

Oka Kapassa RC&D Grant

TUSCUMBIA—Alabama Resource Conservation and Development Council (RC&D) recently presented a \$5,000 grant to the Oka Kapassa Festival Committee for 2015. The grant was used to partly fund the costs accrued by the Native American demonstrators for the festival, including their lodging while in Tuscumbia for the festival in Spring Park.

"Our heartfelt appreciation to RC&D for their help in making this Festival possible," said Oka Kapassa's 2015 Festival funding chairman, Larry Gullett. The Oka Kapassa Native American Festival is an educational event for students and community members pertaining to the customs and ways of life of Native American ancestors.

Approximately 900 local school children were in attendance on Friday, September 11, 2015 for a private educational part of the festival. Approximately 9,000 attended the public event Saturday, September 12.

AMLTA's Best in Tourism

CULLMAN—The assistant director for Florence/Lauderdale Tourism, Alison Stanfield, was named Tourism Professional of the Year at the annual meeting of the Alabama Mountain Lakes Tourist Association last week in Cullman.



The PEAK Awards recognize the best of North Alabama's tourism and travel industry. Alabama Mountain Lakes is a nonprofit organization dedicated to the promotion and development of the travel industry within the sixteen northernmost counties of the state. It is supported by 500-plus members consisting of chambers of commerce, attractions, golf courses, and others in the hospitality industry.

"Even with the challenges of the past year, the popularity of our natural resources, music promotion, and new visitor center have made this the perfect time to be a part of the Florence/Lauderdale Tourism team," said Stanfield. "I am so honored to again be given an award by my peers. I also have to give credit to the community I love to serve, my staff, and family for their tremendous support. This award absolutely belongs to them as well."

Stanfield celebrated her 20 year anniversary at Florence/

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A Day with Libby Liberty

ROGERSVILLE—More than 325 second and fifth grade students from Lauderdale, Waterloo, and Rogers School will be participating in the Super Citizen Program for the next eight to ten weeks. They took part in the Next Great Americans Kickoff with Libby Liberty last week at the Lauderdale High School gym. The students were learning important lessons in civics, financial literacy, character development, and career readiness, alongside our Great American Story.

The green lady led the kids in a pep-



Second grade students (above) and fifth grade students at the Lauderdale County High gym with Libby Liberty Courtesy photos

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rally like experience to get the kids excited about starting the Super Citizen Program bringing history to life and teaching the students about her history and role as the symbol of hope in our country. Libby then led the children in patriotic songs. Each student was wearing a statue of liberty crown and waived an American Flag during the performance.

LIBERTY... on Page 6

Of Tales and Traditions

FLORENCE—The Shoals Symphony at UNA recently announced its 2015-16 season! The featured highlight of the season will be a live underscoring of the Disney movie, *Pirates of the Caribbean*, on February 26! That represents only one in a season of musical treasures!

As one of six professional symphonies in Alabama, the Shoals Symphony is the premier event in the area. This treasure is important to our overall quality of life. If you haven't attended

one of these concerts, you are missing something special.

Daniel Stevens is in his second season as the music director and conductor of Shoals Symphony at UNA which comprises a mixture of professional musicians and UNA students. The concerts for 2015-2016 will range from the traditional to programs inspired by today's culture.

This season the Shoals Symphony has a new initiative,

See SYMPHONY... on Page 6

SHOALS SYMPHONY AT UNA 2015-16

Tales from Vienna, October 1

A classy show featuring dancers waltzing in UNA's Guillot University Center ballroom. They will be joined by Ian Loeppky leading the UNA Chamber Choir.

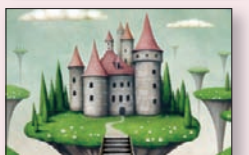
Fairytales and Fables, November 15

A special show featuring Peter and the Wolf and an instrument petting zoo! The following day the same show will be performed for 1200 area elementary students.

Holiday Traditions, December 6

Fast becoming a must-see, holiday concert featuring UNA Choirs.

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Redline It - See Page 6

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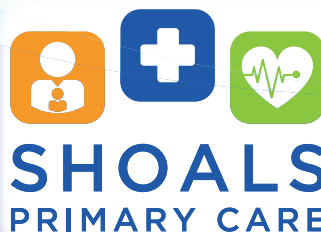
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The Future of the Jews

The most hated nation in the world today is Israel. Here are just three of the main reasons. **1.** God's inspired word, the Holy Bible came through Israel. **2.** Israel was, is, and in the future will always be God's chosen people. **3.** The messianic line, that brought us the Savior, God manifest in the flesh, the Lord Jesus Christ, came through Israel. Proof is history itself, and today each of these three is the most cursed, discussed and reviled and revised and persecuted objects on the face of the earth. Future restoration of Israel is promised in **Ezekiel 34:13** "And I will bring them out from the people, and gather them from the countries, and will bring them to their own land, and feed them upon the mountains of Israel by the rivers, and in all the inhabited places of the country. There are many other passages saying the same thing." Jeremiah 29:14; Jeremiah 31:10; Ezekiel 11:17; Ezekiel 37:21.

The Apostles asked this question in **Acts 1:6-7** "When they therefore were come together, they asked of him, saying, **Lord, wilt thou at this time restore again the kingdom to Israel?** And he said unto them, It is not for you to know the times or the seasons, which the Father hath put in his own power." Israel became a nation again in 1948, and necessarily so, to get ready for the setup of the King and the kingdom. One prophecy of Christ's reign in Jeremiah 33:14-17 and confirmed again in Acts 2:29-31. Proof of Christ's literal, visible reigning on the earth will be the evidence of His visible ruling with a "rod of iron" mentioned in Psalms 2:9; Revelation 2:27; 12:5, 19:5.

Romans 11:25-27 "For I would not, brethren, that ye should be ignorant (*are you ignorant?*) of this mystery, lest ye should be wise in your own conceits; *that blindness in part is happened to Israel, until the fulness of the Gentiles be come in. And so all Israel shall be saved;* as it is written, *There shall come out of Zion the Deliverer, and shall turn away ungodliness from Jacob: For this is my covenant unto them, when I shall take away their sins.*" The King and the kingdom and the restoration of Israel are coming soon. Jeremiah 27:22. The times of the Gentiles are almost over, and soon we will see what real peace is like when a real King sits on the throne, Christ.

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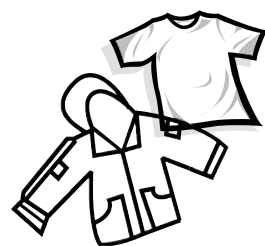
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Faith Church Presents KIDZ TURN / FAMILY BLITZ, 3601 Florence Blvd., Florence, Monday, September 27-Thursday, October 1 from 6:30 - 8pm.

Parents, bring your kids and join us for a fun filled week as we discover God's Word through music, puppetry, games, object lessons, storytelling, and awesome lighting & video effects. Featuring "KIDZ TURN" Everyone is Welcome! And It's FREE!! For more information, call 256-767-4124

Road Warrior Car, Truck & Tractor Show - presented by Wilson High School Athletic Booster Club, rain or shine on the Wilson High School Campus, 7601 Hwy 17, Florence, on Saturday, September 26, registration 8am-12noon, entry fee \$20. Grand prize drawing at 2pm. Grand prizes - One \$500 cash prize, Two \$250 cash prizes, Five \$100 cash prizes, Coaches Choice Award - Medallion, Boosters Choice Award - Medallion. First 100 cars receive a Free Dash Plaque.

Also: Swap meet, \$10 set up, 50/50 drawing, Rat Rods welcome, \$50 cash drawings, Door prizes, Concessions available, and Live Music. Free admission for spectators.

NEW this year: Women's Craft World. 10x10 booths available for \$20. Contact Leanna at 256-483-2862 to reserve your space or come browse the day of the show.

All proceeds go to support Wilson High School Athletic Program. For more information contact Mike Chaney, 256-263-6909 or Leanna Rhodes, 256-483-2862.

The Alabama Renaissance Faire is Sponsoring its Annual Art Contest for students throughout the state of Alabama in grades K-6. Entries must be delivered to the Florence City Schools Professional Development/Technology Center, 541 Riverview Drive, in Florence no later than Monday, October 5, at 4pm. For full details and guidelines, visit the website of the Alabama Renaissance Faire: www.alarenfaire.org.

The Alabama Renaissance Faire is sponsoring its annual sonnet-writing contest for students throughout the state of Alabama in grades 7-12. Entries must be delivered or mailed to this address no later than Monday, October 5, at 4pm: Florence City Schools PD/Technology Center 541 Riverview Drive Florence, AL 35630. For full details and guidelines, visit the website of the Alabama Renaissance Faire: www.alarenfaire.org.

Calling all seniors 55+ years old!!! Alabama Cooperative Extension System (ACES) Urban Affairs and New Nontraditional Programs invite you to the fourth annual Northwest Alabama Senior Conference (A Successful Aging Initiative) Friday, September 25 from 8am - 1pm at the Florence Lauderdale Coliseum at 802 Veterans Drive.

Health screenings and flu shots will be available so bring your insurance card. Door prizes and lunch will be provided. Vendors and exhibitors from community agencies will be there. Come prepared to step up and out with Linda Clanton with Florence Parks & Recreation Department.

The purpose of this conference is to provide educational updates and create awareness to our growing aging population on issues that will impact their lifestyles. Special Honorees are any Seniors 80+ years old who attend.

Speakers include:
Dr. Lee G. Renfro, UNA Associate Professor of Health Education & Promotion, will speak on "Dementia or Alzheimer's: Am I Losing My Mind?"

Dr. Hames, Podiatrist, Shoals Foot Center, will speak on "Take Good Care of Your Feet"

Gale Williams, Esquire, Attorney at Law, will speak on "Elder Law"

Everyone 55 years and older is invited to pre-register and attend this FREE event. Please register by September 18 by calling 256-766-6223 and for more information ask for Darlene Minniefield.

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<p>Gwaltney Hot Dogs 12 oz. pkg. 99¢</p>		<p>PIGGLY WIGGLY Peanut Butter 1.59 18 OZ. JAR</p>	<p>MARTHA WHITE Corn Meal Mix...5 LB. BAG 2.09</p>
<p>Bryan Sliced Bologna 12 oz. pkg. 1.59</p>		<p>PIGGLY WIGGLY Vegetable Cooking Oil 2/\$4 48 OZ. BTL.</p>	<p>PIGGLY WIGGLY Double Roll Bath Tissue 2/\$3 4 ROLL PK.</p>
<p>Sunnyland Sliced Bacon 12 oz. pkg. 2.99</p>		<p>VIVA Big Roll Paper Towels 3.39 2 PACK</p>	<p>PIGGLY WIGGLY/ALL VARIETIES Cheese 2/\$4 8 OZ. BLOCK</p>
<p>John Morrell Smoked or Polish Sausage 7 oz. pkg. 1.29</p>			
<p>Oscar Mayer Lunchables w/Drink all var. pkg. 1.99</p>			
<p>Piggly Wiggly Sliced Ham or Turkey 10 oz. pkg. 2.49</p>			

<p>PEPSI & ALL Pepsi Products 12 PK. 12 OZ. CANS 3/\$11</p>	<p>PIGGLY WIGGLY Frozen Pizza 5 OZ. BOX 75¢</p>	<p>PIGGLY WIGGLY Bread, Bun, or Rolls PKG. OR LOAF 89¢</p>	<p>MADE IN ALABAMA Piknik Mayonnaise 30 OZ. JAR 1.59</p>
<p>PIGGLY WIGGLY Medium Eggs DOZEN CTN. 2/\$4</p>	<p>TOTINO'S Frozen Pizza 10-10.9 OZ. BOX 2/\$3</p>	<p>PIGGLY WIGGLY Frozen Crinkle Cut French Fries 2 LB. BAG 2/\$4</p>	<p>PIGGLY WIGGLY Tastes Like Butter Margarine 16 OZ. CUP \$1</p>
<p>ALL VARIETIES Hamburger Helper 5-7 OZ. BOX \$1</p>	<p>FOLGERS CLASSIC Coffee 11 OZ. BAG EXCLUDES DECAFF 2.89</p>	<p>MISSION PRIDE Sliced Peaches 28 OZ. CAN 1.69</p>	<p>PIGGLY WIGGLY Chili w/Beans 15 OZ. CAN 1.29</p>
<p>PIGGLY WIGGLY Light Sour Cream 16 OZ. TUB 2/\$3</p>	<p>TINA'S Frozen Burritos 5 OZ. PKG. 2/\$1</p>	<p>PIGGLY WIGGLY Cream Cheese 8 OZ. BLOCK 2/\$3</p>	<p>PIGGLY WIGGLY All Varieties Salad Dressing 16 OZ. BTL. 2/\$4</p>

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Yard Sales

An exclusive listing of the better sales in the Shoals area.

To list your sale, fill out the form on page 6.

WE MUST receive your ad by Friday prior to the Wednesday release date. (8 days before a Saturday sale)

YARD SALE SAT. SEPT. 26, GIRL children's clothes, ramps, sandbox with top, glassware, golf shoes and misc. clubs, carpet cleaner, plus size clothes. Rain or shine. 302 Stacey Lane, Elgin Forest Subd. 09-23

OVER 10,000 ITEMS! GIGANTIC Consignment Sale! Mommy Mart Our 20th year, and bigger than ever. Most items half price! Children's clothing, furniture, shoes, men's clothing, plus sizes, women's, name brand juniors, prom gowns. Mon. Aug. 24 - Wed. Sept. 30, 16001 Co. Rd. 47 Killen (Greenhill Community). 256-757-2014 09-23

FLORENCE 9/19/2015, 7AM, 7710 Lakewood Drive, Toys, clothes, household items, counter tops, furniture etc. Kendale Gardens 09-23

8-FAMILY YARD SALE KILLEN, 30 Glover Rd.; Saturday 6am-??; furniture, appliances, clothing, etc. 09-23

CENTRAL YARD SALE - 3170 CO. Rd. 200. Cleaning out Saturday 7am-3pm. Dolls, 26 in. bikes, lots of everything. 09-23

MULTI-FAMILY GARAGE SALE St. Florian. Saturday, 6:30. 775 Brandenburg Dr. Boys clothes: Newborn thru 3T. Lots of bargains. 09-23

ESTATE SALE: FRI. 25 - SAT. 26 7-5. 5008 Hwy 56 Russellville. in Mountain Star area.

YARD SALE PETERSVILLE Saturday, 7am-2pm. 104 Scott Dr. Men and Women's clothes, home decorations, videos, Christmas items, bedding and miscellaneous items. 09-23

MUSCLE SHOALS LARGE YARD Sale - Sat. Sept. 26, 7-12. 1002 Grand Ave., Clothes, comforters, tools, etc. 09-23

FLORENCE N. MULTI-FAMILY. Backyard Sale, Fri.-Sat. 7-?. 2201 Maple Ave. Household items, glassware, all sizes of clothing, baby items. Lots more to see. 09-23

NEIGHBORHOOD YARD SALE- Friday 25th and Saturday 26th from 6am - until, 303, 304 and 306 West Michigan Ave. Several Families. Furniture, clothes, household items, appliances, toys, baby items and other misc. items. Muscle Shoals 09-23

MUSCLE SHOALS YARD SALE Fri. and Sat. 401A E. Sheridan Dr., Clothes, toys, and furniture items. 09-23

GARAGE SALE FLORENCE, 2328 Robert's Lane, Saturday, Sept. 26th, 7am - Until, Rain or Shine. Clothes (women's plus and men's), Furniture and lots of miscellaneous! 09-23

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The family of William Angel

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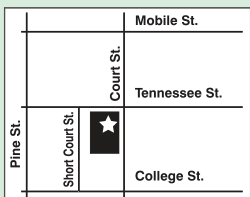


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Educational Seminars for Breast Cancer Awareness Month

Join us at the Community Learning Center at ECM East for these informative and entertaining seminars. **FREE CEs for Nurses!**



OCTOBER 8, 6:30-7:30 p.m.
Mammography and Early Detection
 Dr. Tom Norman, Radiologist, Lauderdale Radiology



OCTOBER 15, 6:30-7:30 p.m.
Surgical Procedures for Breast Cancer
 Dr. Joseph Walker, Tennessee Valley Surgery



OCTOBER 22, 6:30-7:30 p.m.
Breast Cancer - Is It Preventable?
 Dr. Douglas Woodford, Full Life Wellness Center

Breast Reconstruction
 Dr. Russ Jennings, Shoals Plastic Surgery

RCHP dba ECM and Shoals Hospital is approved as a provider by the Alabama Board of Nursing through August 6, 2018. Provider # ABNP1440. Objectives of the programs - Awareness of the detection, treatment and prevention of breast cancer. Participants must attend the entire session to receive the 1.2 available CE credits per individual session for LPNs and RNS and 1.0 for SW's. Please bring Alabama Nursing License with you. Certificate replacement fee is \$5.00. The individual is responsible for maintaining his/her own records required for license renewal. Please inform us of any special needs that you might have.



www.ecmhospital.com • www.shoalshospital.com



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We will **REDLINE** one of those 2-week ads at **No Extra Charge!**

Not valid in combination with other offers. Extra words are 50¢ per word per ad per week. Limited time offer. Open to ALL classified advertisers excluding yard sales and employment. Deadline 5pm Friday

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→ HOW MANY WEEKS? Multiply the number of weeks - X - the cost of the ad.....

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Fax

FAX - 24 HRS - Charge to Credit / Debit Card by faxing an ad to **256-760-9618**. Include exp.

Mail

MAIL - Fill out this form and mail or deliver to address below
Cash, Check, Credit / Debit Card

Office

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

Questions?
call our office
256-764-4268.

Liberty...

Continued from Page 1

Liberty Learning Foundation bridges the gap between under-funded schools and passionate donors/sponsors who share a belief that strong civic character must be taught despite budget cuts. They arm educators with free teaching tools that empower students with an understanding of history, heritage, and the great American ideals fundamental to the success of our next great Americans.

Symphony...

Continued from Page 1

the UNA String Project, which will provide string instruction to all ages. The new Concertmaster, Christina Volz-Stomackin, will direct this program. www.una.edu/shoals-symphony/string-project.html

There are several levels of support:

- CONDUCTOR'S CIRCLE-** (\$300). Premium upgrade, which will include meals, receptions, pre-concert lectures, preferred seats, reserved parking, and special events with the Conductor.
- SEASON TICKETS-** (\$77-\$112). Avoid lines with reserved seats in Norton Auditorium by ordering your tickets online with our new tiered-seating.
- UNA STRING PROJECT-** This new, special program will bring string instruction primarily to area school children. These young, aspiring musicians will need instruments.
- GIFT OPTION-** Purchase season tickets for someone else for Christmas, birthday, anniversary, employee benefit, or someone less fortunate.

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Events... Continued from Page 1

UNA Honor Orchestra, January 16
The premier orchestral workshop in the southeast for high school string students, allowing them the opportunity to perform with a professional orchestra.



Pirates of the Caribbean, February 26
A Disney-produced show on a super-wide screen in Norton Auditorium



Sangrias at Sunset, April 9
A special, intimate parlor performance with Conductor Stevens and special artists.



Americana Spring, May 8
A tradition, classical concert featuring American composers, featuring our UNA Solo Competition Artist.



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EDITORIAL POLICY: Your Courier Journal accepts a variety of news releases, photos, stories, Letters to the Editor and upcoming community, church or civic events for publication as space permits. Please submit all materials in written form to:

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or email to: editor@courierjournal.net

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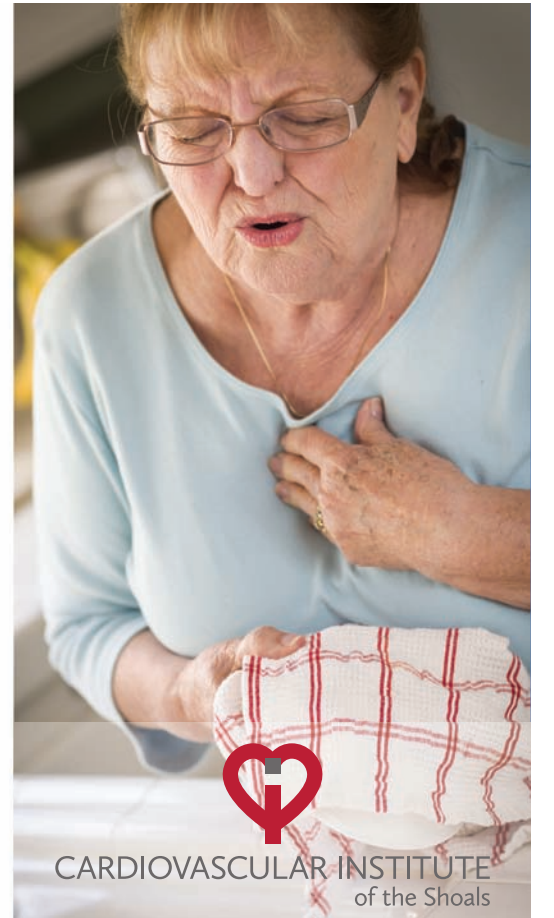
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If so, these could be signs of cardiovascular disease. Dr. Ajit Naidu and Dr. Brian Cole at the Cardiovascular Institute of the Shoals can help determine if these are serious, if you are suffering from any of these symptoms. *We give second opinions, too!*
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ASK THE ATTORNEY



Thomas McCutcheon

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

Q My son was helping a co-worker and was injured on the job. When they took him to the ER he tested positive for marijuana which he said he used the weekend prior to the accident. Now his employer refuses to pay his medical bills or pay him for being off work. Can they do this?

*Angry Mom
Florence, AL*

A Well we know he didn't have a prescription for marijuana in Alabama. The Alabama Workers Comp Statute provides that no compensation shall be paid "due to the injured employee being intoxicated" and that includes alcohol or illegal drugs.

It's hard to say whether employers misunderstand the statute purposefully or whether they simply don't understand that "no compensation shall be allowed" doesn't have anything to do with payment of the medical bills.

The first misunderstanding that employers have is that if an employee tests positive for alcohol or illegal drugs, they take the position that they are entirely free from liability for medical bills, temporary total disability (TTD) or permanent partial disability (PPD). The fact is that the employer is still responsible for the medical bills of an employee who tests positive for drugs or alcohol if the employee was injured in the line and scope of their employment.

The second misunderstanding is that the intoxication has to have contributed to the occurrence of the accident. In other words, if the employee can show that the accident occurred without the contribution of any mind altering substance, then this is not a valid defense for the employer.

The defense of intoxication is an affirmative defense. Affirmative defenses are those defenses which must be pled by the defendant and then proven by the defendant.

I don't know the facts of your son's case but I do know that the employer has to pay for his medical treatment.

If a good worker's compensation attorney looks at the facts of how the accident occurred and believes there is a pretty good chance that if your son really smoked pot a week ago and was by no means still affected, and believes that there is substantial proof of that, such as that he had worked the entire day without a problem and had received instructions from a supervisor who detected no impairment and the instructions had been followed without any sign of intoxication, it may be a case to put before a judge to obtain full benefits. Remember that the only way an attorney gets paid in a worker's compensation case is if the worker is injured to the extent that the injury results in a permanent impairment. In worker compensation cases in Alabama attorneys are limited to 15% of the amount awarded by the Court or agreed upon by the parties in settlement of the claim.

Buckle up and drive safely.

Please send the questions to:
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Ask Dr. Webb



Dr. Robert Webb

Q What's the difference between Palliative Care (PC) and hospice?

A To palliate means to make the effects less painful, harmful, or harsh [M.Webster - from the Latin palliatus]. Both Palliative Care and hospice are comfort-focused, helping people to live comfortably rather than just be kept alive! PC can be provided simultaneously with

other medical treatments - sometimes for years - improving the quality of life for those with any serious or life-limiting illness (which refers to incurable diseases usually leading to death, such as Alzheimer's Dementia, cancers, end-stage heart disease), by:

1. Helping patients/families clarify their goals so they can make more informed decisions and avoid treatments or drugs that won't benefit them;
2. Improving symptoms, such as pain or shortness of breath; and,
3. Ensuring patients have the opportunity to choose a comfortable and dignified natural death.

It needs to be emphasized that PC is not just for the actively dying—that is primarily hospice's role, which is palliative care for the last six months of life.

Studies confirm people receiving PC often live better and longer when we focus on comfort and avoid attempts to cure the incurable. For example, when 150 patients with stage 4 lung cancer [cancer spread everywhere] were treated with chemotherapy, but with half (75) also receiving PC simultaneously, the PC group lived an average of three months longer (11 compared to 8 months) than the group with only chemotherapy!

So, if you have a life-limiting disease and want to live longer and more comfortably, ask your doctor to include PC principles when treating you (meaning, avoid tests and treatments that have shown little benefit, while using those which improve comfort); and ask for a referral to Hospice of the Shoals if he feels your prognosis is less than six months.



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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SHORTS...

AMLTA's Best in Tourism

Continued from Page 1

Lauderdale Tourism in 2015. She was hired in June of 1995 as an administrative assistant, a newly-formed position for the newly-formed organization. In 2000 her title was changed to assistant director to more accurately reflect her wide-ranging roles within the organization.

In February of this year, director Debbie Wilson left to take another position. Stanfield was tasked with carrying on those duties and responsibilities as well as her own.

First-Year UNA Freshmen Up

FLORENCE— Official enrollment numbers for the fall semester have been released by the University of North Alabama, and it appears that a record has been broken. According to the data, first-time, full-time freshmen enrolled for the current school year is the largest in the university's 185-year history.

According to the numbers that were released last week, UNA's freshmen 'cohort' grew from 912 students during this time last year to 1,159 students currently enrolled. That's a 24.5% increase from the previous year.

"Our strong enrollment this fall tells me that students and parents are beginning to recognize our university for its quality, beauty, safety and value," said Dr. Ken Kitts, UNA president. "I've been in this business for decades and have never seen an increase in the freshman class of this magnitude."

UNA also showed an overall enrollment increase of 3.46%, bringing the total campus population to 7,078 compared to 6,840 during this time last year.

The university also saw a large increase in credit hour production (CHP). CHP is directly related to the number of classes students are enrolled in on campus. During this time last year UNA experienced 77,260 total CHP. As of this year UNA has seen an increase of nearly 6.1% with 81,963 CHP for fall 2015.

Cross Country Team Ranked

FLORENCE— The University of North Alabama women's cross country team was ranked sixth in the South Region in the first regular-season edition of the U.S. Track & Field and Cross Country Coaches Association (USTFCCCA) Regional Rankings released last week.

Coming off a win at the Earl Jacoby Memorial Invitational in Huntsville and a third place finish at the Sewanee Invitational

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to open the season, UNA stands sixth behind Tampa, Saint Leo, Lee, West Alabama and Union. The Lions are followed in the rankings by Alabama-Huntsville, West Georgia, Valdosta State and Florida Southern.

FRESHMAN OF THE WEEK

University of North Alabama freshman, Walker Mattox of Starkville, Miss., has been named Gulf South Conference Women's Cross Country Freshman Runner of the Week for Sept. 16.

In just her second collegiate race, Mattox finished fourth overall at the Earl Jacoby Memorial Invitational with a time of 20:05. Her time helped lead the UNA women to a win in the team standings.

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The Letter "O" in the R-E-A-L-T-O-R® Acrostic

As we continue our acrostic of the word REALTOR®, we look at the letter "O". This letter stands for OPTIMISM.

OPTIMISM is a choice of attitude. This doesn't mean we are looking at every situation through rose-colored glasses, but instead we are making the most of every situation. Feigned enthusiasm or hopefulness is not optimism. In fact, this kind of "saccharin" optimism could create credibility issues. Optimism is having a good outlook on life - living life on life's terms, and knowing that although we can't control most situations and people - we can control ourselves. It is easy to be optimistic when life is going your way. Our true character is developed and honed when life throws us a few curves.

Did you hear about the man who fell asleep in his recliner and his son spread some stinky limburger cheese on his upper lip? When he woke up he said, "This room stinks." He went room to room in the house before he declared, "This house stinks." He ran outside and smelled the air and then screamed at the top of his lungs, "THE WHOLE WORLD STINKS."

Too often we rush to judgement and assume the worst about life. Why not pause and take time to look for the "best" in every situation? We are encouraged by others who convey optimism to us, and we should strive to reciprocate. As a REALTOR® the way I answer my phone or greet someone personally can provide a great start to a successful negotiation. The opposite is also true.

We start out teaching our children to be happy, to be kind and to smile. Too bad we forget to do the same as

we grow older. Most of us are extremely thankful for men and women who saw the best in us - even when we didn't see it in ourselves. Successful people are usually surrounded by others who encouraged them. Haven't you heard someone say, "Behind every successful man is ..." We owe it to others to be optimistic. The world has enough people who think it is their job to tell you all the bad stuff. Why can't we decide that we are going to report the good?

As you go through your day today, look for an opportunity to spread a little sunshine. You don't have to wear a big, fake, cheesy smile and shout that things are

Great! You can make things better just by looking for the good in every situation and shine a little light on it. You can smile and speak a word of encouragement. You can choose the high road when things get a little tense. Be Optimistic.

Great! You can make things better just by looking for the good in every situation and shine a little light on it. You can smile and speak a word of encouragement. You can choose the high road when things get a little tense. Be Optimistic.



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Students, parents, guidance counselors, and school officials are all welcome to attend.

For more information, please contact Ms. Sandy Garvey at 256-551-0190, sandy.garvey@mail.house.gov or visit Congressman Brooks' website at brookhouse.gov

September 27, 2015

2:00 p.m. - 4:00 p.m.

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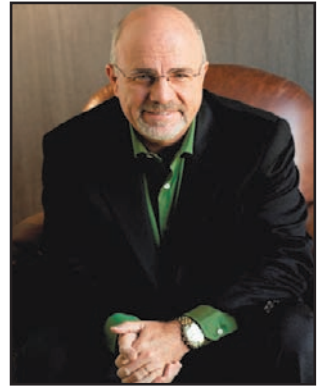
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1994 JEEP WRANGLER. GOOD Body and interior. Runs good. \$5000 OBO. 256-337-9242 Leave Message 09-23

POWDER COATING SERVICES Shoals Area. 256-760-0006 or Steve@TriStateMetals.com for more information. 09-30

DAVE Says

by DAVE RAMSEY



DON'T FREAK OUT

Dear Dave,
I started my own small bakery from home two years ago, providing wedding and specialty cakes. I just found out I'm pregnant, and while my husband and I are really excited about the baby, we're worried about how we'll handle things after the baby is here. We both work long hours, but we don't make a lot of money. I made about \$20,000 last year, and he currently makes \$35,000 working 60 to 70 hours a week. Do you have any advice for us now and after the baby arrives?
Lindsay

Dear Lindsay,
Congratulations! You're going to be a mom, and you're running your own business.

I think more than anything you just need some good business planning and time management. The good news is that you have a little time on your hands before the baby gets here. You can begin scheduling things now and laying out a plan. If you get into a busy time — say around wedding season — you may want to bring in a baby sitter or some part-time help for your business. I don't think I would do daycare every day. You're probably not that busy 12 months out of the year or even at the height of some seasons yet.

Your husband also needs some relief in the future. Working those kinds of hours, and bringing home just \$35,000 a year, is no way to help support a family the way he would like, I'm sure. If his hours are going to back down soon and his income is going to go up, that's one thing. If not, he needs to look into getting some additional education, making modifications to his current career or finding another line of work.

With some careful and realistic planning on your end, and him doing something to make things better on his, a lot of the stress will fall off. Many people do the kind of things we're talking about, and it ends up being an awesome experience. Just sit down together, and

talk it through. Help each other out, and decide what it will take to get where you want to be as a family and with your careers.
—Dave

BUDGET YOUR TIME, TOO!

Dear Dave,
I'm going to college next year, and I'm pretty scared. My older brother is smart, but his grades aren't too good. He says he can't find time to study and work. How do people do it?
Justin

Dear Justin,
I'm glad you're thinking ahead, and trying to make your college experience a successful one. It's really just a matter of using your time wisely. You know how I always tell people to budget their money? You can do the same kind of thing with your time.

There are 24 hours in a day. Set aside seven for sleep and that leaves 17 hours. Let's say three meals combined takes three hours. You've got 14 hours left. If you're in class for four or five hours a day, that still leaves you with about nine hours. That's plenty of time during the week to study hard, hang out with friends a little and take care of other things. Then, you can work weekends, and have a little down time to relax, study more and run errands.

I worked 40 hours week in college, and I still graduated in four years with good grades. You can do it, Justin!
—Dave

Dave Ramsey is America's trusted voice on money and business. 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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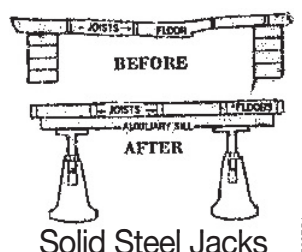
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James Elwyn Irby and his family would like to thank the hundreds of friends and supporters who attended his Campaign Kick-Off for Lauderdale County Circuit Judge making it such a success. We also wish to thank the approximately fifty volunteers who have worked so tirelessly to support the campaign.

*Thank you for your vote and help.
James Elwyn Irby*



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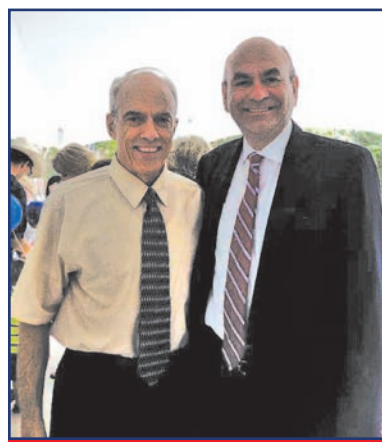
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James with Ulises Silva



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Like James Elwyn Irby for Judge on Facebook



Guest Opinion Editorial

Good and Evil Are a Constant

Evil is constant, always tending to darkness. Mao adopted mass murder as an acceptable response to resistance. Hitler swore he would annihilate the Jews. Pol Pot promised to eliminate an entire class of people. Iran has incessantly vowed to obliterate Israel and for over 35 years proclaimed, 'Death to America' as a primary purpose.

The pursuit of good is not a guaranteed shield from tragedy, but virtue illuminates the path so obstacles may be seen. The pursuit of evil spreads darkness and obscures truth, causing confusion that too often paralyzes men with doubt.

The patterns are obvious and persistent. The Iranians have been unwavering in their evil designs, so why would anyone ever trust them? Iran will certainly attack Israel as soon as they have capability and opportunity. Everyone admits the hopelessly flawed Iran deal allows Tehran to continue their nefarious activities and to ultimately obtain nuclear weapons.

Absolutely one-sided, Obama's Iran deal is a sham. Ayatollah Khamenei conceded nothing. The only reason the Iranians negotiated was to get the sanctions lifted and unfreeze international assets. They got it all and more. The Iran Deal is not even surrender; it's blatant aid and comfort to the enemy!

The ignominious Nobel Peace Prize winner is handing Iran the tools to wage war... and they will. Democrats rallied around their president

See **GOOD/EVIL...** on Page 22

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



PETE RIEHM
Common Sense Radio

Courier Journal

THIS WEEK

in the

Shoals
September 23, 2015

Happening

THIS WEEK

Showcase for Public at HOF

TUSCUMBIA— A Songwriter Showcase featuring popular local singer/songwriters, Mark Narmore, Mitch Mann, and Mickey Buckins is planned at the Alabama Music Hall of Fame on Monday, September 28 at 7:30pm.



Buckins



Mann



Narmore

The Songwriter Showcase is produced by Crazy Chester Records and will be open to the public. Tickets are \$10 in advance at the Visitor Center in McFarland Park where you may pay by credit card or cash. On the day of the show ticket purchase is cash only. The Showcase is part of a joint media tour organized by Florence-Lauderdale Tourism, Tupelo Convention & Visitors Bureau and the Williamson

See **SHOWCASE** ... on Page 32



Courtesy photo

RSAS Artifact Show More Than Sharp Rocks

ROGERSVILLE— Have you ever found an interesting-looking rock and thought that it was more than a natural formation? Did you think it might be an arrowhead or some type of ancient stone tool? Do you have a box of old Indian rocks that you picked up as a child or were given by a relative? Now is your chance to find out exactly what you have.

The Rebel State Archaeological Society (RSAS) of Alabama, a

member of the Central States Archaeological Society, will be presenting the 2015 RSAS Rogersville Indian Artifact Show on September 27 at the beautiful Joe Wheeler State Park Lodge from 8am-3pm.

Some of the finest Indian Artifacts collected in the states of Alabama, Tennessee, Mississippi, Georgia and Kentucky will be on display. These impressive collections represent artifacts from the

See **ROCKS...** on Page 26

THE BETHEL CUMBERLAND PRESBYTERIAN CHURCH in America located at 408 East Alabama Street in Florence will celebrate its 117th Church Anniversary on Sunday, September 27 at 2pm. Bishop Will Boyd and the St. Mark M.B. Church will be the guests. Please come and help us celebrate.

THE FIRST ANNUAL MUSCLE SHOALS LIVING CENTER CAR SHOW will be in Gattman Park next to the Recreation Center on Saturday, September 26 from 8am-2pm. It is open to all makes of cars, trucks, and motorcycles. Proceeds benefit the Senior Center of Muscle Shoals. The registration fee is \$20. A second entry is \$15. Dash plaques go to the first fifty cars or trucks entered. People's Choice. Entertainment will be provided by the Cadillacs. Food and refreshments will be sold on site. Registration is from 8am-noon and awards will be given at 1:30pm. For further information, contact Betty Williams at 256-386-9280.

THE ANNUAL PICNIC FOR MENTAL HEALTH CONSUMERS and Families sponsored by NAMI Shoals will be Saturday, September 26 from 10am-2pm at Veterans Park at Shelter 2 in Florence. This year will feature a picnic and a virtual walk. Hamburgers, hotdogs and all the goodies will be served around 11:30am. NAMI Walks is designed to raise awareness and to help change perceptions about mental illness. This program raises funds to support essential education, advocacy, and support programs to help build better lives for those affected by mental illness.

FOOTBALL

Sat., Sept. 26
6pm
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Braly Stadium
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UNA

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VOLLEYBALL

Saturday, Sept. 26 • 1pm
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Memphis, TN

787046

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

Clean Water is Costly

Editor:

Water is a necessity for all living things. We have a responsibility to act as good stewards of our water now and for future generations.

Nitrates in drinking water can be hazardous to the health of pregnant women, nursing mothers, infant children, and the elderly. Excess nitrogen can enter the water supply anytime rainfall, snow melt, or excess irrigation flows over land and the water picks up pollutants. This is due often to the overuse of chemical fertilizers on lawns and croplands and poorly managed animal waste from livestock facilities.

In March of this year the Des Moines, Iowa Water Works filed a lawsuit against Buena Vista, Sac, and Calhoun counties in Northwest Iowa. They claim drainage districts in those counties are polluting the Raccoon River, an important source of drinking water

for 500,000 residents in the city of Des Moines. In order to meet safe drinking water standards, Des Moines may be forced to spend between \$76 million and \$183.5 million to construct a new water treatment facility.

The cause of that pollution is nitrate contamination. Much of it comes from agricultural activities including the 960,000 cattle, 1.2 million hogs, and just over 1 million turkeys raised there.

When water is polluted our neighbors downstream must suffer the burden of building costly treatment infrastructure too expensive for many communities. Water connects us all. And because we all benefit from it, we must each play a

role in its protection.

John Crabtree
Center for Rural Affairs
Lyons, NE
johnc@cfra.org

The Global Bully

Editor:

Donald Trump should not be a candidate for President of the United States. He is a loose cannon who is out

See **LETTERS...** on Page 29

“ I have been voting as a conservative for various candidates from both parties since 1960. I do not recall a presidential candidate as off the wall as Donald Trump.

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new and replacement. Call for free estimates. Have references. Greg 256-335-7663 10-21

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PLAY THE GAME DAY Score Card Contest every week during the football season. Win a \$50 Gift Card from Legends Steakhouse for the best card and \$50 cash plus a 2nd \$50 gift card for a "perfect" winning card. Only in the Courier Journal and at CourierJournal.net.

REGISTERED MT. CUR PUPPIES for sale. 8-weeks-old, 1st shots, dewormed, \$150 each; Holstein heifer calves, 6-8 months old, \$850 each. 931-724-6448 09-30

MOULTON FORD SON BAXTER 2000 3 cycle Diesel 35 HP, Good, Cheap Tracker. \$2,000. Long Tracker 2510, 55 HP Diesel. New front tire's. \$4,500. Used 6 foot Bush hog with shear bolt \$400. Used 5 foot Rino finish mower \$800. Call's only NO texting 256-565-8695 09-23

2003 DODGE DAKOTA SLT QUAD Cab, 8Cyl, Auto. 166K, \$3,950. www.capautosales.com 256-247-6004

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For more Info e-mail foundation@tuscumbia.k12.al.us

THERE'S NOTHING LIKE A NEW OPERATING SYSTEM to get the tinfoil hat crowd in a tizzy. The latest conspiracy-to-spy-on-everything-we-do was delivered from Microsoft in the form of Windows 10.

It is true that Windows 10

collects data on you far more than any previous operating system. According to Microsoft's scary license agreement (that you must accept prior to installing



Fisher

Windows 10): "Microsoft collects and uses various types of data, such as your location, data from your calendar, the apps you use, data from your emails and text messages, who you call, your contacts and how often you interact with them on your device. We will also collect

DON'T WORRY, BE HAPPY

by "The Computer Skeptic"

data about how you use your device and other Microsoft services, such as your music, alarm settings, what you view and purchase, your browser and search history, and more." So, Microsoft is telling you that they will spy on your every move and use that data for their own ends, whatever that may be.

Another part of the EULA says that Microsoft's Edge browser will "automatically sync your settings and data with Microsoft servers. This includes web browser history, favorites, and websites you have open in addition to saved app, website,

mobile hotspot, and Wi-Fi network names and passwords". WHAT? Why in the world would Microsoft need to know that? Crazy, huh?

Another scary part reads, "The ads we select may be based on your current location, search query, or the content you are viewing. Other ads are targeted based on your likely interests or other information that we learn about you over time".

It all certainly sounds pretty darn intrusive but the fact is this: Google, Apple, all internet service providers and all cell phone companies have been

collecting the same type of data on us for years. Microsoft is late to the game. Just like Google and Apple, Microsoft must collect this data so they can provide you with cool features. For example, Microsoft's search robot named Cortana (and Google Now and Apple's Siri) all need to search through your emails and calendar to provide you with reminders of upcoming events such as football games and travel plans. They need to record your voice pattern so they can understand your speech. They need access to your contacts so that when you say, "Call my wife" it will make the connection. They want to deliver advertisements that are relevant to your tastes. They want you to be able to synchronize your bookmarks between your home and office computers. They can't deliver any of those cool services

if they do not have access to your "private" stuff.

Microsoft knew that bad press was coming over the privacy concerns. As a result, they have all sorts of settings that you can dig into that give you lots of control over what you share. But every time you disable something, you lose a bit of functionality. My advice: Don't worry. Be happy. This is a new world where privacy no longer exists. Deal with it.

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

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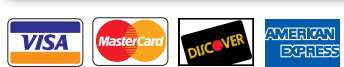
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Guest Op-Ed

Good/Evil...

Continued from Page 14

engrossed in hyper-partisan power lust. They somehow believe the nonsensical propaganda substituting for sound foreign policy will survive direct collision with the brutal reality of a huge regional or global war.

Democrats are betting their political futures that the most fanatical Islamic America-hating evil regime will actually keep their word! How are the Iranians more trustworthy than the North Koreans? Mark Levin very accurately stated "...the Democrats have blood on their hands."

The planet is writhing in oppression, violence, and death as displaced millions try to escape the carnage. Radical groups and vicious regimes feed on the chaos and jockey for more power and better position to advance their cruel conquests. Western powers impotently look on with Pollyanna-musings how open dialogue with evil men could possibly avoid war. Khamenei is whipping the winds of war and Obama is bringing fuel to the fire.

Obama is set to sacrifice Israel and empower Iran. The only hope rests with a weak wobbly Congress, supposedly a co-equal branch of government.

Republicans have let the erosion of congressional powers continue unabated. Their meaningless gestures are pathetic as they shrink from every presidential abuse and challenge. They refuse to exercise the power of the purse and cower in the shadows at the mention of bad press.

The GOP could stop this irrational deal, but they won't because they are afraid. Lost in the darkness and filled with doubt, congressional Republicans do not really believe in America anymore or they would fight for it.

When man is not firm in his convictions, he is easily deceived. When man has no convictions, he is almost lost to stupidity or sinister self-interest. Republicans fret over their political fortunes, preferring

to continue stumbling in the dark until someone else risks reaching for the light.

The global uncertainty is eerily reminiscent of the 1930s when leadership failed and the world watched war steadily approach until it was too late. We are again watching war approach. Until we are confident of our own righteous purpose, we will be unable to resist evil's constant march. God have mercy on America!

"But my righteous one will live by faith. And I take no pleasure in the one who shrinks back." Hebrews 10:38

Pete Riehm is the host of Common Sense Radio heard at 8pm every Thursday on FMTalk106.5 in Mobile AL or streaming at fntalk1065.com. peteriehm@bellsouth.net.

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Knight's Corner
by Jerry Knight

Figure These Out

After participating in playing sports, coaching youth league teams and broadcasting football and basketball games from coast to coast, I've always been amused at all the "cliches" and sayings that have become a part of sports lore. Some are funny. Some are strange, real strange and some I just don't know where they came from.

Let's throw some of them out and see if you remember them. Football contains some of the oldest and strangest of them all. Why do quarterbacks "bark out the signals"? The team is now in the "red zone." I've never seen a portion of the field painted red, have you? How about the wide receiver "splits wide to the right or left." Bet he has some sore legs come the next morning.

When teams continually turn the ball over, it's said "they're shooting themselves in the foot." When a receiver continually drops passes, it's said "he couldn't catch a cold." In describing a calm, confident quarterback, "he's cool as a cucumber." Can a player be "fast as lightning?" Impossible! I really love this one. "Here comes the "red dog blitz."

The game of baseball certainly has its share. A pitcher can't "hit the broad side of a barn." Obviously, he's not trying to hit the broad side of a barn. A lazy fly ball hit to the outfield is known as "a can of corn." What in the world does a can of corn have to do with a batted fly ball? Here's some more: "stick a fork in him, he's done."

In basketball, when a player shoots a three-pointer, he "launched it from downtown." Come on, really! Let's go to golf. When a player hits a shot heading for other golfers, he yells "fore." Why not five or six? When a golfer hits his tee shot, he doesn't really "drive it"—he hits it!

I'm certainly not undermining those who have used these terms. I've used them numerous times in my career. I just wonder where they came from. I guess the most famous quotes of all are the best. Yogi Berra's famous "it ain't over till it's over." And Dandy Don Meredith's "turn out the lights, the party's over." Hope you've enjoyed these.

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

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Simple Ways to Trim Auto Insurance Costs



Drivers looking to save money on their auto insurance policies should let their agents know if their driving habits change.

The cost of owning an automobile extends beyond maintenance and fueling costs. One of the biggest expenses motorists must plan for is auto insurance, the cost of which can vary greatly depending on geography and driver history.

But no matter where drivers live or what their histories are, there are some simple ways for drivers to save money on their monthly insurance premiums.

- **Reassess your driving habits.** Auto insurance companies consider how many miles drivers drive per year when determining the cost of an insurance policy. Many drivers provide this information when opening a policy, but then never update it when renewing or extending their policies. If you drive less now than you did when you opened your policy, notify your insurance company and you might end up paying less each month, especially if your daily commute is considerably shorter than it used to be.

- **Check your credit rating.** Another way to save money on your auto insurance is to check your credit rating and, if necessary, take steps to improve your credit score. Credit rating is another variable insurance companies use to determine drivers' premiums, and a good credit rating can save drivers a substantial amount of money on their policies. If your credit rating has improved since you opened your policy, contact your insurance company and you might see the cost of your insurance reduced dramatically. It's also good to periodically view your credit report to determine if there are any errors that are negatively affecting your rating. Such errors

may be inflating your auto insurance premiums.

- **Hit the books.** No matter how many years you have behind the wheel, your auto insurance company may offer you discounts if you periodically take defensive driving courses. Such classes are inexpensive, but they may save you as much as 10 percent on the cost of your auto insurance policy. Young, inexperienced drivers and seniors tend to benefit from defensive driving courses more than other drivers.

- **Change your policy.** Drivers also can save money by making changes to their policies. Raising your deductible is perhaps the easiest way to save money without affecting your coverage, and such a decision can save you as much as 15 percent depending on how high a deductible you're willing to pay. Drivers whose cars are older and completely paid off might want to drop their collision insurance, which pays you if your car is damaged or destroyed in an accident. Such insurance won't yield much in return if your car is not worth much money, and dropping it from your policy can save you between 10 and 15 percent.

Auto insurance is a necessity for drivers of all ages, but there are several ways to cut the costs of insurance premiums without affecting coverage.



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Dr. James Maples, Dr. Jimmy Gardiner, Dr. Bobby Moore, Dr. Glenn Rudolph, Dr. Patrick Wilson

Dr. Moore began in his private practice in 1978 after graduating from UAB Dental School. His undergraduate experience includes a degree from Auburn University and Sheffield High School. Dr. Moore also received advanced dental training from the Pankey Institute as well as an Academy of General Dentistry Mastership. He comes to Singing River Dentistry after being in private practice for over 37 years, most recently in Muscle Shoals.

Dr. Moore is a member of many dental organizations including: American Dental Association; Alabama Dental Association; 8th District Dental Society; National Academy of General Dentistry; Alabama Academy of General Dentistry where he serves on the Board of Directors and also served as President in 2012.

Dr. Moore and his wife Patricia live in Muscle Shoals and have four grown children and four grandchildren.

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Continued from Page 14

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In Matthew 11:28, Jesus says, "Come to Me, all of you who are weary and burdened, and I will give you rest." If you choose to begin a personal relationship with God through His Son Jesus, you can find a peace that surpasses all understanding (see Philippians 4:7) as you seek His perfect will for Your life.

The Bible says, "All have sinned and fall short of the glory of God" (Romans 3:23). Because of sin, we're separated from God and spiritually dead. Because God love us, He provided a way for us to have a personal relationship with Him. John 3:16 says, "God loved the world in this way: He gave His One and Only Son, so that everyone who believes in Him will

not perish but have eternal life." God sent His Son Jesus, who lived a perfect life, to die on the cross as payment for our sin.

To begin a personal relationship with God, agree with Him about your sin and your need for forgiveness. If you're ready to make this choice, as an affirmation of your belief, you might wish to pray a prayer like this one: *Dear God, I understand that I'm a sinner, but I believe Jesus died for my sins, and I now accept His gift of eternal life. Thank You for forgiving my sins. Thank You for my new life. From this day on, I choose to follow You and Your will for my life.*

If you choose to begin a personal relationship with God through His Son, Jesus, please share this with the person of church that gave you this. To learn more, visit sbc.net/knowjesus.

courtesy of I Stop Rentals, Sheffield, AL

788172



FERRET FUN

Mischievous and curious, ferrets are a hoot to live with, but they have some special needs. Here's what to expect if you're planning to acquire one of the slinky critters

By Kim Campbell Thornton
Universal Uclick

In love with the furry tube of fun that is the ferret? These members of the mustelid family (hint: that means they're stinkers) are inquisitive and energetic — think toddler-on-chocolate energetic. Their busy nature makes them entertaining companions, but it also means they get in to everything. As you can imagine, ferrets have some special needs, some that you might not be aware of. Here are 11 tips on living with them.

- ❖ Ferrets are carnivores with higher protein and fat requirements than cats. Feed them a high-protein diet made for ferrets, and avoid sugary treats such as raisins and carrots. In a pinch, you can feed canned kitten food, but it's not appropriate as a full-time diet. Because ferrets can be prone to insulinomas (pancreatic tumors), it's best to avoid high-carbohydrate dry foods, recommends Scott Weldy, DVM, of Serrano Animal and Bird Hospital in Lake Forest, California. Choose a food that's at least 32 percent animal protein and 20 percent fat with minimal amounts of plant-based ingredients.

- ❖ Ferrets are hunters. They can be great friends with cats and dogs, but pocket pets and birds aren't safe around them. On the plus side, you won't have a problem with mice, rats or other vermin in your home.

- ❖ Ferrets have sharp, pointy teeth, and they can be nippy in play. Supervise their interactions with young children, and protect valued items. Grandma's piano can

make a fine ferret chew toy if you don't keep Ferdinand away from it and give him acceptable items to play with.

- ❖ Ferrets steal stuff. "They are worse than any 2-year-old," says Kristi Krause, DVM, who also practices at Serrano Animal and Bird Hospital. "They will take off with your car keys. Your wallet is gone. Your slippers are gone."

- ❖ Ferret-proofing a home is a difficult art. Ferrets fit through tiny spaces. Never assume they can't get to something or get in or out of a certain area. If they can squeeze their head through an opening, the body will follow. And of course they can use their paws to manipulate objects. Don't be surprised to find your ferret inside the dishwasher or in the back of your kitchen cabinets.

- ❖ Ferrets need large living quarters for when you're not home to keep them out of trouble. Choose a cage that's at least two feet wide and four feet high with two or more levels. Flooring or bedding can range from carpet or wood to pine shavings or artificial grass, but get rid of anything your ferret chews up.

- ❖ Ferrets are nocturnal, but they will adapt to your schedule. When they're not playing hard, they're sleeping hard, up to 16 hours a day.

- ❖ Ferrets enjoy playing on large exercise wheels and running through tunnels. An easy, inexpensive option for a tunnel is a flexible clothes dryer vent, Dr. Weldy says. Ferrets will play in them all day, especially if you toss treats inside for them to find.

- ❖ Ferrets smell. With their noses, of course, but they also have an odor, unique to each animal, produced by their musk glands. Some

Distributed by Universal Uclick. (800) 255-6734.



Missing parrot returns with new language

- **African grey parrot** Nigel was a California bird, but he spoke in the same British accent as his owner, Darren Chick. The bird escaped from his home in 2010, but was found last October and returned to Chick, thanks to his microchip. Chick recognized Nigel immediately, but was surprised by his new vocabulary. Nigel was speaking fluent Spanish, and his British accent was gone. Turns out he'd been found by a Spanish-speaking family, who came forward after seeing news stories about "their" lost bird's return to his original owner. Happy ending: Chick decided to give Nigel to them after hearing how heartbroken they were at his disappearance.

- **Dogs with confirmed mammary cancer** and osteosarcoma, as well as some other cancers, may be eligible to enroll in a study of a cancer vaccine at Veterinary Cancer Center in Norwalk, Connecticut. The study is run by Gerald Post, DVM, of VCC, and Mark Mamula, professor of medicine at Yale School of Medicine. They hope the vaccine can be an effective treatment for dogs — and eventually humans. Use of the vaccine does not interfere with other forms of treatment, such as surgery or chemotherapy. More information is available from clinical trial coordinator Gillian Rothschild, Gillian@VCCHope.com.

- **Watching fish is calming** and distracting, boosts your mood and lowers blood pressure and heart rate, research shows. Scientists at Great Britain's National Marine Aquarium, Plymouth University and the University of Exeter measured the heart rate and blood pressure and assessed the mood of volunteers as they watched tanks with gradually increasing numbers of fish. The more fish, the better, they found. "This study has, for the first time, provided robust evidence that 'doses' of exposure to underwater settings could actually have a positive impact on people's well-being," says Deborah Cracknell of the National Marine Aquarium.

— Dr. Marty Becker and Kim



Ferrets can learn to use a litter box and walk on leash.

people like the scent; some don't. Be sure you can live with it before getting a ferret.

- ❖ Ferrets need distemper and rabies vaccinations as well as flea and heartworm preventives.

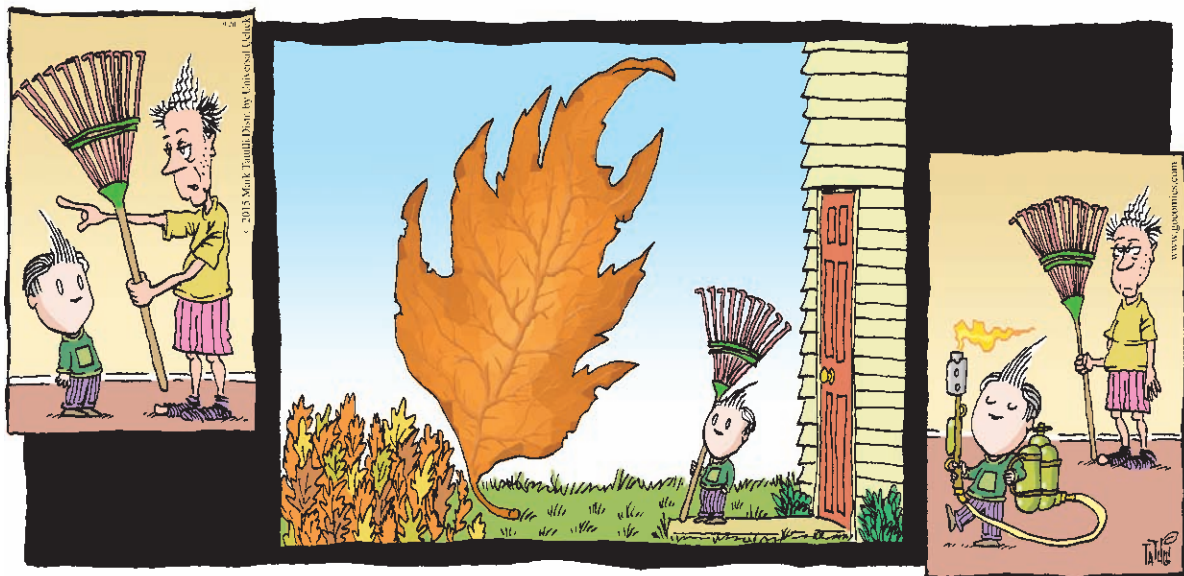
- ❖ Ferrets must be spayed or neutered or have birth control implants. Spaying protects a female ferret's health by limiting the secretion of estrogen, which at high levels can cause fatal anemia. Altered ferrets stink less, and neutered males have less aggressive behavior.

Ferrets can bring their people many hours of joy, but they're not for everyone.

"I think you have to be a special person to be tolerant of their behaviors," Dr. Weldy says. "They're unique animals."

LiO

BY MARK TATULLI



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Celestial Thoughts

I wonder if the reason I was granted a random day off this week was to be able to share my "God moment" with you. I have referred to times in my life that only God could have planned as "God moments." The morning was cool and crisp like autumn so I decided to go to a local park to run. People of all ages were out enjoying the beautiful weather. My heart reminded me of all those who don't have their health, and I instantly thanked God for mine. I thanked Him for my eyes that I could see the gorgeous morning, for my ears that I could hear the music from my headphones, for my legs that could run, and for the blessing of the gift of life that day. I spent the rest of the day serving my family by doing things most of us dread like laundry, errands, cleaning, and preparing food. However, since I continued to walk with God all day, talked to Him, and contemplated what I was grateful for, it didn't seem a waste. I hope you will stop for a moment to reflect on your blessings and watch it change your attitude today.

"Be joyful always; pray continually; give thanks in all circumstances, for this is God's will for you in Jesus Christ." 1 Thessalonians 5:16-18
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Letters...

The Global Bully...

Continued from Page 14

of control, and I am not referring to the immigration issue which has to be addressed by more logical minds.

Trump is the personification of a global bully who would try to force our potential adversaries into submission. He could end up initiating major conflicts in the world. My concern is he will blunder into a nuclear war with Russia or China.

I have been voting as a conservative for various candidates from both parties since 1960. I do not recall a presidential candidate as off the wall as Donald Trump.

Mr. Trump is not presidential material, and he could be a threat to the security of this country and the world. We need to trump all of his cards and return him to his casinos.

Donald A. Moskowitz
Londonderry, NH

His Law Always Trumps Ours

Dear Editor:

Recently, District Court Judge, David Bunning, ordered Kim Davis, a Rowan Co., KY Court Clerk,

to be imprisoned because she denied issuance of same-sex marriage licenses.

Kim Davis did the right thing. There is a Bible example in Acts 1-3 of a strikingly similar situation.

When the Apostle Peter was forbidden to speak or to teach in the name of Jesus of Nazareth, he correctly invoked the Supreme Authority, remarking: "We ought to obey God rather than men." God's angel delivered Peter from a closely-guarded jail cell.

When asked by whose authority she refused the issue gay marriage licenses, Kim Davis replied that it was by the authority of God. She did the right thing.

Call to mind how God delivered Daniel from imprisonment in a lions' den. Being denied freedom to exercise his God-given right of prayer by a civil authority, the Judge of all the earth intervened in Daniel's behalf.

God's authority ALWAYS trumps man's authority. Always. No Exceptions.

Kim, there are MANY God-fearing people left in this country who are praying for you. Those who are persecuted for righteousness' sake will possess the kingdom of heaven. Take courage. I do not know what God will do in the coming days, and He is not limited by our time frame, but the Judge of all the earth will do right, and he will deal with Judge Bunning at some point.

Mr. Bunning, I also pray that you will repent and ask God's forgiveness for the evil you have done to Kim Davis. You should have respected the infinitely greater authority of the Almighty God.

Don't forget the psalmist's warning, "The wicked shall be turned into hell, and all the nations that forget God."

Kevin Patrick Dillon
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by Hal Kaufman

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Luckily, the storm is over quickly, but alas, it leaves the lug nuts from your wheel buried forever. Without reattaching the wheel, of course, you are not able to continue on your way. What to do? Alakazam, you think of a temporary measure to get you rolling. What's that? Time limit: 1 minute.

SOAP HAPPY! How many make-believe soap-star faces appear on this TV screen — 20, 25, more? Take a guess, then count.

SWAN LUCK! It's snack time for a friendly swan. Simply apply these colors by number: 1—Red, 2—Lt. blue, 3—Yellow, 4—Lt. brown, 5—Flesh tones, 6—Lt. green, 7—Dk. brown, 8—Dk. blue.

WATCH OUT? A birdwatcher on a quiet day decided to liven things up with some simple mathematics. Each robin he sighted scored two points. Each wren he sighted was scored at five. At day's end, he had sighted 35 birds, four times as many robins as wrens, totalling 91 points. Question: What number of robins did he see, and what number of wrens? Can you answer?

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Try to score at least 50 points.

WELL SAID! "Let us not throw the — after the bucket," said Cervantes, and one can't help but string along with his words. What four-letter word is missing? Answer quickly.

Answers On Page 34

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Cat & Kids

by Cathy Turner

Bring the Light

You have heard of our gatherings before and you have had your own. But they never get old. Happiness. Everything is enhanced when our family get together.

Recently, we were in the big downstairs kitchen of my brother's house, and my cup was running over, "...all over my shirt", as the little boy said on Facebook. I had to sit back and soak it in. At that moment, my brother and his wife were doing their thing - cooking - not just cooking, but caring, hosting, feeding the masses, even the friend that my son invited without telling anybody. My brother stirs. She chops. They blend. There are a multiplicity of colors on every plate all weekend long. And they don't use their dishwasher - ever. The wash, rinse, dry assembly line has incorporated everyone over the years - clean fellowship.

In this mental snapshot moment, the aunties are around the kitchen table making life plans for our nephew. It's getting loud because they and our son-in-law are trying to explain to him what true love feels like. They are telling him to be patient. He will leave this conversation with a new perspective to consider.

At this moment, I can see the uncles and my husband in the adjacent den watching football - doing their running commentaries, yelling at the TV, and sharing stats with each other. I am so glad that they have each other, because when my siblings and I get together we tend to resort back to that "us" syndrome. We focus a lot on each other, but after 30+ years our spouses have come to expect this. It has made our mates be really good friends.

In the same glance with the uncles, I see our youngest son lying under the ping pong table with his girlfriend talking with his friend who is sitting cross-legged on the floor against the wall. Our son is happier than he has ever

been. No drama there, just young love, full of respect, adoration, and communication.

When my glance comes back into the kitchen, I see our daughter talking to her brother with her arm around the shoulders of his girlfriend, who she just met for the first time this weekend. Welcoming. The girlfriend loves the Lord and our son loves her, so, of course she would be well received. It's an easy visit.

Then as I come back to myself, there is Ruby, our grandbaby, straddling my leg, riding horsey on my knee and squealing out loud. She is six months now. She is well and beautiful. Innocent and filling us with hope. Blessed.

During this captured moment my thought is that when our family is together it's all light - there is no darkness. In our times together I get my cup filled. It's like a little taste of heaven. Sweet, safe and beautiful. I am not saying that we don't have our struggles, but they are not with each other. You see, we will talk till the morning comes to get things straight. Honesty. We admonish each other. Encouragement. Whoever really needs, gets help. Concern. If you are winning, we are there clapping. Family.

Life is so short. Don't spend it bickering. Do your part. If you're not speaking to your sister or if you are yelling at your mother, you are wasting time. You are spending your life's time in the negative. Be kind to the people in your house. Send the darkness running. Push self aside. Talk. Love. Care. Joy will come. Sit back and look at your life. Do you like what you see? If not - stand still - stop the chase. Walk away. Apologize. Do what you need to do to bring the light. Only you can stop your strife. Live well. Laugh loudly. Have so much fun that it runs all over your shirt!

Email comments or suggestions to CatnKids1@gmail.com

Notes...

Continued from page 4

Books Are Fun Book Sale Thursday, September 24 from 7am-5pm and Friday, September 25 from 7am-4pm. Also many gifts are available. Visit us in the Front Lobby at Shoals Hospital and let's have an exciting day.

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 the Reading Aides Office, 501 N. Seminary St. Please call Jim at 256-766-5709 for more info.

Yoga: Sponsored by Florence Parks and Recreation Dept. meets Tuesday and Thursday, 8:30-9:30am at the Broadway Recreation Center. Cost is \$20 month. Instructor: Linda Clanton. For information call 256-760-6418.

Twirling Class: Florence Parks and Recreation Department is taking registration for twirling classes for ages 18 and under. The classes meet on Wednesday after school at Broadway Recreation Center, with instructor Mary Anne Spears. All skill levels are welcome. \$40 month. For additional information call 256-366-1918, email takethestage@comcast.net, or www.facebook.com/takethestagetwirling

27. Services: Bible Study, 9:30am; Worship, 10:30am; Covered Dish Luncheon, 12pm, bring your favorite dish; Worship, 1:30pm, no evening service. Speaker: W. T. Allison, Song Leader: Justin Taylor. Bring your family and friends.

More info: 256-483-3267. Find us on Facebook at Annapolis Avenue Church of Christ.

Clothing Giveaway Saturday September 26 8am-12pm at First Baptist Church of Cloverdale (next door to the old Cloverdale School) 12165 Hwy 157 Florence.

See NOTES... page 34

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354 ± Acres - 3 Tracts

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SALE SITE: Waterloo Community Center

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Real Estate: This property consists of 354± ac fronting both sides of CR 79 between Brush Creek Rd (CR 8) and Lester Hollow Rd (CR 126). The property has over a 1/4 mile of road frontage and has an abundance of wildlife. Tract 1 and Tract 2 were clear cut 3± years ago and Tract 3 was clear cut 10± years ago and allowed to regenerate naturally.

Tract 1 - 167± ac fronting CR 79. Tract is subject to a non-exclusive hunting lease that expires Feb. 15, 2017.

Tract 2 - 107± ac fronting CR 79. Tract is subject to an existing road through the property.

Tract 3 - 80± ac with no known public road frontage or access.

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TERMS: 20% down payment on day of sale. Balance due upon delivery of deed within 30 days from day of sale. Possession upon delivery of deed. Seller will furnish owners title insurance. Seller reserves the right to accept or reject any and all bids. No boundary survey has been performed on any of the property.
All information contained in this ad is believed to be correct but is not guaranteed. Announcements made by the Auction Company the day of sale supersedes any printed material.

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Real Estate

OPEN HOUSE SUNDAY, September 27th from 2pm-4pm at 110 Woodfern Drive, Killen, close to Brooks High School, \$225,900, Century 21 Clements, 256-436-0544.

FOR RENT 4BR, 2BA, SPLIT level house, central heat/air, Florence \$495 a month plus security deposit. Call 256-627-7493. 09-30

FOR RENT 3BR, 1.5BA IN Lexington. Call 256-443-5284 or 256-757-4247. 09-23

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CENTER STAR 2BR, 1BA, waterfront, \$1,000 month plus last month and deposit, central HVAC. 256-762-9499

PRICED BELOW APPRAISAL 4BR, 3BA, 2,617 sq. ft., above-ground pool, 2-car attached and 2-car detached garage, Killen area. Call Monty Allen at Patriot Realty. 256-366-5976 09-23

FLORENCE, 3BR, 2BA, Home near UNA. No pets, \$695 per month, \$695 deposit. www.rentshoals.com 256-766-6992 K&H Inc. 09-30

4BR, 2.5BA. BRICK HOUSE. Large fenced backyard, new tile, carpet, fireplace \$1,200 per month plus deposit. Convenient neighborhood, Florence. 256-767-2562 09-30

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RENT TO OWN, 106 DARBY Ave., Florence, 2BR, 1BA, \$1,500 down, \$450 month, 256-349-0000 K&H Inc. 10-07

FOR RENT 2BR, 1BA. HOUSE off Rose Trail. Past Cherokee. Section 8 approved. \$425 mo, \$300 dep. 256-446-9982 10-07

FOR RENT MOBILE HOME 3BR, 2BA, Brooks school district, \$450 and \$500 month. Butch Collins properties 256-710-2443 10-07

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28X56 2013 SOUTHERN Homes Double Wide. Cherokee. \$62k. Energy Star appliances. Will reduce to move. 256-394-9770. 10-14

HOME FOR RENT, FLORENCE, 139 Woodland Road, 1BR, 1BA, \$325 per month, \$325 deposit, No Pets. K&H, Inc. 256-349-0000 10-14

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SECLUDED. 4.19 ACRES. Park model. 1BR, 1BA. Cloverdale. Fenced. 3 out buildings. \$65,000 256-577-0294 10-28

FOR RENT COMMERCIAL space. Second St., Muscle Shoals. Approximately 900 Sq. Ft. \$500 per month, \$500 deposit. Call 256-349-0000 K&H Inc. 10-14

FOR RENT - 2 BEDROOM Apartment, North Florence. Appliances, Washer/Dryer connections. \$425 plus deposit. 256-764-3986 09-30

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HOUSE FOR RENT, 3BR, 2BA, house, \$600 per month. No pets. Deposit required. 256-275-3544 09-23

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HOUSE FOR RENT Florence; 3BR, 1BA; \$525 month, \$600 security deposit. 256-627-7386 09-23

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RENT TO OWN, 500 Frankfort Ave., Sheffield, 3BR, 1BA, \$2,500 down \$595 per month. 256-349-0000, K&H Inc. 10-14

HOUSE FOR SALE 1023 Military Rd. Florence; new paint, carpet, and vinyl. \$42,000. 256-275-2960 09-23

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HOME FOR RENT, FLORENCE, 139 Woodland Rd, 1BR, 1BA, \$325 per month, \$325 deposit, No Pets. K&H, Inc. 256-349-0000 10-14

FOR RENT IN ELGIN, 7 Room Manufactured Home. Double Wide, refrigerator with water and ice, dishwasher, stove, washer/dryer, 3BR, 2BA, \$350 month, \$350 deposit, would accept work for rent. On good shady lot. Call for more information 256-710-7060

RIVER BIRCH MOBILE HOME 2005 for sale; 80x16; 3BR. 2BA; \$23,000. 256-381-7794 09-23

HOME FOR RENT, 66 HALE Lane, Petersburg. 3BR, 1.5BA, Hardwood, \$750 Rent, \$750 Deposit. No smoking, no pets. 256-412-4540 09-30

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1 BEDROOM APARTMENT, Downtown Florence, \$350 rent. 256-766-8593 or 256-443-2439 09-23

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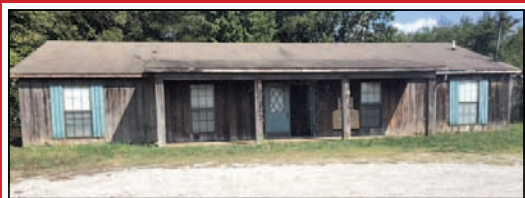
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Showcase

Continued from Page 14

County/Franklin, TN Convention & Visitors Bureau. The three tourism organizations are bringing in five journalists from the U.S. and Germany who will tour part of the newly-formed Americana Music Triangle from September 25-October 1.

Mickey Buckins

As an artist Buckins fronted the New Breed, playing venues throughout the Southeast during the mid-1960s. In 1967 he joined FAME Studios where he worked as an engineer, producer and songwriter. He was also a member of

FAME's rhythm section, the FAME Gang. He has written five BMI award winning songs including Janie Fricke's "Tell Me a Lie" which climbed to the top of the charts and earned a BMI Millionaire award. His "Double Lovin'" was a Top 10 Pop hit for the Osmonds. "The Feeling Is Right" was a Top 10 R&B hit for Clarence Carter. As a percussionist Buckins has played on many sessions including Bob Dylan's platinum album, "Slow Train Coming."

Mark Narmore

Narmore co-wrote, "That's What I Love About Sunday," for Craig Morgan which was named as the most-performed song of 2005 by *Billboard* Magazine. He also wrote hit songs for Josh Turner, Toby Keith, John Michael Montgomery, and Heartland. The Alabama Country Gospel Music Association named him Songwriter of the Year in 2006. In 2009 he was honored with a bronze star on the Alabama Music Hall of Fame. Mark's music is a mixture of country, gospel, and Southern soul. His album, "Chocolate Gravy," features the playing of legendary Muscle Shoals session players Spooner Oldham (Narmore's cousin), David Hood and Kelvin Holley.

Mitch Mann

Born in Birmingham and raised in Lynn, Alabama, Mann moved to Muscle Shoals in 1993 and added his succulent guitar and smoky vocals to groups such as Fiddleworms, Yellowhammer, and Donnie Fritts and the Mojo Mixers. In 2006 Mann's song, "Good Things," (co-written with Grateful Dead and Rock and Roll Hall of Fame member Donna Jean Godchaux) was included in the film, "When I Find the Ocean." His new album, "Blackwater Creek," was released in 2015 and features guest appearances from Jimmy Hall (Wet Willie, Jeff Beck's band), Scott Boyer (Cowboy) and Godchaux.

For more information, contact Florence-Lauderdale Tourism at 256-740-4141.

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 Auction Held on Site: 1801 Chisholm Road, Florence, AL 35630

Auctioneer's Note: Mrs. Stults had very fine furniture, a rare clock collection, antique collectibles, and many other nice things. You'll want to be sure to attend this auction!





General list of personal property: Marble-Top Wash Stand, Mahogany Victorian Marble-Top Tables made in Montgomery, AL, Queen Anne Lowboy, Drexel 4pc Bedroom Suite, Cherry Secretary, Walnut Book Case with Glass Doors, Gone With The Wind Style Lamps and Others, Framed Prints, Depression Glass, Crystal, Good Appliances, 2 Vehicles and much more! This auction also includes items from two other estates consisting of tools, more furniture and household items. **Vehicles:** 2006 Hyundai Sonata V6/ 56,570 miles and 1997 Buick Park Avenue/ 44,000 miles. **Rare Clock Collection:** Garniture Clocks, Elgin Grandfather Clock, Morbier Pendulum Clock & others.

DIRECTIONS: From the 7-Points Intersection of North Florence, go north on Chisholm. Property is located on the corner of Chisholm and Beech Street.

TERMS: Cash or approved check with proper I.D. All sales AS-IS and final. Couch Auction & Realty is agent of the Seller. The Seller reserves the right to refuse any and all bids. All information in this ad is from sources believed to be correct but is not guaranteed. All Announcements made day of sale take precedence over any printed material. NO BUYERS PREMIUM.

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2008 HONDA MOTORCYCLE Rebel, low miles, \$2,450. 256-710-8120 09-23

WASHER AND DRYER ROPER. Like new, white. Set \$325. 256-740-9163, 256-810-6663 09-23

CHAIN LINK FENCING. 4"x125". Used, top rail, posts, gate and accessories. Cost \$750 selling for \$300. 256-627-9073. 09-23

CONNOR METAL AND WOOD plant stand (Baker Rack) \$25 OBO. 256-476-3000 09-23

FOR SALE - 19 CU. Ft. Refrigerator with ice maker, \$125 firm. 256-757-9067 09-23

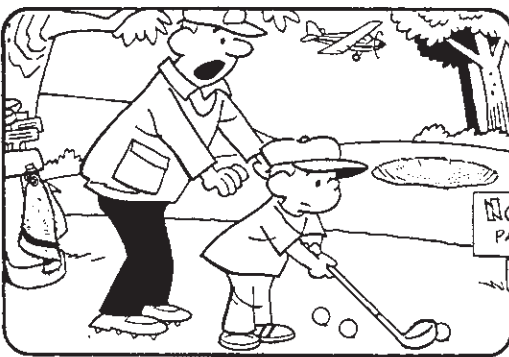
2004 CHEVY SILVERADO, Z71, 4x4 with extended cab, 136K miles, Asking price is \$9,000. One Owner. 256-325-5470 12-16

4X6 ALL METAL TILT TRAILER Needs tires, \$100. 256-221-3406 09-23

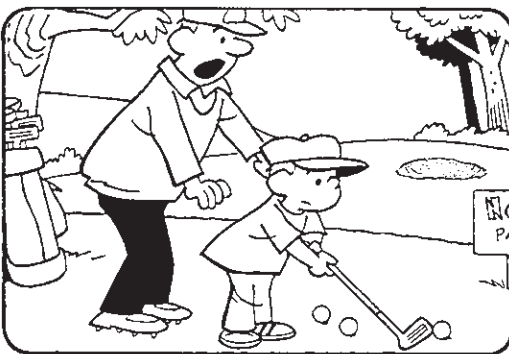
PUBLIC AUCTION - CONTENTS of mini storage unit J10 rented by Al Gayden, 405 N Atlanta Ave., Sheffield, include but not limited to: mattress, box spring, headboard, rug, clothing & miscellaneous items. Public Auction to be held October 9, 2015, 10AM at storage facility located at 3312 N Jackson Hwy, Sheffield, AL. Unit contents to auction as one bid. 09-23

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1992 GEO METRO CONVERTIBLE Auto, 3 cylinder, 97K mi., \$2,000 firm. 256-248-5025 09-23

POWDER COATING SERVICES Shoals Area. 256-760-0006 or Steve@TriStateMetals.com for more information. 09-30

2011 FORD RANGER XLT Extended Cab, Ruby red, one owner, \$11,900. 256-627-4995 or 256-335-1987. 09-30

HAVE YOU SEEN KIDSVILLE News! Yet? It's the Shoals' fun, family newspaper for parents, teachers and kids K-6th grade and IT'S FREE! Kidsville News! is delivered in the classrooms. Copies may also be obtained at any local library, several area merchants that cater to kids and the Courier Journal business office, 219 W. Tennessee St., Florence. TFN

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Doctor's Weekly Quiz - Topic: Allergy

1. A true one (anaphylaxis) may be fatal. True or False
2. Before the Twentieth Century, this drug (derived from a mold), was not known to cause this adverse reaction. A) Hydrocodone B) Diphenhydramine C) Penicillin (PCN) D) Gall
3. A true one to iodine is rare. These tasty creatures contain iodine which may "set one off". A) Shrimp B) Lobster C) Clam D) A, B & C
4. Dr. Silkworth postulated (1930s) that alcoholics are allergic to alcohol that is of course found in beer, wine, liquor, cough syrup or etc. Would this be considered a true allergy? True or False
5. If injected, this substance may reverse one by attaching to certain receptor sites. A) Epinephrine B) Whiskey C) Peanut Butter D) Honey

Answers: 1: T 2: C 3: D 4: F 5: A

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Notes...

Continued from page 30

Breakfast - Saturday, September 26, 6:30-9am at the Lexington Senior Center. Bacon, sausage, bologna, eggs, grits, sausage gravy, chocolate gravy, jelly, orange juice, coffee. \$6 per plate.

Fourth Saturday Breakfast at the Zip City Community Center, on September 26 from 6:30-9am. Menu includes eggs, sausage, bacon, biscuits, gravies, grits, juice and coffee. Adults \$6, children under 10, \$3. Proceeds used for Center expenses. Everyone is invited.

Gospel Singing - Friday, September 25 from 7-9pm at Cloverdale Community Center with Heavenly Blessed, Jimmy Cox & Friends. Also open mic for gospel singing. Everyone welcome.

13th Annual Saint Florian Oktoberfest - Celebrating German Heritage, Saturday, October 3, 10am-5pm and Sunday, October 4, 11am-5pm. Featuring: Live Music: Saturday a variety of bands will perform including The Midnighters from 6-9pm. Sunday will be Gospel Music. Pickers welcome. Tractors and Cars and Motorcycles: Saturday - Classic Car Show begins at 8am. Antique farm machinery and tractor show both days. Arts and Crafts. Motorcycle Show: Sunday, 11am-3pm. German Biergarten: on the premises of the Buffer House, must be 21 to enter. Food. Lauderdale County Volunteer Firefighters Association Annual Competition, Saturday at 9am. Kid's Games, Florence Animal Adoption Unit, Pony Rides, Red Cross Bloodmobile.

Bring your lawn chairs. Call Town Hall for more info at 256-767-3690.

One Voice for One Place of the Shoals - Concert Series Kickoff, a Benefit for One Place of the Shoals presents Aaron and Amanda Crabb, Sunday, October 4 at 6pm at Faith Church, 3601 Florence Blvd, Florence. Tickets \$20, donation to One Place. To purchase tickets or for more information visit www.oneplaceoftheshoals.org or call 256-284-7600.

Trash & Treasures along the Tenn-Tom Friday & Saturday, October 2-3, Hwy. 25 North & South thru Tishomingo County, and Hwy. 72 and Alt. 172 to Burnsville, MS. A 50+ mile yard sale event in Tishomingo County, Mississippi and Monroe County, Miss., Hwy. 25. Designated set-up areas available. Contact Tishomingo County Tourism 1-800-386-4373 or info@tishomingo.org

Center Star Church-Hwy 72 E (on hill w/ 3 crosses) Food/Clothing giveaway for those in need; Saturday, October 3 from 8am-12pm.

Underwood-Petersville Community Center Breakfast -- Please join us for our First Saturday Breakfast, October 3 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 10 and under is \$3. Proceeds go toward the Center expenses.

Shoals Elks Lodge 2860 Dance begins at 7:30-11:30pm Saturday October 3, at the Elks Lodge, 408 N. Nashville Ave., Sheffield. Admission \$5. Attire: Casual. Featuring "The Showtime Band". Details: Ron or Micki, krnc47@gmail.com or 256-383-7874, proceeds used to support Elk Charities.

Soap Opera Preview

THE BOLD AND THE BEAUTIFUL Thomas and Caroline spent a tense afternoon as design partners. Zende worked up the courage to ask out Nicole. Later, the twosome came clean with Rick about the state of their relationship. Ivy came up with a plan to get her job back at Forrester Creations. Thomas hoped to win his father's approval with his new designs. Ridge attempted to evade Brooke's questions about Caroline's whereabouts. Thomas kept silent when Steffy asked him how he felt working so closely with Caroline. *Wait to See: A heartbreak leads to a rebound.*

DAYS OF OUR LIVES Nicole fumed when she learned that Theresa's silent investor was actually Kate. Eve and Kate formed an unlikely bond. Marlena was attacked by the serial killer. Ben exploded when he found Abigail and Chad sharing a close moment. Rafe was shocked to discover that he had a personal tie to one of the murder victims. Justin and Adrienne tried to reconnect, but their date didn't go very smoothly. Abigail took a major risk by helping Chad out. Jennifer made a potentially dangerous slip while speaking with Clyde. The identity of the Necktie Killer was revealed! *Wait to See: Chad comes up with a way to prove his innocence.*

GENERAL HOSPITAL Carly and Michael urged Morgan to get help, but Morgan had other plans. Julian was grateful for

Alexis's loyalty. Ava sought Scott's help in getting baby Avery back home. Tracy told Maxie about her past with Paul. Sam was wistful about Jason but determined to do right by Patrick. Dillon and his father, Paul, strengthened their bond after spending time together. Sam offered to help Julian. Sonny noticed qualities in Jake that were reminiscent of Jason. Patrick confided in Elizabeth about his relationship with Sam. Carly made a bold move. Sam ran into Jake at the restaurant where she married Jason. *Wait to See: Nikolas wonders if he can really trust Hayden.*

THE YOUNG AND THE RESTLESS Adam told Jack that he should be wary of any new people like "Fred" entering his life because of Paragon. Stitch offered Abby a trip to Europe so she could meet with the fashion designers over there. Victor warned Marisa about causing problems for his family. Later, Noah confided in Sage that he was having doubts about Marisa. Gwen admitted to Devon that she was falling for Neil. Abby accused Victoria of sabotaging her at Newman Enterprises. Devon chased a lead in Hilary's disappearance. Victoria accused Nick of trying to secure his place as head of the family. Jack and Ashley clashed over a business transaction at Jabot. Nikki told Victor that Nick might not want to follow in his footsteps. *Wait to See: Paul reconnects with Patty.*

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The faster you ACT, the more you SAVE!

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Sept. 13	Sept. 14	Sept. 15	Sept. 16	Sept. 17	Sept. 18	Sept. 19	\$39
Sept. 20	Sept. 21	Sept. 22	Sept. 23	Sept. 24	Sept. 25	Sept. 26	\$39
Sept. 27	Sept. 28	Sept. 29	Sept. 30	Oct. 1	Oct. 2	Oct. 3	\$39
Oct. 4	Oct. 5	Oct. 6	Oct. 7	Oct. 8	Oct. 9	Oct. 10	\$49
Oct. 11	Oct. 12	Oct. 13	Oct. 14	Oct. 15	Oct. 16	Oct. 17	\$49
Oct. 18	Oct. 19	Oct. 20	Oct. 21	Oct. 22	Oct. 23	Oct. 24	\$59
Oct. 25	Oct. 26	Oct. 27	Oct. 28	Oct. 29	Oct. 30	Oct. 31	\$59

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by Hal Kaufman

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 Possible twosome:
 Slam, Nine.

Mail, Mails, Sean, Meas, Means, Milne, Snail, Lines, Slime, Limes, Lime, Sine, Mine, Mines, Smile, Mile, Sane, Miles, Nails, Nail, Mane, Slain, anes, Manes, Same, Male, Males, Nale, Lame, Lane etc.

He saw 28 robins and seven wrens.

We counted 29

The missing word is "rope."

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<p>SHUR FINE SOUR CREAM</p>  <p>\$1.39 16 OZ. CARTON</p>	<p>COUNTRY DELITE FARMS ORANGE JUICE</p>  <p>\$3.19 GALLON JUG</p>

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40 CT. PKG.

ORIGINAL KINGSFORD OR
FAST LIGHTING
MATCHLIGHT
CHARCOAL



\$4.79
6.2-7.7 LB. BAG

FRITO LAY MUNCHIES
SANDWICH CRACKERS



3/\$5
8 CT. BOX

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WE ARE PROFESSIONAL GRADE

2015 GMC SIERRA 1500 SLT CREW CAB

GMC LABOR DAY

23 MPG HWY.



Closeout
\$AVE
Thou\$and\$

2015 GMC ACADIA

24 MPG HWY.



0%

FOR **5** YEARS

W.A.C. SEE SALESPERSON FOR DETAILS

2015 GMC TERRAIN FWD SLE-1

32 MPG HWY.



ONLY
\$199*
PER MONTH

*\$0 security deposit. Tax, title and license fees extra. 24 Month/20,000 Mile Lease. With Approved Credit, GM Financial, MSRP and down payment varies per equipment. See salesperson for details.

2015 GMC YUKON DENALI

23 MPG HWY.



Closeout
\$AVE
Thou\$and\$

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GREAT OFFERS ON THE ENTIRE BUICK LINEUP



24 MPG HWY.



2015 BUICK ENCLAVE

CLOSEOUT

0% FOR **5** YEARS

W.A.C. SEE SALESPERSON FOR DETAILS

33 MPG HWY.



2015 BUICK ENCORE 1SB

ONLY
\$189** /MO.

**No security deposit required. Tax, title and license fees extra. 24 Month/20,000 Mile Lease, With Approved Credit, GM Financial, \$359 due at signing after all offers. See salesperson for details.

GET

\$3,000 - \$6,000

CASH ALLOWANCE ON 2015 BUICK SEDANS IN STOCK THE LONGEST DEPENDING ON MODEL

32 MPG HWY.



2015 BUICK VERANO
FWD 1SD
\$24,305 MSRP
-\$3,000

\$21,305 AFTER CASH ALLOWANCE

30 MPG HWY.



2015 BUICK REGAL
FWD 1SL
\$30,915 MSRP
-\$5,000

\$25,915 AFTER CASH ALLOWANCE

36 MPG HWY.



2015 BUICK LACROSSE
1SB
\$34,560 MSRP
-\$6,000

\$28,560 AFTER CASH ALLOWANCE

BEST SELECTION OF LOCAL TRADES IN THE SHOALS

99 Nissan Sentra
#4278GC,
4 Door,
Auto, Air,
Local Trade!
\$3,988*

02 Buick Park Avenue
#4164BA1,
4 Door,
Loaded,
86K Miles!
\$7,488*

08 Mercury Milan
#8653BB, 4 Door,
Leather,
Premium,
Nice!
\$7,888*

07 Ford Edge
#6676GA,
4 Door, V6,
SE, Nice,
Local Trade!
\$8,988*

11 Kia Forte
#3361GC,
4 Door,
Auto,
1 owner!
\$9,788*

04 Lexus 330
#3064BA,
4 Door,
Leather,
Nice Local Trade!
\$11,388*

07 Cadillac GTS
#8437BA,
4 Door,
Leather,
Sunroof, Nice!
\$11,988*

07 Ford Edge
#G6451A,
Leather,
Chrome
Wheels, Nice!
\$13,688*

12 Ford Fusion
#G5656B,
4 Door,
SE,
Alloy Wheels!
\$13,788*

10 Chevy Colorado
#5830GB,
Crew Cab,
LT, Full Power,
New Tires!
\$13,988*

07 Chevy Silverado
#2199BF,
4 Door,
LT,
20 Inch Wheels!
\$18,888*

13 Buick Encore
#1997BA, 4 Door,
Leather,
Navigation,
Great MPG!
\$23,788*

CARFAX
ADVANTAGE
DEALER

10 Chevy Suburban
#4021GA,
LTZ, DVD,
Leather,
Loaded!
\$25,888*

14 Nissan Murano
#1356GA, 4 Door,
SL, Sunroof,
12K
Miles!
\$26,688*

15 Ford Escape
#0168BC,
4 Door,
Full Power,
Only 11K Miles!
\$27,988*

13 GMC Sierra
#4017GA,
Ext Cab, SLE,
Leather,
Z71, 19K Miles!
\$30,588*

14 GMC Sierra
#1280GA,
Crew Cab,
SLE, 5.3 V8,
1 Owner!
\$32,888*

14 GMC Sierra
#2715GA,
SLE, 5.3 V8,
11K Miles,
Crew Cab!
\$32,988*

13 Chevrolet Silverado
#8631GA,
Crew Cab,
LTZ, Loaded,
17K Miles!
\$33,788*

14 GMC Sierra
#4872GA, 4 Door,
SLT, Crew Cab,
Z71, 4x4,
1 Owner!
\$39,388*

12 GMC Yukon Denali
#8120GB, DVD,
Navigation,
Sunroof,
Loaded!
\$41,888*

14 GMC Sierra
#G2639A,
Crew Cab,
Z71, 4x4,
SLT, Nice!
\$41,988*

15 GMC Sierra
#1719GA,
Double Cab,
4x4, SLT,
1 Owner!
\$42,988*

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Paying Top
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