

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

Volume 132 Number 18

February 17, 2016

POSTAL PATRON

## Bradford in New Post

MUSCLE SHOALS-Good Samaritan Hospice recently named **Debbie Bell Bradford** its Community Education Specialist in the Shoals.

Bradford has lived in the Shoals area for 30 years and is married to **Roger Bradford**.



Bradford

She is involved in several local organizations in the Shoals including Muscle Shoals Civitan, Colbert Caring Center, and Town and Country Garden Club. She is a member of Tuscumbia First United Methodist Church and a passionate volunteer at FAME Girl's Ranch. Bradford was also the executive director of the Muscle Shoals Education Foundation for ten years.

Good Samaritan Hospice is headquartered in Madison and serves ten counties across North Alabama including the current expansion into the Shoals area. The company has continued to serve patients in Colbert, Lauderdale, and Franklin counties since being purchased by Florence native, **Janet Holt Melton** in May 2009. Melton has over 30 years experience in healthcare including 20 years as an RN and serving hospice patients for the last ten.

The staff has grown to over 35 employees many of whom live in the Shoals.

For more information, call 256-772-8108 or visit [www.gshospice.com](http://www.gshospice.com)



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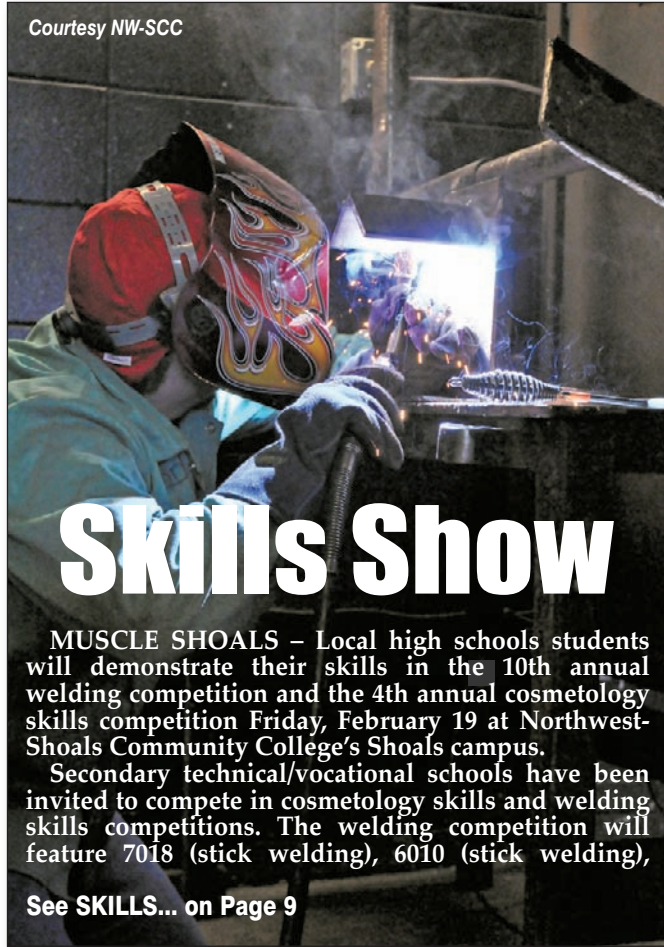
## Writers Take the Next Step

FLORENCE-The Shoals Writers Guild is a spin-off of the writing class hosted for fourteen years by Dr. Dorothy Hardy at the Florence Lauderdale Public Library. Dr. Hardy discontinued the class when her health began to fail. She passed away in December, 2015.

The loss of Hardy's inspirational leadership created a need to reconnect to the writer's roots. Former class

See WRITERS... on Page 6

Courtesy NW-SCC



## Skills Show

MUSCLE SHOALS - Local high schools students will demonstrate their skills in the 10th annual welding competition and the 4th annual cosmetology skills competition Friday, February 19 at Northwest-Shoals Community College's Shoals campus.

Secondary technical/vocational schools have been invited to compete in cosmetology skills and welding skills competitions. The welding competition will feature 7018 (stick welding), 6010 (stick welding),

See SKILLS... on Page 9

## Holt Led the Chamber by Example

FLORENCE -- Shoals Chamber of Commerce President Steve Holt announced his resignation last week during the Chamber's monthly Board of Directors meeting.

Holt, 67, arrived in 1994 from Asheville, North Carolina, moving with his wife, Susie, and their two

youngest children, Jon and Allison. He knew quickly the Shoals was going to be a place to call home.

"When we arrived at our new home, everything we had was still on the truck. So I stopped at a grocery store to pick up some bread and basics," Holt recalled. "I wrote a \$40 check on a Carolina bank. The cashier never asked for an ID and invited us to church."

Holt oversaw the Chamber's role in numerous high-profile projects such as the Singing River (Patton Island) Bridge, the Shoal Creek Bridge, and the Robert Trent Jones development. Quality of life projects, ranging from Education Workforce Development to Keep Shoals Beautiful were created, along with Outreach programs such as Youth Leadership Shoals and the Shoals Area Law Enforcement Coalition.

Holt's served at chambers of commerce in Morristown and in Kingsport, Tennessee, before serving as executive-vice

See HOLT... on Page 9



## Fire Rating Drops Two

CENTRAL-After much work and months of anticipation, the Central Volunteer Fire Department has received good news about its ISO (Insurance Service Office) rating. ISO rates fire departments on structural fire suppression delivery system or its ability, including manpower and

See SHORTS... on Page 5



Billy Warren with Joy Willow Photo: Mary Carton

## Everyone is Running' Around Downtown

FLORENCE-First Metro Bank invites runners and walkers of all ages to participate in the 4th Annual Runnin' Around Downtown 5K and CONFETTI 1 Mile Fun Run/Walk benefiting Shoals Scholar Dollars on Saturday, March 5! The 5K race will take runners on a scenic route through historic downtown Florence enjoying sites such as the UNA campus, Wilson Park, and more. Confetti has once again been added to the 1 Mile Fun Run!

Early registration pricing is valid through Saturday, February 20. Pre-registered runners will be entered for

See RUNNIN'... on Page 9

## Inside this Issue

- Questions From The Heart
- Adopt-A-Friend
- Ask the Attorney
- Soap Updates

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- Shoals Dining
- An Overflow of Job Openings
- DOUBT, A Parable



- Come on, Spring!
- Dave Ramsey
- Cat & Kids
- Landers Event
- Jr. Whirl

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- Pet Talk
- Outdoors



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Soups  
2/\$3** 18.5-19 OZ.

**HUNT'S  
Snack  
Packs** 4 PK. **99¢**

**HUNT'S  
Tomatoes** 14.5 OZ. **99¢**

**SWISS MISS  
Cocoa  
Mix** 8-10 CT. **99¢**

**PILLSBURY  
Toaster Strudels  
or Scramblers** 7.2-11.7 OZ. **2/\$4**

**IMPERIAL  
Margarine  
Sticks** 16 OZ. **89¢**

**BEST CHOICE  
Water** 24 PK. **2/\$5**

**KELLOGG'S  
Frosted Flakes, Apple Jacks,  
Corn Pops, or Fruit Loops** 17-19 OZ. **2.99**

**BEST CHOICE  
Colas** 12 PK. 12 OZ. CANS **2/\$5**

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**DOLE  
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Gala  
Apples** 3 LB. BAG **3.99**

**MUSCLE SHOALS SAT. AND Sun.** 2/20/2016 -2/21/2016, 7am, 207 Mack Avenue right off River Road Electronics, furniture, books, tools 02-17

**2010 DODGE CHARGER SXT** cloth, auto, 88k, \$11998. Financing available call Matt 256-810-0283 or 256-764-3351 02-17

**BUYING SCRAP GOLD JEWELRY,** highest prices paid, North Florence Coins. 7 Points Shopping Center. 256-764-0008 03-16

**DOZER, TRACKHOE, LOADER AND** Stump removal. Haul chert, gravel, topsoil or fill dirt. 256-366-0966 02-24

**BRINOR BARGAINS CLOSEOUT** Florence MOVING SALE Saturday, Feb 13th, 20th and 27th Across from Riteaid, Seven Points Furniture, Antiques, Artwork and much much more!! 02-24

**FLORENCE FEB. 19-20, 12 - 5 P.M.** Fri; 7 -11 a.m. Sat., 1626 Ridge Ave. 02-17

**JR. LAWSON TREE SERVICE -** Tree Trimming, Stump Grinding, Removal. Licensed/bonded, FREE estimates, 256-856-7028 \*\*\$100 off with this ad\*\* 03-09

**77 AUCTION, 1385 CO RD 77,** Russellville, AL. 256-460-1373. Dates: Feb. 20th, 27th and March 5th **GENERAL MERCHANDISE** Auctioneer, Glenn Pettus #1374. Apprentice Auctioneer, William Curtis #2949. Starts at 6:30 p.m. \*Open Every Saturday night\* 03-16

**ANNUAL INDOOR YARD SALE** March 5th, 2016; Rogersville Methodist Church; 6am-Noon 03-02

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

**1973 MACH 1 MUSTANG** Fastback Needs paint, odds and ends. \$10,500. 256-702-8861. 02-24

**NEW TIRES FOR LESS \$\$\$ AT** West Tire and Auto. 256-764-7899 03-16

**ROOFING - LEAKS REPAIRED,** chimneys flashed, valley repair. All work guaranteed. Free estimates. 256-383-3218 02-17

**2003 MUSTANG V6, 5 SPEED,** ugly wheels, 177K, \$2,900. Jerry Baggett 256-757-1823 02-17

**QUEEN PILLOWTOP MATTRESS** set still in package, \$200. FULL Size \$185. Kings \$300. Delivery possible. Eric 256-710-7325.

**HOUSE PAINTING, SHEETROCK/** carpentry repairs, economical, reliable, 35 yrs. experience, excellent references. Dale Jackson. 256-412-2654 02-17

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# Gospel Meeting

## Chapel Hill Church Of Christ

### March 13, 14, 15

Speaker:  
**STEVE CONDRA**

**Sunday Morning Bible Study: 9:30am**  
**Worship: 10:30am • Lunch Following**  
**Evening Service: 1:30pm**  
**Monday & Tuesday Night Services: 7pm**  
U.S. Hwy. 72 just west of Tuscumbia

**10 GALLON GLASS JAR WITH Handle, no lid, \$150. 256-412-1092 02-17**

**2004 JEEP GRAND CHEROKEE Silver, 154k, Super Clean, Loaded \$6,900 OBO 256-702-0277 Ask for Brian 02-17**

**2012 DODGE GRAND CARAVAN SE 108k, \$9,997. Financing available. Call Brandon 256-710-4598 or 256-764-3351. 02-17**

**THIRD ROW SEATING 2002 Buick Rendezvous, NEW tires, third row seating, 150K, \$3,900. 256-998-6383. 02-24**

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**VACUUM CLEANER REPAIR, MOST makes & models. Free estimates. Ken's Sewing & Vacuum Center, 256-381-0161 02-24**

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**1995 OLDS CUTLASS NICE. \$2,850. 1989 S10. \$1,350. 1984 Suburban. \$2,850. 1999 Silverado. \$4,800. 256-324-8042 02-17**

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**2006 CHRYSLER PACIFICA leather, power windows/locks, 78K, \$8,988. Financing available. Call Tony 931-213-1386, 256-764-3351. 02-17**

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**FEBRUARY 28-29, 2016**

**Answers in Genesis conference schedule**

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

For more information, visit [answersoutreach.org/Florence16](http://answersoutreach.org/Florence16)

The contents of the following storage units at **Second Street Storage** and **Ridge Point Storage** in Sheffield, AL will be sold at auction on **March 4, 2016 at 10:00 am**. Debts may be settled in full by owner prior to date of sale.

NAME	UNIT
Vickey Tanksley	#22-G
Kristina Jones	#28-B
Anthony Fuqua	#43 & 181
Whitney Lawler	#193
Shari Allen	#37-G
Cynthia Strayer	#144
Jennifer Gray	#41 @ R.P.

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**1995 CHEVROLET LUMINA. \$975.** 1996 Camry. \$1,500. 1976 Chevrolet truck. \$1,500. 1994 Altima. \$2,500. 256-324-8042. 02-17

## Community Notes

**The Friends of the Library Bookstore in Killen** is having a 1/2 price sale on all collectibles in February. Most are first editions and ordinarily sell for \$3 and \$2. Some are signed and normally sell for \$4-\$5. None sold for less than \$1). The bookstore is located next door to the Killen Library on J C Mauldin Hwy in the Killen Town Hall complex. Hours are from 9am-5pm on Fridays and 9am-1pm on Saturdays. All-volunteer staff and all proceeds benefit the library.

**Glendale Church of Christ Wednesday Night Series** 7pm each night, located at 8000 County Road 200, north of Florence.

February 17 - Bill Irby  
February 24 - Tim Grigsby  
March 2 - First Wednesday Singing  
March 9 - Doug Jackson  
March 16 - Ed White  
March 23 - Stan Dean  
March 30 - Wayne Wood  
April 6 - First Wednesday Singing  
April 13 - Wayne Kilpatrick  
April 20 - Chris Moran  
April 27 - Bill Bagenis  
Please come and bring a friend. Everyone welcomed.

**Parenting Series: Together We Can Create a Healthy Future** on Thursdays on February 18, 25, and March 3 from 10am-noon at the Lauderdale County Extension Office at 802 Veterans Drive, Florence, next to coliseum. This is for Parents/guardians, foster/home parents, child care providers, or anyone needing education/training hours. REGISTER by calling Your County Extension Office :

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

**First Class, Alabama's Voluntary Pre-K Program** now registering through February 26, 9am-4pm at Florence First United Methodist Church Day School, 415 N. Seminary St., Florence. Lottery to be held February 29 at 9:15am, do not have to be present in order to receive a placement. More info: 256-766-2472.

**Tuscumbia Parks and Recreation Department** will be taking registration for Dixie Youth Baseball and Softball through February 19. Registration fee is \$45 per player and \$20 for each additional player. Please contact the TPRD for any information at 256-386-5655 or email tammyholt64@comcast.net.

**Florence Parks and Recreation Department** will be conducting online registration for:

Spring Youth Softball now through February 26 for girls 5-12 years old. Age control date is January 1. Registration fee is \$35 per player. For more information contact David Dolan at 256-760-6628.

Spring Youth Baseball now through February 26 for boys ages 3-13 years old. Age control date is May 1. Registration fee is \$35 per player. For more information contact David Dolan at 256-760-6628.

Youth Soccer now through March 14 for ages 4-14 years old. Registration fee is \$45. For more information contact 256-760-6628.

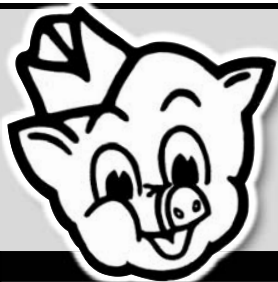
Adult Softball now through March 4. We will be taking registration for Men and Coed Leagues. Team fees is \$400. For more information contact Nicole Lambert at 256-760-6628.

You can register online at www.fpard.com.

**John McComb, Charles McCombs, and Sally McCombs** invite you to a Meet & Greet with James Elwyn Irby, candidate for Lauderdale Circuit Judge, Place 2 from 5:30-7:30pm on Friday, February 26 at the Greenhill Community Center, 8735 U.S. Hwy-43. For additional information, please call 256-443-9201.

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

See NOTES... page 5



# piggly wiggly

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**FEBRUARY 17-23, 2016**

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BONELESS BEEF  
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**99¢** LB.

1/4 PORK LOIN SLICED INTO  
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**Center Cut Pork Chops** lb. **1.99**

**Boneless Beef Minute Steak** lb. **4.59**

**John Morrell Sliced Bologna** 12 oz. pkg. **1.09**

**Piggly Wiggly Sausage** 16 oz. roll **2.29**

**Gwaltney Sliced Bacon** 12 oz. pkg. **2.59**

**Eckrich Smoked or Polish Sausage, all var.** 14 oz. pkg. **2.59**

**John Morrell Ham or Turkey** 7 oz. tub **2.19**

### FRESH PRODUCE

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**Potatoes**  
**2.79** 10 LB. BAG

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**Onions**  
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# Community Notes...

Continued from page 4

**Kaitlyn Fennell**, a junior at Florence High School, is collecting soda can tabs for her National Honor Society community project. The tabs will be donated to the cancer center's Sharing and Caring Fund to help patients undergoing chemo treatment with unexpected expenses. Soda can tabs can be dropped off at either of the Northwest Alabama Cancer Center offices, 302 W. Dr. Hicks Drive, Florence or 101 Dr. W. H. Blake Jr. Drive behind the Shoals Hospital. Any donations appreciated. I can provide jars for your business as well. Questions may be directed to 256-764-4200

**Monthly Covered Dish Lunch** at the Zip City Community Center on Thursday, February 18 at 11:30am. Please bring a covered dish. Everyone is welcome.

**New Nashville Christian Music artist John Tibbs** will be performing Thursday, February 18 in the Cozy Concert at the Florence Senior Center, (The Club - former Florence Golf and Country Club location 450 Country Club Drive off Savannah Hwy in Florence). This will be a non-ticketed event however we have limited seating. A love offering will be taken up that night for expenses. A pot luck meal with Southern Hospitality will be at 5:15pm. Please bring a covered dish to share with everyone. If covered dishes could arrive by 4:45pm, this would be great. For further information or assistance, please call 256-760-6420. The Club is an alcohol and drug free facility for boomers and seniors.

**Winter Revival** at Leighton Baptist Church, 2630 College St., Leighton, February 21-24. Sunday night at 6pm, Monday-Wednesday nights at 6:30. Bro. Bob Pitman will be the guest Evangelist and Scott Underwood is the Worship Leader.

**The Florence Knights of Columbus Council 3989** is sponsoring its annual **Lenten Fish Fry** from 4:15-6:45pm on Friday, February 19 at St. Joseph School Cafeteria in Florence. Featuring catfish filets, hush puppies, cole slaw, french fries or baked potato, drink and dessert are included. Tickets are available at the door - Adults, \$10; Children 4-6 years: \$4; Children under 4 eat FREE. Carry-outs are available. Cheese pizza will be available for those who do not want fish. Proceeds from this fellowship will be used for the Council 3989 Charity Fund.

**Central Community Center's Monthly Breakfast** Saturday, February 20 at 6am. Adults \$6, children \$3. Carryouts available. Business meeting to follow.

**Events at Florence-Lauderdale Public Library** - For more information, call 256-764-6564, ext. 15. On the Gospel: According to Jazz - Saturday, February 20, 12-4pm. Explore the journey of African-American music from spirituals to gospel to jazz. Jazz performers will include Dr. Eric Kirkman and Mr. Shelly Williams.

**The Voices of Victory** from Tupelo, MS will be singing at Lindsey Chapel, Saturday, February 20 at 7pm. Come for a blessing.

**The Lawrence County Chamber of Commerce** will hold its monthly membership luncheon on Tuesday, February 23, at noon at Western Sirloin Steakhouse in Moulton. The speaker will be Bobby Burch, District 4 County Commissioner, who will speak about the proposed one-cent sales tax to be voted on in the March 1 primary election.

See NOTES... page 34

# SHORTS...

## Fire Rating Drops Two

Continued from Page 1

training, to effectively respond to structure fires. The inspection included but not limited to reviewing the number of training hours each fireman has accumulated, the equipment and hardware that each truck contains and fire prevention plans for each business served by the fire department. Many hours were spent ensuring that all protocols and records were up to date and that all required equipment was present on all of the fire trucks. The hard work paid off as the department rating for the five mile radius around the station dropped from six to four. This should equate to a savings for all Central residents who pay for homeowners insurance living inside that radius.

"Unfortunately, the Insurance Service Office changed its guidelines for those outside of the five mile radius and it is a ten across the board," Chief David Hale said. "However, we are preparing to purchase land and constructing a second station in the northern end of our district to benefit those not only in future fire ratings but also in response times."

The new ratings go into effect May 1, 2016.

## HoF Tickets On Sale

SHOALS-General admission tickets for the Alabama Music Hall of Fame 2016 Induction Banquet and Awards Show are on sale. The banquet is scheduled for Friday, February 26 at the Marriott Shoals Conference Center in Florence.

"The banquet is held to honor the inductees," said AMHOF director Dixie Griffin. "It is also our primary fundraiser, so financial support from major sponsors is critical. Corporate support was

very strong this year and exceeded our expectations."

Corporate sponsorships ranged from \$5,000 to \$25,000. "We are grateful that so many businesses are partnering with AMHOF to provide the funding we need to remain viable," said State Tourism Director Lee Sentell who serves as treasurer for the AMHOF Board. "Music tourism boosts the state and local economy and AMHOF is a key element in the mix."

Individual tickets are \$200 each. The ticket includes a pre-event cocktail reception in the main lobby of the Marriott Shoals Conference Center, a gourmet dinner and performances by world-

See SHORTS... on Page 13

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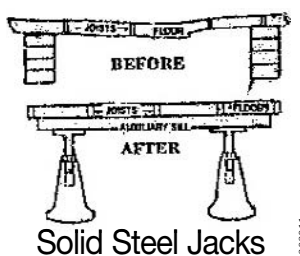
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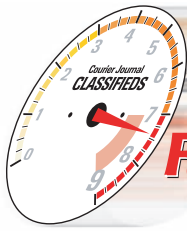
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## Writers...

Continued from Page 1

participant, Helen Linzy, and writer, Joy Willow, came together to form the Guild. They were inspired by the movie, *Muscle Shoals*, the story of Rick Hall and Fame Recording Studio. Hall's book, *The Man From Muscle Shoals: My Journey From Shame to Fame*, was released shortly after the movie. Hall has also been invited to be an honorary member of the Guild.

Florence City Historian, Billy Warren, will be inducted as a member of the Shoals Writers Guild at the group's meeting on February 20. Warren is the President of Heritage Preservation which is dedicated to the preservation of local historic structures, sites, and documents. He is chairman of both the design committee for Florence Main Street and the Alabama Renaissance Faire which celebrates its 30th anniversary this year. Warren also writes a monthly column on local history for *Kidsville News!* He co-authored a book with Dr. Tom Ott and Jimmy Hill about the history of the homes on Walnut Street entitled, *A Walk Down Walnut*.

Warren will aid the Guild authors in editing and layout of the yearbook that is slated to launch in October.

Another author-inveitee who has made a local contribution is Edie Hand who played a significant part in developing the George Lindsey Film Festival. The Guild is planning a writer's gala to coincide with the Lindsey Festival in 2017.

Tom Hendrix is an Honorary Guild invitee. He is the author of the book, *If the Legend Fades*. Hendrix built the Wachapi Memorial Wall over a span of three decades near the Natchez Trace. The Wall, as it is commonly called, is a memorial about Teh-lay-nay, his great-great grandmother, who was a member of the Yuchi

Tribe. She walked back to the Shoals from Oklahoma after the Trail of Tears. The book is about her three-year journey and preserving the legend.

Joy Willow, author of the screenplay and film slated for release in 2017, "The Orchard Baby," is chair of the Guild. The screenplay is fictional, but it is based on Willow's life experiences. The independent film is a southern historical romance and will be close to two hours long.

"We all have a story to tell," Willow said. "The Guild offers a nurturing environment for aspiring writers."

The purpose of the non-profit Shoals Writers Guild is to turn writers into successful authors.

Other local authors who are charter members of the guild are Danny Creasy, Bill Norvell, Tom McCay, Shelia Ayers, Mary Carton, Dave Beck, Jennifer Reynolds, Mickey Lollar, Tom Ott, Susie Larson, Nancy Graham, John Bush, David Curott, and Alice Cook. Cook is also the owner of Shady Glade Publishing in Florence.

There are other members in the Guild who are not yet published and work on committees.

The authors in the Guild are currently working on their first yearbook called, *Southern Lit*. The book will host fictional short stories, poems and local photography from the Guild members. Mary Carton, a blogger for *Grit Magazine*, is the official photographer for the Guild. The book is slated to come out in October.

The Guild meets every third Saturday of the month from 10am-noon at the Florence Lauderdale Public Library, located at 350 N. Wood Avenue in Florence. The Guild hosts an author/publisher speaker each month. The speaker for the February 20 meeting is Chervis Isom, author of "The Newspaper Boy," his memoir. Isom will be speaking about "How to

See GUILD.. on Page 9

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I have discovered a place I can go to get a moment with God that truly refreshes my soul. I thought I would share it since it is easy, free, and simple. Look up the song I Need Thee Every Hour by Sam Robson on YouTube. If God has given you ears to hear and eyes to see, this will truly bless you. I was listening to this as I got ready for the day recently. In a moment of true worship to God, I lifted my hands at the crescendo, smiled, and sung along - just as my 16 year old daughter passed by laughing at me. I hope you enjoy the experience of the song as much I do and may it fill up your cup.

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## Questions from the Heart

**Q** My mother's doctor told her she is at risk for congestive heart failure. What is congestive heart failure, and what are the causes and symptoms that we should look out for? What can we do to prevent it?  
--Todd from Lexington

**A** Congestive heart failure is a medical condition that occurs when your heart does not effectively pump blood as it should. This condition occurs when the function of the heart's left ventricle is reduced.

**Ejection fraction** is the percentage of blood that the left ventricle pumps to the body with each beat. Cardiologists determine this by a number of tests – such as Echocardiography, Nuclear Stress Ejection Fraction, and Cardiac Catheterization. When this percentage is significantly reduced, you are at a risk of congestive heart failure.

So what are some of the *causes* of congestive heart failure?

One cause is a **Myocardial infarction**, or rather, a heart attack. If you experience a heart attack, your heart loses some of its ability to pump. The muscle that is damaged by the infarction is permanently scarred and does not contract as it would normally, which can lead to congestive heart failure.

**Cardiomyopathy**, or cardiac muscle weakness, is one type of viral condition which weakens heart muscle and reduces the heart's ability to clear an amount of blood that it usually does with each heartbeat. This reduced clearance function can again lead to congestive heart failure.

Another condition that reduces the efficiency of your heart is **high blood pressure**. High blood pressure leads to a thickening of the muscular wall of the heart, and eventual decreased muscle function can also be a cause for congestive heart failure.

Another cause of congestive heart failure is **rheumatic fever**. As a result of rheumatic fever, one of the four valves of the heart may be affected by an infection or scarring of the valve.

So what are the *symptoms* of congestive heart failure?

Someone with congestive heart failure is easily short of breath, and as the failure worsens, the shortness of breath worsens as well. People with this symptom have difficulty completing tasks that used to be ordinary. Someone experiencing congestive heart failure may even feel short of breath while lying down. Some people even forgo the bed and sleep only in a chair at night, or sleep with many pillows underneath their heads.

Swelling, also known as **edema**, is also a common symptom of congestive heart failure. Usually, the first noticeable swelling occurs in the legs (known as **peripheral edema**), and it may progress to swelling of the stomach as fluid builds in the body.

The mainstay of treatment for congestive heart failure primarily involves medicine such as **beta blockers** (which control your heart rate), **ACE inhibitors** (which control blood pressure), or **diuretics** (which eliminate extra fluid by encouraging urination). In addition to these options, there is a new medication called **Entresto**, which has shown significant clinical improvement in many patients. Treatment such as **coronary artery revascularization** and certain types of pacemaker placement may offer relief. Along with pharmacological treatment, it is also mandatory to restrict salt in your diet and avoid all prepared foods with high sodium amounts. If a single food has over 400mg of sodium, you should avoid it and make the food with fresh or frozen vegetables. Usually canned vegetables, canned soups, canned meats, packaged lunch meats, or snack foods do not contain less than 400mg of sodium per serving. Your total daily sodium intake should be less than 2g of sodium.

To treat congestive heart failure, we need to first identify the cause. If you are experiencing any swelling in the feet, ankles, and legs, along with a sudden shortness of breath, you should visit a doctor *immediately*. Before the next day, you should have your symptoms evaluated as this could be a serious and dangerous problem. There are many therapeutic interventions that can improve your symptoms and extend your life.

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



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<p><b>SAVE! 31% ON THE PACKAGE</b></p> <p><b>FRIGIDAIRE</b> 25 Cu. Ft. Side-By-Side Refrigerator 30" Gas or Electric Range 1.6 Cu. Ft. Over-The-Range Microwave Built-in Dishwasher</p> <p>#FFFS35SSM0M</p> <p><b>SAVE \$887 ON THE PACKAGE</b></p> <p><b>\$1969</b> *MSRP \$2856</p>	<p><b>SAVE! 20% ON THE PACKAGE</b></p> <p>Whirlpool® 25 Cu. Ft. Side-By-Side Refrigerator 1.7 Cu. Ft. Over-The-Range Microwave Self-Cleaning Electric Range Full Console Dishwasher</p> <p>#WRS520Z0AM</p> <p><b>SAVE \$757 ON THE PACKAGE</b></p> <p><b>\$1999</b> *MSRP \$2756</p>	<p><b>SAVE! 15% ON THE PACKAGE</b></p> <p><b>MAYTAG</b> 25 Cu. Ft. Side-By-Side Refrigerator 30" Electric Range with Convection Oven 2.0 Cu. Ft. Over-The-Range Microwave Oven Full Console Dishwasher</p> <p>#MWR520Z0AM</p> <p><b>SAVE \$797 ON THE PACKAGE</b></p> <p><b>\$2499</b> *MSRP \$3296</p>
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# Elect James Elwyn Irby

Life-long Republican for Circuit Court Judge - Place 2



## Accomplished Attorney and Education Professional

Successful educator for 25 years as a band director, assistant principal, principal and for 7 years, a superintendent

Admitted to the Bar for the practice of law since 2001

Admitted to practice law before the U.S. Supreme Court, the 11th Circuit Federal Court of Appeals, the Federal District Court for the Northern District of Alabama, the Federal District Court for the Middle District of Alabama, the Alabama Supreme Court, the Alabama Court of Civil Appeals, the Alabama Court of Criminal Appeals and all state Circuit, District and Municipal Courts

## Family Man and Christian Leader

Married to the former Margaret Lathem

One son, Erwin Harper, student at the University of Alabama

Member of Grace House Church

Member of Gideons International



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**BUMPS IN THE ROAD ON YOUR** credit. Financing available. Call Brandon, 256-710-4598 or 256-764-3351. 02-17

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**1998 HARLEY ELECTRA GLIDE** 90,500 miles, \$5,300. 931-332-0704, 931-724-5246. 03-02

**SIDING, SOFFIT, FASCIA,** Gutters Underground downspout drainage systems. Installation and repair. Sidley Exteriors 256-335-9650. 02-17

**2005 FORD MUSTANG LEATHER** \$7,725. Financing available. Call Shannon 256-412-1551 or 256-764-3351. 02-17

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# ASK THE ATTORNEY



Thomas McCutcheon

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

**Q** I lost my change purse that had my license, social security card and insurance card in it. I am very concerned that someone will "steal my identity" and ruin my credit. If someone opens accounts in my name do I have to pay those bills? What do I do?

Susan, Florence, AL

**A** First, get your credit report. You can get one free credit report a year through AnnualCreditReport.com and make sure that no one has established any accounts that do not belong to you.

Remember that banks are required to recognize your signature and not pay a check that has been forged. BUT, you are required to go over your monthly statement and notify the bank

quickly for them to be required to put the money back in your account. You also have to promise to prosecute the person who stole the money and you really only get to invoke this protection one time. If someone you allow in your house on a regular basis has stolen a check, the law is that the bank is only liable the first time. After you know that someone who comes in your house that has stolen a check, it is your responsibility to make sure they do not steal checks and it is also your responsibility to pay for the checks if they do steal them.

Look over your credit card statements carefully to make sure no unauthorized charges have been made.

I like the idea of a company like Lifelock that monitors your credit. They have different programs at different costs that monitor your credit and notify you if someone opens a new account in your name. I recently looked into this for a client and the top level of service was \$349.00 a year and it was payable monthly if you so chose.

My advice would be to hire a company such as Lifelock to monitor your credit and help you if you had a problem. That may be expensive but it sure would help you get a good night's sleep.

Obviously, if a credit card was stolen you would notify the credit card company immediately to freeze the credit card and hopefully help in tracking down anyone who had been using it.

*Buckle up and drive safely.*

Please send the questions to:

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

facebook: McCutcheon and Hamner, P.C.

We will not print your full name in the article. We will not be able to return any written or preprinted items which are submitted.

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

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**256-349-9923**

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- 11 Dodge Ram 1500, 5.7 Hemi, 179K .....\$7,500
- 03 Mercedes C230, 6 speed, Coupe.....\$3,500
- 07 Chevy HHR .....\$3,800
- 05 Ford Box Truck .....\$6,000
- 08 Toyota Yaris, 117K...\$5,500
- 08 Chevy Malibu, 217K .....\$4,200
- 76 Chevy Nova, 2 door Sedan.....\$5,000
- 84 Dodge Ram, 440 engine .....\$5,000

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# Elect James Elwyn Irby

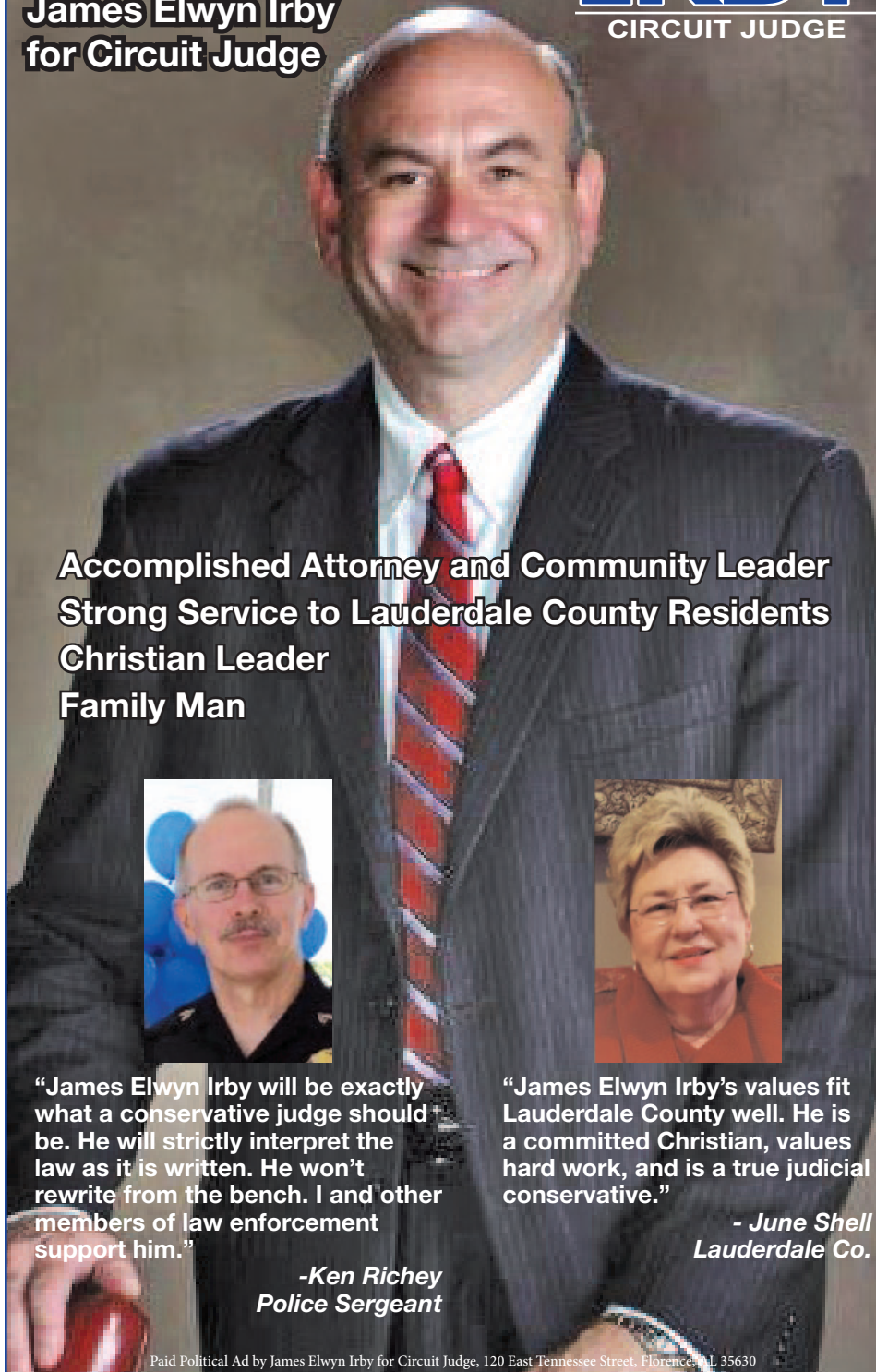
Life-long Republican for Circuit Court Judge - Place 2

## VOTE TUESDAY, MARCH 1st

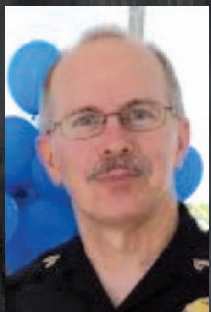
**"My role as your judge will be to enforce the law. I won't rewrite, I don't make it."**

**JAMES ELWYN**  
**IRBY**  
CIRCUIT JUDGE

**James Elwyn Irby**  
for Circuit Judge



**Accomplished Attorney and Community Leader**  
**Strong Service to Lauderdale County Residents**  
**Christian Leader**  
**Family Man**



"James Elwyn Irby will be exactly what a conservative judge should be. He will strictly interpret the law as it is written. He won't rewrite from the bench. I and other members of law enforcement support him."

-Ken Richey  
Police Sergeant



"James Elwyn Irby's values fit Lauderdale County well. He is a committed Christian, values hard work, and is a true judicial conservative."

- June Shell  
Lauderdale Co.

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## Skills...

Continued from Page 1

Flux-Core (wire welding), and Torch. Each school will be divided between Dual Enrollment/Dual Credit, Non Dual Enrollment/Dual Credit, and Agriculture Department students. The judges will consist of business and industry partners.

The cosmetology skills competition will feature Cosmetology, Men's Hair Design, Esthetics, and Nail Care.

The Salon / Spa and Welding disciplines at NW-SCC are designed to develop the skills necessary to enter the workforce and maintain employment in their respective fields.

The school is equipped with industry standard equipment and facilities to provide training for new students or professionals who need to enhance their skills.

**PARTICIPATING SCHOOLS INCLUDE:**  
 Allen Thornton Career Tech Belgreen  
 Lawrence County, TN.  
 Central Limestone County Cherokee Meek  
 Colbert County Lawrence County, AL.  
 Colbert Heights Muscle Shoals Career Acad.  
 Florence City Russellville Franklin County Career Tech Winston County Haleyville

## Guild...

Continued from Page 1

write a memoir."

Isom was born in Marion County and moved to Birmingham as a young child. He became a newspaper boy as an adolescent. He later attended Cumberland School of Law and practices in Birmingham.

The Guild accepts members starting in the 9th grade. They do not have to be Shoals residents. Anyone interested in writing and publishing is welcome to join. For more information, email: shoalswritersguild@gmail.com

## Holt...

Continued from Page 1

president Asheville. Holt is not ready to retire and will take a month off before deciding on his next path.

Chamber board member and Vice Chairman for Business Growth, Barry Auchly, will serve as interim director until Holt's successor is hired. He doesn't plan to be a placeholder as the interim.

"I hope to continue the great progress that Steve has accomplished in the last 22 years," Auchly said. "Steve has provided wonderful leadership and direction for the Shoals community, and I plan to tap into this momentum in order to continue business growth in the Shoals."

## Runnin'...

Continued from Page 1

a chance to win a gift certificate for a downtown Florence restaurant of their choice. Other race perks include chip timing, a dri-fit shirt for pre-registered 5K runners, medals for the top three finishers in each age group, and a \$250 cash prize to the school with the most participation.

"Runnin' Around Downtown is an event our First Metro Bank team looks forward to year-after-year," stated Rodney Howard, First Metro Bank President and CEO. "It is an event that allows our community to join together in a fun-filled setting while raising money to positively impact the academic future of local students."

To register, visit [www.runninarounddowntown.com](http://www.runninarounddowntown.com) or stop by any First Metro location. For more information, please contact Jerra Dover at 256-314-1621 or [jdover@firstmetro.net](mailto:jdover@firstmetro.net).

- EARLY REGISTRATION PRICING IS AS FOLLOWS:**
- Runnin' Around Downtown 5K - \$20
  - Confetti 1 Mile Fun Run/Walk - \$12
  - Both 5K & Confetti 1 Mile Fun Run/Walk - \$25



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The 2016-2017 City of Florence Community Development Block Grant Annual Action Plan for Year 2 will be on review for thirty days, along with the Amendment to Program Year 1 Action Plan starting **Monday, February 22nd and ending on Tuesday, March 22nd at 5:00 pm** at the following locations:

- City of Florence Planning and Community Development Department at 110 W. College Street, Suite 115
- Florence-Lauderdale Public Library
- City of Florence website [www.florenceal.org](http://www.florenceal.org)

*Comments concerning the plan may be submitted in writing to the City of Florence Planning and Community Development Department located at 110 W. College St., Suite 115 Florence, AL 35630.*

Leighton Baptist Church  
 Invites You to Our  
**Winter Revival**

**February 21 - 24**  
 Sunday Night 6pm | Mon-Wed 6:30pm



**Bro. Bob Pitman**  
 Guest Evangelist



**Scott Underwood**  
 Worship Leader

**2630 College St. • Leighton**  
 Bro. Mark Mayfield, Pastor

**NORTH ALABAMA PODIATRY, LLC**  
**DR. MICHAEL R. LINVILLE**  
 2200-A East Second St. • Muscle Shoals

**Doctor's Weekly Quiz - Topic: Roses**

1. The American Beauty Rose is which color?  
 A.) Red, B.) White, C.) Yellow, D.) A, B, & C
2. The "Yellow Rose of Texas" is the official state song of Texas. True or False?
3. The Rose Bowl Parade begins in Pasadena and ends in Gardena. True or False?
4. A rosewood tree gets that name because:  
 A.) sweet smell, B.) thorns  
 C.) blooms roses, D.) looks like roses in the wood
5. "A rose by any other name would still smell sweet" was penned by:  
 A.) Mark Twain,  
 B.) William Shakespeare  
 C.) Geoffrey Chaucer, D.) Dante

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

**"Limp In...Leap Out!"**  
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**Come See Me!**

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No representation is made about the quality of the podiatric services to be performed or the expertise of the podiatrist performing such service.

# EMPLOYMENT Opportunities

**BOOKING POSITION**

The Colbert County Sheriff's Office will be accepting applications for the position of **Booking**, from February 12 through February 19, 2016 between hours 9:00 am until 2:00 pm only. Must be 21 years of age to apply. Referrals must be made through the Alabama State Employment Services in Sheffield Alabama (Colbert County). For registration visit [www.joblink.alabama.gov](http://www.joblink.alabama.gov) or call (256) 383-5610 for more information. \*\*Must be a high school graduate or a G.E.D.

**STARTING SALARY WILL BE \$21,708.00**

The Colbert County Sheriff's Office Is An Equal Opportunity Employer.

**WANT TO HIRE, SOMEONE** with legal background for temporary paperwork. 256-710-4556 02-17

**LANDSCAPE CREW LEADER AND Laborer** positions available. Clean driving history required. Apply in person. Murphy Bros. 5415 Hwy 20, Florence. 02-17

**CDL CLASS A DRIVER, HOME** weekends and most evenings. Our company has developed its reputation on Integrity and Respect, and has been setting the Standard in Trailer Parts since 1979. We have an immediate opening for a CDL Class A Driver in Muscle Shoals, Alabama. If you would like to be home every weekend and most of the week, you should apply for this opportunity. Must be 25 years of age, hold a valid CDL Class A license, and have driven over 100,000 miles. Experience driving a flatbed air brake truck preferred. \* Medical, Dental and Vision \* Paid Vacation and Holidays \* 401K & Profit Sharing Savings Plan A pre-employment background check and drug screen are required. GED or equivalent required. Please complete the online application at <http://rednecktrailer.applicantpro.com/jobs/> to be considered for the opportunity and thank you for your interest in Redneck Trailer Supplies. EOE 03-02

**WANT TO HIRE, SOMEONE** with legal background for temporary paperwork. 256-710-4556 02-17

**TIMESDAILY HAS AN IMMEDIATE** opening available for a Machine Operator. Prior experience on newspaper packaging equipment or 3-5 years working mechanical experience is a must. Candidates without mechanical experience or training will not be considered. Machine operator responsibilities include proper set up of insertion equipment, insuring products reach their targeted markets, supervising employees during the nightly production of packages, as well as performing preventive and corrective maintenance on equipment. Qualified candidates will have strong people skills and great attention to detail. Starting pay is commensurate with experience. Must be able to work nights and weekends. Application can be picked up at 219 W. Tennessee Street, Florence, AL 35630, Monday through Friday 8 am - 5 pm. Completed application may be emailed to [Crystal.Wilson@timesdaily.com](mailto:Crystal.Wilson@timesdaily.com). EOE 02-17

**PROPERTY MANAGEMENT** Company Seeking Lawn Care service. Complete lawn and grounds maintenance. 256-766-6421, ask for Jerry Jones or come by 510 Staples Drive, Florence, AL. 02-17

**NOW HIRING FOR FRONT** counter. Cashier experience helpful. Must be able to handle fast-paced environment. Apply in person at Southern Bar-B-Q, 425 W. Avalon Ave, Sheffield. No phone calls please. 02-17

**CARE GIVER WITH 15 YEARS** experience. Have great references and reliable. 24-hours availability. 256-206-1153 02-17

**AUTO MECHANIC HELP WANTED** Mon.-Fri., 7 a.m. - 5 p.m. Must have troubleshooting skills and tools. Apply in person at 330 E. Alabama St., Florence. 256-767-5434

**\$13.18/HOUR SCHOOL BUS** Drivers Wanted, 15 hours/week guaranteed; extra work, insurance, and CDL training available. Company pays DOT physical, background check, fingerprints, and drug screen. Call 256-766-1362 or apply online at: <https://apply.firstgroupcareers.com> 02-24

**MULTI-CRAFT MAINTENANCE** Mechanic Needed to join ES Robbins Corporation. Primary requirements: 5 years experience in plant or automobile mechanics required. Electrical troubleshooting skills needed: AC/ DC motors, relay's, safety circuits, starters. Mechanical skills needed: welding, hands-on, pumps, forklift. Must be able to work any shift, be able to repair equipment, perform preventive maintenance and have good communication skills. Must be able to lift and carry heavy items as well as work on elevated levels. Strong work ethic required. Email [jobopportunities@esrobbins.com](mailto:jobopportunities@esrobbins.com) or apply in person at 2802 E Avalon Ave, Muscle Shoals, AL 35661. 02-24

**CLEANING AND LIGHT** Maintenance for a well-established company. Must be professional with an eye for detail. Experience in hotel cleaning and maintenance is helpful but not required. Must have a valid driver's license. Full-time position with competitive pay and benefits. Applications at 160 Jeremy Dr., Florence, AL. 02-17

**LIBERTY NATIONAL LIFE** Insurance is hiring part-time and full-time positions available in the Shoals area. No experience required. Call for interview. 256-856-4333 02-17

**PART-TIME OFFICE WORK. MUST** have computer skills. Must be 55 years old or older with very limited income. Please apply at the NACOLG, 103 Student Dr., Muscle Shoals, AL 35661. 02-24

**PART-TIME CUSTODIAL. MUST** be 55 years old or older with very limited income. Please apply at the NACOLG, 103 Student Dr., Muscle Shoals, AL 35661. 02-24

**EARN EXTRA CASH NOW** Hiring special people for phone sales. Sales experience required. Hourly wage plus bonus. Call after 1:00 p.m. 256-381-9831 02-24

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ATTN: Human Resources  
or email [JimmyBrown@clarkgasco.com](mailto:JimmyBrown@clarkgasco.com)

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**2010 DODGE GRAND CARAVAN** SE 119k, \$7,988. Financing available. Call Tony 931-213-1386 or 256-764-3351. 02-17

**2014 VOLKSWAGEN JETTA SE** leather, 49k, \$11,988. Financing available. Call David 256-415-0331 or 256-764-3351. 02-17

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EASTER, SUMMER, ST. PATRICK'S AND ITEMS LABELED THE SPRING SHOP™ ARE NOT INCLUDED IN HOME ACCENTS SALE.

<p><b>Items Labeled the spring shop</b> <b>40% OFF</b></p> <ul style="list-style-type: none"> <li>Statuary</li> <li>Garden Planters</li> <li>Gazing Balls</li> <li>Garden Wall Decor &amp; More</li> </ul>	<p><b>Summer Toys &amp; Decor</b> <b>40% OFF</b></p> <p>Includes Little Wishes™</p>	<p><b>PlaySide CREATIONS</b> Summer Crafts &amp; VBS <b>30% OFF</b></p>	<p><b>Easter Party, Crafts &amp; Decorations</b> <b>40% OFF</b></p> <ul style="list-style-type: none"> <li>Plush Animals</li> <li>Paper Plates &amp; Napkins</li> <li>Home Decor</li> <li>Baskets</li> <li>Plastic Eggs &amp; More</li> </ul> <p>DOES NOT INCLUDE CANDY OR FABRIC.</p>
<p><b>Floral</b> Most Categories Listed DOES NOT INCLUDE SEASONAL DEPARTMENT OR ITEMS LABELED "FLORAL ACCENTS." <b>50% OFF</b></p> <ul style="list-style-type: none"> <li>Stem Naturals CHOOSE FROM BOUQUETS, STICKS, PODS, GRAINS, BELLERS &amp; GRASSES. DOES NOT INCLUDE FEATHERS.</li> <li>Potted Trees &amp; Floor Plants 4 ft. - 8 ft. ALWAYS <b>30% OFF</b> THE MARKED PRICE*</li> <li>Flowering &amp; Greenery Bushes DOES NOT INCLUDE POTTED TREES.</li> <li>Floral Stems INCLUDES ALL FLORAL &amp; GREENERY STEMS. DOES NOT INCLUDE FEATHERS.</li> </ul>	<p><b>Furniture</b> Always <b>30% OFF</b> THE MARKED PRICE*</p>	<p><b>St. Patrick's Day</b> <b>30% OFF</b></p> <ul style="list-style-type: none"> <li>Decorations</li> <li>Party Supplies</li> <li>Crafts &amp; More!</li> </ul> <p>DOES NOT INCLUDE FABRIC.</p>	<p><b>Needle Art</b></p> <ul style="list-style-type: none"> <li>Artist® Cotton Crochet Thread 300 - 400 yds. <b>1.99</b></li> <li>I Love This Yarn! CHOOSE FROM ACRYLIC YARN, SOLIDS, STRIPES, OMBRES &amp; METALLICS. DOES NOT INCLUDE OVERDIED. <b>3.66</b> 5 &amp; 7 oz.</li> <li>poly-fil® 100% Polyester Fiberfill with Stuffing Tool <b>3.99</b> 12 oz.</li> <li>Needle Art Kits Priced \$5.99 &amp; Up. CHOOSE FROM COUNTED, BABY, CHILDREN'S, LATCH HOOK &amp; STAMPED. <b>30% OFF</b></li> </ul>

<p><b>Framing</b> Categories Listed <b>50% OFF</b></p> <ul style="list-style-type: none"> <li>Ready-Made Open Frames</li> <li>Posters ALWAYS 50% OFF THE MARKED PRICE*</li> <li>Custom Frames ALWAYS 50% OFF THE MARKED PRICE* APPLIES TO FRAME ONLY.</li> <li>Photo Frames ALWAYS 50% OFF THE MARKED PRICE* CHOOSE FROM OUR ENTIRE SELECTION OF BASIC &amp; FASHION TABLETOP FRAMES. INCLUDES WOODEN PHOTO STORAGE.</li> <li>Shadow Boxes, Display Cases &amp; Flag Cases</li> </ul>	<p><b>Crafting</b> Categories Listed <b>30% OFF</b></p> <ul style="list-style-type: none"> <li>Crayola® Brand Products</li> <li>Unfinished Wooden Letters &amp; Numbers</li> <li>Pre-Cut Stained Glass SINGLE SHEETS ONLY.</li> <li>Mayberry Street® Dollhouse Furniture &amp; Miniatures</li> <li>T-Shirts ALWAYS 30% OFF THE MARKED PRICE* INCLUDES YOUTH &amp; ADULT T-SHIRTS &amp; TANK TOPS &amp; INFANT &amp; TODDLER T-SHIRTS, CREEPERS &amp; DRESSES.</li> <li>Krylon® Spray Paint</li> </ul>
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# DAVE Says

by DAVE RAMSEY

## DON'T TITHE WITH CREDIT CARDS

Dear Dave,  
What is your opinion of churches encouraging members to do e-giving with credit cards and debit cards?  
Melissa

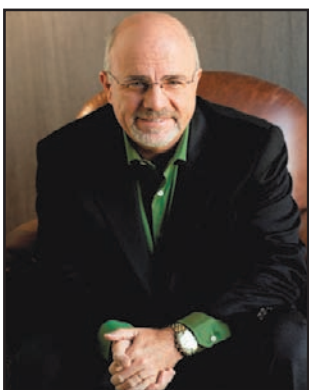
Dear Melissa,  
I'm against debt, so I'm not particularly fond of churches asking people to use a debt vehicle to pay their tithes. I realize that few businesses and organizations distinguish between debit cards and credit cards when accepting payment. However, this practice bothers me a lot when it comes to churches. The Bible mentions debt several times in Scripture, and every time it does, it's always in a negative light. It's not a salvation issue or anything like that, but the Bible basically says debt is a foolish thing.

Now, I think e-giving in itself is fine. But if I were the pastor or on the leadership board, and we had an e-giving process, I would strongly encourage people to use debit cards and not credit cards. There's nothing wrong with a draft or an ACH kind of thing. A lot of people do that and like the ability to give online.

But I don't want a giving situation to your church to turn into debt to you. And it does just that when it's a credit card!  
— Dave

## DON'T INSURE CELL PHONES

Dear Dave,  
I just bought a new smartphone, and the company I'm with offers insurance for the device. Do you think it would be wise or foolish to do this?  
Lisa



Dear Lisa,  
The purpose of insurance is to transfer a risk that you can't afford to take. When it comes to things like cars or houses, I absolutely recommend that people have insurance. Most folks couldn't just write a check for another car if the one they drive were totaled. It's the same with a house. If your home is destroyed, the insurance takes care of things instead of putting you in the position of having to pull tens or hundreds of thousands of dollars out of your own pocket for a new home—also something most people can't do.

No, I don't insure inexpensive things like smartphones. And if a smartphone is an expensive item to you, then you probably shouldn't have that phone. I mean, there's nothing wrong with having a cell phone if you can afford it. But if you tear up a phone or it breaks down and you can't afford to replace it out of your own pocket, then you've got too much phone!  
— Dave

Dave Ramsey is America's trusted voice on money and business, and CEO of Ramsey Solutions. He has authored five New York Times best-selling books. The Dave Ramsey Show is heard by more than 8.5 million listeners each week on more than 550 radio stations. Dave's latest project, EveryDollar, provides a free online budget tool. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com.

## SHORTS...

### HoF Tickets On Sale

Continued from Page 5

class musicians who are Alabama natives. Grammy nominee Gary Nichols will emcee this year's event. The producer for this year's show is Andreas Werner who has coordinated several sold-out concerts featuring the Muscle Shoals All-Stars around the world. To purchase a ticket, call the Alabama Music Hall of Fame at 256-381-4417.

### Help Start the Conversation

FLORENCE—*Say Something Shoals* is a local nonprofit organization that tries to establish nonviolent dialog about racism to unify, heal, educate, and empower our community. *Say Something Shoals* will host a paneled community discussion facilitated by founder Camille Bennett at 6:30pm on Thursday, February 18 at The End Theatre located at 106 South Pine Street, Florence. The "Let's Talk Honestly about Race" program is free to the public and attire is casual. Children and adults of all ages are welcome to attend. Polite questions by the audience are encouraged.

Panelists will include:  
• Dr. Felize Green, Retired UNA professor  
• Dr. Diana Bellonby, President of Fringe Foundation  
• Ansley Quiros, Assistant Professor of History, UNA  
• Titus & Tyree Busbee, Social Activist and local event planners  
• Jessica Thompson, Founder of Safer Birth in Bama  
• Alicia Kelley, Licensed Mental Health Professional  
• Dr. Andrea Hunt, Sociology Professor, UNA  
*Say Something* has a vision for a more peaceful, unified, and socially just Shoals, minus the barrier of silence. If we don't talk about racism, we can't stop it. So, let's start a conversation.

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All Courier Journal Classifieds Also Appear on TNValleyStuff.com

**Guest Opinion-Editorial**

**Military Preparing to Fight Climate Change Instead of Wars**

When our national focus was still sane, the singular goal of the United States Department of Defense was to defend the U.S. while maintaining the capability to wage war on two fronts. What did that look like? If the United States were drawn into a two front war like World War II, we would be able to triumph.

So what happens when you take on so many objectives that the objective actually becomes more elusive? We should ask the Pentagon after they implement Directive E 4715.21 or the directive relating to "Climate Change Adaptation and Resilience."

The directive comes as a direct result of Executive Order 13653, Obama's effort to institutionalize his stance on climate change within the government. The thinking goes, "If the effects of climate change are imminent, shouldn't we make the appropriate preparations?"

What could go wrong? For starters, what happens to the military when it can't procure weapons based solely on cost, reliability, and effectiveness? Does the introduction of "climate sustainability" disrupt this already cumbersome balancing act? Producing cost effective, functioning

See **MILITARY...** on Page 21

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



**Dustin Howard**  
Contributing Editor  
Americans for Limited Government

**Courier Journal**

**THIS WEEK**

in the

*Shoals*

February 17, 2016

*Happening*

**THIS WEEK**

**Time to Build, Remodel!**

*Shoals Home Builders' Annual Show is Perfect for Those Spring Home Projects*

**FLORENCE** - The 2016 Spring Building & Remodeling Show will be presented by the Shoals Home Builders Association February 20-21 at the Marriott Shoals Conference Center. SHBA members and other vendors will be on hand to display the latest in residential

building, home décor, closet systems, windows, doors, landscaping, cabinets, countertops, waterproofing, flooring, roofing, home lending, concrete design, home insurance, and much more. Bring your house plans

See **SHOW...** on Page 16

**SHBA Building & Remodeling 2016 SHOW**  
February 20 & 21  
Saturday & Sunday • 10am-5pm  
\$5 Admission (No charge for children under 12)  
MARRIOTT SHOALS CONFERENCE CENTER  
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Door Prizes Every Hour!

**DR. KRISTY CRANDELL WILL PRESENT "HEARTS ON FIRE"** on February 18 at Red Bay Hospital in the Education Room. This discussion will be on taming the fires of heart disease and metabolic syndrome. The program is free, and a light lunch will be served at 12:30. Please call Red Bay Hospital at 256-356-9532 to reserve your seat.

**THE TENNESSEE VALLEY STRUMMERS** will return to the Florence/Lauderdale Visitor Center in McFarland Park, to play dulcimer music in the Gallery on Friday, February 19 from 2-4pm. Visitors are encouraged to come out and listen and tour the Visitor Center. Admission is free. For more information call the Florence/Lauderdale Tourism Office at 256-740-4141.

**BLACK HISTORY MONTH EXCELLENCE AWARD SHOW 2016** honors African-American students from all over North Alabama and African-American adults who are making a difference in our community. The event is on Sunday, February 21 at 4pm at the Florence Coliseum. Tickets are \$8 for adults and free to all students. The event features a Special Tribute to Percy Sledge and special performance by Rev. Reeves and the Gaililee M.B. Church, Howell Sledge (Percy Sledge's son), and recording artist, Sha'na Gatreay. Special guests are All Star Educator Panelists and College and Universities Representatives. Hosted by Life Coach Casey J. Eggleston and the Miss Bronze 2015 Winners. Proceeds fund the Excellence Award Scholarship.

**DOUBT**

*Zodiac Hosts Award-Winning Drama*

**FLORENCE**-J&L Productions presents the stage adaptation of an Oscar-Nominated Film, "DOUBT, A Parable," a play by John Patrick Shanley, February 18-20 at the Zodiac Theatre in Florence. The play also received the 2005 Pulitzer Prize for Drama and the 2005 Tony Award for Best Play.

See **DOUBT...** on Page 16



**Landers Event at the Ritz**

**SHEFFIELD** - The Tennessee Valley Art Association presents the annual Jake Landers Bluegrass Festival Saturday, February 20 from 11am-9pm at the historic Ritz Theatre in downtown Sheffield. The festival features performances by outstanding musicians who are recognized for their quality and their contributions to the preservation of Alabama's and the region's bluegrass, gospel, and old time

See **LANDERS...** on Page 28

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

**BASKETBALL Women**  
Thurs. Feb. 18 • 6pm vs Union  
Flowers Hall  
Sat. Feb. 20 • 1pm vs Christian Brothers  
Flowers Hall

**GO LIONS!**

**BASKETBALL Men**  
Thurs. Feb. 18 • 8pm vs Union  
Flowers Hall  
Sat. Feb. 20 • 3pm vs Christian Brothers  
Flowers Hall

February 20 & 21  
UNA Softball Invitational  
UNA Softball Complex, Florence

February 20 & 21  
West Georgia  
Mike Lane Field, Florence

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

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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](mailto:editor@courierjournal.net)  
• FAX- 256-760-9618

**No Misunderstandings**

Editor:

I appreciate all the good things that people said about me on Facebook. I am writing because when they took my picture, I was not told it was going to be on Mr. Hanson's campaign page. I want to clear up any misunderstanding anyone might have. I support Danny Pettus, and I will be voting for Danny on March 1 for Chairman of the Lauderdale County Commission.

**Columbus Coker**  
Greenhill

**Symptoms of the Enemy**

To the editor:

The last several months have seen a rise in usage of the phrase "enemies foreign and domestic." The majority of these are valid, but I believe we underestimate and misunderstand our enemy. We face an enemy who has no regard or feelings for our nation. We face an enemy who shows contempt for our freedoms, our way of life, our families, and our very existence. This enemy is hopeful and anxious for our surrender and death. Our attempts at regaining control of

our corrupt government are a natural reaction. We pass laws or have them foisted upon us, form organizations and conduct investigations, create Facebook posts, and yes, write letters. Some are noble efforts, but ineffective.

It can be said that we at times have become accomplices and complicit with our enemy. It is because we don't see the real enemy.

A corrupt federal, state, and local government, murderers, drug dealers, illegal aliens, ISIS, Iran, Muslims, thugs, crooks, abortionists, thieves, child molesters, etc., and the list goes on. These people and their kind are not THE enemy. They are subjects TO and symptoms OF the REAL enemy - - the DEVIL and SIN.

I do not for a moment lessen the terrible things listed or the problems we face, but we are fighting with weapons which are ineffective in a battle that is merely a temporary diversion.

We may or may not elect a real

See **LETTERS...** on Page 22

*It will not matter if polar ice caps melted or did not melt because we used a certain light bulb...*





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**The Holy Spirit**

It's amazing how little is said today about the Holy Spirit. It's impossible to get saved without the Holy Spirit. Jesus said **John 6:63a "It is the spirit that quickeneth; the flesh profiteth nothing."** **John 3:6** "That which is born of the flesh is flesh; and that which is born of the Spirit is spirit." Usually what's in ones heart comes out one's mouth. Saved folks have the Holy Spirit and there's a deep abiding love in their hearts for each other. **John 14:17** "Even the Spirit of truth; whom the world cannot receive, because it seeth him not, neither knoweth him: but ye know him; for he dwelleth with you, and shall be in you."

**John 14:26a** "But the Comforter, which is the Holy Ghost, whom the Father will send in my name, he shall teach you all things." **John 15:26** "But when the Comforter is come, whom I will send unto you from the Father, even the Spirit of truth, which proceedeth from the Father, he shall testify of me:" **John 16:13a** "Howbeit when he, the Spirit of truth, is come, he will guide you into all truth." **Ephesians 3:3** "How that by revelation he made known unto me (Paul) the mystery;" **Ephesians 3:5** "Which in other ages was not made known unto the sons of men, as it is now revealed unto his holy apostles and prophets by the Spirit." **No Holy Spirit? No teaching, no guiding, no testifying, no revelation, and no salvation.**

Great excuse for putting 200+ books on the market claiming to be Bibles. If we understood the KJV enough to change it, why change it? Don't understand it, then why confuse the students into thinking you did; and correct the Holy Spirit? We see now why there's no revelation. In the KJV we see the saved man is **baptized by the Holy Spirit** in 1Corinthians 12:13, **Holy Spirit given at salvation**, Romans 5:5 & 1 Thessalonians 4:8 & 1 John 3:24, **marked**, Philipians 3:17, **sealed**, Ephesians 1:13, Ephesians 4:30, **quickeneth**, Romans 8:11, **justified**, 1 Corinthians 6:11. **Colossians 2:10** "And ye are complete in him, which is the head of all principality and power:" **Philippians 3:3b** "which worship God in the spirit, and rejoice in Christ Jesus, and have no confidence in the flesh." **Is your confidence in your flesh? Galatians 3:3** **Are ye so foolish? having begun in the Spirit, are ye now made perfect by the flesh?**

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Time: 9:00am - 4:00pm

Location: Florence First United Methodist Church Day School  
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Required Documents: Completed Family Information form & most recent utility bill as proof of Alabama residency, Child's Social Security Card, Birth Certificate & Blue Card

\*Acceptance to the program is through a random selection process. The registered applicant must meet residency requirements and complete the essential documents set forth by the program. The registered child must be 4 on or before September 1, 2016. Children who are eligible for kindergarten are ineligible to register. Children will not be denied participation on the basis of income, sex, race, color, national origin, or disability.

**REDLINE Your Ad! - See Page 6**

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**Show...**

Continued from Page 14

or design dilemmas. The experts in their respective fields can assist you in bringing your home building and remodeling dreams to life.

Be sure to bring the kids to participate in the Kids Clinics which will run each day from 10am-4pm. DO-IT-YOURSELF clinics will include ceramic tile and hardwood floor installation, faux finishes, bath design, and ideas inspired by Pinterest. The Valspar Paint Company will also have specialists there to present the latest on using chalk paints.

This year there will be drawings for cash and product prizes every hour throughout the show. Home show times will be from 10am-5pm each day.

Mark Your Calendar for the Shoals Home Builders Association Parade of Homes during the last two weekends of May.

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**Doubt...**

Continued from Page 14

In this brilliant and powerful drama, Sister Aloysius, a Bronx school principal, takes matters into her own hands when she suspects the young Father Flynn of improper relations with one of the male students. This is the second production from J & L and they wish to continue to bring more to the area.

The cast includes Amber Rhodes as Sister Aloysius, Jesse Sockwell as Father Flynn, Lily Holly as Sister James, and Porsha Orr as Mrs. Muller. Directors are Jesse Sockwell and Lily Holly. Consulting director is Brandon Willcutt. The stage manager is Mallory Martin with a crew of Kay Woodard, Sara Allen, and Chad Ford.

Doors open at 7pm and show time is 7:30. Tickets are \$10 at the door, cash only.

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Last week's winner is **Savanah Harlan** of **Florence** who correctly guessed "Florence Water Treatment Plant, Paxton St., Florence"

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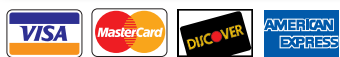
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GUEST OPINION-EDITORIAL

**Military...**

Continued from Page 14

technology is already a challenge that the defense establishment grapples with. Doesn't this create more problems than it solves?

This is corroborated by the *Daily Caller's* report which excerpts the report by saying "The way in which DoD acquires its weapons platforms and supplies will also see significant changes. According to the document, the assistant secretary of defense for acquisition will overhaul "policies to integrate climate change considerations into mission area analyses and acquisition strategies across the life cycle of weapons systems, platforms, and equipment."

That's pretty bad, but it gets worse. It also creates "climate boards" that will integrate the new standards into all layers of the services.

Worse still, the military's tactical aims are being complicated. According to Americans for Limited Government President Rick Manning, "Sergeants leading a platoon should not be worried about the environmental sensitivity of a rice paddy that needs to be traversed to achieve their mission, while providing the maximum security for the personnel under their command. Tank commanders should be afforded all the training they need no matter how much fuel is expended in the process. Naval Captains should run their ships at the speeds that are necessitated by the immediate needs of the situation. Instead, President Obama would install bureaucratic boards and other second guessers along with real time

tactical climate change assessments that would be held over officers' heads should they choose what was deemed to be a climate change insensitive course of action."

A three year moratorium on the Obama climate order should be instituted by Congress to assure that the full impacts can be realized before doing great damage to the technical capabilities of our armed forces, as well as damaging our capability to project force. If we want to return to the original mission of our military which is readiness, Congress itself must be ready to flex its Article I muscles. Our safety may very well depend on it.

*Dustin Howard is a contributing editor at Americans for Limited Government.*

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# Letters...

## Symptoms of The Enemy

Continued from Page 14

President to lead this nation. We may or may not solve our immigration woes. We may or may not defeat ISIS or others seeking to take over this country. We may or may not be able to protect ourselves, our families, our property, businesses and friends. We may or may not stop the genocide of our own people thru murdering babies in the womb.

But we WILL STAND BEFORE GOD at the end of time. It will not matter what our political affiliation was in this life. It will not matter if we voted for hope and change. It will not matter if polar ice caps melted or did not melt because we used a certain light bulb. It will not matter if we displayed a Confederate flag on our porch or bumper.

The Constitution of these United States is an extremely important document and a precious compass for this nation. But we will not be judged by it in the end. It will burn with the rest of this world.

Revelation 22:14 says "Blessed are those who do His commandments, that they may have the right to the Tree of Life, and may enter through the gates into the city. (Heaven)" You may read verse 15 to see who will NOT be there.

Let us live for what is REALLY important.

David Underwood, Jr.  
Florence

## Only The Blood Can Wash Sins

Dear Editor:

In the article in the *Courier Journal*, February 3 on page 34, "Don't Believe the Lie" by Preacher Stacy Dean Crim, he states that one of the biggest lies that Satan has ever told is that you do not have to be baptized to be saved. I cannot find that statement in the Bible.

Preacher Crim quotes Mark 16:16 and Matthew 28:18, that Jesus himself commanded baptism as an act of obedience. Matthew 28:18 says nothing about baptism, but Matthew 28:19 does.

Mark 16:9-20, the footnote states, "The earliest manuscripts and some other ancient witnesses do not have verses 9-20." If a person believes these verses should be part of the book of Mark, then they should also do what verse 18 says, "They will pick up snakes with their hands; and when they drink deadly poison, it will not hurt them."

What about people who physically, and for other reasons can't be baptized? Will God refuse salvation to them because they can't be baptized?

Sin is not on the outside of the body, so how can water literally wash sin away? Sin is in the mind

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and only the blood of Christ can wash away sin. Rev. 1:5, KJV, ..." To Him who loved us and washed us from our sin in His own blood." 1 John 1:9, KJV,..."The blood of Jesus Christ cleanses us from all sin." Also found in

Heb. 9:14 and Eph. 1:7. Do I believe that a person should be baptized? Absolutely if physically possible; it was commanded by Christ. The disciples baptized people before the cross, John 3:15.

Eph. 2:8, "For it is by grace you have been saved, through faith." Mark 13:13 "...The one who stands firm to the end will be saved."

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# Soap Opera Preview

**THE BOLD AND THE BEAUTIFUL** Ridge was looking forward to Eric finding out about Rick's misdeeds. Ivy assured Liam that she was secure enough in their relationship for him to be working alongside Steffy again. Later, Steffy had other items on her agenda with Liam besides discussing their plan to take over Forrester Creations. Ivy revealed to Wyatt that she knew about the Spencers' scheme to force Rick out of power. Eric made a controversial decision about which of his sons he planned to support. Liam found himself in a predicament when Steffy presented him with a stipulation to their plan. *Wait to See: Maya anticipates becoming the next matriarch of the Forrester family.*

**DAYS OF OUR LIVES** Melanie turned to Nicole when she needed someone sneaky to help her. An emotional JJ found himself in Eve's arms once again. Will had a stunning confrontation. Marlena was rocked by Paul's confession. Serena made a big push to complete her mission after Eric's life was threatened. Adrienne found some incriminating texts on Justin's phone, which sent her straight to Lucas. Will's entire world was being destroyed. Justin walked in on Adrienne kissing Lucas. Eric's revelation threw Serena into a panic. Jennifer blasted Eve after learning about her actions from Paige. *Wait to See: Ava goads Kayla into physically attacking her.*

**GENERAL HOSPITAL** Bobbie was angry and perplexed by Luke's strange behavior. Olivia tried to cover up her original admission to Ned. Later, Ned made a shocking announcement to Alexis. Duke visited Sonny to discuss the future of the organization. Despite his loved ones' discouragement, Michael decided to move forward with his plan. Anna returned from her trip with a surprise for Commissioner Sloane. Alexis was very suspicious of Ned's latest revelation. Tracy was determined to get answers about Luke's past by tracking down the only person who could have them. *Wait to See: Spencer makes a grand entrance at his birthday party.*

**THE YOUNG AND THE RESTLESS** Adam watched in the background as Billy visited the roadside memorial to wish Delia a happy birthday. Later, Adam knocked on Chelsea's door and gave her a bottle of wine. Colin continued to blackmail Devon. Avery met with Jack, who was having second thoughts about provoking Phyllis into having a public meltdown to support the insanity defense. Meanwhile at the Ranch, Phyllis considered calling Jack after receiving his flowers, but Victor had other plans for her. Nikki was worried that Nick was secretly pining for Sharon. Nikki downed a drink after Victor arrived at The Underground with Phyllis. *Wait to See: Neil struggles with his family's betrayal.*

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# Cat & Kids

by Cathy Turner

## Love Them Through

How do you react when your children tell you that they have done wrong, fallen to their weaknesses, succumbed to temptations? First your knees go weak, your stomach gets tight and you can barely breathe to whisper, "No... you didn't." Then tears and silence and silence and tears and then talk - honest talk. "I'm so sorry." "I have asked God to forgive me, but how do I forgive myself?" Tears. Suffering. Regret.

It's the regret that happens to anyone watching a hard situation and trying to figure how it could have been helped. Apologies for not following hunches or using words. But the reminder that the teaching has long been there. Then there is the balance of reaction to hold them responsible for wrongdoing while helping them feel capable of overcoming it, while encouraging them to do what they need to do to live right.

The thing that does not happen is blaming, name-calling or that I-told-you-so reaction. What good does that do? What would be the purpose of such a reaction? How about instead, a reaction of forgiveness. Forgiveness asked for is given. But the one who asks has to be ready to receive it. The soul has to be prepped for it by taking responsibility for one's wrong action and determining not to be driven by it anymore. Then digging deep to find the strength to stand and say, "I can do this." With this, the "I'm sorry" is true and the "We forgive you" is acceptable.

It doesn't matter what the weak behavior is, this is the loving process that brings everyone to a better place - forgiveness. Then the building and support can happen. The one-day-at-a-time plan can happen. The "You can do it" can begin. One of the things to be thankful for at this point is that you were close enough to talk it through. There

are families estranged because of shame, guilt or grudges. Suicides happen. The counter is non-threatening but helpful guidance before, during and after - elementary, intermediate and advanced - young, growing, grown - lifelong - open-mouthed support. Fathers and mothers continue to teach - both of you. Say the hard stuff. And when they mess up, love them to rightness.

Email comments or suggestions to CatnKids1@gmail.com

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# Landers...

Continued from Page 14

country musical traditions.

Bluegrass at the Ritz honors Landers, a premier bluegrass songwriter and musician who co-founded The Dixie Gentlemen. Landers was one of Bill Monroe's Bluegrass Boys and has penned several hit songs including the Grammy-nominated, *Walk Softly On this Heart of Mine*. Jake holds the distinction of Music Achiever at the Alabama Music Hall of Fame and was inducted into the Alabama Bluegrass Hall of Fame with its first class.

Joining Jake Landers for this week's festival are Kay Bain & Southern Strangers, the Hallmark Sisters, the

Gary Waldrep Band, Iron Horse, and Savannah Grass. The public is invited to bring their banjos to a free claw-hammer banjo workshop with Gary Waldrep at 11am. Waldrep was raised in the traditions of Sand Mountain and has been recognized for his skill, talent, and dedication to bluegrass by the Society for the Preservation of Bluegrass Music in America. He received a Folk Art Apprenticeship Award as a Master Artist from the Alabama State Council on the Arts.

Music performances begin at noon. Email [tvaac@comcast.net](mailto:tvaac@comcast.net) for a full schedule of performances. The Ritz Theatre is located at 111 W. Third Street in Sheffield. Tickets are \$10 for the entire day of music and may be purchased at the Tennessee Valley Museum of Art, located at 511 N. Water St. in Tusculumbia, at [www.ritztheatre.ticketleap.com](http://www.ritztheatre.ticketleap.com), or by phone at 256-383-0533.



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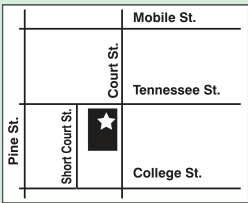


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# Junior Whirl

by Charles Barry Townsend

**A HOPPING GOOD PUZZLE!**

Below we have seven toadstools occupied by six froggies. Three are green and three are brown. Your problem is to make them change places on the toadstools in the fewest possible moves according to the following rules. (Use pennies and nickels to represent the frogs.)

1. Each frog can only jump to the next empty toadstool.
2. The green frogs must jump left to right; the brown frogs must jump right to left.
3. If one frog is separated from a vacant toadstool by a single frog, it may jump over this frog to occupy the empty toadstool.

Illustrated by David Coulson

CONNECT THE DOTS and find out "What has four legs and flies in the air?"

DON'T BARK UP THE WRONG TREE ON THIS ONE! Hidden in the grid to the right are the names of 17 kinds of trees. Starting at any letter, spell a name by going from letter to letter horizontally, vertically or diagonally. You can use each letter only once when spelling any one name. As an example, we've given you OAK by circling the letters. Good luck!

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

Answers On Page 34

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**2005 CHEVROLET MALIBU 4 door**, auto, V6, very clean, power seat, windows, locks, mirror, cruise, good tires, aluminum wheels, 152K, \$3,200. Jerry Baggett 256-757-1823 02-17

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# AUCTION!

## Sat., February 20th • 10 am

*Canaan Creek Farms has sold, owners are liquidating at auction and moving town!*

**Harley Davison Motorcycle • Kawasaki Mule • Tractor • Zero Turn Mower**  
 2770 County Road 189, Florence, AL 35633 • Sellers: Allen & Tina Moore

- 2012 Harley Davidson Ultra Classic motorcycle, 103 cu. Inch motor, 31k miles, one owner
- 2007 Farmtrac 555 tractor, 395 hrs., one owner
- 6' Bush hog
- 2007 Kawasaki 610 mule, 4wd, 367 hrs., one owner
- John Deere 425 zero turn mower
- (2) Yeti coolers
- (2) wrought iron table sets w/ 4 chairs
- Green Egg smoker w/rolling table
- (2) fish fryers
- Air compressor
- 20± red 12' corral panels
- 6'x12' utility trailer
- 150 gal Rubbermaid water trough
- Lawn & garden tools
- Large stack of decorative tin shingles
- Gas grill
- (2) Harley Davidson signs
- Ford tailgate bench
- Glass top dinette set w/ 4 chairs
- 5 freestanding oil heaters
- Parker crossbow w/scope
- 3 pc. Oak bedroom suite – bed, dresser w/mirror, & armoire
- Tipton gun vise
- Lots of signed prints, Daniel Moore & others
- Andre Aggasi signed & framed sweatshirt
- Large dining room table w/ 6 chairs & church bench
- Stemware
- Goblets
- Bakers rack
- Blanket chest
- Hall table
- Cobblers bench
- (3) old trunks
- Leather recliner
- Entertainment center for flatscreen
- Shoulder mounted buck deer
- Pine entertainment center / chiffarobe
- Small rolltop desk
- 5 pc. Cherry bedroom suite – 4 poster bed, gents chest, 2 nightstands, double dresser w/mirror
- Office desk
- Old armchair rocker
- Circle K roping saddle
- Horse tack
- Leather Harley Davidson apparel
- Step ladders
- Extension ladders
- Small oxy / acetylene set
- Motorcycle jack
- Poulan chainsaw
- Pancake air compressor
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- Marlin 336W 30/30 lever action rifle
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**DIRECTIONS TO 2770 COUNTY ROAD 189, FLORENCE, ALABAMA.** From Florence take Hwy 20 and turn onto CR-14 (Waterloo Road) go 5.4 miles, at Oakland Gin turn left onto CR-15 & go 0.8 miles, turn right onto CR-62 (Canaan Road) go 4 miles, turn left onto County Road 189 and go 0.7 miles to auction site. **Watch for the Shane Albright Auction Signs!**

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- 3407 Pine Cir., 3BR, 1BA ..... \$650

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**Randall on Real Estate**  
News & Tips on the Shoals Market



**Come on, Spring!**

If you know me at all, you know how much I love a beautiful green lawn (my wife likes to joke about it). It's true, though! A rich, green, well-manicured lawn sets off a home like nothing else. There's a secret to having one: If you want a beautiful lawn in August, the time to start doing something about it is now. Yes, I know, it may snow next week. That's ok, because this is the planning stage. We actually have a great, free resource for information about lawns and gardens—the local Agricultural Extension Office. It's a state-funded program, and every county in Alabama has one. The Lauderdale County office happens to be the home base of Extension Agent Taylor Vandiver, whose field is Home, Grounds, Gardens, and Home Pests. Taylor shared some advice on what to do this time of year in order to have the lawn you want come summer.

- Go by your local Extension Office and purchase a soil sample kit. This \$7 kit instructs you on how to obtain a sample of your lawn soil and mail it to the lab at Auburn University. Scientists there will prepare a report for you detailing fertilizer recommendations especially for your lawn. This report comes back within about 7 days.

- Don't fertilize yet! Fertilizing too soon encourages grass to begin growing, but a freeze will kill it. Wait until after the threat of frost to apply fertilizer.

- Now IS the time for pre-emergent application to treat spring and summer emergent weeds. Get to know your weeds, and apply pre-emergent herbicides accordingly. These herbicides don't actually kill the weed seeds. Instead, they create a film on the soil, which the sprouting weeds encounter after germination. Most seeds germinate when the soil becomes 60-70 degrees consistently. There are also some fall or winter weeds, so those need to be addressed at a later date. Don't know what some of your weeds are? Take a sample by the Extension Office and they will be happy to identify them for you.

- Moles can wreak havoc on a lawn. The best way to treat them is to trap them or apply a castor oil emulsion to repel them. You don't want to try to kill their food sources, because what you apply to kill grubs will also kill beneficial earthworms. Earthworms are good for your lawn.

Come on, Spring! - mr

Please feel free to send your questions.

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

Questions for Mike Randall  
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# Estate

**HOME FOR SALE IN ST. Florian!!** 3 Bdrm, 2 Ba, 2.5 acres, \$168,000. 256-766-4003 or 256-483-7491 02-24

**LEXINGTON, FOR RENT:** 2 Bdrm, 1 BA house, large fenced in back yard with gazebo and 12x16 storage building. Yard cut by owner. \$600 month. \$600 deposit, one year lease. 256-366-9389 02-17

**HOME FOR SALE,** Florence, 3 Bdrm, 2 Full Ba, large family room, large separate living room, vinyl siding, on Huntsville Road, \$49,900. 256-366-1256 03-09

**FOR RENT - 2 BEDROOM** Apartment, North Florence. Appliances, Washer/Dryer connections. \$425 plus deposit. 256-764-3986 02-24

**NEAR UNA 1 BDRM 1 BA** apartment; \$300/month with \$100 deposit or \$200 deposit with pet. 256-443-1384 02-17

**327 S PATTON, 2 BDRM, 1** ba. \$400 Rent, \$400 Deposit. Window air/gas heat, fenced backyard. 256-764-3137 02-17

**TUSCUMBIA SPENCER** Place, New build, 2,300 sq. ft., cul-de-sac, hardwood and granite, \$255,000. 256-389-9094 or 256-810-0726 03-09

**20 ACRES ELK RIVER,** view/access, 3 miles off Hwy 72 Rogersville, AL, \$99K. 256-431-5510 02-24

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

**HOUSE FOR RENT** Sheffield, 2 Bdrm, 1 Ba, central unit, storage building, free lawn care, \$500/month, \$400 deposit. 256-810-9275 02-17

**HOME FOR SALE BY Owner** Tusculumbia, nice older two story home with 4 Bdrm, 3 Ba, central heat/air, formal dining, hardwood floors, clawfoot tubs, \$70's. 256-762-8241 02-17

**TOWN CREEK FOR RENT** Large 1 Bdrm lake cabin, private gate, pier, boat ramp, camper hookups also, \$650/month. 256-762-7340 or 256-335-9495 02-17

**MAGNOLIA GARDENS** Apartments Now taking applications! Brand New Remodeled 1 and 2 bedroom units available. Senior high rise with new appliances, flooring, windows, kitchens, bathrooms. 256-740-5201 03-16

**RANCH STYLE BRICK HOME** One Acre Hwy. 207 Rogersville By Owner Appointment Only \$138,500. 256-702-2660 03-16

**1611 27TH 3 BDRM, 1.5** ba, \$450 rent, \$450 deposit. Window air, gas heat, exterior storage. 256-764-3137 02-17

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

**MOBILE HOMES FOR** completely furnished including all utilities and furniture. Off Elledge Lane, 738 Green Acres Dr. Tusculumbia, Green Acres Estates. No pets. Also camper spaces. No texts. 256-412-5847 256-314-6272 02-17

**1731 NORRIS AVE,** apartment, 2BR. \$375 Rent, \$300 Deposit. CH/A. 256-764-3137 02-17

**RENT OR RENT TO OWN 1-6** bdrm, Florence/Killen, \$1,000-\$15,000 down. 256-762-7340 or 256-335-9495 03-09

**1510 ANDREWS B,** apartment, 2BR, 2BA. \$400 Rent, \$300 Deposit. Appliances, CH/A. 256-764-3137 02-17

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### More Real Estate on Following Page



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 This home has 1520 square feet of heated area, which includes a 20 foot by 28 foot greatroom and kitchen combination. Three bedrooms, 2 baths with a 12 x 12 foot covered back porch. All Brick on your lot.

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**SELL ME YOUR HOUSE** [www.shoalscashbuyer.com](http://www.shoalscashbuyer.com) 03-02

**HOUSE FOR RENT, HICKORY** Hills, Florence. 3 Bdrm, 2 Ba, \$1,150 per month, \$1,000 deposit. Knight and Humphries Inc. 256-766-6992 [www.rentshoals.com](http://www.rentshoals.com) 02-17

**LAND, LAND, LAND! FOR** sale by Owner. 5 acre tracts and larger tracts. Over 500 acres of beautiful land divided; open and wooded, 3 miles south of Pulaski, TN. Public water and electricity. Terms available. Please call 256-937-6699 03-23

**SANNONER SQUARE** Apartments, 1 and 2 Bdrm, \$325/\$400 Rent plus \$25 water, \$300 Deposit, Window Heat and Air. 256-764-3137 02-17

**INDUSTRIAL PARK,** Florence, For Lease, Warehouse/Office Space, \$2,500 per month, includes utilities. K&H Inc., 256-349-0000 03-09

**1 OR 2 BEDROOM APT.,** nicely remodeled, quiet residential area, on the creek, credit check/ no section 8, Jen. 256-765-2100 02-24

**1800 14TH, APARTMENT,** 2BR. \$400 rent, \$300 deposit. CH/A. 256-764-3137 02-17

**WE BUY HOUSES FOR CASH** or TERMS. Any Area, Any Price. 256-856-8728 03-09

**MARS HILL MANOR** Apartments taking applications for 2, 3, and 4 Bdrm apartments. Apply Monday, Wednesday, or Friday between 9am-12pm and 1pm-4pm. 256-767-6543 02-24

**MCCORKLE'S LOFTS,** Florence, 2BR, 2.5BA, \$1,200 Rent, No deposit special. Stainless appliances, granite countertops, security system, washer/dryer furnished, 1,100 sq. ft. 256-764-3137 02-17

**NICE ONE BEDROOM** apartment for rent in Killen. \$395 month, \$350 deposit. Must have good references. [www.rentshoals.com](http://www.rentshoals.com) 256-766-6992 Knight & Humphries Inc. 03-09

**MOBILE HOME FOR SALE** 3 bedroom, 2 bath, 3.5 acres, 2 garages. Make offer. 256-762-6515. 02-24

**ATTENTION INVESTORS:** Tusculumbia 2 Bdrm, 1 Ba home on corner lot, central heat and air. Has good tenant. Low \$50s. 256-762-8241 02-17

**510 HIGH ST. B3, C4** Apartments. \$350 Rent, \$300 Deposit. Central heat/air. 256-764-3137 02-17

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**SOUTHERN OAKS VILLAGE** 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. 02-24

**TOWN CREEK APARTMENTS** is accepting applications for 1, 2 and 3 Bdrm Rent based on income, no credit check. Equal Housing Opportunity. 256-685-3360 02-24

**CEDAR ARMS APTS. - 1 BR,** 1 BA, \$300 Rent plus \$25 water, \$300 deposit, central heat and air, appliances. 256-764-3137 02-17

**WOODGATE APTS; 1 AND 2** BR, \$400/\$550 Rent, \$300 Deposit. Stainless appliances, ceramic and wood floors, CH/A. 256-764-3137 02-17

**Village Parc Townhomes**  
 2BR, 2.5BA  
**\$700**

**Brentwood & Steeplechase**  
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**Chisholm Way**  
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## REAL ESTATE AUCTION!

**SAT., MARCH 5TH, 10AM**  
**915 ACRES +/- LOCATED NEAR GRAVELLY SPRINGS, LAUDERDALE CO., WATERLOO, AL • \*\*AUCTION TO BE HELD AT WATERLOO COMMUNITY CENTER, WATERLOO, AL\*\***

Beautiful 915 Acres +/- with scenic country surroundings, makes this a Great Home Site, Recreational, Rural Lifestyle Enjoyment!

Property is a "Loggers Dream" with an abundant amount of timber which is ready to be harvested. **Timber Appraisal available upon request.**

Ponds, Seven Springs, Level open terrain & Wooded.

Property is also a "Hunter's Paradise" with Deer Food Plots & an abundance of deer & turkey along with species of wildlife for the hunter or nature lover.

**This property will be sold as a whole!!! \*\*NO BUYER'S PREMIUM\*\***  
**Gate to be unlocked and property available for viewing on February 18th from 10am-2pm, March 1st and March 4th from 10am - 12pm.**  
**Other private viewing appointments available upon request.**  
**Great Investment Opportunity!!! Only 1.4 miles from Natchez Trace!**

**DIRECTIONS:** From Cox Creek Pkwy: Turn left on Savannah Highway travel approx. 1.4 miles. Turn right on County Road 14 travel approx. 12.4 miles to County Road 87. Turn right travel approx. 2.2 miles. Turn left on County Road 132 (dirt road). Turn at first left & stay left to gate. **Waterloo Community Center: From Cox Creek Pkwy.** Turn left on Savannah Highway travel approx. 1.4 miles. Turn right on County Road 14 travel approx. 21.8 miles. Turn right on Park Drive. Community Center will be on the left. Watch for our Holland sign!

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# Real Estate

cont. from page 31

**HOME FOR RENT, 3 BDRM,** 1.5 Ba, \$600 month, \$700 deposit, no smoking, no pets, Tusculmbia, 256-668-6921

**I BUY HOUSES FOR CASH** Call 256-349-0000 03-02

**HOUSE FOR SALE: 210** Teks St., Petersville area. 4 Bdrm, 1 1/2 Ba, new roof, large storage bldg, fenced in backyard, wood floors, updated Ba, \$114,900. 256-366-9884 02-17

**KENDALE GARDENS** Custom 3 Bdrm, 2 Ba 2,500 sq. ft. home, 1.25 acres, by river, \$185,000. 256-443-8734 03-16

**2 BEDROOM 1 BATH** Duplex for rent, central heat and air, \$375 plus deposit. Florence. Call 256-627-7493. 03-02

**3 BEDROOM HOUSES** North Florence. Appliances, \$525 - \$550 plus deposit. 256-764-3986 02-24

**ONE ACRE TRACT** Unrestricted, owner financing available, \$2,000 down, near Rogersville, AL. 256-431-5510

**ON THE CREEK 1-2** bedroom apt., quiet residential area, nicely remodeled, tile/hardwoods. 256-765-2100.

**FLORENCE TWO BDRM** apartment, \$495; one Bdrm apartment, \$425. No pets! 703-346-9063 02-24

**SHEFFIELD: FOR RENT 3** bedroom, 2 bath house. Call Paul 256-335-9782, Cypress Realty. 02-24

**FOR RENT LEXINGTON** beautiful brand new duplex apartments for rent. Spacious 1100 sq. ft. with covered carport, 2 bedroom, 2 bath, extra storage. Located right off Hwy 64, on School-Church St. Rent-\$600, 256-710-5321

**2 BDRM APARTMENT** attached garage, \$500 rent, deposit. Utilities included, No smoking/pets. Killen, 256-762-7295. 02-17

**FOR RENT, FLORENCE, 3** Bdrm, 2 Ba, \$750, \$750 deposit, 925-360-0857 or 256-762-9634

**BRAND NEW APARTMENTS** in Killen. 2 Bdrm, 2 Ba. Call to qualify for 1 month FREE. Units starting at \$550 monthly. 256-762-2111.

**LAKESIDE HIGHLANDS,** Florence, 3 Bedroom, 2 Bath, Living room, den, large kitchen, large laundry, completely remodeled, hardwoods, ceramic tile, granite, \$149,900. 256-683-2335 03-23

**HOUSE FOR RENT, 4 BDRM,** 417 W. Lee, \$475 month, \$300 deposit, 256-766-4981 02-17

**HOUSE FOR SALE IN** Wilson District off of Highway 17, 2,200 sq. ft., 2.3 acres, 4 Bdrm, 2 Ba, \$200,000. 256-412-4570 02-24

**JACKSON APARTMENTS, 5A,** 3 bdrm, 1ba. \$400 Rent, \$300 Deposit. CH/A. 256-764-3137

**BY OWNER 32 ACRES, CO.** Rd. 266, Cloverdale; well and septic tank on property; 2,600 ft. road frontage; \$84,000. 256-766-2094 or 256-366-2980 03-09

**LAKE LOT COLBERT** County Sloping Lake Lot for Sale. Possible Owner Financing. \$98,000 K&H Inc., 256-349-0000 03-09

**FLORENCE RENTAL, DO** work for discounted rent, 2 Bdrm, 1 Ba, other rentals coming soon in Florence and Sheffield, Call Monty Allen, Realtor. 256-366-5976 02-17

**FOR SALE BY OWNER: 2** Bdrm 2 Ba Sunnyside Street, Florence, \$36,500. 256-443-0942 02-17

**FOR RENT, APARTMENT,** two bedroom, 415 W. Lee Ave., \$295 month, \$200 deposit, 256-766-4981 02-17

**SALE/ LEASE/ INVESTORS-**BBQ pit, 2 porches 4 bedrooms 4 baths 4 entrances, single family/ in-law suites/ eldercare/ teenagers/apts. 256-483-7968

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**QUEEN PILLOWTOP MATTRESS,** new in plastic no room for it, 256-263-2632 02-17

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

**1955 YEAR BOOK 1955** Austinville High School Year Book. \$35. 256-227-6041 02-17

**2014 MERCEDES C250 LEATHER,** sunroof, navigation, 22k, \$23,962 Financing available. Call David 256-415-0331 or 256-764-3351. 02-17

**QUEEN PILLOWTOP MATTRESS** set still in package, \$200. FULL Size \$185. Kings \$300. Delivery possible. Eric 256-710-7325.

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**SAVE THE DATE!**

# Heart Health Fair

**THURSDAY, FEB. 25**

Meet us in the lobby at ECM Hospital on Thursday, February 25 from 8:30 a.m. to noon for the ECM Heart Health Fair!

Come talk to medical caregivers, participate in screenings, and learn more about your heart and how to keep it healthy. It's one morning only, and it's **FREE!**

*Here are just a few of the things we have planned for you:*

- Cholesterol, glucose, and blood pressure screens
- A cath lab display
- Calcium scoring information regarding potential vessel blockages, from Radiology
- Nutrition displays and materials from Food Service
- A sleep display and screening tool from the ECM and Shoals

Hospital Sleep Labs

- Information about strokes from the J.W. Sommer Rehab Unit at Shoals Hospital
- Chest Pain Center information about fast response times from door to dilation in the ER
- A CPR display from the Education Department
- A display from our Open Heart Surgery Unit.
- Mended Heart Support Group

And more! If you want to learn all about your heart and its health, be sure to come to our **FREE** Heart Health Fair. You'll be glad you did!

**ECM**  
 Eliza Coffee Memorial Hospital  
[www.ecmhospital.com](http://www.ecmhospital.com)

**February 25, 8:30 a.m. - noon, ECM Hospital Lobby**

1986 F250 4X4. \$1950. 1999 2007 CHEVY EQUINOX, BLACK, Pathfinder 4x4. \$2,800. 1990 F350 AC, NEW tires, CD player, runs great gas flatbed. \$3,500. 256-324-8042. 02-17 and good condition. \$6,200. 256-648-7671. 02-24

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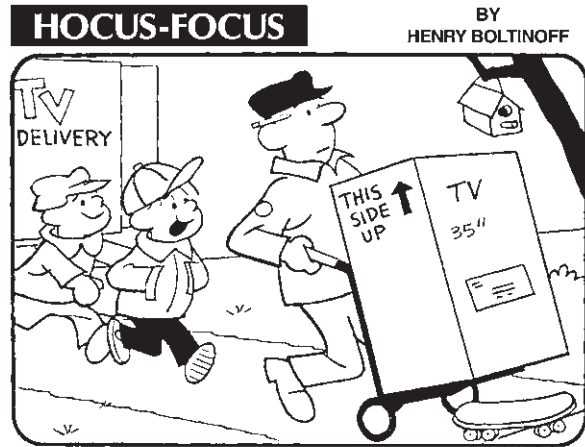
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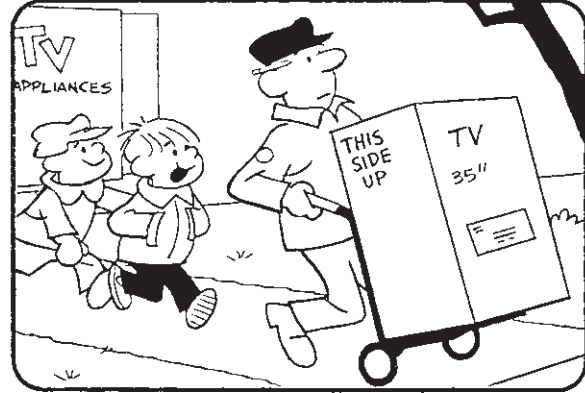
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DeWalt DWO77KD Laser Level (New).....	\$850
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Werner 24' Fiberglass Ladder .....	\$125
Werner Summit Gold BBQ Grill .....	\$525
50' Air Hose and Reel (New).....	\$75

**RUSSELLVILLE ESTATE SALE**  
*of the late Dorris Fleming*  
 1541 Cave Hollow Rd. • Russellville  
**Saturday, Feb. 20 • 9am-3pm**  
**Sunday, Feb. 21 • 1-4pm**  
 Entry numbers will be given out at 8:30am Saturday  
**\*\*PLEASE PARK ON ONE SIDE OF CAVE HOLLOW RD\*\***  
**DIRECTIONS:** From Hwy 43 turn onto County Rd. 60 (straight across from Kings Drive In) go 1.5 miles then turn left on Cave Hollow Rd. go .08 miles, estate on right.  
 Mahogany China Cabinet & Sideboard, Secretary, American Fostoria Punch Bowl, French Provincial Dining Table & Chairs, Oak Kitchen Clock, Antique Bow Front China Cabinet, Drum Tables, Fenton Shoe Collection, Walnut Paw Foot Dining Table, Sofas & Chairs, Painted Lamps, Mahogany Bedroom Suite, Curio/Bookcases, Sideboard with Mirror, Crocks, Dough Bowls & Rollers, Linens, Kitchen Items, Much More Including Sheds Filled With Great Items!  
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## Community Notes...

Continued from page 5

**Greater St. Paul African Methodist Episcopal Church**, the oldest African American church in northwest Alabama, will celebrate its 176th Church Anniversary on Sunday, February 21. Reverend DeVonta Anderson, a Florence native and young man who graduated from the University of North Alabama in 2014, is the guest preacher for the anniversary worship service at 10:45am. Anderson is a student at Beeson Divinity School at Samford University in Birmingham and a member of New Pisgah African Methodist Episcopal Church in Florence.

The Men's Community Faith, Fellowship, and Fish Fry is a free event open to all men of the Shoals, especially men who may not attend church regularly. The fish fry takes place at the church at 5pm. Greater St. Paul AME is located at 129 South Cherokee Street in Florence.

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

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

Tuesday, February 9, 9am-5pm, UNA-Phi Theta Kappa Alumni Association, In front of the UNA Clock Tower on Circular Drive, Florence.

Wednesday, February 17, 9am-1pm, Wells Fargo, 2015 E Avalon Ave, Muscle Shoals.

2-10pm, SCA Tissue North America LLC, 1834-B Haley Drive, Cherokee.

Thursday, February 18, 9am-5pm, UNA-Student Nurses Association, In front of the UNA Clock Tower on Circular Drive, Florence.

Friday, February 19, 10am-4pm, Lowe's, 130 Cox Creek Pkwy, Florence.

Saturday, February 20, 11am-4pm, Natchez Trace Harley Davidson, 595 Hwy 72 W, Tusculmbia.

Sunday, February 21, 10am-5pm, The Shoals Flea Market, 65 Sportsplex Drive, Muscle Shoals.

Monday, February 22, 1-6pm, Crossroads Pharmacy, 2800 Hwy 101, Rogersville.

Tuesday, February 23, 9am-4pm, Colbert County Department of Human Resources, 3105 George Wallace Blvd, Muscle Shoals.

Wednesday, February 24, 7:30am-3:30pm, Tharptown High School, 145 Highway 80, Russellville.

**Celebrate Recovery Group** meets on Tuesday nights at Rogersville United Methodist Church. Free dinner at 5:45pm, large group at 6:30pm. We are a caring group who wants to help with solutions to everyday life and the hurts, hang-ups, and habits we all face everyday. We pledge anonymity. Small groups start at 6:30pm with a group for men and a group for women. Call Rogersville Methodist Church with any questions. 256-247-0512.

**Central Community Center's Covered Dish Luncheon** on Monday, February 22 at 11:30am. There will be entertainment.

**Winter Clean-Out Day** at Samaritan House, 602 Geneva Ave., Muscle Shoals on Tuesday, February 23, 9am-noon. Summer clothes to be given away, bring your own bag. As always, all clothing is free. An outreach program of the Highland Park Church of Christ.

The faith-based movie, "RISEN," is premiering this month, and Tusculmbia First United Methodist Church has bought out one of the theaters at Regency Square Carmike Theater in Florence for Sunday afternoon, February 21 at 2:30pm. "RISEN" is a follow-up to the movie "The Passion of The Christ" and it explores the resurrection of Jesus through the Roman Centurion who the scriptures tell us said at Jesus' death: "Truly this man was God's Son!" (Mark 15:39) The Tusculmbia First United Methodist Church's pastor, Dr. Rudy Guess, will be preaching a series of sermons on "Jesus—RISEN Savior" during the Lenten season. Anyone is welcomed to join the worship services on Sundays at 8:30am or 10:50am and join with Church members in purchasing discounted movie tickets for "RISEN." The Church is at the corner of Main and 3rd Streets in downtown Tusculmbia. For more information, call the church office at 256-383-2853.

**Pop's BBQ/Fish Fry** at Greenhill Senior Center, Thursday February 25 from 4-7pm. \$10/plate, eat in or take out. Fish, chicken, & shrimp plates (may be combined) includes fries, hushpuppies, slaw, onion, dessert, tea, or water. Everyone is welcome! Thanks for your support!

**A Community Grief Support Group** meets at the Highland Park Church of Christ every Wednesday at noon. Meetings are facilitated by licensed counselors and are free and open to the public. The church is located on Woodward Avenue in Muscle Shoals. For more information, call the church office at 256-381-8311.

**Fourth Saturday Breakfast** at the Zip City Community Center on February 27 from 6:30-9am. Menu includes eggs, sausage, bacon, biscuits, gravies, grits, juice and coffee. Adults \$6, children under 10, \$3. Proceeds used for Center expenses. Everyone is welcome.

**The Lauderdale County S.P.A.N. Program Advisor Board Annual BBQ Fundraiser** will be February 25. This recurring and rewarding event features a full lunch plate for take-out including a half chicken, baked potato, baked beans and roll. Whole Hog Express will prepare the food which will be served, ready to go, by the S.P.A.N. students and staff. The plate lunches will be available for pick-up from 11am-1pm on February 25. We will be filling take-out orders from the Burrell Slater Gym, 610 W. College Street. Tickets are available from Advisory Board members or from the S.P.A.N. staff at just \$10 per lunch. We need to order the lunches in advance of this delicious event so please treat yourself and all your friends by purchasing your tickets soon. Thanking you in advance and for supporting the needs of this program. Call 256-246-2060.

**Mark Your Calendar for This Year's Relay For Live Event** - American Cancer Society Relay For Life of Shoals Colbert - Friday, April 29 at 6pm at North Alabama Fairgrounds, 65 Sportsplex Drive, Muscle Shoals. Less than 3 months away.

**Annual Indoor Yard Sale** - Saturday, March 5, 6am until noon at Rogersville United Methodist Church. Bake sale, sausage biscuits, coffee, colas, hot dogs. Church located at 1400 Lee St., Rogersville.

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# Junior Whirl/Answers

by Charles Barry Townsend Illustrated by David Coulson

### A HOPPING GOOD PUZZLE!



The Froggie Puzzle Answer: The jumps are as follows: 5 to 4, 3 to 5, 2 to 3, 4 to 2, 6 to 4, 7 to 6, 5 to 7, 3 to 5, 1 to 3, 2 to 1, 4 to 2, 6 to 4, 5 to 6, 3 to 5, 4 to 3.



Answer: Two birds.

Answers: Oak, elm, pine, peach, pear, apple, maple, plum, palm, fig, sumac, beech, willow, spruce, cedar, larch, fir.

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