

Courier Journal

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IEDC: Holt is Recertified

THE SHOALS – Shoals Chamber of Commerce President, **Steve Holt**, has been awarded recertification by the International Economic Development Council (IEDC) effective October 2015. Holt first achieved the Certified Economic Developer (CEd) designation in 1979. CEd re-certification is required every three years and involves extensive continuing education and exceptional service to the profession. Holt



has a significant track record in economic and community development with 44 years of experience.

Holt

is a highly-respected national designation that denotes a mastery of principal skills in economic development and a commitment to professional growth. Holt first earned certification by passing a rigorous three-part, two-day examination which tested his knowledge, proficiency and judgment in the key areas of economic development.

Holt is one of just over 1,000 other highly-skilled Certified Economic Developers who work with public officials and community leaders to create and retain high-quality jobs, establish economic vibrancy, and improve quality of life for the people they serve.

Keller Key to Priester



FLORENCE – Graduating UNA senior **Alexandra Olivia Priester** of Huntsville was the recipient of the coveted Keller Key during fall commencement

Saturday, December 12 at Flowers Hall on the campus. The Keller Key Award is presented to the student with the highest grade-point average from the graduating senior class. Priester held a 4.00 on a 4.00 scale. She graduated with a Bachelor of Science degree in Psychology.

See SHORTS...on Page 6

Distinguished



Distinguished Young Men listing on page 2 Courtesy photo

Local Young Men Recognized for Leadership Qualities

FLORENCE—Distinguished Productions hosted the Distinguished Young Men Showcase recently at the Florence Coliseum. Young men who excelled in their extra-curricular activities while working hard to maintain good grades were honored.

Distinguished Young Men is a community project dedicated to honoring young men from all over the Shoals who demonstrate hard work, excellence, and dedication in their extracurricular activities at school

while working hard to maintain good grades.

These Students were chosen because they exemplified the behavior of a Distinguished Young Man.

Life Coach Casey Eggleston and Emmanuel Turner sponsored the Distinguished Young Men event.

Many have also received scholarship offers from colleges and

See MEN...on Page 2

Courier Journal Perma-Note

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Black is Go Build Student of Month

LEIGHTON— Go Build Alabama, an initiative of the Alabama Construction Recruitment Institute (ACRI), named Brock Black of Colbert County High School as Go Build Alabama's Future Skilled Workers of America (F.S.W.A.) Student of the Month Award for December, 2015.



See BUILD...on Page 6

NW-SCC Foundation Supports Sheffield DEDC

NW-SCC President, **Humphrey Lee**, (left), with Sheffield City Schools Superintendent, **Keith Lankford**, as he accepts a check to help grow the Sheffield Dual Enrollment/ Dual Credit (DED) program from NW-SCC Foundation President, **David Muhlendorf**.

NW-SCC photo



MUSCLE SHOALS-- Northwest-Shoals Community College's Foundation President David Muhlendorf presented a \$500 check to Sheffield City Schools Superintendent, Keith Lankford, this week to help grow their Dual Enrollment/ Dual Credit (DED) program.

According to Muhlendorf, he hopes the funds will help to offset some expenses for students interested in the DEDC program between Sheffield and NW-SCC. "I really hope this will be an encouragement for students

See DEDC... on Page 13

Inside this Issue

Online Only:

- Hocus Focus
- Ask the Attorney
- Dave Ramsey
- Adopt-A Friend
- Pet Connection

- Soaps • Lio
- 1st Day Event- Take a Hike
- Ask Dr. Webb
- The Computer Skeptic



- Jr. Whirl
- FCA Highlights
- Top Players
- Your Letters
- Knight's Korner



- Mystery Photo
- Outdoors
- Web Poll
- Pet Talk

5 Extra Words on all Private or Business Classified ads.



See Page 6

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2/\$4 64 OZ.

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Waffles
2/\$3 12.3 OZ.

GENERAL MILLS
Cookie Crisp, Golden Grahams, Reese Puffs, Cinnamon Toast Crunch, or Cheerios
2/\$5 11.25-13 OZ.

BEST CHOICE
Crinkle Cut Potatoes
2/\$7 80 OZ.

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99¢ 24 OZ.

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Green Cabbage
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Strawberries
LB. 2.99

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Potatoes
5 LB. 2/\$3

DOLE - 12-14 OZ.
Classic Salad or Cole Slaw Mix
99¢

Men...

Continued from Page 1

universities already. These young men consist of students in grades 9-12. This program encourages these young men to continue to work hard, have good ethics, behave respectfully, and maintain academic success.

- Bryce Palmer Waterloo
- Will Denton Colbert Heights
- Monterius Turner Florence
- Tariq D. Garner Muscle Shoals
- Stephen Peters Colbert County
- Isaiah Skjelstad Central
- Trevor Simpson Florence
- Deondre Hampton Brooks
- Carlos Davis Muscle Shoals
- Jalyn Jones Lauderdale County
- Jake Whitehead Brooks
- Kolton Medley Brooks
- Lazarius Decatur Brooks
- NOT PICTURED
- Kim West Russellville
- Travis Simpson Florence
- Devontia Johnson Cherokee
- J'Marick Woods Florence

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Some Shoals Second Amendment volunteers are seen here the evening of December 23 packaging some gift items for the group's Santas for Seniors program. Shoals Second Amendment raised over \$3,000 at meetings and other local events for senior citizens who did not have anybody to share Christmas with. Through that effort the group was able to create gift bags for about 120 area seniors.

Courtesy Photo



2014 CHEVROLET MALIBU 1LT, cloth, automatic, power seat, 22K, \$14,976. Shannon 256-412-1551 or 256-764-3351. 12-30

2012 HONDA ACCORD, 4 DOOR, silver, Excellent condition Sunroof, Leather, Satellite Radio, Michellins. \$16,995. 256-366-7296 12-30

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Chisholm Road Self-Service Storage will hold a public sale to enforce a lien imposed on said property, as described below, pursuant to the Alabama Self-Service Facility Act, Alabama Code 8-15-30 to 8-15-38, at 3:00 PM on Friday, January 15, 2016, at Self Service Storage, 4450 Chisholm Road, Florence, AL 35633.

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

Tenant Name	Address	Unit #	Stored Items
TIA JACKSON	135 Baptist Circle Cherokee, AL 35616	C40	Household Goods, Furniture, Boxes
REGINA WEAKLEY	P.O. Box 2724 Florence, AL 35630	D11	Household Goods, Furniture, Boxes
SYKIE MILLER	110 Cypress Apt. 408 Florence, AL 35630	F20	Household Goods, Furniture, Boxes, and Suitcases
MISTY GRAY	320 County Road 124 Florence, AL 35633	F30	Household Goods, Furniture, Boxes
MISTY GRAY	207 Meadow Place Florence, AL 35630	F30	Household Goods, Furniture, Boxes

I CAN GET YOU FINANCED ON your next vehicle call JD 256-577-1056 or 256-764-3351 12-30

DRIVEWAY ROCKS AND GRAVEL dump truck loads delivered and spread. 256-740-7406. www.ShoalsDirt.com 01-13

THE DEADLINE FOR CLASSIFIEDS for the January 6 issue is Thursday at 5pm. 12-31

2001 DODGE TRUCK, 2500 series, diesel 5.9, 2 wheel drive, 184k, bedliner with cover, \$8,100. 256-303-5657 12-30

I BUY JUNK, UNWANTED, AND Repairable Trucks, Cars, Vans with/ title, catalytic converter, pay top dollar. 256-702-2067 12-30

2006 FORD MUSTANG GT, leather, Power, 145K, \$9988. Financing, Tony 931-213-1386 or 256-764-3351 12-30

FURBY IN ORIGINAL BOX, Never Opened! Excellent Condition, \$400 OBO, 256-335-7668 12-30

2003 BMW 325i, AUTO, LEATHER, sunroof. \$6,500. 256-710-8120. 12-30

WRITER'S GROUP. FOR ANYONE with a desire to write, call 256-740-0277 12-30

I BUY USED MOBILE HOMES, Any size, any condition. 931-478-6295 12-30

2014 KIA SOUL +, AUTO, 46K, \$13,678. Financing available. Call Nate 256-394-0409 or 256-764-3351 12-30

1990 CHEVY SILVERADO SWB 4x4 - Good condition, 121,000 miles, \$4,500. Call 256-710-2556 01-13

USED GOLF CAR, 2011 electric, 48 volt, great shape, EZGO white, \$2,500. 256-366-8746 01-06

THE DEADLINE FOR CLASSIFIEDS for the January 6 issue is Thursday at 5pm. 12-31

CLEAN CLOSET CLASSIFIED SPECIAL all month long. Receive 5 EXTRA WORDS FREE on all Private Party, Commercial, and Real Estate ads in January, not for Employment or Yard Sales. The deadline is always Friday for the following week's issue. Buy, Sell, Trade, Rent, Promote, Congratulate. 256-764-4268 or place your ad online at www.courierjournal.net. Offer expires January 22, ads must appear no later than the January 27 issue. 1-22

LOOK FOR OUR COUPON IN this issue - \$1,000 OFF Set of Audibel A3 Platinum Hearing Aids at Audibel Balance and Hearing Center 1003 Mitchell Blvd, Florence 256-275-0011. 12-30

1996 DODGE RAM 1500, 6 CYL., \$2,950, cloth, 148k, nice! 256-247-6004 www.capautosales.com 12-30

2014 FORD FUSION SPORT. Leather, v6, 86k, auto, \$11,977. Financing. Matt 256-810-0283, 256-764-3351 12-30

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REASONABLE TREE SERVICE. Tree cutting, trimming, stump removal, free estimates, owner Gilbert Barga 256-314-1009, 256-366-3539. 02-10

1986 PONTIAC TRANSAM, 19,000 original miles, \$16,500. Call Louis, 256-653-8790. 12-30

RADA KNIVES, GREAT Christmas gift for the cook in your family! Greenhill Shopping Center, 256-272-8660. 12-30

2007 TOYOTA RAV4, CLOTH, automatic, power, locks, 85K, \$9,988, Call Tony 931-213-1386 or 256-764-3351. 12-30

BUYING SCRAP GOLD JEWELRY, highest prices paid, North Florence Coins. 7 Points Shopping Center. 256-764-0008 02-03

CONCRETE CRACKS REPAIRED driveways and more. Call today for a free estimate. 256-366-2539 01-20

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THANK YOU for reading the Courier Journal! TFN

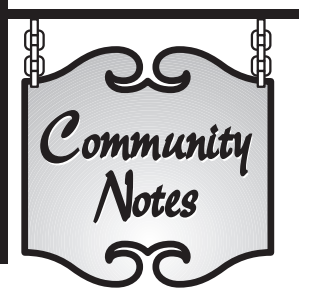
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2010 CHEVROLET TRAVERSE LS, cloth, auto, 3rd seat, 121k. \$11,448. Brandon 256-710-4598 or 256-764-3351. 12-30

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COMMUNITY NOTES may be submitted for non-profit, civic or church-related events and published free of charge as space is available in the Courier Journal. All properly submitted Community Notes which are dated will be posted weekly at www.courierjournal.net. Visit our website for a complete list. Community Notes must be submitted in writing by noon Friday for consideration in the following week's issue. Fax to 256-760-9618; mail to 1828 Darby Drive, Florence, AL 35630; bring in person; email to editor@courierjournal.net; or "Submit News" on our website at www.courierjournal.net.

The last few copies of *Memories of Coffee High School 1917-2004* are available at PSI on Court Street in downtown Florence put together by Rose Sullivan, a former yearbook sponsor at Coffee. It is compiled from all 87 Coffee Pot annuals. Parts of all decades are included with sections such as Sports, Clubs, Faculty, Who's Who, and more... Too much to mention. The hard back book has 110 pages of memories, \$45. If you can't get to Florence, mail a check payable to Rose Sullivan, 313 Government Blvd., Muscle Shoals, AL 35661. She will get one in the mail immediately.

VFW Sheffield Post 4919 will have a dance every Friday and Saturday Night. The doors open at 6pm, the band starts at 7pm.

Brookdale Shoals in Muscle Shoals is hosting its Giving Back to the Shoals program this holiday season. Shoals Animal Advocates and the Colbert County Animal Shelter are the beneficiaries and are accepting food items, Medical supplies, cleaning supplies, and misc items. These organizations work tirelessly to care for, feed and house the many animals brought to them and then, find suitable homes for them - or foster homes until a "forever" home is established.

Their list of needed items is extensive but these items are the most important. Bleach, Cat litter, Kitten dry food, Pet carrier - any kind, Puppy pads, **Dawn blue dish detergent, **Paper towels, **Easy correct tape. Brookdale is located on Wilson Dam Rd.

The **Florence-Lauderdale Library** will be closed January 1. No items will be due on that day.

Red Cross Blood Donations This Holiday Season:

December 29, 1-6pm, Rogersville Fire Department, 36 Wheeler St., Rogersville
January 10, 12-5pm, Crosspoint Church of Christ (Central), Gymnasium, 12101 Hwy 20, Florence.

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.

The **Kennedy Douglass Brown Bag Lunch Meeting** will be at 11:30am-1pm on Friday, January 8 at The Kennedy Douglass Center for the Arts, 217 East Tuscaloosa Street, Florence. Beverages and desserts will be furnished. At 12pm, our speaker will be Billy Warren, who will speak on Historic Florence. For questions, please call 256-760-6379.

Red Cross will conduct a blood drive December 29 from 1-6pm at the Rogersville Fire Department, 36 Wheeler St., in Rogersville.

Edgemont UMC Young Adult Sunday School Class will study a series by Adam Hamilton called "Confronting the Controversies" Sunday, January 3 - February 14. It looks at seven controversial issues of our time from a Biblical perspective as well as provides a model on how to engage in this kind of dialogue while respecting all those involved. They will meet at 10am in conference room. Church is located at 1330 Eauclaire Ave., Florence.

The **Special Education Advisory Panel (SEAP) and the Alabama State Department of Education (ALSDE)** will host a **Public Meeting** from 9:30am-3pm on January 20 to obtain input regarding special education services. Participation by concerned citizens at this meeting provides an opportunity to identify issues and unmet needs relative to educational services for children with disabilities throughout the state. Comments from the public will be received from 1-2pm. Alabama Industrial Development Training Center (AIDT), 15 Technology Court, Montgomery, AL

See NOTES... page 30

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<p>BONELESS BEEF Chuck Roast 3.39 LB.</p>	<p>BONELESS BEEF Top Sirloin Steak 3.99 LB.</p>	<p>EASTERN Carrots 59¢ LB. BAG</p>	<p>FRESH WHOLE Mushrooms 1.69 8 OZ. CARTON</p>
<p>Center Cut Pork Chops lb. 1.99</p>	<p>Boneless Beef Chuck Steak lb. 3.59</p>	<p>FLORIDA Strawberries 2.99 1 LB. CARTON</p>	<p>CALIFORNIA Navel Oranges 2.99 4 LB. BAG</p>
<p>Sunnyland Jumbo Hot Dogs 16 oz. pkg. 1.19</p>	<p>John Morrell Sliced Bologna 12 oz. pkg. 1.19</p>	<p>PIGGLY WIGGLY Blackeye Peas 2/\$1 15 OZ. CAN</p>	<p>PIGGLY WIGGLY Double Roll Bath Tissue 4.29 12 ROLL PK.</p>
<p>John Morrell Sliced Bacon 12 oz. pkg. 2.59</p>	<p>John Morrell Smoked or Polish Sausage 7 oz. pkg. 1.19</p>	<p>PIGGLY WIGGLY 2-PLY Paper Towels 4.39 8 ROLL PKG.</p>	<p>ALL VARIETIES PIGGLY WIGGLY Cheese 2/\$4 8 OZ. BLOCK</p>
<p>Buddig Deli Sliced Ham or Turkey 16 oz. pkg. 3.99</p>	<p>MISSION PRIDE Sliced Peaches 1.69 29 OZ. CAN</p>	<p>MISSION PRIDE Sliced Peaches 1.69 29 OZ. CAN</p>	<p>BLUE BONNET Margarine 79¢ 1 LB. QUARTERS</p>
<p>PEPSI & ALL Pepsi Products 6 PACK - 1/2 LITER BTLs. 2/\$5</p>	<p>PIGGLY WIGGLY Ketchup 34 OZ. SQUEEZE BTL. 1.29</p>	<p>MADE IN ALABAMA Piknik Mayonnaise 30 OZ. JAR 1.59</p>	<p>BETTY CROCKER Hamburger Helper 5-7 OZ. BOX \$1</p>
<p>TOTINO'S Frozen Pizza 10-10.9 OZ. BOX 2/\$3</p>	<p>PIGGLY WIGGLY Tastes Like Butter 16 OZ. CUP \$1</p>	<p>PIGGLY WIGGLY Frozen Crinkle Cut French Fries 2 LB. BAG 2/\$4</p>	<p>TINA'S Frozen Burritos 4 OZ. PKG. 2/\$1</p>
<p>MARTHA WHITE Corn Meal Mix 5 LB. BAG 1.99</p>	<p>PIGGLY WIGGLY Frozen Pizza 5 OZ. PKG. 75¢</p>	<p>PIGGLY WIGGLY Chili Beans 15 OZ. CAN 59¢</p>	<p>PIGGLY WIGGLY Chili w/Beans 15 OZ. CAN 1.19</p>
<p>PIGGLY WIGGLY Cheese Singles 12 OZ. PKG. 2/\$4</p>	<p>PIGGLY WIGGLY Salad Dressing 16 OZ. BTL. 2/\$4</p>	<p>PIGGLY WIGGLY Ketchup 24 OZ. SQUEEZE BTL. \$1</p>	<p>PIGGLY WIGGLY Dry Northern Beans 2 LB. BAG 2/\$4</p>
<p>S.O.S. COUPON (Save Our Schools) 1% of your total will go to the school of your choice (Central or Waterloo) Please present this coupon to the cashier before your order starts. Hwy. 200 • Central Heights</p>	<p>PIGGLY WIGGLY Family Size Potato Chips 11 OZ. BAG 1.79</p>	<p>Pepsi & All Pepsi Products 3/\$9 12 PK. 12 OZ. CANS</p>	
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HOLLYWOOD *Stories*

by Tony Rizzo

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HOLLYWOOD -- Reese Witherspoon will produce and star in a film based on Robin Gerber's 2010 book, "Barbie and Ruth: The Story of the World's Most Famous Doll and the Woman Who Created Her." Reese will play **Ruth Handler**, who was inspired to create the Barbie Doll after seeing her daughter playing with paper dolls modeled after infants.

She wanted her daughter to become a woman with choices, so she found an adult novelty toy overseas and remodeled it into Barbie. As luck would have it, her husband was the president of Mattel Toys, which gave birth to Barbie in 1959.



Reese Witherspoon

Emily Deschanel, David Boreanaz, author Kathy Reichs and executive producer Barry Josephson have filed lawsuits in Los Angeles Superior Court against 20th Century Fox TV, the producers of "Bones." The plaintiffs contend they were cheated out of tens of millions of dollars in profits from the series via self-dealing and misallocation. The lawsuit claims that as the series became more profitable for the studio, accounting statements showed them falling further and further from achieving profits. The plaintiffs claim that Fox withheld key documents, and an audit discovered "more than a dozen accounting errors, tricks and deceitful acts."

President **Barack Obama** recently presented 17 Presidential Medals of Honor. Among the honorees was the late great New York Yankees catcher and New York Mets manager **Yogi Berra** (he passed away in September at 90), and centerfielder **Willie Mays** (now 84 and living in Atherton, California), who played 22 Major League seasons.

From the movies he awarded **Steven Spielberg**, saying, "In his career Steven has introduced us to extraterrestrials, rogue archaeologists, killer sharks, taken us to "Neverland" and "Jurassic Park," but also the beaches of Normandy and Nazi concentration camps." From the music world Obama named **James Taylor**, saying, "He can turn an arena into a living room"; and **Itzhak Perlman**, "the most beloved violinist of our time."

He also honored **Barbra Streisand**, of whom he said, "She has collected just about every honor and award there is. I couldn't believe she hadn't gotten this one. Off stage she's been a passionate advocate for issues like heart disease and women's equality." I'll relinquish my usual punchline to President Obama, who then said to Streisand, "I'm getting all 'verklemp't' just thinking about it!"

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Courier Journal

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SHORTS...

Continued from Page 1

Auditions for a Classic Drama

TUSCUMBIA-Auditions for *To Kill A Mockingbird*, a drama by **Christopher Sergel** from the book by **Harper Lee**, take place Saturday and Sunday, January 9 and 10 at 2pm at the Tennessee Valley Museum of Art, 511 North Water Street in Tuscumbia. The director is **Darren Butler**. Audition material may be emailed, picked up at the Museum, or downloaded from the art association's web site, www.tvaa.net. Production dates are scheduled March 17, 18, and 19 at 7:35pm and Sunday March 20 at 2pm. Cast members must also perform matinees for school groups at 9:30am March 16, 17 and 18. Additional matinee performances are pending. Selected characters may be double-cast.

Speaking roles are available for black and white actors of wide-ranging ages. A number of non-speaking roles for townspeople and farmers are also available.

To Kill A Mockingbird is set in Maycomb, Alabama during the Great Depression years of the 1930s. Momentous events unfold through the eyes of ten-year-old **Scout Finch** who is growing up in a close-knit neighborhood with her older brother **Jem** and their summertime visitor, **Dill**. The young girl's idyllic world is changed forever when her father, **Atticus Finch**, a well-respected lawyer, mounts a vigorous and compelling case for the defense of a poor black man wrongly accused of a grave crime.

For additional information, call the Tennessee Valley Museum of Art 256-383-0533 or visit www.tvaa.net.

Build...

Continued from Page 1

"Brock has the intellect and natural ability to be the valedictorian of his class," said Colbert County High School Principal, Melcha Satchel. "When his mind is made up, and with his strong work ethic, I'm confident Brock will have a rewarding career in whichever field he chooses."

Black is from Muscle Shoals and is a senior at CCHS. His father is a welder. "Seeing my dad work, and watching the sparks and flames caught my attention as a little kid," Black said. "When it comes to my plans for the future, I want to work with my hands and make an honest living doing it."

The F.S.W.A. Student of the Month is an honor given to one high school junior or senior by the Alabama Construction Recruitment Institute every month during the school year. It was created to encourage students to consider pursuing construction careers that offer a wide variety of rewarding career paths. Each award winner becomes eligible to receive a \$1,000 scholarship to a higher education training center in Alabama. Scholarships are made possible thanks to proceeds from the Big Dog Poker Run, an annual benefit motorcycle ride organized by CraneWorks and Garrison Steel.

Teachers, principals, and other school personnel are encouraged to nominate students for the Go Build Alabama Future Skilled Workers of America Award. Eligible students must be high school juniors or seniors with a demonstrated interest in pursuing a career in construction. They must also be enrolled in, or have been enrolled in, technical courses related to the skilled trades, or have plans to continue their education in the construction industry. Visit www.GoBuildAlabama.com to download a nomination form.

Courier Journal

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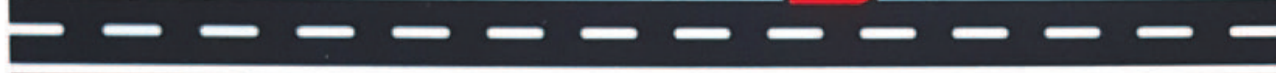
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Ask Dr. Webb



Dr. Robert Webb

Many seniors and their families question the number of pills they take. This begins a series on why everyone should be concerned, which drugs are particularly worrisome, and what can patients do to minimize medications and the risk of side-effects: **Polypharmacy #1.**

Background facts: Seniors make up 13% of the population but take 33% of all prescriptions. Those admitted to nursing homes take on average 15 medications. It's estimated that by 2040 seniors will comprise 25% of the population and take 50% of prescriptions!

Why so many drugs?

- 1) Physicians are trained to cure problems and help patients. Pharmaceutical efforts have made thousands of drugs available to assist in this.
- 2) Drugs have cured or relieved many previously incurable conditions, helping people with chronic conditions to live longer and better. Therefore, everyone concludes (falsely) 'more must be better'.
- 3) TV advertising directed at patients promotes a "pill for every ill", encouraging people to ask for a specific prescription. [only the USA and New Zealand allow such advertising]
- 4) Medical training produces mostly specialists, who focus on their own area, following guidelines that promote a specific treatment for each disease, resulting in multiple therapies when you have several diseases; rarely does anyone ask what might be best for the 'whole' patient.
- 5) Physicians rarely discontinue drugs prescribed by another—resulting in an accumulation of pills.
- 6) Doctors worry they'll be sued if they haven't done 'everything' to keep a patient happy and alive. That means following Clinical Practice Guidelines [CPG] on how to treat a particular disease and which drugs to use. (However, if they've discussed the patient's goals and documented that the recommended CPG's are inappropriate for that patient, their risk is minimized or eliminated).

Next: #2. Polypharmacy and the risk of side-effects.



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

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

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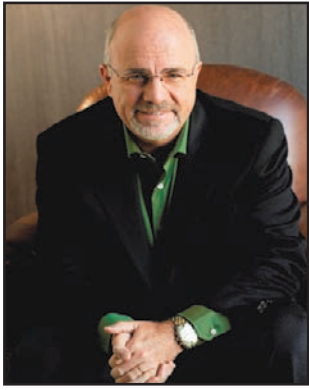
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DAVE Says

by DAVE RAMSEY

HOLIDAYS AND FAMILY



Dear Dave,
I haven't spoken to my mom and sister in more than six months. Over time, I realized we have a real clash of moral values that has led to arguments and hard feelings. Lately, with it being Christmas season and a new year just around the corner, I've found myself wanting to navigate things a little better and stop avoiding them. It's been mostly just between myself and them, so my wife and kids are pretty insulated from the ugliness. Do you have any advice for handling situations such as these?

Dave

Dear Dave,
Well, the good news is it doesn't sound like you've had to spend a lot of time with them. So their influence over you and your household has been minimal. Still, things like this are painful. These are people you love, even if they are hard to get along with or understand.

I'm not a family counselor, but my initial advice would be don't try to change them. And don't take discussions too deep. If you get together, just keep things simple and on the surface. To the extent they try to invade your family, that's where you have to put up a good solid boundary. You have to protect your family and try your best to keep bad influences at a distance. But I don't think you're going to fix them. Probably the best thing you can do is model sanity and reason in front of them.

A friend of mine who has some crazy in-laws says he adopts the bobblehead deal. He just sits there like a bobblehead and smiles and nods, no matter what craziness is swirling around. And that's not a bad idea when you think about it. You don't want things getting ugly if you can help it, plus the chance of you changing a lifetime of toxic behaviors in one brief interaction is small.

Pray for them, too, Dave. Then, if they ask for help, maybe you could insert some gentle wisdom. Don't tell them what they're doing is wrong or that they're bad people. Just describe things you and your family have done and how you've handled similar situations. But until they bring it up, I wouldn't go there.

—Dave

STRUCTURE THINGS INTELLIGENTLY

Dear Dave,
I work as a software developer, and recently a co-worker approached me about starting a side business together. We would create apps for the legal community with advice from my wife, who is a lawyer. The only problem is that we're in the middle of Baby Step 2 of your plan, and we still have some debt to pay off. Do you think starting a business would be too risky at this point?

Jeremy

Dear Jeremy,
It sounds to me like this is the kind of idea that would require more in the way of brain sweat and time than money. I would just think of it as a part-time side job and go for it. However, make sure you have a clear understanding of exactly how much — if any — financial support would be required. Set these financial boundaries, and also be clear on when you expect the business to make money. One thing I would warn against is ending up in a partnership if this thing becomes a success. Partnerships are bad news in the business world, so I'd advise you to figure out a way to structure things where you each own different parts — something more along the lines of a joint venture.

But in terms of doing some side deals, creating some cool new apps, and making money in the process? Absolutely, I would do that. Just figure out an intelligent way to structure the business and finances so you don't get pinched!

—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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1988 CHEVY S10, ONE OWNER, clean, 5 speed, 2.5 motor, \$2,400 OBO. 256-654-0630. Decatur Area. 12-30

LANDRUM COLLECTION Historical Photo Book, \$35. Framing By Bonnie 256-766-1477 12-30

2011 FORD F150 XLT, Supercrew, 4x2, auto, 55k. \$20,988. Brandon 256-710-4598 or 256-764-3351. 12-30

FA HOME REMODELING. TILE, painting, roofing, sheetrock, carpenter, deck, fences, flooring. Contact Fernado 256-702-3460. 01-06

2008 LINCOLN MKZ, LEATHER, moonroof, navigation, 111K, \$8,988. financing available. Wade 256-436-7913, 256-764-3351 12-30

THE DEADLINE FOR CLASSIFIEDS for the January 6 issue is Thursday at 5pm. 12-31

2005 DODGE NEON 4 CYL., \$3,450. 115k Nice! Lower prices! 256-247-6004 www.capautosales.com 12-30

2014 LAND ROVER LR2 Leather, sunroof, 21k, \$28,686. Financing. Hoke 256-740-1297 or 256-764-3351

SANI AIR MANY DIFFERENT Scents/ flavors. Greenhill Shopping Center, 256-272-8660. 12-30

NEW GOODYEAR WRANGER SR-A LT265/60R2D tires, \$800. 334-216-1760. 01-06

2001 SATURN SL, CLOTH, power, 123k, \$3,988. Financing available call Matt 256-810-0283 or 256-764-3351 12-30

TWO ADJACENT CEMETERY Plots in Sheffield Oakwood Cemetery. \$1,250 each. Phone 256 856-3666

WANTED MAYTAG RINGER TYPE Washing Machine, Square tub. 256-766-7395. 12-30

2013 DODGE AVENGER SXT, auto, 52k, \$11,698. Financing. Call JD 256-577-1056 or 256-764-3351 12-30

HORSES, MULES, TACK, Trailers, I buy, sell, trade. Call Jack 256-263-0994 01-20

2012 KIA SOUL EXCELLENT condition, 25,000 miles, 4-door, green, black interior, \$12,900. 256-412-5143 12-30

FULL SIZE BOX SPRING AND mattress, clean, \$65. 256-616-1576

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 12-30

I CAN GET YOU APPROVED FOR your next car! Call Shannon 256-412-1551 or 256-764-3351. 12-30

WE BUY FOUR WHEELERS, THREE wheelers, dirt bikes, mini bikes, go carts. Running or not. Call 256-275-2276. 12-30

LOOK! SUNROOMS, SCREEN rooms, remodeling, roofing, free estimates, Licensed and bonded. Jackie 256-366-8151 01-20

SEVEN FOOT PRE-LIT CHRISTMAS Tree, including container, \$50. 256-757-2069 12-30

2011 KIA OPTIMA LX, CLOTH, automatic, power, locks, 103K, \$9,766. David 256-415-0331 or 256-764-3351 12-30

DOG'S BIKER HEAVEN LLC - We have a huge Christmas sale on all motorcycle apparel: jackets, chaps, jewelry, rings. Nobody can touch our prices for 150 miles. 4274 Hwy. 101, Elgin Community, 35652, next to Bonnie's Cafe. 256-229-9609. 01-20

DECKS AND FENCES - FREE estimates. Call me at 256-856-4662. References available. 01-13

RIVER CITY YARD & TREE CARE Top, Trimming, Removal, Stump removal, Bucket work. Licensed and Insured. Owner Jimmy Ivey 256-318-3446, or Scotty Skipworth 256-810-4440 01-13

2014 VOLKSWAGEN JETTA SE, 45k, \$11,988. Financing available. Call JD 256-577-1056 or 256-764-3351 12-30

DOZER, TRACKHOE, LOADER AND Stump removal. Haul chert, gravel, topsoil or fill dirt. 256-366-0966 12-30

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256-331-9175
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EMPLOYMENT
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\$13.18/HOUR SCHOOL BUS Drivers Wanted, 15 hours/week guaranteed; extra work, insurance, and CDL training available. Company pays DOT physical, background check, fingerprints, and drug screen. Call 256-766-1362 or apply online at: <https://apply.firstgroupcareers.com> 12-30

SHILOH MISSIONARY BAPTIST Church is looking for a full-time pianist. Send resume to P. O. Box 1161, Florence AL 35633, Attn. Pastor Michael Timberlake, Jr. 12-30

TEAM DRIVER CDL-A 1YR. experience. Home every weekend, \$1,000. minimum guaranteed. Dedicated lane from Sterrett, AL. to Spring Hope, NC. Walking floor, Eric or Victoria, 256-432-3944, 7am-7pm. 12-30

RECEPTIONIST NEEDED FOR fast paced medical office. Must be a quick learner with strong computer skills and ability to multitask. Please email resume to medofcnp@gmail.com 12-30

TIMESDAILY HAS AN IMMEDIATE opening for a Press Operator. Candidate must be able to setup press for daily newspaper printing, monitor and inspect quality of papers, maintain registration and proper ink density, perform general maintenance and other duties as required. Prior experience with newspaper press and machine maintenance is preferred or other press printing experience will be considered. Candidate must be able to work a flexible schedule including nights and weekends and work in a fast past environment. Entry level position. Mail or drop off application or resume at 219 West Tennessee Street Florence, AL 35630, email to Crystal.Wilson@timesdaily.com or fax 256-740-4707 01-06

\$15-\$20 PER HOUR FOR Qualified person to perform maintenance on commercial diesel vehicles. Send resume to: P.O. Box 2895, Muscle Shoals, AL, 35662 01-20

DRIVER'S CDL-A 1 YEAR experience, home every weekend, excellent health supplemental benefits, great pay up to .44 cpm. 2014 Equipment and great mileage. Midwest and Southeast Lanes. Eric: 256-432-3944 Mon-Fri 7am-7pm 12-30

WALGREENS CALL CENTER IN Muscle Shoals is hiring Customer Care Advisors (Customer Service Representatives). Duties include responding to customer inquiries via telephone, chat and/or email. Basic computer skills and a minimum typing speed of 25 WPM is necessary. Several shifts available. Apply on-line at www.walgreens.com/careers/corporate and search job number 019273. "Walgreens is an equal opportunity/affirmative action employer committed to diversity in the workforce. EOE Minorities/Women/Disabled/Veterans." 01-06

CLEAN CLOSET CLASSIFIED SPECIAL all month long. Receive 5 EXTRA WORDS FREE on all classified ads in January. The deadline is always Friday for the following week's issue. Buy, Sell, Trade, Rent, Promote, Congratulate. 256-764-4268 or place your ad online at www.courierjournal.net. 1-23

TEAM DRIVER CDL-A 1YR. experience. Home every weekend, \$1,000. minimum guaranteed. Dedicated lane from Sterrett, AL. to Spring Hope, NC. Walking floor, Eric or Victoria, 256-432-3944, 7am-7pm. 01-06

TIMESDAILY HAS AN IMMEDIATE opening available for a Machine Operator. Prior experience on newspaper packaging equipment or 3-5 years working mechanical experience is a must. Candidates without mechanical experience or training will not be considered. Machine operator responsibilities include proper set up of insertion equipment, insuring products reach their targeted markets, supervising employees during the nightly production of packages, as well as performing preventive and corrective maintenance on equipment. Qualified candidates will have strong people skills and great attention to detail. Starting pay is commensurate with experience. Must be able to work nights and weekends. Application can be picked up at 219 W Tennessee Street, Florence, AL 35630 Monday thru Friday 8:00am-5:00pm. Completed application may be emailed to Crystal.Wilson@timesdaily.com. EOE 01-13

TRUCK DRIVERS WANTED. Freeman & Freeman looking for qualified, Class A, CDL team drivers. Over the road driving, home weekly, .50 cents per mile pay! Call 256-577-8778. 01-20

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WILL BUY JUNK VEHICLES. Home Phone 256-740-8485, cell 256-702-6385 01-20

2012 CHRYSLER 300C, navigation, leather, chrome wheels, 46k. \$20,988. Call Brandon 256-710-4598 or 256-764-3351. 12-30

DO YOU HAVE PEST PROBLEMS? Call Singing River Pest Control, 256-394-0751. 01-20

2003 DODGE STRATUS SXT, Coupe, 4 cyl., auto, \$4,450. 109k 256-247-6004 www.capautosales.com 12-30

REWARD, SUBSTANTIAL, FOR information leading to the arrest and conviction of person or persons responsible for home and detached garage theft of property on Lauderdale Co. Rd. 551 in Rogersville. Contact 256-577-5884. 12-30

2015 MITSUBISHI OUTLANDER GT, leather, sunroof, 3rd seat, 2K, \$27,884, 256-710-4598 or 256-764-3351. 12-30

THE DEADLINE FOR CLASSIFIEDS for the January 6 issue is Thursday at 5pm. 12-31

1998 FORD WINDSTAR VAN, needs power steering pump, \$1,200. 256-263-6520 12-30

ADAYS WORK HOME/ MOBILE Home remodel/ repair, handyman jobs, ceramic tile, decks, all flooring, sheetrock, painting, roof repair, Koolseal, underpinning, much more. 256-856-6213, 256-389-3179 12-30

2009 TOYOTA CAMRY LE, CLOTH, 111k \$9,988. Financing available. Call Hoke 256-740-1297 or 256-764-3351

HOME IMPROVEMENTS, DOORS, trim, windows, decks, repair, honest, dependable, professional carpentry. 40 yrs experience. James Stewart 256-394-4162 12-30

2012 NISSAN ALTIMA 2.5S, cloth, automatic, power, 74K, \$11,988, Brandon, 256-710-4598 or 256-764-3351. 12-30

CLEAN CLOSET CLASSIFIED SPECIAL all month long. Receive 5 EXTRA WORDS FREE on all Private Party, Commercial, and Real Estate ads in January, not for Employment or Yard Sales. The deadline is always Friday for the following week's issue. Buy, Sell, Trade, Rent, Promote, Congratulate. 256-764-4268 or place your ad online at www.courierjournal.net. Offer expires January 22, ads must appear no later than the January 27 issue. 1-22

B&D STORAGE, 1681 HIGHWAY 72, Killen 35645, 256-757-6776 12-30

FURNITURE RESTORATIONS, Stripping/Repairs/Distressing, Painting. Free Estimates. Pickup delivery. 28 Years Service. The Wright Place. 256-247-5789 12-30

2011 NISSAN SENTRA, 4 cylinder, auto, great gas mileage. \$10,600. 256-710-8120. 12-30

2014 FORD FUSION SE, leather, heated seats, 32K, \$15,752, Financing, Tony 931-213-1386 or 256-764-3351 12-30

DECORATIVE CONCRETE AND Repair Interior/Exterior. All surfaces, staining, overlays, coatings. Free Estimates. 256-366-2539 06-08

ICE MACHINE AND 3 HOLE SINK. 256-710-5151 02-03

GRAVITY WAGONS, PLOWS, SPIN spreaders, bush hogs, box blades, hay spears, trucks. Call Ben 256-324-8042 12-30

2002 CHEVY CAVALIER, 150K miles, 2 door, coupe, \$2,000 OBO. Call or Text 256-349-4465 12-30

8N FORD TRACTOR, REBUILT engine, 5' Rhino pasture clipper, \$3,000. 256-483-8067 12-30

2014 MITSUBISHI LANCER ES, cloth, 33k, \$11,997. Financing avail. Matt 256-810-0283 or 256-764-3351

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

THE COURIER JOURNAL - We're Good For Your Business! TFN

HAY FOR SALE 4 X 5 ROLLS Covered, \$25 per roll. 256-247-5789 01-06

I CAN GET YOU FINANCED FOR your next car even with credit problems, 256-415-0331 or 256-764-3351 12-30

FIREWOOD FOR SALE, \$35 for 4x4 rick; hickory \$50 for 4x4 rick. I also do stump removal. 256-710-8787 12-30

1995 LINCOLN TOWN CAR Luxury sedan, Restoring, great condition, 125K miles, Michelin Tires, \$4,600 OBO. 256-764-1832 01-06

BAD CREDIT, SLOW CREDIT, no problem! Call Matt for financing on a vehicle. 256-810-0283 12-30

2014 FORD EXPLORER XLT, cloth, third seat, rear air, 17K, \$26,968. 256-412-1551 or 256-764-3351. 12-30

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Omnibus Spells Death of GOP

Speaker of the House Rep. Paul Ryan (R-WI) issued a release hailing the passage of his omnibus federal spending bill titled, "House Passes Spending Bill to Advance Republican Priorities."

If the omnibus advances Republican priorities, the GOP officially died on Dec. 18, 2015.

Strong on national defense? Not according to Senate Judiciary Committee Chairman Chuck Grassley, who the *Washington Examiner* reports, "claimed that it will help terrorist travel and economic espionage in the United States." This is not to mention the funding of President Obama's Middle Eastern refugee resettlement program to the tune of over a billion dollars.

Protecting the borders? No, the Obama executive amnesty is funded and our nation is facing another wave of illegal immigrants emboldened and encouraged by a sure knowledge that they will be welcomed into the U.S. social welfare safety net.

Cutting the budget and fiscal responsibility? The omnibus appropriates a massive federal government spending splurge amounting to an additional \$112 billion over the next two years. This would effectively destroy the Republican House's only real accomplishment over the past five years — capping federal spending.

See DEATH... on Page 24

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



Rick Manning
PRESIDENT
Americans for Limited Government

A New Year's Hike

IUKA—Celebrate the New Year with a First Day Hike at Tishomingo State Park on January 1. Rejuvenate by taking a family-friendly trek through a state park close to home.

America's State Parks announced that all 50 state park systems will sponsor free, guided First Day Hike Programs on New Year's Day.

Map of Outcroppings Trail and photo of the Swinging Bridge



park staff and volunteers will lead the one to two-mile hike on the Outcroppings Trail, the trailhead of which is right by

See HIKE... on Page 27

THE RED CROSS will conduct a blood drive December 29 from 1-6pm at the Rogersville Fire Department, 36 Wheeler St., in Rogersville.

THE MONTHLY FISH FRY AT EAST COLBERT CHURCH OF CHRIST takes place Saturday, January 2 from 12:30-6pm. All you can eat. Adults and carry-outs \$12 each. Children ages 5-11 \$6. Ages 4 and under are free. All proceeds go to mission work and benevolence.

EDGEMONT UMC YOUNG ADULT SUNDAY SCHOOL CLASS will study a series by Adam Hamilton called "Confronting the Controversies" Sunday, January 3 - February 14. It looks at seven controversial issues of our time from a Biblical perspective and provides a model on how to engage in this kind of dialogue while respecting all those involved. They will meet at 10am in conference room. The church is located at 1330 Eau Claire Avenue in Florence.

Initiative Underway for Pines

SHOALS - USDA's Natural Resources Conservation Service has set January 15 as the sign-up deadline for the Shortleaf Pine Initiative. Forest landowners in 22 North Alabama counties including the Shoals are encouraged to apply for the initiative.

The Shortleaf Pine Initiative

(SPI) was created in 2013 to address multiple threats affecting the shortleaf pine ecosystem. Shortleaf pine forests and associated habitats once covered a vast area of North America stretching from eastern Texas and Oklahoma to

See PINE...on Page 27

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

BASKETBALL

Women

Sat., Jan. 2 • 2pm
vs Delta State
at Cleveland, MS

Mon., Jan. 4 • 5:30pm
vs Mississippi College
at Clinton, MS

BASKETBALL

Men

Sat., Jan. 2 • 4pm
vs Delta State
at Cleveland, MS

Mon., Jan. 4 • 7:30pm
vs Mississippi College
at Clinton, MS

GO LIONS!

#GetYourPurpleOn. Wear your UNA Purple on Fridays!

ARE YOU INTERESTED in fostering an animal? Fostering gets cats and dogs out of the shelter and clears space for incoming animals. New foster homes are restricted to animals pending transport to a new home or rescue (usually 1-2 weeks), pregnant or nursing animals, and some special needs cases. If you are interested in fostering, please fill out the form at the following web link: <https://secure.mailjol.net/allforms/u/3275823d.php>

YOUR Letters

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

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

People Are Monsters

Editor:

It's a sad, pitiful, dumb, mean, hateful world and people make it that way. We all live on the same planet just like the animals do, but they don't make war or crimes on each other like we do. What does that tell us? Animals are animals; that is the way God made them. It's sad to say, but people are monsters; that is how we want to be.

Wake up, folks! Do a bear, wolf, lion or an ape hang one each other in a tree, put gas on them, and set them on fire for fun? Hell no; people do that.

Greg Spangler
Town Creek

An Asinine Movement

Editor:

You can try to erase all evidence of

the War Between The States such as monuments to Confederate or Union soldiers, public park names, cemetery headstones, and so forth. However, you cannot erase it from the minds of those who know it happened. There are pictures on the internet and history books in many national, state, and local libraries along with private homes.

Are you who are against this knowledge going to take it on yourself to remove all of this evidence? I am afraid you will be outnumbered and stir something up you will not be able to stop.

Those who say all of this did not happen over 150 years ago are dreaming.

“Baha's continue to face other serious forms of systematic persecution as well.”

I have been in Italy, Turkey, and France. They keep theirs because it did in fact happen. You learn by your mistakes, you move on, and hope it does not happen again.

The people in this country who are responsible for this asinine movement blot-out history. They are going to stir up some ill feelings about this whole thing. It will be another 150 years to get over what should have been left alone in the first place. All this over an inexcusable act by a very misguided person in South Carolina. His victims were totally unaware he had it in for them.

People of these United States and the Shoals Area, we must move past this and concentrate on our future that can be great and rewarding. We don't need to get stuck in a rut. Let's do this for ourselves.

Joe Fairer
Muscle Shoals


See LETTERS... on Page 19

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DEDC...
Continued from Page 1

to do well at Sheffield High and at Northwest Shoals moving forward," said Muhlenford.

Sheffield City Schools Superintendent, Keith Lankford, is excited at the thought of growing his Dual Enrollment program. He is already able to see how the funds could help students in career technical education. "Our kids in CTE have other costs associated with dual enrollment," he said. "This will give them the opportunity to go and make the best of it. We are excited."

DEDC makes up over 20% of the enrollment at Northwest-Shoals. DEDC is offered to area high school students in grades 10-12 who are in academic and career technical fields. DEDC allows eligible high school students to earn both high school and college credit simultaneously.

For more information program, please contact on the NW-SCC Dual Enrollment/Dual Credit Roger Garner at 256-331-5289.



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MOST OF YOU HAVE PROBABLY seen the little notification informing you that your free Windows 10 upgrade is ready to be installed. Well, there's been an interesting twist to that insistent little notification that I think you should know about.

First a refresher: Anyone running Windows 7, 8 or 8.1 is eligible for a free upgrade to Windows 10. The upgrade will remain free for qualifying users until 07/28/2016. After that point, Microsoft will continue to hold onto its reputation as a rich company by charging you out the wazoo to upgrade.

Everyone who uses a PC will be running Windows 10 eventually but not all of you



Fisher

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by "The Computer Skeptic"

should rush into the upgrade just yet. If you are running Windows 7, my advice is to hold on to what ya gots until all the bugs are worked out. If you run Windows 8/8.1 and hate it as much as I do, by all means upgrade as soon as possible. Windows 10 is fast, a little more secure (supposedly) and gets rid of some annoyances inherent with Windows 8. Generally speaking, it will also make your old computer run much faster.

Microsoft released a huge batch of updates to Windows 10 this past November. The updates includes additional

features and improvements and will automatically download and installed when it becomes available.

The interesting part of this is that, up until a couple of weeks ago, Microsoft gave you a choice to opt out of the upgrade. Once the pop-up appears, you could click "No Thanks" and be on your way. Microsoft has changed their mind and seem to be insisting that you upgrade. Now, the only options are "Upgrade Now" and "Upgrade Tonight." There is no option to close that notification and go on your way. Nice, huh? It's the

same kind of behaviour that I expect from junk software vendors who install stuff on your computer without your permission.

You can disable that notification altogether but it's not terribly easy to do so. The "fix" is to download and install a free program that some Microsoft hater developed called GWX Control Panel. It's easy to run but if you're not accustomed to downloading and installing software on your PC, you may need some help. Holler at me if you do.

That said, if you've already taken the plunge, enjoy the ride. Windows 10 promises to be the best operating system that Microsoft has ever released -- It's just not quite at that point now. So, my the more adventurous readers shouldn't worry over this too much. It is a bit frustrating to

be forced to upgrade your computer if you are otherwise perfectly happy with how it works now. But that's how it's going to be for a while.

May you all have a joyous and wonderful holiday season. Thanks for reading my stuff. I wish you all the best!

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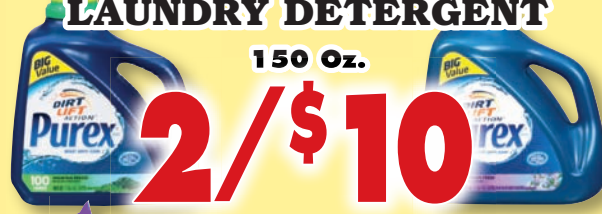
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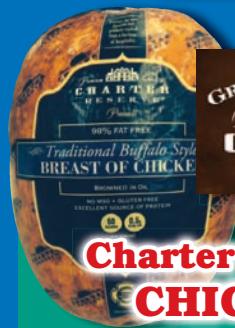
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Letters...

Continued from Page 12

Still Engaged in Suppression

To the Editor:

On December 17th the U.S. Senate unanimously passed a resolution "condemning the government of Iran's state-sponsored persecution of its Baha'i minority and its continued violation of the International Covenants on Human Rights." Senate Resolution 148 gained strong bipartisan backing, with a total of 39 Senators in support. This included the original sponsor and 38 cosponsors, comprising 18 Republicans and 21 Democrats.

This Resolution directly calls on the government of Iran to release the seven leaders of Iran's Baha'i community, who have been imprisoned since 2008; the Baha'i teachers and administrators who have been imprisoned for providing education to Baha'i youth; and all other prisoners held on account of their religion in Iran.

Baha'is continue to face other serious forms of systematic persecution, as well. They are barred from government employment, their homes are raided and their property seized, their marriages are not recognized, and their cemeteries are desecrated. In recent months, the government has targeted Baha'i-owned businesses, sealing dozens of shops for their observance of Baha'i holy days, and the government-controlled media has dramatically increased its efforts to incite hatred against the Baha'is using anti-Baha'i propaganda.

It is very important to remember that the government of Iran is engaged in this suppression of a peaceful minority religion in their country as our government moves to normalize relation with them.

Dr. Jacqueline Osborne
Florence

Sentimental Treasures

Editor:

From our time of creation we journey through life exploring, learning and sharing. Looking back on what we have manifested, there is a sentimental aura of caring.

We must never forget the special moments of joy and bliss that God let us borrow. Our memories of yesterdays gone by shall become our treasures of tomorrow.

Paul Sabatino
Florence

See LETTERS...on Page 20

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Letters...

Continued from Page 19

They Tolerate No Other

Dear Editor:

We notice that our local demigods who call themselves atheists are coming forth in a very public way to exert their dogma that there is no God. Actually they are not really atheists, they believe that they are god and shall tolerate no other.

We have been accustomed to living among and working with atheists who are open and honest about their views and with those that are still in the closet. We wish them no harm and can understand to some extent their frustration with those of us who do not believe that we evolved from amoebas.

We believers should be thankful for the atheists' confrontational antics. Their challenges should inspire us to strengthen our faith in God as they seem to feed off of our flaws. Apparently, they view the peccant behavior of some claiming to be believers in God as proof that belief in God has no meaning. However, we do not see their kind doing any better.

The essence of atheism was embodied in Madalyn O'Hair just as the essence of the Christian faith was embodied in Mother Teresa of Calcutta. I had rather live in Mother Teresa's world.

The good news is that all people can avoid the "wrath to come" by accepting and living the faith taught to us in the Judeo-Christian Bible and with help from God's Holy Spirit.

William R. Graham
 Athens

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The Letter

I remember hearing the story of an old farmer whose son wanted no part of farm life and moved off to the city. As the years passed, the son stopped writing and left his father alone and without any word from his only family member. Every day the mailman would stop and chat with the old man. One day he delivered a letter from the long lost son. The father could not read and so he asked the mailman to read the letter to him. The mailman had great disdain for the old man's son. How could he have left his father in such sad shape? He opened the letter and began to read. When he was finished, the father was crying angry, bitter tears. He tore the letter from the mailman's hands, crumbled it and threw it on the floor.

A few days later a fellow farmer stopped by the house. He had known the old farmer and his son for decades and cared about them. The farmer began to tell him of the letter his son had written and how hurtful it was. The friend asked to see the letter. He read it silently and then asked, "May I read the letter to you?" As the friend read the letter the farmer's face was brightened. His tears became tears of joy. Each line that sounded heartbreaking from the mailman's lips were words of reassurance from the lips of his friend. It was incredible to see

the difference in the meaning of the words when the reader of the letter had changed.

Each one of us has a wonderful opportunity to translate life's letter to those about us. We can read it as a letter full of anger, bitterness, disgust or sorrow, or, we can read life's letter as a letter of hope, peace, gentleness, goodness and love. The power lies within us to be a force for good to those about us. Believe me when I tell you that there are already enough people who choose to

show the sour side of life. However, the world would still rather hear good news. How are you reading life's letter? May each of you have a Happy New Year!



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

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 by Hal Kaufman

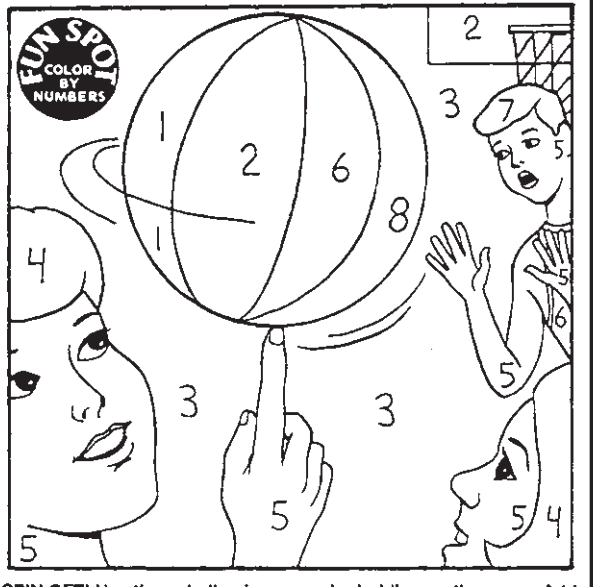
FOLD AND TEAR WITS TESTER

See if you can solve this in your head — that is, without actually doing what's suggested: Suppose you take a sheet of paper and fold it in half, then fold it in half again, at right angles to the first fold. Four thicknesses will result.

Now, suppose you tear these four thicknesses in half. Question: How many separate pieces of paper will result? Remember, you are to try to think this exercise through without using paper. What's the answer?

- **SUM TWIST!** Double this number, turn the result upside down and divide by three. If the answer is 327, what is the original number?
- **SPACE MAGIC!** Why is there a smile on the face of the man in the moon, at right? Because he feels sure that you can perform this amazing feat of space magic. Beginning with the letter M, connect dots with straight lines proceeding in the order M-A-G-I-C. Result will be another familiar sky figure.

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Answers On Page 30

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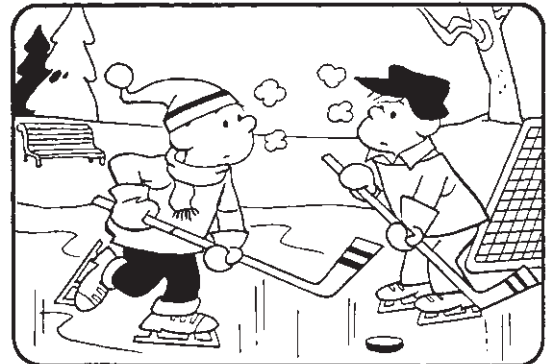
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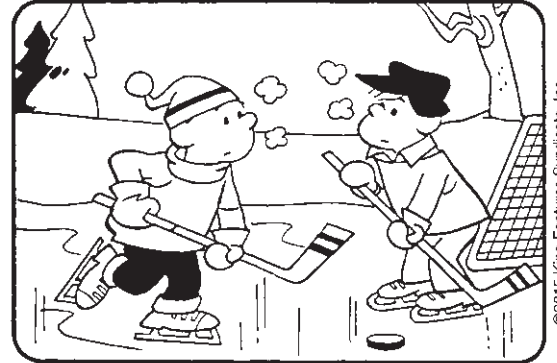
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Years ago William Cowper penned these words: "There is a fountain filled with blood, drawn from Immanuel veins; and sinners plunged beneath that flood lose all their guilty stains." **John 4:10-15** "Jesus answered and said unto her, If thou knewest *the gift of God*, and who it is that saith to thee, Give me to drink; *thou wouldest have asked of him, and he would have given thee living water.* The woman saith unto him, Sir, thou hast nothing to draw with, and the well is deep: from whence then hast thou that living water? Art thou greater than our father Jacob, which gave us the well, and drank thereof himself, and his children, and his cattle? Jesus answered and said unto her, Whosoever drinketh of this water shall thirst again: *But whosoever drinketh of the water that I shall give him shall never thirst;* but the water that *I shall give him* shall be in him a well of water springing up into everlasting life. The woman saith unto him, *Sir, give me this water,* that I thirst not, neither come hither to draw." **Revelation 21:6** "And he said unto me, It is done. *I am Alpha and Omega, the beginning and the end. I will give unto him that is athirst of the fountain of the water of life freely.*" **Revelation 22:17** "And the Spirit and the bride say, Come. And let him that heareth say, Come. And let him that is athirst come. And whosoever will, let him take the water of life freely."

Our Lord here is not talking about the city water system. Jesus Christ in these verses above is talking about Himself and what He offers *freely* to all of humanity. Jesus Christ offers *free salvation* to all who accept his shed blood and suffering and finished work on the cross of Calvary, and who will reach out and take this Living Water from the Savior Himself. Will you do this today? Who but an insane person would reject eternal youthful life? *No one but Jesus Christ can fill the empty, helpless, and hopeless void in our souls, but Him.* It is not a new leaf we need, but new life. Only Christ can fill the need in our lives for peace, joy, comfort and assurance. Will you ask Him for it today? Now, ask Him for that living water, He'll give it to you.

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ASK THE ATTORNEY



Thomas McCutcheon

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Q My friend was pulled over after having a couple of beers. The police officer gave him a sobriety test and he blew a .05 and they charged him with DUI. I didn't think that was the legal limit. What should he do?

- Kayla, Tusculumbia, AL

A The Alabama Supreme Court ruled that it is not illegal for a person of legal age to enjoy a glass of wine with dinner.

The Alabama State Legislature has passed laws governing the rules of the road including laws relating to driving under the influence. Basically there are two separate ways to be guilty of driving under the influence. The first is a statutory amount of alcohol that as a matter of law is deemed to be driving under the influence. If a person's test on an approved breathalyzer is .08% or more it doesn't matter how well they drive or how sober they appear. They

are guilty of DUI by statute. The second way to be guilty of driving under the influence is the inability to safely operate a motor vehicle. The law presumes that someone is not able to operate a car safely at .04% or less. The law gives the officer discretion between .04% and .079%. At .08% and above the issue has been decided by the Legislature.

A police officer would have to have probable cause to make the traffic stop and would have to be certified to use the breathalyzer and that breathalyzer would have to be certified for the results to be admissible. Of course, officers use field sobriety tests and observe the results. The law also provides that you may be found guilty of DUI due to alcohol or another substance that impairs your ability to operate an automobile safely.

In this case, the officer would have to testify and prove (although his testimony may well be proof) that your friend was impaired to the extent they could not safely operate a car before he or she could be found guilty by a judge or jury. Typically, the first hearing is in a municipal or district court without a jury and if an appeal is promptly filed within the time allowed by law an appeal may be taken to a court with a jury.

You have the right to refuse to participate in or take any test, however, under the implied consent rules contained in your driving privileges your license will be suspended for ninety days if you refuse. As always my advice is to be polite to the police officer no matter how unreasonable he may seem to you at the time. Remember that you are on film while outside the police car and being recorded while inside the car so asking for a "break" isn't going to sound good later.

Buckle up and drive safely.

Please send the questions to:
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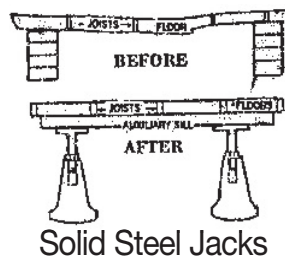
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Guest Op-Ed...

Death...

Continued from Page 12

Rein in Obama's extreme social agenda? The GOP not only failed to defund Planned Parenthood, it failed to make even minor cuts to the taxpayer dollars the group receives.

Additionally, Office of Civil Rights Commissioner Gail Heriot said she was baffled by Congress' decision to include a 7% raise for the Department of Education's Office of Civil Rights in light of their pattern of disregard for the rule of law.

The Education Department's Civil Rights Office has been in the news most recently when they forced an Illinois school district to allow a male student who claimed to be transgender to use the girls shower facilities. Rather than demanding a stop of this perverse extremism, Republicans gave them a raise in their budget.

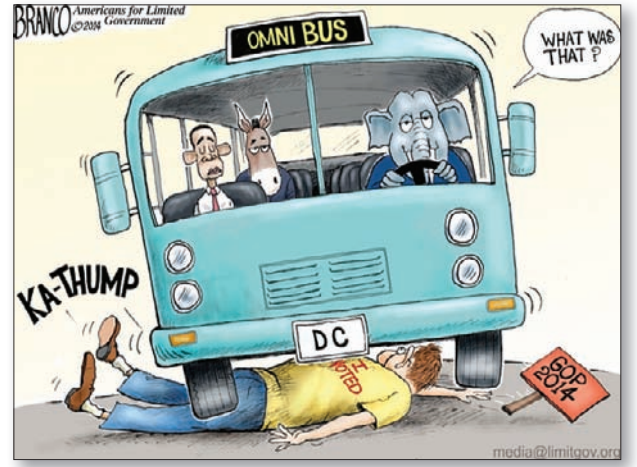
Stop Obama's devastating anti-energy environmental policies?

In spite of the rhetoric, GOP Senators and House members failed to use the power of the purse to rein in a single one of Obama's economy crippling regulations. Worse still, they showed their threats against Obama's Paris climate treaty are flaccid as they did not prohibit funding of the critical Global Climate Initiative that gives U.S. dollars to third world countries as a payoff so they support the deal. The funding guarantees that Obama will not submit the treaty to the Senate and will use the EPA as the hatchet man to implement it without Congress.

Unfortunately, the problem is not just Speaker Ryan and Majority Leader Sen. Mitch McConnell (R-KY), it is the majority of the GOP congressional class that has completely lost touch with the people who put them in office, and those same people will rightfully push the plunger and flush them all.

When historians look back at the end of the GOP, and hopefully not also the final death throes of the republic, today will be the day they mark as the one when the Grand Old Party lost its legitimacy to lead.

Speaker Ryan will spend his time over the next year claiming that he is restoring regular order and Congress' Article One constitutional prerogatives, but the public won't be fooled. Today was the day to use the power of the purse to stop what



has become an almost omnipotent executive never even tried. Rick Manning is the President of Americans for Limited Government. Paul Ryan never even tried.

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Players on Top College Teams Put Jesus First

FCA special promo highlights standouts from Alabama, Clemson, Oklahoma sharing their faith

KANSAS CITY, MO.— Now that the top four teams in college football are etched and exciting bowl games are set, fans are waiting with bated breath as the long-awaited contests kick off this holiday season.

On New Year's Eve, Clemson will play Oklahoma (Orange Bowl) and Alabama will play Michigan State (Cotton Bowl) in the College Football Playoff Semifinals. The winners will advance to the College Football Playoff National Championship Game on Jan. 11 at the University of Phoenix Stadium in Glendale, Ariz.

Along with the rest of the football-loving country, Fellowship of Christian Athletes (FCA, www.fca.org) will be watching these games, too, but with more than the score in mind. This fall, FCA highlighted more than 60 Christ-following football players in the November/December issue of *FCA Magazine*.

The top college program football players featured in *FCA Magazine* not only put their faith onto the field for every game, but share what their Savior means to them.

"In our annual college football edition, we're honored to highlight more than 60 college football players who are ready to tell the world about their faith in Jesus and how He sets their playbook for life," said Clay Meyer, editor of *FCA Magazine*.

Some of the featured players whose schools finished at the top of the rankings this season included:

Alabama—Reggie Ragland—#19—Sr./LB: "Jesus' victory upon the cross means I have no

excuse to ever give up at anything."

Alabama—Denzel Devall—#30—Sr./LB: "I approach practice, school, life and everything I do each day for my Lord, Jesus Christ, because He has made it all possible."

Clemson—Roderick Byers—#40—Sr./DL: "No matter what happens, I will always have the victory because of Christ. Whether it's people doubting me or things aren't going my way in a game, I know I can overcome all things because a price has been paid for me. I am who God says I am, and I can do all things through Him."

Clemson—Eric MacLain—#78—Gr./OL: "I play with the intent to glorify the Lord on every snap, so that people may see His light shining through me—Matthew 5:14."

Oklahoma—Ty Darlington—#56—Sr./OL: "When I take the field, I have the mindset that the game has already been won during the week of preparation, just as Jesus already achieved the ultimate victory before I was born. I am free to play without pressure because who I am is not defined by how I play on the field."

Oklahoma—Trevor Knight—#9—Jr./QB: "Jesus died so I may have life and have it abundantly. He allows a simple game to educate us and mold us into leaders, playmakers and, ultimately, men who seek eternity in Heaven."

In January of this year, FCA also honored **Clemson Head Coach Dabo Swinney** with the 2014 Grant Teaff Coach of the Year Award.

For more information about the Fellowship of Christian Athletes, visit FCA's web site at www.fca.org, its Facebook page at www.facebook.com/fcafans or its Twitter feed, @fcanews.

Soap Opera Preview

THE BOLD AND THE BEAUTIFUL

Feeling confused about his previous interaction with Brooke, Bill attempted to redeem himself with her. Ivy came clean with Liam about her plans to return to Australia. With an ulterior motive in mind, Quinn asked Steffy for an important favor. Wyatt vented to Caroline about his recent interaction with Ivy and Liam. Brooke made a gallant attempt to make the best decision for everyone. Steffy bitterly confronted Liam after overhearing an intimate conversation between him and Ivy. As a courtesy to Eric, Katie informed him of the offer that was made to Brooke. *Wait to See: Tragedy strikes for the third time.*

DAYS OF OUR LIVES

Nicole took charge in order to save the Basic Black fashion show. Ava set herself on a collision course with Steve and Kayla. As the New Year's Eve re-launch of Basic Black got underway, Theresa's big moment of truth arrived. Joey bristled when Ava showed up at the party with a date. Belle arrived at the fashion show with one man at her side, but ended up leaving with another. Abigail received some stunning news about her baby. A tragic accident on New Year's Eve forever changed the lives of several Salem residents. *Wait to See: Maggie is faced with an impossible decision.*

GENERAL HOSPITAL Elizabeth pleaded with Hayden and Nikolas to change the statements that they gave to the police. Michael delivered some bad news. Tracy put up her guard around Paul. Curtis confirmed what Hayden feared all along. Johnny was willing to do Lulu's dirty work. Valerie made a bold move. Morgan overheard

Sonny discussing business. Carly couldn't believe her eyes. Franco wanted to ring in the New Year in bed with Nina. Lulu received an unexpected kiss when the clock struck midnight. Morgan and Kristina agreed to keep each other's secret. Sam and Jason found themselves in familiar territory. *Wait to See: Sabrina is rushed to the hospital.*

THE YOUNG AND THE RESTLESS Dr. Anderson hid her displeasure when Sharon told her that Nick and Sage were working through their problems. Meanwhile, Nick decided to move into Sage's penthouse with Faith. Chelsea asked Adam if he would consider

having another baby. Marisa warned Noah that Luca's family was dangerous. Later, Victor told Adam that he had a plan to take down the Santori Family. Kevin confided in Mariah about his secret project and decided to make her a partner. Adam convinced

Abby to invite Luca and Marisa to her wedding. Lily was disappointed that Cane couldn't make it to the wedding. Meanwhile, Billy asked Victoria to be his date. Jack expressed his concern to Ashley for taking on so much lately. *Wait to See: Abby questions her future with Stitch.*

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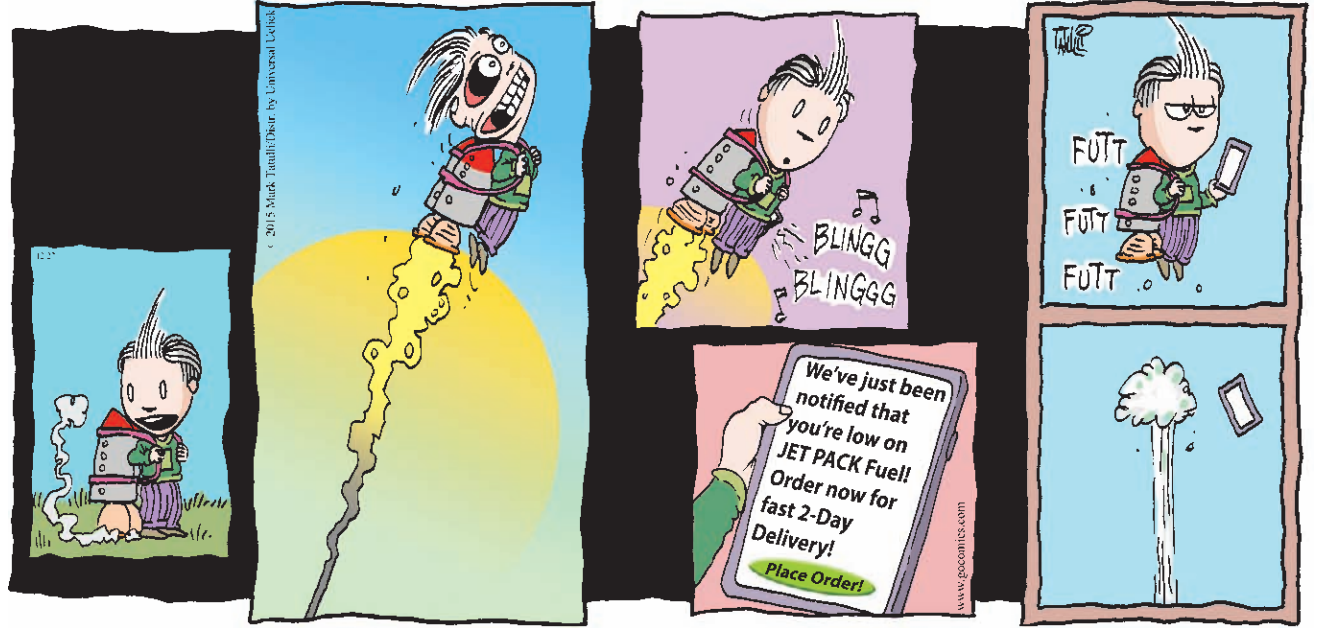
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BY MARK TATULLI

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CAN YOU FIND THE DIFFERENCES in the two drawings? Look for Hocus Focus each week, only in your Courier Journal. TFN

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petconnection

SERIOUS PLAY

Toys are essential to keeping your cat active and happy

By Dr. Marty Becker

Inside every cat is a lion. Or a tiger. Or a lynx. Or, really, all of these great hunters. And in your cat's mind, he's a wild predator, too.

In fact, all cats are. They love to lurk and prowl and chase and pounce. An indoor cat doesn't have the opportunity to go after real prey (unless you have mice in your home), but he still has strong hunting instincts. This genetic coding doesn't disappear just because he lives a royal lifestyle in your home and has his meals delivered on the feline equivalent of a silver platter.

When a cat's need to hunt isn't fulfilled with live action, he turns to the next best thing: feet moving beneath the covers, hands dangling at an owner's side, arms, legs, you name it. Instead of letting a kitten believe your body parts are fair game, provide him with toys that will satisfy his urge to hunt as well as save your skin.

It's all too easy to accidentally encourage kittens to bite or scratch in play, but this type of aggressive behavior can turn into a big, painful problem as the kitten gets bigger. Never "arm wrestle" with a young cat, and keep some distance between you through play with toys that don't involve direct contact with the kitten. When kitten teeth or claws touch human skin, screech loudly and immediately walk away. Kittens learn fast that playing rough ends the game, especially when there are other things to play with.

Cats like toys they can stalk, chase, pounce on and bite. Turn your home into an indoor hunting ground with perches for watching the outdoor world go by (such as a window-box bird feeder), scratching posts for paw marking and nail maintenance, cat trees for climbing, resting and observing, and an ever-changing assortment of toys, toys, toys.

Puzzle toys are particularly good for giving your cat an outlet for his hunting instincts and ensuring that he keeps his sleek, sinewy physique. Wands with feathers or other dangly bits and wind-up or battery-operated toys that move on their own excite a cat's chase instinct. Balls inside a track let him paw for "prey," just as if he were exploring a mouse hole. The fast, erratic motion of laser pointers and flashlights increase a cat's ability to think and move quickly. (Direct the beam up and down the stairs to give him a real workout.) And don't forget the classic catnip-filled mice for rolling and rabbit-kicking under the influence.

To keep your cat interested in his toys, change them out every few days. If he sees the same ones over and over again, he'll get bored and look for something new to play with. Cats being who they are, it will probably be something expensive or fragile that you don't want him to treat as a toy.

Those laser pointers, flashlights and wand toys have especially high value to cats because



Keeping kittens and cats busy with toys will help them learn not to play rough with family members.

they are just so darn much fun. Bring them out less often than other toys, and limit the amount of time your cat is allowed to play with them. For some cats these toys are addictive, and they will stand in front of the closet where the laser or wand is stored and yowl plaintively until they are brought out.

Remember, if you give in even once, you have just taught your cat exactly how to manipulate you. To help soften your cat's disappointment when these favorite toys go up, reward him with a treat afterward or give him another favorite toy, like a catnip mouse.

The word "toy" just doesn't seem to cover how important these items are to our pets, especially an indoor cat. Indulge your pet with the gift of play, and you'll both be happier for it.

petbuzz

Antifreeze gets a safety makeover

- The manufacturers of antifreeze and engine coolant have agreed to add a bittering agent to their products, making them far less likely to poison pets and wildlife. In its original state, these products taste sweet, making them attractive to animals. The active ingredient, ethylene glycol, is highly toxic in small amounts and quickly absorbed, making veterinary response difficult and death common for animals that ingest the product. A number of states have mandated that bittering agents be added before products can be sold, but the voluntary agreement, brokered by the Humane Society Legislative Fund, expands the sale of the new formulation to all 50 states.

- Like humans, dogs have two kinds of sleep. The deeper kind is characterized by rapid eye movements, so it's known as REM sleep. We know humans dream during REM sleep. We also know that the whining, heavy breathing, twitching and leg movements we've all seen in our dogs occur during canine REM sleep. So it's not a far fetch to believe dogs are dreaming, too. What are they dreaming about? We'll likely never know.

- In veterinary circles, the popular Labrador retriever has the reputation as a breed that it will "chew 'til they're 2, and shed 'til they're dead." Bred to carry things in their mouths, it's no surprise that these dogs sometimes swallow them, too — and without chewing first, as in the case of Ryder, a Lab puppy in Wilmington, Delaware, who swallowed an antler. Ryder's antler was safely removed by his veterinarian, and the dog's mishap was named "The Most Unusual Claim of the Month" by Veterinary Pet Insurance. — Dr. Marty Becker

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Hike..

Continued from Page 12

the Swinging Bridge. Everyone is encouraged to join the fun at 10am at the Loochapola Lodge in Tishomingo State Park. Refreshments will be served. Bring a snack, bring your family, and bring a friend!

Details about hike difficulty, terrain, and tips regarding proper clothing are listed on the America's State Parks website. Visit www.naspsd.org. Trail maps and other park information are available from mdwfp.com. Friends of Tishomingo State Park representatives will be in attendance. Membership dues and donations will be accepted.

For more information, please contact the park office at 662-438-6914, Terry Harp at terryh@mdwfp.state.ms.us or Charlotte Lard at charlottel@mdwfp.state.ms.us.

Editor's Note: According to the Alabama State Parks website (alapark.com), at press time the only 1st Day Hikes listed in Alabama were at Oak Mountain, DeSoto, Monte Sano, Cheaha, Gulf State Parks.

Pine..

Continued from Page 12

the eastern seaboard from New Jersey down to Florida. Over the last 30 years this extensive shortleaf pine ecosystem has lost over 50% of its former acreage with most of the significant decline taking place east of the Mississippi River.

The Environmental Quality Incentives Program (EQIP) allows eligible landowners to apply to receive funding to plant shortleaf pine on their land. "North Alabama landowners can help the ecosystem rebound by supporting the shortleaf pine on their land," said NRCS State Conservationist Ben Malone. "Our hope is that this first round of the Shortleaf Pine Initiative in Alabama will lead to more support for the effort.

Applications from producers are accepted all year, but only those submitted by January 15 are considered for this year's funding. NRCS field offices are listed under U.S. Department of Agriculture or on-line at <http://offices.sc.egov.usda.gov>.

THE DEADLINE FOR CLASSIFIEDS for the January 6 issue is Thursday at 5pm. 12-31

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Perfection!

The 1995 UNA Division II football National Championship Team was recently honored by the school on the team's 20th anniversary of the 1995 title season. What a season that was! The Lions were coming off back-to-back National Championships in 1993 and 1994 and were setting their sights on becoming the only team in NCAA scholarship football to win three consecutive national championships.

The Lions totally dominated their opponents all season long piling up a total of 514 points while allowing only 155. In the playoffs, the Lions defeated Albany State, Carson-Newman and Ferris State to set up

the championship match with Pittsburg State. It would be the Lions most dominating performance in a title game as they defeated the Gorillas 27-7.

When the final NCAA statistics were revealed, the Lions led the nation in rushing defense allowing just 56.8 yards per game and were tops in the nation in scoring defense allowing just 10.6 points per game. The aptly nicknamed "Purple Swarm" defense was UNA's best ever.

Individual and team accolades poured in after the 1995 perfect season. The 1995 team was named Division II's "Team of the Quarter Century." The team became the first Division II football team to be invited to the White House where their accomplishments were recognized by President Clinton.

They met with Alabama Governor Fob James at the State Capitol in Montgomery where head coach Bobby Wallace addressed a combined session of the Alabama State Legislature. Linebacker Ronald McKinnon became just the fifth player in Division II history to be a three-time consensus All-American and was just one of 10 Lions to be named to various All-American teams.

Others included Keith Humphrey, Israel Raybon, Marcus Keyes, Reginald Ruffin, Gerald Smith, Cody Gross, Jarius Hayes, Jon Thompson and Michael Williams. McKinnon won the Harlon Hill Trophy as Division II's top player—the first defensive player to win the award.

Coach Bobby Wallace was named Division II "Coach of the Quarter Century", Division II "Coach of the Year" for the third consecutive year and three-time consecutive GSC "Coach of the Year." Wallace is a member of the Division II Football Hall of Fame, Alabama Sports Hall of Fame and UNA Athletic Hall of Fame.

From the football field to the State house to the White House to a third consecutive Division II National Championship—it was nothing less than Perfection!

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

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Notes...

Continued from page 4

The monthly Fish Fry at East Colbert Church of Christ takes place Saturday, January 2 from 12:30-6pm. All you can eat. Adults and Carry-outs \$12 each, Children ages 5-11 \$6, ages 4 and under are free. All proceeds go to mission work and benevolence.

Alternative participation will be available through WebEx. A request for access information in order to listen to the proceedings via computer, and if desired, to offer any comments during the scheduled public comment time period of 1-2pm should be made by e-mail to Ms. Susan Goldthwaite (sgoldthwaite@alsde.edu). Interpreter services for the hearing impaired will be available at this meeting.

Written comments may be sent to Ms. Goldthwaite either by mail at ALSDE, Special Education Services Section, Post Office Box 302101, Montgomery, Alabama 36130-2101, or by e-mail at sgoldthwaite@alsde.edu.

For directions to the AIDT conference room, please contact Mr. Ray Glasscock by calling 334-242-8114, or by e-mail at rayg@alsde.edu.

January is the time of year that we begin to consider ways to live better, and women of all ages have perhaps more priorities to balance than ever before. Celeste Coffman, an Associate Licensed Counselor under supervision of Alicia Kelly, LPC-S, will host "Organization & Productivity for Women" on Saturday, January 23 at Mosaic: A Wellness Place, 1801 N. Wood Avenue in Florence at 1:30pm and advance tickets are required. Ticket cost is \$50. Women who attend will spend time reflecting on their goals and achievements from 2015 while making plans for an even better 2016. Coffman will provide guidance in setting priorities and managing goals, as well as multitudes of tips for organizing meals, children's schedules, work and more. Interested parties may read more about this event at buy tickets at <https://goo.gl/JL7wrr>.

Florence Parks and Recreation Department/The Club (Florence Senior Center), 450 Country Club Drive in Florence will host two free nights of modern western square dance lessons Monday, January 25 and Monday, February 1. This is NOT like the square dance you experienced in school. Fun, healthy, hobby for men, women, kids, couples and singles. New friendships set to music. Give it a try. Hosted by The Singing River Squares. Caller/Instructor: Chuck Bermele. The Club is an alcohol/drug free facility. For inquiries call 256-760-6420 or 256-767-7946.

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, Tusculumbia 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.

Submissions for the 2016 George Lindsey UNA Film Festival are now open. The Lindsey Film Festival will hold its 19th annual event March 3-5 at the University of North Alabama in Florence.

Filmmakers and screenwriters can submit their work for consideration at Film Freeway: <https://filmfreeway.com/festival/GeorgeLindseyUNAFilmFestival>. The cost for submission is \$5 per film or screenplay.

The George Lindsey UNA Film Festival accepts professional and student films in the narrative, documentary, and vanguard

categories, as well as works by young filmmakers.

For more information on the 2016 George Lindsey UNA Film Festival, Cynthia Burkhead at 256-765-4592 or lindseyfilmfest@una.edu.

Are you Interested in fostering an animal? Fostering gets cats and dogs out

of the shelter and clears space for incoming animals. New foster homes are restricted to animals pending transport to a new home or rescue (usually 1-2 weeks), pregnant or nursing animals, and some special needs cases. If you are interested in fostering, please fill out the form at the following web link: <https://secure.mailjot.net/allforms/u/3275823d.php>

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