

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

Volume 132 Number 15

January 27, 2016

POSTAL PATRON

## Stock Merge for Rogers, Parker Asso.

FLORENCE—J. Smith Lanier & Co., one of the country's oldest and largest independent insurance brokerage firms, is pleased to announce the stock merger with Rogers, Parker & Associates, Inc., of Florence, Alabama effective December 1, 2015.

"Everyone at J. Smith Lanier & Co. is excited about Rogers, Parker & Associates, Inc. joining our company," stated D. Gaines Lanier, Chairman and CEO of J. Smith Lanier & Co. "Both companies have a long tradition of excellence in customer service. We believe this merger will provide us with additional strength to provide the best coverages at the best price to meet our clients' needs."

Rogers, Parker & Associates, Inc. traces its origin to 1898 when agency owners contracted with United States Fidelity & Guaranty Company (USF&G). Rogers, Parker & Associates, Inc. has represented USF&G (St. Paul/Travelers) longer than any other insurance agency in the state of Alabama.

"Richard Parker and I believe the combination of our firms will enable us to provide an even greater value to our customers," said Rogers, Parker & Associates' partner, Acker Rogers. "We look forward to continuing to serve our customers and our community as part of the J. Smith Lanier & Co. team."

J. Smith Lanier & Co. is headquartered in West Point, Georgia. It is an employee-owned company that was founded in 1868 and has become one of the largest privately owned insurance brokers in the United States. The major regional firm has 600 employees in eight divisions and twenty-two branch offices.

## Houston ED in Lawrence

MOULTON – The Board of Directors of the Lawrence County Chamber of Commerce last week announced the hiring of Jason Houston as Executive Director. He replaces Diane Scanland, who retired at the end of 2015.

"We are excited to bring Jason on board with us to

See SHORTS... on Page 14



# Courier Journal

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## That Little Extra

Renaissance Honorees Pull from Their Souls

### THE FINALISTS

#### Arts and Culture

Barbara Broach  
 Jeff and Michelle Eubanks  
 Jane Frith  
 Edsel Holden\* \*\*  
 Dr. Ian Loeppky

#### Business and Leadership

Kai-Uwe and Carmen Erdmann  
 Danny Hardeman  
 Alison Stanfield\*  
 Wes and Tera Wages

#### Education

Dr. Terrance Brown and  
 Dr. Tiffany Bostic-Brown  
 Dr. Jeffrey Bibbee  
 Jerry Foster  
 Darlene Freemon\*  
 Dr. Michael Pretes

#### Science and Medicine

Liz Davis, RN, NTP  
 Jan Hannah, RN, BSN  
 Dr. Karen Landers  
 Dr. Ajit and Divya Naidu\*  
 Dr. Amit Roy.

#### Service and Spirituality

Camille Bennett  
 Vicki Goldston  
 Melissa Hargett  
 Beth Howard/Krista Manchester\*  
 Hero Le



\* Category Winner  
 \*\* Renaissance Person of the Year

FLORENCE- The 2016 Renaissance Awards sponsored by *No'Ala Magazine* were recently announced and presented at an evening event in Florence.

The magazine solicited nominees from the community throughout 2015 for individuals, couples, and groups who demonstrated significant contributions in five categories.

Twenty-four finalists comprising individuals and couples were acknowledged for their contributions to the Shoals in five areas: Arts and Culture, Business and Leadership, Education, Science and Medicine, and Service and Spirituality. One recipient from each category was chosen by a panel of previous Renaissance Award recipients. *No'Ala* staff chose the Renaissance Person of the Year from among the five recipients in each category.

See AWARDS... on Page 6



Bank Independent and Partners Share

## More Toys

SHEFFIELD – Over 2500 toys were distributed to children in the Shoals area through the fifth annual Bank Independent and WAFF-48 Toy Share toy drive over the holidays.

Bank Independent volunteers delivered toys to the William Porter Foundation, Safeplace of the Shoals, Rogersville Volunteer Fire Department, North Alabama Christian Children's Home, and

Pictured at the toy delivery to William Porter Foundation are Bank Independent's Katy Nunley, left; Hillary West, third from left; and Erin Letson, right. Foundation volunteers from left in the navy shirts are Rebecca Carter; Kim Boyer, board member; and Kimberly Wright.

See SHARE... on Page 11



Toy pickup by Safeplace representatives Melanie Vick, and Erica Volentine (third and fourth from the left), joined by Bank Independent's Ben Wilson, Alicia Phillips, Christy Corum and Elizabeth Gargis.

Bank Independent courtesy photos

## Inside this Issue

Online Only:

- Pet Connection
- Ask Dr. Webb
- Civitans Smoked Butts Sale

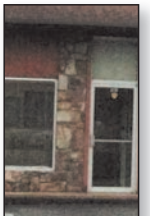
- Jr. Whirl Chocolate Crawl #2
- Soap Update
- Ask the Attorney



- Hocus Focus
- Grass is Greener?
- Dave Says
- Adopt-A Friend



- Pet Talk
- Outdoors
- Web Poll
- Mystery Photo



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Danielle L



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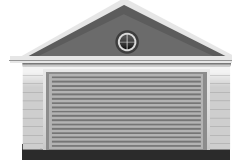
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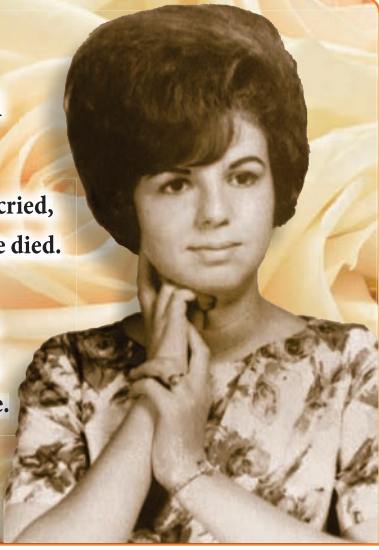
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*In Loving Memory*  
**Barbara Gail Thompson**

11/10/47 - 1/28/08

A million times I've needed you, A million times I've cried,  
If love alone could've saved you, You never would have died.  
In life I loved you dearly, In death I love you still.  
In my heart you hold a place, No one else can ever fill.  
It broke my heart to lose you, But you didn't go alone,  
Part of me went with you, The day God took you home.

Love always,  
Cliff, Terry, Lorie, Christy, Alishia, Josh & Families



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<p><b>John Morrell Sliced Bologna</b> 12 oz. pkg. <b>1.19</b></p>		<p><b>PIGGLY WIGGLY FAMILY SIZE Potato Chips</b> <b>1.79</b> 11 OZ. BAG</p>	<p><b>PIGGLY WIGGLY Jumbo Biscuits</b> <b>\$1</b> 5 CT. CANS</p>
<p><b>Gwaltney Sliced Bacon</b> 12 oz. pkg. <b>2.59</b></p>		<p><b>PIGGLY WIGGLY FROZEN Fish Sticks</b> <b>3.99</b> 24 OZ. BOX</p>	<p><b>PIGGLY WIGGLY Peanut Butter</b> <b>1.59</b> 18 OZ. JAR</p>
<p><b>Gwaltney Sausage</b> 12 oz. roll <b>1.09</b></p>		<p><b>PIGGLY WIGGLY BEANS Chili or Kidney</b> 15 OZ. CANS <b>3/\$2</b></p>	
<p><b>Bryan Corn Dogs</b> 6 ct. pkg. <b>2.59</b></p>		<p><b>MADE IN ALABAMA Pktnik Mayonnaise</b> 30 OZ. JAR <b>1.59</b></p>	
<p><b>Piggly Wiggly Sliced Ham or Turkey</b> 10 oz. pkg. <b>2.59</b></p>		<p><b>PIGGLY WIGGLY Sugar</b> 4 LB. BAG <b>1.69</b></p>	

<p><b>PEPSI &amp; ALL Pepsi Products</b> 8 PACK 12 OZ. BTL. <b>3/\$10</b></p>	<p><b>TOTINO'S Frozen Pizza</b> 10-10.9 OZ. BOX <b>2/\$3</b></p>	<p><b>PIGGLY WIGGLY Frozen Crinkle Cut French Fries</b> 2 LB. BAG <b>2/\$4</b></p>	<p><b>TINA'S Frozen Burritos</b> 4 OZ. PKG. <b>2/\$1</b></p>	<p><b>PIGGLY WIGGLY Frozen Whipped Topping</b> 12 OZ. TUB <b>2/\$4</b></p>	
<p><b>MISSION PRIDE Sliced Peaches</b> 28 OZ. CAN <b>1.69</b></p>	<p><b>PIGGLY WIGGLY Tastes Like Butter</b> 16 OZ. TUB <b>99¢</b></p>	<p><b>PIGGLY WIGGLY Ketchup</b> 34 OZ. SQUEEZE BTL. <b>1.29</b></p>	<p><b>PIGGLY WIGGLY Salad Dressing</b> 16 OZ. BTL. <b>2/\$4</b></p>	<p><b>PIGGLY WIGGLY Angel Soft Bathroom Tissue</b> 9 ROLL PKG. <b>4.59</b></p>	
<p><b>PIGGLY WIGGLY Deluxe Macaroni &amp; Cheese or Shells w/Cheddar</b> 12 OR 14 OZ. BOX <b>1.59</b></p>		<p><b>PIGGLY WIGGLY Cheese Singles</b> 12 OZ. PKG. <b>2/\$4</b></p>		<p><b>PIGGLY WIGGLY Chili or Taco Seasoning</b> 2 OZ. PKG. <b>2/\$1</b></p>	
<p><b>PIGGLY WIGGLY Crescent Rolls or Cinnamon Rolls</b> 8 OZ. OR 8 CT. TUBE <b>2/\$4</b></p>		<p><b>PIGGLY WIGGLY Dry Northern Beans</b> 2 LB. BAG <b>2/\$4</b></p>			

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**NAMI Shoals will be meeting** for its bi-monthly educational meeting on Tuesday, January 26 at 7pm at the NAMI Shoals office, 749 Thompson St., Suite A, Florence. The speaker will be Dr. Tim Whalen, Psychiatrist. The topic will be "Suicide". The public is invited. Need directions or more information, call 256-765-2081.

**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 fees is \$400. For more information contact Nicole Lambert at 256-760-6628.

You can register online at www.fpard.com.

**Taxpayers in need of service at the Florence, Alabama IRS Taxpayer Assistance Center (TAC)** can now call to schedule an appointment. However, they should first see if their answer is available at IRS.gov.

Taxpayers requiring assistance should call 1-844-545-5640 to schedule an appointment at the Taxpayer Assistance Center located at 204 S. Walnut St. in Florence.

The IRS is moving to an appointment service at this TAC as part of an ongoing effort to eliminate lines and reduce frustration for taxpayers and for IRS employees wanting to assist them. The agency tested various methods of scheduling an appointment.

Prior studies show that many taxpayers visit the IRS site to get a tax transcript, make a payment, resolve a notice, obtain a form or publication or ask about their refund. All of these issues can often be resolved at IRS.gov without traveling to an IRS office.

The agency reminds people that IRS.gov offers numerous online options that can save them time and effort.

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

**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.

**The Monthly Shoals Second Amendment Meeting** will take place on Tuesday, January 26 at the Momma Jeans #3 restaurant on Cloverdale Road. We eat at 6pm and the guest speakers begin at 7pm. This month Shadrack McGill, a candidate for U.S. Senate, will be speaking and will be available for Q&A as well. The meeting is open to the public and free to attend. For more information please visit Shoals Second Amendment on Facebook or contact Jeff Hopper at 417-527-2223.

**Red Cross Blood Donations**  
Wednesday, January 27, 9am-2pm,  
Florence High School, The Dome Gym,  
1201 Bradshaw Dr, Florence.  
Donors can schedule an appointment at or get additional information at www.redcrossblood.org Teresa Becker 256-990-0830.

See NOTES... page 27

# 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 ex-husband was ordered at our divorce hearing to pay child support in the amount of \$214.00 every two weeks for our two children and to keep them on his insurance. He hasn't done either one. The children are

on All Kids and Medicaid health insurance. He is over \$15,000 past due on child support. He is not working right now and hasn't paid child support in several months. Is he in contempt? I've been told no. He never helps with the kids. He can see them anytime he wants to, but he chooses not to see them much at all. He never helps out with buying their clothes or anything they need. I've been told that there is nothing I can do. Would you please advise me on what rights I have?

- Teresa, Athens, AL

**A** Your children deserve better and it must be very frustrating to see this happening.

You have raised a number of issues and they are, unfortunately, more common than they should be.

First, the fact is that the children are covered medically and that is great. If they were not eligible for publicly

funded programs and you purchased commercial health insurance you could potentially make your ex-husband pay you back for the cost you incur.

I say potentially because he is not paying anything now.

Back when I did divorce work I always advised my clients to turn their case over to DHR after the divorce became final. It costs little and they are aggressive. They have so many cases that they can not be as fast as a privately paid lawyer, but good lawyers are expensive.

To answer your question as to whether or not he is in contempt of court would require more information than I have but I will give you the legal analysis that the courts typically use:

- If the father is working and not paying he is in contempt. His bills and living expenses are not a factor, child support comes first.

- If, on the other hand, the father is injured or disabled to the extent that he can not work then he can not be held in contempt.

- If the father is voluntarily not working, he can be held in contempt.

- If the father is voluntarily under employed, i.e., a dentist choosing to work in a car wash, he can be held in contempt.

All of these must be proven in court. I hope I have given the information that you need to answer your question.

*Buckle up and drive safely.*

Please send the questions to:  
**"Ask the Attorney,"**  
 P. O. Box 38, Florence, Alabama 35631  
 or visit our website at:  
[www.mhatty.com](http://www.mhatty.com)

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

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**Redline It - See Page 6**

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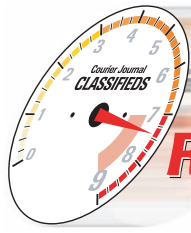
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Your Courier Journal is published for total saturation, direct-mail delivery every Wednesday to 70,173 Shoals area and surrounding homes. It is Alabama's Largest Weekly-Mailed Direct, and enjoys a larger circulation than all local subscriber based newspapers combined.

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**219 W. Tennessee St. Florence, AL 35630**  
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## Awards...

Continued from Page 1

**BUSINESS AND LEADERSHIP:**

Alison Stanfield began her work with Florence-Lauderdale Tourism 20 years ago as an administrative assistant and worked her way up to assistant director. Along the way our tourism and visitor's bureau won awards, increased our visibility in the world, and drew people to the area overnight. Tourism has a huge economic impact for our area - and that didn't just happen by itself. Stanfield was a large and unheralded part.

**SERVICE AND SPIRITUALITY:**

One very cold night when Beth Howard was walking her dog, she began thinking about the people in our area who don't have a warm place to lay their heads. She and Krista Manchester met at an organizational meeting and joined forces to do something about it. The result was Room in the Inn, a multi-denominational effort among area churches to feed homeless and food-insecure individuals and families, and to provide safe, warm overnight accommodations during the winter months. At least seventeen different congregations have come together on behalf of those who have the least among us.

**SCIENCE AND MEDICINE:**

Dr. Ajit Naidu is a local cardiologist who was raised and educated in Chicago. He is the son of a prominent pediatric neurosurgeon. Naidu has brought innovative techniques for the treatment and control of heart disease and vascular problems to the Shoals. Dr. Naidu was the first in the area to perform radial artery cardiac catheterizations and coronary interventions, laser varicose vein ablation, and advanced techniques in peripheral vascular intervention.

Naidu's brother, Joseph, died of an undiscovered cardiac problem. Ajit and Divya were determined to turn tragedy for their family into help for others.

Divya has been instrumental in creating the Joseph Naidu Foundation to provide free screenings of all types to residents of the Shoals area. The hope is that the discovery of undiagnosed problems can lead to early treatment. Divya is also very involved in the Shoals Community Clinic, a medical facility located in a subsidized housing neighborhood which provides free medical and dental care for those who otherwise couldn't afford it.

**EDUCATION:**

Darlene Montgomery Freemon was a creative writing instructor at Florence High School. She was selected from a group of distinguished nominees primarily because she practices what she teaches. In her own words, "I was the child of functionally illiterate parents who never traveled more than 250 miles from home. They loved me but did not expect me to finish high school. I credit the teachers in my life for using both "carrots and sticks" to push me to succeed. I also credit the teachers for giving me the vision to travel to the 26 countries I have visited. I especially credit the teachers for helping me to become a person who is capable of enjoying moments of perfect contentment and heartrending joy, first through literature and now in reality."

**ARTS AND CULTURE:**

The winner of the Arts and Culture category and the Renaissance Person of the Year is a man who needs no introduction, Edsel Holden. If the definition of a Renaissance Person is one who is proficient in a variety of things, he absolutely fits the bill. In fact, Holden has a connection to every category we honor. As a

See HOLDEN...on Page 29

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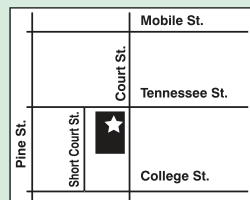


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# Hammock a Candidate for Lauderdale County License Commissioner

I am a lifetime resident of Lauderdale County and a 28-year business owner, commercial property owner and homeowner. I am married to Brandi Clark Hammock who has been a resident of Lauderdale County for 26 years. We are members and attend Eastside Church of Christ.



business development non-profit; Chapter President of the BNI business networking group; Board of Directors of Downtown Florence Unlimited (DFU); Board of Directors of Attention Home; and a longstanding member and participant in a number of other civic organizations.

Over the decades, I've seen how attentive and committed city and county officials can inspire robust commercial development and position our residential communities as desirable alternatives to larger, high-cost cities in adjacent counties.

I have been a jeweler for 31 years of which I have owned my current business Creative Jewelers for 28 years. I am a graduate of the Gemological Institute of America, and have thirteen certificates in the jewelry industry. I received an international award from one of the world's largest jewelry manufacturers in 2010 for innovation in the jewelry industry. I am a supporter of the University of North Alabama in several capacities, including the title sponsor for the Miss UNA Pageant.

I have had the opportunity through local media advertising to leverage a relatively high profile as a Historic Downtown Florence business to the service of our community, acting as Board Chair of the Florence Main Street

To that end, I am seeking to become an even more active and deeply involved participant in the county's future growth - and feel that the position of County License Commissioner would allow me to become part of the team that moves Lauderdale County into a bright and vibrant future.

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## Ask Dr. Webb



Dr. Robert Webb

This is #3 in the Polypharmacy series about why be concerned with seniors taking so many pills: **What is Beers List of Potentially Inappropriate Medications**

**What is Beers List and why is it important?**

Beers List, or *Beers Criteria* (named after geriatrician Dr. Beers), describes drugs seniors should avoid because the potential for harm outweighs any potential benefit.

The drugs listed are associated with poorer outcomes: increased hospitalizations and death rates; more risk of falling, fractures, confusion, and depression; and increased need for assistance in ADL's [Activities of Daily Living - dressing, toileting, walking, eating, bathing]. Medicare and the States use the List to monitor quality of care in nursing homes: patients on any one of these must have documentation justifying why.

**What drugs are included?**

The List includes 53 medications or drug classes, divided into three categories:

- 1) drugs to avoid in all older adults;
- 2) those to avoid if you have certain diseases that the drugs can make worse; and
- 3) drugs which may be used but only with great caution.

The List only suggests drugs that are "potentially inappropriate" because there may be situations where (a) one is needed and no other drug has worked, or (b) someone's taken it for years and has had minimal or tolerable side-effects. *The decision to take the drug is one shared between patient and doctor.*

The List is important: knowing possible side-effects can help avoid high-risk drugs; and if there is a bothersome symptom, it can guide which drugs to stop first—rather than add another prescription to treat the side-effect. If your health depends on the drug, your physician may be able to prescribe an alternative with fewer side-effects.

The next three articles will highlight a sample of drugs in each of the three categories.



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

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

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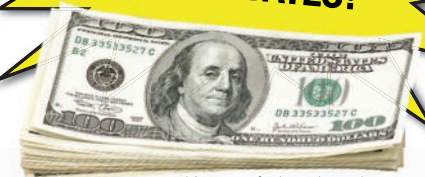
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## The Grass Is Always Greener...

Over the course of the last week or two, I heard several people say how they wish they had won the big \$1.5 billion lottery. They talked about how much better their life would be. This kind of "dreaming and scheming" is just one example of

Let's take this thought out of the pasture and into the arena of life. Do you know someone who jumps from job to job and always ends up with the worst boss in the world? Do you know anyone who crosses relationship fence after relationship

people looking over the fence and thinking of how much greener the grass is on the other side. The problem with this kind of thinking is that most folks would be no better off, and maybe even worse, in a couple years. There are



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watch them grown and flourish. They will if we will do our part. Your best life is on this side of the fence. The grass is always greener where it is watered, weeded and fed.

concentrate on caring for the grass under our feet. Let's take care of the here and now. Nurture the relationships of life and

whole series of television programs about how those lotteries have ruined people's lives. The reason is simple. Let me sum it up with this little limerick; "Don't tell me what you'd do my friend if a million would be your lot. What I want to know is what you're doing with the \$1.98 you've got."

Why is that green grass so appealing? Many of the people who cross over the fence look back at the grass they left and see an unhealthy brown patch. They celebrate in their new surroundings only to look around a few months later and see that their new grass is now brown and dying. Could it be they are the cause of the brown grass? I contend that until we fix what ruined the grass, on our side of the fence, we are doomed to a life of jumping fences and killing grass.

watch them grown and flourish. They will if we will do our part. Your best life is on this side of the fence. The grass is always greener where it is watered, weeded and fed.



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**SIGNS OF WINTER**


Hidden in the diagram above are 17 words associated with winter. They can be found by reading up or down, or side to side. You'll even find them diagonally going up or down. Letters can be used more than once. Listed below are the words that you're looking for.

Blizzard	Lights	Sleet
Christmas	Mistletoe	Snowball
Drift	Presents	Toboggan
Fireplace	Salt	Toys
Flurries	Shovels	Trees
Holidays	Sledding	

**Answers On Page 30**

**DON'T SLIP UP ON THIS ONE!** Try solving this AlphaMath puzzle over a nice cup of hot cocoa. You must replace the letters in the sign with the digits 0, 1, 2, 3, 4, 6, 7, 8 and 9, so that you have a correct addition problem. The same letters get the same digits.





**CONNECT THE DOTS** and find out what the end of everything is.

Illustrated by David Coulson

	16	20	
19			17
	22		
			21

[55]

**IT'S MAGIC!** Use the numbers 6 through 15 to fill in this Magic Number Square. The numbers in each horizontal row, vertical column and even the four corner squares must total 55. We've filled in six of the squares. The rest is up to you. Use trial and error – and a good eraser!

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**Share...**

Continued from Page 1

the Angel Tree Program in partnership with Lexington High School for Christmas distribution.

An incredible 4,758 toys and \$1,680 were donated to the drive, eclipsing 2014 totals and helping hundreds of families across six counties.

"This program grows every year thanks to our generous communities; every year our community partners distribute toys to more and more local children," said Bank Independent President, Macke Mauldin. "We express our gratitude to everyone who helped us make this Christmas brighter for our neighbors and friends."

Toy Share drive grew by over 1300 toys and \$800 from 2014 totals. In fact, it has grown each year since the first drive in 2011.

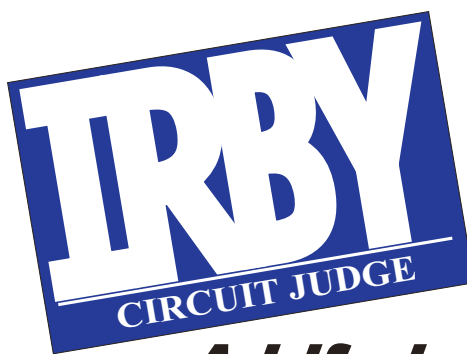
Toy Share was the last of four annual Share drives hosted by Bank Independent as part of its Helping Hands initiative. The first Share drive of 2016, Shelter Share, will run throughout the month of February. Shelter Share offers all Bank Independent locations as convenient donation points for pet food and supplies to be donated to area animal shelters.

**Where James Elwyn Irby Has Been In Life Says A Lot About Who He Is And Where He Is Going...**



*"My roots in Lauderdale County go back three generations. My grandparents and parents lived here. I have lived here all my life. I went to school from first grade through college here. My family and friends are here. My church is here. I love the people of Lauderdale County. This is why I want to be your Circuit Judge."*

*-James Elwyn Irby*



**A Life-long Republican**

James Elwyn Reese Irby was born January 14, 1957, to Elwyn Reese Irby and Mardia Butler Irby in Eliza Coffee Memorial Hospital, Florence, Alabama. Elwyn Reese Irby served for 32 years as band director at several schools starting the first band in the Lauderdale County school system at Lauderdale County High School in Rogersville and serving 20 years as band director at Central High School from 1964-1984. For several years, Elwyn served as the choir director at Northwood Methodist Church and St. James Methodist Church, both in Florence.

Mardia Butler Irby served for 37 years as a teacher at Waterloo High School, Colbert County High School, Lauderdale County High School, Underwood Elementary School and Weeden Elementary School, teaching first grade at Weeden for her final 25 years of service to the students of Lauderdale County and Florence.

James attended Harlan Elementary School, grades 1-6, Forest Hills Jr. High School, grades 7 and 8, and Bradshaw High School, graduating from Bradshaw in 1975. James entered UNA. James was elected President of the UNA Band his junior and senior years. James was also named to "Education's Top 10".

James graduated from UNA with honors in 1979. Upon graduating from UNA, James was hired by the Sheffield City Board of Education in July 1979, as band director where he remained until 1990.

On July 1, 2003, James entered the private practice of law with the prestigious Athens, Alabama law firm of Sherrill, Batts and Shipman, L.L.C. In 2004, James joined the prestigious Florence law firm of Potts and Young, LLP, one of, if not the oldest established law firms in the area.



In early 2008, James opened his law firm, JAMES IRBY, P.C. in Florence, continuing to practice civil plaintiff law, family law, probate law, juvenile law, education law, business law, contract law and criminal defense law.

James is admitted to practice law before the United States Supreme Court, the 11th Circuit Federal Court of Appeals, the Federal District Court for the Northern District of Alabama, the Federal District Court for the Middle District of Alabama, the Alabama Supreme Court, the Alabama Court of Civil Appeals, the Alabama Court of Criminal Appeals and all state Circuit District and Municipal Courts.



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## Commentary

# Social Media Has its Place, Socially

Social media is getting a lot of attention these days. Facebook, Twitter, and Instagram are among the leading brands. All offer features that make them unique and our respective favorites based on our personal preferences.

For example, Facebook is a good way to keep up with friends, interact with like-minded groups, post pictures and videos, and announce events and other happenings.

Those who are familiar with it and are members use it to varying degrees. You and a billion other people gave FB extensive amounts of personal data when you signed up. Many continue to do it daily with comments and interactions. FB is using it all to its advantage.

Some FB users will post something every few minutes regardless, (just tied my shoe, loaded the dishwasher, or watched a bird land on the fence.) Others will post on occasion when they have something of interest. Some only look at what others are doing and may never comment or "like" someone else's post.

Many business owners have a Facebook page that they use to promote their business to those who specifically follow their page. Some mistakenly assume two things:

1.) that everyone who likes their page always receives their FB posts

2.) their FB page is just as good as a dedicated

See SOCIALLY... on Page 25

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

### In A Few Words



TOM MAGAZZU  
Editor

## Courier Journal

# THIS WEEK

in the

# Shoals

January 27, 2016

Happening

THIS WEEK

ANNUALLY NOT OFTEN ENOUGH

## Beg for More

Get Tickets NOW for this Popular Downtown Florence Chocolate Event

FLORENCE – Grab your sweetheart or your best shopping buddy and join downtown Florence merchants for the 2nd Annual Downtown Chocolate Crawl on Saturday, February 6 from 10am-3pm - or until treats run out. The event is presented by Florence Main Street.

Tickets for the event are \$10 each and are on sale now. New this year are commemorative long sleeve t-shirts starting at \$18 each before the sale

and \$25 each on the day of the event. Tickets and t-shirts can be purchased online at [www.florencemainstreet.org/store](http://www.florencemainstreet.org/store) or at the Main Street office, 301 North Pine Street, in downtown Florence. There are a limited number of tickets and t-shirts available, so early purchases are encouraged. Anyone purchasing a ticket

**FEBRUARY 6, 2016**

before February 1 will be entered into a drawing for \$25 Downtown Dollars that can be redeemed at participating stores. Downtown Dollars spend just like cash and will be given to winners at the beginning of the event.

Ticket holders will need to check-in at the Florence

See CRAWL... on Page 25

**A BEAN SUPPER** will be enjoyed Friday, January 29 from 11am-7pm at Muscle Shoals Living Center, 994 Gattman Park Drive in Muscle Shoals (the building with the flag pole). The menu includes beans with ham, cornbread, slaw, onion, and dessert. The cost is \$7 per plate with all you can eat beans and ham. Carry out plates are available. For pre-orders, call 256-386-9280. Tickets may also be purchased from any senior of the Muscle Shoals Living Center.

**THE SHOALS CHRISTIAN SCHOOL KEY CLUB** presents Coffee House, a benefit to build a fresh water well in Zambia with Water282 on January 30, 6-9pm at Woodmont Baptist Church. Coffee and desserts are available for purchase. Admission is \$5. The event features Jordy Searcy, Jake Eliff, Madeline Frankfort, Ashley White, Emily Whitehead, and McKenzie Lockart. For tickets or more information, call Shoals Christian at 256-767-7070 or Beth Benson at 256-335-3381.

## Civitan's Taking Orders for Boston Butts

SHOALS - Advanced orders are being taken now for the Super Bowl Fundraiser Boston Butt Sale presented by Tusculumbia/Florence Civitan Clubs. Delicious 8-10 lb smoked pork butts will be ready Saturday, February 6 just in time for



your big game football party! No party? Then get ready for several days of great family eating, split it with a friend, or freeze it for later. Smoked butts are \$35 each.

To order, call 256-765-0041 or email Cameron Kay at

[cikay1@juno.com](mailto:cikay1@juno.com).

Local charities helped by Civitan's include the United CP Center, UAB International Civitan Research Center, CASA, SafePlace, Shoals Habitat for Humanity, Meals on Wheels, Scope 310, Local Veterans Association, Big Brothers/Big Sisters, St. Jude Children's Hospital and more.

For Tickets call the Ticket Office 256-765-5466 or email Ticket Mgr. Jenn Sharp at [jlsharp1@una.edu](mailto:jlsharp1@una.edu)

## SOFTBALL

Sat. Jan 30 & Sun. Jan 31  
GSC/Peach Belt Challenge  
Hosted by Columbus State Univ.  
Columbus, GA



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

#GetYourPurpleOn. Wear your UNA Purple on Fridays!

## BASKETBALL

Men

Sat. Jan. 30 • 4pm  
vs West Georgia  
at Carrollton, GA

Women

Sat. Jan. 30 • 2pm  
vs West Georgia  
at Carrollton, GA



**THE 2ND ANNUAL STEAMPUNK EVENT** is January 30 from 12-2pm at the Florence Lauderdale Public Library, 350 N. Wood Ave. in Florence. Join the Kabi Society Steampunk Club for their 2nd Annual free steampunk event. There will be a Q & A discussion about steampunk culture, history, characters, etc. Local cosplayers and LARPs are encouraged to come in costume. Let's mingle and socialize. For more information, call 256-224-3449.

## YOUR Letters

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

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

## Keep Seeking the Light

Dear Editor:

Though I generally focus on the ads, a recent letter here maligning me and my a-theistic belief demands a response (*They Tolerate No Others / Dec. 30*).

That writer flatly attributed the world's ills to we few who neither imagine ourselves among the chosen of his imaginary friend in the sky with superpowers nor are members of death-denial cult with a Cinderella complex. To him I say, "Sir, correlation is not causation and bigoted stereotyping is counterproductive to the civilization of human behavior. Because some believers cut off non-believer's heads doesn't mean that all believers are murders. Nor does one atheist murderer mean all

atheists are."

My second purpose in this letter is to let other non-believers know that they're not alone. It's true that if they have anything to lose, now is the time to be as unobtrusive as serpents and as non-threatening as doves. As that writer's letter indicates, spreading pearls of facts before swine these days is dangerous. You, however, are the light at the end of this dystopian tunnel so keep seeking righteousness that comes of understanding rather than indoctrination. Still, I encourage non-believers to remain open to the fact that, even though corrupted by Bronze Age superstition, brutality, and ethnocentric xenophobia, there really are pearls buried in Scripture. The ancients weren't just "whistling Dixie". They loved their children just as we love ours and, also like us, they had to deal with the rigors of reality. In those

days, even more than now, the abundant life depended on integrating one's ideas of reality with reality. Undoubtedly also like us, they understood that *reality* is the primary revelation of the divine, the primary scripture and focus of divine-human communion.

Finally, may I remind atheist and believer alike to remember how critical integrity is when they go to the polls. It is not a display of integrity when politicians broadcast their claims to godliness while Scripture condemns such hubristic vanity (3rd Commandment). Neither is it integrity to demand public prayer while their scripture demand prayer in secret rather than "to be seen of men". If hypocritical relative to what they claim is their God's very word, of what value are promises to mere voters who can't make big campaign contributions?

Revis Tilley  
Tuscumbia

See LETTERS... on Page 19



Please convey your thanks and deepest appreciation to them in word or writing.

# Helen Keller Hospital

# FEBRUARY 2016 CALENDAR OF EVENTS

MON. & TUE. **1 & 2**

**BOOKS ARE FUN  
BOOK AND GIFT  
FAIR**  
Great Selection of  
Books and Gifts  
  
*Proceeds benefit the  
Keller Volunteer Auxiliary*

MONDAY **1**

**OSTOMY  
SUPPORT GROUP**  
5:30pm  
Keller Wellcare  
Center  
  
*Meets the First Monday  
of Each Month*

WEDNESDAY **3**

**DIABETES  
SELF-MANAGEMENT  
EDUCATION**  
9am-1pm  
Education Department  
  
*Registration required.  
Call 256-386-4030 to register or  
for more information.*

THURSDAY **4**

**PALS RENEWAL**  
  
*Call 256-386-4030  
to register or for more  
information*

FRIDAY **5**

**BLOOD PRESSURE  
& BLOOD SUGAR  
SCREENINGS**  
8am - 12pm  
Hospital's Main Lobby  
  
*Free. No appointment necessary.  
Sponsored by Keller Volunteer  
Services.*

SUNDAY **14**



TUESDAY **16**

**HEALTHY VALLEY  
WOMEN**  
Noon - Keller Wellcare  
Center  
  
*Dr. Phillip Dean will speak. This  
program is Free, but seating is  
limited. To reserve your seat,  
please call 256-386-4747.*

TUES. & WED. **16 & 17**

**ACLS PROVIDER  
CLASS**  
  
*Call 256-386-4030  
to register or for more  
information*

FRIDAY **19**

**BLOOD PRESSURE  
& BLOOD SUGAR  
SCREENINGS**  
8am - 12pm  
Hospital's Main Lobby  
  
*Free. No appointment necessary.  
Sponsored by Keller Volunteer  
Services.*

TUESDAY **23**

**HKH FOUNDATION'S  
MARDI GRAS LUNCHEON  
AND FASHION SHOW  
AT THE MARRIOTT  
CONFERENCE CENTER**  
10am - Market Begins  
12:15pm - Luncheon & Fashion Show  
  
*Call 256-386-4747 for ticket information  
Tickets are \$40 each.*



FRIDAY **26**

**CPR CERTIFICATION  
AND CPR RENEWAL**  
Certification at 10am;  
CPR Renewal Classes at  
7:30am and 1:00pm in the  
River Room  
  
*\$50 fee for non-employees.  
To pre-register, call 256-386-4030.*



**2009 TOYOTA VENZA, 102K**, \$11,988. Financing available. Call Brandon 256-710-4598 or 256-764-3351 01-27

**FIREWOOD! FIREWOOD!** Firewood! Truckload of Oak \$90, Kindling \$8; delivered Tim 256-483-9779 01-27

**I CAN GET YOU FINANCED ON** your next vehicle call JD 256-577-1056 or 256-764-3351 01-27

**FREE TO GOOD HOME. 2 YEAR** old male buff tabby cat. Neutered, Indoor only. 256-483-7090 02-10

**MOUNTAIN DULCIMER.** Handmade Locally. \$200. 256-483-7090 02-10

**"HUCK'S QUALITY PAINTING"** interior and exterior residential painting. Twenty-five years experience. Licensed and insured. Michael Huckabee, 815-793-3733. 02-03

**2014 VOLKSWAGEN BEETLE, 44K**, \$11,997. Financing available. Call Tony 931-213-1386 or 256-764-3351 01-27

**FIVE GALLON BUCKETS WITH** lids, \$1 each; also Small Freezer, about one year old \$100; 256-627-6081 01-27

**I BUY JUNK CARS, WITH OR** without titles, I pay cash. 256-702-2067. 03-09

**2013 MERCEDES C250, LEATHER,** 28k, \$22,988. Financing available. Call David 256-415-0331 or 256-764-3351 01-27

**ELECTRIC HANDICAP** Wheelchair Lift, fits on back of vehicle trailer hitch, cost new \$1,600, asking \$800. Electric Wheelchair Lift, fits in back of pick-ups or inside of SUVs, \$600. Electric Wheelchair, very good condition, \$900. Large 3 Wheel Handicap Scooter, \$900. Will deliver these items. 1-205-528-0321 02-10

**CHERT, FILL DIRT, TOPSOIL,** stone. Call for delivery price. 256-627-7691. 02-24

**2013 MAZDA CX-5 SPORT,** leather, 102k, \$11,868. Financing available. Call Shannon 256-412-1551 or 256-764-3351 01-27

**1971 FORD GRAN TORINO,** engine and drive train restored, just needs to be painted. \$4,200 OBO. 931-424-8682 01-27

**HOME IMPROVEMENT -** additions, masonry work, decks, drywall, electrical, plumbing, tile, kitchens, baths and more. 256-856-0702 01-27

**2015 MITSUBISHI MIRAGE DE,** 8k, \$9,686. Financing available. Call Brandon 256-710-4598 or 256-764-3351 01-27

**METAL ROOFING WITH A 40 year** warranty. Lexington Metal Roofing. 256-229-5573 or 256-394-3662 02-24

**LOAVES & FISHES THRIFT STORE** Closing Sale Feb 1st-13th, 11285 Hwy 20 (Central), Everything 20% Off 01-27

**2012 NISSAN ALTIMA 2.5S, CLOTH,** 81k, \$11,988. Financing call Matt 256-810-0283 or 256-764-3351 01-27

**10 GAL., LARGE MOUTH GLASS** Jar with Handle, no top, \$150. 256-412-1092 01-27

**2007 FORD F-150 LARIAT,** 2 wheel drive Loaded, leather. 106K miles 2 door Supercab, \$13,500 OBO. 256-366-8060 AFTER 5 PM 01-27

**2014 LAND ROVER LR2, LEATHER,** 21k, \$28,686. Financing available. Call Hoke 256-740-1297 or 256-764-3351 01-27

**THREE LADY CAREGIVERS** looking to care for your loved ones. Contact Eileen Nunnally at 256-446-5499 02-03

**SIX CEMETERY PLOTS, TRI-CITIES** Memorial Gardens, \$950 each; Victorian Love Seat Chairs and Table, cheap. 256-443-6754 01-27

**2013 DODGE AVENGER SXT, 52K,** \$11,698. Financing available. Call JD 256-577-1056 or 256-764-3351 01-27

**CLEAN TOPSOIL DUMP TRUCK** loads Big/Small Delivered and spread. 256-740-7406 www.ShoalsDirt.com 03-02

**REDTICK COONHOUND PUPPIES** full blooded, no papers, \$60 each. 256-541-2021 02-10

**KOGER LAWN SERVICE AND** Pressure Washing, houses, piers, boat houses, decks, driveways and walkways. 256-366-3133 06-15

**2012 MITSUBISHI ECLIPSE GS,** 63k, \$11,977. Financing available. Call Hoke 256-740-1297 or 256-764-3351 01-27

**1997 LINCOLN TOWN CAR,** \$1,800. 256-627-6081. 01-27

**1997 CHEVROLET MONTE CARLO** LS, 6 cyl., \$2,850, 145k mi., 256-247-6004 www.capautosales.com 01-27

**ALL-GREEN TREE SERVICE,** "Credit cards accepted" Affordable prices and friendly service. Topping, trimming, removal, lots cleared, stump grinding, Licensed Insured, 256-767-3519, 256-710-8787 02-10

**FIREPLACE GYPSIE POT,** \$150. 256-412-1092 01-27

**ELECTRIC FIREPLACES,** Wholesale Prices. Scratch and Dent. Four Styles. 256-415-2863 01-27

**2006 HONDA ODYSSEY, NEW** tires, great mileage, dealer maintained, \$5,200. 256-652-9053 01-27

**1994 CHEVY S-10, MANUAL,** 4 Cyl, \$2,000. 256-412-1092 01-27

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Offer subject to change based on premium channel availability. After 3 months you will be billed \$60/mo. unless you call to cancel.

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All offers require credit qualification, 24-month commitment with early termination fee and eAutoPay.

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# (256) 980-0774



**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.**

**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 for AT200, \$74.99 for AT250), monthly fees for additional receivers (\$7 per additional TV, higher fees may apply for advanced receivers), and monthly DVR service fees (\$15 for Hopper or \$10 for other models). **NOT included in 3-year price guarantee or \$49.99 advertised price (and subject to change):** Taxes & surcharges, add-on programming (including premium channels), Protection Plan, and transactional fees. **Premium Channels:** Subject to credit qualification. After 3 mos., you will be billed \$60/mo. for HBO, Cinemax, Showtime, Starz and DISH Movie Pack unless you call to cancel. **Other:** All packages, programming, features, and functionality are subject to change without notice. After 6 mos., you will be billed \$8/mo for Protection Plan unless you call to cancel. For business customers, additional monthly fees may apply. Free Standard Professional Installation only.

HBO®, Cinemax® and related channels and service marks are the property of Home Box Office, Inc. SHOWTIME is a registered trademark of Showtime Networks Inc., a CBS Company. STARZ and related channels and service marks are property of Starz Entertainment, LLC.

**Netflix:** Offer expires on April 4, 2016. Valid for twelve (12) months of Netflix Service on the \$9.99 (per month) "Two Screens at a Time Streaming Plan" (for total value of \$119.88). Hopper w/Sling or other Netflix compatible device and Internet required. Not available with dishNET satellite Internet. \*Existing Netflix customers will return to normal billing after \$119.88 credit is exhausted. Offer is not redeemable or refundable for cash, subject to applicable law, and cannot be exchanged for Netflix Gift Subscriptions. You may apply the value of the offer to a different plan, or other services offered by Netflix. Exchanges in this manner may alter the duration of the offer. Netflix service price plans subject to change. Limit one promotion toward each monthly membership fee for your Netflix account. For details, please visit [www.netflix.com/termsofuse](http://www.netflix.com/termsofuse).

**DO YOU CAMP? OWN YOUR RIG?** Join Shoals Sams Club for fun, food, fellowship, 256-386-7086 02-10

**2010 FORD ESCAPE XLT, V6,** moonroof, cloth, 94k, \$10,988, Financing. Tony 931-213-1386 or 256-764-3351 01-27

**VACUUM CLEANER REPAIR, MOST** makes & models. Free estimates. Ken's Sewing & Vacuum Center, 256-381-0161 02-10

**2013 MERCEDES C250, LEATHER,** 28k, \$22,988. Financing available. Call David 256-415-0331 or 256-764-3351 01-27

**GUN AND KNIFE SHOW.** Feb. 6th and 7th Sat: 9 am-5 pm and Sun: 10 am-4 pm. North AL State Fairgrounds. Valley Productions. 256-381-0506

**1996 GMC LT, 132K MILES, 4X4,** off road, great condition, ready to go anywhere, \$5,350. 256-652-9053

**2013 FORD TAURUS LIMITED,** 54k, \$16,976. Financing available. Call Brandon 256-710-4598 or 256-764-3351 01-27

**NEED A CAR? WANT TO USE** tax refund for down payment? Call Matt 256-810-0283, 256-764-3351 01-27

**LOW PRICE PRESSURE** cleaning. Satisfaction guaranteed, free estimates, senior discounts. Call Bobby 931-505-3969 02-10

**FIREWOOD - SEASONED OR** green. Call 256-764-5851 or 256-810-5581 01-27

**DRIVEWAY ROCKS AND GRAVEL** dump truck loads delivered and spread. 256-740-7406. www.ShoalsDirt.com 03-02

**DINING ROOM SUIT, LARGE** table with 8 chairs, china cabinet, buffet, one owner, Broynhill, \$1,000. 256-415-4771. 02-10

## SHORTS...

### Houston ED in Lawrence

Continued from Page 1

lead the Chamber," Board Chairman **Joe Hill** said. "He brings extensive experience in marketing and communications, he has worked in and around local government and businesses, and he is a Lawrence County native with a passion to serve."

Houston is a 1992 graduate of Hatton High School and a 1996 cum laude graduate of UNA. He formerly worked for the *Moulton Advertiser* and as Communications Coordinator for the Lawrence County Schools.



Houston

He has been a Lawrence County Chamber of Commerce Board Member for the past four years and also served as a coordinator

for the Chamber's Youth Leadership Lawrence program.

"I appreciate the board for giving me this chance," Houston said. "Lawrence county is home to me, and I will be dedicated to work to help our county be a better place to live, work and visit."

The Lawrence County Chamber of Commerce is a non-profit organization of almost 200 local businesses, groups, churches and individuals dedicated to facilitating community leadership to create economic prosperity.

For more information, please call 256-974-1658 or visit [www.lawrencealabama.com](http://www.lawrencealabama.com).

### A Workshop on Ethics

FLORENCE—The Healing Place will conduct an Ethics Workshop on February 5 at the Florence-Lauderdale Public Library located at 350 North Wood Avenue, Florence. This workshop will provide a general overview on current legal and ethical issues commonly faced by counseling and mental health professionals in daily practice. CEUs can be obtained: Nurses (7.5), Counselors (6), and Social Workers (6.25).

Registration will begin at 8am, followed by the program at 8:15am- 3:30pm. Pre-registration cost for the workshop is \$60. The cost at the door is \$65.

Group discounts are being offered. For 2- 4 people, pre-registration cost is only \$54/ person and \$58/ person at the door. For 5 or more people, pre-registration cost is only \$48/ person and \$52/ person at the door.

For more information or to pre-register, please contact The Healing Place at 256-383-7133 or [thehealingplace@bellsouth.net](mailto:thehealingplace@bellsouth.net).



# FOODLAND Supermarkets

# FOODLAND Marketplace

# FOODLAND plus

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**Cook's Hickory Smoked SHANK PORTION HAM**

**\$118** Lb.



**USDA Grade A All Natural Fresh SPLIT CHICKEN BREAST Family Pack**

**\$138** Lb.



**U.S. #1 Colorado Russet POTATOES**

**\$199** 8 Lb. Bag



**USDA Select Star Ranch Angus BONELESS SIRLOIN TIP ROAST**

**\$298** Lb.



**USDA Select Star Ranch Angus T-BONE STEAK**

**\$599** Lb.



**Large, Sweet CANTALOUPE**

**\$199** Each

**Hormel CHILI WITH BEANS All Varieties 15 Oz.**



**99¢**

**Freshland Grade A LARGE EGGS Dozen**



**99¢**



**California HALOS**

**\$499** 3 Lbs.

**Hellmann's MAYONNAISE All Varieties 30 Oz.**



**\$298**

**Bumble Bee TUNA In Water Or Oil 5 Oz.**



**59¢**



**Dole GREENER SELECTION, CLASSIC ROMAINE OR JUST LETTUCE**

**2/\$3** Bag



**Folgers COFFEE All Varieties Except Decaf**

**\$698** 24-30 Oz.



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**Food Club DICED TOMATOES W/ GREEN CHILIES**

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**AD GOOD JAN. 27-FEB. 2, 2016**



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Tender  
**CUBED  
PORK  
CUTLET**

**\$1.99**  
Lb.



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Inspected  
Fresh  
**GROUND  
ROUND**

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Lb.

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**SMOKED  
BRATWURST**  
Regular, Beef  
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12/14 Oz.

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Marinated  
**PORK  
SIRLOIN  
ROAST**  
Garlic & Herb  
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23 Oz.



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Smoked  
**SLICED  
BACON**

**\$9.99**  
40 Oz.



**\$1.49** Zeigler  
**WIENERS**  
12 Oz.



Freshland  
**COUNTRY  
SAUSAGE**  
Hot Or Mild

**\$1.59**  
1 Lb.



USDA Star  
Ranch Angus  
**BONELESS  
SIRLOIN  
TIP STEAK**

**\$3.19**  
Lb.



Zeigler  
**SLICED  
BOLOGNA**  
Regular Or Thick  
12 Oz.

**\$1.49**

Zeigler  
**SLICED BACON**



**\$2.79**  
12 Oz.

Zeigler All Varieties  
**SLICED HAM OR  
TURKEY BREAST**



**\$2.19**  
8 Oz.

Zeigler  
**JUMBO FRANKS**



**\$1.79**  
1 Lb.

Eckrich **SMOKED  
SAUSAGE**  
Regular Or Polish



**\$1.99**  
14 Oz.

Sea Best  
**BUTTERFLY  
BREADED  
SHRIMP**



**\$3.49**  
10 Oz.

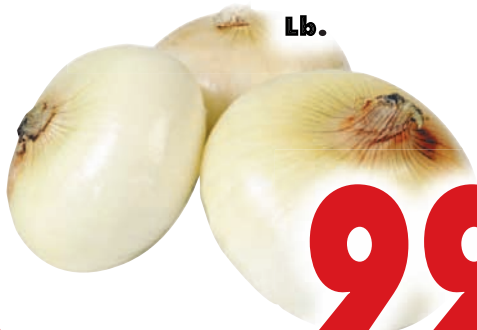
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Or Florida  
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ORANGES**

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**2 / \$1**

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**BROCCOLI CROWNS**



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AD GOOD JAN. 27-FEB. 2, 2016



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## Letters...

Continued from Page 12

### March 1 Please Stay Home

Editor:

"There is so much divisiveness in our culture and our politics, and there seems to be a war on everything. There's the supposed war on women, income wars, race wars, you name it. The secular-progressives and the political class like to carve the American people up into little groups and then try to pit us all against each other.

Sadly, it has been working, and it is not the result of our Judeo-Christian roots.

Ben Carson said, "Let's take it a step further. If you pay any attention to the leaders of these many special interest groups, it will become obvious that they are making a lot of money for themselves while redirecting the liberal, blind news media away from the interests of the working middle class Americans.

As long as the Democrats are promoting the escalation of tensions between Americans rather than focusing on the welfare or every American, national security, job growth, energy independence, etc, we will continue down this path that take individual freedoms away from those who work, pay taxes, buy homes, and support their children.

I was raised to believe that it did not matter who you voted for as long as you voted. I no longer feel that way. It does matter! If

you are going to vote for a Democrat at the Federal level, for the good of the country please stay home!

Jim Brasfield  
Florence

### I Appreciated the Service

Editor:

Doctors, Nurses, Radiologists and all other healthcare professionals deserve credit for effectively serving their patients like me and discovering exactly what is wrong, correcting it, and returning us to better health. At this point, I fully intend to live out my life in a manner that is suitable to me, but when I run into a situation that I cannot put my finger on, I call on a professional who can determine what is wrong. Such is the service right here

in our own Shoals area.

Why go anywhere else unless it is determined that you need more expert opinions? That is right; It is only another opinion. But in the end, they do determine what is wrong with you and can often prescribe a way to overcome it with a time of healing.

I recently had a very long and tiring stress test for my heart and arteries. Trust me, it is worth it. Please

convey your thanks and deepest appreciation to them in word or writing. It does not take much for them to understand that you are grateful someone took the time to consult, run numerous tests, diagnose, and administer professional help. So, hats off to you many times over. Thank you for your service.

Joe Fairer  
Muscle Shoals

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**SO I FINALLY COMPLETED** construction of my new house. From the beginning, I wanted to install new technology in every nook and cranny. You see, I grew up watching "The Jetsons" and Star Trek and have always wanted to live in those worlds. As a kid, I just knew I'd be living in space and have a legion of robots doing my bidding by now. The future couldn't get here fast enough! Well, the future is here now. I finally have the space age house I dreamed of -- minus the robots and murderous space aliens.



**Fisher**

My reader may recall from my article from March of last

# HOUSE TECH

by "The Computer Skeptic"

year that I intended to install a garage door opener that is connected to the internet so that I could open the door from anywhere. The reality is that I'm a tightwad and it costs nearly \$200 to upgrade to that feature. So, the expense (combined with the fact that I cannot imagine ever needing to open my garage door from the beach) ended that fantasy.

But I do have a talking doorbell! It's called a "Ring" doorbell from Ring.com. It's connected to the internet so

that when someone rings my bell, I get a notification on my phone complete with live audio/video. I can't wait to yell at a Trump supporter to get outta my yard when I'm not home. It also records motion events to the cloud for later viewing. That feature gives me the ability to see who dropped off a package -- or who stole it.

I have an internet-connected touchscreen thermostat. At first, I didn't think it would be of much value as I could not think of

a time when I would need to change the temperature of my house remotely. But I didn't want just any old programmable thermostat. I had to have something with bling. Turns out it's actually quite convenient to change the temperature while I'm potatoing on my couch. It also displays real time weather data so I always know when to stay on the couch instead of venturing outside.

LED lights put of an amazing amount of light and use 70% to 90% less energy. When I started construction, they were quite expensive but I found a deal on a truckload of them and outfitted my house with them. Using my smartphone, I can turn them on and off and even change the color of some of them. Why would I need to do that?

Because, is why! Other than that, I have no idea, but isn't that cool?

The internet enabled security system and other gadgetry will be going in soon. I'll let you know how that goes if I do not burn the house doing installing it.

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



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# Soap Opera Preview

**THE BOLD AND THE BEAUTIFUL** Katie confronted Brooke about professing her love for Bill. Caroline and Bill caught up on their respective personal and professional lives. Wyatt gave Steffy several reasons for moving on without Liam. Meanwhile, Liam asked Quinn a shocking but enlightening question. Brooke confided

in Eric about her verbal altercation with Katie. Still unable to get Liam off of her mind, Steffy welcomed an unexpected gift from Wyatt. Quinn tried her best to prevent Liam from having any contact with Steffy. Eric offered to be the peacemaker between the two Logan sisters. *Wait to See: An elaborate scheme begins to show signs of success.*

## DAYS OF OUR LIVES

Using Kayla as leverage, Ava forced Steve's hand. As Rafe and Hope shared a warm moment, Andre vowed revenge. A drunk Joey caused a scene at Ciara's get-together. Abe was concerned when he realized that Theo had feelings for Ciara. Eric was arrested for the accident that killed Daniel. Theresa was jealous of Brady and Nicole's newfound connection. Belle blasted Eve for interfering with Claire. Victor put Deimos to the test. Nicole, Chloe and young Parker mourned Daniel at his funeral. *Meanwhile, Abigail helped JJ cope with Daniel's death. Eric*

found a way to pay tribute to his friend. Before leaving town, Melanie ran into Brady and Theresa. Nicole lashed out at a guilt-ridden Eric. *Wait to See: Eve takes Claire under her wing.*

## GENERAL HOSPITAL

Epiphany agreed to keep Sonny's secret. Maxie fessed up to Nathan. Carly and Sonny grew increasingly concerned about Morgan. Julian warned Ava to get out of his way. Paul had concerns about how much Kiki knew about his relationship with Ava. Sabrina's life took a new turn. Jason realized just how disturbed little Jake really was. Anna and Robert discovered some frightening evidence. After learning what Ava was really up to, Sonny was determined to speed up her day of reckoning. Morgan told Kiki that he wanted to be more than just friends. Sam's attempt to make peace with Liz ended very badly. Kristina was rattled by an unexpected confrontation. *Wait to See: Hayden plays dumb when Nick asks her some very direct questions.*

## THE YOUNG AND THE RESTLESS

Sage was relieved when Nick agreed that something wasn't right about Dr. Anderson. She later discovered that Dr. Anderson wanted to have her committed. Adam

showed Victor a dossier that Luca gave him. Abby was able to make some progress in getting along with her stepson, Max. Ashley worried about the pain her family would experience if Simon wasn't able to cure her. Chelsea was furious that Adam might be

working with the Santori family. However, Marisa eventually explained to her that Adam and Luca were working together to take down their fathers. Adam blamed Nick for Sage's condition. Ashley pulled Simon into a kiss. *Wait to See: Jill takes matters into her own hands.*



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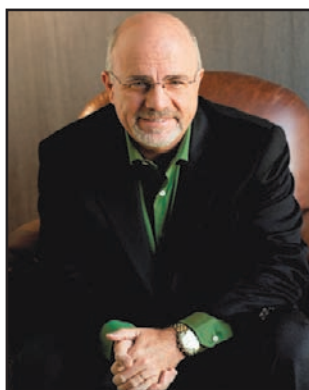


# DAVE Says

by DAVE RAMSEY

## SEMINARY MONEY

Dear Dave,  
My wife and I recently followed your plan and became debt-free, and we're committed to never going back there again. Currently, I work for the state but I've



been feeling God's calling to the ministry. We'll get an income tax refund of about \$4,500 this year, and we've both agreed to put that money toward my first semester of seminary training. Does this, along with saving money as we go, sound like a good way to pay for this?  
Bradley

Dear Bradley,  
I love the move to get out of debt, and the fact that you and your wife are determined never to go back there. If you truly feel that you're being called by God to be a pastor or some other form of ministerial work — and you're both in agreement on how to make it happen — I think that's great, too. Just remember your promise to stay away from debt in making it happen.

But I did hear one problem you need to fix. You should stop having so much income tax withheld from your paychecks. That \$4,500 you mentioned is the result of one or both of you overpaying your taxes. For the future, make sure to adjust your withholdings \$375 a month. It's always better to have the cash you earn in your pocket rather than parking it with the IRS interest-free every year.

Best of luck in your new career, Bradley!  
—Dave

### AVOID THE GIMMICKS

Dear Dave,  
What kinds of insurance should I avoid?  
Rhonda

Dear Rhonda,  
Well, in the life

insurance world, you should buy only term life insurance. Avoid any kind of insurance that has a savings program built into it — things like whole life, universal life and variable life. Another thing to avoid is return of premium. This is where an insurance company charges you extra, but gives all your premium money back if you don't use the policy. It sounds good, but if you'd just invest the extra you pay for that stuff, you'd get all your premiums back, and more, whether you used the insurance or not!

I also don't recommend gimmick insurances, like double indemnity for accidental death. Think about it. You're not double-dead if you die by accident; you're just dead. Your family needs the same amount of money whether you die by accident or heart attack. If you have a family, I suggest 10 to 12 times your annual income in a good, level term policy. Also, stay away from cancer insurance policies. Your regular health insurance policy should include cancer coverage. If it doesn't, you've got a crummy policy and you need to get a better one right away.

So, for the coverage you do need, we're looking at level term life insurance, good health insurance, long-term disability and homeowners and/or renters insurance. Throw in auto coverage and, once you hit age 60, long-term care insurance and you're pretty much set!  
—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 @DaveRamsey and on the web at daveramsey.com.

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**Christ's Death Baptism**

**Luke 12:50** "But I have a baptism to be baptized with; and how am I straitened till it be accomplished!" **Mark 10:39** "And they said unto him, We can. And Jesus said unto them, Ye shall indeed drink of the cup that I drink of; and with the baptism that I am baptized withal shall ye be baptized." **Matthew 26:38b-** "My soul is exceeding sorrowful, even unto death." **Luke 22:44** "And being in an agony he (Christ) prayed more earnestly: and his sweat was as it were great drops of blood falling down to the ground." Christ knew the agony and sufferings and death for the sins of mankind that would soon engulf his entire body and soul. Christ cried out in **Mark 15:34b-** "My God, my God, why hast thou forsaken me?" That picture that Almighty God saw on the cross was so ugly and horrible that God turned His back on His only begotten Son. That sight was a picture of a lost man in the lake of fire that God abandons forever. **Hebrews 2:9** "But we see Jesus, who was made a little lower than the angels for the suffering of death, crowned with glory and honour; that he by the grace of God should taste death for every man." I know abandoning your entire system is a panic situation, but what's more important, your system or your soul? These things above should tell us that the entrance to heaven is not from our efforts.

Some phrases to research Christ's death baptism are: "dead to the law," "dead to sin", "crucified with Christ", "dead with Christ", "dead with him", "old man is crucified with him", "crucified the flesh", "world is crucified unto me", "dead indeed unto sin", "body is dead because of sin", "dead in your sins," "for ye are dead", "dead to sins", "death of his son", "death of the cross", "being made conformable to his death," "his flesh through death," "he died unto sin once." The Apostle in Acts 9 experienced by grace alone the death baptism of Christ and exclaimed "Lord, what will thou have me to do?" When you receive Christ, you will also get the benefit of Christ's death baptism and the Holy Spirit will put you into the body of Jesus Christ and seal you. Some scriptures of Christ's death baptism are in **1 Corinthians 12:13, Romans 6, Galatians 3, Ephesians 4, Colossians 2, and 1 Peter 3:21.**

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# Knight's Corner

by Jerry Knight



## Silver Anniversary

This time 25 years ago the UNA Lions basketball team were in the midst of what would become one of the most exciting eras in UNA basketball history. By season's end, the 1991 Lions would become one of the greatest teams in UNA basketball history. Coach Gary Elliott's Lions brought a 24-4 record into the South Regionals. They were two wins away from advancing to the Elite Eight playoffs and a shot at a National Championship.

excitement of touring the Hall of Fame as we walked back through history via video clips, souvenirs and gigantic photo moments of some of the greatest players to ever play the game.

One item I'll never forget was the emblazoned bronze size 22 shoe worn by Bob Lanier—the largest shoe worn by any player in NBA history. Another interesting story was that of James

Naismith, the inventor of the game itself. Naismith was a minister, doctor, educator, PE teacher and basketball coach. Legend has it that his first basketball basket was a peach basket that was nailed to his family's barn.

The Lions won their opening round game in the Elite Eight tournament, using a 10-0 run in the last three minutes to defeat Ashland 92-84 behind Allen Williams 26 points. In the semifinals, UNA's Kevin Simmons poured in 29 points to lead the Lions to a win over Virginia Union.

Only one team, Bridgeport, led by All-American Lambert Shell, stood between the Lions and the school's second Division II basketball National Championship.

UNA put together a well-balanced performance in the finals that epitomized this team's style of play all

season long in the game that counted the most. Final score: UNA 79-Bridgeport 72. UNA gained national exposure when the game was televised nationwide by Verne Lundquist on the CBS television network. It was certainly a week to remember and one that I was privileged to be a part of.

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

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In the opening round, the Lions knocked off Hampton 94-80 behind Allen Williams 19 points. Next up, their old nemesis, Troy State. Not only was the game at Troy, the Trojans had dealt the Lions two of their four losses that season. But this team was on a mission. Allen Williams scorched the nets with 33 points and the Lions won the one that counted, 93-86.

It was now on to Springfield, Massachusetts to play for a National Championship at the birthplace of the basketball Hall of Fame. There's no way to explain the



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# petconnection

# LONGER, BETTER LIVES?

## Scientists seek answers to the canine aging process and lifespan

By Kim Campbell Thornton  
Universal Uclick

How long do dogs live? I think we can all agree that it's not nearly long enough. Canine lifespans vary from as short as 6 to 8 years for certain giant breeds to an astounding 20-plus years for some tiny dogs. Owners of small and medium-size dogs can generally expect their companions to live 10 to 15 years.

Diet, good care and genetics all play a role in the length of a dog's life, but two researchers at the University of Washington in Seattle are hoping to learn more about how dogs age, as well as whether the aging process can be delayed and the lifespan lengthened. The Dog Aging Project (DAP), headed by Daniel Promislow, Ph.D., and Matt Kaerberlein, Ph.D., plans to track 10,000 dogs in homes around the United States to get a sense of how genetic and environmental factors affect aging in dogs.

As dogs — and humans and other animals — age, organs and tissues break down, increasing the risk of age-related diseases such as cancer, cardiovascular disease, kidney disease, Alzheimer's disease and more. Age is a greater risk factor for these diseases than diet, weight and exercise.

"The big picture behind what we're trying to do is to understand the aging process so we can delay the onset and progression of all these diseases," Dr. Kaerberlein says. "It's sort of a fundamental shift from the traditional medical approach, which is to wait until dogs — or people — are sick, and then try to treat the disease."

The dogs in this observational study will include many different breeds in different environments: short-lived dogs, long-lived

dogs, dogs in wealthy households and dogs in more modest households. The researchers will look at not just how long the dogs live, but also at how environmental factors affect them as they age.

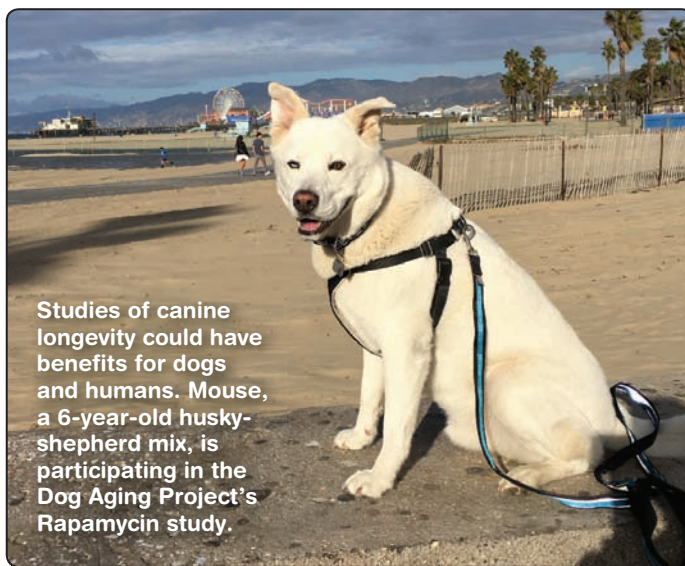
Included in the DAP will be a smaller study, with up to 36 pet dogs in the Seattle area. It will look at whether a drug called Rapamycin — used to prevent organ transplant rejection in humans — can slow aging, extend canine lifespans and improve quality of life. The drug has been shown to increase lifespan in many different organisms, Dr. Kaerberlein says, as well as improve cognitive, cardiac and immune function in animals such as mice.

"There's been accumulating evidence over the past several years that not only do they live longer, but that the aging process itself is slowed down," he says.

Of the 46 dogs whose owners have expressed interest in enrolling them in the Rapamycin study, only 26 dogs so far have met the criteria to be included: at least 6 years old, weighing at least 40 pounds and with no pre-existing conditions. Among them are golden retrievers, a greyhound, Labrador retrievers, German shepherds and mixed breeds.

In both studies, dogs are good subjects because their shorter lifespan allows scientists to see results in a decade or less.

"If we had a large enough sample size, we



Studies of canine longevity could have benefits for dogs and humans. Mouse, a 6-year-old husky-shepherd mix, is participating in the Dog Aging Project's Rapamycin study.

could know in three years — certainly in five years — the extent to which Rapamycin improved healthy aging in dogs," Dr. Promislow says. "And for a longitudinal study of age, where we want to follow dogs throughout life and understand the genetic or environmental factors that affect aging and disease in dogs, you can do that in a decade. That's not possible in that timeframe in people."

The eventual results could have implications for humans, but the dog-loving scientists say their research is about more than that.

"We're both determined to find ways to improve the quality of life for dogs," Dr. Kaerberlein says. "This is not just about finding something that will help people. It might be good for dogs and their owners."

# petbuzz

## Coat color may affect cats' temperament

• **Does your calico have cattitude?** Science says: Yes. According to a study conducted by researchers at the University of California, Davis, calico and tortoiseshell cats are more likely to be assertive in their interactions with humans. In other words, they don't hesitate to hiss, chase, bite, swat or scratch to get their point across to owners and veterinarians. The information, acquired by surveying more than 1,200 cat owners and published in the Journal of Applied Animal Welfare Science, confirmed that cats who come in those patterns can have spirited temperaments. Some call them "difficult"; we like to think of them as, uh, forceful communicators. Want a more laid-back cat? Choose one with a solid-colored coat.

• **Endangered rhinos have some new best friends:** anti-poaching dogs. One of them is Larry, a 2-year-old Belgian Malinois employed in Swaziland, a country in southern Africa where rhinos are at high risk from poaching gangs. Larry and other dogs, including bloodhounds and foxhounds, track and apprehend poachers and scent out rhino horns and ammunition smuggled through airports. Anti-poaching dogs and their handlers also work to protect rhinos in South Africa's Kruger National Park and Kenya's Ol Pejeta Conservatory. Elephants and gorillas benefit, too, from the approximately 100 dogs who help to protect African wildlife.

• **When Annabelle slipped down an icy embankment** in Orange, Massachusetts, and became trapped in some brush, her pal Jacques did the sensible thing: He called the police. Officers had been trying to catch the west Highland white terriers, who had escaped after their owner was taken to the hospital, but they couldn't get close to them until Jacques ran up to an officer and barked, then led him to Annabelle. Officers were able to use a ladder to rescue her, and brought them in until they could be reunited with their owner. Thank goodness for "Lassie" reruns.

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

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## Commentary...

### Socially...

Continued from Page 12

business website.

This is not to lambaste Facebook. In fact, the Courier Journal offers a series of digital marketing opportunities including a comprehensive Facebook advertising package.

Some FB users will say, "I already have a business page and I update it often."

That is good, but it is not advertising. Most people are not paying for their advertising on Facebook. Organic posts only reach 3-5% of your intended audience. That is a huge difference compared with the 20% that were reached with your post even a few years ago. FB is a business; they make money on paid posts, not free ones. So your post to 1,000 followers will reach anywhere from 30-50 people. You can walk out the door of your business, scream your sale prices into a megaphone and reach as many people. Neither is much of a marketing plan.

It is not a bad idea to have a Facebook page AND business website. However, understand that they do differ greatly.

You can control every aspect of a good website. Unless you start with a simple template, there are no restrictions on colors, appearance, graphics, formatting, what you promote, how you promote, what link pages you have, what you can sell, and how much space your website occupies. You can record every visit to your site for YOUR future marketing use and know how visitors came upon it. You also don't have to divulge any personal information.

You control very little on your Facebook page and FB uses all your friends and their tendencies to its advantage, NOT yours.

And for those of us who are Facebook users... What about those people who post and then immediately like their own post?

What is up with that? Insecure much?

### Crawl...

Continued from Page 12

Main Street tent at the corner of Court and Tennessee Streets on February 6 to receive their wristband, map, and goodie bag. Then they will follow the balloon trail to participating downtown businesses to enjoy a variety of free chocolate samples (while supplies last) and take advantage of a 10% OFF discount or other special offers at each location. Only ticket holders can sample the variety of chocolate and take advantage of the special discount.

After visiting all participating businesses, patrons will return to the Main Street tent by 2:30pm and cast their vote for the best chocolate item of the

day. The business with the best chocolate item will be announced at 3pm.

"This is such a fun event that allows adults to treat themselves to a day of shopping and chocolate with family and friends, all while helping our wonderful downtown community thrive economically," said Molly Austin, Event Coordinator for Main Street.

Anyone participating in the Downtown Chocolate Crawl is encouraged to park at the public parking garage at the corner of Tennessee and Pine Streets.

The list of participating businesses can be seen at [FlorenceMainSt.org](http://FlorenceMainSt.org).



## Courier Journal ADOPT A FRIEND

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

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**MILLER** is a 2 year old male who weighs 20-25#. He would be a wonderful companion for a single woman since he tends to prefer women to men. **ADOPTION FEE IS \$85**. Adoption fees includes spay or neuter & rabies. To learn more, call the Florence Shelter at 256-760-6676!



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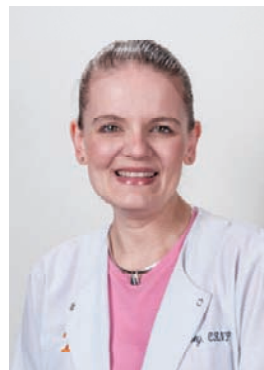
Hi! I'm **KATRINA** & I'm the sweetest Boxer girl you'll ever meet! My favorite thing to do, besides getting treats, is giving you hugs. I like to play with other dogs but I'm happiest when I'm with my human. And I love kids too! Won't you please take me home? I'm currently enjoying life in rescue in Sheffield, AL until I find my forever home! I'm 3 years old, spayed and fully vetted! **ADOPTION FEE \$75**, giant crate included with adoption. Please call, text or leave a message Michelle Ray, 256-762-6111 for inquiries about Katrina only.



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**For all Shoals Students, K-6th Grade**  
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- 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.



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# Holden...

Continued from Page 6

businessman, he was a vice-president at NAFCO and helped the company grow to national prominence. In service, Holden held annual concerts as fundraisers to help with the purchase and renovation of the Shoals Theater, raising tens of thousands thus far. His connection to science and medicine have to do with his three children, whom he and Inez raised and inspired; two are doctors. The arts in the Shoals area have been forever impacted by his hard work through his work with the W.C. Handy Festival, the Zodiac Players, Shoals Community Theatre, and by his amazing voice and showmanship.

"The Renaissance Awards were started in 2010 to recognize people who work behind the scenes in the community to make this a better place," said Allen Tomlinson, No'Ala's founding partner. "Most of them do it because they are passionate about this place, and not because they want recognition for their work. Our readers nominate these recipients as a way to thank them for the things they do, reminding them that their efforts have not gone unnoticed."

The Renaissance Awards are presented every other year. This is the fourth time the awards have been presented.

For more information, please call Allen Tomlinson at 256-766-4222 or visit [www.noalastudios.com](http://www.noalastudios.com).

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# Notes...

Continued from page 27

**PAWS Pets Are Worth Saving** of the Shoals Valentines Pet Party! February 6 from 10am-2pm. Photos with your pet, face painting, bake sale, pet adoptions and more at PETCO on Cox Creek Parkway in Florence

"Share Your Heart Day" & Vendor Expo - fund raising event for Lexington Senior Center and Lexington Public Library on February 6 at Lexington United Methodist Church. Reserved tickets are \$20 per person for dinner and show. For more information phone 256-229-5221 or 256-229-5579.

**Get on the Bus:** Beginning in 1961 civil rights activists rode interstate buses into the Deep South to challenge segregation. Spend an afternoon with three of those Freedom Riders--Joan Browning, Dion Diamond, and the Rev. Reginald Green Saturday, February 6 at 2pm, Lesley Temple C.M.E. Church in Tusculmbia. Joan Browning was one of four Southern white women to join the Freedom Rides. Dion Diamond and the Rev. Reginald Green were both college students when they risked their lives to become part of the movement. Please join us for this living history-lesson. The cost is \$10 for adults and \$5 for students.

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

Poetry and Praise - Saturday, February 6, 12-3pm. A kick-off event for FLPL's Black History Month series. Performers share poetry, songs, and spoken word, and dance. This event will be hosted by Rev. Rickie Cole.

Gospel Moments: An African-American Tradition - Sunday, February 7, 3-6pm.

Celebrate the history and tradition of gospel music through discussion and performances. Several soloists will perform, as well as choirs Committed from Southside Church of Christ and Renew from Sterling Boulevard Church of Christ.

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.

**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 specialty 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.

**Salvation Army Women's Auxiliary Pancake Breakfast** - Saturday, February 6, 8-10am at Applebee's at 2271 Florence Blvd., Florence. \$5 admission includes pancakes, sausage, beverage and \$3 Applebee's coupon. Tickets available from Auxiliary members and at the door. Proceeds Benefit The Salvation Army Of The Shoals.

**The Florence Kiwanis Club will host its 65th Annual Pancake Day** Friday, March 4 from 6am-7pm and Saturday, March 5 from 6am-1pm at the Florence/Lauderdale Coliseum at 702 Veterans Drive, Florence. Advance tickets for the ALL-YOU-CAN-EAT pancakes and sausage are \$7 or \$6 each for group sales of ten or more tickets. Tickets at the door are \$8 each. Children less than 12 years are \$5 at the door. Tickets are available from any member of the Florence Kiwanis Club or at the door. For bulk tickets, call Don Rohling at 256-710-7059.

The Florence Kiwanis Club has set a goal of \$60,000. Proceeds will benefit local community projects.

**Northwest Alabama Reading Aides** in conjunction with the American Stroke Assoc. and ECM Hospital sponsors a Stroke support Group for stroke survivors and their caregivers on the 2nd and 4th Tuesdays of every month at noon at the Reading Aides Office, 501 N. Seminary St. Please call Jim at 256-766-5709 for more info.

**Is food a problem for you?** Do you eat when you are not hungry? Do you binge, purge or restrict? Overeaters Anonymous Meeting Thursdays, 6pm, 505 N Seminary St, Florence. Contact person: Bill 256-335-2514. No dues, fees, diets, or weigh-ins.

**Colbert County Animal Control Needs Volunteers** at the Colbert shelter to help walk, play with, and love our shelter dogs keeping them acclimated to human love and contact for their eventual adoptions! Please join our team! We are completely full and desperately need more volunteers! We are open Monday - Friday, 10am - noon and 1:30-5pm. Parent required for those under 16 years old. 5010 Missouri Street, Tusculmbia 256-381-4073.

**Highland Park Church of Christ** is providing a Community Grief Support group during the months of December and January, free of charge.

Meetings are each Wednesday of December and January at 12noon. Meetings will last around 1-1½ hours. The final meeting will be on January 27, 2016. For more information, call the church office at 256-381-8311. Highland Park Church of Christ is located at the corner of Woodward Avenue and Geneva Avenue, Muscle Shoals. Group leaders are Cayron Mann, ALC & Becky Daugherty, ALC.

**The Nutrition Program at The Club** (Florence Senior Center) Will Be Closed until January 4. Our staff and friends wish you a Merry Christmas and hope you will spend 2016 with us at The Club during one of our many activities. Chair exercise classes, art classes, nutrition program, guest speakers, board and card games, square dance lessons, dance opportunities, shuffleboard, horseshoes, cozy concerts and more. Cozy Concert with John Tibbs, February 18. For more information, about activities please call 256-760-6420. The Club is an alcohol and smoke free facility.

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by Charles Barry Townsend Illustrated by David Coulson

**SIGNS OF WINTER**

S	A	M	T	S	I	R	H	C	S	S	L	F	S
M	I	S	T	L	E	T	O	F	N	A	I	L	H
E	C	A	L	P	E	R	I	O	F	O	L	G	U
S	T	N	E	S	E	R	P	Z	W	T	H	R	V
L	F	Z	E	N	A	G	G	O	B	O	T	R	E
E	I	E	T	H	O	L	I	D	A	Y	S	I	L
E	K	B	G	N	I	D	D	E	L	S	S	E	S
T	D	G	D	R	A	Z	Z	I	L	B	E	S	H

Our answer: I=6, C=3, E=8, R=9, N=4, K=0, S=1, A=2, T=7. (638 + 9640 = 10278)

**ICE TRINK SKATE**

Answer: The letter "G," of course, is at the end of "EVERY-THING."

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#7323GA, 4 Door, Z71, Alloy Wheels, Local Trade!  
  
**\$9,988**

**10 Chrysler 300**  
#2750BB, 4 Door, Leather, Full Power, Local Trade!  
  
**\$10,988**

**07 Honda CR-V**  
#8843GC, 4 Door, Auto, Air, Full Power, Local Trade!  
  
**\$11,988**

**06 Toyota 4 Runner**  
#2874GB, 4 Door, Limited, Leather, Sunroof!  
  
**\$11,988**

**11 Chevy Malibu**  
#4133BB, 4 Door, LT, Leather, Sunroof, Nice!  
  
**\$11,988**

**07 Nissan Murano**  
#0241GB, 4 Door, Leather, Auto, Full Power!  
  
**\$12,788**

**08 Toyota Solara Convertible**  
#G4881B, 2 Door, Leather, Alloy Wheels, Nice!  
  
**\$13,988**

**08 Lexus 460**  
#3695BA, 4 Door, Leather, Sunroof, Nice!  
  
**\$14,688**

**07 Chevy Suburban**  
#0574BA, LTZ, Sunroof, DVD, Local Trade!  
  
**\$14,788**

**08 Chevy Silverado**  
#5046GA, Crew Cab, Z71, LT, Local Trade!  
  
**\$15,988**

**13 Ford Focus**  
#8956BA, 4 Door, Auto, Air, 1 Owner!  
  
**\$16,788**

**08 Cadillac Escalade**  
#6865BB, 4 Door, Leather, Navigation, Loaded!  
  
**\$19,788**

**12 GMC Sierra**  
8597GA, Ext Cab, 4x4, 20 Inch Wheels, Nice!  
  
**\$24,988**

**09 Dodge Ram 1500**  
#0720GA, Crew Cab, 4x4, Leather, Local Trade!  
  
**\$25,688**

**14 Dodge Ram 1500**  
#6660GB, Crew Cab, Leather, 1 Owner, Low Miles!  
  
**\$34,988**

**14 Chevy Silverado**  
#0559GA, Crew Cab, LTZ, Z71, 4x4, 1 Owner!  
  
**\$38,988**

**14 GMC Sierra**  
#1420GA, Crew Cab, SLT, Z71, 4x4, Local Trade!  
  
**\$39,788**

**15 Chevy Silverado**  
#1480GA, Crew Cab, Z71, LTZ, 1 Owner!  
  
**\$41,988**

**12 Dodge Ram 2500**  
#G9396A, Crew Cab, Leather, Diesel, 4x4!  
  
**\$42,488**

**15 GMC Yukon**  
#1296GA, SLT, DVD, Navigation, 1 Owner!  
  
**\$54,788**

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