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Northwest Alabama and beyond with direct mail, total market coverage



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Jeans Event Turns 14

SHOALS-Many area businesses and schools will allow employees and students to wear jeans on Thursday, February 18 in exchange for a \$1 donation to Shoals Crisis Center.

The event is called Jeans for Justice, and this year will mark the 14th anniversary of the event. All money raised stays in the area to help victims of sexual assault and their families. Jeans for Justice became a symbol of international protest in 1999 in response to an Italian Supreme Court decision to overturn a rape conviction because the victim wore jeans.

Residents throughout Lauderdale, Colbert, Lawrence, Franklin and Marion counties participate in the annual event, with the number of participating organizations growing each year.

Businesses and schools who participate in Jeans for Justice receive informational flyers to post for their employees or students, and they also receive stickers to distribute to all participants who want to wear the sticker to show their support of Shoals Crisis Center.

Money collected during the event can be mailed to Shoals Crisis Center, or arrangements can be made to have someone from Shoals Crisis Center come by and collect the proceeds.

For more information, call the Shoals Crisis Center office at 256-765-0025.

ECM, Shoals Tout Hearts

FLORENCE - Eliza Coffee Memorial Hospital and Shoals Hospital will join forces with the American Heart Association in February and participate in several community events recognizing our joint efforts to defeat heart disease.

ECM and Shoals will kick-off the month by supporting Go Red for Woman and National Wear Red Day® on Friday, February 4. All employees will be encouraged to wear red to promote awareness that heart disease is the number one killer of women in this country. In fact, heart disease results in more deaths than all cancers combined. "We would like to invite all local businesses to join our two hospitals in this awareness campaign," said ECM/Shoals market president, Russell Pigg. "Awareness is key to the recognition of warning signs that serve as early indicators of the onset of heart disease," he added.

See SHORTS... on Page 5



THERE IS NO EXCUSE TO IGNORE RAPE



Jacqueline Broder, left, current YMCA board chair, and former long-time board member, Doug Tallman, have the honor of stamping the old bank notes "Paid in Full"

Courtesy photos

A Vision Fulfilled

Y Yes, The Building Is Now Paid For

by Cathy Turner
for the Courier Journal

Have you been to the Y lately? Well, the next time you go you will be entering into a building that is completely paid for!

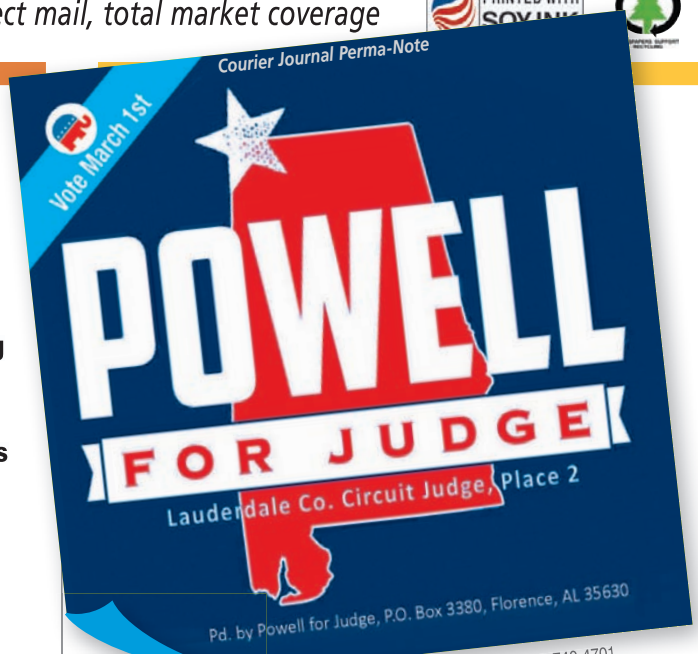
In 2000 after much planning and debate, a small group of visionaries set out to provide expanded opportunities that had never been offered for our community. Through



Cochran

the existing project would take on the title, "Help Us Make a Splash." Undertaking a debt of \$3.9 million and completing the expansion in 2002, Y members would come to enjoy a new fitness facility and an indoor aquatic center as well as other additions and upgrades.

See VISION... on Page 6



Children's Choir Back to Perform

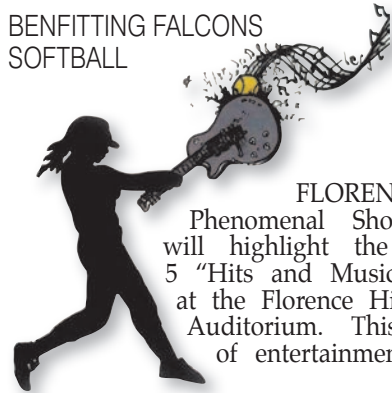
FLORENCE-The African Children's Choir melts the hearts of audiences with their charming smiles, beautiful voices, and lively African songs and dances.

The program features well-loved children's songs, traditional Spirituals and Gospel favorites. The 30th Anniversary tour concert takes place Friday, February 12 beginning at 7pm at Westminster Presbyterian Church located at 1520 Rickwood Rd. in Florence. Concerts are free and open to all. However, a free-will offering will be accepted at the performance to support African Children's Choir

See CHOIR... on Page 8



BENFITTING FALCONS SOFTBALL



More Hits and More Music!

FLORENCE - Phenomenal Shoals talent will highlight the February 5 "Hits and Music Concert" at the Florence High School Auditorium. This evening of entertainment features

Walt Aldridge, Gary Nichols, James LeBlanc, Angela Hacker, The Pollies, Electric Zen, and the Florence High School Studio Band.

See HITS... on Page 6

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- Found Object Art Class



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- Adopt-A-Friend



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- Questions from the Heart

- Web Poll
- Mystery Photo
- Pet Talk
- Outdoors



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LIPTON - FAMILY SIZE Tea Bags 24 CT.
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4.99

KRAFT BBQ Sauce 17.5-18 OZ.
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Alabama's nationally recognized First Class Pre-K is now accepting applications or the 2016-2017 school year. Enrollment is open to all children who are **four years of age** who are residents of the state of Alabama. *

Registration Date Now through February 26th
Lottery to be held Feb. 29 at 9:15am

Time 9:00am - 4:00pm

Location Florence First United Methodist Church Day School
415 N. Seminary St. • 256-766-2472

Required Documents Completed Family Information form & most recent utility bill as proof of Alabama residency, Child's Social Security Card, Birth Certificate & 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 on or before September 1, 2016. Children who are eligible for kindergarten are ineligible to register. Children will not be denied participation on the basis of income, sex, race, color, national origin, or disability.

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FEBRUARY 28-29, 2016

Answers in Genesis conference schedule

Sunday, Feb. 28	Monday, Feb. 29
9 AM Dr. Terry Mortenson — Dinosaurs: Have You Been Brainwashed? (youth/college session)	9 AM Ken Ham — Dinosaurs for Kids (grades K-6)
10:15 AM Ken Ham — Genesis & the State of the Culture	11 AM Ken Ham — Science Confirms the Bible (grades 7-12)
6 PM Ken Ham — One Blood, One Race	6:30 PM Ken Ham — Communicating the Christian Message in a Secular World
7:30 PM Dr. Terry Mortenson — Millions of Years: Where Did the Idea Come From?	8 PM Dr. Terry Mortenson — Noah's Flood: Washing Away Millions of Years

For more information, visit answersoutreach.org/Florence16

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Doctor's Weekly Quiz - Topic: Phobias

- Fear of water?**
 A.) Aquaphobia B.) Splashaphobia
 C.) Dunkaphobia D.) Hydrophobia
- Fear of heights?**
 A.) Claustrophobia B.) Phobophobia
 C.) Acrophobia D.) Gynephobia
- Fear of balloons?**
 A.) Popophobia B.) Globophobia
 C.) Expandophobia D.) Chromophobia
- Fear of people?**
 A.) Anthropophobia
 B.) Crowdophobia C.) Extantophobia
 D.) Drunkophobia
- Hippopotomonstrosesquipedalophobia** is a fear of long words. True or False?

Answers: 1: A 2: C 3: B 4: A 5: True

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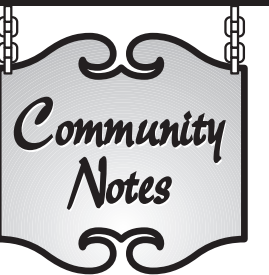
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<p>PIGGLY WIGGLY Frozen Whipped Topping 12 OZ. TUB 2/\$4</p>	<p>PIGGLY WIGGLY Tastes Like Butter 16 OZ. TUB 99¢</p>	<p>PIGGLY WIGGLY Dry Northern Beans 2 LB. BAG 2/\$4</p>	<p>PIGGLY WIGGLY Chili or Taco Seasoning 2 OZ. PKG. 2/\$1</p>

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<p>PIGGLY WIGGLY Hearty Biscuits 12 OZ. CAN \$1</p>	
<p>PIGGLY WIGGLY Cheese Singles 12 OZ. PKG. 2/\$4</p>	

Parenting Series: Together We Can Create a Healthy Future on Thursdays on February 4, 11, 18, 25, and March 3 from 10am-noon at the Lauderdale County Extension Office at 802 Veterans Drive, Florence, next to coliseum.

This is for Parents/guardians, foster/ house parents, child care providers, or anyone needing education/training hours. REGISTER by calling Your County Extension Office:

- Lauderdale - 256-766-6223
 - Colbert - 256-386-8571
 - Franklin - 256-332-8880
 - Lawrence - 256-974-2465
- Topics to be covered include:
- February 4- Getting Started/Goal Setting & Building a Strong Family
 - February 11- Ages & Stages of Development & Discipline
 - February 18- Healthy Relationships & Step Families & Co-Parenting
 - February 25- Communication & Conflict Management
 - March 3- Stress Management & Planning for the Future
 - March 10- Makeup day due to weather
- Support Materials- Money Management Calendar & Work Sheets
- Sponsored by: Alabama Cooperative Extension System (ACES). The instructor is Melanie Allen, Family & Child Development, Regional Extension Agent

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.

Mary Ellen's Circle, an local advocacy for Shoals CASA (Court-Appointed Special Advocates) will host Wine Tasting event on Thursday, February 11 from 6-7:30pm at Sweet Basil Cafe. Last year's event was a sell-out and we're anticipating that seats will fill quickly again this year.

Join us for a tasting of wines tasting by Alabama Crown Distributing Co. and food samplings prepared by Sweet Basil Cafe, live music, and a silent auction.

Tickets are \$25 each/ \$40 for 2, so bring a friend! Non-alcoholic beverages will be available. Tickets available at the CASA office, Sweet Basil Cafe, by calling 256-765-0041, or at EventBrite.com.

Proceeds from the event will benefit the local CASA program.

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.

See NOTES... page 31

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SHORTS...

ECM, Shoals Tout Hearts

Continued from Page 1

On Saturday, February 5, ECM and Shoals will serve as event sponsors of the 2016 Shoals Heart Ball. The annual black tie event held at the Marriott Shoals Conference Center will be honoring heart survivors, **Greer Underwood** and **Tomias Jones**.

Ticket information for the event, entitled, “Music for the Heart” can be obtained by calling 205-510-1513.

On Thursday, February 25 from 8:30am-noon, ECM and Shoals will provide a free heart health fair in the front lobby of ECM. The hospitals will provide free cholesterol, glucose, blood pressure and heart rate screens. Information about our heart and vascular catheterization labs, heart surgery program, chest pain center, sleep centers, calcium scoring services and stroke services, including J.W. Sommer Rehab, will be available to the public. “ECM and Shoals work hand-in-hand to provide services that allow our patients to remain at home for their care and treatment,” said **Kidada Hawkins**, CEO at Shoals Hospital.

For more information about this or other services please contact **Tom Whetstone**, ECM Communications Director at 256-768-8888, jtwetstone@chgroup.org, or **Michelle Eubanks**, Shoals Community Relations Director, 256-386-1808, mreubanks@chgroup.org.

Ladies Go Red on February 13

MUSCLE SHOALS - Did you know heart disease is not just a man's disease? One in three women die of heart disease or stroke, but

it can be prevented.

The Muscle Shoals Area Alumnae Chapter of Delta Sigma Theta Sorority, incorporated, in conjunction with the American Heart Association, for the second annual Go Red Luncheon on Saturday, February 13 at noon at the Guillot University Center on the UNA campus in Florence.

The speaker will be Dr. **Fredonia Barnett Williams** (heart attack survivor) of Huntsville. Williams is a former resident of Florence and is a retired educator with the Huntsville City School System. Come and listen to her story of survival and remembrance. Free educational materials will be given, so come early.

Tickets for the event are \$40. For more information, sponsorship, or ticket purchase, contact Dr. **Thelma M. Robinson** at 256-764-1919.

Peanuts Gang in SCS Drama

FLORENCE - You're A Good Man, Charlie Brown will be presented by Shoals Christian Drama Department at the Zodiac Theater on Friday, February 5 and Saturday, February 6 at 7pm. The 90-minute musical is based on the “Peanuts” comic strip by **Charles M. Shultz**. The SCS Drama Department talented cast consists of eleven Jr. High and High School students. The director is Mr. **Jim Koan**. The production team includes **Stephanie Jackle** as choreographer, **Katrina Kelley** as Music Director, and **Sarah Wright** as stage manager.

You're A Good Man, Charlie Brown illustrates a day in the life of Charlie Brown. This light-hearted production is made up of many famous short scenes that can easily be recalled from the famous “Peanuts” comic strip. The scenes are full of fun, innocence, sincerity, and laughter. Well-known musical numbers include *My Blanket and Me*, *Little Known Facts*,

Beethoven Day, *My New Philosophy*, *The Baseball Game*, and *Happiness*.

Theater seating is limited so buy your ticket today. Tickets are \$10 and are

on sale now. They can be purchased by calling Shoals Christian School at 256-767-7070 or at the school located on Heathrow Drive in Florence.



Dr. Brian Cole and Dr. Ajit Naidu

Questions from the Heart

Q My doctor told me that I have a problem with the blood supply to my heart and that I need a coronary angiogram. He said he is going to stick me in the groin, but I'm really uncomfortable with this. I'll have to lie down for six hours afterwards, but I have frequent back pain. I also heard that there can be a lot of complications with this procedure. Are there any alternatives? If so, what are they?

A You're correct in that you have to lie down for about six hours after a traditional coronary angiogram. Coronary angiograms require that cardiologists introduce a **catheter** – a thin tube inserted in your artery and guided near your heart – to determine blockages near the heart, typically using the **femoral artery** in your groin. This is called a **transfemoral catheterization**.

However, there are many complications that can arise from inserting a catheter through your femoral artery. For instance, you could develop AV fistula, aneurysms, or a hematoma with the transfemoral approach. Also, because the transfemoral artery is a large artery, there is even a **risk of death** from exsanguination, or blood loss. Elderly and obese patients are at an especially increased risk of bleeding complications from transfemoral catheterization.

So are there alternatives to this method? The simple answer to your question is yes.

By inserting a catheter through the radial artery in your wrist, a coronary angiogram can be a **minimally invasive** procedure. Using the radial artery to insert a catheter is called **transradial catheterization**.

Most people you know have probably had a coronary angiogram via a femoral artery catheterization. In 2008, when I first started practicing in Florence, less than 3% of angiograms in the United States were done via the radial artery. According to a study from 2015, now almost 30% of angiograms in the United States are done this way. All over the world, 70% of these angiograms are performed via the radial artery, and in some countries, this percentage is more than 90%.

Why? Well, there are actually many benefits to using the radial artery instead of the femoral artery.

Studies show that using the radial artery means fewer chances of complications occurring. Because the radial artery is smaller than the femoral artery, there is less risk of bleeding, AV fistula, aneurysms, or a hematoma. Also, the risk of death from exsanguination is virtually eliminated with a radial artery catheterization. In fact, studies report that the recovery is quicker when using the radial artery. You are able to walk immediately after the procedure – as opposed to the femoral artery catheterization which requires you to lie down afterwards. This is especially good news for patients with back pain, and this ultimately leads to a much shorter hospital stay, a lower cost to the patient, and less discomfort overall.

If you want to learn more about angiograms or discuss your heart health, call the Cardiovascular Institute of the Shoals at 256-766-2310 to schedule an appointment.



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Vision...

Continued from Page 1

The YMCA Board of Directors last week proudly announced that the borrowed funds connected to this endeavor have been successfully repaid five years ahead of schedule. At a gathering of Y supporters, community leaders, and past and present board members, Jacqueline Broder, current Board Chair, thanked the Shoals community for the support and confidence it has shown the YMCA of the Shoals throughout the expansion.

Featured board members Doug Tallman, Dr. Gil Griggs, Charles Crow, John Lehrter, and Tom Frith each average over 25 years of service to the Y. They gave a moving look back, telling their stories of the Y's history from humble beginnings at the corner of Walnut and Tuscaloosa Streets in Florence. Tallman literally gave a 'Rocky' shout-out to Mr. E. Stanley Robbins with a fist pump, "Yo, Mr. Robbins - We did it!"

Robbins, for whom the facility is named, insisted that we would persevere, and he provided startup capital for the Y's current location on Helton Drive.

Crow then shared that at one point "They had a director, an administrative assistant, and one donated bike for the exercise room." But, still the Y did grow. The '80s and the '90s were successful and the community supported the programs. By 2000 the Y had outgrown its initial Helton space and expansion seemed necessary. Unfortunately, the economy was weak and YUSA advised against any addition. Still, the local visionaries forged ahead. In 2001 business offices, a state-of-the-art fitness center, an aquatic facility unique to our area complete with a lap pool, leisure pool, hot tub, steam

room, and sauna became a reality.

With the community's support the Y proved the naysayers wrong. One board member noted, "While everything we see today is the result of very foolish decisions, the Shoals has gained the benefits." Presently, the Y has more members than at any time in its history. As Dr. Griggs stated, "The Y has wonderful programs and sound financial management. And when you go there you will see people from all socioeconomic levels, all shapes, all sizes, and all races getting healthy together." He expressed the thoughts of former Executive Director and Board Member, Jim Noles, stating, "Wouldn't it be nice if the rest of the world could be more like the Y and we could somehow take that diversity outside the Y?"

A ceremonial absolving of the debt took place by stamping the original bank note PAID IN FULL by Broder and Tallman. Board Vice-Chair, Parke Cochran, charged everyone to keep moving forward. He said that all the past accomplishments had been a leap of faith. Cochran encouraged all by saying, "Do not be afraid of future challenges as the future is bright indeed!"

The Board of Directors and staff of the YMCA of the Shoals wish to thank YOU.

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Continued from Page 1

This special event benefits the Florence Lady Falcons softball teams.

The event opens Friday with a silent auction from 5:30-7pm. The concert begins at 7pm. General Admission tickets are \$20. One hundred VIP tickets are available for \$50. Those include dinner from 5:30-7pm catered by Florence's acclaimed Odette Restaurant. Limited seating is available, so buy your tickets early!

Tickets available now at Stitchworks, Pegasus, Fame Recording Studios, and at Florence High School and Middle School.

UROLOGY CLINIC DAYS in MUSCLE SHOALS

Dr. Dustin Hyatt, Urologist, will be available to see patients beginning February 5, every Friday from 1-4 p.m. in Suite 320 at the Shoals Medical Office Building, 203 W. Avalon Avenue, Muscle Shoals.
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Choir...

Continued from Page 1

programs, such as education, care and relief, and development programs.

Music for Life, the parent organization for The African Children's Choir, works in seven African countries

such as, Uganda, Kenya, Rwanda, Sudan, Nigeria, Ghana and South Africa. MFL has educated over 52,000 children and impacted the lives of over 100,000 people through its relief and development programs during its history. MFL purpose is to help create new leadership for tomorrow's Africa by focusing on education.

The African Children's Choir has had the privilege to perform before presidents, heads of state, and most recently the Queen of England, Queen Elizabeth II, for her diamond jubilee. The Choir has also had the honor of singing alongside artists such as Paul McCartney, Annie Lennox, Keith Urban, Mariah Carey, Michael W. Smith, and other inspirational performers!

The African Children's Choir is a nonprofit humanitarian and relief organization dedicated to helping Africa's most vulnerable children today so they can help Africa tomorrow.



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Thomas McCutcheon

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Q My mother was married to my father for nearly 20 years and he died 4 years ago. My mother is disabled and draws a small amount of social security but has been told that she could draw widow's benefits. She is not receiving widow's benefits, how can she draw widow's benefits?

Andy - Muscle Shoals, AL

A In order to qualify for widow's benefits under the Social Security Administration Rules the first requirement is that the marriage have been for 10 or more years and the deceased spouse having worked and paid in to social security (what you see deducted from your paycheck as FICA) for those 10 or more years. Secondly, the widow (or widower) must be 50 or older and the deceased spouse must have died within 7 years of the claim for benefits.

What you are really looking at is a comparison between two earnings records to see who would draw the largest amount per month of social security benefits. The more money you earn the more money you pay into social security and the more money you pay into social security the more money you get back every month up to a maximum amount that changes typically every year. People that make over \$118,500.00 a year do not have to contribute to social security on earnings above that amount. Those people get a raise every year at the point where they have paid their FICA taxes on the first \$118,500.00 they made and do not have to pay any more after that.

If your father's earnings were higher than your mother's and your mother is disabled and 50, an application for widow's benefits should be filed and it should be granted giving your mother the benefit of your dad's payments into the social security system.

One thing that my law firm does that is a little different than what some other law firms do that handle social security disability claims is we file initial application for our clients. We feel that this helps focus the case for a positive resolution and we also realize that helping people from the beginning gives us a loyal client. If your mother needs help with her claim, tell her to call us and we will help you file her application at no charge, we will be glad to help. Of course with all social security cases that we handle, we charge the standard 25% rate capped at \$6,000.00 for past due benefits and are only paid at the end of the case if we are successful in helping our client actually receive money.

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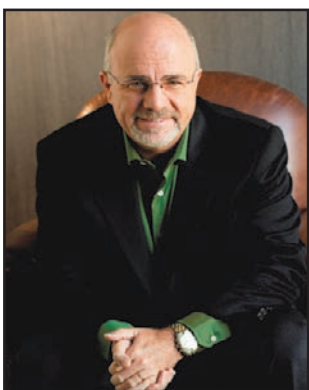


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DAVE Says

by DAVE RAMSEY

HOLD ON FOR NOW



Dear Dave,
My husband was laid off a month ago from a job making \$80,000 a year. We have no debt except our house payment. We owe about \$82,000 on it, but it's valued at approximately \$300,000. We've also got an emergency fund of \$30,000, and I work part-time making about \$2,000 a month while he collects unemployment and looks for another job. Do you think we should sell our home? We've also got a boat that's worth about \$18,000 we could sell.

Sheila

Dear Sheila,
The first thing I want you to do is take a step back and breathe. Yes, you guys just hit a big bump in the road. But the good news is you're in pretty good shape financially to handle things for a while.

At this point, I'd strongly recommend selling the boat over selling the house. Boats are a lot easier to replace than nice homes, and the process isn't nearly as traumatic on the family. You can also dip into your emergency fund a little bit, but for the next little while you need to make sure you're living on a really tight, bare bones budget. I'd love to see you not have to touch the emergency fund, because he's gone out and found at least a part-time position while he's searching for something in his field. I know that's tough to do once you've gotten used to making \$80,000, but there are jobs out there that will help you guys get through this.

As long as he's being diligent in seeking a new job, and you're budgeting and watching what you spend together, I think for now you should keep the house. God bless you both!

—Dave

REFUND OR BETTER PLANNING?

Dear Dave,
Do you recommend having

people keep their W2 numbers as close to their tax return numbers as possible, even if they might have to pay at the end of the year or have more taken out? Every year I get a big tax return. But after listening to you I began to think that if I did a better job of planning I would have more money throughout the year.

Charlie

Dear Charlie,
I like your thinking, and you're absolutely right. That's exactly what I recommend people do when it comes to their income taxes. Of course, you don't want to have to pay out a big chunk of cash. But a little number crunching and planning ahead of time can help you avoid those kinds of situations.

You really don't want a big refund, and here's why. If you get a fat tax refund every year, all it means is you've loaned money to the government interest-free for the entire year. Then, at the end of the year they gave it back to you. Some people seem to think Santa Claus has shown up when this happens, and that's completely wrong. You've had too much taken out of your check every payday during the previous year, and then you got it back.

Try to adjust your W2 so that you are hitting within \$100 or so at the end of the year. Then you'll have more of your own money in your own pocket throughout the entire year!

—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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Commentary

50th Rendition Adds to the Game's Lore

Build-up for this weekend's Super Bowl is piquing a little more than usual. It's quite different than the first game back in '67 between the Packers and the Chiefs was initially called the AFL-NFL World Championship Game. Over 61,000 fans attended live in the 100,000 seat Los Angeles Coliseum and 60 million watched on TV. It was retroactively named the Super Bowl a couple of years later.

For fans in the South, it's not so much the fact that Denver and Carolina are paired in 50th installment of the big game, but that quarterbacks Manning and Newton stir a lot of passion for SEC fans... some good, some bad.

It was hard not to like Peyton Manning's father, Archie, as a player at Ole Miss and in New Orleans with the woeful Saints. He has always been a class act. So have his football-playing boys, Peyton and Eli. However, they don't seem to have universal appeal and respect like their dad. For some reason, that is especially true for Peyton, who at 39 is likely in his last season as a player. Maybe the Tennessee Volunteer aspect is what those outside of Vol nation can't appreciate. Regardless, he is a student of the game who had to win with brains. He never possessed the physical attributes to outrun, out-muscle, or out-manuever a defender. His fourth Super Bowl is a nice way to go out, if indeed he is

See 50TH... on Page 22

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*
February 3, 2016

Happening THIS WEEK

Under the Bus Freedom Riders Share Civil Rights Memories



L-R: Joan C. Browning, Rev. Reginald Green, and Dion Diamond Courtesy photo

FLORENCE—Civil Rights activists in 1961 began riding interstate buses into the Deep South to challenge segregation. Three of those original Freedom Riders, Joan C. Browning, Dion Diamond, and Rev. Reginald Green will be speaking about their experiences on Saturday, February 6 at 2pm at Lesley Temple C.M.E. Church in Tuscumbia.

Four of the 436 Freedom Riders were white, southern, and female. Joan C. Browning was one of the four. She grew up in south Georgia on a family farm, attended a two-room elementary school, and with scholarships entered Georgia State College for Women at the age of 16.

Browning was forced to leave college because she worshipped with Wesley Chapel A.M.E. Church. She attended the Paine College Student Christian Weekend where the Rev. James Lawson taught nonviolent civil disobedience. There she participated in her first picketing and sit-in demonstration. She moved to

See FREEDOM... on Page 22

SALVATION ARMY WOMEN'S AUXILIARY PANCAKE BREAKFAST takes place Saturday, February 6, from 8-10am at Applebee's on Florence Blvd. The \$5 admission includes pancakes, sausage, beverage and a \$3 Applebee's coupon. Tickets are available from Auxiliary members and at the door. Proceeds benefit The Salvation Army of The Shoals.

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 two-four people, registration cost is only \$54/person and \$58/person at the door. For five or more people, pre-registration cost is only \$48/person and \$52/person at the door. For more information about this workshop and how to pre-register, please contact The Healing Place at 256-383-7133 or thehealingplace@bellsouth.net.

SWAMP JOHN'S is at the Lexington Senior Center, Thursday, February 4 from 4-7pm. Fish, chicken and shrimp, with slaw, hushpuppies, fries, drink and homemade desserts. \$11 per plate.

Create New Art with Found Objects

TUSCUMBIA—Create a Valentine-themed work of art while enjoying a creative artistic experience based in the folk art tradition with a found object art class taught by Provie Musso at the Tennessee Valley Museum of Art in Tuscumbia. Learn essential

techniques and about the history of found object art during the class on February 8 from 9am-noon.

The class size limit is ten and is for adults of all experience levels. The fee is \$50 and supplies are included. TVAA members

See FOUND... on Page 25



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YOUR Letters

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

He's a Chronic Abuser

Dear Sir:

I am writing to comment on a January 20 letter written by Mr. Owen Jones (*No Merit to Assertions*) which took exception to a letter authored by Mr. Patrick Dillon on December 23 (*What If He Favors ISIS?*) in which he proposed a possible reason for Hussein's lax policy toward ISIS and Islamic radicals in general.

Dillon opined that this might be because he agreed with them and wanted their assistance in destroying America. That deserves consideration because it explains many of his actions. I spent most of my career as an intelligence officer and was taught that no question should be ignored and all possible alternatives must be evaluated.

Mr. Jones stated that such speculation represented disrespect for the Office of the President. Why?

We are dealing with a man who is a proven liar and a chronic abuser of the

“It takes a skilled and knowledgeable attorney to try capital murder and other felony cases.

office through misuse of public funds and refusal to abide by the Constitution. Adolph Hitler deserved respect because of the office that he held. You know how that turned out.

Thomas Jefferson once said, "Eternal vigilance is the price of liberty." The idea that a destructive leader could not exist today is foolish.

An example of intent or incompetence is illustrated by Hussein's reaction to the tragic attacks on innocent people. He has used these incidents as the basis for a call to disarm the people in a period of severe threat. This act alone can be seen as a ploy to surrender the country to Islam. This in the face of common knowledge that no proposal put forward would have prevented these

events. They were the work of Muslims and mentally ill persons already denied firearms.

His response was to punish the sane and law abiding citizen. Is that rational?

Jimmy Wayne Cosby
Rogersville

Should Be Eye Opener

Editor:

Foolish people and governments who have been in denial are to blame for the massive rapes and horrific Islamic

See LETTERS... on Page 15

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Letters...

Should Be Eye Opener

Continued from Page 14

inhumane crimes that just happened in Cologne, Germany and Switzerland and other countries that have opened their doors and borders to the refugees.

This should be an eye opener for our Senators, Congressmen and all United States agencies that this is just the tip of the Iceberg of what is coming. What does it take for people to learn?

Paul Sabatino
Florence

I Recommend Powell, Place 2

Editor:

I would like to offer my personal recommendation of Will Powell for the position of Lauderdale County Circuit Court Judge, Place 2.

I met Will Powell in 2004 when he accepted the position of Chief Assistant DA for Chris Connolly. I could quote his education and work experience, but you may go to his web site to see all his credentials at www.powellforjudge.com.

As many of you know my brother, Danny Sledge, was murdered in 1999. Since that time I have volunteered as an advocate for victims and I have spent many hours in the courtroom offering support to other families. During the past 12 years, I have witnessed Will Powell at work in the courtroom countless times. I have heard his successful arguments in front of numerous jurors and sat with him while he discussed very difficult cases with families.

It takes a skilled and knowledgeable attorney to try capital murder and other felony cases. It also takes a compassionate and ethical man to explain in great detail the case to grieving family members. This is what Will Powell does every day. Unfortunately,

I have also witnessed how families suffer when cases are handled by attorneys not skilled in handling trials in front of jurors who do not know the law or have compassion for victims.

After watching Will Powell in and out of the courtroom for the past twelve years I am proud to endorse him for Circuit Judge in Lauderdale County. If you were to appear in front of Judge Powell in the future I know firsthand that you would be in front of an educated, experienced and compassionate Judge who will uphold the US Constitution and protect everyone's rights whether victim or defendant.

I ask for you to vote for Will Powell for Circuit Court Judge Place 2, Lauderdale County.

Mary Anne Rippey
Killen

See LETTERS... on Page 29

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Saturday, February 6, 2016

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Continued from Page 14

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Celestial Thoughts

It had been a stressful week at work. Just as I started the next project and really didn't need to be interrupted, a co-worker came into my office to tell me something. She has been a source of encouragement and light in the darkness. At the time I wasn't thinking that. I was just interested in hearing what she needed to tell me and getting on with my day. I must have expressed how stressed out I was because she looked at me, pointed her finger at me (like a mom would), and said, "You need to stop right now, take a break, and pray." My Father used her to bring me a message. He didn't mean for me to be in that much turmoil. He wants peace for me (and you). What do you need to stop and pray about this very moment?

For our struggle is...against the spiritual forces of evil... therefore put on the full armor of God...and pray in the Spirit... Ephesians 6:12-18

Dawn N.

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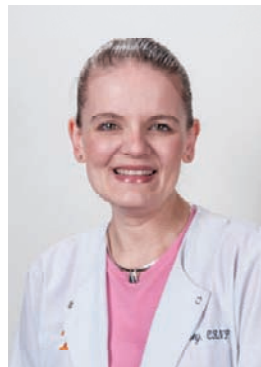
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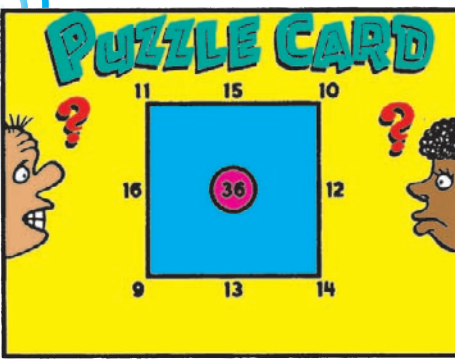


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PUZZLE CARD



THE NUMBERS ABOVE are arranged so that any three numbers along any side will add up to 36. Can you rearrange them so that they will total 37 along any side?

SOLVE IN ONE MINUTE AND START AN "EPOCH"! See if you can find the four five-letter words to fill in the word square at the right. All words must read the same across and down. A few hints are:

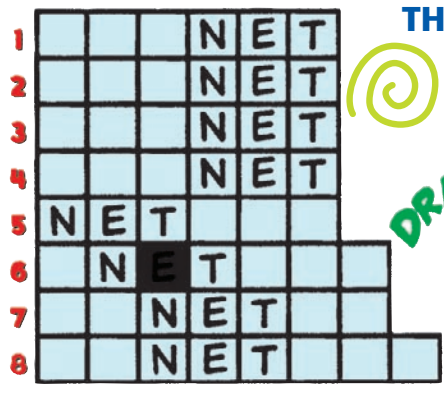
1. A notable event (given).
2. Spanish for "father."
3. Stranger, or more peculiar.
4. Top of hill.
5. Car rental agency.

Illustrated by David Coulson

Junior Whirl
 by Charles Barry Townsend

Answers On Page 34

THE CATCH OF THE DAY



This young scholar has "netted" herself some interesting words. The grid above has room for eight of them, and just by coincidence, they all contain a "NET" of their own. Hints are given below.

1. A type of ring.
2. A tingling, prickly plant.
3. A type of poem.
4. A type of hat.
5. A kitchen alcove for eating.
6. Occurring only once.
7. A kitchen alcove for eating.
8. Type of cigar.

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Freedom...

Continued from Page 14

Atlanta, got a job in the Emory University library, and was part of the Student Nonviolent Coordinating Committee. She was arrested in Albany, Georgia on December 10, 1961 during the last Freedom Ride.

West Virginia Institute of Technology hired her on a one-year contract in 1969 and thus she found her home among the hills. She has been an advocate for public libraries, public education, rural health clinics, senior citizens, and abused women and children. West Virginia honored her with the Martin Luther King Jr. Holiday Commission's highest award, the "Living the Dream" recognition. West Virginia University awarded her the Martin Luther King Achievement Award. She was the West Virginia Business and Professional Women's first Business Woman of the Year.

At the age of 19, Howard University student, Dion Diamond, was a seasoned veteran of the nonviolent direct action movement that began with sit-ins at public restaurants in 1960. On May 24, 1961, three weeks after the first Freedom Riders set out to take down the "white" and "colored" signs in public transportation, Diamond had a crash introduction to nonviolent civil disobedience taught by the Rev. James Lawson. He then boarded a Greyhound bus in Montgomery, headed to Jackson, Mississippi and perhaps on to New Orleans.

The National Guard barely kept the jeering mob of 2,000 white supremacists from attacking the fifteen Freedom Riders. The Freedom Riders knew that they might be murdered anywhere along the way. National Guardsmen with drawn weapons rode on the bus escorted by Alabama state police cars. Meanwhile, a National Guard helicopter hovered over the bus. After being arrested at the Greyhound bus station in Jackson, Diamond spent the next several months incarcerated in Parchman prison. After being released from Parchman, Diamond became a staff member of the Student Nonviolent Coordinating Committee and was arrested dozens of times. Diamond grew up in Petersburg, Virginia and made his home in the District of Columbia. He has had a long career as a civil servant and consultant specializing in housing, social services, and employment issues.

Reginald M. Green grew up in the District of Columbia. When he was a student at Virginia Union University, he was first arrested in the 1960 Richmond, Virginia sit-ins. On June 7, 1961, he and five other Freedom Riders boarded a Trailways bus in Nashville, Tennessee, which made its way to

See FREEDOM... top right

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Freedom...

Continued from Below

Jackson, Mississippi via Memphis, Tennessee. They were arrested in Jackson and spent the next several months in Parchman prison. Rev. Green was pastor of Springfield Baptist Church in Henrico County, Virginia from 1964-66 and of Walker Memorial Baptist Church in Washington D. C. since 1966. Rev. Green is one of the Freedom Riders™ outstanding vocalists. In addition to his pastorate, Rev. Green served as housing administrator for the DC Dept. of Housing and Community Development for twenty-seven years.

Last year at an event in Bridgeport, Connecticut, Dion Diamond mentioned that he is truly worried that students think what currently is, is the way it has always been and that they lack the fire that his generation had to make change in this world. The Freedom Riders were willing to sacrifice their lives because they knew ordinary people can make extraordinary things happen.

This is a rare opportunity to hear and to experience this living history lesson. Tickets are \$10 for adults and \$5 for students and can be purchased at the door.

Commentary...

50th...

Continued from Page 14

calling it a career after Sunday's game. A Broncos win would be a perfect ending. Unless their defense plays an outstanding game and their offense takes advantage of every opportunity, a Bronco victory will be a tall order.

The Panthers have an outstanding defense and the league's highest scoring offense led by the 6' 5" 255 lb Newton at quarterback. He has all the physical advantages that Peyton lacks. He is also a cool customer back there. In his fifth year out of Auburn, Newton looks like he is standing around a fast food counter waiting for an order to be completed instead of taking snaps for the league's most prolific offense at the game's highest level. No moment seems too big for him. Some don't seem to like the way that Newton boldly celebrates success on the field. He just loves playing the game and that is obvious. He is also very effective at getting Carolina fans involved. That excitement is good to see. Some just don't like that there was so much controversy at Auburn or that he was so successful there. They'll have to work through that themselves.

A close, competitive game would be very satisfying, regardless of which team wins.

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pet connection

WORDS WITH ANIMALS

Words and phrases about pets and how they entered the language



The phrase *slenth of hounds* comes from the Icelandic word for trail.

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By Kim Campbell Thornton
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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 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

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- **Going skiing?** You might want to see if the ski area has an avalanche rescue dog on staff. The dogs, who are trained to find human scent rising up from the snow, can search an avalanche site the size of a football field in as little as five or 10 minutes, reports AP's Sue Manning. "The fastest thing is a dog — faster than a beacon or echo," says Craig Noble, ski patrol and dog supervisor at Squaw Valley Alpine Meadows Resort in Olympic Valley, California. The dog and handler teams have specialized training and are recertified annually.

- **Zero to 60 in 1/100th of a second?** We're not talking time trials for the latest Lamborghini, but the speed of a chameleon's tongue. Yes, you read that right. The small but mighty lizards can flick their tongues toward a cricket at up to 264 times the force of gravity, according to a study published in the journal Scientific Reports. The anatomy of the tongue gives it spring-loaded power, allowing chameleons to capture more prey, and its speed beats out that of any other reptile, bird or mammal.

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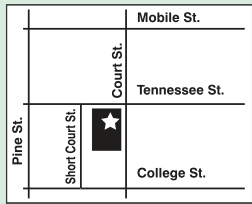
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Soap Opera Preview

at Valerie "moving on." Jake's guilty conscience got the better of him. Morgan was frustrated by the side effects of his medication. Kristina opened up to Molly about what happened to her in school. *Wait to See: Citizens are summoned for the reading of Helena's will.*

THE BOLD AND THE BEAUTIFUL Nicole opened up to Maya on a deeper level about why having Sasha around made her feel insecure. Still desperate to keep Liam away from Steffy, Quinn scrambled to give him answers to his many questions. Sasha took advantage of an evening alone with Zende to offer him something that Nicole wasn't giving him. Wyatt made another attempt to get closer to Steffy by taking her out for some fun in the sun. Quinn continued to weave her web of lies, hoping that Liam didn't uncover the truth. Despite Bill's best efforts to calm his wife down, Katie was unable to get over Brooke's betrayal. *Wait to See: A reformed womanizer tries to redeem himself.*

picked up on Jennifer's strange behavior. Brady finally saw the mystery woman's face in his dreams. *Wait to See: Theo tells Ciara he has a crush on her.*
GENERAL HOSPITAL Paul's threat evoked a strong reaction from Ava. Mac and Felicia came to Robert and Anna's rescue. Michael got a clear picture of Sabrina's intentions. Ava was fired up and prepared to take legal action against Sonny. Nikolas was pleasantly surprised when Hayden passed his test. Scotty shocked Laura with a most unexpected document. Franco and Nina flipped gears from frisky and physical to deep and serious. Morgan and Kiki agreed to take it slow as the two went on a proper date. Dante got a first-hand look

THE YOUNG AND THE RESTLESS Nikki lied to Hilary that she was having an affair with Neil. Later, Neil pressed Hilary to look into her heart to figure out what she truly wanted. Jack asked Ashley to come back to Jabot and help him rebuild the company. Nick confided in Chelsea that he was worried he might have gone too far with Sage. Jill was determined to reunite Cane with Lily. Kevin wanted to know how Natalie was going to cut him and Marisa into her new plan for the computer project. Sharon informed Nick that Faith wanted to live with her full time, but Nick didn't take the news well. *Wait to See: Ashley cracks under pressure.*

DAYS OF OUR LIVES A jealous Belle warned Eve to stay away from her daughter. Theresa and Nicole made a bold career move. Brady had a dream about a mysterious woman. Chad made a deal with Adrienne and Justin to secure his future plans with Abigail. Chase had an emotional confrontation with Ciara. Rafe was there for Hope as she struggled with family drama. Eric accused Jennifer of abusing painkillers. Steve was forced to take extreme action in order to save Kayla. Belle gave in to her feelings for Philip. Deimos threatened Philip. JJ came to Gabi's rescue once again. Theresa

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Letters...

Continued from Page 15

Navy Boats Unprepared

Letter to the Editor:

As a former Navy enlisted and Navy officer, I am disappointed with the capture of our two riverine boats and crews by the Iranians in the Persian Gulf.

I understand one of the boats had a navigation problem, either mechanical or human error, and it wandered into Iranian waters. Why couldn't the other boat tow it away from Iranian waters?

Furthermore, why wasn't a warship accompanying the two small boats as they traversed waters in proximity to an unfriendly country?

Why didn't the riverine boats communicate their problems to their commanding officer who should have been monitoring their transit from Kuwait to Bahrain? If they did communicate their situation, what were the instructions they received from higher command?

It appears to me the personnel on the riverine boats and the command hierarchy viewed the movement of the boats as a routine operation. They were caught off guard by the problems encountered and were unprepared to conduct contingency operations. It reminds me of the capture of the USS Pueblo off of North Korea many years ago.

This incident could embolden the Iranians and other unfriendly countries to test our military prowess.

Donald Moskowitz
Londonderry, NH

'Pro-Choice, But I Just Hate It'

Editor:

For those Christians, including some who are considered leaders of the evangelicals, who are supporting Donald Trump, consider the following from a 1999 interview with the late Tim Russert.

RUSSETT: Partial birth abortion. Eliminating of abortion in the third trimester. Big issue in Washington. Would President Trump ban partial birth abortion?

TRUMP: Well, look, I'm very pro-choice ... and again, it may be a little bit of a New York background, because there is some different attitude in different parts of the country, and you know, I was raised in New York, and grew up and work and everything else in New York City.

RUSSETT: But you would not ban it.

TRUMP: No ... I am pro-choice in every respect as far as it goes, but I just hate it.

This is one of many reasons that no informed Christian could support this man for President.

Euell White
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Cat & Kids

by Cathy Turner

Hold On

Writer's note: In recent days I have contemplated how it is that one makes it through, in times of trouble. Family comes to mind. I have always been carried by my family. These thoughts brought to mind a column that I wrote a decade or more ago. I share it with you again here:

"Hold hands when you cross the street," she reminded me and my aunt Bena, who is one year less five days older than me. We were raised like sisters. Ros, my oldest sister, was leaving us with a treacherous day ahead in I.C.U. "Hold hands when you cross the street," she had said. My eyes flooded with tears. I didn't expect to cry, but Ros held us, and the tears came.

A flood of memories, happy and sad, was wrapped up in that one line of instruction. In my tears, I could see being nine again. I remember holding Bena's hand as we would run away from pursuing siblings. I remember holding hands and running after we had gotten into mischief. Ponytails, black patent-leather shoes, "Ruth Original" dresses, and short white Sunday gloves came to mind. Some Sunday afternoons, we were allowed to walk home from church, even though we were nine and ten. However, because we had to cross busy Sixth Avenue, the last instruction would always be, "Hold hands when you cross the street."

Holding hands. I also recalled many times in our childhood when my big sister had held my hand. In the darkness of our bedroom, Ros would hold me and tell me that everything would be all right - even though fussing, cussing and chaos were going on in our living room. My daddy's drinking was the culprit.

Protection. Holding each other. This particular morning, my sister couldn't go to I.C.U., she had to get back to work. Bena's husband was in critical condition and facing risky surgical procedures. When Ros took our hands and put them together, her words overwhelmed me, but I was not fearful. I knew that we would make it through it. I have had lots of examples and training in holding on.

Problems and play create the bond and security in families. Teach the children to support each other. In the long run, they will need each other.

That day in I.C.U., there was a moment of trepidation. As we walked the corridor, I took Bena's hand. She smiled and looked at me with remembrance and reassurance. She patted my hand and slowly with a lip quiver she said, "That's right - that's right. Hold hands when you cross the street."

Email comments or suggestions to CatnKids1@gmail.com

THANK YOU for reading the Courier Journal! TFN

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Randall on Real Estate

News & Tips on the Shoals Market

Out With the Old

It seems that this time of year, every year, I am struck by an overwhelming urge to organize. I know I'm not alone, because one of the most popular January/ February article topics in magazines and blogs is "out with the old, in with the new". There are a ton of great ideas out there, and here are some of my favorites:

Don't keep useful things that you never use. That doesn't mean to throw them away. Donate them, give them to someone who will use them, or sell them. You can go about this room by room or by type of object, but the most important thing is to consider every single item when you do. Deciding to get rid of something isn't wasteful. Let it be of use to someone else.

Only keep collections of things that truly bring you joy. There are only so many places in any home to display things, and overcrowding means that none of those things get the attention they deserve. Collections are really neat, but make sure that you only display collections that are still meaningful to you. If you think that you might have gotten over your interest in lighthouses, but aren't quite ready to get rid of them, pack them away for a bit. You may end up keeping them, but it might help you realize that you really don't care about lighthouses at all anymore.

Apply that same concept of measuring joy to the individual items you display. One or two candles or cohesive groupings of candles in a room is plenty, unless you don't have electricity. A few framed photos are wonderful, but an overcrowded hodgepodge of pictures is just a mess. Pay attention to the number of items on display on any surface. Odd numbers are more pleasing to the eye, and spaces are wonderful.

Be conscious of your immediate storage and maximize it. Think of your easily accessible drawers, cabinets, and closets as prime real estate. You should never squander prime placement on seldom-used things. Relegate those things to harder to reach storage, and enjoy ease of access to things you use often.

Devoting time to organizing and de-cluttering reduces stress. It makes the place where you go to relax more relaxing. It also makes preparing for any event—from hosting a party to listing your home—easier. Good luck... -mr

Please feel free to send your questions.

Rest assured I will only use your first name when I answer your questions. Email to: questions@mikerandallhomes.com or mail to:

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heat/air. 256-764-3137 02-03

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Park, Florence, 105,000 sq. ft.,
building, \$975K. K&H Inc., 256-
349-0000 03-09

RENT: 4 BDRM, 1.5 BA,
Petersville area, large storage
bldg, fenced in backyard, non-
smoking, no section 8. \$675
mo. + \$675 deposit. 256-366-
9884 02-03

26.75 ACRES FOR SALE on
Coburn Mtn. Rd., \$50,000. 256-
366-3274, 256-366-3642 02-10

MADISON SQUARE
Townhomes, 2 and 3 bdrms,
1.5 Ba, \$450/\$500 Rent, \$300
Deposit. Central heat/air. 256-
764-3137 02-03

HOME FOR SALE, Florence, 3
Bdrm, 2 Full Ba, vinyl siding, on
Huntsville Road, \$49,900. 256-
366-1256 02-10

ROOM IN LARGE HOUSE near
mall, furnished, free utilities,
cable, internet, no deposit.
\$395 per month. 256-810-7456
02-03

NEAR UNA. FOR RENT. 3
Bdrm, 1 Ba. \$650 Rent and
\$600 Deposit. 256-810-2069
02-03

610 N. ATLANTA, 2BR, 1BA
\$400 Rent, \$400 Deposit.
Window A/C, electric heat. 256-
764-3137 02-03

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bedrooms, all inclusive. Park
Place, 256-386-5504 02-24

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near UNA, 405 Howell St,
3 Bdrm, 2 Ba, dining room,
large kitchen, mud room, \$750
month plus deposit. yard will be
maintained. 1-256-665-5009
02-10

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1993 MOBILE HOME 14X70,
must be moved, \$3,500 CASH.
Florence. 256-247-2350 02-03

510 HIGH STREET, B3, C4,
Apartment. \$350 Rent, \$300
Deposit. Central heat/air. 256-
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air, Florence, \$375 plus deposit.
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hardwoods. 256-765-2100.
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includes utilities. K&H Inc., 256-
349-0000 03-09

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access, 3 miles off Hwy 72
Rogersville, AL, \$99K. 256-431-
5510 02-24

HOUSE FOR SALE BY Owner,
three bedroom, 1.5 bath, one
mile south of Wilson School.
\$52,900. 256-766-5498. 02-10

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

MUSCLE SHOALS HAMILTON
Place building lot. 256-810-
8053 02-03

607 MARTHA, 2 BDRM, 1
Ba, \$475 Rent, \$475 Deposit.
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exterior storage. 256-764-3137
02-03

FOR SALE: 1308 CALHOUN
St., Tuscumbia. Great
remodeled home, 3 bdrm, 2
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Laila Jager with Crye-Leike
Realtors, 256-436-0336, or
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com. 02-03

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6992 Knight & Humphries Inc.
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Hills, Florence. 3 Bdrm,
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\$1,000 deposit. Knight and
Humphries Inc. 256-766-6992
www.rentshoals.com 02-17

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Bdrm, 2 Ba, Sunnyside Street,
Florence, \$36,500. 256-443-
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\$250 deposit. 256-757-3877.
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2.5 Ba, Open floorplan, split
bedrooms, 2 car garage,
1,200 sq. ft., detached garage,
hardwoods, ceramic tile, carpet,
\$189,000 256-710-8120. 02-03

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Warehouse/Office Space. Up
to 15,000 sq. ft., available. K&H
Inc., 256-349-0000 03-02

RENTAL IN FLORENCE, 4
BR, 1 BA basement in Sheffield
\$525. Patriot Realty. Call Monty
Allen Realtor, 256-366-5976
02-03

Notes...

Cont. from page 4

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.

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.

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.

Super Bowl Fundraiser Boston Butt Sale presented by Tuscumbia/Florence Civitan Clubs, Saturday, February 6, 8-10 pounds of delicious smoked meat ready for your Super Bowl Party! (No party? Split with a friend or freeze for later) Price is \$35.

To order, call 256-765-0041 or email Cameron Kay at cikai1@juno.com.

Charities helped by the Florence Civitans: United Cerebral Palsy 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.

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: Monday-Friday, 9am-5pm.

Tuesday, February 2, 10am-6pm, Cherokee Elementary School, 1305 North Pike, Cherokee

Wednesday, February 3, 7:30am-4pm, Phil Campbell High School, 65 School Street, Phil Campbell

Friday, February 5, 7:30am-3:30pm, Central High School, 3000 Co Rd 200, Florence

Saturday, February 6, 9am-3pm, Share Your Heart Day at Lexington Methodist Church, 171 School Street, Lexington

Sunday, February 7, 9:30am-1:30pm, Cowboy Church, 3440 Hwy 157, Leighton

Monday, February 8, Noon-7pm, Walmart, 1706 Military St S, Hamilton

Tuesday, February 9, 9am-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

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.

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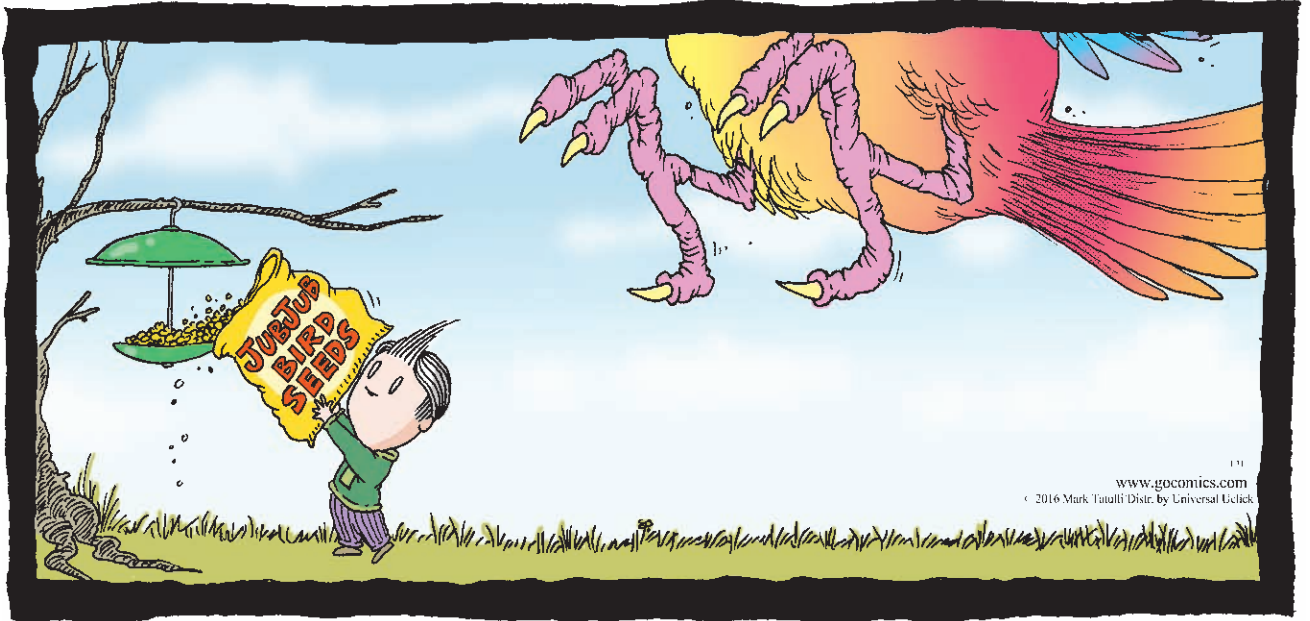
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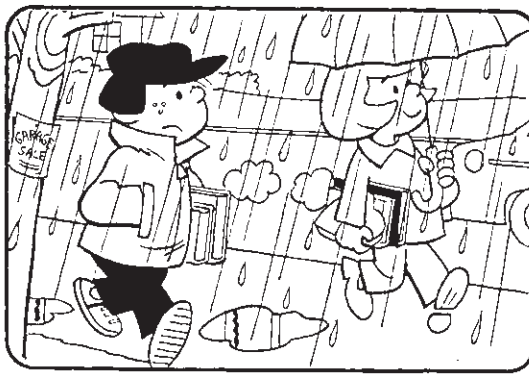
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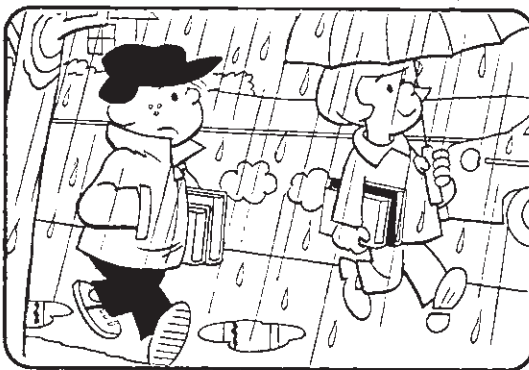
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- Cpt. U.S. Army JAG Corps, USAR - 7 1/2 years (Divorces, child custody, adoptions, support payments for soldiers and their wives)
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Management reserves the right to withdraw any unit from sale. Registered or motor vehicles are sold "As Is / Parts Only," no titles or registration.

Tenant Name	Address	Unit #	Stored Items
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JARED ADAMS	5885 Hwy 17 Florence, AL 35634	B61	Household Goods,
JARED ADAMS	5885 Hwy 17 Florence, AL 35634	D38	Household Goods, Furniture, Boxes
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Community Notes...

Continued from page 31

Clothes Give Away - Thursday, February 4 from 8-10am at the Care Center, First Baptist Church, Killen.

Underwood-Petersville Community Center Breakfast -- Please join us for our first Saturday Breakfast, February 6 from 6-9am. Menu: scrambled eggs, sausage, bacon, biscuits, pancakes, grits, wonderful chocolate gravy, sausage and regular gravy, orange juice, regular and decaf coffee. Adult plates are \$6 and children 8 and under is \$3. Proceeds go toward the center expenses.

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.

Fish Fry at East Colbert Church of Christ Saturday, February, 6 12:30-6pm. All you can eat. Adults & Carry Outs \$12 each. Children ages 5-11 \$6. 4 & Under free. (All proceeds go to mission work & benevolence.)

A Special Program of Dulcimer Music will be provided by the North Mississippi Dulcimer Association from 10am-1pm on Saturday, February 6 at the Parkway Visitor Center located at milepost 266 near Tupelo.

The North Mississippi Dulcimer Association teaches dulcimer history, tradition, craftsmanship, and music by sharing its knowledge and talents. The Appalachian mountain dulcimer is the first instrument developed in the United States. Dating back to the early 1800s, the dulcimer is an instrument whose very name means "sweet sound."

The National Park Service and the North Mississippi Dulcimer Association invite everyone to listen to the soft sweet sounds of the dulcimer and learn about its extensive history. This program is free. For additional information, call 662-680-4027 or 1-800-305-7417.

PAWS Pets Are Worth Saving of the Shoals - Yappy Valentines Day - Valentines Pet Party! Saturday, February 13 from 10am-2pm at PETCO Florence on Cox Creek Parkway. Photos with your pet, face painting, bake sale, pet adoptions and more.

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.

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.

The Zodiac Players of the Shoals Community Theatre are pleased to present "Tuna Does Vegas" as their next production 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 Aries 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 shoals theatre.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.

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.

Shrimp (\$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.

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.

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Don't Believe the Lie

It seems one of the biggest lies that satan has ever told is that you do not have to be baptized to be saved. How is it that something that is so plainly commanded in Scripture and obeyed in numerous Biblical examples has become such an unnecessary thing? How has the act of obedience in baptism become something to be ignored and eagerly explained away? Is it because countless people are afraid of water? No, I don't think that is it. Could it be that a lie has been told and countless souls have accepted the lie? Yes, I believe that's it exactly!

If an act of obedience, such as baptism, which Jesus Himself commanded (Mark 16:16, Matthew 28:18), negates God's grace in salvation, then a person who obeys the command to repent (Acts 2:38) will also negate God's grace in salvation. What if I obey the command to confess Christ with my mouth to be saved, (Romans 10:9-10) would I negate God's grace in salvation by my act of obedience in confessing Christ? Of course not, I would be obeying what is taught in Scripture to be saved.

Why then has the act of baptism, an act of obedience to be "in Christ" (Galatians 3:27), become THE ONE action of obedience on my part that negates God's grace? Why just baptism and not repentance and confession also?

I refuse to believe the lie that is being told that baptism is not a necessary action on my part to be saved. "Corresponding to that, baptism now saves you—not the removal of dirt from the flesh, but an appeal to God for a good conscience—through the resurrection of Jesus Christ" I Peter 3:21. (nasb)

When the gospel was preached in Jerusalem (Acts 2), Samaria (Acts 8), Damascus (Acts 9), Caesarea (Acts 10), Philippi (Acts 16), Corinth (Acts 18), the message was the same, believe in Jesus (Acts 8:12), repent of your sins (Acts 2:38), confess your belief in Jesus (Acts 8:37) and be baptized to wash away your sins (Acts 22:16). This was the message and the obedient humbly submitted. (Acts 8:37-38; 2:41)

I gladly obeyed the gospel and the command to be baptized (Acts 10:48) to receive God's gracious pardon of my sins. (Acts 2:38-41) What about you?

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1	S	I	G	N	E	T	
2	S	O	N	N	E	T	
3	S	P	I	N	E	T	
4	B	O	N	N	E	T	
5	N	E	T	T	L	E	
6	O	N	E	T	I	M	E
7	D	I	N	E	T	T	E
8	P	A	N	E	T	E	L

Junior Whirl

Answers

by Charles Barry Townsend

Illustrated by David Coulson

Our answer: Starting at the upper left corner, and going clockwise: 16, 11, 10, 14, 13, 15, 9, 12.

Our answer: 138 x 138 = 19, 044 (T=1, W=3, O=8, H=9, R=0, E=4).

E	P	O	C	H
P	A	D	R	E
O	D	D	E	R
C	R	E	S	T
H	E	R	T	Z

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