

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

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POSTAL PATRON

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Nominations to Music Hall

TUSCUMBIA – The Alabama Music Hall of Fame board is inviting the public to suggest candidates for induction in 2016.

Music fans may submit nominees saying in fifty words or fewer why an individual either born in Alabama or with a strong state connection should be honored, focusing recommendations on those whose careers have had a significant impact on our music industry.

Nominations should be forwarded to Dconnell@alamhof.org by July 31. In addition, a statewide panel has been solicited for nominations.

The induction banquet will be Friday, Feb. 26, 2016.

Two Women Recognized

FLORENCE-The Florence Exchange Club honored two local women recently during its annual banquet.

Jan Ingle was the recipient of the 2015 Book of Golden Deeds Award. Philanthropy is part of Jan's DNA. As a United Way of Northwest Alabama trustee, Ingle actively engages the community in supporting the work of many local non-profit agencies. She enjoys being a part of children's charities in particular. She has served on the board and as president of Shoals CASA and with CASA's mission through Mary Ellen's Circle, a network of women



Ingle

who support the needs of children in foster homes.

Ingle serves as a vice chairman for the Shoals Chamber of Commerce board of directors.

She is a charter member of the Florence Camerata and past president and current member of Florence Music Club. She also starred as Helen Keller in a documentary shown worldwide and served as a past board member of the Gingerbread Players (children's theatre group).

Fran Nunnelly was recognized as the 2015 Florence Exchange Club Exchangeite of the Year. She was a State Woman of Distinction in 1970 and served as President of Muscle Shoals Personnel Association in



Nunnelly

1981. Nunnelly chaired the Civil Service Board in 2004, is an active member and three-time president of the Forrest Hills Garden Club.

See **SHORTS...** on Page 2



Courier Journal

Verification of weekly circulation upon request



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Courtesy photo

Pure Equitation

FLORENCE— Members of the Lauderdale County 4-H Horse Club and the Wilson High School 4-H Horse Club represented Lauderdale County at the State 4-H Horse Show in Montgomery earlier this month.

The 4-H Horse Club is a special-interest program of the Alabama Cooperative Extension

System. It comprises youths ages 9-18 who meet together regularly to explore their interest in horses and expand their equine knowledge and riding skills. The State Show includes riding events in

See **4-H HORSE...** on Page 6

The Lauderdale County 4-H Horse Club delegation at the State Horse Show after the stall decorating contest. L-R: Paige Wilbanks, Abi McGee, Nikki Deussel, Erica Snoddy, Katie Connolly, Anna Sue Choat, Alisha Smith, Katelin Risner, and Cheyenne Newton.

Russell, Risin' to the Challenge

FLORENCE – The first Shoals Blues Challenge concluded Saturday, July 18 and was a huge success.

The winner in the solo/duo category is Maxwell "Max" Russell. The winner in the band

category is Mojo Risin', a five-member Shoals-based group.

Each act will represent the Shoals at the 32nd International Blues Challenge taking place January 26-30, 2016, in Memphis.

Russell has been playing the guitar since he was a youngster, but he started his journey in the business at age 26. He

See **BLUES...** on Page 6

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Great Year!

The Florence 8 year-old Cal Ripken All Stars recently finished as the State runner-up. The team went 3-1 in pool play advancing to single elimination bracket play. They defeated Coosa 13-10 and Theodore 17-16 to advance to title game. The team lost 12-8 to Matthews Park (Mobile). Team members include L-R from top: Coaches, Michael Bevis, Todd Nelms, Jeff Aston, Eric Johnson. Middle row- Anderson Flippo, Cannon Pigg, Logan Henderson, Easton Nelms, Will Aston, Cooper Johnson. Bottom row- Oakley Bevis, Logan White, Dallan Dorsett, Preston Solomon, Eli Smith, Andrew Sneed. Courtesy photo

Shoals Buys!

SHOALS-A huge number of millennials approaching home-buying age and the housing market in good condition. The consumer advocacy site NerdWallet.com has identified the best Alabama cities for purchasing a first house.

In a new report based on numbers from 114 communities,

See **BUYS...** on Page 9

Inside this Issue

- Cat & Kids
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- Dave Ramsey
- Hocus Focus

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- Adopt-A Friend
- Dr's Weekly Quiz
- A Final Printing

- Shoals Dining
- Ask Dr. Webb
- Knight's Korner
- I Just Can't Cut It



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SHORTS...

Two Women Recognized

Continued from Page 1

Nunnally is a member of the Florence Business and Professional Women's Club. She is an officer with the Florence Historical Board, volunteers with others to improve the John Coffee Cemetery, and is a long-serving member of the Florence Exchange Club.

For Big Game in Huntsville

HUNTSVILLE-The 2015 North Alabama Big Game Banquet to Benefit the Rocky Mountain Elk Foundation takes place Saturday, August 8 from 5-10pm at The Jackson Center, at 6001 Moquin Drive, Huntsville.



The North Alabama Rocky Mountain Elk Foundation (RMEF) is hosting the 23rd annual event, a fundraiser promoting the RMEF's mission of ensuring the future of elk and other wildlife, their habitat, and America's hunting heritage. The event includes dinner, games, raffle, and silent and live auctions with firearms, hunting trips, fine art, hunting, and outdoor accessories. All proceeds are donated to support the RMEF and its mission.

Since 1984 the Rocky Mountain Elk Foundation has protected and enhanced over six million acres of wildlife habitat. The RMEF supports hunting heritage programs and is working with wildlife agencies to restore wild elk herds. Hunters and anglers were

among the first crusaders for conservation and remain today's most important conservation leaders.

See SHORTS... on Page 5

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Cox Blvd. Self-Service Storage will hold a public sale to enforce a lien imposed on said property, as described below, pursuant to the Alabama Self-Service Facility Act, Alabama Code 8-15-30 to 8-15-38, at **11:00 AM on Thursday, August 20, 2015 at Cox Blvd. Self Storage, 414 Cox Blvd., Sheffield, AL 35660.**

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

Tenant Name	Address	Unit #	Stored Items
DAVID FLOWERS	5053 Manker St. Indianapolis, IN 46227-1837	5102	Household Goods, Furniture, Boxes



Jack M. McLendon M.D., FACP
Joshua D. Vacik, M.D., FACP
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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)

FLORENCE FRI-SAT. 7AM, 109 Mauldin Ave. Cleaning out Garage! Little bit of everything. Side Street Entrance. 07-29

MUSCLE SHOALS JULY 24TH and 25th, 24th: 4-8pm. 25: 8-12pm, 2101 Robbie Avenue directly behind Grace Life moving sale, furniture, books, household items 07-29

FLORENCE 07/31 - 08/01, 7AM to 1 pm, 4310 County Road 61, 3/4 miles north of St. Florian on Butler Creek Road. Estate - life time of belongings must go - tools, furniture, electronics, linens, dishes, antiques much, much more 07-29

MUSCLE SHOALS ADMISSION \$5 only on Thur. 6-9pm Fri. 7am-2pm and 5pm-7pm. Sat. 7am-1pm. 1402 2nd St. Covenant Christian Athletic Boosters Benefit Indoor Sale. Items include rugs, lamps, entertainment centers, electronics, sporting goods, pool and patio furniture, bikes, etc. 07-29

FIVE FAMILY YARD SALE, JULY 31st and Aug. 1st., 6am until? 197 Cedarbrook Lane, Killen. Plants, household items, printer, speakers, clothes, microwaves and more! 07-29

FLORENCE. THURS/FRI/SAT/SUN. 7-? 228 Lucas Street. Large Moving Sale. Furniture and odds/ends, Kid's toys, clothing. Come see! 07-29

MUSCLE SHOALS. FRIDAY AND Saturday. 7-? 608 Cambridge Circle (Houston Plantation) Clothes, household items and more! 07-29

VICTORY CHRISTIAN FELLOWSHIP Daycare-8th grade. \$65/week; \$135 for 3 students; 6:30am-5:30pm; special rates for military & policemen; A-Beka curriculum; clean; safe; organized; God centered. 256-767-1749 www.victoryyes.org 07-29

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FLORENCE 8/1/2015, 7AM-1PM, 612 E Tennessee St. Family/Business Garage Sale vinyl records, comics, CDs/DVDs, stereo equipment, band gear/musical instruments, speakers, baby items/cloths, refrigerators, display racks, office equipment, furniture, household items, 1994 BMW 325is project car. Inside a big garage, rain/shine. 07-29

YARD SALE, FRIDAY 7AM-6PM, Saturday 6:30am-noon. 2.5 miles North of Elgin on Hwy. 101. Four piece Oak Bedroom set, wing back chair, oak china cabinet, old windows, rod stands, fishing rods, quilts, a very large variety. 07-29

MUSCLE SHOALS FRI-SAT. 7-? 310 W. 2nd St. Inside Yard Sale. Multi-Family. Lots of great stuff. Building is for sale. 07-29

COLLECTOR DOWNSIZING! Vintage & shabby chic furniture, prints, paintings, nice furs, vintage doll furniture, china, milk glass, numerous other nice items from 2 homes. All must go! 1205 East 1st Street, Tusculumbia, 8am Saturday, 8/1.

FLORENCE VETERANS BENEFIT Saturday 6am-1:30pm. American Legion Auxiliary Unit No. 11 318 S. Court St. Inside Legion Hall Dishes, clothes, small furniture, knick-knacks, books, household items. Donations Accepted All Week From 9am-Noon 07-29

FLORENCE SAT. 7-? 1702 Beckman Dr. 33-1/3 Albums, Massage seat, Financial Peace book, Exercise bike, clothes, odds and ends. All must go! 07-29

HUGE YARD-PATIO SALE. FRIDAY through Saturday Antiques, Collectables, Miscellaneous. 1131 Hazelwood Drive, off Stoney Pointe Rd. (Petersville) Florence. 7am-2pm 256-275-3179 07-29

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Chisholm Road Self-Service Storage will hold a public sale to enforce a lien imposed on said property, as described below, pursuant to the Alabama Self-Service Facility Act, Alabama Code 8-15-30 to 8-15-38, at **3:00 PM on Friday, August 21, 2015**, at Chisholm Road Self Service Storage, **4450 Chisholm Road, Florence, AL 35633.**

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

Tenant Name	Address	Unit #	Stored Items
MISTY GRAY	320 County Road 124 Florence, AL 35633	F30	Household Goods, Furniture, Boxes
MISTY GRAY	207 Meadow Place Florence, AL 35630	F30	Household Goods, Furniture, Boxes

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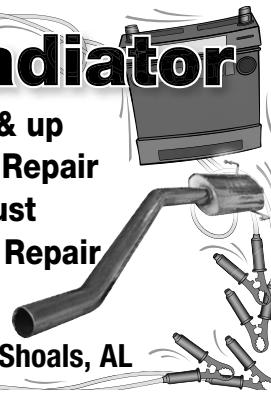
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Community Notes

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

Everyone is invited to attend the **Wood Ave. Church of Christ Summer Preaching Series** each Wednesday night at 7pm during July and August. There will be a different speaker and topic each week. Wood Ave. Church of Christ, 400 North Wood Ave., Florence 256-764-9642. www.woodavenue.com

The **Killen Family** will be having a Reunion on Sunday, July 26 at Green's Chapel Park. All family and friends are invited to come. Bring a covered dish. We will eat at 12:30pm.

New Celebrate Recovery group in Rogersville at the United Methodist Church. Tuesday, free dinner at 5:45pm. Meeting at 6:30. Our Celebrate Recovery is a chapter of Saddleback Church Celebrate Recovery. CR is a program that helps ANYONE with a hurt, habit or hangup. Call 256-247-3307 or email Gene Hastey at ewhastey@outlook.com

LifeSouth Blood Drives - June - ECM Center, 205 Marengo Street, Florence, 256-765-7038. The hours are: Monday-Friday, 9am-5pm; Saturday, 9am-3pm; Sunday, 1-5pm.

Keller Center, 1208 S Jackson Highway, Sheffield, 256-383-3535. The hours are: The hours are: Monday-Friday, 9am-5pm.

Wednesday, July 29, 12-8pm, Russellville Hospital, 15155 Hwy 43, Russellville

Thursday, July 30, 7am-5pm, ECM Hospital, 205 Marengo St, Florence

Friday, July 31, 6-11pm, Spring Valley Fire Department Annual Rodeo, 65 Sportsplex Rd., Muscle Shoals, 6-11pm, Spring Valley Fire Department Annual Rodeo, 65 Sportsplex Dr., Muscle Shoals

Sunday, August 2, 10am-4pm, Dollar General, 8964 AL Hwy 101, Hatton

Monday, August 3, 9am-1pm, Wells Fargo, 2015 E Avalon Ave., Muscle Shoals

Monday, August 3, 1:30-6pm, Walgreens, 1801 Woodward Ave., Muscle Shoals

Tuesday, August 4, 9am-4pm, Colbert County DHR, 310 George Wallace Blvd., Muscle Shoals

Tuesday, August 4, 4:30-7pm, CVS, 1715 Woodward Ave., Muscle Shoals

Wednesday, August 5, 12:30-7pm, Kmart, 3401 Woodward Ave., Muscle Shoals

Wednesday, August 5, 9am-12pm, Tractor Supply, 535 Avalon Ave., Muscle Shoals

The **Tennessee Valley Strummers** will return to the Florence/Lauderdale Visitor Center in McFarland Park to play dulcimer music in the Gallery on Friday, July 31, from 2:30-4:30pm. The dulcimer, which means "sweet sound," is a four-stringed instrument developed in the 1700s in the southern Appalachian Mountains. The featured players use a tablature system of playing, based on fret numbers, which enables them to play with others - even if they have never met before. Admission is free. For more information call the Florence/Lauderdale Tourism Office at 256-740-4141.

Tusculumbia Parks & Recreation will be taking registration for football and cheerleading until July 31. Age groups for this season will be: 6-8 Mini Midgets, 9-10 Midgets, and 11-12 Pee Wee. Cheerleading ages will be: 5-8 Mini Midgets, 9-10 Midgets, and 11-12 Pee Wee. Cut off date is the age of the child as of September 1. Contact 256-386-5655 or email tammyholt64@comcast.net for more info.

Annual Dorcas Day - Saturday, August 1, 7-11am at High Street Church of Christ, 500 South High Street, Tusculumbia. Everything is FREE. Select clothes, shoes, coats, linen, household items, furniture, toys, and much more.

Shoals Elks Lodge 2860 will have a **Bean Day Charity Fundraiser** Friday, July 31 from 11am-2pm at the lodge, 408 N. Nashville Ave., Sheffield. Menu will be Beans, Cornbread, Coleslaw, Onions, Dessert and Tea. Eat in or carry out - \$5 donation requested. Proceeds used to support Elk Charities.



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Sunnyland Jumbo Hot Dogs 16 oz. pkg. **1.19**

Bryan Sliced Bologna 12 oz. pkg. **1.59**

Tennessee Pride Sausage 16 oz. chub **2.79**

Bryan Sliced Ham or Roast Beef 8-10 oz. pkg. **2.59**

Sunnyland Sliced Bacon 12 oz. pkg. **2.49**

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PIGGLY WIGGLY Bread or Buns PKG. OR LOAF **89¢**

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PIGGLY WIGGLY Frozen Pizza 5 OZ. BOX **4/\$3**

BETTY CROCKER ALL VARIETIES Hamburger Helper 5-7 OZ. BOX **\$1**

PIGGLY WIGGLY Texas Style Biscuits 10 COUNT CAN **89¢**

PIGGLY WIGGLY Cream Cheese 8 OZ. BLOCK **2/\$3**

TOTINO'S Frozen Pizza 10-10.9 OZ. BOX **2/\$3**

PIGGLY WIGGLY Frozen Crinkle Cut French Fries 2 LB. BAG **2/\$4**

BETTY CROCKER Cake Mix 15 OZ. BOX **1.09**

NORTHERN Quilted Bath Tissue 6 ROLL PACK **3.89**

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PIGGLY WIGGLY Steak Seasoning 16 OZ. BTL. **\$1**

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PIGGLY WIGGLY Light Sour Cream 16 OZ. TUB **2/\$3**

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Coke and All Coke Products 2 LITER BTL. **\$1**

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PIGGLY WIGGLY Cheese Singles 1 LB. PKG. **3.29**

PIGGLY WIGGLY Deluxe Macaroni & Cheese or Shells & Cheddar 12-14 OZ. BOX **1.59**

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SHORTS...

Continued from Page 2

Four Earn HKH Scholarships

SHEFFIELD—Four local students were recently presented with scholarships from the Helen Keller Hospital Foundation. This scholarship program was created to honor employees of Helen Keller Hospital and their children. These scholarships were made possible from an endowment by Dr. Das Kanuru, and were matched by the University of North Alabama's Lion Match Fund. Each student will receive a scholarship in the amount of \$1081 which will be matched by the Lion Match Fund to total \$2,850.

Recipients include William Lindsey, son of Alison Lindsey – HKH Rehab Services; Braden Harris, son of Terrell Harris, HKH Maintenance; Tyler Childers, son of Regina Childers, HKH Materials Management; and Rachel Walker, daughter of Betty Walker, HKH ER.

Cloud Opens Third AL Office

FLORENCE – Cloud Financial, Inc., an independent financial advisory firm, has opened its third Alabama office in Florence at 205 South Seminary Street, Suite 224.

The other locations are in Huntsville and Gadsden.

"There is a retirement saving crisis in the United States and we are determined to help people in Alabama better understand and prepare for their future," said president and founder of Cloud Financial, Inc., Don Cloud.

Cloud Financial provides pre-retirees and retirees with income, estate, advanced tax and investment planning strategies. The company also provides financial education in north Alabama through multi-day courses at UAH, Northwest Shoals, and Calhoun Community College.

UNA Track #6 in Academics

NEW ORLEANS -- UNA's women's track team has received All-Academic Team honors for the 2014-15 Division II Track & Field season from the U.S. Track & Field and Cross Country Coaches Association (USTFCCCA). It is the third straight year that the UNA women's track team has earned All-Academic honors as a result of earning a cumulative team grade point average of 3.00 or higher.

The UNA women's team completed the 2014-15 season with a cumulative 3.55 GPA, up from a 3.19 in 2013-14. UNA's overall 3.55 GPA was the sixth highest among all Division II women's programs. Maryville was the leader at 3.74.

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Blues...

Continued from Page 1

formed bands along the way and played his originals throughout the Southeast at festivals and clubs. In 2006 he entered and won first place in a Blues band competition in Birmingham and competed in Memphis at the International Blues Challenge.

He scored highest among several other blues solo/duo acts in the Shoals Blues Challenge which took place in the Mane Room in downtown Florence and was sponsored by the UNA Department of Entertainment Industry and the Music Preservation Society, Inc.

Mojo Risin' has been around in various

incarnations since 2011 but re-formed in 2015. Over the years they have played the W.C. Handy Festival, blues festivals in Chattanooga, and venues in Florence. They also won a battle of the bands event in Sheffield.

"We're very excited to have Max Russell and Mojo Risin' represent us at the IBC," said Dr. Bob Garfrerick, chair of the UNA Entertainment Industry Department. "Their soulful and energetic performances were a favorite among the judges and inspired an enthusiastic response from the crowd." In addition to having the honor of being named the Shoals' first Blues Challenge winners, the musicians received a stipend to help cover expenses for their participation in the international competition.

4-H Horse...

Continued from Page 1

jumping, hunt seat, saddle horse, showmanship, horsemanship, pleasure, western riding, trail, and drill team. Participants can also showcase their project work in passive events such as presentations, public speaking, creative writing, and photography.

The Lauderdale County delegation for the State Horse Show included Anna Sue Choat (Brooks), Katie Connolly (St. Joseph's), Carly Copley (Lauderdale County), Nikki Duessell (Brooks), Abi McGee (Homeschool), Cheyenne Newton (Lexington), Katelin Risner (Wilson), Alisha Smith (Wilson), Erica Snoddy (Rogers), and Paige Wilbanks (Homeschool).

Abi McGee was Lauderdale County's most decorated riding events participant. She earned enough points to be awarded the Junior Western Reserve Champion. Abi received two 2nd place, two 3rd place, and one 4th place ribbon in her events. Katie

Connolly was awarded two 1st place ribbons as well as two 2nd place ribbons. Cheyenne Newton won 1st place in the Walk-Trot event in her first year competing. Katelin Risner, a second Lauderdale County 4-H Horse Club member, placed 3rd in two events; Nikki Duessell placed 2nd in three events. Abi, Katie, and Nikki have advanced to the Southern Regional Horse Show in Perry, Georgia, July 29-31.

Lauderdale County members were successful in passive competitions as well. Paige Wilbanks placed 2nd in public speaking with a speech on equine therapy. Carly Copley placed 2nd in Consumer Choices and 8th in Creative Writing. Anna Sue Choat placed 8th and 9th with her photography exhibits, and Erica Snoddy placed 10th with her photography project.

For more information on participating in Horse Club or any other 4-H programs, contact Janet Lovelady, County Extension Agent for Lauderdale County 4-H at 256-766-6223 or lovelj1@auburn.edu.



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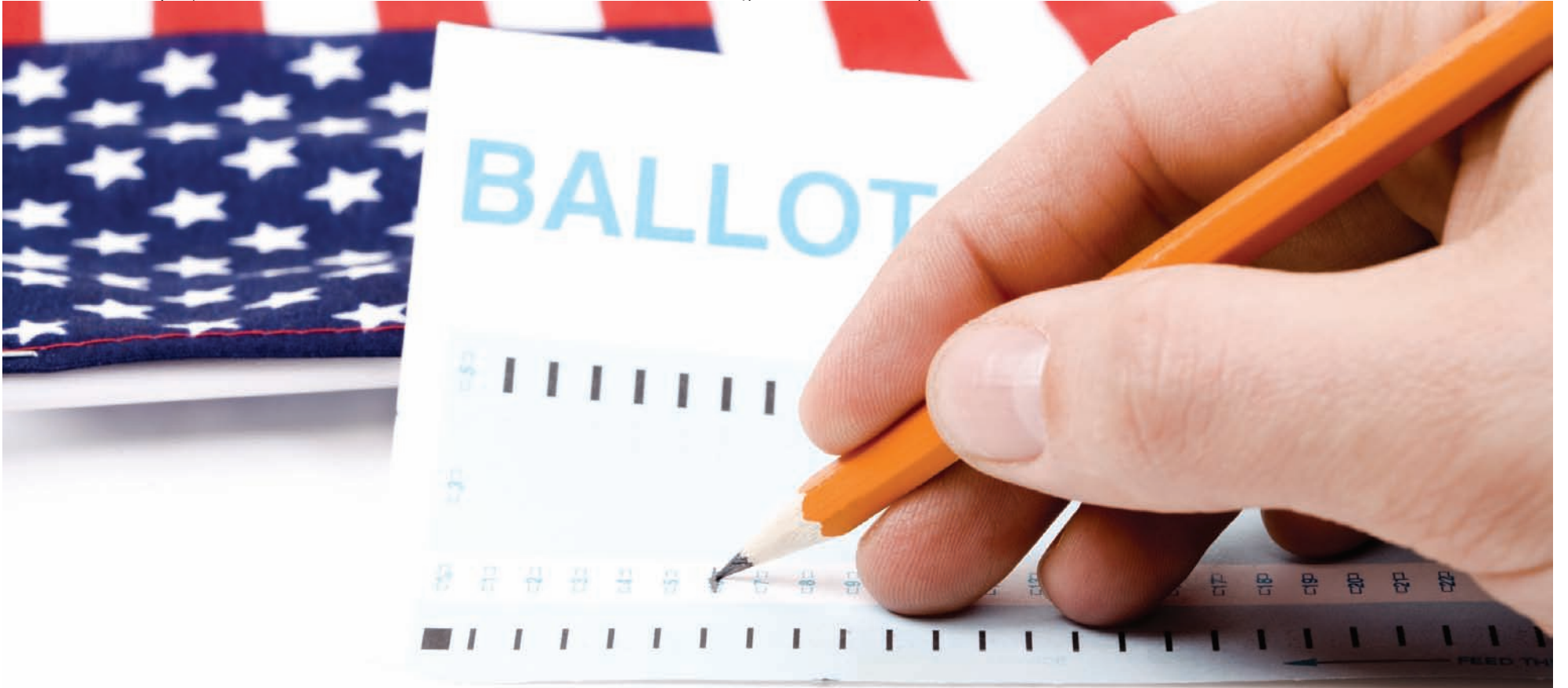
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Norma, Athens, AL

A Yes you can. Alabama, like most states, recognizes a claim that a spouse has against a person who injures them. I like these claims and think that jurors are receptive to the legal claim that is technically called a claim for "consortium".

Historically, the law began as a claim a husband had against

someone who had compensated him for the loss of his wife's consortium and services. That is the right of a husband to his wife's company, fellowship, usual services in taking care of the home, rearing the children, as well as his loss of her society and comfort.

When I first started practicing law in the late 80s with cases involving consortium claims, you would see the occasional defense lawyer who would be crude enough to inquire about the sexual habits of a married couple. I think these lawyers did this to embarrass people in an attempt to discourage their claim. Sometimes that tactic worked and sometimes it was offensive for no good reason.

The law recognizes a wife's claim for the loss of consortium and services in her husband and includes a loss of the companionship, affection, society, support and sexual relations. It is kind of odd that in the newest jury instructions, a wife has a specific claim for the loss of "sexual relations" with her husband but the jury charge for the husband does not include that specific claim, although it is probably implied.

I like these claims for two reasons, the first is that these claims force everyone including the defendant and the jury to look at the very natural consequences to a family of a serious personal injury and secondly, these claims often provide additional insurance coverage and a greater monetary recovery.

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Buys...

Continued from Page 1

towns in the Shoals rated highly. To help new homebuyers, NerdWallet analyzed how much they could spend on a mortgage and examined the data on appreciation to find the best cities for first-time homebuyers across the country.

NerdWallet looked at three key factors from U.S. Census Bureau data:

- Value appreciation,
- Housing cost, and
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Tuscumbia came in the highest locally at #9. The 2013 median home value of \$92,600 is not only affordable for first-timers, but it also represents an 11.43% increase in value since 2010. Tuscumbia comes in below the state median in its property tax rate of 0.41% and for its monthly owner costs of \$1,002. Typical first-time homebuyers have to save for ten years for a down payment in Tuscumbia and will spend \$113 less/month on housing compared with the maximum recommendation of 28% of income.

Athens came in at #20, Sheffield at #22, Florence at #24, Muscle Shoals at #38, and Russellville at #42. The six worst places to buy a first home as determined by the study were Homewood at #114, followed by Mountain Brook, Orange Beach, Brook Highland, Gulf Shores, and Hoover.

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Ask Dr. Webb



Dr. Robert Webb

Q Mom is 80 and has just been diagnosed with lung cancer which has spread to her bones. She is losing weight and has started using a cane. Her doctors told her no one knows how long she has but could live a year or more. We've read that few older people live so long. How can we determine how long she does have?

A You are asking about her 'prognosis': a word from the Greek "gnosis"—"knowledge of spiritual truth" [M.Webster's]. Dorland's Medical Dictionary defines it as "a forecast of the probable course and outcome of a disorder and the prospects of recovery".

There is also a biblical reference: *Psalm 39:4 "Lord, make me to know mine end, and the measure of my days; that I may know how frail I am."*

Certainly no one knows absolutely, but there are still good guidelines to help patients/families so that they can make plans, and, in the final few weeks of life, avoid the regret of not having said things that need to be said, or not doing things that need to be done.

These are two key indicators of a 'poor' prognosis [meaning less than 6-12 months survival]:

1. Progressive loss of appetite and weight; especially if also sleeping more during the day.
2. Increasing assistance with ADL's [Activities of Daily Living - bathing, toileting, walking, eating, dressing] over previous several months.

A person with a stage 4 metastatic cancer [cancer that has spread], who cannot get out of bed to the toilet by themselves, usually lives—on average—only another 3 weeks.

Patients with progressive non-cancer chronic diseases, like congestive heart failure, have a less easily predicted course and must be assessed individually—although the same guidelines regarding weight loss and ADL's often still apply.



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 Glenwood Healthcare as well as the Medical Director at Hospice of the Shoals.

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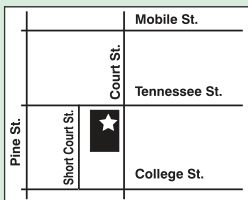


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Aaron: "What does that mean?"


Ian: "It means we respect and obey His commands. Jesus said, "Why call me 'Lord, Lord' and do not what I say?" (Luke 6:46).

Aaron: "No one can argue with that!"

Ian: "You're right and Jesus said "He that believes and is baptized will be saved" (Mark 16:16).

Aaron: "That means, If Jesus is our Lord we need to be baptized."

Ian: "Yes, and when Jesus is truly our Lord, as believers, we will want to be baptized."



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A Few Points We Can Take to Heart

Some of you know Gary Bentley and his wife, Gwen. They own and operate a turtle farm in Killen, raising millions of baby turtles every year. The majority of the turtles they export overseas.

The *Courier Journal* covered Gary's reunion with his fondly-remembered hospital nurse forty years after his Birmingham heart surgery in the March 25, 2015 issue. This isn't about that remarkable story. It's about another one from which we all can learn.

He and Gwen recently shared a lunch organized by Shoals CASA with a few local teenagers who are in the foster care system. After the meal Gary pulled his chair up, completing a large circle that placed him almost within arm's reach of each person.

He proceeded to talk with the group, giving them a little background so they would be relaxed and realize how easily they could relate to his early life.

Gary was raised in Florence with his family that included a father who was a non-functioning alcoholic. Dad tried to stay a step ahead of the law. Sometimes he didn't. The family had nothing. If his dad ever made some money, he would drink it away. The rats had more to eat than the family. Gary knew he wanted better.

"We were dirt poor. When I was in first, second, third grade trying to learn was not a

See HEART... on Page 31

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

In A Few Words



TOM MAGAZZU
Editor

Waltons Screened at FLPL

FLORENCE-The Homecoming: The Waltons Screening and Discussion takes place on Sunday, August 2 at 2pm in Florence-Lauderdale Public Library. Shoals Community Theatre will be presenting *The Homecoming* August 13-15 at 7:30pm, and August 16 at 2pm. It is based on the same Earl Hamner novels as the beloved television series, *The Waltons*.

Join the play's director, John Givens, as he screens an episode of *The Waltons* and discusses the play. For more information, call 256-764-6564, ext. 28.



Sting of Demolition Spurs a Final Printing

FLORENCE - The impending demolition of the former Coffee High School building has created some additional interest in the book that former yearbook advisor, Rose Sullivan, put together in 2004 when the school was closing entitled, "Memories of Coffee High School 1917-2004."

Sullivan has requested a third and final printing of 100 books.

Each is 110 pages loaded with pictures from almost all 87 school Annuals (Coffee Pots).

The book includes pictures and memories of many beloved teachers, including two pages of Mr. Mac and two pages of Miss Mac and students' comments about them. It features all eight superintendents, all ten principals,

and an interview with the only three band directors the school ever had. It includes Who's Who, school clubs, handouts, and homecoming queens through the years, fashions and hairdos through the years, lots of sports - champion football teams, Coffee/Sheffield rivalry, etc. an academic section -English, Government, Home Economics, information and photos of Gen. Coffee and Camilla Coffee, and old ads from previous annuals.

The memories books will be mailed directly to purchasers in August.

Please make check for \$45 payable to Rose Sullivan and mail to: 313 Government Blvd. Muscle Shoals, AL 35661

"VETERANS BENEFIT" YARD SALE - Saturday, August 1, 6am-1:30pm at American Legion Auxiliary Unit #11, 318 South Court St., Florence, inside the Legion Hall. Dishes, clothes, small furniture, knickknacks, books, household items. Donations accepted all week from 9am-12noon. For more information, call President, Trish Montgomery, 256-764-5122.

SHOALS ELKS LODGE 2860 will have a Bean Day Charity Fundraiser Friday, July 31, 11am-2pm with beans, cornbread, coleslaw, onions, dessert and tea. Eat in or carry out. A \$5 donation is requested.



SINGING ON THE MOUNTAIN - The Kingsmen takes place Thursday, July 30 at 7pm. Doors open at 6:15pm - \$15 adults, \$12 children ages 4-12. All seats are general admission. Tickets are available at MountainTheater.org. The theater is located at the old Underwood School site, 4150 Underwood Mountain Rd., Tuscumbia. For more information, call 256-710-8963. Proceeds go toward development of Camp Connection.

HARRY POTTER'S BIRTHDAY Saturday, August 1, is the most magical day of the year at Florence-Lauderdale Public Library! Join in from 10am-5pm for the annual celebration with movies, crafts, a photobooth, and games all day. At 2pm, it's Kids & Teens Vs. Adults Trivia! For more information, call 256-764-6564, ext. 28 or 24.

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YOUR Letters

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

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

Thanks Tourism Staff

Editor:

The Tennessee Valley Historical Society initiated Historic Florence Trolley Tours in April as a means of raising money for our scholarships to local high school students who plan to study history at UNA.

Alison Stanfield and the staff at the Florence Lauderdale Tourism Center have been invaluable with their assistance in getting this project started and making it a success. When our patrons arrive at the Tourism Center prior to departure they are warmly

greeted and directed by the staff. They are certainly serving as ambassadors for our area in their interaction with patrons.

Alison has also been extremely helpful with suggestions for promoting our tours. She has been present every Saturday that we have conducted a tour to greet our patrons and oversee her staff.

We look forward to continuing a productive relationship with Florence Lauderdale Tourism and appreciate so much their assistance.

Phyllis Stewart Shoemaker
TVHS Board of Directors

“...the hateful vulgarity included just about everything from my mother, to my wife, my race, and the editor of this paper...”

Meaningful Rainbow

Editor:

To all of you who revel in the rainbow today as it stands before the LGBT community, I don't think I would carry the rainbow as my flag and banner.

There was another time when the rainbow was prominent and meaningful. You may recall it was just after God destroyed this world by a flood of water - except for eight souls. His judgment came because men did evil in the sight of the Lord continually. They had left God's design to pursue their own lusts. As a result, they were destroyed. When God spoke of the rainbow, He said it would be a sign that the world will never again be destroyed by a flood of water. You see, the rainbow reminds us of how man's sin once brought destruction to the world. It also reminds us that the next time the world is destroyed, it will be by fire. It is that

See LETTERS... on Page 24

AUGUST 2015 Calendar of Events

Helen Keller Hospital



Monday 3

CHILDBIRTH CLASSES

6pm • Education Department
3 classes.
Other classes on August 4 & 13.
For more info, please call
256-386-4030

Friday 7

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8-11:30am • Main Lobby
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Friday 7

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Call the Education Dept. at
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Wednesday 12

DIABETES SELF-MANAGEMENT EDUCATION

9am • River Room
Call 256-386-4029
for registration info.

Wednesday 19

ACLS RENEWAL

For class information call
256-383-4030

Friday 21

BLOOD PRESSURE & BLOOD SUGAR SCREENINGS

8-11:30am • Main Lobby
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Friday 28

CPR CERTIFICATION & CPR RENEWAL

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BOTH MY READERS MAY recall from a previous article that I sold my old house and am in the process of building a new one. In the meantime, Tammy and I are in an apartment. During the construction process, I wanted to cut costs on everything I could so as to leave enough money for beans and rice.



Fisher

One of the first things I did was to "cut the cord" on my cable TV service. Cutting the cord is the act of using internet-based services to provide streaming TV rather than traditional services such as cable, satellite and over-the-air broadcast. The goal is to pay low monthly fee for internet service (typically about \$35

I JUST CAN'T CUT IT

by "The Computer Skeptic"

a month) and watch "free" TV over the internet. Well, I can definitely tell you that cord cutting is not yet ready for primetime. Not for me, anyway.

I'd heard much about a device called Roku. It's a small \$70.00 box with a cute remote control that connects to your TV and serves as a portal to the world of streaming video. Well, I didn't do enough research on this little box. Turns out it's great for corraling all your streaming services into one convenient box, but if you're used to your local network channels, sports, and 24/7

news channels, this is not the box for you. In order to catch all the episodes of The Good Wife, for example, you have to pay a \$10 monthly subscription to CBS. Another \$10 gets you ESPN. Another gets you NBC shows and so on. There is no access to 24/7 news channels at all. All the normal TV shows are available somewhere but only via subscription services or by purchasing individual shows. So, after I "cut the cord," then paid ala-carte for the shows I want to watch, I still came out ahead but not nearly the monthly savings I had hoped for.

There is also an inconvenience factor. I don't mind operating two or three remotes, using arrows to navigate to the shows and services to which I subscribe in order to get what I want, but **SOME PEOPLE** (who's name I will not mention but her initials are TAMMY FISHER), want to push one button and have stuff work. So, after cutting all my cords and receiving a tongue lashing from my wife, I ended up subscribing to AT&T Uverse for one year.

On the other hand, more and more services are making their stuff freely or cheaply available online. A device called Sling TV has been making some noise in the market. For \$20 per month, you get a fair amount of basic TV and a few extras. Cord cutters will eventually win this war. Cable and satellite services will slowly evolve into

some hybrid of streaming and traditional programming. But for now, if you're willing to complicate your life a bit, sacrifice a few channels, and tick off your wife, cutting the cord can save you some bucks.

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

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A Bulldog Legend

For those of you who remember all the great Quad-Cities football teams in the decade of the 40's and 50's, you can recall the great rivalries between Coffee, Deshler and Sheffield during that era. Those were the games you pointed to on your schedule each year.

The games were hard fought battles to claim bragging rights as the Quad-Cities champions. Jam-packed stadiums were the norm during those classic rivalries and every single player who wore the Coffee, Deshler and Sheffield uniforms wore them with great pride.

One of the all-time great Sheffield Bulldog players in the 1940s was Howard Stanford. He played tackle on legendary Hall of Fame coach Walton Wright's teams from 1941-1944. During his playing days, Stanford had great success on the gridiron. During his career, the Bulldogs compiled an overall record of 27-6-2.

But it was the aforementioned rivalry games that Stanford was most proud of. His playing record against Coffee was 3-0-1 and against Deshler 3-1—a remarkable mark of 6 wins, 1 loss and 1 tie. The 1944 team was the best. The Bulldogs went undefeated, posting a 9-0 mark. They started the season with five consecutive shutouts and gave up only 4 touchdowns all season long.

That senior season, Stanford was named to the All-State and All-Tri-

Cities teams. He also was named Co-Captain of the '44 squad. Coach Wright once said about Stanford: "He was one of the best players he ever had." After graduation, Stanford enlisted in the United States Army and served in the Army of occupation in Japan.

After his discharge, he attended Florence State Teachers College for a short time and then received a football scholarship to the University of Tennessee at Chattanooga. For his athletic achievements, Stanford was posthumously inducted into the 2015 Colbert County Sports Hall of Fame. Howard Stanford—truly a Bulldog Legend.

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

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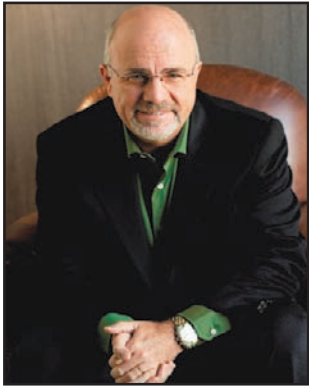
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DAVE Says

by DAVE RAMSEY



DON'T NEED THOSE CARDS

Dear Dave,
I have two credit cards. One charges me an annual fee of \$79 and the other a fee of \$39. Should I cancel these and not worry about my credit score? I'd like to buy a house in the next two or three years.

Ken

Dear Ken,
In my mind, there's no such thing as a good credit card. My advice is to go ahead and cancel them.

When you stop borrowing money and don't have any open accounts, your credit score will slowly disappear. The big thing is that you don't want to be caught in no-man's land in terms of a credit score. You want either a fabulous one, which means you're in debt all of the time, or you want no score because you don't have any open accounts.

By the way, did you know that you can still qualify for a mortgage, even with no credit score? There are still mortgage companies out there that will do manual underwriting. It takes a little extra effort, but in my mind that's a small price to pay.

Cancel the cards, Ken. I've never met a millionaire who prospered thanks to credit cards and their gimmicks!

—Dave

APPRECIATION DEPRICATION

Dear Dave,
I'm self-employed, and I travel about 30,000 miles a year in my van. I'm three payments away from having the vehicle paid off, but it has 170,000 miles on it. Do you think it would be a good idea for me to buy a new van and have the tax advantages that would go along with it?

Doug

Dear Doug,
There are two things you can do on taxes when it comes to your automobiles. You can straight line depreciate them, which is what you do with expensive vehicles, or you can write off the mileage. That's a good idea if you drive a lot. The thing is, you get the mileage whether you have debt or not.

Let's say you bought a \$25,000 van. If you depreciate that over five years, that's \$5,000 a year. If you made \$65,000, and take \$5,000 from that, you'd pay taxes on \$60,000. If you didn't have that, you'd end up paying \$1,250 in taxes. In other words, you'd be spending \$25,000 over five years to save \$1,250 a year on taxes. That's a trade I don't think you want to make.

Remember, too, that you basically destroy whatever you drive. You have to think of your vehicle as overhead. So, you're going to destroy a \$25,000 van or a \$5,000 van all in the same period of time. As a businessman, which would you rather destroy? The answer is whatever is the least expensive and gets the job done!

—Dave

Dave Ramsey is America's trusted voice on money and business. He's authored four *New York Times* best-selling books: *Financial Peace*, *More Than Enough*, *The Total Money Makeover* and *EntreLeadership*. The *Dave Ramsey Show* is heard by more than 5 million listeners each week on more than 500 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com.

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JIMMIE'S WEAR BARBER SHOP will be closing July 30, 2015, and will reopen when able. Owner having hip surgery. 256-766-1939

Letters...

Meaningful Rainbow

Continued from Page 14

destruction we should want no part of.

That's why, for those of you who revel in the rainbow today with pride, I beg you to repent before it is too late for all of us. I don't call you to do anything that I don't do on a daily basis. I have no hope outside of Jesus Christ. I call on His mercy and grace.

To all of those everywhere who have not turned to the Lord, repent before our nation is turned into darkness, death and despair, if indeed it is not already too late.

Every one of us deals with lusts that want to draw us away from nature's order and nature's God. When we deviate from God's intended design, there are always consequences.

Our lungs aren't designed for smoke, consequences.

Our bodies aren't meant for lots of sugar and GMO products, consequences.

We're not made to be in debt, consequences.

Yet, none of the consequences of the LGBT lifestyle are being discussed by those pushing the agenda. I wouldn't expect anyone to take my word for it; do your own research.

It needs to be recognized for what it is now.

Jason Howton
Florence

The Party's Festering Boil

Editor:

As the first black (or partly-black) president, there has been some uncontrollable compunction on behalf of some Republicans to heap disrespect upon not just Barack Obama the man, but for the first time in our nation's history, on the office of the president. That is where the racial undertones have revealed a festering boil on the face of the Republican Party. Some seem to be so unnerved by a black president that they feel they can show such antipathy towards the office of the most powerful man (or woman) in the world. It is shameful and a disgrace to our proud country. How are we to expect other heads of state to respect our president when the opposing party does not? How are we to have productive political processes in the future with this as a precedent?

Like it or not Barack Hussein Obama is every American's president. Disagree with him and his policies if you like. It was certainly your right if you voted against him. But do not under any circumstances disrespect the office of the American president. We must not allow race to undermine the majesty of what this democracy has maintained for well over

See LETTERS... on Page 29

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Menopause Diet: What to Eat and What to Avoid

Hnote that the foods women eat can affect how they feel during menopause. Some foods may reduce or eliminate troublesome symptoms, while others actually may make conditions worse.

Weight gain, hot flashes, lack of energy, and mood swings are some of the more widely known symptoms of menopause, which is the time when a woman's menstrual cycle permanently ceases due to the natural depletion of ovarian follicles and oocytes. Elevated follicle stimulating hormone, or FSH, and low estrogen levels are consistent with menopause and can cause any number of symptoms. While hormone replacement therapy is one option, women may find that changing their diets is enough to make them feel better and may even help them reduce their risk for certain diseases and better manage some of the negative side effects of menopause.

Osteoporosis: Menopausal women are at a greater risk for osteoporosis, a condition in which bones become weaker and more brittle. Increasing one's intake of foods rich in calcium and vitamin D can help. Calcium-rich foods include low-fat yogurt, sardines, broccoli, and firm tofu.

Weight gain: It's possible to gain some weight during menopause. Data from the International Menopause Society and the Mayo Clinic point to decreases in metabolism as the source of menopausal weight gain. Women should cut back on fatty foods and trim any visible fats from the foods they cook. Eating foods high in complex sources of fiber can help a person to feel full on less food.

Mood swings: Hormone fluctuations may lead to mood swings and feelings of anxiety or depression. Improve mental well-being by increasing intake of foods rich in B vitamins and omega-3 fatty acids. Consuming whole grains, lentils, flaxseed, and oily fish can help.

Risk for other diseases: Women who are menopausal are at an elevated risk for breast cancer and even cardiovascular disease. The North American Menopause Society says such women should cut down on alcohol consumption, which can contribute to increased risk for both of these conditions. Women who have between two and five drinks per day are one and a half times as likely to get breast cancer than women who don't drink at all.



Fatigue: Foods can control how the body sustains energy levels. Sugary foods may provide a fast jolt of energy, but that boost often dwindles shortly thereafter. Look for carbohydrates from fruits and vegetables, as such carbs provide longer-lasting energy. Boosting iron intake also may provide more pep and may even boost metabolism. Smart food choices can help women reduce the severity of some uncomfortable symptoms and side effects of menopause.



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Redline It - See Page 6



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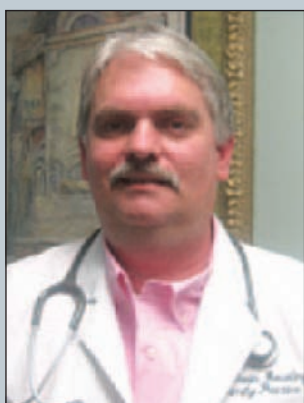
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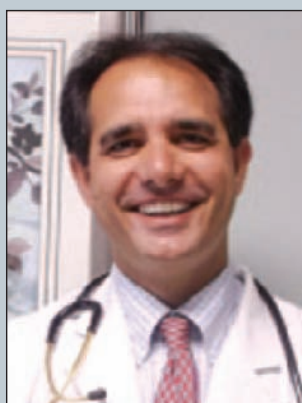
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- The object of flag football is to tackle to the ground the person carrying the flag.
 A) True, B) False?
- Which of these middle eastern countries bears a sword on the national flag?
 A) Saudi Arabia, B) Iran, C) Syria, D) A,B,&C
- The state flag of Massachusetts depicts what standing?
 A) Bear, B) Witch, C) Indian, D) Building
- The national flag of France has how many colors?
 A) 2, B) 3, C) 4, D) 5

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

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Soap Opera Preview

THE BOLD AND THE BEAUTIFUL Ridge stepped in to defend Steffy during a sensitive situation. Liam expressed remorse for two-timing Ivy and Steffy. Thomas teased Caroline about being in a relationship with her "father." Ridge and Quinn worked together to match a necklace with the perfect dress. Later, Quinn was visibly upset when she found Deacon and Brooke together at the Sky Lounge. Brooke questioned Thomas's motives for returning to L.A. Eric scolded Deacon and Quinn for their excessive PDA at work. Thomas was angry when Ridge dismissed his new designs. Brooke realized that Caroline was now Ridge's muse. Quinn told Eric that she sympathized with the predicament he was in with his sons. *Wait to See: Wedding preparations are once again underway at the Forrester mansion.*

DAYS OF OUR LIVES Serena dropped a bomb on Daniel. Chad asked Will for a favor regarding Abigail. Theresa and Anne plot to find Theresa an ally in the Kiriakis household. Clyde fumed when he learned that Aiden was asking questions about Ben's past. Nicole was unaware that Daniel was giving her a chance to come clean. Will urged Abigail to hear Chad out, especially before she learned the identity of her baby's father. Clyde took steps to ensure that Abigail's paternity test came out the way he wanted. Theresa's plan hit a major snag. Unable to keep his true feelings hidden any longer, Chad bared his soul to Abigail. Nicole was completely stunned by Daniel's reaction to her news. JJ was jealous of Paige and Kyle's closeness. *Wait to See: Chloe returns to Salem.*

GENERAL HOSPITAL Ric manipulated Nina into staying in the marriage by saying it was for her own protection. Silas made a shocking discovery. Elizabeth felt torn when she witnessed Jake interacting with Little Jake. Sonny learned his business had been hit again. Scott confronted Nikolas about how he took over ELQ. Franco accused Madeline of scheming with Ric. Nina started to doubt her mental instability. Silas threatened to expose Ava and Morgan's relationship to Kiki. Laura revealed to Elizabeth that she knew her secret. Patrick had an update on Hayden's condition. *Wait to See: Madeline worries that Franco will sabotage her plans.*

THE YOUNG AND THE RESTLESS Sage got the results of her paternity test. Adam made an important confession to Paul and Christine. Victoria questioned her dad's support of Abby as the new COO. Ashley expressed her concerns about what might happen if Victor and Jack continued working together. Abby assured Stitch that their careers wouldn't get in the way of their relationship. Victor warned Neil to stay out of his marriage. Nick threatened Adam. After hearing their baby's heartbeat, Dylan told Sharon that he loved her. Chelsea considered her next move now that she knew the shocking truth about Adam. Lily showed a new, forgiving side of herself as she helped Hilary with her wedding plans. Harding pretended to believe Marisa's story. *Wait to See: Jack and Phyllis's honeymoon takes a shocking turn.*

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Special Education records for students who graduated or should have graduated during the year 2010 are going to be destroyed in August, 2015. Persons interested in receiving their records should contact the Special Education Department at 256-760-1300 before July 31, 2015.

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Taking A Long Look

God has long range plans for everyone of us. What kind of long range plans do you have for God? Whether you're saved or trying to be saved or lost, you had better **take a good long look** at death and eternity. You are gambling with your soul whose destiny IS in heaven or hell. You need to **take a long look** at what the treasures of your heart are. You need to **take a long look** at what your eyes see, where your feet go, and what your affections dwell on. You need to **take a long look** at what you are depending on to get you through death's door and into eternity. You need to **take a long look** at what you will say and do when you stand in front of Almighty God. You'll leave all at the grave for someone else to heap up and leave to someone else when they leave this earth. You need to **take a long look** at what your priorities are now, and see what time is wasted and what time is spent on eternal matters. **Soon your eyes, ears, feet, hands, heart, or mind will fail. As a lost man or woman, please don't ignore the warning signs of death.**

Hebrews 9:27 "And as it is appointed unto men once to die, but after this the judgment." **Acts 17:31** "Because he (God) hath appointed a day, in the which **he (God) will judge the world in righteousness** by that man (Jesus Christ) whom he hath ordained; whereof he hath given assurance unto all men, in that he hath raised him from the dead." God is one day going to judge you by what you have done with and for Jesus Christ. You will meet Him as your Savior or your Judge. You choose now. If you are saved, my advice is to start holding things of earth with some pretty loose fingers, because you will give it all up at death. If you claim to be saved, **take a good long look** at your habits, desires, thoughts, actions, and see if they line up with real Christianity. You can fool yourself and others, but your charade won't fly past God. **If you aren't saved, trust Christ. TAKE ANOTHER GOOD LONG LOOK AT ETERNITY. YOU CAN'T RELIVE LIFE.** The pleasures of sin are only for a season.

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Cat & Kids

by Cathy Turner

Keep On

Just lately, I have become aware of a time of silence in the lives of women my age or a little older. These are women – mothers – who have children in their mid-twenties to mid-thirties. It just seems that when we were a little younger, we were much more boisterous with our opinions, much more prone to take those teachable moments with younger women, much more confident and demonstrative. But as I think about it, I have noted at times a quietness from older moms and I think that some of it is born from the situation that their children have veered from what they have taught them. If you're the mom of children that did not stray far, then thank God for their choice to go with their training. Still, there is a struggle that we have while our children are grappling with what they are going to do with what we have taught them. We feel, if our children don't believe it, it may not be right. And then, why should we teach it to others?

Not too long ago, I was sitting at a boring function with my daughter, who, at the time, was pregnant with her first child. To counter our boredom, my daughter scribbled a note that asked, "What are your goals for the next year?" Before I could write an answer, she wrote, "I am going to learn how to be a mom." I simply scribbled, "Me too." Mothering – parenting – changes all the time. Being the mother of an adult is different than all the phases before it. Some people believe that there no such thing as parenting an adult. I had a friend tell me that she was finished parenting when her youngest turned seventeen. She said that she had done all that she could do. I disagreed. Parenting older children comes in prayer and patience. It means teaching – not telling – when they are open to

discussion. That discussion goes best when initiated by the children or when they give permission for the discussion. Readiness is the foundation for ownership, thinking, and persuasion.

None of us are totally who our parents brought us up to be. None of us have totally avoided bad choices. Some young people change because life hands them something hard – the death of a parent or friend or perhaps a severe illness. Some children turn because their parents and lives have been too strict. Some young people just want to not conform to what they have been taught. When our children make wrong or hard or different choices, we mothers tend to question our parenting. We begin to doubt ourselves, our knowledge, and our faith. I have talked to many discouraged moms. But my experience is that those philosophical twenty-somethings often come back to their home training when they have children or when they mature a little further. I have said to several disheartened moms, "I know your kid and I know what's in him/her. I am going to keep praying that he/she will come back." We depart when we are young, but in our older age, we come back. It's always my prayer that they won't depart too far or for too long so the consequences won't be too great.

I always tell my friends, "I'll pray for yours, and you pray for mine." Moms, keep on praying for your children and patiently teach them when given the opportunity. Don't go silent on your children, your friends or yourself. We all need guidance and encouragement. Keep the faith – don't discard it because you think they have.

Email comments or suggestions to CatnKids1@gmail.com

Letters...

The Party's Festering Boil

Continued from Page 24

two hundred years. We must not defile what has been a beacon for other countries to emulate.

Recent events have shown that we still have a ways to go in undoing the damage our common history has done to race relations in this country. Race is and will remain a major issue to all Americans, but is a dialectic we must overlook when addressing not only our president but the office of the presidency.

Charles J. Rogers
Morganton, NC

The Right To Our Opinions

Editor:

Last week, I received a sweet letter from one of my fans. Unfortunately, I cannot disclose the actual words because the hateful vulgarity included just about everything from my mother, to my wife, my race and the editor of this paper. In spite of how vulgar it was, I actually feel sorry for the person who mailed it to my home with a false return address.

Of course, they did not say who they were unlike I do with every letter I write to the newspapers, my elected officials, or news and talk programs. They didn't because the know what they wrote is shameful. Their inability to communicate with their name attached to their negative display of hate and vulgar threats to me and my family is unfortunate.

I don't judge anyone; that's God's place. I will still pray for this soul because I know many people have prayed for me in my lifetime through all of my sins and imperfections. I know that helped me to turn more to God and away from my sinful ways.

Whatever people choose to do is their business and between them and God, as long as it's legal and they are not infringing on my beliefs and freedom of speech. That is what the people we write about cannot stand or gracefully accept. We have just as much right to our opinion as they do. At least we say it and put our name to it and don't send vulgar letters when we don't like what they say or how they are. So, to that person who does not have the decency and character to come out openly with their displeasure, I will continue to write letters to the Courier Journal and pray for you.

Maybe we can communicate with each other in a more civil manner that will benefit both of us. That will be a more constructive way to deal with what bothers both of us in this fast moving confusing world of imperfect beings.

Paul Sabatino
Florence

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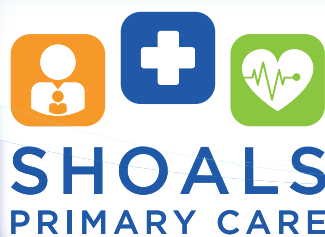
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Hello, My name is **ARGUS** and I am a pitie mix, I am just a big goofy baby, about 3 years old and about 55 lbs. I have been with HASRA in foster for over 3 years now. I would love to have a home with good people, I promise I would be a good boy! **ADOPTION FEE IS \$75.** To learn more, call Debbie at 256-335-1730.

pet connection

TAKE A HIKE

Your dog's company can enhance your experience of the great outdoors

By Kim Campbell Thornton
Universal Uclick

Hiking is a great way to enjoy the outdoors, spend time with your dog and wear him out, especially if he's the super-active type. It's quite possibly the most accessible activity you can do with your dog. Wherever you live, you probably have access to dog-friendly hiking trails within 30 minutes of home. We've gathered eight tips to help you both have the best hike possible.

1. Puppies can go hiking as long as you condition them gradually. Start with short hikes of a half-mile to a mile, and slowly work up to longer distances.

2. Watch the weather. It's not just flat-faced dogs who are sensitive to heat and humidity. Plenty of dogs wilt quickly, even in moderate temperatures of 65 degrees Fahrenheit. Any time the temperature exceeds 80 degrees Fahrenheit, it's too hot for most dogs to exert themselves. If you're going on a short hike near home, consider hosing down your dog before you leave to help him stay cool, or stop during the hike at a place where he can go swimming or get wet.

3. Bring plenty of water and a snack. For a day hike in optimum temperatures over moderate terrain, a quart of water and some cut-up boiled chicken or hot dogs (frozen the night before) should be enough

to keep your dog hydrated and full of pep.

4. Because of the uneven terrain and changes in elevation, hiking is harder on the body than just going for a walk. Pay attention to your dog's condition, especially if he's a puppy or an old dog. You never want to see him panting heavily or unable to go on. Remember that dogs are lower to the ground and may not have the benefit of a breeze.

5. Keep your dog on leash so he doesn't disturb wildlife or other hikers. Accidents happen, though, so he should be trained to come to a whistle. The sound will carry over a longer distance than your voice if you get separated. He should also know and respond to the commands "sit," "stay" or "wait," "down," "heel" and "quiet."

6. Know how to treat injuries. You can find a pet first-aid course in your area through the Red Cross. Carry a first-aid kit that contains items such as bandages, antiseptic wipes and Benadryl (check with your veterinarian ahead of time so you'll know the appropriate amount to give if your dog suffers an insect bite or sting).

7. Tote that load. Your dog can carry his water, snacks, first-aid kit, a folding water dish and poop bags in a canine backpack. Before buying, check the fit to make sure it stays on securely without



Hiking is an opportunity to see nature through your dog's eyes and nose.

being too tight or too loose or restricting his movement. You should be able to comfortably fit two to four fingers between the straps and your dog's body. Features that can add to his comfort include a mesh back panel for ventilation and padding beneath the straps. Other conveniences you may appreciate are D-rings for attaching items to the pack, weather-sealed zippers, attachment points for the leash and a handle on top that allows you to hold onto or lift your dog if necessary.

8. Bug out. Protect your dog from fleas and ticks with an oral or spot-on preventive. If the local insect population is especially intense, you can try applying an all-natural citronella spray to his coat. Be aware that the effect probably won't last more than an hour, so you'll need to reapply it regularly.

Most important, have fun! See you on the trail.

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

pet buzz

How to pat the cat? Stick to the head

• Do you know how to pet your cat? In case you're not sure, a team of researchers at the University of Lincoln in the United Kingdom has some advice: Cats prefer a nice head skritch — especially at the sweet spot between the eyes or beneath the chin. They have lots of scent glands on the lips, chin and cheeks and may view petting in that area as a form of grooming. Avoid the base of the tail and the belly, or your cat is likely to give you a claws-out thwack with his paw.

• We say it every year, but it bears repeating: Never leave your dog or cat inside a car during the day. The interior temperature rises quickly, even with the windows cracked. A 3-year-old English setter in Wausau, Wisconsin, died of heatstroke recently after being left for more than two hours on a cloudy, 66-degree day. According to the Milwaukee Journal Sentinel, the owner faces charges of animal mistreatment, a Class I felony. If you can't take your pet into the business you're visiting, leave him home. If you're traveling, take turns staying in the car with the pet when making stops.

• Looking for a new job? Business Insider lists the Top 10 places to work if you're a dog lover. If being able to bring your dog to work sounds appealing, send your resume to The Nerderly, a custom software solutions company; Eventbrite, a ticket and events marketplace; Indiegogo, a crowdfunding platform; PetPlan, a pet health insurance company; Payscape, an account payment services company; Specialized, a bicycle manufacturer; Glassdoor, a company review website; Procore Technologies, building construction management software; FastCompany, a media company; and Nestle Purina PetCare, a pet food manufacturer.

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

Commentary

Heart...

Continued from Page 14

priority," Gary said. "While other kids were worried about football practice, spelling words, English class, or what they were going to do that night, I was sitting there worried about having food to eat, was daddy gonna be drunk beating us up, were the bullies gonna be beating us up walking through the projects going home?"

Gary got behind early in school, so far behind he was embarrassed to ask for help. Somehow he made it all the way through high school. "When I got out of high school I could hardly read," Gary continued. "I had to go to the library and check out elementary books to teach myself to read."

When he was a kid the public could wander the landfill and look for valuable items. Gary used a couch as an example. "If it had four fairly good legs, it may sell for a few dollars. If a leg was missing, it could be replaced with a block of wood or something and we used it at our house..." wherever they might be living that month.

While most young boys in his group carried a knife, Gary carried a magnet. That way he could identify iron, steel and certain metals. Those all had value.

The family received dairy commodities which ran out early-to-mid-month, so eating was a challenge most of the time.

When Gary was nine his mother finally had enough and left his father. The state stepped in and told him that he could no longer live with his parents and he was placed in the state foster care system. He thought his world was ending. He was embarrassed because other people might think that nobody wanted him. He realized later that the foster care system was the best thing that could have happened.

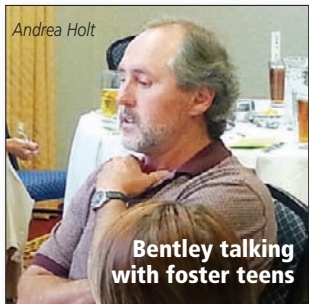
Gary now had regular doctor's visits. That is how the hole in his heart was confirmed. The state paid for his life-saving heart surgery in 1973.

From a very young age, Gary knew there was a better life, and he was determined to find it. The magnet was ingenious. He worked three part-time jobs in high school as soon as he was old enough to drive a car. That is when he met Gwen. He knows he is very blessed and has been fortunate in life.

The teens were listening attentively as Gary made several brief points they (and we) can take to heart. A few are listed here.

- You never know who you're going to run across that can change your life. You never know what opportunities are going to pop up. By being nice to everybody, you never know who is going to teach you something that is going to change your life.

- You may be around people who want to tell you that rich people are bad and



authority is bad. You've got to forget all that. It loads you down and holds you back from becoming successful.

- There are a lot of things that you can't control. There are a lot of things you CAN control. One of the things I learned to do is work very hard. I tried to make it easy for people who were trying to help me.

- The more you learn the more power you have.

- The decisions you make now are not only going to change YOUR life, they are going to change your children's lives.

- Try to be nice to everyone you meet. By being nice, people will remember it. You will stick out from the crowd.

- It is so important to learn and to be open to change.

- One thing I wish I had done was learn another language. When you learn another language it opens your life to a whole other world.

- There's a difference in being poor and being uneducated. In America, being poor you can overcome. There are a lot of opportunities. What's tough is getting rid of all that negative stuff that you learn growing up in those types of situations.

- You hear people say, 'Well, I did my best.' To me in America, that's become an excuse not to do your best. "... It's too easy to say, 'I've done my best.' In my situation - and in your situation - I've done my best and then I reach down deep and find some more to go with it. I knew I needed more than my best.

- Is it all equal? No. You know a lot of people like to say, 'Everything is fair; everyone's got the same opportunity in America.' No, they don't. We don't have the same opportunity as kids born with a silver spoon. But we *do* have a lot of opportunities that a lot of people don't.

- You never know where this life is going to take you. Learning is the greatest power you can have.

- Opportunities pop up. I have seen a lot of people walk by them, because they weren't open to learning new things.

Gary's visit was forty minutes of practical, truthful information from a generous man who overcame many challenges early in life. He had several reasons to fail and every opportunity to make excuses. That he didn't seemed to resonate with the group. They could easily relate to Gary's youthful situation.

It was easy to see that his visit meant so much more to them than would

a similar message from a stiff-suit at a podium.

During his talk Gary made the group aware of the fact that he had been extremely successful in business, which followed

with possibly his most penetrating point.

"Gwen and I could be anywhere we want in the world right now, but we wanted to be here with you."

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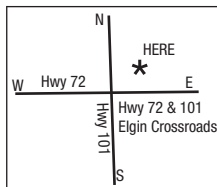
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• 3 Bedrooms & 2 baths • Double garage • Unfinished basement
• Covered patio • Central heat/air • Concrete drive • Detach building • Convenient to Helen Keller Hospital, Spring Park, Deshler schools, shopping & Golf course in the area.

PARTIAL LIST OF PERSONAL PROPERTY: Old dinner bell • Old trunk • Old cameras • Love seat and chair • Dining table • End tables • Dishes • Cookware • Cook books • Canisters • Collectible plates • Microwave • Convection oven • Rotisserie oven • Maytag refrigerator • Small appliances • Crystal • Glassware • Punch bowls • Vacuum • Metal rolling file cabinet • Binoculars • Luggage • Wooden book shelves • Books • Projector • Lamps • Stackable washer and dryer • Glider • Disc boombox • Rolltop desk • Wooden bench • Sewing machine • Small wood desk • Old furniture • Old children's games • Picnic baskets • Baskets • Records • Tin lunch box • Ladies hats in boxes • Drill press • Tools • Wood planes • Welbilt varimixer • Wheel barrow • Band saw • Table saw • Pressure washer • Push mower • Bench grinder • 2 Shop Smith • Garden tiller • Ladders • Snapper push mower • Disc sander • Belt sander • Cutting torches • Cast iron • Antique rod and reels • Old prescription bottles • Other misc items
Listing Auctioneer: Shaun Dalton AL AA #2963

DIRECTIONS: From Woodward in Muscle Shoals, AL take 6th Street to Cummons Road. Turn left on Hillandale Drive. The property and sale site will be on the left. From Highway 43 & Highway 20 in Tuscumbia, AL travel 1.1 mile. Turn right on Gardiner Avenue. Turn right on Hillandale Drive. The property and sale site will be on the left. Watch for our Holland sign!

TERMS & CONDITIONS: Personal Property: Cash or check with proper identification the day of sale. All items sold "as is" with no warranties expressed or implied.
No Buyer's Premium will be added to the final bid price to determine the purchase price.
Real Estate: A non-refundable deposit of 15% will be required the day of the sale with closing within 30 days. The seller will furnish a deed and a preliminary title search. A 10% Buyer's Premium will be added to the final bid price to determine the total contract price on the real estate. All other expenses, including closing costs will be charged to the purchaser(s). The real estate is being sold "as is" with no warranties expressed or implied. The home was built prior to 1978. However, the seller can neither confirm nor deny the presence of lead based paint. Anyone interested in the home can have it inspected any time prior to the auction at their expense. Information contained herein believed to be correct but not guaranteed. Announcements made the day of sale by Holland Realty & Auctions, Inc. supersede any printed material. Agency Disclosure: Auctioneers are acting as agents for the seller only.



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Auction

SATURDAY, AUGUST 8 • 10AM
445 RIVERVIEW CIRCLE • FLORENCE

Seller: Mary Gist
3 Bedroom - 2 Bath House

This frame house has 3 bedrooms and 2 baths, hardwood floors in the dining room, living room, halls and bedrooms. There is ceramic tile in the 2 bath rooms and the garage has been enclosed to make a large den/play room. There are lots of closets for storage and several ceiling fans through out the house. The kitchen has a built in stove, painted cabinets, 3 bay stainless sink and a patio door opening to the huge 22'x30' covered and screened-in patio. It sits on a nice sized lot with fenced back yard. The home needs a little TLC but seems to be well built and in a popular neighborhood, convenient location, only one block from the Frank Lloyd Wright "Rosenbaum House".
Call Shane for your private showing at 256-757-8898.



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AUCTION TERMS: Real Estate: A 20% down payment by the purchaser is due at the end of the auction. The balance is due on or before September 8, 2015. The seller will provide a general warranty deed, 2015 property taxes will be prorated at closing. The buyer is responsible for all other closing cost. The home was built prior to 1978 and may contain lead based paints. You may have the home inspected prior to auction at your expense or a document will be signed auction day waiving this right. Shane Albright Auctions acts as agents for the seller only in this transaction. No warranties expressed or implied and property is sold "AS-IS".

DIRECTIONS: From the intersection of Dr. Hicks and Court Street in Florence go west on Dr. Hicks toward the hospital for 5 blocks, turn left onto Riverview Drive, stay left on Riverview one block and turn left onto Grove Street (at the Rosenbaum house) continue on to stop sign and turn left onto Riverview Circle, second house on the left.
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Real Estate

RENT TO OWN, 417 NORTH Patton St., Florence, 3BR, 1BA, \$675 per month, K&H Inc., 256-349-0000 09-02

TOWN CREEK APARTMENTS is accepting applications for 1, 2, & 3BR. Rent based on income, no credit check. Equal Housing Opportunity. 256-685-3360 07-29

I BUY HOUSES FOR CASH Call 256-349-0000 09-02

FOR RENT, NICE 2BR 1BA. home 810 N. Milton Street, Tusculumbia. \$525 month, \$525 deposit. Must have good rental references, background check. www.rentshoals.com. 256-766-6992 08-05

WHEN MILEAGE AND minutes count. 90 CR 246, Florence. 3BR, 2BA, 2010 Sq. Ft. Bonus room, Sunroom, Storage and workshop. \$124,900. Century 21 Clement Realty 256-764-8743. 07-29

COUNTRYSIDE DUPLEXES located on Lee Street in Rogersville off Hwy 72. Now Leasing. 256-247-5059 Ext. 103 08-12

FOR SALE: 126.54 ACRES with timber; Waynesboro, TN; good hunting; stream runs through land; next to the scenic Natural Bridge, Rainbow Lake and the Tennessee Fitness Spa. \$189,000; Priced below appraised value. 256-766-9288 (Mon.-Fri.); 256-335-3600. 07-29

HOME FOR SALE - 164 Nance Street, Florence AL Contact 225-775-6533 Negotiable \$50,000. 08-19

2BR/1BA, 95% OWNER Financing, No Banks, Colbert Heights, Tusculumbia 256-383-5996, 256-263-8716 07-29

FOR RENT, 1BR, 1BA, apartment, Sheffield. \$400 per month, \$400 deposit. Must have good rental history and verifiable income. 256-766-6992 Knight & Humphries, Inc. 08-19

2201 SHADE AVE. Florence. 3BR, 2BA, Sale/Owner financing Ok, Info. sheet available. Corner lot, 256-765-2100, 256-483-7968 08-19

SECLUDED. 4.19 ACRES. Park model. 1BR, 1BA, Cloverdale. Fenced. 3 out buildings. \$65,000. 256-577-0294 09-02

RENT TO OWN, TUSCUMBIA, 605 East 10th St., 4BR, 2BA, \$3,500 down, \$895 month, K&H Inc. 256-349-0000 08-19

HERMITAGE HILLS APTS. A great place to call home! Now leasing 2BR apartment homes from \$445, 3BR from \$520. Call or stop by, 1301 Hermitage Drive, Florence, 256-766-5730. Vouchers Welcome. Equal Housing Opportunity. 07-29

ANDERSON. 3BA. 2BA. Double Wide, New Roof/Deck/Floors and Appliances. 1 A. Small Barn. \$29,000. Cheaper than paying rent. 256-412-1333 08-05

REDUCED: 5BR, 4BA, IN Tusculumbia, 1111 Anna Dr., 3 acres, newly updated \$285,000. 1-800-THE-OWNER, code 24038029 or 256-366-7291 08-26

1518 14TH AVE SW - 3BR. 1-3/4BA. Hardwood, All new carpet and tile, New paint \$87,900. 256-303-8436 08-05

COLBERT COUNTY LAKE lot Wheeler View Dr., 120 ft. Water front, \$87,500. K&H Inc., 256-349-0000 09-02

TUSCALOOSA STREET, Florence. Nice home for rent near UNA. 3-4BR, 2BA, fresh paint, no pets. Good rental history a must. www.rentshoals.com Knight Humphries, Inc. 256-766-6992 08-05

RENTAL HOME, KENDALE Gardens, 1.5 acres with winter lake views. Totally renovated 2 story, 4BR, 2.5BA, full basement with tornado shelter and exterior exit. Front entry, lounge & separate dining rooms all with hardwood floors. Fully renovated open-plan kitchen with family room and sunroom, new appliances, tiles, new carpets & fresh paint throughout. New bathroom fixtures, new wiring and more!!! \$1,100 per month. 256-767-5421 08-05

FOREST HILLS, ROXY DR., 3BR, 2BA, Refrigerator, Stove, Dishwasher, over 2,000 sq. ft., private yard, carport, \$1,250 per month, 256-366-6054 08-12

2BR SINGLE CARPORT, Central Heat/air, no pets, 662 Sannoner Ave, \$495 month, \$400 deposit. 256-764-6781 07-29

INVEST PROPERTY FOR Sale. 3BR. 1BA, Brick, Recently Remodeled. Currently Rented at \$550 Month. Convenient to 7 points. \$49,950. 256-366-5799. 07-29

RENT TO OWN, 180 VIVIAN Court, Petersville, 2BR, 2BA, \$575 per month, K&H Inc., 256-349-0000 09-02

FLORENCE ONE BEDROOM apartment for rent, neat apartment, reasonable rent, quiet place. 256-766-7114. 08-05

FOR SALE MUSCLE SHOALS 2BR. 1BA. Appliances. Central heat/air. Large workshop. Fenced yard. \$60's. 256-762-8241 07-29

LAKE LOT FOR SALE \$149,000. 100 ft. waterfront on Pickwick Lake (Tennessee River); 315 Sunset Beach Drive, Florence, AL; Lot size: 100 x 290; recent perc test; Navigable water year round; great lot for lake house or cabin; on paved road. 256-766-9288 (Mon.-Fri.); 256-335-3600. 07-29

HOME FOR RENT, Florence, 1BR, 1BA, 135 Woodland Road, available first of August. \$325 per month, \$325 deposit, No Pets. Knight & Humphries 256-349-0000 08-19

FLORENCE, NEAT 3BR. 1.5BA. Central heat/air. Large kitchen + appliances. Laundry room and carport. Large fenced lot and large workshop. Wilson School. 70's 256-762-8241

MUSCLE SHOALS DUPLEX 2BR, 1BA, all electric, appliances 1 year lease references \$450 month, \$450 deposit. 256-275-0753 07-29

FOR RENT - 2 BEDROOM Apartments, North Florence. Appliances, Washer/Dryer connections. \$425-495 plus deposit. 256-764-3986 08-19

COMMERCIAL BUILDING 310 W. 2nd St., Muscle Shoals; high traffic count; ideal for office, retail, restaurant, or investment, \$134,000 OBO. 256-332-9966 08-12

REDUCED - WATER FRONT 3BR, 2BA, Pier and lift. Lots of upgrades, level lot, close to town \$260,000. Century 21 Clement Realty 256-436-1224 08-05

RENT TO OWN, 1323 DAYTON St., Florence, 3BR, 2BA., \$500 down, \$300 month. Needs a lot of work. K&H Inc. 256-349-0000 08-19

RENT TO OWN, 813 DIXIE Ave., Florence, 2BR, 2BA, \$575 per month, K&H Inc., 256-349-0000 09-02

HOUSE FOR SALE - CEDAR Town Homes. 103 Cedar Ridge, Florence. 3BR, 2BA, 2,000 Sq. Ft. 2 car garage \$189,000. 256-712-7301 08-05

BUILDING LOT FOR SALE Gargis Lane, 1.6 acres. No mobile homes, flat, \$24,900. 256-412-8350 07-29

165 CO. RD. 189 - 3BR. 2BA. brick home, 1,800 sq. ft./box. 256-702-9966 07-29

2BR. 1BA., LIVING ROOM, dining room & kitchen, storm shelter, front porch, closed-in back porch, out building, about 2 acres of land, \$74,000. 256-247-7079 07-29

RENT TO OWN, 124 S. Conner St., Florence, 2BR, 1BA, \$500 Down, \$475 month, needs work. K&H Inc. 256-349-0000 08-19

FOR RENT - 1505 SHERROD Ave., Florence. 2BR, BA, \$300 deposit \$395 rent. Available August 1st. 256-335-4346

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HOME FOR RENT, Greenhill area, 3BR, 2BA, 2 car carport, \$650 per month \$650 deposit, 256-762-0889 07-29

HOUSE AND FOUR ACRES of Land for Sale by Owner in Killen. Lakeside Drive, 3BR, 4BR, \$69,000 OBO. 256-757-4128 07-29

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1998 DOUBLEWIDE 1040 sq. ft. 2BR. 2BA. Wheelchair friendly. 822 Nethery Rd. #3 Hartselle. \$24,900 256-509-1840/723-8826 08-05

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COMMERCIAL PROPERTY For Sale - \$89,000 or Long term lease. 808 Woodmont Dr., Tusculumbia. 256-412-8350

FOR RENT, FLORENCE, Peachtree Street, Nice 3BR, 2BA, 1,600+ sq. ft., \$875 month, \$875 deposit. Background/Credit check. www.rentshoals.com 256-766-6992 Knight & Humphries, Inc. 08-19

2 AND 3 BEDROOM HOUSES North Florence. Appliances, washer/dryer connections. \$450-\$550+ deposit. 256-764-3986 08-19

TUSCUMBIA. 3BR. 2BA. Home. New roof. Central Unit. Stainless Appliances. 9' Ceilings. Original Finished Oak Floors. Fenced Back Yard. New Paint Throughout. 4th Street. Great Location. \$96,000. 256-412-1333 08-05

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MOTIVATED SELLER Relocating: 4BR. 4.5BA. premium home. Approx 2 yrs. old, 3100 sq. ft. +/- brick w/10 ft. ceilings. Designer/Owner just completed remodel with upgrades. All baths granite w/custom tile. Designer Kitchen w/high end appliances, cabinets and granites. Hardwood and tile floors, Nuvo whole house music system, security, sprinkler system, gas fireplace, fenced in back w/covered porch and more. Restricted neighborhood 10 minutes West of new Huntsville/Madison hospital. \$387,500 256-710-2890 08-05

FOR RENT HOUSES 523 Sycamore; 3BR; \$395 813 Tombigbee; 3BR; \$495. 256-766-4981 or 256-764-0426 07-29

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12 ACRES IN CHEROKEE for Sale \$29,000, \$1,000 down and \$425 per month! K&H Inc., 256-349-0000 09-02

MOBILE HOMES FOR Rent: Completely furnished including all utilities & furniture. Off Elledge Ln. 738 Green Acres Dr. Tusculumbia. No pets, nice quiet shady location. Also camper spaces. No texts. 256-412-5847, 256-275-1310, 256-314-6272 07-29

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 - 3450 Cloverdale Rd., 2BR, 2BA, Apt.\$450
 - 207 Holt Ave., 2BR, 1BA\$350
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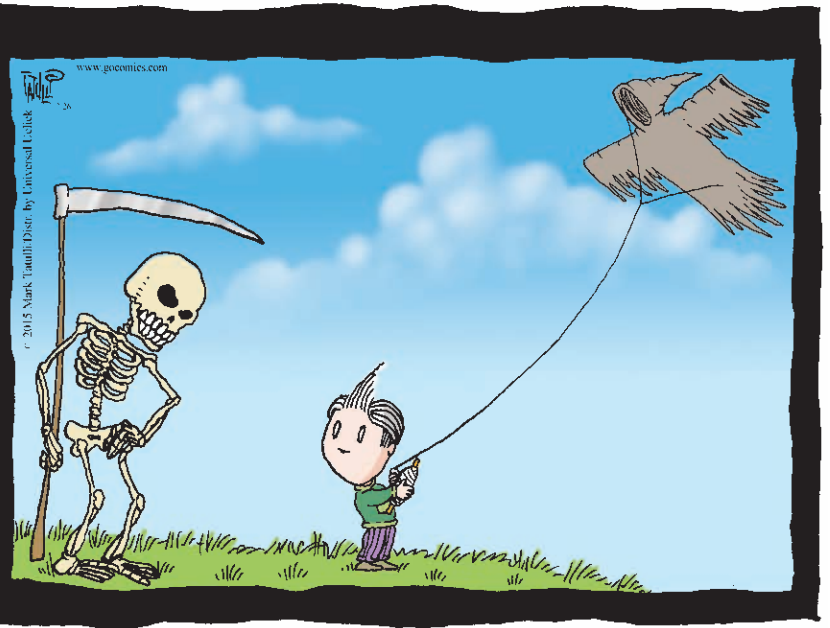
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BY MARK TATULLI

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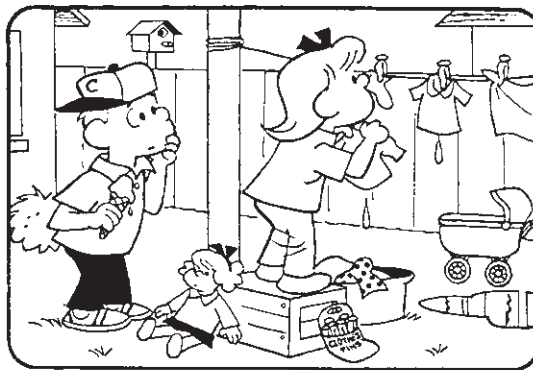
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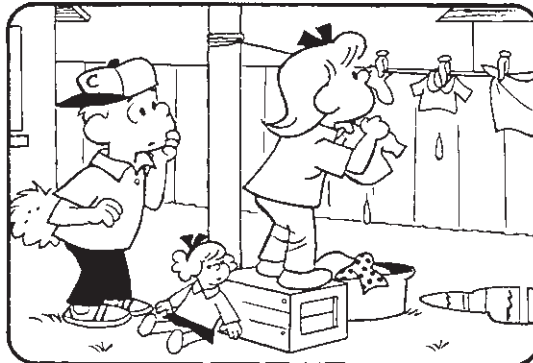
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Bids received on August 29, 2015 by 12:00PM
Bid opening is at 12:30pm
Any persons wanting to inspect vehicles can do so on August 24 - August 28 from 8am-5pm and till 12pm on August 29, 2015

Vehicles are sold as is, no warranties, all sales are final.
Cash Only will be accepted and all Vehicles must be paid for by September 1, 2015.

Year/Make/Model	Vin#
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2000 Ford Taurus (Silver)	1FAPF52U3TG290519
1989 Mercury Grand Marquis (Grey)	2MEBM74F7KX718538
1993 Buick Lesabre (White)	1G4HP5318PH536204
1997 Ford F-150 (Blue)	1FTDF1726VNB62397
1999 Dodge Durango (Black)	1B4HS28Y2XF615902
1999 Chevrolet Silverado (Black)	1GCEK19T2XE107213
1996 Mazda 626 (Purple)	1YVGE22C4T5564061
1996 Ford Explorer (Gold)	1FMDU32X8VZA13613
2003 Nissan Xterra (Gold)	5N1ED28T53C689990
2000 Chrysler PT Cruiser (Red)	3G8FY48B51T553593
1995 Honda Odyssey (Blue)	JHRA186XSC007332
2006 Hyundai Tiburon (Silver)	KMHMM65D06U205790

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LEGAL NOTICE
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NOTICE OF ABANDONED AND UNCLAIMED MOTOR VEHICLES

Notice is hereby given that on **Saturday, the 29th day of August, 2015 at 9am**, the following motor vehicles will be sold at public auction for cash. The auction will be held at **Horne Wrecker Service, Inc., 1634 State Street, Florence, Alabama**. Horne Wrecker Service, Inc. will accept proof of ownership should anyone care to submit same, Monday through Friday, between the hours of 8am and 5pm until the day of the sale. **Vehicles may be viewed starting Monday, August 24, 2015 between the hours of 8am and 5pm.**

YR/MAKE / MODEL	VIN#	TAG#	COLOR	TOWED FROM LOC
90 BUICK LESABRE	1G4HP54C9LH499799	41C03F6	MAROON	THOMPSON ST
95 BUICK ROADMASTER	1G4BT52P3SR414407		MAROON	VETERANS DR
02 BUICK RENDEZVOUS	3G5DB03E72S527278	41G57H2	BURG	LOWES
94 CHEVY CAVALIER	1G1JC544XR7132735	41CA654	BLUE	MOBILE & CEDAR
97 CHEVY CAVALIER	1G1JF5247V7306247	42AC737	WHITE	FLO BLVD & TUNE
97 CHEVY LUMINA	2G1WL52M0V9129778	V2715E	MAROON	CO RD 47
98 CHEVY ASTRO	1GNDM19W5WB116821	33AT327	GREEN	H'VILLE RD & BLAIR
98 CHEVY S10	1GCCS1442W8125666	41F85W1	BLACK	GRANDVIEW ST
99 CHEVY METRO	2C1MR2228X6717794	41CZ561	WHITE	CO RD 200 & 81
00 CHEVY CAVALIER	1G1JC124XY7423956	H7670X	WHITE	FLORENCE BLVD
00 CHEVY MALIBU	1G1NES2J8Y6160820	3914	BLUE	SAMS SERVICE
01 CHEVY LUMINA	2G1WL52J111240189	41CW965	WHITE	W RASCH RD
02 CHEVY TRAILBLAZER	1GNDS13S922286153	41CK129	BLACK	H'VILLE & TRADE
07 CHRYSLER TOWN & CTRY	2A4GP54L37R358151	2530AJ1	SILVER	VETERANS & COURT
98 DODGE AVENGER	4B3AU52N9WE141420	41CP646	BLACK	T J MAX
92 FORD RANGER	1FTCR14AXNPB08393	41DD442	GREEN	TRADE ST
93 FORD F350	1FDJF37M9PNB13452	41 1773	WHITE	HWY 157
96 FORD CONTOUR	1FALP653XTK204396	41BW828	WHITE	ROYAL & REEDER
96 FORD EXPLORER	1FMDU32X1TUA07355	41D44H0	BLACK	DARBY DR
99 FORD TAURUS	1FAPF53S9XA294329	41AA319	WHITE	H'VILLE & TRADE
00 FORD FOCUS	1FAFP3831YW361225	41B41Z1	SILVER	HWY 43 & CO RD 47
00 FORD TAURUS	1FAFP55U4YA210501		BLACK	HWY 157
05 FORD EXPLORER	1FMZU62K05UB00964	DAS2822	BURG	HWY 157 & CO RD 6
90 HONDA ACCORD	1HGCB7153LA035500		GRAY	PINE & WOODLAND
02 HUNDAI ACCENT	KMHCG35C92U170474	33AP560	BLUE	FLORENCE BLVD
05 ICRP MOTORCYCLE	JKAEXMF185DA15271		BLACK	MOBILE ST
90 JEEP CHEROKEE	1J4FJ58L8LL208904	47K89W0	BLUE	UNA PARKING DECK
01 MAZDA TRIBUTE	4F2YU09161KM19558	0753AM6	BURG	HELTON & HERM.
00 MERCURY MYSTIQUE	1MEFM6535YK616165	41CA448	BLUE	HELTON & RKWOD
86 NISSAN 720 P-U	1N6ND06S66C348457	41CM414	GRAY	S PATTON ST
95 NISSAN QUEST	4N2DN11W6SD845696	41C99C7	GREEN	N MAGNOLIA ST
96 NISSAN MAXIMA	JN1CA2106TT134315	V17 01F	WHITE	LEE HGTS CHURCH
97 PONTIAC GRAND PRIX	1G2WJ52K3VF346782	208154	GREEN	DR HICKS BLVD
01 PONTIAC GRAND PRIX	1G2WP52KX1F231220		RED	CO RD 47 @ THE ARK
91 V W JETTA	WVWRA21GXMW013899	52FH947	BLUE	RASCH & CONGRESS
02 V W BEETLE	3VWED21CX2M447253	41B26D4	BLACK	FLORENCE BLVD

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CARDIOVASCULAR INSTITUTE of the Shoals

Notes...

Continued from page 4

Florence City Schools is now accepting applications for free and reduced breakfast/lunch benefits online at www.florencek12.org. The link to apply is located on the homepage and will take you to the application. Please note that ONLY online applications will be accepted. It's fast, easy and your benefits will be approved within 24 hours! Remember: You MUST complete a new application each school year!

Underwood-Petersville Community Center Breakfast -- please join us for our First Saturday Breakfast, August 1 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.

Southwire Company will be holding its 4th annual Back to School Supply Giveaway on Saturday, August 1 from 10am-noon at the facility - 4251 Helton Drive in Florence. No documentation is required and there is a limit of three bags to be given away per family. For more information, please call 256-767-4170.

Fish Fry at East Colbert Church of Christ Saturday, August 1, 12:30-6pm. All you can eat. Adults & Carry-outs \$12 each, Children ages 4-11 \$6. (All proceeds go to mission work and benevolence.)

The musical entertainment at 11am on Saturday, August 1 before Florence/Lauderdale Tourism Swampette music tour will be Tim Cannon. He will perform in the Gallery at the Florence/Lauderdale Visitor Center in McFarland Park. The "mini-concert" is free and open to the public.

The August 1 version of the Swampette tour of area music venues will follow Cannon's performance, from noon-4pm. The popular tour offers stops at FAME Studios, 3614 Jackson Highway, and the Alabama Music Hall of Fame. Led by Judy Hood, wife of the Swampers' bass player David Hood, the tour travels to each venue aboard the "Trolley of Tunes." Tour cost is \$35 per person. Upcoming tours are planned for September 5, October 3 and November 14. ** Please note that the November tour has been changed. ** For reservations for Swampette tours, contact the Florence/Lauderdale Tourism Office at 256-740-4141.

The Zodiac Players of the Shoals Theatre will present Stephen Sondheim's musical classic, "Sweeney Todd: The Demon Barber of Fleet Street", November 19-22, 2015. The director, Steifon J. Passmore, is currently accepting applications and scheduling interviews for a potential music director for this production. If you are experienced in teaching voice and musical orchestration, have a genuine love for musical theatre, and have the time to commit to this production, you are welcome to apply. Call 256-366-6853 before 2pm or after 6pm Monday-Friday to schedule an interview. Applications will be accepted until August 1.

Zip City Neighborhood Watch Meeting will be August 9, 2pm at Zip City Fire Department.

Revival at Old Bethel Baptist Church, County Line Rd., Leighton, August 2-7. Sunday School 10am, Preaching 11am, Lunch 12pm, Evening Worship Service 7pm. Monday-Friday 7pm. Evangelist: Bro. Tim Box. Everyone welcome.

The Bertha (Ma) Killen Family will be having a Reunion on Sunday, August 2 at Green's Chapel Park. All family and friends are invited to come. Bring a covered dish. We will eat at 12:30pm.

Small Hero, Big Discussion: "Ant-Man" on Tuesday, August 4, 6pm at Florence-Lauderdale Public Library. He's the only hero whose big battle includes a toy train. Let's get together to talk about "Ant-Man"! The discussion will be led by comics expert Danny Vaughn. For more information, call 256-764-6564, ext. 28.

Clothes Give Away - Thursday, August 6 from 8-10am at the Care Center, First Baptist Church, Killen.

Underwood-Petersville Community Center Luncheon: please join us August 6 for our first Thursday Covered Dish Monthly Luncheon at 11:30am with special guest. We hope to see you there.

Marvin Morrow will be singing Friday, August 7 at 7pm at Piney Grove Church, Waterloo, located off Hwy 20 near AL-TN state line. For info, call Pastor Robert Gilchrist at 256-766-1534. Everyone welcome.

Tournament: Fifth Shoals Area Auburn Club golf outing, August 9-10 at Shoals Marriott and Turtle Point Yacht and Country Club. Honorees are Bill Alexander and David Campbell. Special guests will be head basketball coach Bruce Pearl and assistant coach Chad Pruitt, along with former running back Ronnie Brown. Carnell Williams, Jason Campbell, Carlos Rogers, Mayo Sowell. Tournament is 4-person scramble. Cost is \$150 per player, all inclusive. Call 256-762-0331 or go to shoalsauburnclub.com.

Rape Response invites public to the "Take a Stand 5K, Fun Run and Concert". Saturday, August 15, Shoals Crisis Center invites you to put on your running shoes or bring a lawn chair and head out to Spring Park in Tusculum. Festivities begin at 4:30pm with games and activities for kids and family-friendly music featuring local artists. With the support of Tusculum Police Officers and Fire Fighters, the 5K starts at 6pm through the streets of Tusculum and the Fun Run winds through Spring Park starting at 7:15pm. At 8pm the event concludes with a concert by Breaking Glass, a contemporary blue grass group from Mississippi.

For more information or to pre-register for the 5K and/or Fun Run, visit ShoalsCrisisCenter.org. The cost is \$25 for adults and \$20 for students. Participants will receive a T-shirt, while supplies last. There is no charge for the concert, but Shoals Crisis Center welcomes and appreciates your tax deductible donations. Kid-friendly activities, food and soft-drinks will be available for nominal costs.

The Zodiac Players, adult wing of Shoals Theatre, announces its upcoming season. The first show of the season is "The Homecoming," which will be directed by John Givens August 13-16, 2015. "Sweeney Todd, the Demon Barber of Fleet Street", directed by Steifon Passmore takes place November 19-22. From February 11-14, 2016 Adam Neal will direct "Tuna Does Vegas". S.K. Purvis will direct "Driving Miss Daisy" April 14-17, 2016. The final show of the season is "Sordid Lives" directed by Randy Pettus May 19-22, 2016. Patron tickets for the entire season are available online at www.shoals theatre.org or by phone at 256-764-1700.

Chance to Win a \$500 Gift Card to K-Mart to be given away August 15. Mended Hearts has this fundraiser every summer in order to provide all the items necessary for our open heart patients in our area. The tickets are available with any Mended Hearts member and every Saturday at K-Mart. Tickets are \$1 each, six for \$5, twelve for \$10, and the best chances with 25 tickets for \$20.

Handouts to share with families of heart disease patients and patients are also available at a table at K-Mart. Come see us at K-Mart each Saturday and increase your chances for \$500 extra for school clothes, holiday shopping or whatever you need or want.

Mended Hearts Chapter 307 wants to send a special thank-you to all those that already bought tickets that help our local people. Mended Hearts is a non-profit organization and our once a year fund raiser is essential to the operation of and the ability to provide for our local patients. Stop by and say hello at K-Mart any Saturday between now and August 15.

Korean War Veterans, Chapter #2, will hold 65th Anniversary Picnic for all Korean War Veterans, Saturday, September 12 at Veterans Park, Florence, from 11am-2pm in shelter #2. Jim Taylor, President of the Korean War Veterans, Chapter 2 would like to invite all local veterans of the Korean War to this special event. For additional information call Jim Taylor 256-381-8172.

June 25th marked the 65th anniversary of the beginning of the Korean War when North Korean forces crossed the 38th parallel into South Korea. The war results are a success story for South Korea in that freedom has brought great economic advances. North Korea, meanwhile is mired in communism and has among the world's worst economy.

Florence Parks and Recreation Department is conducting registration. Youth Flag Football now through August 16 for boys and girls ages 5-12 years old. Registration fee is \$45.

Youth Football now through August 16 for ages 6-12 years old. Registration fee is \$45.

Fall Youth Soccer now through August 23 for ages 4-12 years old. Registration fee is \$45.

Florence Youth Cheerleading now through August 16 for ages 6-12 years old. Registration fee is \$35.

Adult Softball, Men and Coed Leagues, now through August 2. Team fee is \$400.

Register online at www.fpard.com or call athletic office at 256-760-6628.

CMTA All-Stars - Walk for CMT - Please join us for a CMTA All-Star Event! CMTA Walk 4 CMT - Saturday, September 19 at 9am, St. Florian Park, 81 St. Florian Road, Florence. The entry fee is \$25 (\$15 if under 13 years old). Every participant will get a Walk 4 CMT T-shirt. Go to <https://www.firstgiving.com/CMTA/florencewalk4cmt> to register.

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per month required.
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every 2 Weeks

*Limited Functional Warranty



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