as successor in the Oval Office. Yet, the evidence mounts as her history of lying continues. According to Clinton, neither she nor any of her top aids copied 1,300 emails from highlysecure servers into her personal email. All 1,300 apparently just leaped from that closed system to an open system containing her home emails. They expect us to believe that just like they expect us to believe Mrs. Clinton actually won all six out of six coin flips in dead-heat voting precincts making her the caucus winner in Iowa. The probability of all six coin flips going her way was less than 2%.

Hopefully the FBI will look at the sheer volume of evidence and determine than an indictment is in order.

Joel

Hamner

Her long and contentious history aside, what is even more disconcerting is how so many people think nothing of her reckless decision-making history in recent years.

They will shrug their shoulders and vehemently support her quest to attain the most sensitive security position in the world.

With such limited deductive reasoning, should they even be allowed to vote?

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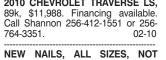
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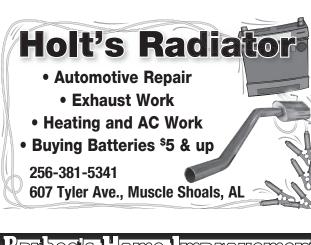
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Continued from Page 14

Beware! Although this is a special event, Arx Mortis is still rated PG-13 for intensity, realism, and gore. Live actors, detailed scenes, and themed music throughout the attraction will immerse you in the excitement of the moment. Arx Mortis will be open rain or shine from 7-10:30pm on February 12-13. Tickets are \$14 and can be purchased at the door or online.

To make the holiday even MORE heart-pounding, on Sunday, February 14, tickets are for couples only.

Just two people at a time will enter the attraction and ALL LIGHTS will be off. Couples will receive one small light to help guide them as they encounter twists, turns, and monsters of the Mortis Legion. \$35 will get you two passes to the attraction as well as a souvenir photo on this special night.

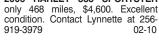
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SENIOR HUNGER OPTIONS



There are 9 million seniors who are at risk for hunger every day in America, statistics show. If you're a senior over age 60 and you don't get enough to eat, there are options.

The Supplemental Nutrition Assistance Program (SNAP) can provide an average \$126 each month to go toward food. Check the government section of your phone book for the local office, or see www.fns.usda.gov/snap.

In some states, as part of SNAP, you also might be eligible for The Senior Farmers Markets Nutrition Program (SFMNP), which will provide a coupon booklet that can be used at farmers markets to buy fresh fruit and vegetables. Information is available on the USDA.gov website.

More and more senior centers are providing food programs. Ask about a Senior Grocery Program in your state, or the local food bank. The center also might host a monthly luncheon, or perhaps a weekly gettogether lunch. You'll make contacts at any of these events that can steer you to other local food programs.

Contact the Council on maintain strong bones.

Aging (www.ncoa.org) branch in your state for a full list of programs you can apply for. Or search online for "senior hunger resources" in your state.

If you were turned down for food benefits, apply again, especially if your situation has changed in any way. If Meals on Wheels in your area isn't taking new clients (many of them don't have enough resources nowadays), get put on the waiting list anyway.

Contact churches in your area to ask about senior meal programs. Ask your doctor for resources.

Remember: It's not only OK to ask for help when you need it, it's imperative. To maintain your health, you need proper nutrition.

Here are a few things to keep in mind about nutrition:

• Fruits and vegetables are packed full of vitamins and minerals your body needs

• Grains, especially whole grains, provide needed fiber and increase energy

energy • Low-fat or fat-free dairy products provide calcium, vitamin D to help maintain strong bones. Some other great nutrients they provide are protein, potassium, vitamin A, and magnesium

• Protein from seafood, lean poultry and meats, beans, eggs, and unsalted nuts help build muscle and promote healthy skin

• Limit the amount of fat you consume. They are a source of energy; help maintain healthy organs, skin and hair. Fats also help the body absorb vitamins A, D, E, and K. Here are some of the better fats: soybean, corn, canola, olive, safflower, and sunflower oils. Also nuts, seeds, and fish are a good source of healthy fats.

• Limit amounts of cholesterol, sodium, and added sugars as these can be harmful

• Drink lots of water; this will help with constipation and dehydration

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PET MATCHMAKERS? Looking for Mr. or Ms. Right? Your dog or cat can help

By Kim Campbell Thornton Universal Uclick

emember the meet-cute scene in "101 Dalmatians," where the couple's dogs bring them together? It happens in real life, too.

Molly McNamara of Lyons, Colorado, met her husband-to-be, Jeff McGlynn, at the obedience class she was attending with her dog. It was love at first sight — for her dog.

'My dog was so bananas for him that he wouldn't pay attention after Jeff arrived," she says. "At first I used to just get mad when he and his dog showed up because my wellbehaved 1-vear-old bearded collie Max would lose his mind and drag me across the room to see them. So, clearly, the dog knew first." It took six months before the pair started dating, with many of the dates involving taking their dogs hiking or to the beach. McNamara discovered later that McGlynn was staying in the class only to see her. His Saint Bernard was already well-behaved and didn't really need the practice. "Introduction by dog" is a time-honored method of finding true love, and now science has confirmed its efficacy. In their study "The Roles of Pet Dogs and Cats in Human Courtship and Dating," published in the quarterly journal Anthrozoos, researchers who surveyed more than 1,200 Match.com users - found that 35 percent of women and 26 percent of men said they had been more attracted to someone because he or she owned a pet. Men are more likely to use a pet — generally a dog — as "date bait," with 22 percent admitting to the tactic. Only 6 percent of women said they had used a pet to attract potential dates.

Women, on the other hand, are more likely to rely on their dogs and cats as barometers of a date's trustworthiness. Nearly half of the women responding said they judged dates based on how the person responded to their pet, and 76 percent evaluated dates based on whether their pets liked the person.

"My dogs have helped me see who is and isn't a good match based on how the guys responded to the dogs, and vice versa," says Elizabeth Barden Ackerman of Los Angeles. 'The ones who are scared



petouzz **Breeds to watch**

at Westminster

· Seven breeds will make their bowwow at the 2016 Westminster Kennel Club dog show next week. They are the Bergamasco, a dreadlocked herding breed from the Italian Alps; the berger picard, a French herding breed known for a starring role in the 2005 film "Because of Winn-Dixie"; the boerboel, a giant-size South African guard dog; the cirneco dell Etna, a small Sicilian sighthound; the lagotto Romagnolo, an Italian trufflehunting breed; the miniature American shepherd, a small, but highly active, herding dog; and the Spanish water dog, a versatile, curly coated farm dog.

· Curious about what's most likely to poison your pet in your state? The ASPCA's Animal Poison Control Center has released a map showing the most common reason for toxin calls in each state. Rodenticides top the list in 14 states, many in the West and Southwest. Chocolate takes second place, leading the list in eight states, including California, New York and Pennsylvania. Ant baits generate the most calls in five states. South Carolina is the only state where the sago palm is the leading cause of toxicity, but it is a popular houseplant and landscaping plant nationwide. Idaho pet owners call about sugar-free gum, and Nebraskans are concerned about herbal supplements. Check the ASPCA's website for information about your state. • Three huskies and a cat? No, it's not the latest feel-good movie. Lilo, Infinity and Miko, Siberian huskies in San Jose, California, have become best friends with a rescued kitten and taught her to be, well, a dog. Lilo mothered Rosie, who was found near death when she was about 3 weeks old, and the kitten began mimicking everything the dog did, including walking on-leash. Now the four go hiking, kayaking and paddle boarding with their people, cuddle and even eat together.

of my giant black Lab are quickly let go. The one who naturally pats and plays with him, refills his water bowl without being asked

and who watches the dog and hilariously narrates his thoughts? He's special."

Allia Zobel Nolan of New York City knew the man she met was her true love because of the way he treated her cats, even though at heart he was a dog person. "He loved me, so he loved my cats," she says.

Gail Parker of Philadelphia stopped seeing one man after her dog, a German shepherd, growled at him. She gave another the heave-ho when he called her Irish setter stupid.

The study's lead author, University of Nevada Las Vegas anthropology professor Peter Gray, suggests that pets' status as family members could explain the significant



In a recent survey of singles with pets, 75 percent of women and 54 percent of men said they would not date someone who did not like pets.

> influence they wield in the choices people make about who they date. He and fellow researchers, UNLV graduate student Shelly Volsche; Justin Garcia of the Kinsey Institute at Indiana University; and Helen Fisher of Rutgers University say dog ownership may signal "a potential mate's caregiving capacity." How a person treats a pet could indicate how he or she would treat a mate and children. McNamara and McGlynn? At their eventual wedding, more dogs than people were in attendance.

"Max is turning 14 in a month, and Jeff is still his most favorite human ever," McNamara

says. Distributed by Universal Uclick. (800) 255-6734 Kim Campbell Thornton

28

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Courier Journal / February 10, 2016

by

In those days, there

with two teams from each

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through the entire regular

season and the district

Northern half of District

7, Lexington won their

games that put them

days. Teams played the

semifinals in the morning

and had to return in the

afternoon to play the

morning session took its

toll on the Golden Bears.

They fought valiantly

against Scottsboro in

the title matchup that

afternoon before losing by

just three points. Wallace

Thompson was named

to the All-State team.

Good sportsmanship and

100 percent team effort

defined this 1944 team and

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THE BOLD AND THE bride's background. Tracy BEAUTIFUL for answers from Liam, made another Steffy unsuccessful attempt to get in touch with him. Liam became suspicious when Quinn attempted to hide a ringing cellphone. While rebuilding their working and personal relationship, Thomas and Caroline had a conversation that ended with an apology. Liam scoured Quinn's cabin looking for any clues that could trigger a memory. Steffy got the answer she'd been waiting for on whether it was time for her to move on with her life. Thomas helped rush Caroline to the hospital after a medical crisis. Quinn spent Valentine's Day with the last person she expected. *Wait to See: Liam* hopes to regain his memory by thinking with his heart.

DAYS OF OUR LIVES Deimos led Philip into a trap. Brady presented Theresa with a romantic surprise. Belle tried to reach out to Claire, but Claire angrily rejected her mother. Fynn flirted with Lani. Victor learned of Philip's betrayal. Armed with an agenda, Andre befriended Chase. Eduardo tried to make inroads with Rafe and Gabi during an impromptu family dinner. Belle got defensive when Shawn questioned her new spending habits. A dangerous fire broke out in Hope's home. Steve reunited with Kayla, who demanded to know what happened with Ava. Meanwhile, Ava continued to makes some mysterious plans. Wait to See: Several Salemites have cinematic detailing dreams their romantic predicaments.

GENERAL HOSPITAL Liz went into emotional overload. Ava confided in Julian about her struggle to break free from the mob. Maxie and Nathan reached a new level in their relationship. Griffin figured outSonny's scheme. Nikolas was curious about his new

Desperate was outraged by Hayden's latest news. Álexis was concerned about Julian's interest in Olivia. Epiphany took on a surprising new role. Sonny and Alexis realized that Kristina was hiding something. Hayden urged Dillon to encourage his mother to see a doctor. Nikolas offered Liz and her boys a home at Wyndemere. Maxie and Nathan played Cupid for Dante and Lulu. Wait to See: Lucas pays homage to Tony Jones. THE YOUNG AND THE

RESTLESS Nick asked Sharon to give him some insight on Dr. Anderson's treatment style, but she assured him he had nothing to worry about. Luca enjoyed reminding Adam that he held the cards in their alliance. Adam, in turn, informed Luca that he committed the ultimate sin by messing with Victor's family and business. Summer told Noah that she wanted to work for Newman Enterprises, but Noah tried to talk her out of it. Victor returned home from his trip and wasn't pleased with how Adam handled Noah's situation during his absence. Max was not pleased when Stitch told him they weren't moving in with Abby. Summer tried to convince Max that Abby was a good person. Chelsea asked Marisa if she knew the secret that Adam was hiding. A dying Ashley was desperate for Simon's treatment to work. Wait to See: Hilary steals the spotlight from Neil.



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FULTON ST., FLORENCE, 4 Bdrm, 2 Ba, house for rent, \$525 month, \$500 deposit www.rentshoals.com 256-766-6992 K&H, Inc. 03-16

MCCORKLE'S LOFTS, Florence, 2BR, 2.5BA, \$1,200 Rent, No deposit special. Stainless appliances, granite countertops, security system. washer/ dryer furnished, 1,100 sq. ft. 256-764-3137 02-10

3 ACRES. WITHIN WALKING distance to Brewer School. Beautiful lot with trees, has septic, water meter and power pole. \$27,900. 256-522-9585 02-17

FOR RENT, 2 BDRM, 2 BATH mobile home, Kilburn Beach, 5 miles from Industrial Park, \$475 per month. References required. 256-366-4656. 02-10

MARS HILL MANOR Apartments taking applications for 2. 3. and 4 Bdrm apartments. Apply Monday, Wednesday, or Friday between 9am-12pm and 1pm-4pm. 256-767-6543 02-24

20 ACRES ELK RIVER, VIEW/ access, 3 miles off Hwy 72 Rogersville, AL, \$99K. 256-431-551O 02-24

APARTMENT, 2 BDRM, 1 Ba, Corner of Jackson Hwy. and Woodward Ave. Great for college student. \$425 per month, \$400 deposit. www. rentshoals.com 256-766-6992 03-16 K&H. Inc.

HOUSE FOR RENT MUSCLE Shoals, Clean 2 Bdrm, 1 Ba close to everything but very private, large yard. \$600 month. First and last month's rent. 256-412-5188 02-10

OWNER FINANCING houses available in Florence, Muscle Shoals. Sheffield. Down payments range from \$2,500 to \$8,000. Monthly payments \$500-\$850. Call Monty All Patriot Realty, 256-366-5976 Allen, 02-10

HOUSES FOR RENT. 3 BDRM. 2 ba, Florence, \$575. 2 bdrm, 1 bath with basement, Sheffield, \$525. Patriot Realty. Call Monty Allen, 256-366-5976 02-10

MOBILE HOMES FOR RENT-

Completely furnished including all utilities and furniture. Off Elledge Ln. 738 Green Acres Tuscumbia, Green Acres Estates. No pets. Also camper spaces. No texts. 256-412-5847 256-314-6272 02-10

Village Parc



517 N. CHESTNUT, 2 BDRM, 1 Ba, apartment. \$375 Rent, \$300 Deposit. Window A/C, gas heat. 256-764-3137 02-10

BARRISTER PROPERTY HAS for rent: 256-383-0073 209 Baker Drive, Florence, 3 bdrm.

2 ba. house, \$950 a month \$950 deposit. 02-10 RENTAL. ONE BEDROOM

house, no pets, \$365 deposit, \$365 rent. Stoney Point, County Road 24. 256-275-2251 256-275-2252 02-17

PRICED TO SELL, NORTH of Cherokee, 3 Bdrm, 1 Ba, one acre, close to river and Riverton Rose Trail. 256-359-6471 03-16

FOR RENT NORTH Florence good neighborhood; 3 Bdrm, 1 Ba, central unit; 256 Roosevelt Ave.; \$550 month, \$300 deposit. 256-710-1694 02-10

FOR SALE BY OWNER: 2 Bdrm, 2 Ba, Sunnyside Street, Florence, \$36,500. 256-443-0942 02-10

NEAR UNA 1 BDRM, 1 BA apartment; \$300 month with \$100 deposit or \$200 deposit with pet. 256-443-1384 02-17

MOBILE HOME FOR SALE By owner. 1978 remodeled 14x66, 2 plus 2. Central heat/ air. Covered 10x16 deck. 8x10 building. Lot 205, Shoals Villa, Muscle Shoals. \$5,600 CASH. 256-627-4690

HOUSE FOR RENT: Sheffield Brick, 3 bdrm. \$600 month, 256-383-5625 02-10 Park Place **OFFICES FOR RENT**

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SALE 2

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DIRECTIONS: From Hwy. 72 in Rogersville, AL, travel North on Hwy. 207 for approx. 1.3 miles. Turn left on County Road 55, travel approx. 0.2 miles. The property and Sale Site #1 will be on the left. Continuing from Sale #1 on County Road 55, travel approx. 3.6 miles. Sale #2 property will be on the left. Watch for our Holland signs! TERMS & CONDITIONS: Equipment: Cash or check with proper identification the day of sale. All items sold "as is" with no warranties expressed or implied. Real Estate: A non-refundable deposit of 15% will be required the day of the sale with closing within 30 days. The seller will furnish a deed and a preliminary title search. A 10% BUYER'S PREMIUM will be added to the final bid price to determine the total contract price on the real estate. All other expenses, including closing costs will be charged to the purchaser(s). The real estate is being sold "as is" with no warranties expressed or implied. Information contained herein believed to be correct but not quaranteed. Announcements made the day of sale by Holland Realty & Auctions, Inc. supersede any printed material. Agency Disclosure: Auctioneers are acting as agents for the seller only.



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Alabama's Largest Direct Mail Weekly

Courier Journal / February 10, 2016



BUYING DIAMONDS! HIGHEST prices paid. North Florence Coins & Jewelry. 7 Points Shopping Center 256-764-0008 03-16 SHEFFIELD OAKWOOD Cemetery,

Four adjacent plots and one above those, \$1,250 each. 256-856-3666 02-10

2011 CADILLAC DTS LUXURY, leather, 4.6 liter engine, heated/ cooled seats. 5,001 miles. Sell by owner. 256-773-4517. 02-17

"HUCK'S QUALITY PAINTING" interior and exterior residential painting. Twenty-five years experience. Licensed and insured. Michael Huckabee, 815-793-3733. 02-17

SOUTHERN APPEAL LAWN Maintenance Services; let us trim or remove your trees, stumps. Excavating, land leveling or dirt work. Driveways built, free estimates and 10 percent off winter jobs. 256-381-2306 02-10

TWENTY CARS, LESS THAN \$3,000 C&C Auto Sales, 22500 Hwy 72, Tuscumbia, AL. 256-383-5311 03-09

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DIESEL & AUTOMOTIVE REPAIR light-medium diesel cars and trucks. 18 months parts and labor warranty. 256-349-2575 03-02 ADAYS WORK HOME/ MOBILE Home remodel/ repair, handyman jobs, ceramic tile, decks, all flooring, sheetrock, painting, roof repair, Koolseal, underpinning, much more. 256-856-6213, 256-389-3179 02-10

SEWING MACHINE REPAIR, MOST makes & models. Free estimates. Ken's Sewing Center, 256-381-0161 02-24

2005 CHRYSLER TOWN & Country LX, 6 cyl. 25k, \$5,950. 256-247-6004 www.capautosales.com 02-10

1971 MUSTANG V8, AUTOMATIC, runs, needs restoring, \$4,200 256-702-8861 02-10

CRG CONCRETE CONSTRUCTION driveways, sidewalks, slabs, walls, parking lots, and patios. Free estimates. 256-263-2397 02-10

2007 NISSAN VERSA S, CLOTH, automatic, 58k. \$5,988. Financing available. Call Hoke 256-740-1297 or 256-764-3351. 02-10

1998 NISSAN XTERRA, 158K miles, new tires, belts, hoses, 4 cylinder, 5 speed, \$3,500. 256-335-2452 02-10

1994 Z28 CAMARO, V8, convertible, auto, \$2,950 cash. 931-242-5690 St. Florian 02-10

EXPERIENCED HOUSE CLEANER for hire. Part-time only. Resume available. Call or text. 256-648-6273 02-17 Shearin's Upholstery at 202 N. Montgomery Avenue in Sheffield will close by February 23, 2016. You may pick-up your upholstery by appointment. Please call 256-415-1617.

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How to enter:

- Students snap a photo of themselves and others placing litter and/or recycled material in the appropriate bin
- Post that photo to Instagram, Facebook, or Twitter using the hashtag #IKeepTheShoalsBeautiful.
- Parents can also help post photos on behalf of their child.
- Enter as many times as you like as long as each photo is unique. For every post, you will be entered to win prizes chosen at random weekly **until April 15, 2016.**





This Week's Winners ... both received three movie tickets and a \$20 concession stand gift card, courtesy of Carmike Cinemas, as well as a KISS FM shirt and lots of movie treats.



Mahayla Canington Threadgill Primary School Kindergarten Mrs. Wright's class

Cooper Norwood Brooks Elementary School 5th grade Mr. Sexton's class













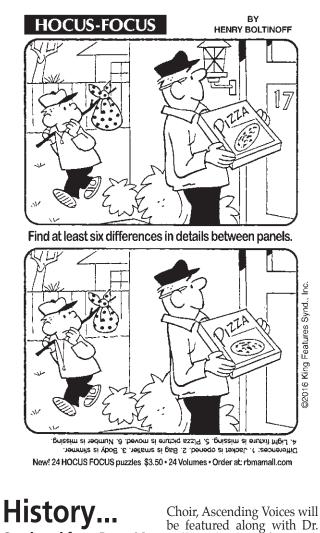
Mall Drive Self-Service Storage will hold a public sale to enforce a lien imposed on said property, as described below, pursuant to the Alabama Self-Service Facility Act, Alabama Code 8-15-30 to 8-15-38, at **11:00 AM** on Friday, February 26, 2016 at Mall Drive Self-Service Storage, 2708 West Mall Drive, Florence, AL 35630.

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

Tenant Name Address	Unit #	Stored Items	_
BRONZIE B. LITTLETON 1714 Marlborough Blvd. Florence, AL 35630	0905	Household Goods, Furniture, Boxes	
ROY RUSS 1815 Hovater Mill Rd. Russellville, AL 35653	1808	Household Goods, Furniture, Boxes	000000



Alabama's Largest Direct Mail Weekly



Continued from Page 14

A.M.E. Church in Florence. The event is free and open

to the public. UNA will host the musical narrative *Walk with Me* presented by the *Walk with Me* Foundation on Thursday, February 18 at 9:30am in Norton Auditorium. The presentation is based on the book While the World A Birmingham Watched: Bombing Survivor Comes of Age During the Civil Rights Movement. Admission is \$3. Contact carole@ walkwithmefoundation.org for tickets.

UNA will host а Conversation on Alabama Civil and Human Rights on Tuesday, February 23 from 6:30-8:30pm in the GUC Loft. The March Continues with Lecia Brooks, Outreach Director of the Southern Poverty Law Center. The event is free and open to the public.

On Wednesday, February 24 at 7pm in the GUČ Banquet Halls, the UNA Student Alliance Black and NPHC will host their Black History annual program. UNA Gospel odie@una.edu.

Will Boyd, Pastor of St. Mark M.B. Church as the speaker and various presentations from other students.

Known as the Father of Black History, Dr. Carter G. Woodson' founded the celebration he called "Negro History Week" in 1926. Dr. Woodson selected the second week of February for the celebration because it fell between the birthdays of the famed orator and abolitionist Frederick Douglass and President Abraham Lincoln. The celebration expanded to include the entire month of February in 1976 and remains such today.

"Developing opportunities for greater awareness and knowledge of the history of various cultures increases respect and understanding between us," said Joan Williams, director of the UNA Office of Diversity and Institutional Equity (ODIE). Visit ODIE's website for Black History Month resources.

For more information about UNA Black history and related events, visit www.una.edu/diversity, call 256-765-6340, or email at



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assistance from the Rural Utilities Service, an agency of the U.S. Department of Agriculture, and is subject to the provisions of Title VI of the Civil Rights Act of 1964, as amended, Section 504 of the Rehabilitation Act of 1973, as amended, the Age Discrimination Act of 1975, as amended, and the rules and regulations of the U.S. Department of Agriculture which provide that no person in the United States on the basis of race, color, age, religion, national origin or handicap shall be excluded from participation in, or admission or access to, denied the benefits of, or otherwise be subjected to discrimination under any of this organization's programs or activities.

The person responsible for coordinating this organization's nondiscrimination compliance efforts is Troy Rutland, General Manager. Any individual, or specific class of individuals, who feels that this organization has subjected them to discrimination may obtain further information about the statutes and regulations listed above from and/or file a written complaint with this organization; or USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, DC 20250-9410, or call (800)795-3272 (voice) or (202)720-6382 (TDD). USDA is an equal opportunity employer. Complaints must be filed within 180 days after the alleged discrimination. Confidentiality will be maintained to the extent possible.





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Notes... CHIHUAHUA BABIES RAISED IN **Continued from page 5**

The Zodiac Players of the Shoals Community Theatre are pleased to present "Tuna Does Vegas" as their next roduction February 11-14. This sequel to "Greater Tuna" reunites the lovable and eccentric characters from the "third smallest town in Texas" as they take a rambling romp in Sin City. The hilarity begins when oddball-conservative radio host Arles Struvie announces on air that he and his wife, Bertha Bumiller, are heading to Vegas to renew their wedding vows. Everyone in Tuna, Texas decides to go along for the ride! Performances are Thursday-Saturday, February 11-13 at 7:30pm and Sunday, February 14 at 2pm. For more information and to purchase tickets, call the box office at 256-764-1700. Visit our website at shoalstheatre.org, or like us on Facebook.

The Kennedy Douglass Brown Bag Lunch Meeting will be 11:30am-1pm on Friday, February 12 at The Kennedy Douglass Center for the Arts, 217 East Tuscaloosa St., Florence. Beverages and desserts will be furnished. At 12pm our speaker, Kathryn Rice, will speak on her life and works. For questions, please call 256-760-6379

Swamp John's Fish Fry At Cherokee Lion's Den on Friday February 12 from 4-7pm. Fish, chicken tenders, shrimp, or combo plates with sides and drink for \$10. Dine in or carry out.

S

SHOW IN

Open Mic Gospel Singing at Rhodesville Methodist Church Friday, February 12, 6:30pm. Everyone is welcome.

Cloverdale Community Center Breakfast will be held on Saturday, February 13 from 6:30-9am. The cost of the breakfast is \$6 for adults and \$3 for

children. Profits from the breakfast will go toward the upkeep of the center. Food for Christ at Rhodesville Methodist Church Saturday, February 13, 10:30-11:30am. More info, 256-810-8694.

PAWS (Pets are Worth Saving) Yappy Valentines Adoption Event - Saturday February 13 at Petco in Florence from 10am-2pm. We will have Face Painting, bake sale, professional pet photos, and much more ! You might just find your four legged Valentine, your forever friend! You never know it may be love at first sight :)

Come Join us and find out what PAWS is all about and see how you can help the animals that cant Help Themselves -- there is always a way - FOSTER-ADOPT-DONATE

St. Bartholomew's Annual Soup and Bake Sale will be held on Saturday, February 13, 9am-1pm, located at 1900 Darby Drive, at the corner of Berry Avenue in Florence.

The Episcopal Church Women's Organization will sponsor the sale of homemade gourmet items in the Church Community Hall. Several varieties of hearty winter soups and chilies as well as specialt condiments and sauces and delicious baked goods will be sold at the event. Gumbo (\$18 quart with shrimp and \$15

w/o shrimp). The Gumbo will be pre-sold with advanced ticket sales only. Stop by the Church Office Tuesday-Thursday from 10am-noon to purchase tickets. Call 256-760-0823 for information. Proceeds from the sale will be divided

among various church charities and community help organizations.

One Heart Quartet will be in concert at Cypress Creek Methodist Church, Lewis Bruce Lane and Cox Creek Pkwy, Florence on Sunday, February 14 at 10:30am. Come enjoy Southern Gospel Music.

Annual Black History Program at St. James M.B. Church, Wallace St., Florence on February 14 at 11am worship service. Guest speaker Associate Minister James McGoo of St. Paul M.B. Church of Tuscumbia.

The Underwood/Petersville Neighborhood Watch group is having its monthly meeting on February 14 at 2pm at the Underwood/Petersville Community Center. Please use back entrance We meet once a month to discuss any concerns about our community and also discuss ways of making our area safer for all This month we have a guest speaker from the Underwood/Petersville Volunteer fire department on fire safety . Please join us and get to know your neighbors and learn ways we can all help in keeping crime down Lookng forward to meeting you all ! :) Any questions or concerns feel free

to contact Susan at suebeehoney2015@ outlook.com

New Home M. B Church in Leighton will be sharing Valentine's Day, February 14 at 4pm with Rev. Michael Timberlake and Shiloh M. B. Church of Florence.



Neighborhood Watch Meeting Monday, February 15 at 7pm at Cloverdale Community Center.

Senator Richard Shelby will join the Lauderdale County Republican **Party** Monday at Joe Wheeler State Park in Rogersville on Monday, February 15. There will be a VIP reception at 5:30pm and dinner at 7pm. To purchase tickets or for more information, call 256-366-2878.

WE CARE After School Ministry of Weslev Chapel United Methodist Church in Central Heights is still enrolling students. Contact Melissa at 245-483-2559 for more information.

Dr. Phillip Dean will speak as part of the Healthy Valley Women program on February 16. The topic "Exercise for a Healthy Heart" will be discussed at noon in the Keller Wellcare Center. Dr. Dean is a cardiologist with the Heart Center in Sheffield. He is originally from Dothan, AL. Dr. Dean earned a degree in chemistry from the University of Alabama and completed his medical degree at the University of Alabama School of Medicine. He is board-certified in internal medicine and cardiovascular diseases. This program is free, but seating is limited. A light lunch will be served. To reserve your seat, please call the Keller Wellcare Center at 256-386-4747.





How To Spot Saved Folk

Hebrews 6:9 "But, beloved, we are persuaded better things of you, and things that accompany salvation, though we thus speak." A saved person loves the lord, hates evil, and has compassion. 1 John 4:19 "We love him, because he first loved us." See Psalms 97:10 & Jude 1:22. A saved person will employ and enjoy prayer. Psalms 55:17. The saved man will love the word: Psalms 119:140 "Thy word is very pure: therefore thy servant loveth it." Saved men will love the brethren: 1 John 3:14 "We know that we have passed from death unto life, because

we love the brethren. He that loveth not his brother abideth in death." A saved man has the Holy Ghost, (Spirit.) Stephen in Acts 6:5. Cornelius in Acts 10:47. Barnabas in Acts 11:24. The Apostle Paul: Acts 13:9. Acts 15:8-9&11. A saved man knows he has eternal life. 1 John 5:13. A saved man knows what is ahead for him in eternity. 1 Corinthians 2:12 "Now we have received, not the spirit of the world, but the spirit which is of God; that we might know the things that are freely given to us of God." The saved man will have the love of God and the Holy Ghost in his heart. Romans 5:5 "And hope maketh not ashamed; because the love of God is shed abroad in our hearts by the Holy Ghost which is given unto us."

A saved man won't be corrupted from the simplicity in Christ. 2 Corinthians 11:3 "But I fear, lest by any means, as the serpent beguiled Eve through his subtilty, so your minds should be corrupted from the simplicity that is in Christ." A saved man (like Paul) will seek to be free from the blood of all men. Acts 18:6 "And when they opposed themselves, and blasphemed, he shook his raiment, and said unto them, Your blood be upon your own heads; I am clean: from henceforth I will go unto the Gentiles." Acts 20:26 "Wherefore I take you to record this day, that I am pure from the blood of all men." Israel cried in Matthew 27:25 "Then answered all the people, and said, His blood be on us, and on our children;" and it sure has been.

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Doctor's Weekly Quiz - Topic: Islands

than Britain.

True or False?

A.) Bonaire

B.) Santa Cruz

C.) Grenada

4. Madagascar is a larger island

5. Which country is know as the

"Spice Island" in the Caribbean?

1. When this game was launched in 2007, Poptropica had how many islands?

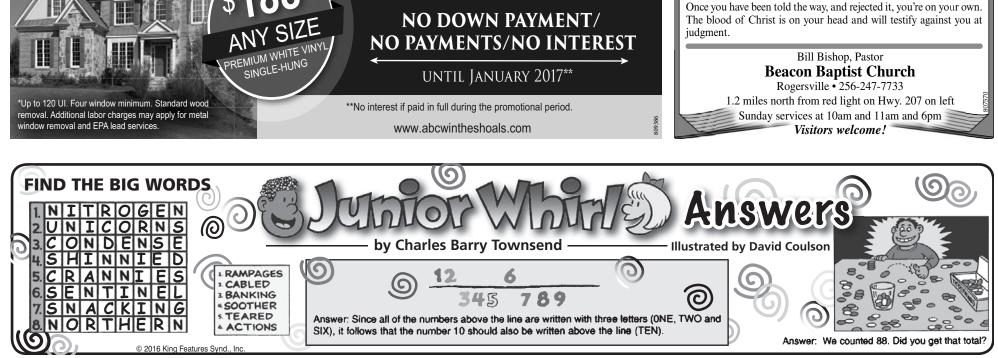
A.) 1, B.) 2, C.) 3, D.) 4 2. How many main islands make up the state of Hawaii?

A.) 10, B.) 9, C.) 8, D.) 7 3. Britain is the largest island in

Europe. True or False?

D.) Cuba Answers: 1: C 2: C 3: True 4: True 5: C

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