

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

Volume 132 Number 21

March 9, 2016

POSTAL PATRON

## Crittenden is Promoted

SHEFFIELD- Bank Independent recently announced that **Anita Crittenden** has joined its Mortgage Lending Department as a Mortgage Originator. She will be based in the bank's Muscle Shoals sales office.



**Crittenden**

Crittenden began her career with Bank Independent in 2000 as a teller and has served as personal banker and sales manager of the Muscle Shoals sales office.

In 2009 she was promoted to sales officer and relocated to the Sheffield branch in 2011. Prior to that she spent fifteen years in the real estate business.

"Anita's experience as both a realtor and a banker makes her a great fit for our mortgage team," said **Chris Estave**, vice president of mortgage lending at Bank Independent. "She truly cares about the people in our community and will do a wonderful job helping our neighbors build, buy or refinance their homes."

Crittenden graduated from Bradshaw High School in Florence and the North Alabama College of Commerce in Huntsville in addition to completing professional development courses of study in real estate. She has one son, **Daryl**, an actor who resides in Los Angeles.

## Counts New U-Haul Office

MUSCLE SHOALS - U-Haul Company of Alabama, Inc. recently announced that Counts Brothers Music is the new U-Haul neighborhood dealer serving the Muscle Shoals community.

Counts Brothers will offer U-Haul trucks, towing equipment, support rental items, and in-store pickup for boxes at its 713 Waverly Avenue location.



See **SHORTS...** on Page 6



### 3A - Lauderdale County Lady Tigers

5th consecutive State Championship and 13th in program history

### 4A - Deshler Lady Tigers

2nd consecutive State Championship and 7th in program history

### 6A - Muscle Shoals Trojans

Playing for 1st State Title at press time

# Courier Journal

Verification of weekly circulation upon request

Northwest Alabama and beyond with direct mail, total market coverage



## American Made

Manufacturing Decline Documentary this Friday

SHEFFIELD - The Ritz Cinema Society along with the Southern Makers presents "American Made Movie," a documentary that seeks to examine the decline of American manufacturing jobs and seeks to inform consumers on how to be a part of the solution to that problem.

The film illustrates the impact consumers have when

See **MADE...** on Page 9

**SEVERE WEATHER ALERTS**  
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- National Weather Service Storm Warnings
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Once downloaded enable your alerts by accessing the drop down menu on the top left of the App, tap "Safety Net Alerts" then tap "Preferences" to enable your alerts.

For information about advertising in this spot, call 256-740-4701



## Life Savers

FLORENCE-Police Deputy Chief Tim Shaddix presented three lifesaving awards at the City Council Meeting on March 1.

Officer Tyler Oliver was responsible for saving a life on November 22, 2015, and Officer Zach Maxwell recently saved two lives--one on February 3 and the other on February 10, 2016.

We are very proud to recognize these fine officers and commend them on a job well done! Because of their quick response and expertise, they made a difference in our community," Shaddix said.

The officers pictured are, left to right: **Sgt. Randy Lee, Deputy Chief Shaddix, Officer Truman Adams, Officer Tyler Oliver, Officer Zach Maxwell, and Lt. Ryan Fleming.** Courtesy photo

## Allure Apparel Speaks to Plus-Size Women

**Ashley Morrow Colonna founded Allure Apparel because she knows the frustration experienced by plus-size women.**

Courtesy photo



FLORENCE - Ashley Morrow Colonna was tired of the lack of variety and kitschy themes in the plus-size fashion world, so she set out to turn an industry on its head.

This month Colonna's Allure Apparel ships its first line to stores around North America, offering a new design in an enriched viscose blend that has the potential to alter the clothing landscape for plus-size, curvy women.

Colonna's company, Green Bananas, is the newest resident of the Shoals Entrepreneurial Center. Green Bananas began shipping another unique product a year ago, Alchemy spray sealant. This spray prevents costume jewelry from turning colors or causing skin irritations and blotches. A year later, Alchemy is in three hundred stores across the U.S.,

See **ALLURE..** on Page 9

## Inside this Issue

- Jr. Whirl
- Dave Says
- Shoals Dining
- Knight's Korner
- Ask the Attorney



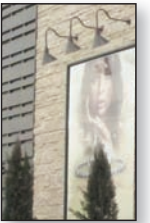
- Park Rides Open
- Ask Dr. Webb
- Adopt-A-Friend
- Chambless/Muse
- Hocus Focus

- Easter Coloring Contest
- Dr's Quiz
- Pet Connection



## Online Only:

- Pet Talk
- Mystery Photo
- Outdoors
- Web Poll



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\*1.25% APY (annual percentage yield) for 36 months. APY is accurate as of February 10, 2016. Interest is calculated daily and paid monthly. Interest must be credited to a new or existing Progress Bank checking account. Minimum opening deposit \$5,000. Subject to 90 day early withdrawal penalty except that one withdrawal is allowed without penalty during each 12 month period not to exceed 1/3 of original CD principal amount. One "rate bump" is allowed at customer request vs. original CD rate - "rate bump" extends CD maturity an additional 36 months from the date of rate increase. Additional deposits will earn the same rate of interest as the original CD principal amount or the "rate bump" rate if this option is exercised. One additional deposit is allowed during each 12 month period of the CD with a \$5,000 minimum. The total of all additional deposits cannot exceed the original amount of the CD. Offer expires April 29, 2016. Member FDIC



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Danielle L



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Ad valid March 9-15, 2016 We Accept WIC/Food Stamps



**DOZENS OF IN-STORE SPECIALS  
WE NOW HAVE PICK 5**

**FAMILY PACK  
Pork Chops  
1.69** LB.

**Spare Ribs  
1.99** LB. (2 PIECE PACK)

**FAMILY PACK  
Ground Beef  
1.89** LB.

**Leg Quarters  
3.99** 10 LB. BAG

**BEEF  
Chuck Roast  
3.49** LB.

**FRESH  
Chicken Thighs  
49¢** LB.

**Coca-Cola Products  
3/\$10** 12 PACK 12 OZ. CANS

**LAY'S POTATO CHIPS,  
Cheetos, or Fritos  
2/\$5** 7.75-9.25 OZ.

**HUNT'S  
Manwich  
99¢** 15 OZ.

**VELVEETA  
Shreds or Slices  
2/\$4** 8-12 OZ.

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

**HORMEL  
Chili No Beans  
2/\$3** 15 OZ.

**Chips Ahoy Cookies  
2/\$5** 9.5-13 OZ.

**MAXWELL HOUSE  
Coffee  
5.99** 28-30.6 OZ.

**BANQUET  
Pot Pies  
79¢** 7 OZ.

**BEST CHOICE  
Pasta Sauce  
79¢** 24 OZ. CAN

**RED GOLD  
Salsa  
2/\$3** 15.5-16 OZ.

**BEST CHOICE  
Water  
2/\$5** 24 PACK

**STARKIST  
Tuna  
69¢** 5 OZ.

**KELLOGG'S  
Corn Pops, Apple Jacks,  
Fruit Loops, Frosted Flakes  
2/\$6** 10-13 OZ.

**FRESH PRODUCE SPECIALS**

**BEST CHOICE  
Red Potatoes  
1.99** 5 LB.

**SUNKIST  
Navel Oranges  
2.99** 4 LB.

**TEXAS  
Sweet Onion  
99¢** LB.

**WASHINGTON RED DELICIOUS  
Apples  
99¢** LB.

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

**PONTIAC: G6, 2006 GT CONVERTIBLE,** Hardtop. 87,800 miles, leather, heated seats, \$8,500. 256-275-2144

**GREEN'S LAWN CARE, PRUNE,** trim, clean up, cut, yard maintenance, Colbert County. 256-627-3586.

**DRIVEWAY GRAVEL SPECIAL** 22% off, \$129/load delivered www.shoalsdirt.com 256-740-7406

**MANSELL ROOFING- DISCOUNTS TO** veterans, and seniors, all work guaranteed, free estimates, 256-383-3218

**FLORENCE YARD SALE 343** Reddoch Rd., Heathrow Subd. Saturday 6 a.m.-1 p.m.; miscellaneous items, novelty chair, clothes, books. Sales benefit a mission trip to Thailand.

**PARRISH VARIETY, USED APPLIANCES,** couches, chairs, dining tables, TVs, bedroom suites with mattresses, pocket knives, new Alabama football pictures, much more. 3102 Huntsville Rd., Florence, 256-766-4187, 256-710-6662

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**QUALITY CONCRETE CONSTRUCTION DRIVEWAYS,** walkways, patios, garage floors, pool decks, decorative stamping/staining. Professional workmanship, reasonable rates. 256-412-9118

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

Cub Cadet Model 1330 riding mower. 13 hp. Runs good \$300. 355-1407

**THEIR AD IS NOT HERE!** Do you like to shop at certain stores? Are they not advertising their sales in the Courier Journal? Tell them that they should be.

**HEART OF DIXIE AUCTION** 12377 AL Hwy. 207, Anderson, AL 256-444-4989. Dates: March 8th and 11th. General Merchandise Auctioneer, Glenn Pettus #1374 Apprentice Auctioneer, William Curtis #2949, Starts at 6:30 pm \*Open Every Tues. & Fri. night\*

**ALL-GREEN TREE SERVICE,** "CREDIT cards accepted" Affordable prices and friendly service. Topping, trimming, removal, lots cleared, stump grinding, Licensed Insured, 256-767-3519, 256-710-8787

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



SMALL DOG, multi color, 256-381-8504

**Have You Seen This Coat!**

It was lost on February 8, 2016, while I was at a Dentist office in Tuscumbia

**REWARD**

Call 256-381-4615

**Fish Day**

**NOW IS THE TIME FOR STOCKING**

Channel Catfish • Bluegill (Regular & Hybrid) • Redear • Largemouth Bass • Black Crappie (if avail.) • 6-11" Grass Carp • Fathead Minnows • Koi (if avail.)

**----- Tuesday, March 15 -----**

**Lauderdale County Co-op** | **Lauderdale County Co-op**  
in Florence, AL: From 12noon-1pm | in Rogersville, AL: From 8-9am

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Northwood Pharmacy is now **Massey+Drugs**

*We focus on one thing: Taking care of you!*

Well-known Massey Drugs has acquired Northwood Pharmacy and you'll see a lot more than just a name change over the next few months! Massey Drugs offers MedSync and Med+Monitor™. MedSync synchronizes the medication a patient is taking and then syncs them up for a single pick-up during the month. Med+Monitor™ is a private label service offered that provides in-home medication management. We sort and clearly label all of your medication. If you are taking 5 or more medications a month, we will provide both of these services for FREE, plus FREE delivery.



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  - ✓ Home Delivery
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  - ✓ Refill Rx Mobile
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**Cloverdale** | 3501 Cloverdale Road | (256) 718-3500  
**Tuscumbia** | 218 East 5th Street | (256) 381-8383





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Antique cast iron bathtub, good condition with original hardware, \$250. Antique push mower with steel wheels, \$75. Full set of 1962 World Book Encyclopedias and yearbooks from 1963-1974, \$50. 931-468-9494

**FLORENCE: 1975 DARBY DR.** A4 Friday - Sunday 7 AM - 3 PM. Full mattress/box springs, table with chairs, recliner, dishes, women's shoes plus much more! Moving out of state and need to place my cat, free to a good home.

**SOUTHERN APPEAL LAWN MAINTENANCE** Services; let us trim or remove your trees, stumps. Excavating, land leveling or dirt work. Driveways built, free estimates and 10 percent off winter jobs. 256-381-2306

**HAY 4X5 ROLL COVERED \$25** uncovered \$20 256-247-5789

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

**FREE BOOKLET HELPING MANY** thousands (Why The Bible Was Written). No obligation. Gift of love from Jerry and Margaret Humphries. Send printed name and address to Bible Booklet, P. O. Box 2560, Florence AL 35630.

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**GARCIA'S REMODELING, Interior** and exterior, wood fencing, windows and doors, hardwood and laminate floors. licensed 256-702-5248.

**MANSELL ROOFING- DISCOUNTS** to veterans, and seniors, all work guaranteed, free estimates, 256-383-3218

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

**BEAUTIFUL LADIES DIAMOND** cluster ring, size 6, \$325; ladies wedding band with diamond baguets, size 6, \$180; ladies diamond engagement ring, size 6, \$190; man's Harley Davidson ring, size 10.5-11, \$60. 256-275-2053

**U WORK, U RIDE** - your job is your credit. Action Auto -- Killen, AL. 256-757-5777.

4 heavy duty metal desk, 1 glass display counter, 1 microfiche projector, 256-710-8624

**WHY SPEND EXTRA MONEY** advertising anywhere else when you can reach EVERY HOME in the Shoals with one sharp looking and inexpensive ad in the Courier Journal. See page 6 for classified advertising or call our advertising department at 256-764-4268 for more details.



Set of Keys, Cox Blvd., Sheffield 256-366-5718.

1991 Harley-Davidson FLHS motorcycle, hard bags, backrest with luggage rack, separate tour pack included. \$4,000. 256-677-2118.

**LOST SMALL DINNER RING,** Monday, Feb. 29th. I had a long time with a lot of sentimental value. Lost at either Florence Ophthalmology or Sams in Florence. 256-627-0198. Reward!

**LOST ALL STATE, HONOR RING, ONE OF** a kind, gold with 8 small diamonds, one sapphire, initialed, B. M., ring lost at ECM east, reward, \$200. No questions asked, 256-272-7007.

**OAKLEY'S PAINTING RESIDENTIAL, COMMERCIAL,** new construction, free estimates. No job too big or small. Licensed and Insured. 256-627-0448 or 256-765-3931.

2012 **FORREST RIVER GEORGETOWN, RV,** low mileage, 2 slides, bunk bed, 256-383-0074.

**MANSELL ROOFING- DISCOUNTS** to veterans, and seniors, all work guaranteed, free estimates, 256-383-3218

**HANDYMAN WALLS, TRIM, DOOR,** windows, kitchens, baths, decks, fences, soffit, siding, fascia boards repair, aluminum fascia, painting, etc. 26 years experience. 256-443-2153.

1988 **FLEATWOOD SOUTH-WIND RV,** low miles, good condition, sleeps six comfortably, includes washer/dryer, \$6,200 OBO, Must See! 256-648-7690 after 3 pm.

**HYUNDAI: TIBURON, 2006 COUPE,** 5 speed, air, 4 cylinder, 30 plus MPG, \$3,900. 256-350-8597

**GRASS CUTTING AND YARD** work, Colbert County only, free estimates. 256-383-3218

**WILL BUY JUNK VEHICLES,** home phone 256-740-8485, cell 256-702-6385.

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

**YOUR AD RECEIVES ALMOST 3 TIMES** the exposure when placed in the Courier Journal. Mailing over 70,000 papers to NW Alabama homes every week.



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 itrainu247@yahoo.com

I don't play!!!  
 I'm a mother of 6, what's your excuse!  
 Get fit or die trying Push!  
**256-577-3265**

70,000+ Homes a Week

**The Satanic Snare**

It started with the devil questioning what God said *Genesis 3:1b*... "Yea, hath God said?" Then lying about what God said *Genesis 3:4* "And the serpent said unto the woman, Ye shall not surely die." And since then, man's "learned best" has been questioning and lying about God's word. *2 Corinthians 11:3* "But I fear, lest by any means, as the serpent beguiled Eve through his subtilty, so your minds should be corrupted from the simplicity that is in Christ." Notice the simplicity in deception and perversion copied from the devil in *Genesis 3*, and (NOTICE PERVERTED) in *Jeremiah 23:36*, and by the religions and scholars of today in rewriting the bible 230 plus times. See "deceiveth the whole world" in *Revelation 12:9*. What are you going to say in front of God Almighty when He asks you why you didn't believe what He wrote? *See 2 Peter 1:21*. Dare you correct the Holy Spirit? Dare you say the God who created the universe is big enough to manage his creation, but isn't big enough to preserve his word, when He promised to preserve it, (see *Psalms: 12:6&7*) and exalted it above all His name? *See Psalms 138:2*. Some of you "saved" religious folks are in real trouble. Don't defend your lie to me, tell God about it. It is very sad for folks to use a bible and go to hell. Has the devil trapped you in his snare? *See 1 Timothy 3:7 & 2 Timothy 2:26*.

Folks, don't fall for the complicated and worrisome systems of salvation that religions have created today. You are responsible for your own soul. Now, while alive, you have individual soul liberty. After death, it's too late. It was Christ who suffered for our sins, died, and was buried, and rose again for our justification that He might bring us to God. Allow Christ to do what He died for; to save you. *Ephesians 2:8-9* "For by grace are ye saved through faith; and that not of yourselves: it is the gift of God: Not of works, lest any man should boast." *Hebrews 7:25* "Wherefore he is able also to save them to the uttermost that come unto God by him, seeing he ever liveth to make intercession for them." Get a King James Bible, study it, and get ready to meet God. If you dare question His word, certainly you dare ask Christ to save you.

Bill Bishop, Pastor  
**Beacon Baptist Church**  
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 1.2 miles north from red light on Hwy. 207 on left  
 Sunday services at 10am and 11am and 6pm  
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**Community Action Agency of Northwest Alabama's Gerald Williams Cooperative Garden Program**

**FREE** vegetable seeds, plants and fertilizer are provided to help low-income qualifying local residents wishing to grow their own gardens.

**Participants must:**

- Reside in Lauderdale/Colbert or Franklin Counties
- Must not exceed **gross monthly** income as defined
- Maximum income of \$1,458 for single household
- Two-person households - \$1,966
- Three-persons - \$2,473

For each additional person in the household add \$508 per month

**Deadline to Apply is March 19**



**Lauderdale/Colbert Residents**  
 Call 256-386-3601  
 1-4 pm • Monday-Friday

The Cooperative Garden program is a partnership of the Community Action Agency of Northwest Alabama, TVA Retirees, Bicentennial Volunteers Inc. and many others.



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 Free Estimates

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**WE SPECIALIZE IN CLEANING BERBER!**

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Puppy found in the Oak Hills area of Florence. Pit Bull breed. Will need to describe. Call 256-702-1118.

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

**JEEP: GRAND CHEROKEE,** 2004 \$7,499 obo. silver, 155k, super clean, loaded, all wheel drive, V8. 256-702-0277.

**1999 BASS TRACKER PRO 185** 18 1/2 ft. 75 HP Mercury, 67 lb. motor guide, 2 fish finders, flashers, livewell timer, storage, double console, 356 hours, nice, \$6,000 OBO. Text/call 256-349-8962

**1940 CHRYSLER WINDSOR, 4** door Sedan, with suicide doors, embroidery bench seats, Taheshian Pearl Color, in tip top shape, beautiful car, \$20,000. 256-757-4470

**HONDA: ACCORD EX, 1994** \$2,900, white in color, new tires, radiator, computer and other new parts, 191,230 miles, good condition. 256-740-2460

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**Humana**

(Lic. # AL 208313)



**Community Notes**

**COMMUNITY NOTES** may be submitted for non-profit, civic or church-related events and published free of charge as space is available in the Courier Journal. All properly submitted Community Notes which are dated will be posted weekly at [www.courierjournal.net](http://www.courierjournal.net). Visit our website for a complete list. Community Notes must be submitted in writing by noon Friday for consideration in the following week's issue. Fax to 256-760-9618; mail to 219 W. Tennessee Street, Florence, AL 35630; bring in person; email to [editor@courierjournal.net](mailto:editor@courierjournal.net); or "Submit News" on our website at [www.courierjournal.net](http://www.courierjournal.net).

**Free Garden Supplies** to qualifying low-income households in Colbert and Lauderdale. Call 256-386-3798, 1-4pm, Monday-Friday through March 18. A program of Community Action Agency Northwest Alabama.

**Friends & Family Day and Spring Gospel Meeting** March 13-15 at Shiloh Church of Christ Speaker is Al Behel from Pigeon Forge, TN. Sunday Bible Study at 9am, Worship at 9:45am, Fellowship Meal following morning worship, Sunday Evening Worship at 1pm, Monday-Tuesday at 7pm. 2605 County Road 344, Florence (Greenhill Community). For more information, please call 256-757-2456.

**Day by Day, Grief Support Group** for bereaved parents meets at 2pm Sunday, March 13 at Woodmont Baptist's East Campus, 2002 Darby Drive in Florence. Our meeting topic is 'Will Spring bring hope or more pain?' Parents who have suffered the loss of a child will help answer this question and bring comfort to newly bereaved parents. For information: [anita.watkins@comcast.net](mailto:anita.watkins@comcast.net) or [nhargett@comcast.net](mailto:nhargett@comcast.net).

**The Salvation Army Church Fundraiser**, 1601 Huntsville Rd., Florence, March 12, 10am-2pm. Hamburger dinner, \$5, includes hamburger, chips, drink and dessert. Come out and help our ladies with this event. Dine-in or carry out!

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

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 Bagents  
Please come and bring a friend. Everyone welcomed.

**Confronting Violence - Improving Women's Lives** - at Florence-Lauderdale Public Library

- "No Longer Invisible: Images of Women and Domestic Violence in 1970s Film and TV" with Dr. Brenna Wardell Thursday, March 10, 5:30pm. On small screens and big screens, and in images of women from housewives to cops to super-powered princesses, women, and the problems of domestic violence, were no longer so invisible in the 1970s. Considering TV series from Maude to Wonder Woman and films from Chinatown to The Shining, Dr. Brenna Wardell will discuss the ways in which women and issues of domestic violence were represented onscreen in this crucial decade.
- "The Original Great Tye" and How It Was Broken: Creek Indian History in Three Acts with Dr. Kathryn H. Braund Sunday, March 13, 2pm.

Alabamians rightly take pride in the early history of their state, including the exotic and complex history of the Creek people who once claimed this land as their own. In this retrospective, Kathryn Braund will look at the major eras of Creek Indian history, touching on their link to the British through the deerskin trade, their material culture and economy, and the changing nature of tribal authority as plantation agriculture and herding replaced trade as the "way to wealth" in the Indian nation.

- Incarcerated Women: Domestic Violence and U.S. Prison Writing with Dr. Yaschica Williams and Dr. Katie Owens-Murphy Thursday, March 17 at 5:30pm.

Dr. Yaschica Williams and Dr. Katie Owens-Murphy will examine pathways that lead women who are victims of domestic violence to end up in prison. The presentation will also examine the ways in which the U.S. penal system exacerbates and even replicates the trauma of abuse through a discussion of Kim Wozencraft's 1993 novel, *Notes from the Country Club*.

Dr. Yaschica Williams is an Associate Professor in the Department of Sociology and Family Studies at UNA.

See NOTES... page 34

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### March 13, 14, 15

Speaker:  
**STEVE CONDRA**

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Worship: 10:30am • Lunch Following  
Evening Service: 1:30pm  
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**Drop Off**  
Fri., March 11 • 6-9pm  
Sat., March 12 • 10am-6pm  
Mon., March 14 • 5-8pm  
Tues., March 15 • 5-8pm  
(Appointment times also available)

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Presented by:  
**ROBIN RENTS**

### MARCH 11 & 12

Friday 5pm-8pm • Saturday 8am-4pm  
Limestone County Event Center  
114 West Pryor St. • Athens

Weekend Admission \$3  
Tickets can be purchased in advance at the Chamber or at the door

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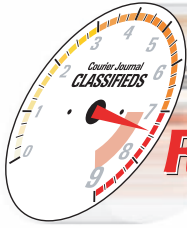





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## SHORTs...

### Counts New U-Haul Office

Continued from Page 1

Hours of operation for U-Haul rentals are 10am-5pm, Monday-Friday and 9am-4pm, Saturday. After-hours drop-off is available for customer convenience.

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### Legislation to Fund ACADV

MONTGOMERY—Senator Tim Melson (R-Florence) recently passed legislation which will provide funding for the Alabama Coalition Against Domestic Violence (ACADV). Senate Bill 123 ensures that ACADV will receive over \$169,000 for fiscal year 2016.

"Providing adequate funding for domestic violence support and prevention will give hope to people who find themselves in a seemingly hopeless situation," Melson stated.

The ACADV is a nonprofit organization that works to prevent domestic violence against women by exposing its root causes.

They also help victims and their families rebuild their lives through non-violent means.

"Senator Melson has been a champion for victims of domestic violence. He shows true compassionate conservatism in the bills he brings and the causes he champions," stated Senate Majority Leader Greg Reed (R-Jasper).

The proposal also has an accountability mechanism to protect taxpayers, requiring ACADV to provide an operations plan and audited financial statement quarterly and annually. SB123 now heads to the Alabama House for consideration.

Melson's District 1 includes parts of Lauderdale, Limestone, and Madison Counties. He is a retired anesthesiologist.

## Celestial Thoughts

When my youngest daughter was about 18 months old, she wanted something to drink and as I handed her a sippy cup she said, "dit do." It took me a minute to decipher, but she was trying to say "thank you." It was a precious moment in time. As it turns out, she has grown to be one of the most thoughtful, happy, and spiritual young ladies I have ever known. I often think about how God must see us as His little children and get the warm fuzzies when we thank Him for the gifts He's given us. The interesting thing is, practicing gratitude benefits you too. Try it daily to put your life in perspective, get yourself out of a funk, and to make you feel happy. "Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you." I Thessalonians 5:16-18

Dawn N.



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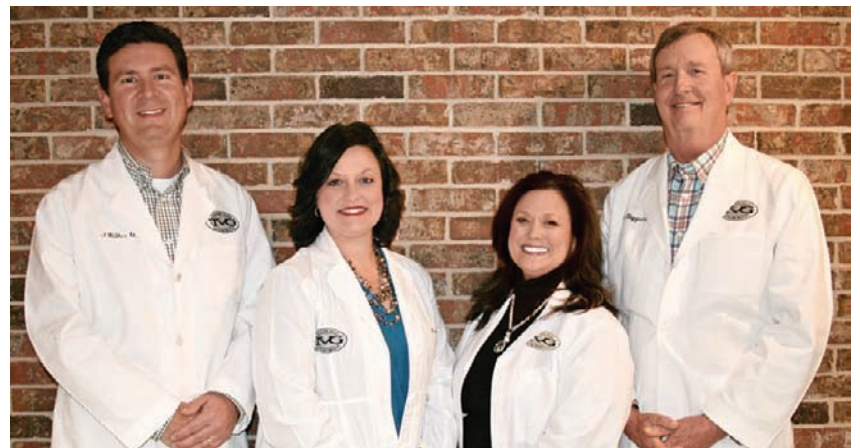
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## March is Colorectal Cancer Awareness Month

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# ASK THE ATTORNEY



**Thomas McCutcheon**

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

**Q** My son and his girlfriend were riding with another couple to the movies. They were sitting in the backseat. The driver of the car pulled out in front of another car and my son was injured very badly. Is there anything he can do? Can my son sue the driver of the car in which he was a passenger?

*Emma, Killen, AL*

**A** I am very sorry to hear about your son and hope he makes a quick and complete recovery. In Alabama, we have what is called the "guest passenger" statute. The guest passenger statute basically states that a passenger in a vehicle who is injured due to the fault of the driver of the vehicle cannot sue the driver for negligence. There are, however some exceptions to this rule.

First, a passenger can sue the driver if the driver is guilty of wanton conduct. Our courts have defined wanton conduct as driving under the influence of either alcohol or drugs or excessive speeding and reckless driving. Therefore if the driver of the automobile in which your son was a passenger was DUI or was speeding, your son may have a case. If on the other hand, the driver simply was not paying attention and was not speeding, then your son doesn't have a case.

Secondly, if your son or your son's girlfriend paid the driver to take them to the movies or, for example, gave the driver gas money, then the driver is considered a "driver for hire" and the "guest passenger" statute does not apply. In this situation, your son could file suit against the driver.

Recently, I settled a client's case where my client, who was a passenger, was injured on his way to work when the driver fell asleep at the wheel and crashed. I successfully argued that my client and the driver did not fall under the guest passenger statute because they took turns driving to work and therefore their relationship was a business relationship and for their mutual benefit.

*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)  
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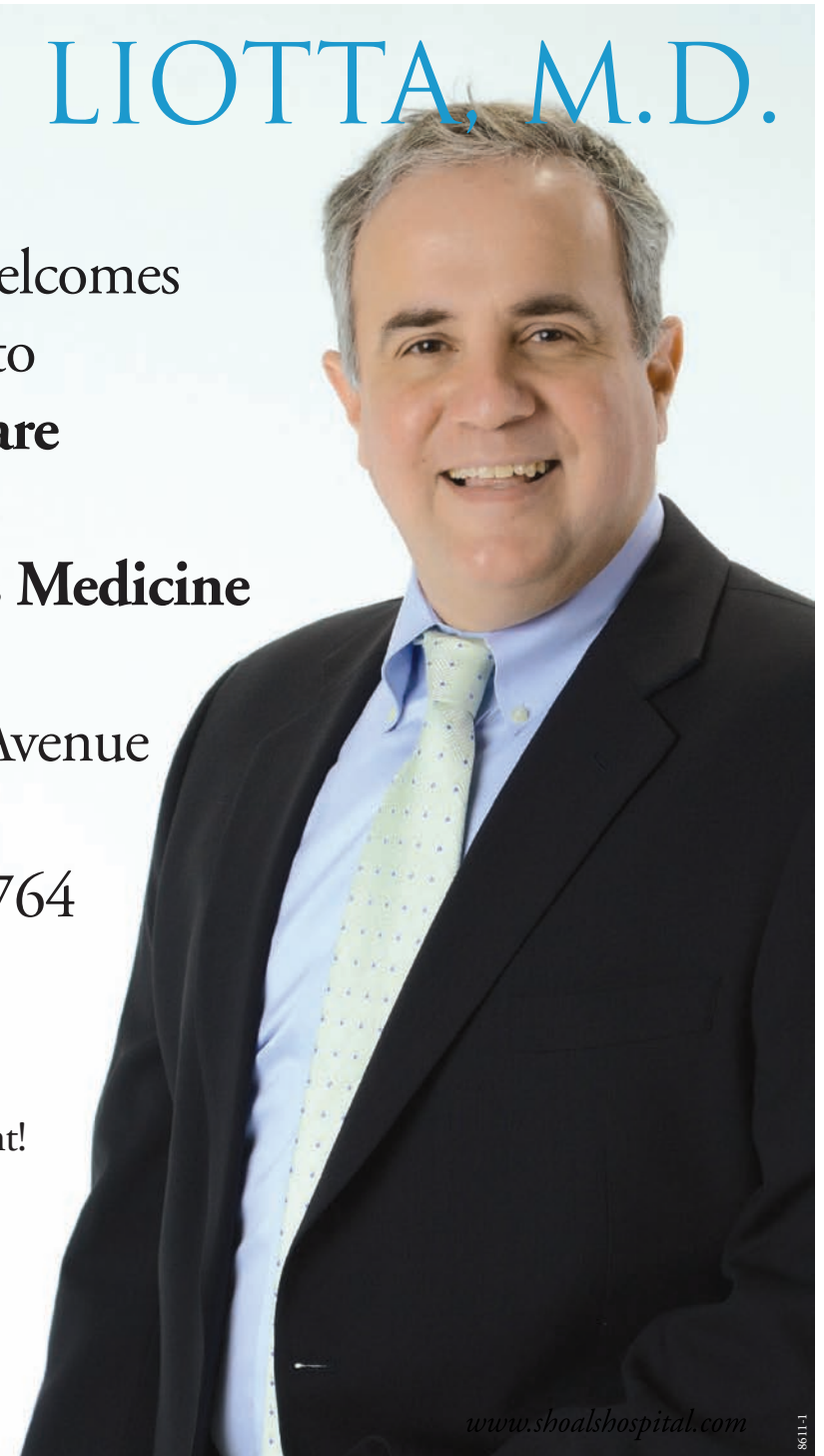
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# Allure...

Continued from Page 1

Canada, and Mexico. Now Colonna is unveiling Allure and sparking intrigue among retailers who have seen her one-size-fits-all tops and those who have had success selling Alchemy.

Colonna has an eye for style and is a smart shopper. However, the 34 year old has experienced frustration as a plus-size woman trying to find fashionable clothing.

"I used to joke that it's so hard for me to find just a plain black dress that didn't have a cheetah print or the Eiffel Tower or something," she said. "I don't know why designers think big girls like the Eiffel Tower and butterflies and flowers, but they do. It is crazy."

So Colonna took matters in her own hands. The first Allure line will feature her own designs – the ones she found wanting in department stores. She realized it would be a hit after she had dinner in Las Vegas with a table of wholesale shoppers. All were attending a market show for women's products.

"One of the buyers had her daughter with her," Colonna said. "The buyer was probably between a 1X and 2X, and her daughter was probably a size 6 or 8." She had them each try on one of her crew-neck, one-size-fits-all shirts.

"When they came out, the buyers were asking, 'Those are the same-size shirt in different colors?'" Colonna said. "I said, 'They are.' And they all bought that shirt because they could not believe that it really did fit a size 8 and a size 1X. And that shirt will fit up to a 4X. So it gives the stores the ability to carry clothes that are appealing to a wide variety of shapes and bodies.

"I think women sometimes want things they can mix and match together with things they already have. They don't want to have to buy the whole outfit," she said. "They'd like to buy something that goes with their pants or with jewelry or a scarf they already have."

Desiring practicality as well as taste, Allure features clothing women can wear year-round.

"It all layers together, or they can be stand-alone pieces that could be the one awesome part of your outfit," she said. "Everything is made with an upgraded viscose blend so it has a nice drape to it that looks great on curvier and plus-sized bodies."

Colonna isn't ignoring smaller bodies, and the line will eventually serve women of all sizes. However, the initial collection targets plus sizes. "It is very hard when you are plus-size to find great basic pieces that you can layer together."

Creating a company from

scratch has been difficult, but Colonna said she has jumped not just into the fire, but "into the deep fryer, dunked all the way in the grease."

Shoals Entrepreneurial Center director Giles McDaniel expects Green Bananas to be another success story.

"Ashley gets it," McDaniel said. "She's sharp, and she understands her product and business."

Colonna began selling Alchemy out of her house which is typical of startups that pass through the Entrepreneurial Center. However, her business has outgrown her home and she intends for it to eventually outgrow the Entrepreneurial Center.

"The SEC has a reputation for helping small businesses take that step from the garage to the office, and then from the office to something bigger," she said. "That's what I needed. I needed a place where I could have resources, where I wasn't completely by myself and I had a support system. I think getting to have that with such a small, new company will make the difference."

Alchemy is off to a great start. Now Colonna hopes the response to Allure is equally eye-opening.

Contact owner Ashley Morrow Colonna at [Ashley@alchemy spray.com](mailto:Ashley@alchemy spray.com) or 256-335-6576



Dr. Robert Webb

# Ask Dr. Webb

This is #5 in the series about why we should be concerned with seniors taking so many pills: **Beer's List of Potentially Inappropriate Medications - the Category II Drugs.**

Category II has drugs that should be avoided because they may significantly *worsen a disease or other condition*. I've chosen a sample of some of the diseases, followed by a few of the problematic drugs and why they're included; again, for the complete listing, go on-line and search for *Beers Criteria*.

**Heart Failure:** Anti-inflammatories, such as **ibuprofen**, because they promote fluid retention and make heart failure worse.

**Syncope [fainting]:** drugs that attempt to slow down the decline of Alzheimer's disease, such as **donepezil** [Aricept]; certain anti-hypertensives, such as **doxazosin** [Cardura], **terazosin** [Hytrin], because they often drop blood pressure when standing up, causing dizziness and falling.

**Delirium [confusion]:** all anti-anxiety meds, like **diazepam** [Valium]; the antihistamines, like **diphenhydramine** [Benadryl]; all statins (drugs to lower cholesterol - like **atorvastatin** [Lipitor]); the steroids, like **prednisone**.

**Dementia:** antihistamines, like **diphenhydramine** [Benadryl]— and many more.

**History of falls or fractures:** anticonvulsants, like **phenytoin** [Dilantin]; all the anti-anxiety drugs and the **hypnotics** [sleeping pills]; all the **anti-psychotics** [like Seroquel].

**Insomnia [can't sleep]:** decongestants with **pseudoephedrine**; any **caffeine**.

**Parkinson's Disease:** all antipsychotics; anti-vomiting drugs, like **metoclopramide** [Reglan].

**Chronic constipation:** drugs for bladder urgency, like **oxybutynin** [Detrol]; antihistamines, like **chlorpheniramine** [Dramamine], **diphenhydramine** [Benadryl]; the anticholinergics and antispasmodics [muscle or bowel relaxants].

**History of stomach ulcers:** **aspirin** [ASA]; all anti-inflammatories, such as **ibuprofen** [Motrin].

**Chronic kidney disease:** any anti-inflammatory can make the kidney damage worse.

Remember, not everyone will have side-effects. But, sometimes it's worthwhile stopping a particular drug for awhile and see if you feel better off it.

Next time: the Category III drugs.



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

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

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# Made...

Continued from Page 1

they intentionally seek out American-made goods to buy and how American manufacturing impacts communities and the economy. They show this through various interviews ranging from filmmakers, tax analysts, trade lawyers, business owners, CEOs, and academics.

On the film's website, theamericanmademovie.com, they say, "At its peak in 1979 manufacturing employed over 19 million workers. However, in that same year the manufacturing sector began a decline that would last several decades. By 2009 manufacturing reached its lowest numbers since before World War II at just under twelve million workers.

"But recently a focus on bringing American manufacturing back to the forefront of the US economy has engaged everyone from manufacturing employers and workers, to legislators, educational facilities and even consumers as being a part of the solution. By understanding where and how products are made in the United States and supporting American manufacturers, individuals have contributed to a resurgence of American manufacturing. While manufacturing employment levels remain steadily increasing, there is hope once again that America can return to the manufacturing greatness it once held!"

"American Made Movie" will screen at 7pm on Friday, March 11 at the Ritz Theatre, 111 W. Third St., Sheffield. Admission is \$8 for adults and \$7 for students and are available at the door.

For more information please contact the TVAA at 256-383-0533 or visit tvaa.net. The film will be followed by a Q&A with director and producer Vincent Vittorio. Vittorio is the founder of Life Is My Movie Entertainment, the studio that produced "American Made Movie."

Vittorio is a graduate of the University of Florida where he studied journalism with a focus in telecommunication as well as English. Vittorio also studied film and television production at Savannah College of Art and Design and screenwriting at Spalding University.

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### Public Notice for LAA Boundary Change

The Lauderdale FSA County Committee reviewed the Local Administrative Areas (LAA) for the 2016 COC Election process. The review revealed that LAA 2 and 3 had gotten out of balance and in order to provide a more equal and fair representation, the lines would need to be adjusted. The following description will explain the movement to each area and an LAA election map has been attached for your viewing.

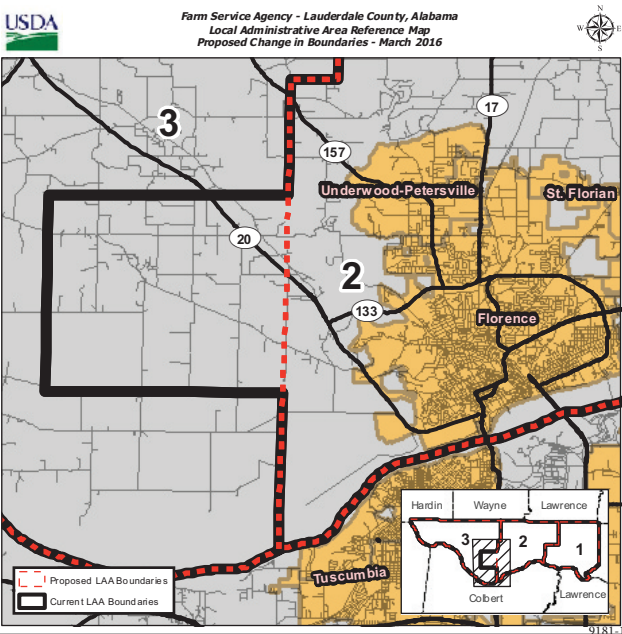
- LAA#1-This boundary will not be affected.
- LAA #2 - This boundary change will include the communities of Florence, Blackburn, St. Florian, Greenhill, Atlas, and Killen.
- LAA #3 - This boundary change will include the communities of Spain, Waterloo, Chapel, Cloverdale, Gravelly Springs, Smithsonia, Woodland, and \*Oakland.

\*Indicates the community in question.

The 2016 Election process will be receiving nominations and ballots from LAA #2 and #3.

The committee will be observing a 15 day comment period for eligible voters to submit comments regarding the proposed LAA boundary changes.

Please submit any concerns or questions to:  
Lauderdale County FSA Committee  
2431 Darby Drive, Suite A Florence, AL 35630



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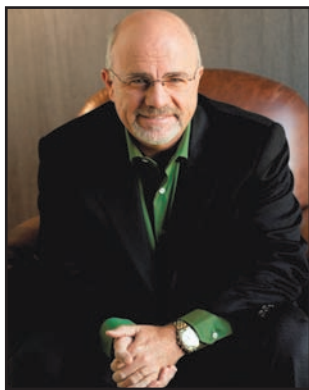
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# DAVE Says

by DAVE RAMSEY

## TALK TO MOM AND DAD



Dear Dave,  
My boyfriend is wondering if he should buy life insurance for his mom and dad. They're both in their seventies, and they're no longer married to each other. His mom is disabled and remarried, and she doesn't have any life insurance coverage. The only coverage his dad may have would be through his employer. He's afraid he would have to pay funeral expenses if one of them died, and he's not in good enough shape financially to do that right now. What's your advice?  
Cherie

Dear Cherie,  
If the only insurance his dad may have is furnished through his employer, then yeah, when he stops working he probably won't have life insurance anymore. It would be fine if he wanted to buy them each a small policy, but it's going to be very expensive at their age. He would have to get them to sign off on it, and they'd also have to be healthy enough to have a policy issued.

This isn't a good long-term plan, however. As a long-term plan, I'd tell your boyfriend that he needs to build up his own wealth. If he had \$15,000 to \$20,000 in savings, that's more than enough to bury two people. I don't mean to sound insensitive, but we're talking about the economics involved in this kind of situation. You can have a nice funeral for as little as \$5,000.

The other thing I'd do if I were him is I'd have a discussion with mom as to whether or not the stepfather has the funds to handle this sort of thing. When it comes right down to it that would be his responsibility, not the son's. Then, he should have a similar discussion with his dad. If his dad's got insurance through work, and the stepdad is ready to pay for his mom's burial, then I wouldn't buy insurance on them. They're covered for the immediate future.

So I wouldn't do it unless they absolutely don't have this sort of thing covered. Even then I'd prefer you just cover it with cash, because all we're talking about is just enough

to cover burial costs. Nothing needs to be elaborate.

I hope this helps, Cherie!  
— Dave

## PAUSING THE BABY STEPS TO CELEBRATE?

Dear Dave,  
My wife and I are in Baby Step 2 of your plan, and we've got our twentieth wedding anniversary coming up in a few months. We had always planned on taking a 10-day luxury trip to celebrate, but now that we're trying to get out of debt it seems pretty unrealistic. Should we pause the Baby Steps and celebrate like we originally planned, or would it be better to concentrate on paying off debt?  
Don

Dear Don,  
If it were me, I'd want to pause and celebrate in a smaller way. Then, in a year or two when you've reached your goal of being debt-free, you could have a big double celebration — for your anniversary and for gaining control of your finances.

Think about it. Why isn't the twenty-first, twenty-second or twenty-third anniversary just as big as the twentieth? No reason really. It's just an arbitrary milestone we as human beings decided on and created. But you can "undecide" stuff like that anytime you want.

If you two, as a couple, are in agreement on that point, then it suddenly becomes easier to delay pleasure in order to win. And trust me, when you agree on things like that, the celebrations become even sweeter!  
—Dave

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

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## Guest Opinion-Editorial

### RFS: Base It On Science, Not Politics

In the final pre-election polls, Ted Cruz was slated to place second in Iowa. Considering that he loudly criticized the Renewable Fuel Standard - the Washington boondoggle that turns corn into ethanol gold for Iowa farmers - days before the Caucus, Cruz's victory was particularly surprising.

You know a law is crazy when its biggest beneficiaries vote for someone who wants to end it.

Shockingly, the RFS will soon do even more damage. The Environmental Protection Agency recently mandated that even more ethanol and other renewable fuels be blended into gasoline in 2016. That's a big mistake; the RFS is bad for the environment and bad for the economy.

Congress created the RFS in 2005 and bumped it up in 2007. This latest jump in the standard requires over 18 billion gallons of biofuels be blended into the fuel supply for 2016.

The purpose of mandating the addition of ethanol to gasoline in the first place was to decrease our dependence on foreign oil sources and do less environmental damage. However, since the RFS was created, the United States has overtaken both Saudi Arabia and Russia to become the world's largest oil and natural gas producer.

So, we're less dependent on foreign energy than ever and the RFS has nothing to do with it.

See **BASE IT...** on Page 24

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



**Michael James BARTON**  
Energy Advisor  
**ARTIS**  
Research

## Courier Journal

# THIS WEEK

## TWO FAVORITES

*Chambless, Muse Return for St. Patrick's Show*

FLORENCE—Shoals Celtic Concerts presents a pre St. Patrick's Day Concert on March 15 by Chambless & Muse with Music of Scotland, Ireland, and Early America.

The performance takes place in the Southhall - Moore Annex of Kennedy Douglass Center for the Arts at 217 Tuscaloosa Street in Florence next Tuesday at 7:30pm. Tickets are \$10 in advance and \$12 the day of concert.

See **CONCERT...** on Page 27



in the Shoals  
March 9, 2016

Happening  
THIS WEEK

THE UNA DEPARTMENT OF ENGLISH welcomes author Justin Cronin as the featured guest of the 2016 Writer's Series. Cronin, whose works includes best-selling novels *The Passage* and *The Twelve*, will read from his works March 10 at 11am in the GUC Performance Center. A book signing and reception will follow. For more information, call the UNA English Department at 256-765-4238 or visit [www.una.edu/english/una-writers-series.html](http://www.una.edu/english/una-writers-series.html)

## Season Arrives at Spring Park



The Spring Park rides are open until dusk through May 19 and 8pm thereafter. Courtesy photo

TUSCUMBIA—The train, carousel, and roller coaster at Spring Park in Tuscumbia are now up and running for the spring and summer season.

The early season has attractions opening at 3pm on Friday, 11am on Saturday, and 1pm on Sunday. The attractions will operate until dusk through May 19.

Beginning May 24 the rides will operate 11am-5pm Monday-Thursday, 11am-8pm on Friday and Saturday, and 1-8pm on Sunday. That schedule will be in place throughout the summer.

From August 20-November 27 the attractions will open at 11am on Saturday and 1pm on Sunday, staying open until dusk. The train and carousel only will operate 4-8pm daily December 1-24.

For more information about the rides at Spring Park, call 256-389-1357. For information about reserving a pavilion at the park, call 256-386-5670.

THE ALPHA PI (FLORENCE) CHAPTER of the Omega Psi Phi Fraternity, Inc. will have its annual Scholarship Banquet at 7pm Friday, March 11 at Rhoda P's Restaurant in Sheffield. The program helps sponsor scholarships for area high school seniors. The speaker for this year's banquet is Darryl Aikerson. Aikerson is in his 23rd year of public education and is the Superintendent of Tuscumbia City Schools. For ticket information contact any chapter member of Omega Psi Phi or call 757-1459, 383-0004 or 381-2595.

THE KENNEDY DOUGLASS BROWN BAG LUNCH meeting will be from 11:30am-1pm on Friday, March 11 at The Kennedy Douglass Center for the Arts, 217 East Tuscaloosa Street in Florence. Beverages and desserts will be furnished. At noon, our speaker will be local artist, Sergio Portillo. For questions, please call, 256-760-6379.

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

## SOFTBALL

Wed. March 9  
vs Montevallo (DH)  
at Montevallo, AL

March 12 - 13  
vs Lee  
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at Cleveland, TN

## TENNIS

Men & Women  
Saturday, March 12  
vs West Alabama  
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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

### Banks Quite a Lady

Dear Editor:

We stood in line at the funeral home for two hours as we waited to pay our respects to the family of a wonderful lady. Syble Banks was 88 years old and had been sick only a few days when she passed away. However, the number of people at the funeral last Wednesday night was a testimony to the impact she had far beyond her home near Collinwood.

Miss Syble, as I called her, was the daughter of a minister, wife of a deacon, and mother of a minister. For as long as I knew her, she always had a smile on her face, a positive word of encouragement, and an obvious love for the young people at her home church and a greater love for her Heavenly Father.

She never seemed to be wealthy by the world's standards. However, she was one of the richest people I ever met spiritually. Down through the years, she

opened her door to the young people at her church, Piney Grove Free Will Baptist. Even more importantly, it was obvious that she opened her heart to them.

Her son, daughters, and grandchildren are saddened to say goodbye, but they know if anyone makes it to heaven, it is Syble Banks. If every woman took the time to find out what made Miss Syble different, and then tried to emulate her, our world would be a much better place.

May we all have such a positive impact on the people around us.

Joan Shields  
Florence

*The Kingdom of God is not of this world.*



### Magical Night to Shine

Letter to Courier Journal:

Cassandra Rubolin, a Florence High School senior and extraordinary young woman, submitted an application for one of the 200 locations across the nation and around the world where Tim Tebow awards A Night to Shine for Special Needs Adults. And she got it! For The Shoals!!! A daunting task to organize hundreds of volunteers, location and all the support needed to pull off such an event. Tim Tebow Foundation provided red carpet, music, photographers, Food, Crowns, etc. but Cassandra with her church, Dwelling Place, family, friends and volunteers provided hours, weeks and months of work and planning.

Over 225 Shoals Adults with Special Needs walked, strolled, rolled and paraded the red carpet as they heard their name called out on the Florence

See **LETTERS...** on Page 15



**T.W. LAWN CARE SERVICE,** Leaf removal, mulching, trimming and cleaning around shrubs 256-412-143.

**MANSELL ROOFING- DIS-COUNTS TO** veterans, and seniors, all work guaranteed, free estimates, 256-383-3218

## Letters...

### Magical Night to Shine

Continued from Page 14

Coliseum loud speakers. Each received their very own crown for this amazing special prom night. Several hundred family, friends, and volunteers celebrated a truly magical Night to Shine.

Kudos and deepest thanks to you, Cassandra. A huge thank you, as well, to our four cities for the various contributions in growth, development, and fulfilling experiences they provide for our special citizens with different abilities. Individuals with different abilities desire the same validation and opportunity to make contributions of service to society as the rest of us. By caring for the most vulnerable in our population we bring nurture, growth, and happiness to our entire community.

Coincidentally, a small group of Shoals citizens gathered a few months before A Night to Shine to explore organizational relationships that would allow our adults with special gifts to give back to the community. Each individual has a respective ability to engage in service within various cultural associations and local charities and we hope to provide a means for them to do so. Developing opportunities for self-expression using visual and performing arts, interaction with growing plants, animals, offering the excitement of group interaction, and individual validation are also goals of this group.

If you are interested in offering service opportunities or providing an enrichment activity for these adults, please email [oneclaypot@live.com](mailto:oneclaypot@live.com). If you have an adult with different abilities that

would like to offer their services or work with a self-development program, please send an email to [oneclaypot@live.com](mailto:oneclaypot@live.com).

I would like to express a huge thank you the Dwelling Place, Cassandra, and to our four cities for providing various contributions in growth, development and fulfilling experiences for our special citizens with different abilities.

Judith Rausch  
Florence

See LETTERS... on Page 25



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**Self-Service Storage** will hold a public sale to enforce a lien imposed on said property, as described below, pursuant to the Alabama Self-Service Facility Act, Alabama Code 8-15-30 to 8-15-38, at **3:00 PM on Friday, March 25, 2016 at Cox Blvd. Self Storage, 414 Cox Blvd., Sheffield, AL 35660.**

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

Tenant Name	Address	Unit #	Stored Items
<b>JASON WILSON</b>	104 Village Drive Sheffield, AL 35660	454	Household Goods
<b>BEVERLY MITCHELL</b>	206 W. Moore St. Tuscumbia, AL 35674	5127	Household Goods

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**Self-Service Storage** will hold a public sale to enforce a lien imposed on said property, as described below, pursuant to the Alabama Self-Service Facility Act, Alabama Code 8-15-30 to 8-15-38, at **11:00 AM on Saturday, March 26, 2016, at Chisholm Road Self Service Storage, 4450 Chisholm Road, Florence, AL 35633.**

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

Tenant Name	Address	Unit #	Stored Items
<b>ROBERT SCHNECK</b>	437 North Cherry Street Florence, AL 35630	B02	Household Goods, Furniture, Boxes
<b>ROBERT SCHNECK</b>	437 North Cherry Street Florence, AL 35630	B05	Household Goods, Furniture, Boxes
<b>CLEVEN BROWN</b>	1420 Co. Rd. 24 Florence, AL 35633	E05	Household Goods, Furniture

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**The Cottages**

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**THE LAST TWO ARTICLES** concentrated on how to determine what speed internet you need coming into your home and how to make sure you're getting what you pay for.

But wait! There's more! If you followed my advice and verified that you are paying for and receiving a fast internet connection from your provider, but your wireless devices still access slowly, this article will discuss how to supercharge your wireless network.

The bad news is that supercharging your wireless network is going to cost you some money. You'll probably need a new wireless router, and new tablets, smartphones, printers and new wireless



Fisher

# WILD WIRELESS WOES

by "The Computer Skeptic"

"receivers" for your computers. The good news is that you don't have to do it all at once.

Way back when wireless standards were first introduced, the "spectrum" they operated on (2.4Ghz) was not very crowded. You might have had a wireless phone in your home or a cheap microwave that each emitted noise on the 2.4ghz spectrum. But it was not often that all these were being used at the same time so most of us never noticed any interference that would slow down wireless speeds. We also didn't have as much of a need for speed back then.

But now, many of us have wireless TVs, bluetooth speakers, bluetooth watches, wireless earbuds, keyboards and mice. All of these operate on the 2.4ghz spectrum. All those interfering devices can significantly slow down your wireless internet inside your home.

This can explain why your wireless internet is still slow despite paying for a fast connection. There may be fix for that.

You see, a long time ago, all the wireless manufacturers got together and decided on "standards" for wireless

communications. From roughly 2001 until 2009, that standard was called 802.11 "b" and 802.11 "g." It has a maximum speed of about 54 megabits per second (Mbps).

2009 introduced 802.11 "n." It has a maximum speed of 600 Mbps--nearly 10 times faster. But in January of 2014, a new standard was introduced called 802.11 "ac." It has a maximum speed of 1,000 Mbps--almost twice as fast as the 2009 standard. It can use the old 2.4Ghz spectrum but can also utilize the much-less-crowded 5Ghz spectrum.

To make use of this newer, faster standard, you'll have to purchase a new wireless router that uses this standard. Then, to get the full effect, all your wireless devices (tablets, computers, phones) have to have a wireless receiver that is capable of receiving the new signals,

otherwise you still operate at the old speeds. If you've seen a listing for "5G" in your list of available wireless networks, now you know what it is. Use it if you can.

So, if you have a wireless router older than 2009, you should upgrade to a new one immediately. If you do upgrade, choose a router with the 802.11ac standard and you'll be upgrade-proof for at least a few years.

Jim Fisher owns Excel Computer Services in Florence. Reach him at [www.ExcelAL.com](http://www.ExcelAL.com)

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

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

**Mall Drive Self-Service Storage** will hold a public sale to enforce a lien imposed on said property, as described below, pursuant to the Alabama Self-Service Facility Act, Alabama Code 8-15-30 to 8-15-38, at **11:00 AM on Friday, March 25, 2016 at Mall Drive Self-Service Storage, 2708 West Mall Drive, Florence, AL 35630.**

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

Tenant Name	Address	Unit #	Stored Items
ARIANA BAKER	123 Smith St. Florence, AL 35630	0404	Household Goods, Furniture, Boxes, Toys

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**256-764-6500**

# RIDDLE CARD

1. How did the Dark Ages get their name?
2. If a tree were to break some windows, what word would they say?
3. What is the hardest thing to deal with?
4. How do you spell mousetrap in 3 letters?
5. What animal is on every legal document?

**ODD MAN OUT!** To the right is a list of five words. Can you figure out which word doesn't belong?

1 DABBLES  
2 TIMBERLINE  
3 CLIMATE  
4 NAUTICAL  
5 HEATHENS

**FIND THE SEVEN WORDS PUZZLE!** In the word square to the right, we've removed six of the letters to spell out the word "SELDOM." Can you replace these letters in the squares so that you will have four three-letter words across and three four-letter words down? Time limit: is 60 seconds.

S	E	L	D	O	M
	A	R			
A					
I	T				
				T	

# Junior Whirl

by Charles Barry Townsend

## WHERE IN THE WORLD

Below are the names of nine world-famous landmarks. Identify the country where each is located, then enter it in the grid to the left.

1. The Imperial Palace.
2. The Kremlin Palace.
3. The Aswan High Dam.
4. Cleopatra's Needle.
5. Big Ben.
6. Leaning Tower of Pisa.
7. The Forbidden City.
8. The Taj Mahal.
9. Great Barrier Reef.

**Answers On Page 34**

There is a dark frame around one of the columns in our grid. If you correctly solve the puzzle, the letters in the frame, top to bottom, will spell out the name of a famous country.

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# FOODLAND Marketplace

# FOODLAND plus

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WHOLE  
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BONELESS  
SKINLESS  
CHICKEN BREAST**

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**Western Grown  
ICEBERG  
LETTUCE**

**99¢** Each



**USDA Select  
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BONELESS  
BOTTOM  
ROUND ROAST**

**\$378** Lb.



**USDA Select  
Star Ranch Angus  
T-BONE STEAK**

**\$699** Lb.



**White, Black Or Red  
SEEDLESS  
GRAPES**

**\$199** Lb.




**Wesson  
VEGETABLE OR  
BEST BLEND OIL**  
48 Oz.

**2/\$5**



**Domino  
SUGAR**  
4 Lb. Bag

**3/\$5**



**Large Red ROMA  
TOMATOES**

**99¢** Lb.



**MAYFIELD  
Select  
ICE CREAM**  
All Varieties  
48 Oz.

**2/\$6**



**Argo  
PEACHES**  
29 Oz.  
Can

**2/\$3**



**U.S. #1  
RED POTATOES**

**\$299** 8 Lbs.



**Faygo COLAS**  
All Varieties

12 Pk.  
12 Oz.  
Cans

**4/\$10**



**Food Club  
MACARONI &  
CHEESE DINNER**

7 Oz.  
Box

**39¢**



**Progresso  
SOUP**  
All Varieties

18-19 Oz.

**4/\$5**



**Food Club  
Saltines  
CRACKERS**

16 Oz.  
Box

**\$128**



**PRIDE  
Vegetables**  
Green Beans & Corn

15 Oz.  
Can

**2/\$1**



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**\$1.49** 12 Oz.



**USDA Inspected Family Pack Tender CUBED BEEF STEAK**

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**\$1.99** 12-14 Oz. Reg., Beef Or Cheese




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**\$1.39** All Varieties 12 Oz.



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**\$3.99** Lb.



**Cook's Hickory Smoked CENTER CUT HAM STEAKS**

**\$2.99** Lb.



**Bryan Reg. Or Thick SLICED BACON**

**\$2.59** 12 Oz.



**Bryan SLICED HAM OR TURKEY BREAST**

**\$2.39** 10 Oz. All Varieties



**Regular Only Ball Park FRANKS**

**\$1.79** 15 Oz. Reg. Or Bun-Length



**Hillshire Farm SMOKED SAUSAGE**

**\$2.29** 13/14 Oz. All Except Beef



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**\$1.99** 23/24 Oz.

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**\$2.49** 3 Lbs.



**California HALOS**

**\$4.99** 3 Lbs.

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12 Pk. 12 Oz. Cans

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**General Mills Honey Nut Cheerios, Lucky Charms, Cinn. Toast Crunch Or CHEERIOS** 11-12 Oz.

**2/\$5**



**Frito-Lay VARIETY PACK CHIPS**  
20 Ct.

**\$5.99**



**Betty Crocker Gushers, Roll Ups Or FRUIT BY THE FOOT** 4-6 Oz.

**2/\$3**



**Sara Lee Artesano BREAD**  
20 Oz. Loaf

**2/\$5**



**Kingsford CHARCOAL (7.7 Lbs.) Or MATCH LIGHT (6.2 Lbs.)**

**\$4.99**



**Peter Pan All Varieties PEANUT BUTTER**  
16 Oz.

**2/\$4**



**Van Camp's BEANEE WEENEE** 7 Oz.

**\$1**



**Dr. Pepper, Sprite Or COCA-COLA**  
8 Pk. 12 Oz. Btl.

**3/\$9**



**Malt 'O Meal Coco Roos, Honey Graham Or Cinnamon Toasters CEREAL** 10-12 Oz.

**2/\$4**



**Golden Flake Popcorn, Nachos, Tortiyahs, Dill Pickle BBQ Or Buffalo Ranch CHIPS**  
7-9 Oz.

**2/\$5**



**Swiss Miss HOT COCOA Milk Chocolate Or Mini Marshmallows** 10 Pk.

**4/\$5**



**All Varieties Rotel DICED TOMATOES & GREEN CHILIES RO\*TEL** 10 Oz.

**98¢**



**All Varieties Hunt's PASTA SAUCE** 24 Oz. Can

**88¢**



**Chef Boyardee PASTA** All Varieties 15 Oz. Can

**88¢**



**Hormel PLAIN CHILI** 15 Oz.

**2/\$3**



**Hunt's MANWICH** All Varieties 15 Oz.

**5/\$5**



**Van Camp's PORK AND BEANS** 15 Oz.

**68¢**



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**Stouffer's FAMILY SIZE DINNERS** Lasagna, Chicken & Rice Or Stuffed Peppers 32-38 Oz.

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**All Varieties Totino's PIZZA ROLLS** 40 Ct. .... **2/\$5**

**Marie Callender's Asst. Variety CREAM PIES** 28-42 Oz. .... **\$4.98**

**DAIRY**

**Coffee-Mate All Varieties LIQUID CREAMER** 32 Oz.

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**Blue Bonnet MARGARINE QUARTERS** 1 Lb. .... **88¢**

**Reddi Whip WHIPPED TOPPING** 6 Oz. .... **2/\$4**

**Food Club All Varieties CHEESE SINGLES** 12 Oz. .... **2/\$3**

**All Varieties POWERADE**  
12 Pk. 12 Oz. Btls.  
**2/\$7**



**Orville Redenbacher's POPCORN**  
6 Pk.  
**2/\$6**



**Folgers COFFEE**  
All Varieties Except Decaf  
10-11 Oz.  
**2/\$7**



**CRYSTAL LIGHT**  
10 Ct. On The Go Or Makes 8 Quarts Canister  
**2/\$4**



**Food Club BEANS**  
Chili, Pinto, Kidney Or Great Northern  
15 Oz.  
**68¢**



**Food Club Powdered COFFEE CREAMER**  
11 Oz.  
**2/\$3**



**Food Club PANCAKE SYRUP**  
24 Oz.  
**\$1.78**



**Chi Chi's SALSA**  
16 Oz.  
**\$1.99**



**Bounty PAPER TOWELS** 8 Reg. Or 6 Dbl. Rolls Or Charmin Soft & Strong BATH TISSUE 12 Dbl. Rolls  
**\$6.98**



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50 Lbs.  
**\$19.98**



**Gain LIQUID ENHANCER**  
51 Oz.  
**\$3.48**



**Gain Liquid Or Powder DETERGENT**  
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**\$4.98**



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6 Pk. Bottles  
**\$7.49**



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6 Pk. Bottles  
**\$8.49**



**Sutter Home WINE**  
750 ml  
**\$5.49**



**Coors Light Or Miller Lite BEER**  
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**ROGERSVILLE** Rogersville Shopping Ctr. • 7am-11pm • 256-247-1805  
**RUSSELLVILLE** 14001 Hwy. 43 • 7am-9pm • 256-332-2535



## Awesome Athletic Legacy

A lot of great athletes have garnered many awards in their sports careers, and Bob Godsey would certainly rank near the top in several categories. His career as a player and coach will go down as one of the most successful in Alabama sports history. Godsey played quarterback, running back, defensive back and handled all kicking duties at Wilson High School.

Godsey was selected All-State, All-County and All-Area in football for the Warriors. He also excelled in baseball where he was a catcher and cleanup hitter on the Warriors' 1985 State Championship baseball team. Godsey became the first player from Wilson High School to sign a football scholarship. He played quarterback for four years at Troy State. In his career at Troy State, he led his team to two Gulf South Conference championships and the 1987 Division II National Championship.

He left a coaching legacy that will be forever remembered in Alabama High School sports history. His career started at Decatur High School. In 7 seasons with the Red Raiders, his teams made four straight playoff appearances and earned two trips to the

quarterfinals. He was named Decatur Daily Coach of the Year twice.

Godsey became head football coach at Brooks High School in 1998. He turned the Lions into a perennial playoff contender while posting an overall record of 42-15 and was named TimesDaily Coach of the Year in 2000. Godsey was hired as head football coach at Hartselle High School in 2003. At Hartselle, his overall record is currently 108-39.

He's taken the Tigers to the playoffs 11 times, won 4 Regional titles, went to the state semifinal playoffs twice and won a State Championship. He was named ASWA State Coach of the Year in 2010. Godsey is among an elite group that has won a high school State Baseball Championship and Division II National Football Championship as a player and won a State Football Championship as a coach.

Bob Godsey will receive the ultimate recognition for his athletic accomplishments on Saturday, March 19th when he will be inducted into the Lauderdale County Sports Hall of Fame at the Florence Conference center.

E-mail comments and suggestions to: [jerrywknight@comcast.net](mailto:jerrywknight@comcast.net)

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|---------------|----------------|
| Restless Legs | Varicose Veins |
| Cramping      | Aching         |
| Swelling      | Spider Veins   |
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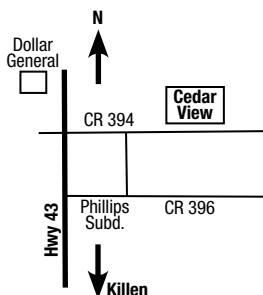
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# Beware Buying Medicines Online

The Internet has made it possible for consumers to buy just about anything without ever leaving their homes. Whether looking for a pizza or a car, consumers can find whatever they need with a few clicks of the mouse.

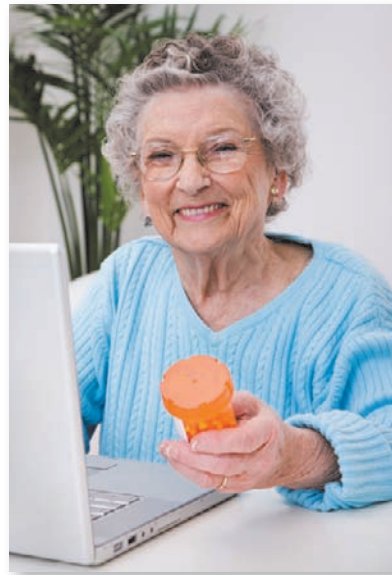
But buying merchandise online always comes with a degree of risk, and that's especially so when buying medicine over the Internet. Not all Web sites that sell medicine are trustworthy, and many physicians feel buying medicine online is never a viable option. Recognizing the risk involved in such a transaction, the Food and Drug Administration offers the following advice to consumers consider purchasing medicines over the Internet.

### Learn about medicines before ordering

Consumers should learn as much as possible about the medicines they plan to purchase before placing an order. Know what the medicine looks like, including its color, texture, shape, and packaging. If the medicine has a particular taste or smell, make note of that before taking any medication purchased over the Internet.

### Know what you're buying

Many Web sites that sell medicine are perfectly legal and trustworthy. However, just as many, if not more, Web sites sell medicine that



has not been checked or approved by the FDA. These drugs might contain the wrong active ingredient or too much or too little of the active ingredient, making them ineffective and possibly even deadly. These faulty sites appear just as credible as their legitimate counterparts, but sell ineffective or dangerous drugs to consumers who don't know what they're getting in return.

In an effort to increase awareness among consumers purchasing medicine online, the FDA purchased and analyzed a host of products that were sold online as Tamiflu, which is used to treat some types of influenza infection. The active ingredient in Tamiflu is oseltamivir, but in one pack-

age purchased by the FDA online the drug they received as Tamiflu contained none of the active ingredient oseltamivir. Similar problems were reported by consumers who purchased Ambien, Xanax, Lexapro, and Ativan over the Internet. Instead of receiving these drugs, consumers received products containing the foreign version of Haldol, a powerful anti-psychotic drug that sent consumers to the emergency room, where they were treated for a host of ailments.

When shopping for medicine online, the FDA notes the following signs of a Web site that's trustworthy:

\* The site is located in the United States.

\* The Web site is licensed by the state board of pharmacy where the Web site is operating.

\* The Web site offers a licensed pharmacist available to answer any questions.

\* The Web site provides accessible contact information that allows consumers to talk to a person if they have any comments or questions.

\* The Web site has an accessible and understandable privacy and security policy for its consumers.

\* The Web site does not

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## Did You Know?

Research indicates that people who laugh a lot are much healthier and may live longer than those who don't find time to chuckle. A good, deep belly laugh can provide your body and mind with a great workout. Dr. Lee Berk at the Loma Linda School of Public Health in California found that laughing lowers levels of stress hormones and strengthens the immune system. The organization **Laughter Works**, which teaches people how and

why to laugh, says laughter can cause blood pressure to drop, blood to become oxygenated and endorphins to kick in, which can improve mood. And that's just the beginning. Laughing can help reduce stress and promote stronger relationships between people who laugh together. Data indicates children around the age of six laugh the most, laughing roughly 300 times per day, while adults average only 15 to 100 laughs per day.

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GUEST OPINION EDITORIAL - Barton

**Base It On Science...**

Continued from Page 14

Scientists have also questioned the supposed environmental benefits of ethanol. The United Nations Intergovernmental Panel on Climate Change released a report in 2014 acknowledging "biofuels indirect emissions -- including from land use change -- can lead to greater total emissions than when using petroleum products." The International Institute for Sustainable Development has concluded that after factoring in the energy demands from all the aspects of crop cultivation, there are no net environmental benefits.

Instead, the RFS is costing Americans. Each gallon of biofuel gets a code, a Renewable Identification Number, that allows it to be tracked through the supply chain and sold in a secondary market. The EPA ensures compliance with renewable fuel mandates by tracking how many RINs refineries purchase compared to their petroleum output.

This secondary market has been anything but stable. In the past few years, RINs have fluctuated from one cent a gallon to over a dollar because of a draught-caused corn shortage. These added costs are passed on to the gas pump.

While we're currently enjoying record low gas

prices, that's no thanks to the RFS. It has artificially created price instability in the fuel market and amounts to a massive hidden tax at the pump.

The RFS is also picking Americans' pockets at the grocery store. The RFS has expanded the market for corn greatly; 40% of all corn grown in America is used for ethanol. Consequently, more farmers are growing corn instead of other important foodstuffs. In fact, the RFS has increased costs for chain restaurants by up to \$3.2 billion annually. Those costs get passed on to consumers.

The bottom line is that every reason underlying the establishment of the RFS has been proven wrong or outdated. The RFS doesn't contribute to energy independence, does nothing for the environment, and is harmful to agriculture.

The RFS has always been more about politics than practical concerns. Even lowans recognize that it's time to end it.

*Michael James Barton is the Energy Advisor at ARTIS Research and speaks around the country on energy and energy security matters. He previously served as the deputy director of Middle East policy at the Pentagon. Disclosure: Mr. Barton supports Ted Cruz's campaign.*

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# Letters...

Continued from Page 15

## World's Choice of 2 Kingdoms

Editor:

The problem with our modern world is its confusion over Christianity and Islam. It is deceived into thinking that these are two religions. However, they are not merely religions. Anyone who understands

Christianity understands that it is a kingdom and God is its king. With its King comes laws that must be obeyed like laws that must be obeyed in any kingdom. These laws must be obeyed and given precedence over any laws of any kingdom on the earth. So, Christians are strangers in a land not their own.

Islam, much like Christianity, is a kingdom. It comes with laws that must be obeyed and it has a king known as Allah. These laws must be obeyed and given precedence over any laws of any kingdom on the earth. However, unlike Christianity this kingdom seeks to subvert and destroy all the other kingdoms on the earth.

The kingdom of God is not of this world. It does not seek to conquer this world because this world is not eternal. It has already been conquered even if that fact is not acknowledge by the world. This world will one day be destroyed.

The kingdom of Allah, on the other hand, is of this world, and that is why it seeks to conquer this world. It is not eternal. It has already been conquered even though the world does not acknowledge it. Only one force is interested in conquering this world as it is, and that is not God. God actually wants to save those who are willing from the kingdom of the world.

Therefore, the world has a choice between two kingdoms because all other kingdoms will eventually succumb to one of these two kingdoms. Religions are irrelevant when it comes to ruling men. A king rules men. Either you chose God to be the king, and as a result the people have liberty, or you chose someone of this world which is under the influence of Satan, and the people are slaves to a tyrant.

Choose your king wisely. For more information on the true King, send to "My Personal Bible Study", 1755 County Road 24, Florence, AL 35633, to request a free Bible study course.

Jason Howton  
Florence

## Twelve Say They Will Walk

Editor:

When I hear that eleven or twelve senators will walk away if Trump is nominated, it makes me wonder again what I've been wondering for years.

Are some Republican Senators actually traitors who really are trying to help Democrats?

Paul Sabatino  
Florence

## Solid Four-Year Commander

Editor:

It looks like the GOP cannot handle what Donald Trump is telling them. In other words, get on the fast train and let us set Washington on it's ear and make America what it should be.

Others such as Romney, Cruz, Rubio, plus the Senate Majority Leader, House Speaker and others who are trying to derail him, will definitely miss the last train to Washington and the White House.

You say it is a tough hill to climb with adversity to overcome. Perhaps so, but he is a deliberate, crafty, knowledgeable, successful, and determined businessman. Do not sell him short by any means. He will serve this country of ours with all of his might and strength.

Those who are trying to put him down will lose despite themselves and they cannot stand it. I firmly believe in what Trump is saying. He is a bit rough around the edges, but his two daughters acting as his managers will calm him down when he needs to be diplomatic.

Get ready for a solid four years as our Commander-In-Chief. So, Hello to the good times. Let us rock and roll toward a victory in the November.

Joe Fairer  
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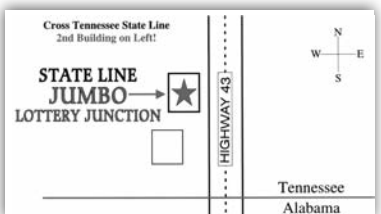
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# Concert...

Continued from Page 14

Tickets are on sale at the Kennedy-Douglass Art Center in Florence. Jil Chambless and Scooter Muse have been fortunate to work alongside many of the finest artists in Celtic Music for many years, resulting in many spontaneous collaborations.

The two are currently members of the band Henri's Notions, the longest performing Celtic band in the Southeastern United States at more than 30 years. They have also performed frequently in a trio with Scottish singer Ed Miller at many festivals throughout the U.S. and Scotland.

First introduced to Celtic music when she joined Henri's Notions in 1989, Chambless has since become one of the finest singers and flute players on the Celtic circuit. Her first solo CD, The Ladies Go Dancing (2009), was produced by the legendary Brian McNeill. Chambliss brings a wonderful listening experience to every audience that never fails to bring both smiles and tears in each and every performance!

Muse has his roots in Bluegrass and is an award-winning five-string banjo player. In the late 1980s he moved into the world of Celtic guitar and soon after founded the band Full Moon Ensemble. The group performed for 8 years across the US and in Scotland. Afterward he joined Henri's Notions in 2003. Muse's first solo recording of original guitar instrumentals, Saddell Abbey (2005), was purchased by the Scottish Tourist Board in Kintyre.

In 2010 Chambless and Muse began performing as a duo to promote their individual solo projects, playing a variety of venues from small house concerts to major Celtic festivals. Since then they have released two CDs as a duo, The Laverock Sang (2011) and Passing Tales & Glories (2014).

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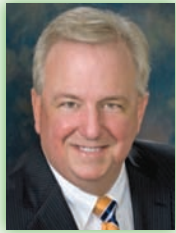
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petconnection

**SPRING FLING**

The forecast calls for flurries. Not of snow — of fur.

By Dr. Marty Becker and Kim Campbell Thornton  
Universal Uclick

The No. 1 complaint of pet owners is shedding, sometimes aptly referred to as “blowing coat.” And while you can reduce the risk of a “fur-nado” with regular brushing and some other basic strategies, there’s no magic solution to put an end to the hair flying around your home as dogs start to shed their winter coats and new hair comes in.

The dirty little secret about dogs is that they all shed, but some share more falling fur than others. Double-coated dogs — such as Alaskan malamutes, chow chows, Shetland sheepdogs and Siberian huskies — are the most obvious shedders. Other breeds that can leave your furniture and clothing coated with hair include German shepherds (commonly nicknamed “German shedders”), Labrador retrievers, beagles and pugs.

One of the interesting facts about canine hair loss is that shedding is affected by the type, intensity and duration of light exposure. As the days grow warmer and longer, dogs doff their heavy winter coats and replace them with a lightweight summer version. Depending on the individual dog, shedding season can last for up to two months.

Dogs who spend most of their time indoors are still influenced by the natural light that comes in through windows, but they typically shed small amounts year-round rather than having a seasonal heavy shed. Since these are usually small breeds, they normally wouldn’t shed as much fur as a larger dog anyway.

Hormones also affect the amount of hair dogs shed. Females who aren’t spayed usually shed twice a year, at the same time they’re in heat. Spayed females don’t have that periodic surge of hormones, so they develop a full

coat that sheds year-round.

First-time owners of thick-coated dogs may think their pet has a skin condition when his fur starts coming out in big clumps. Unless he has actual bald spots, though, this is normal.

The shedding process is a healthy, natural cycle, but we know that sometimes it can have you pulling out your own hair. We’ve gathered some tips to help you keep shedding under control, or at least manageable, until Mother Nature delivers your dog’s new coat.

- ❖ Brush your dog every day with a rubber curry brush or nubby shedding glove. That allows you to get loose hair out at the time and place of your choosing, preferably outside or in your garage.

- ❖ For a dog with a double coat, purchase an effective undercoat rake and use it regularly to thin the winter coat.

“This allows air to circulate and helps to prevent skin issues and mats,” says groomer Barbara Cole Miller of San Juan Capistrano, California.

- ❖ Using a slicker brush, start with the hind feet and work your way up to the front of the dog, recommends groomer Julie Ellingson of Sacramento, California. Be sure you go all the way through the fur, but be careful not to dig into the skin. Use a metal comb to check for tangles as you go.

- ❖ A warm bath followed by a thorough blow dry can help to loosen outgoing fur. Brush out as much hair as possible while the wet coat still has shampoo in it. Fur will



Frequent brushing and combing is the best way to stay on top of a shedding coat.

come out more easily when it’s lubricated with shampoo, Ellingson says.

- ❖ Outsource defuzzing to a professional groomer. He or she has the skill and tools to accelerate removal of the winter accumulation of undercoat. A high-powered professional dryer wielded by an experienced groomer will loosen and release undercoat more easily and quickly than you can at home.

- ❖ If all else fails, put a bodysuit or T-shirt on your dog to help contain the hair, stock up on sticky tape rollers and remember that

petbuzz

**Dieting cats become more affectionate**

- Worried that your cat will hate you if you cut back on his food to help him lose weight? Researchers at Cornell University recently found that dieting felines did indeed have a change in attitude — for the better. After an eight-week diet, the majority of cats seemed to be more affectionate, owners reported. The study, published in November in the Journal of Veterinary Behavior, found that the cats responded to feeding restrictions by increasing “appetitive” behaviors — begging, following, meowing and pacing before meals — and were more likely to show affection to their people by purring or sitting in the owner’s lap after eating.

- The Bengal is the latest breed admitted to the Cat Fanciers Association’s Miscellaneous Class, for breeds just beginning the CFA recognition process. The cats can be registered and exhibited at shows, but are not yet eligible for awards. The breed’s new status is effective April 30. The Bengal has a spotted coat and stands out for his resemblance to a wild cat — not surprising, since his forebears include the small, wild Asian leopard cat crossed with domestic cats. Today’s Bengals no longer carry any wild blood. They enjoy playing in water, can jump to great heights, may learn to walk on a leash and are demanding of human attention.

- A German shorthaired pointer — GCH Vjk-Myst Garbonita’s California Journey — took Best in Show at the 140th Westminster Kennel Club show at New York’s Madison Square Garden. Known as CJ for short, he is the third of his breed to take home the top award and follows in the pawprints of his grandmother, Carlee (Ch. Kan-Point’s VJK Autumn Roses), who won in 2005. The first GSP to win the title was Ch. Gretchenhof Columbia River, in 1974. German shorthairs are highly active and intelligent and are good companions for marathon runners and other energetic humans.

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

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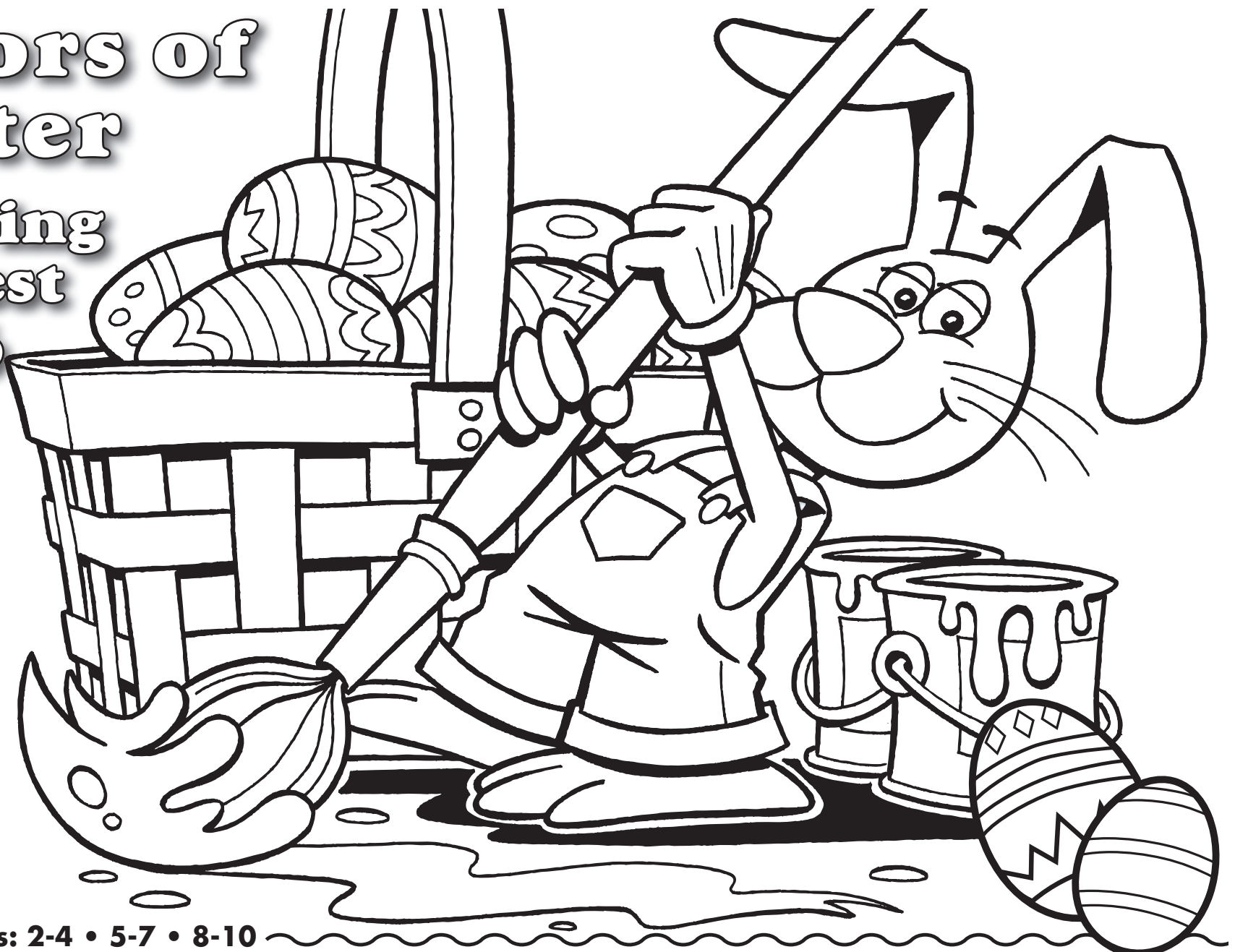
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Get an early look at next week's issue with the...

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## For all Shoals Students, K-6th Grade

### #IKeepTheShoalsBeautiful challenge

**Win a pizza party for your class AND a special visit by the Kidsville News! Mascot, Truman the baby dragon. Also Win Weekly Individual Prizes!**

#### How to enter:

- Students snap a photo of themselves and others placing litter and/or recycled material in the appropriate bin
- Post that photo to Instagram, Facebook, or Twitter using the hashtag #IKeepTheShoalsBeautiful.
- Parents can also help post photos on behalf of their child.
- Enter as many times as you like as long as each photo is unique. For every post, you will be entered to win prizes chosen at random weekly until April 15, 2016.

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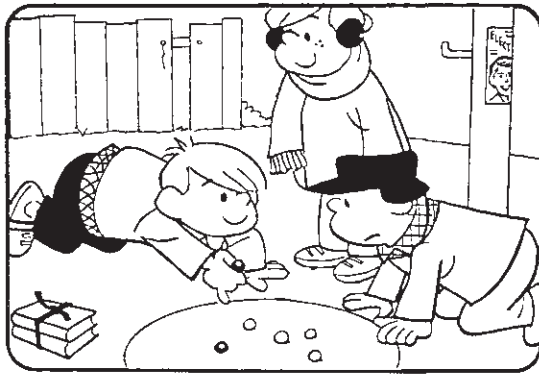
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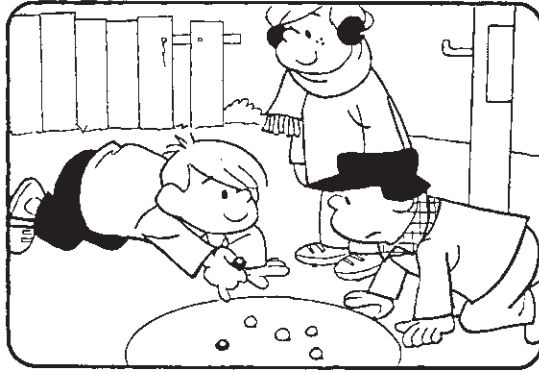
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Find at least six differences in details between panels.




Differences: 1. Sweater ribbing is missing. 2. Book is missing. 3. Fence board is missing. 4. Scarf is shorter. 5. Poster is missing. 6. Arm is missing. 7. Book cover is missing. 8. Book is missing. 9. Book cover is missing. 10. Book cover is missing. 11. Book cover is missing. 12. Book cover is missing. 13. Book cover is missing. 14. Book cover is missing. 15. Book cover is missing. 16. Book cover is missing. 17. Book cover is missing. 18. Book cover is missing. 19. Book cover is missing. 20. Book cover is missing. 21. Book cover is missing. 22. Book cover is missing. 23. Book cover is missing. 24. Book cover is missing.

**TUSCUMBIA ESTATE SALE**  
510 Allen Lane Estate of Eloise Davis  
March 11th-13th  
Friday and Saturday 9 a.m.-4 p.m.  
Sunday 1 p.m.-5 p.m.  
Directions: from Old Lee Hwy turn on Frankfort Rd., go straight up Wheeler Mountain until you get to New Bethel Rd., take a right, proceed until you see New Bethel School on the left, Allen Lane is on the right. Turn right. 510 is the first red brick house on the right. Signs will be posted.  
Items for sale include: Blue Danube China, Fenton and Fostoria glassware, McCoy pottery, double garage full of tools, Victorian furniture, bdrm. sets, grandfather clocks, rolltop desk, curio cabinet, miscellaneous tables and chairs. Entrance numbers will be given out at 8:30 a.m.  
Sale will be cash only! Local checks if approved by seller. Please bring help to move large items. Pick up days will be Sunday and Monday.

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2007 Dodge Charger	2012 Nissan Altima, 2Dr, 53K Miles
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**Doctor's Weekly Quiz - Topic: U.S. Presidents**

- Which U.S. President said: "Well, I'm not a crook."  
A.) Lyndon Johnson, B.) Richard Nixon, C.) Jimmy Carter, D.) Herbert Hoover
- Which U.S. President stated: "Speak softly and carry a big stick; you will go far."  
A.) Abraham Lincoln, B.) John Adams, C.) Theodore Roosevelt, D.) Franklin Roosevelt
- Which state had the most presidents born within it's borders?  
A.) Ohio, B.) Texas, C.) Virginia, D.) New York
- How many U.S. Presidents have been assassinated while in office?  
A.) 3, B.) 4, C.) 5, D.) 6
- The U.S. Mint is currently producing \$1 Presidential Coin Series. What year did this begin?  
A.) 2005, B.) 2006, C.) 2007, D.) 2008

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

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# Community Notes...

Continued from page 4

**Swamp John's Fish Fry at Cherokee Lions' Den** Friday March 11 from 4-7 pm. Fish, chicken tenders, shrimp, or combo plates with sides and drink for \$10. Dine in or carry out.

**The Depression and Bipolar Support Group** meets every Monday at 4:30pm at 749 Thompson St., Suite A, Florence. Questions? Call Jackie at 256-710-4664.

**The Gingerbread Players of the Shoals Community Theatre** Present

**"Dorothy Meets Alice"** at the Shoals Theatre, Thursday, March 10 - Saturday, March 12 at 7pm nightly and Sunday, March 13 at 2pm.

Two of literature's most famous young ladies meet when Judson puts off a book report until the last minute, and then suddenly and mysteriously finds himself in a strange place somewhere between Oz and Wonderland. It then becomes his responsibility to unscramble the stories and steer the familiar characters-the Cowardly Lion, the Mad Hatter, the Scarecrow,

the White Rabbit, and others-to their ultimate destinations while avoiding the Wicked Witch, the Red Queen, and the Jabberwock! This adventuresome romp is filled with surprises at every turn, and some valuable lessons are learned along the way. Join us as we cast a new light on well-loved literary characters.

Phone: 256-764-1700 Email: steve@shoalstheatre.org Web Page: www.shoalstheatre.org

**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

**The Lauderdale FSA County Committee reviewed the Local Administrative Areas (LAAs)** and has adjusted LAA 2 and LAA 3 to provide fair representation. An LAA election map is available at the County Office for public viewing. Eligible voters are encouraged to submit public comments by March 8 to the Lauderdale County FSA Office at 2431 Darby Drive Florence, AL 35630 or call 256-764-5833.

The proposed local administrative areas are as follows:

Community A - Lauderdale Co. (LAA 1), Mitchell, Rogersville, Elgin Crossroads, Lexington, and Center. This LAA will not be affected by the proposed change.

Community B - Lauderdale Co. (LAA 2), is comprised of the area in Greenhill, Atlas, Killen, Blackburn, St. Florian, and Florence

Community C - Lauderdale Co. (LAA 3), is comprised of the area in Cloverdale, Woodland, Smithsonia, Gravelly Springs, Chapel, Waterloo, Spain, and Oakland.

The main community that will be affected by this proposed change is Oakland - moved from LAA 2 to LAA 3.

For more information, please contact the Lauderdale County FSA office at 256-764-5833 or visit the web at www.fsa.usda.gov/al.

**The NW AL Chapter #2 of the Korean War Veterans Assoc.** will meet for breakfast and business at Hampton Inn and Suites, 505 S. Court St. Florence, Saturday, March 12. This is our first meeting at this new location and will begin promptly at 8:30am. We will be using a room separate from the dining area so come earlier and eat breakfast before coming to the meeting room. The breakfast cost is included in the room rental charge so you do not have to pay at the dining room but you need to see the chapter treasurer to pay your share of the room rental cost which approximates the amount that we paid for breakfast at the former location. Questions should be directed to Jim Taylor at 256-383-8172.

**Single Adult Ministry for Seniors** (non-denominational over 40) meets Saturday March 12 from 6-8pm at Cross Point Church of Christ Student Building. Dinner and movie night (bring a covered dish). 256-767-1869.

**Food For Christ** at Rhodesville Methodist Church, Saturday, March 13, 10:30-11:30am. More info, call 256-810-8694.

**The Underwood/Petersville Neighborhood Watch March Meeting** will take place in the Underwood/Petersville Community Center basement at 2pm Sunday, March 13. Please come join us as we discuss what we can do to keep our community safer. We will have guest speaker on first aid from the Underwood Volunteer Fire Dept. All are welcome, please come on meet your neighbors and find out what we are all about. Any questions feel free to email me at suebeehoney2015@outlook.com

**VFW Sheffield Post 4919** Weekend dances, Friday night country western band The Backwoods Band starts at 7pm. Saturday night is more classic rock with Lisa Hacker and the Bushwackers. Door opens at 6pm, band starts at 7.

**The Florence Exchange Club invites you to join them for their Annual Community Fundraiser.** Their Red Beans and Rice Luncheon on Monday March 14 from 11am-2pm at First Presbyterian Church in Downtown Florence. Dine in or carry out, only \$10. Free delivery on five or more orders. For delivery, call 256-366-8342.

**Salvation Army Women's Auxiliary March Meeting** at Salvation Army Headquarters, 1601 Huntsville Rd. in Florence, Tuesday, March 15, 9am Executive Board Meeting, 9:30am Fellowship, 10am General Membership Meeting. Info, 256-764-4432

Working on The Empty Bowl Luncheon which is Thursday, March 24.

**2016-2016 Pre-K Application** for Cherokee Elementary, Colbert Heights Elementary, Leighton Elementary, Hatton Elementary, and New Bethel Elementary. Pre-Kindergarten applications may be picked up at the elementary school office at which you are applying.

Forms needed: Completed enrollment forms, copy of Social Security card, copy of Birth Certificate, original Blue card, and proof of Alabama residence.

A random selection drawing will be held. Families do not have to be present in order to receive placement. 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 will not be denied participation on the basis of income, sex, race, color, national origin or disability.

For more info, contact Pre-K Director, Dr. Gale Satchel at 256-386-8585 or email gsatchel@colbert.k12.al.us.

**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: The hours are: Monday-Friday, 9am-5pm.

Wednesday, March 9, 8am - 4pm, Muscle Shoals High School, 1900 Avalon Avenue, Muscle Shoals

Thursday, March 10, Noon-7pm, Dollar General, 8964 AL Hwy 101, Town Creek

Friday, March 11, Noon-7pm, Walmart,

13675 Highway 43, Russellville Saturday, March 12, 10am - 6pm, H&R Block, 413 Sportsplex Drive, Muscle Shoals Sunday, March 13, 8am - 1pm, Knights of Columbus, St. Joseph Catholic School, 1111 East College Street, Florence Monday, March 14, 7:30am - 3:30pm, Colbert Heights High School, 6825 Woodmont Drive, Tuscumbia Tuesday, March 15, 9am - 5pm, University of North Alabama, Sponsored by the Student Government Association, Flowers Hall, 815 North Pine Street, Florence

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**Friends & Family Day/  
Spring Gospel Meeting**  
March 13-15, 2016  
**Shiloh Church of Christ**  
2605 County Road 344, Florence, AL (Greenhill Community)

**Schedule:**

- Sunday Bible Study at 9am
- Worship at 9:45am
- Fellowship Meal following morning worship
- Sunday Evening Worship at 1pm
- Monday and Tuesday at 7pm

Speaker: Al Behel, Minister, Great Smoky Mountains Church of Christ, Pigeon Forge, TN

For more information, please call 256-757-2456

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**Police Officer - Sheffield - 1 year**

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1989 BUICK CENTURY	SILVER	3MEFM07126R603939	1996 FORD TAURUS	GOLD	1FALP52U1TA311124
1997 BUICK PARKE AVE	MAROON	1G4CW52KXV4646181	1996 GMC JIMMY	BLACK	1GKCS13W5T2553284
2006 CHEVY 1500	WHITE	1GCEC14VX6E258935	2004 HYUNDAI SONATA	BLUE	KMHWF35H14A984862
1995 CHEVY BLAZER	RED	1GNDT13W4S2160394	1999 JEEP GRAND CHEROKEE	SILVER	1J4G258S2XC694883
1994 CHEVY CAVALIER	RED	1F1JCI443R7298054	2005 KIA OPTIMA	WHITE	KNAGD126455397049
2002 CHEVY IMPALA	BLACK	2G1WH55K29233007	1998 MERCURY GRAND MARQUIS	BLUE	2MEFM75W0WX638018
2002 CHEVY IMPALA	BLACK	2G1WH55K529364538	2006 MERCURY MILAN	GREEN	3MEFM07126R603939
2001 CHEVY MONTE CARLO	BLACK	2G1WX15K919234871	2001 MERCURY SABLE	BROWN	1MEFM5571A625687
1984 CHEVY S10	RED	1GCCS14B1E8252177	2002 MERCURY SABLE	SILVER	1MEHM55X2A649170
1994 CHEVY S10	GREEN	1GNCS13W2R2117391	1999 NISSAN ALTIMA	BLACK	1N4DL01D7XC184927
2001 DODGE DAKOTA	GREEN	1B7GG2N41S257781	2005 NISSAN ALTIMA	WHITE	1N4AL11D55C350657
2000 DODGE GRAND CARAVAN	GREEN	2B4GP4437YR616105	1997 NISSAN MAXIMA	GOLD	JN1CA21D8VT202746
1986 DODGE RAM	GREY	1B7HD14W7GS123823	1998 NISSAN SENTRA	SILVER	1N4AB41D2WC702650
2003 FORD CROWN VICTORIA	GREY	2FAPP74W43X127312	2008 NISSAN TITAN	GREY	1N6BA06A58N300439
2004 FORD EXPLORER	BLACK	1FMZU67K74UA83586	1997 PONTIAC BONNEVILLE	GREEN	1G2HX52K9VH244902
1993 FORD MUSTANG	BLACK	1FACP41M6PF200525	2005 PONTIAC G6	SILVER	1G2ZG528954143617
2006 FORD RANGER	WHITE	1FTYR14U96PA61794	2000 PONTIAC GRAND PRIX	SILVER	1G2WP52K5YF199593
1990 FORD TAURUS	BLUE	1FTCP53U4LA138102	2001 TOYOTA CAMRY	GOLD	4T1BG22K31U824630
			1992 TOYOTA CELICA	GOLD	JT2AT86F9N0083000

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**Junior Whirl Answers**  
by Charles Barry Townsend  
Illustrated by David Coulson

**RIDDLE CARD**  
Answers: 1. It was knight time when they occurred. 2. Tremend-us. 3. An old deck of cards. 4. C-A-T. 5. A seal.

**WHERE IN THE WORLD**

1. JAPAN  
2. RUSSIA  
3. EGYPT  
4. UNITED STATES  
5. ENGLAND  
6. ITALY  
7. CHINA  
8. INDIA  
9. AUSTRALIA

Answer: Dabbles. The other words all contain the names of famous cities. (2. Berlin. 3. Lima. 4. Utica. 5. Athens.)

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<p>BRYAN <b>BOLOGNA</b></p>  <p>12 OZ. PKG. <b>2/\$3</b></p>	<p>BRYAN <b>WIENERS</b></p>  <p>12 OZ. PKG. <b>2/\$3</b></p>	<p>BRYAN COOKED SLICED HAM OR <b>TURKEY</b></p>  <p>10 OZ. PKG. <b>\$2.29</b></p>	<p>SUNNYLAND <b>BACON</b></p>  <p>12 OZ. PKG. <b>\$2.29</b></p>

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<p>SUNNY D <b>CITRUS PUNCH</b></p>  <p>64 OZ. BOTTLE <b>99¢</b></p>	<p>SHUR FINE <b>CHUNK CHEESE</b></p>  <p>8 OZ. PKG. <b>3/\$5</b></p>	<p>MRS. SMITH'S <b>FRUIT COBBLERS</b></p>  <p>32 OZ. PKG. <b>2/\$5</b></p>	<p>SISTER SCHUBERT'S PARKERHOUSE <b>YEAST ROLLS</b></p>  <p>11 OZ. PKG. <b>2/\$5</b></p>
<p>JELL-O GELATIN OR <b>PUDDING SNACKS</b></p>  <p>4 CT. PKG. <b>2/\$4</b></p>	<p>SHUR FINE <b>BUTTER</b></p>  <p>1 LB. BOX <b>\$2.99</b></p>	<p>MCKENZIE'S <b>CREAMED CORN</b></p>  <p>16-20 OZ. CHUB <b>5/\$5</b></p>	<p>TYSON ANY'TIZERS BUFFALO OR <b>HONEY BBQ WINGS</b></p>  <p>28 OZ. BAG <b>\$6.99</b></p>

<p>ALL VARIETIES STARBUCKS <b>COFFEE</b></p>  <p>12 OZ. BAG <b>\$5.79</b></p>	<p>SHUR FINE SWEET PEAS OR <b>MIXED VEGETABLES</b></p>  <p>14.5-15 OZ. CAN <b>69¢</b></p>	<p>8 CT. TOASTER PASTRIES KELLOGG'S <b>POP-TARTS</b></p>  <p>BOX <b>2/\$4</b></p>	<p>BETTY CROCKER <b>FRUIT SNACKS</b></p>  <p>BOX <b>2/\$3</b></p>
<p>PINK BEAUTY <b>PINK SALMON</b></p>  <p>14.75 OZ. CAN <b>2/\$4</b></p>	<p>SHUR FINE <b>GROUND BLACK PEPPER</b></p>  <p>4 OZ. CAN <b>\$1.99</b></p>	<p>KEN'S STEAKHOUSE <b>SALAD DRESSINGS</b></p>  <p>16 OZ. BOTTLE <b>2/\$3</b></p>	<p>SHUR FINE VEGETABLE OR <b>CANOLA OIL</b></p>  <p>GALLON JUG <b>\$4.99</b></p>

PRODUCE SPECIALS		MARTHA WHITE MUFFIN MIXES	
<p>SHUR FINE <b>CORN OR GREEN BEANS</b></p>  <p>14.5-15.25 OZ. CAN <b>2/\$1</b></p>	<p>FRESH FLORIDA <b>STRAWBERRIES</b></p>  <p>1 LB. PKG. <b>2/\$3</b></p>	<p>FRESH GREEN <b>CABBAGE</b></p>  <p>LB. <b>39¢</b></p>	<p>Martha White Blueberry <b>MUFFIN MIXES</b></p>  <p>7-7.6 OZ. POUCH <b>79¢</b></p>
<p>PIKNIK <b>MAYONNAISE</b></p>  <p>30 OZ. JAR <b>\$1.59</b></p>	<p>RED RIPE 4-PACK <b>TOMATOES</b></p>  <p>PKG. <b>99¢</b></p>	<p>FRESH ZUCCHINI OR <b>YELLOW SQUASH</b></p>  <p>LB. <b>79¢</b></p>	<p>SHUR FINE NON-STICK <b>COOKING SPRAY</b></p>  <p>6 OZ. CAN <b>\$1.49</b></p>
<p>PUREX LIQUID <b>LAUNDRY DETERGENT</b></p>  <p>128-150 OZ. BOTTLE <b>\$5.99</b></p>	<p>SPARKLE <b>PAPER TOWELS</b></p>  <p>8 REG. ROLL PKG. <b>\$4.99</b></p>	<p>ANGEL SOFT DOUBLE ROLL <b>BATHROOM TISSUE</b></p>  <p>12 ROLL PKG. <b>\$4.99</b></p>	<p>PRE-PRICED \$3.49 FRITO LAY CHEETOS OR FRITOS <b>CORN CHIPS</b></p>  <p>8-9.25 OZ. BAG <b>2/\$5</b></p>

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