

Stutts Named President

SHOALS—Steven Stutts recently took over as President of the Shoals Democratic Club. Stutts was born in St. Joseph, Tennessee and now resides in Killen.

Stutts worked for a host of crane rentals, steel erection, and construction contractors also with TVA and NASA/MSFC as a crane operator through Local Union 320.

He served the local as Job Steward, Executive Board member, and as Business Agent. Later he was elected as Business Manager and Financial Secretary. Stutts served in that capacity until accepting the appointment of International Representative for the International Union of Operating Engineers, headquartered in Washington D.C. His overall service to the IUOE covered a span of 41 years.

Stutts continues his work as an advocate for workers rights, social injustices, equality issues, and human rights violations. He is a member of the ACLU, the Southern Poverty Law Center, and the NAACP. Stutts is married to **Shellea (Brewer) Stutts**. They have two daughters and two grandchildren.

Donation to UW Program

FLORENCE – The Grainger Foundation, an independent, private foundation located in Lake Forest, Illinois, has donated \$5,000 to United Way of Northwest Alabama.

“This grant will be used to support United Way’s Success by 6 Program,” said **Emily Rhodes**, Success by 6 Director. “We support early literacy and preschool preparedness. We are grateful to the Grainger Foundation for its generosity.”

Success by 6 currently serves northwest Alabama children and teachers in Colbert, Lauderdale, and Franklin Counties. It does this through its Dolly Parton Imagination Library where children enrolled receive free monthly books by mail from the time they are enrolled until they turn five. There are currently 729 children in Northwest Alabama enrolled in the Imagination Library. This number can increase to 1,000 through the grant from The Grainger Foundation. In addition, Success By 6 has provided tools to Pre-K teachers in Northwest Alabama to increase parental involvement and overall school readiness of students since 2013.

This donation was recommended by **John Hunter**, Branch Manager of W.W. Grainger, Inc.’s Huntsville location. Grainger has been a part of the Florence business community for more than 35

See SHORTS.. on Page 6

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A Group of Angels Surfaces in Oakland

by **Debra J. McCullar**
for the Courier Journal

Just as Christmas celebrates Jesus coming to earth as a gift to others, the most heart-warming stories are the ones when people give to others who need a little help on their journey. Employees at Oakland Metal Buildings wanted to do something more than just exchange small gifts amongst themselves this year. From their

desire to make Christmas better for someone else, the idea for Oakland Angels was born. This inaugural event gave Oakland employees an opportunity to share monetary gifts that were joined with a company match of each donation. With these contributions, the Oakland team purchased \$1,200 in Christmas gifts for a Florence family that has welcomed foster children into their home for almost three years.

Since March 2014 Suzanne Cain and her



S. Cain



J. Cain



See ANGELS... on Page 28

The Cains have seven children at home in Florence.

Courtesy photos



Ruby Johnson holds an old photo with three of her sisters.

Celebrating 100 on Christmas Day

by **Haley Walden**
for the Courier Journal

Ruby Johnson will celebrate 100 years of orbiting the sun later this week.

Ruby was born on Dec. 25, 1916 in Hardin County, Tennessee to Lawrence and Hattie White, the oldest of five girls. The family lived on the same property as the grocery and dry goods store they ran. Johnson helped her mother raise the girls and run the store.

“Daddy brought the first truck to Wayne County,” Johnson said. White used it to haul goods for the store and to transport cotton to the gin in Florence.

See 100 ON CHRISTMAS... on Page 35

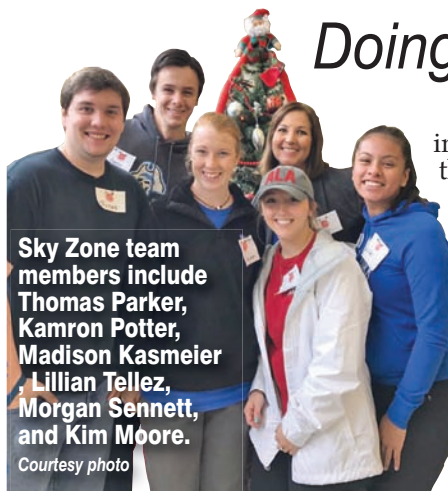
HOLIDAY GATHERINGS ARE A Perfect Time to Check-up on Mom

by **Briana Butler**
Admissions Director at Columbia Cottage

FLORENCE—If your family is like most, holidays are one of the few times of year when everyone gathers in one place. It’s a great time to catch up on all the latest goings-on such as who got married, had a baby, or graduated

See CHECK-UP ON MOM... on Page 38

Doing Good at Sky Zone



Sky Zone team members include **Thomas Parker, Kamron Potter, Madison Kasmeier, Lillian Tellez, Morgan Sennett, and Kim Moore.**

Courtesy photo

FLORENCE—Sky Zone team members met in October to discuss ways to put one of the company’s core values of “Do Good” into action. With Christmas approaching, the team chose to adopt three children from the Salvation Army’s Angel Tree program. They then issued a challenge for one another to give. The team exceeded their goal, and after a match by Sky Zone owner, Kim Moore, they took a shopping trip that ended with a truck full of bikes, Xboxes, clothes, and toys.

See DO GOOD... on Page 9

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Kay and Carl Parker of Florence celebrated their 50th Wedding Anniversary on December 17th. (Carl says they have had 42 very happy years!) The couple has two children: Chad Parker and wife, Carrie, of Atlanta, and Karen Grisham and husband, Jim, of Killen. Two grandchildren Hannah and Hailey Grisham.

Merry Christmas Sweet James
James Oscar Canerday
9/15/1929 - 7/27/2013

We wish we could be with you. We know that you are one of the brightest stars in Heaven and some day we will be reunited with you. We love and miss you every single day of the year and always will.
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SPOTLESS STAINLESS

Love your new stainless appliances but hate all the fingerprints? I wipe mine with a paper towel that has a few drops of vegetable oil added. I use just enough to make them shiny again!

Lila

CHRISTMAS AFTER CHRISTMAS?!

With three adult married children, it's always hard to schedule the holidays. This year, we decided that we'd celebrate Christmas on New Year's Day. That way, they all can spend Christmas with their in-laws, and no one is forced to rush from one house to another. Plus, it gives the kids a chance to play with some of their toys before they get even more.

Angela

OH, SO CLEAN!

I like my house to be clean for holiday entertaining. I want it to look and smell clean. Therefore, when I do my usual cleaning, I pour a little of my favorite cleaner down the sink drains in the guest bath and kitchen. Then I put a few drops of essential oil onto paper towels and place them in the trash can in the kitchen and in an end table drawer in the living room and family room.

Everyone comments on how clean I keep my home!

Leeza

GUEST ETIQUETTE

This Christmas, we'll be visiting and staying with our son's in-laws. Naturally we want to be good guests. Therefore, we'll do everything we can to not be a burden. Part of that means renting a car, so they're not responsible for driving us around. I'll shop and make dinner, or if they prefer, we'll take them out a couple of times. I've already got everything I need to leave a guest basket for them, and I'll make sure to say nice things on my Facebook page once we return. It doesn't cost much (less than a hotel stay) and makes good in-law relations for everyone.

Julia

STALE BREAD REVIVAL

It's easy to revive bread that's getting stale and hard. Just run a little hot water over the bread and place it in the oven for a few minutes. You'll end up with hot bread that tastes like it just came out of the oven.

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I Didn't Have Time



This parable is spoken by Christ in **Luke 14:16-22** "Then said he (Christ) unto him, A certain man made a great supper, and bade many: And sent his servant at supper time to say to them that were bidden, Come; for all things are now ready. And they all with one consent began to make excuse. The first said unto him, I have bought a piece of ground, and I must needs go and see it: I pray thee have me excused. And another said, I have bought five yoke of oxen, and I go to prove them: I pray thee have me excused. And another said, I have married a wife, and therefore I cannot come. So that servant came, and shewed his lord these things. Then the master of the house being angry said to his servant, Go out quickly into the streets and lanes of the city, and bring in hither the poor, and the maimed, and the halt, and the blind. And the servant said, Lord, it is done as thou hast commanded, and yet there is room." Usually these expensive lame excuses are prolonged to: "now I am not able."

No time for God, no time for the church, no time for prayer and no time for the Bible. Years ago I remember when everything shut down on Saturday night at 5 O'clock. Believe it or not, folks made a living working six days a week. My dad took care of a family of eleven folks like that. Now it takes two working in the family to half-raise one or two children. The only ones growing from this excursion into the fog are the jails, hospitals and nursing homes and day care and homeless centers and doctors offices. God, Christ, Bible & church have been put out of our lives and minds. The Lord God referred to His Son Jesus Christ as "beloved" 4 times in the N.T. See **Matthew 3:17&17:5, Mark 9:7 & 2Peter 1:17.** What will you say to God when He asks you about your treatment of His Son? This holiday season give yourself the gift of eternal life; receive Jesus Christ as your Lord and Saviour. **Friend, if you can read this, there's still room for you at the cross of Christ. You make room for Christ in your heart and life today.** Get your priorities right while you are still breathing.

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Due to recent rainfall, the Natchez Trace Parkway has rescinded all restrictions on open fires. These restrictions correspond with the partial state level burn bans issued by Mississippi Governor Phil Bryant and Alabama Governor Robert Bentley.

For more information about the Natchez Trace Parkway Fire Management Division, please visit

<http://www.nps.gov/natr/parkmgmt/firemanagement.htm>.

The Gift of Hope - Grief Support for adults who are coping with Grief during the Holidays is a free service facilitated by licensed counselors Becky Daugherty and Cayron J. Mann (both under supervision by Kay Parker, LPC-S Tuesdays noon-1pm - Through January 3 (no meeting on December 27 Woodmont Baptist Church, 2001 Darby Drive in Florence.

For additional information, please call 256-263-6367 or 256-320-4200 (no childcare provided)

Williams Cleaners is Partnering with Sydney's Safe for their "Cover them with Love!" Coat Drive!

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Welcome to the New Salem Missionary Baptist, 923 W. Mobile St., Florence. Church service every Sunday at 10am. Everyone is always welcome. Rev. Fred L. Smith is the Pastor, 256-263-4769.

RSVP Lunch at Cloverdale Community Center, Tuesday, December 20 at 11:30am. There will be bingo. Please bring a toy for SafePlace. Merry Christmas. Next meeting in March.

Boomer's & Senior's Christmas Dance Party at The Club, with The Browns, Tuesday, December 20. Dress Accordingly. \$5 per person. Pot Luck meal will be available at 6pm that night with the dance beginning the usual time of 6:30pm. Please bring a covered dish of your favorite Christmas food item to share that night. It will be a great night to bring a friend and introduce them to your fun hobby. For more information, call 256-760-6642. There will be NO DANCE December 27. See you in 2017. Inclement weather closings will be decided by 3pm on the day of the activity.

Join us at Faith Church for one of our Christmas services, Wednesday, December 21 - 6:30pm; Friday, December 23 - 6:30pm; Saturday December 24 - 3pm and 5pm

VFW Christmas Dance - Friday, December 23, 6:30-10:30pm, VFW Post 419, 419 N. Raleigh Ave, Sheffield. Admission is \$10, bring a gift and receive a discount. Karaoke Sunday 3pm until.

First Christian Church of Florence will have a Traditional Christmas Eve Candlelight Communion Service on Saturday, December 24 at 6pm. Join us and take a moment to reflect on the true meaning of Christmas and celebrate the joy of the season. First Christian Church (Disciples of Christ) is located at 700 North Wood Avenue in Florence. All are welcome.

District 3 Florence City Councilman, David Bradley, will be hosting my next community meeting at Broadway Recreation Center on January 5 at 6pm. There was a great turnout last time and Bradley encourages community involvement and input. Broadway Rec is located at 300 N Broadway St. in Florence.

See NOTES... page 42



piggly wiggly

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FORD: TAURUS, 2013 \$14,775. Loaded, leather, blue tooth and extras. 54k mi. 256-905-7366 or 256-694-5959

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NISSAN: SENTRA, 1998 IN good condition. \$1,800 or best offer. 256-466-1083, Decatur. If no answer, please leave message.

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VOLKSWAGEN: JETTA S, 2015 \$11,988. 45k, Financing available call Tony 931-213-1386 or 256-764-3351

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CHEVROLET: SILVERADO, 2002 \$2,900. 6 Cylinder, automatic, runs good, looks good, very dependable. 256-275-2276.

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Thomas McCutcheon

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

The value of a car and how much is owed for the car is by no means the same. People are always disappointed with the value that an insurance company puts on their car after a wreck.

Insurance companies have a lot of resources to come to a price. It is generally not worth paying a lawyer to fight for a thousand dollars difference.

Some people buy "gap" coverage that pays the difference between what is paid and what is owed.

It may be worth your time to price this type of coverage. Buying a car is stressful and getting a great deal is hard to do.

People are generally happy with what they had before an accident and not so much after.

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calls from people who hire out of town lawyers that it may be a consideration to hire a personal injury lawyer who is local just so that you can meet face to face and ask any question you have. We do not charge for the property damage portion of a claim.

Remember that when the insurance company offers you a settlement on a car that is not repairable, that ends their obligation to pay for storage of the wreck. This adds up quickly and makes a long negotiation less and less worthwhile.

Always keep records of repair work, tires and maintenance as this can affect the value of your car.

Buckle up and drive safely.

Please send the questions to: "Ask the Attorney,"

P. O. Box 38, Florence, Alabama 35631

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Sydney Terry, left, and Kameron Potter are among Sky Zone team members who pitched in at the Salvation Army's Christmas distribution center recently. *Courtesy photo*

Do Good...

Continued from Page 1

However, the team didn't stop there. Many on the team chose to take a break from their finals this past week to lend a hand at the Salvation Army's Christmas distribution center. They stuffed grocery bags, loaded toys into cars, and even provided interpreter services to assist the program participants.

This Christmas season the Sky Zone team proved that "Do Good" comes from the core.

Mystery of the Christmas Star



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Tickets are First Come, First Served

*The program will consist of the
Christmas Star program
followed by a discussion of the
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*Mel Blake 256-765-4284,
Department of Physics and Earth Science, UNA
rmlake@una.edu*



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Quad-Cities Animal Hospital



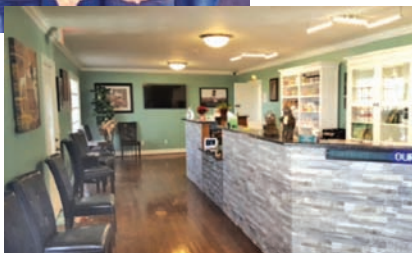
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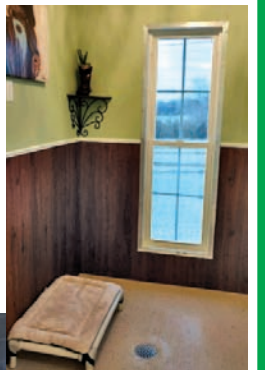


Sonya Gray, DVM

Whitney Cockburn, DVM



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www.facebook.com/quadcitiesanimalhospital**

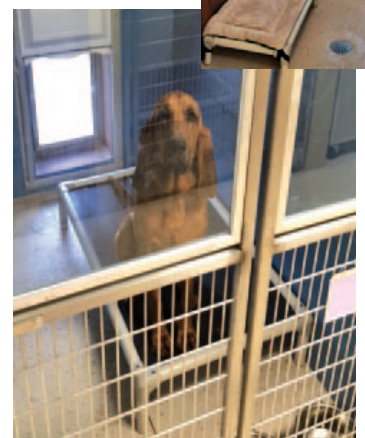


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Apply on-line at:
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FORD: EDGE, 2012 \$15,698. SEL, leather, 82k, financing available, call Trey 205-365-7236 or 256-764-3351

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Tractors: Ford 3000, \$3,100; MF 235, PS, \$5,300, 256-221-2672.
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DODGE: RAM, 2016 \$23,977. 1500 Quad Cab 4x2, 17k, financing available call Trey 205-365-7236 or 256-764-3351
SHANE PROCTOR HEATING, COOLING and Commercial Refrigeration, Licensed, bonded and insured, AL#1150 and AL#53089. 256-415-3758.
NISSAN: ALTIMA, 2015 \$13,786. 2.5S cloth, auto, 39k, financing available call Brandon 256-710-4598 or 256-764-3551

RED LINE YOUR ADS. SEE PAGE 6

Shop Daily 9-10; Friday 8-10;
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25% Off
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39⁹⁹-49⁹⁹
Kids'
Volatile Boots
Sizes 10-4 depending
on style



14⁹⁹
Ladies'
PIKO Tops
3-qtr. Sleeves, Tunics
and sweaters. Sizes
S-XL



9⁹⁹
Special Purchase
Juniors'
POL Sweaters
Sizes S-L



14⁹⁹
Kids'
**Mermaid
Tails**



49⁹⁹
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**Haley
Booties**
Sizes 11-4

9⁹⁹
Ladies', Juniors'
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Baseball Caps**



Always a
Perfect Fit



9⁹⁹
Ladies'
**Simply Southern,
Southern Fried Cotton,
Lauren James,
Southern Raised,
Water's Bluff
Short Sleeve Tees**
Sizes S-XL. While quantities last.



9⁹⁹
Juniors'
**Girlie Girl
Long Sleeve
Tees**
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Sizes S-2XL

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One Item

Good today through Saturday, December 24, 2016. May not be used with any other coupon, offer, or discount. Must be presented at time of purchase. Excludes Winners Score Tees, Employees, Gift Cards, Circle of Values, Prior Purchases, Birkenstock, Nike, Uggs, Estee Lauder, Clinique, Fragrances, Vera Bradley, Brighton. Limit one coupon per customer. Other exclusions may apply. Martin's/Wakefield's reserves the right to deny any coupons that are not being used in accordance with company guidelines.



**CC
Beanies**
9⁹⁹
Girls'
7⁹⁹

Pay 0% Interest With Your Martin's Six Month Free Credit Charge Card (wac).

550 Cox Creek Parkway, Florence

Guest Commentary

Holidays, New Year: New Opportunitites

So many people have mentioned that 2016 has flown by like no other year. I'm glad that other people feel the same way I do. The year has simply blown past.

It's good to reflect on the past year with all its ups and downs. Those who have experienced more than their fair share of downs can really appreciate the good times.

Since Christmas is a season of giving, we should be cognizant of those around us who need assistance to some degree. People who give and look to give regularly almost always feel a greater blessing and at least as fulfilled as the recipient. Whether directed at individuals or worthy organizations, it's a feeling of happiness and contentment that is irreplaceable. That is especially true when dealing with people or animals or associated groups.

And while it's good to personally witness so much generosity during the holiday season and see a lot of it publicized, we need to be mindful that there are twelve months in the year. Needs don't subside after the holidays; they don't get put on a shelf until next November. Maintaining that spirit of generosity and conviction should be the goal of each one of us.

Regardless of our position, there is ALWAYS someone who has a greater need than we do. A small gesture that may seem insignificant to some can mean the world to others.

Who can you help today? Next month?

Thank you for reading. I wish for everyone the utmost in health and personal blessings this Christmas season and in the year to follow.

In A Few Words



TOM MAGAZZU
Editor

Courier Journal



Food Drive Thru Jan. 6

FLORENCE—A food drive in three Lauderdale County Departments will continue through January 6. The License Commissioner's Office, the Sheriff's Office, and the Lauderdale County Retired and Senior Volunteer Program (RSVP) will be collecting canned and other non-perishable food items to distribute to the Salvation Army and other local charities to feed the homeless and needy.

Lauderdale County Sheriff Rick Singleton said, "Our office wants to do all in our power to help residents of Lauderdale County, especially the less fortunate."

License Commissioner William Smith added, "As a board member of the Salvation Army, I know the challenges they and other organizations face this time of year to feed the homeless and those in need."

The public can bring their canned goods and non-perishable food items to the

See **FOOD...** on Page 41

through Jan. 6

in the Shoals

December 21, 2016

Happening THIS WEEK

Muscle Shoals to Mistletoe

FLORENCE - The Shoals Theatre will host Christmas Music—Muscle Shoals Style on Thursday, December 22. Will McFarlane with Father's & Son's and Friends presents "From Muscle Shoals to Mistletoe" from 7-8:30pm, doors open at 6pm. General admission is \$15 for adults and \$10 for children ages 6-12. Children under 6 are free.

To purchase tickets online go to www.seeMISTLETOE.com

See **MISTLETOE...** on Page 30

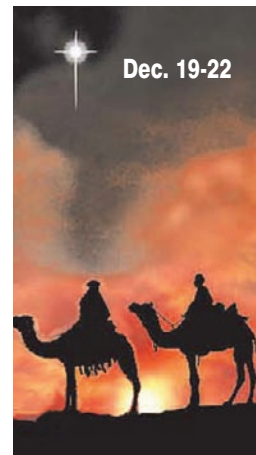
THE TENNESSEE VALLEY STRUMMERS will return to the Florence/Lauderdale Visitor Center in McFarland Park to play Christmas dulcimer music in the Gallery on Friday, December 23 from 2-4pm. Visitors are encouraged to come out and listen to the music and tour the Center. Admission is free. For more information, call the Florence/Lauderdale Tourism Office at 256-740-4141

The Christmas Star

FLORENCE—The UNA Planetarium will host "Mystery of the Christmas Star" December 19-22 at 7pm nightly. Tickets are \$3 per person and are first come, first served.

The program will consist of the Christmas Star program followed by a discussion of the December Constellations.

The UNA Planetarium is located on Pine Street across from Flowers Hall.



Dec. 19-22

THE NUTONES CHRISTMAS CONCERT will be Tuesday, December 20 at 6:30-9pm at the Marriott Shoals Conference Center. Tickets are \$10 at the door. Tickets may also be purchased from band members. Other special guests include Kerry Gilbert, Alyssa (Cissy) Ashley, Hugh Banks, Mallie and Ida Kate Stutts. For more information, call Bill Wooten, 256-483-1366; Jackie Bevis, 256-383-3091; or Lawrence Alexander, 256-810-5740.

LIFESOUTH COMMUNITY BLOOD DRIVES FOR DECEMBER
Wednesday, December 21, 12-6pm, Bargain Hunt, 149 Cox Creek Parkway, Florence
Thursday, December 22, Noon-6pm, Lowe's, 130 Cox Creek Parkway, Florence
Friday, December 23, 12-7pm, Walmart, 13675 Highway 43, Russellville
Saturday, December 24, 8am-2pm, Lowe's, 3415 Woodward Avenue, Muscle Shoals
Monday, December 26, 10am-4pm, Kmart, 3401 Woodward Avenue, Muscle Shoals
Tuesday, December 27, 11am-6pm, Burkes Outlet, 15485 Highway 43, Russellville

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Season's Greetings
From
UNA Athletics
Department

YOUR Letters

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

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

May Face The Choice

Editor:

Pastor Robert Jeffress, senior pastor of first Baptist Church of Dallas Texas, who is an avid supporter of Donald Trump, has declared that same-sex marriage is settled law and Christians should move on to abortion. While I agree that were I to prioritize the issues, I would make abortion number one on the list, but to say that same-sex marriage is settled law is pure nonsense. If same-sex marriage is settled law so is abortion and so was racial segregation, and women being denied the right to vote.

I won't argue with Dr. Jeffrey's contention that abortion was the better campaign issue, but labeling same-sex marriage as settled law implies that he thinks we should not attempt to overturn it. Should it remain as law until there is a liberal government, Pastor Jeffress may face the choice of his church conducting same-sex marriages

or being shut down.

Euell White
Florence

Knew She Was Wrong

Editor:

Whoopi Goldberg of ABC-TV's *The View* initially defended Bill Cosby and accused the dozens of accusers of being money and fame mongers. So, why did she stop putting Cosby on a pedestal,

Throughout history truth tellers have suffered and shysters have prospered. It's the same today.

claiming he was a good man who did not deserve those scoundrel women destroying his good name?

I'll tell you why; Whoopi finally realized that she was wrong and could no longer defend Cosby's honor. It's just like she is wrong about most every other warped cause that she defends.

We can also make a list of her warped rants.

Paul Sabatino
Florence

Let's Help Them Pack

Editor:

I read Mr. Mike Hester's letter, "I Have One Challenge", 11/30/16. As a Republican, I do not believe that Democrats are for sexual molestation. They do support the National Democratic Party and Clinton, the nominee who supported same

See **LETTERS...** on Page 17

VFW Christmas Dance
 Friday, December 23 • 6:30-10:30pm
 Admission \$ 10
 Bring a Gift Received a Discount
 VFW Post 4919
 419 N. Raleigh Ave. • Sheffield



THE DOLLAR
Stretcher

Continued from Page 3

DADDY SAID...
 It took me until my 30s to figure it out, but my dad was right when he told me that it was easier to stay out of trouble than to get out

of it. This is especially true when it comes to finances. My wife and I were tempted to rush out to buy a new car once our student loans were paid, but I kept thinking about the car payments and decided that we'd use the money that had been going to student loans and put it in a savings account for a new car. We might not be able to pay cash for our next car, but I feel like we managed to stay out of financial trouble for now.

PUPPY TREATS
 I make my own puppy treats. I use canned salmon, eggs, brown rice, oatmeal, and whatever veggies I have in the fridge. I form them into small patties and bake them until they're crispy. My puppy loves them, and I no longer have to buy expensive treats for him!

SKIP A WEEK
 One idea I have started using lately is to skip going to the store at least once a month. You get what you need but not as much of the other stuff that balloons the bill. This saves at least half of the cost of a trip to the store for that month.

THE ONE-SIDED CHRISTMAS TREE
 Living in a small home with three kids at Christmas time can be a challenge. Last year, I thought it would be nice to have a little more room during the holidays.

We have a large artificial tree. I put up the trunk, and then wired it to a nail already in the wall. We then put the branches on the tree but left off the ones on the back and then decorated it as usual. This huge tree only comes out from the wall about 2 1/2 feet.


Our tree is gorgeous, and there is a lot of room for our children to play. Who says a Christmas tree needs a back?

There's a reason you see so many of these.



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 2008 Nissan Altima \$7,880 STK# T1467350	 2006 Toyota Avalon \$7,880 STK# T1165699
 2011 Chevy Equinox \$13,880 STK# T1283437	 2013 Dodge Caravan \$13,880 STK# T11760447

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LINCOLN: MKZ, 2011 RED, 48,000 miles, one owner, loaded, clean. \$13,500. 256-483-5375 or 256-766-4487, ask for Jim.

DODGE: CHARGER, 2008 \$7,400. new engine from O'Rileys. Gray over Black. excellent condition, 256-293-8288

MEN'S OLATHE DRESS BOOTS, 11D, Buckaroos, heel counter, bull rears, worn 10 times. Paid \$465, \$300 OBO. 256-828-6858.

FOR SALE 18 WHEELER Storage Trailers 8'x45' \$1800. OBO 256-764-3137

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LIKE NEW, PLUSH LOVESEAT, COST \$600, SALE FOR \$65. 256-227-9286

Medicare Minute "Year-end Reminders"

We have spent the past two months discussing the Medicare Annual Enrollment Period. We have talked about Medicare health plans. We have covered the different types of health plans and how to choose the one that may be best for you. We also discussed Medicare prescription drug plans and how they can change and need to be reviewed each year. But, just because the Annual Enrollment Period is over doesn't mean you can go to sleep at the wheel. There are some things you need to stay on top of.

To begin with you should make sure you have received your enrollment card from each insurance company you signed up with. If you enrolled into a Medicare Supplement and prescription drug plan you should have received two cards. One card from the company handling your supplement and another card from the company handling your drug plan. If you enrolled in a Medicare Advantage plan you should have received one card and that's from the company your Advantage plan is with.

The second thing to verify is your premium is coming from the appropriate place such as your bank account or Social Security check. You may not know this until January. If the premium is taken out of your bank account, for example, and you don't see it deducted in January you will want to contact the company. You don't want to go two or three months without paying the premium and then have to pay those months at one time. It's better to address it up front.

On behalf of Lee, Hope and myself, I would like to wish all of you a Merry Christmas and a Happy New Year!! We would also like to thank each of you who read our column each week. We have had many calls and visits from our readers and it's always appreciated!!

If you have questions regarding any aspect of Medicare or Medicare health plans feel free call us at Alabama Health Guidance (256-284-7249), stop by our office at 879 Florence Blvd (Four Lane Shopping Center) or email me at ikey@alabamahealthguidance.com. Alabama Health Guidance is an independent insurance agency and is not affiliated with Medicare or any other government agency.



Ikey Fowler



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by Charles Barry Townsend

FRUITS & VEGGIES PUZZLE!

E	C	U	T	T	E	L	B	C	I	Y	N	O	M	L
C	G	B	E	G	N	A	R	O	H	R	T	T	A	E
N	P	A	R	S	N	I	P	Y	O	E	O	O	N	N
I	K	K	B	A	B	E	K	C	I	L	R	A	G	T
U	U	E	N	B	B	A	P	P	L	E	R	R	O	I
Q	E	A	A	V	A	U	G	A	M	C	A	K	Y	L
T	U	N	O	C	O	C	H	I	R	U	C	O	E	Y
H	C	A	N	I	P	S	L	R	T	G	P	E	A	R

Hidden in the diagram above are the names of 26 fruits and vegetables. They can be found reading up or down, or side to side. You'll even find them diagonally going up or down. Letters can be used more than once. Listed below are the names you're looking for.

APPLE	GARLIC	PARSNIP
BANANA	GRAPE	PEA
BEEF	GUAVA	PEAR
CABBAGE	LENTIL	PUMPKIN
CARROT	LETTUCE	QUINCE
CELERY	LIME	RHUBARB
CHERRY	MANGO	SHALLOT
COCONUT	OKRA	SPINACH
CORN	ORANGE	

HIDDEN ANIMALS! Can you find the three animals that are hidden in these three sentences?

- The whippoorwill's song filled the night.
- A tempura tsunami of terrific tastes.
- Sumo lessons are from nine to one.

WHAT DOES a fully loaded 50,000-ton container ship weigh just before leaving port? Connect the dots and find out.

Answers On Page 42

IT'S MAGIC! Use the numbers 3 through 12 to fill in this Magic Number Square. The numbers in each horizontal row and vertical column should total 44. We've filled in six of the squares. The rest is up to you. Use trial and error — and a good eraser!

	13	18	
17			14
	20		
			19

[44]

Illustrated by David Coulson

Letters...

Let's Help Them Pack

Continued from Page 14

sex marriage. It is the republican conservatives who uphold our Constitutional rights. The best bill that the republicans passed was the Emancipation Proclamation which democrats opposed. So why do African Americans vote for democrats?

The Democrat-Obama Care is a failure. It does not cover what it claimed it would. Most doctors will not accept it. The cost of the insurance keeps going up, like 40%. Who can afford it? Clinton does deserve to be part of the Trump Administration. She should be Chief of Prison Latrines. That fits her to a tee.

When republicans lose an election they don't riot or destroy property as some democrats do. For those who said that they would move out of the country if Trump were elected president, Christian neighbors help them pack. Please take Obama with you.

Buddy Mauldin
Muscle Shoals

The Atrocities Go Unnoticed

To the Editor:

October 2016: In a last ditch effort to block Obama's plan to allow the US Commerce Department to hand over oversight of the Internet to foreign governments, four state attorneys went to a Texas federal court alleging that the transition, in the absence of congressional approval, amounts to an illegal forfeiture of U.S. government property. Confirming once more that under Obama's presidency the judiciary and legal system have been totally politicized, their case was thrown out on a technicality.

This is but one small example of the DISASTROUS atrocities befalling this country which go virtually unnoticed by the majority of FOX/CNN watchers. There has never before in history been a population as unaware as the west is currently. The third world is amazed that such insular and gullible people came to dominate the planet. The world needs intelligence and leadership in order to avoid catastrophe, but America can provide neither intelligence nor true leadership. Rather we have only puppets who perform a loose parody of one or the other official party lines. America is a lost land where nuclear weapons are in the hands of those who are concerned only with their own power and power is in the hands of those concerned only with

See LETTERS... on Page 31

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FORD: F-250 XL, 1993 3/4 ton 4x4, clean, runs good, 154K miles; \$3,850 OBO. 256-483-3979

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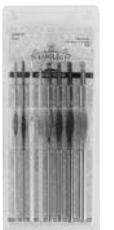
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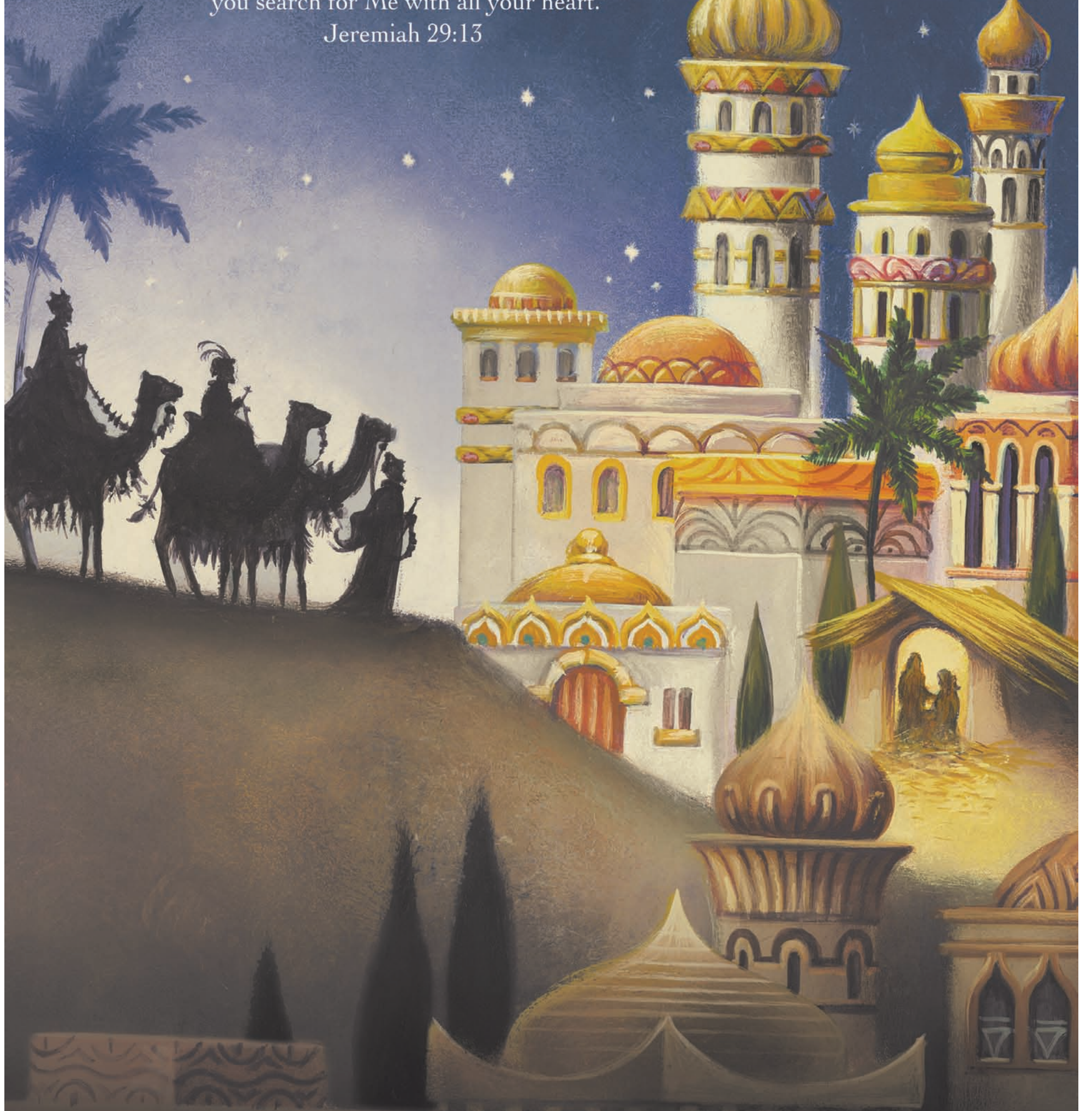
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House Calls with Dr. Barco

I feel very privileged to be writing this column to help raise awareness of important medical topics to the Shoals and to provide a forum where people in the community can get their burning medical questions answered. Keep in mind that medical advice that may apply well to one person may have had consequences to another depending on their age, health, medicines taken and many other factors. Therefore, always consult your physician or other primary health care provider before implementing any advice given in this column. Feel free to submit your questions by contacting us. Due to health privacy laws, I ask that you do not share any personal medical information with myself or office.

Why is high blood pressure called "the silent killer"?

Having high blood pressure, or hypertension, puts you at risk for several medical conditions, including coronary artery disease (think heart attacks), congestive heart failure, circulation problems, stroke, kidney disease and vision loss to name a few. Although some people may notice symptoms like headaches, dizziness, fatigue or chest pain when their blood pressure is high, most people don't usually feel symptoms early on. Its effects are often gradual and asymptomatic, hence the term "silent killer". In fact, when most people start to feel symptoms of having high blood pressure, there's a good chance that the high blood pressure has already caused some damage. As an example, if somebody with very high blood pressure has not had it checked or treated for years and suddenly notices that their urine output is much less than normal, a lot of kidney injury has likely been done. Often, the damage cannot be reversed.

It's because of this that it's important to get your blood pressure screened regularly, at least on a yearly visit with your primary care doctor if you are 40 and above. If you are 18-39, it should be monitored every 1-5 years depending on

whether you are at high risk for developing hypertension. This can be determined by your physician or other health care provider. What your blood pressure should run depends a lot on your age and what other medical conditions you have, so always consult your primary care provider.

On television, I hear about how some athletes use steroids to build muscles. Are those the same as the steroids that people take, like prednisone, for breathing problems and rashes?

Steroids like prednisone, dexamethasone or methylprednisolone are often prescribed by physicians for treatment of conditions like asthma flares, COPD, cancer, autoimmune disease, certain rashes and gout attacks. These steroids are called corticosteroids and fight inflammation, which is why they work so well for the above conditions. Aside from corticosteroids are another family of man-made steroids called anabolic steroids. Unlike the anti-inflammatory corticosteroids, the anabolic steroids are used to build muscle mass and are the ones you hear about some athletes using. The downside to anabolic steroid use, other than it represents cheating in sports, is that it can lead to serious health problems like heart disease and stroke. The reason anabolic steroids and corticosteroids have the word "steroid" in them is that part of both substances have chemical pieces that look like rings. However, the other parts of these substances make one of them fight inflammation while making the other cause muscle growth.

Dr. Roy Barco welcomes your questions concerning health and wellness. Please facebook him at www.facebook.com/roy.barco.5 where you can submit questions for the column, or write to:

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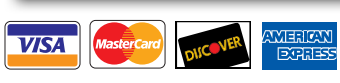
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<p>Creole Garlic Or Butter Cajun Injectors 16 OZ. 2/\$7</p>	<p>Light or Dark Karo Syrup 16 OZ. 2/\$4</p>	<p>Food Club Apple Or Cherry Pie Filling 20-21 OZ. \$1.68</p>	<p>All Flavors JELL-O Gelatin Or Pudding 1-4 OZ. 69¢</p>
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THE DOLLAR Stretcher

Continued from Page 15

SAVE THE MILK!
 My husband and I don't use a lot of milk, so it often went bad before we used all of it. Instead of buying quarts (more expensive), I found two ways to save the milk. First, I started buying organic milk. It lasts longer in the fridge. I also freeze half of the gallon when I come home from the store. It does separate when frozen, but if I stir it once it's defrosted, it tastes and cooks just fine.
Elaine

The "Day After" Sales
 Recently, I saw a tip regarding taking advantage of different supermarket's sales ads. Did you know that there are stores that will honor competitor's advertisements? You must take the sales ad in with you, it must be the same item, and they will not give rain checks. However, it sure beats driving around to different stores wasting gas.

I find this tip especially helpful the day after Thanksgiving when there are so many great bargains in so many different stores. Last year, I bought several items that Toys-R-US, Best Buy, and Target had advertised for their day after Thanksgiving sale at Wal-Mart and was home before noon!
Mary L.

CHARITABLE "PURCHASES"
 I've felt pressure and obligation to purchase items for fund raising I didn't want or need, which put hardship on my finances occasionally. Because only a small amount actually benefits the "cause," I've decided to donate a dollar or two directly instead of making a purchase.
Dianne

DON'T BE A VICTIM
 At this happy time of year, I hate to bring up a disagreeable subject, but the police officers told us around the holidays that thieves get especially active. I recently had a robbery in my house. What a horrible experience to know someone was in my house touching my things! We all know the obvious tips to protect our property, but do we follow them? Some don't even do the simple things like insuring themselves and their property.

Remember that if you are the victim of a robbery, it may qualify as a tax deduction. Too often victims of disasters, natural or man-made, neglect to apply for what the tax code allows. No, it won't bring back your property, but it may help you get something similar. If and when I replace my stuff, I'll think long and hard about what I want and/or need.
Cristina

COMPARING DEDUCTIONS

For those of us who itemize deductions, I had a revelation this year. The IRS says that you can either compute an average deduction, or claim the actual expense you have in paying sales taxes on everything throughout the year. Normally I would choose their computation. However, this past year I happened to have every receipt in a folder. Since we are on a more limited budget now, I decided to add up all the sales tax we had paid and compare it to the IRS' average. Imagine my shock when it turned out that I would have cheated myself by more than \$580 if I had taken the average. I will now save every receipt I get as documentation and take what I actually pay on sales tax each year.
Kamia

BUYING SPICES

When shopping for spices, I always look in the ethnic section first. I can often find the same spices for cheaper, especially commonly used ones like cinnamon, rosemary, oregano, etc. For example, this week I looked in the ethnic section for curry powder and found it at \$1.79 for a plastic jar. The same sized glass jar was \$4.99 in the baking aisle.
DW

MY 'NEW' BIKE

The past several years, my mode of transportation has been by bicycle. Even though I had an inexpensive lock on it, my bike was stolen. I kept checking the police station and each time they brought me to a shed where they kept all recovered bikes. I finally asked them what they did with the bikes that weren't reclaimed. They told me that they have a police auction twice a year and sell them there.

I went to the next auction and bought a bike for \$65. My kids were surprised as they said my bike was like brand new and would sell for around \$400.

Also, at the auction were all sorts of things like TVs and paintings.
S.



Cat & Kids

by Cathy Turner

Come Home

Originally printed 12/21/2011

What does your mom want for Christmas? She simply wants you to come home.

Come home if you are out there living a life that your mom doesn't approve of. You know one of those life rules says that if you honor your mama and daddy your days will be long on the earth. It makes sense because it's your mama that teaches you not to drink or smoke or do drugs, or sleep around or keep bad company. No mom wants her child to look for happiness in empty spaces. Are you in places doing things with people that you would not invite your mama to? Let go of the hard life. Come home. Come to a place where there is love overflowing, waiting for you. Why have you left the things that worked for you the first years of your life? Come home. That's what your mom wants for Christmas.

Come home if you haven't been home. I don't know what happened between you and your mama years ago, but have you grown since then? Or are you dragging around the same old baggage? I don't care how hard your mother appears. There is not a woman who has pushed a child into this world who wants to be

estranged from her child. I know some of you are thinking, "Well, you don't know my mother." I say try again or try for the first time to restore that relationship. Whatever is between you and your mama, push it aside, step over it, smash it, forget it - reconcile. Come home while she's still there. 'Tis the season.

If you have a great relationship with your mom, come home for the holidays - that's all she needs. I can't wait until I can count to five - me, him, and those three wonderful people who make me smile and who fill my cup. Five. Full. All I want is for my nest to be full again every now and then - especially for Christmas. Come bearing gifts - my wardrobe always needs updating and I love a good spatula. Or come bearing nothing at all because you only make two nickels. But come. Come so that we can touch your heart and listen to your dreams. Come so that we can see you and yours and fill your bellies. Come so that we can see your smile and hear what's happening.

Come from whatever direction. Come no matter the circumstance between us. Come because having you home is the best Christmas present ever - every time.

Email comments or suggestions to CatnKids1@gmail.com

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Angels...

Continued from Page 1

husband, Jason, have been foster parents to 30 children who needed a safe, temporary place to call home. The Cains currently have five foster children in their care, ranging in age from six months to 17 years. In addition the couple has two biological sons, Dylan and Deven Guzowski, and a daughter, Haven, who permanently joined their family through adoption out of foster care.

Haven is the reason Jason and Suzanne became foster parents. When they first met Haven, she was already living with another foster family. As the Cains helped this family care for Haven, they formed a special bond with her. After becoming more involved in Haven's life, they decided to become her foster parents. By September 2015, her adoption was finalized.

Through their interaction with Haven as a foster child, Suzanne said that she and Jason realized there were many children in the Shoals area who were in similar situations. Their hearts were deeply touched thinking about all of the other kids who needed a stable home. That's when they decided to foster even more children.

With a total of eight children currently in their home, their life is a constant whirlwind of activity. Suzanne and Jason know what they are doing for each child is worth it. Through their experience the Cain family have learned that blood doesn't always make you family. It's the love you share which does. "Some people say my kids are lucky to have us, but really we are lucky to have each other. To this day each and every one of our kids knows they are always welcomed home," Suzanne said.

Sabrina Kilburn is the office manager and long-time employee at Oakland. She also knows how important it is for people

to invest in those around them. She lived with a foster family as a young child. Through her own experience Kilburn knew how much it would mean to these children when she suggested to co-workers about helping a local foster family.

"No child should have to know the reality of how ugly life can be, but many do. It is my hope that these

gifts make them forget, even if only momentarily. And that receiving these gifts will paint the world a brighter place and put that twinkle of innocence in their eye and love in their hearts," Kilburn said.

Oakland Metal Buildings plans to continue this tradition of sharing with foster families by making Oakland Angels an annual event.

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One entry per person. Winners will be announced each week in our paper and on our website. Winners can pick up their Gift Certificate at the Courier Journal office on Wednesdays after 12 Noon.

THE DOLLAR Stretcher

Continued from Page 26

TEACHER GIFTS

My sister has been teaching grade school for seven years, so I asked her what teachers like to receive for Christmas gifts. She said that the best gift is when a number of parents get together and give a gift card or a restaurant card. Most teachers don't make a lot, so the gift card gives them an unexpected boost. If you can't get together with others, try a gift basket with cookies or other holiday treats or some bath products for a relaxing time. Also, if your child can write a note on the gift tag, that's special, too!

Diana

SKINNED CHICKEN

There is no need to pay the extra money for skinned chicken. You can skin it quick and easy just by taking a paper towel and grabbing the skin. It pulls right off and sticks to the towel. You can do a lot of pieces before changing to a new paper towel!

Debi S.

CLEANING DRY ERASE BOARDS

Instead of reaching for a tissue or paper towel to clean a message off a dry-erase board, pick a piece of paper out of your recycling bin and erase away. It's free, and it works.

Mary

DISCOUNTS IN UNEXPECTED PLACES

Sometimes bargains can be found in unexpected places. In the past, it never used to occur to me to ask for a special deal when taking "adult education" classes. I was about to enroll my son in a course that would ordinarily cost \$650. This time, I called up the school and asked whether there were scholarships available. To my surprise, the answer was yes, and they emailed me a very short and undemanding scholarship request form. We filled it in and asked for a scholarship based on his status as an unemployed young man who is presently not attending school, our own high medical bills,

and the fact that he plans to build his career around the subject matter contained in the course. We got the scholarship, a 50% reduction in the price, and he will now be taking this class for \$325! My motto has always been, "There's no harm in asking!"

Celeste L.

WINTERIZING YOUR GRILL

Most of us are finished grilling for the year. I like to take a few minutes to winterize my gas grill before I put it away. I begin by wrapping the grill surface with foil and then turning the burners on full blast for about 15 minutes. That pretty much vaporizes anything left on the grill. Once it cools, I dust it off and coat it with cooking spray. I then remove the gas tank and store it in the shed away from the house. The grill goes into the garage for the winter.

Kris

WINTER HAIR

I have a solution for dry winter, "fly away" hair. When I wash my hairbrush, I soak it in a glass of water with a few drops of fabric softener added. It's simple to do and the results are wonderful.

Eve

HEAT HABITS

I like to keep the heat set no higher than 70 degrees during the winter, but my kids were turning it up continually. When I challenged them, they said that they forgot. So I put a sticky note on the thermostat reminding them that 70 is the heat limit. It worked all last winter, and so far, it's working this winter, too!

Leah

CHEAP DATE NIGHTS

When my husband and I were first married (29 years ago), we had game night for the two of us. I bought complete board games at Goodwill, or we asked for them for gifting occasions. We looked forward to a night of Yahtzee. I know it sounds silly, but it was fun. We even wrote high scores and dates on the inside of the box lid. We love looking at that now and remembering those "frugal days" and how it helped us grow together.

Dona (via Facebook)

Celestial Thoughts

As promised, here is a little secret for the men who may come across this writing. You know how you need and crave respect? Well, the lady in your life craves and needs to be loved. So what does that look like exactly and how do you bring it? The way you act lovingly will be slightly different for every woman depending on her uniqueness, but the concept is the same. Make her coffee in

the morning. Help with supper, the dishes, or laundry as you're able. Give her time (with no guilt) to have lunch or shop with her friends. Hug her tight after a stressful day or give her a neck rub. Tell her how beautiful you think she is. This one is so simple - hold her hand. And watch out guys...because when you start acting out your love, she will respond in wonderful ways!

"Husbands, love your wives, just as Christ loved the church and gave himself up for her..." Ephesians 5:25

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BY MARK TATULLI



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Letters...

The Atrocities Go Unnoticed

Continued from Page 17

the instant gratification of their animal impulses.

Truth tellers are accused of being offensive, and have been condemned by the Politically Correct

Thought Police for saying affirmative action in education or recruitment is grossly unfair, common core caters to the lowest "common denominator and further dumbs down our society, or for saying we are fed up with bearded, lipstick clad queens whining about their "rights" to use the women's restrooms and having it forced down our throats or that being forced to yield to one minority's demands often disadvantages the majority, etc. Common sense is no longer common. Rather, it is considered hate speech nowadays. Throughout history truth tellers have suffered and shysters have prospered. It's the same today. Good has become evil and evil has become good. This is the natural outcome of political correctness.

The ancient Greeks understood this need of the masses for false reassurance rather than truth. In Greek mythology, Cassandra was the prophetess who no one believed despite her record of being one hundred percent right. She didn't tickle their ears like they wanted, she just told the TRUTH. Telling the truth to modern Americans is just as great a personal risk as telling the truth to the Greeks in ancient mythology.

During the Presidency of Barack Obama there have been several scandals (Solyndra Springs comes to mind) that would have brought down any president before him. But it's not politically correct to criticize the behavior of a black man. Anybody who does will immediately be demonized and accused of racism by the amoeba-brained left-wing/right-wing media and their mindless parrots. It is partly fear of the mob and mainstream popularity. Most Americans don't want to know the truth and when confronted with it they close their eyes, stick their fingers in their ears and sing LALALALA. And of course, real investigative reporting that SHOULD be the function of the lamestream mainstream

media, has been abandoned and replaced by robotic, repetitive toadies to corporate power.

"The further a society drifts from the truth the more it will hate those who speak it." - George Orwell

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Courier Journal

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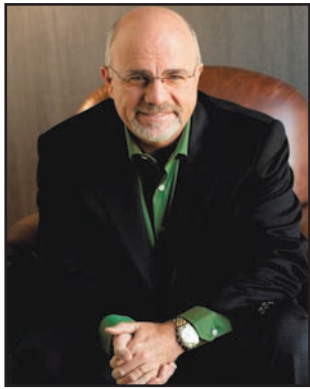
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5-7 Age Group: Zanyah Gilbert, Caelin Anderson, Mercy Folkwein, Emmalee McDonald, Anna Schrier, Joey Lane, Kadence Eck.
8-10 Age Group: Leela Richardson, Ann Elyse Cox, Chapel Blackburn, Maliek O'neal Jones, Danny Babb, Ashlan Glover, Celasia Taylor, Nastasia Ownes, Zachary Homskie, Kamari Neal, Charmasia Ingram. **Other** Elizabeth Kelley

DAVE Says

by DAVE RAMSEY



WIFE WINS

Dear Dave,
We just started following your plan, and we have \$39,000 in debt. We make \$55,000 a year, and two of our smaller debts — one car and a credit card — are both \$7,500. The credit card has a higher interest rate, so my wife thinks we should pay it off first. I look at the car as a necessity, and for that reason I think we should pay it off first. Who's right?
Pat

Dear Pat,
When the rules of paying off debts from smallest to largest don't apply, I look at things this way: If you have two debts that are of equal amounts, I would attack the one with the larger interest rate first. In your case, that would be the credit card debt.

I get what you're saying about the car. You guys might be in a bind if something happened and you lost one car. But it's also something you could work around if you had no other choice. So yeah, knock out the credit card first then move on to the car. Going this route will serve two purposes: First, it will save you some money. And second, I've got a feeling it will fire up your wife and get her on board with the plan even more than she already is.

She's taking this seriously if she's eyeballing interest rates, Pat. So use this momentum to work together, and knock out that debt!

— Dave

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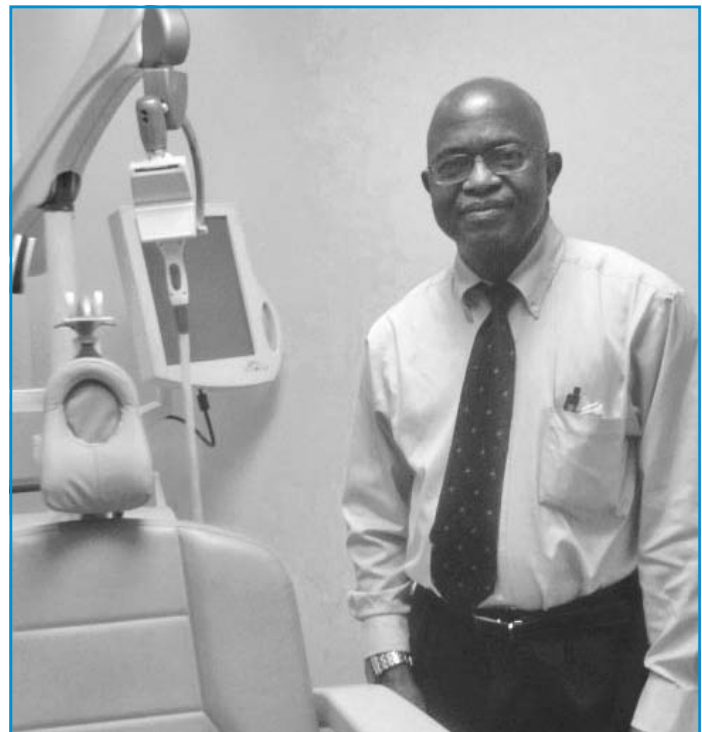
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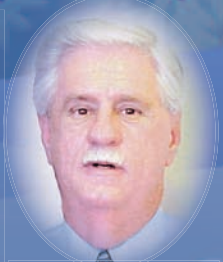


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100 on Christmas...

Continued from Page 1



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"Daddy tended cattle on the open range," she said. White contracted tuberculosis while tending the cattle. The family moved briefly to Florida for his treatments, but they weren't helpful for him. He died when they returned to Lutts when Ruby was six or seven.

Eventually, Hattie White married her husband's half-brother, who was an attentive stepfather to Johnson and her two sisters, Lura Mae and Maudie. Johnson's twin sisters, Vonnie and Bonnie, were born afterward.

Johnson's stepfather left his job as a guard at Wilson Dam to take over the White's family store, and he made sure all five girls attended school. She can



Ruby Johnson, left, pictured with sisters Lura Mae, Vonnie and Bonnie

Photos Haley Walden

recall learning to read with her first-grade teacher.

Johnson attended schools in Savannah, Collinwood, and Waynesboro before enrolling at Florence Teacher's College. She drove to Florence from Lutts three days a week.

Becoming a teacher was an easy choice for Johnson. "I loved school," she said. Johnson went on to teach in Lutts for 37 years. She spent most of her time teaching first graders.

"When I first started teaching there were no buses," she said. "There was no toilet or running water at the school."

"Children minded better back then," Johnson added. "Start them out behaving, and they'll go that way."

Johnson met her husband, Brodie, during college. They married after graduation and later had one son, Ancil, who lives in Florence. The Johnsons lived a happy, simple life on their farm in Lutts for 49 years. They didn't have a car when they first married, but once they bought one they enjoyed visiting Florence and going to the fair when it came to town.

Johnson said her favorite thing to do with her husband was "chattin'."

"We got along well," Johnson said. "We tended to things. We didn't have anything special. He raised cattle. I taught school, came home, and cooked."

Johnson retired from teaching in 1965 and found time to do things she enjoyed. "I grew my

garden, did housework... anything I wanted," she said.

She is a faithful Christian, and still worships weekly at Florence Nursing and Rehabilitation Center. She has only missed two or three services since 2013. "I don't hear a word, but I've got to get the Lord's Supper," she said.

Johnson also loves word-find books, and completes one per week on average to keep her mind sharp. She is able to recall names and vivid details from her past.

"I must've had a good mind," she said. "That's one thing the Lord helped me with, I reckon."

Johnson said while life is better overall in 2016 than it was in the past, the aches and pains of age have caught up with her.

"If I could have anything [for my birthday], I'd want to feel good again," she said.

Two of Johnson's sisters, Lura Mae and Vonnie, were buried within a week of one another in the past month. They were preceded in death by another sister, Maudie, who lived in Indiana with her husband. Jackson's remaining sister, Bonnie, recently had a stroke.

Johnson received a Lifetime Certificate from the University of North Alabama recently, and will celebrate her 100th birthday next week, with special guest Bobby Denton singing.

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Quips & Quotes

FROM THE 'NET

Funnies, facts, photos, rumors, somber and thought-provoking info. (some factual, some not) from emails, forwards and websites.



a caterpillar of birds



Now they'll never find me!

Say A Prayer

Little Johnny and his family were having Sunday dinner at his grandmother's house. Everyone was seated around the table as the food was being served. When Little Johnny received his plate, he started eating right away. 'Johnny! Please wait until we say our prayer,' said his mother. 'I don't need to,' the boy replied. 'Of course you do,' his mother insisted. 'We always say a prayer before eating at our house.' 'That's at our house,' Johnny explained. 'But this is Grandma's house, and she knows how to cook!'

Pun Intended!

- Two antennas met on a roof, fell in love and got married. The Ceremony wasn't much, but the reception was excellent.
- A jumper cable walks into a bar. The bartender says, "I'll serve you, but don't start anything."
- A dyslexic man walks into a bra.
- A man walks into a bar with a slab of asphalt under his arm and says: "A beer please, and one for the road."
- Two cannibals are eating a clown. One says to the other: "Does this taste funny to you?"
- Deja Moo: The feeling that you've heard this bull before.
- I went to a seafood disco last week... and pulled a mussel.
- An invisible man marries an invisible woman. The kids were nothing to look at either.
- Two fish swim into a concrete wall. The one turns to the other and says "Dam!"

You Did??

A second grader came home from school and said to her grandmother, "Grandma, guess what? We learned how to make babies today." The grandmother, more than a little surprised, tried to keep her cool. "That's interesting," she said, "how do you make babies?" "It's simple," replied the girl. "You just change 'y' to 'i' and add 'es'."



I remember when I was the Donald.

How True

There are times when my greatest accomplishment is just keeping my mouth shut

How Old Are You?

When my grandson asked me how old I was, I teasingly replied, "I'm not sure." "Look in your underwear, Grandpa," he advised, "mine says I'm 4 to 6."



I gotta horse for Christmas!



We're Going Where?

A Wry Quote

"It is curious that physical courage should be so common in the world and moral courage so rare."

-- Mark Twain

Dinner Service

Shortly after take-off on an outbound evening Aer Lingus flight from Dublin to Boston, the lead flight attendant nervously made the following painful announcement in her lovely Irish brogue: "Ladies and gentlemen, I'm so very sorry, but it appears there has been a terrible mix-up by our catering service. I don't know how this has happened, but we have 103 passengers on board, and unfortunately, we received only 40 dinner meals. I truly apologize for this mistake and inconvenience." When the muttering of the passengers had died down, she continued, "Anyone who is kind enough to give up their meal so that someone else can eat will receive free unlimited drinks for the duration of our five-hour flight." Her next announcement came about 2 hours later: "If anyone is hungry, we still have 40 dinners available."

Pardon My French

Those who jump off a bridge in Paris are in Seine.



Nature's Uber Driver



I am so confused!

Which pipeline is the one that is going to ruin the drinking water?

Let Me Check...

A group of chess enthusiasts checked into a hotel and were standing in the lobby discussing their recent tournament victories. After about an hour, the manager came out of the office and asked them to disperse. "But why," they asked, as they moved off. "Because," he said, "I can't stand chess-nuts boasting in an open foyer."



BE HONEST. IS THIS TOO MUCH

LETTUCE?

Soap Opera Preview

THE BOLD AND THE BEAUTIFUL Meanwhile, Pam and Charlie prepared for the traditional Forrester family Christmas. Liam disapproved of how Steffy wanted to spend Christmas at Eric's house, knowing that Quinn would be there. Bill was depressed after seeing what Ridge gave Brooke. Ridge was overcome with nostalgic feelings when Rick declared a new tradition for the family. Bill and Katie spent a cordial holiday together in her new home for the sake of their son. Knowing that his family members had other plans, Eric called them over for at least one Christmas carol. *Wait to See: A husband fights for his marriage by making a public display.*

DAYS OF OUR LIVES Kate accompanied an apprehensive Adrienne to her first chemo appointment. Joey overheard Jade during a vulnerable moment. Deimos and Brady became increasingly concerned when Nicole failed to return to Salem. Gabi broke things off with JJ. Andre tried to pressure Abigail into revealing she was alive. Dario found Paul snooping around his shipments on the dock, and Sonny intervened. Abigail and Jennifer said a difficult goodbye. Chad and Gabi exchanged Christmas gifts. *Wait to See: Chad continues to process Abigail's return.*

GENERAL HOSPITAL Sonny flew into a tailspin when confronted with new information surrounding

Morgan's death. Julian took advantage of an opportunity. Maxie threw Sam a baby shower. Liz sought help from Heather. Franco struggled with a decision about his future. Finn kept vigil at Hayden's bedside. Ava tried to dissuade Julian from pursuing Alexis. Kiki was conflicted by a conversation that she overheard. Alexis prepared for Julian's arrival. Dante made a stunning announcement about Tom. Julian surprised Alexis with a gift and used the holiday spirit to his advantage. Carly managed to bring the entire family together to celebrate the holiday. Sonny's lies mounted. Valentin took the high road with Lulu. *Wait to See: Nathan receives some devastating news.*

THE YOUNG AND THE RESTLESS Victor was disappointed that none of his heirs was interested in working at Newman Enterprises. An argument ensued about where Brash & Sassy should have its headquarters now that they had been kicked out of Jabot. Jill refused to work under the same roof as Victor. Nick and Dylan got into an argument at Faith's recital. Lauren got defensive when Jill asked her how business was going. Devon told Hilary that he would give her creative control at GC Buzz. Ashley and Traci were determined to reunite their brothers for the holiday. Jill asked Esther to live with her and be her maid again. *Wait to See: Hilary pays the price for being in the spotlight.*

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Check-up on Mom

Continued from Page 1

from school. Holidays are also an excellent time to assess the condition of an older family member. Whether Mom and Dad live at home, a retirement community, or with another relative, you can use holiday gatherings as an opportunity to assess the health and welfare of your aging parents.

1. Watch for inappropriate behavior during holiday gatherings. Exhibiting inappropriate behavior including paranoia, agitation, or making unusual statements or phone calls at odd hours during family gatherings may indicate dementia or cognitive problems.

2. Look for changes in relationship patterns. Talk to friends and neighbors and listen for any concerns they may express about your parent's health or wellbeing.

3. Take note of any changes in routines. If Mom or Dad have slowed down or even stopped participating in activities he or she once found enjoyable such as attending church, sharing a meal with friends, or playing bridge, it can be a sign of a more serious underlying problem.

4. Be on the lookout for any signs of forgetfulness. While it is normal to temporarily forget a person's name (how many times have you had to work through all of your children's names before getting to the right one, after all?), not recognizing a growing child, losing track of time during the busy holidays, and exhibiting serious lapses in memory may be a sign of dementia or other mental health issues. Forgetting common words, getting lost in familiar places, and being unable to follow directions can be signs of significant memory loss.

5. Look for signs of forgetfulness that could have life-threatening consequences. Burnt pans or other evidence of damaged cookware or appliances could be evidence that your parent frequently forgets about food cooking on the stove. Forgetting packages or other clutter on stairs or in walkways can result in dangerous accidents.

6. Watch your parent as he or she performs normal holiday tasks. Has Dad suddenly forgotten how to wrap or unwrap gifts, for example? Does Mom now have trouble remembering how to make a simple family recipe?

7. Look for signs of depression. Irritability, crankiness, sudden mood changes, and social withdrawal, loss of self-regard (such as a lack of pride in appearance) are all signs depression. Mom may be at higher risk for depression if she were recently in the hospital.

8. Evaluate purchases. If gift giving is part of your family tradition, did Mom forget to purchase a gift for one or more people attending the celebration? Were the gifts appropriate for the recipient's age? Forgetting gifts for half of the family or purchasing a new wide screen TV for each member of your family may be signs of cognitive problems.

9. Assess your parent's appearance. Failure to bathe, brush teeth or comb hair may be a sign of depression, a physical impairment, or even dementia. Pay special attention to personal hygiene including body odor, clothing, nails, and skin.

10. Take a good look at your parent's living space. A neglected home with a noticeable change in sanitation and tidiness can be a sign that your parent cannot keep up with the physical work of maintaining a home. An overgrown lawn, non-working lights or heat, or a messy house may be a sign that you need to provide more care for mom or dad.

Whether you care for mom and dad in their home or your own, holiday gatherings can present the perfect opportunity to assess and address the wellbeing of your parents.



Jerri Kitchens
Courtesy photo

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Randall on Real Estate
News & Tips on the Shoals Market

Homeless in the Shoals

After months of unseasonably warm weather, it finally feels like winter in the Shoals. I found myself excited about the cold weather and all that it brings: sweaters, fires, crisp mornings and the other trappings of winter. Then I personally met a homeless individual in our community. Suddenly, the cold weather lost its appeal and I realized the dangers that the less fortunate face this time of year. Thankfully, the Shoals has a few resources for the homeless and transient to have a warm place to sleep.

Room in the Inn of the Shoals - This interfaith group works with 30-plus area churches to offer a warm bed and some food to as many as possible during the coldest months of the year. The number of beds available fluctuates daily, depending on how many churches can help that particular night. They are located at 2202 Chisholm Rd. in Florence. Recipients must be there at 4pm when the doors open. They can be reached from 4-6pm each day at 256-284-7329. Room in the Inn (RITI) welcomes volunteers and donations, so if you are able to help, please do so. One current need is for new or gently used sleeping bags. There is a list of other needs on their website, roomintheinnshoals.com.

The Salvation Army of the Shoals—Our local chapter of this international organization is able to offer shelter for around 60 individuals on a first come, first served basis. Their Soup & Shelter program provides warm meals, showers and beds to homeless and transient men and women. On the grounds of the Florence Salvation Army is the four-unit Martha Morgan Hensley Family & Women's Facility, which provides shelter for displaced/homeless women and families. The Florence Salvation Army can be reached at 256-764-4432.

According to Beth Haddock, director of United Way of the Shoals, there are many times when the beds at both shelters are full. United Way works in conjunction with other agencies to provide assistance through the Homeless Care Council of Northwest Alabama. If you know of someone who needs assistance, dial 2-1-1 to be connected to resources in this area. Likewise, if your organization, group or church is able to offer assistance, please call 2-1-1 to find out how you can help.

During this busy holiday season, please remember those in need around us.

Merry Christmas, mr

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

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WEEK OF DEC. 24 DEADLINE: 5PM FRIDAY, DEC. 23

Mail or deliver your entry to: Courier Journal, 219 West Tennessee St., Florence, AL 35630 or Fax to: 256-760-9618 or enter online at www.courierjournal.net

Winners will be listed online Tuesday afternoon and in the FOLLOWING week's Courier Journal.

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102.7 KISSFM

RULES: You can only enter for yourself, not other people. Only one entry per person per week. Only one winner per week. Winners must present a photo I.D. when picking up their gift certificate(s). Check the box beside the appropriate picks for the first 11 games, then write in the exact score of the tie-breaker game. Person with the most correct picks receives a \$50 Gift Certificate from Legend's Steakhouse in Florence. No change will be returned for any unused portion of the certificate. Gratuity is not included. In event of a tie, the tie-breaker score will be utilized. Otherwise, it will not be considered. Closest tie-breaker score wins. Total points will be next tie breaking procedure, and a random drawing of finalists will be used to determine the winner if they are still tied after tie-breaking procedure. Person with the winning card for the week, who also picks every game correctly including tie-breaker, will also win \$50 from the Courier Journal and another \$50 Legends Gift Certificate. Judges decision is final. Mailed entries must be post-marked by deadline day. Hand-delivered, faxed or on-line entries must be submitted by exact time of deadline stated above. NO EXCEPTIONS. Winner is posted on website each Tuesday afternoon and in the paper delayed by one week. Employees and family of Courier Journal and Game Day Scorecard sponsors are ineligible to win. **NOTE: If you're faxing, first make a CLEAN COPY, then FAX THAT COPY. NEWSPRINT DOES NOT REPRODUCE CLEARLY ON A FAX. WE ARE NOT RESPONSIBLE FOR ILLEGIBLE COPIES.**

RUSSELL ATHLETIC BOWL - DEC. 28 Write Score HERE
TIE BREAKER GAME
MIAMI (FL) vs*
WEST VIRGINIA

INDEPENDENCE BOWL - DEC. 26
 NC ST. vs*
 VANDERBILT

TEXAS BOWL - DEC. 28
 KANSAS ST. vs*
 TEXAS A&M

HEART OF DALLAS BOWL - DEC. 27
 ARMY vs*
 N. TEXAS

BIRMINGHAM BOWL - DEC. 29
 S. CAROLINA vs*
 S. FLORIDA

ST. PETERSBURG BOWL - DEC. 26
 MIAMI (OH) vs*
 MISSISSIPPI ST.

CACTUS BOWL - DEC. 27
 BAYLOR vs*
 BOISE ST.

BELK BOWL - DEC. 29
 ARKANSAS vs*
 VIRGINIA TECH

QUICK LANE BOWL - DEC. 26
 BOSTON COLLEGE vs*
 MARYLAND

PINSTRIPPE BOWL - DEC. 28
 NORTHWESTERN vs*
 PITTSBURGH

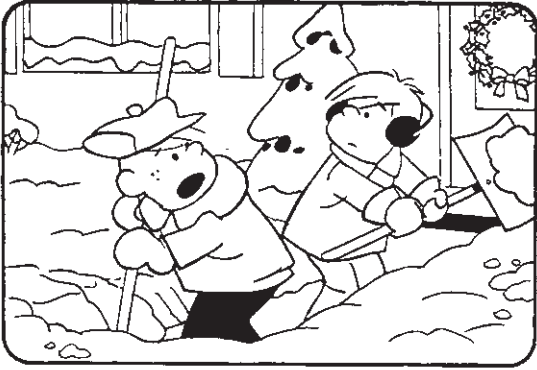
ALAMO BOWL - DEC. 29
 COLORADO vs*
 OKLAHOMA ST.

DOLLAR GENERAL BOWL - DEC. 23
 OHIO vs*
 TROY

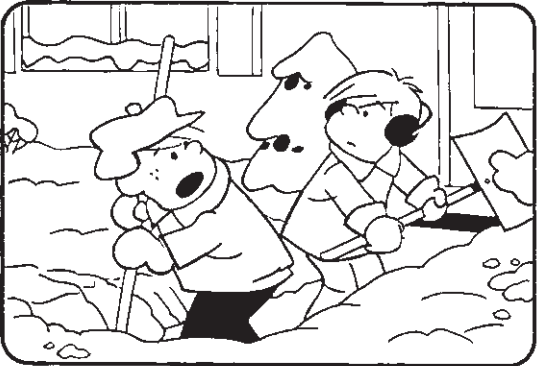
* - game played at a neutral location

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Find at least six differences in details between panels.



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Continued from Page 14

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For more information, contact Lauderdale County License Commissioner William Smith at WilliamSmith@LauderdaleCountyAL.org or 256-760-5833, the Lauderdale County Sheriff's Office at 256-760-5757 or Lauderdale County RSVP at 256-760-5888.

Mistletoe...

Continued from Page 14

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Community Notes...

Continued from page 4

American Red Cross is reminding the public that the need for blood doesn't pause. While many are celebrating the holidays with family and friends, patients in hospitals are still relying on blood products. Local Blood Drives:

December 27, 1-6pm, Rogersville Fire Department, 36 Wheeler St. Rogersville
December 30, 11am-4pm, Lauderdale Christi an Nursing Home, 2019 Co Road 394, Killen

Community Singing - Saturday, December 31, 6:30pm at 2nd Baptist Church Sheffield, corner of 5th and Frankfort. Sing or lead gospel song of your choice. Everyone invited.

VFW New Year's Eve Dance - Saturday, December 31, 7pm-12:30am, VFW Post 419, 419 N. Raleigh Ave, Sheffield. \$10 cover, includes champagne toast, and party favors. Limited seating. Tickets available at Post Friday, Saturday and Sunday. Karaoke Sunday 3pm until.

Florence Parks & Recreation Dept's Senior Center (The Club) offers a variety of programs for our boomers and seniors to enjoy. We are currently serving lunch for 25-35 people Monday-Friday. The suggested donation is \$1 and anyone and everyone is invited. Sign in before 9:30am on the day you'd like to eat lunch. For more information about The Club/senior center or any of our special events please call 256-760-6420 Monday-Friday 8am-5pm. Email:fdavis@florenceal.org.

The Arc of Alabama, a 501(c)(3) dedicated to advocacy and support for individuals with intellectual and developmental disabilities (I/DD), their families and caregivers, in partnership with the 29 chapters state-wide of The Arc, announces the 2017 Alabama disABILITY Conference. The conference takes place February 26-28, 2017 at the Renaissance Montgomery Hotel and Spa Convention Center in Montgomery. The Arc of Alabama was founded in 1957 and is the largest organization in Alabama dedicated solely to advocating for the rights and needs of children and adults with cognitive, intellectual, and developmental disabilities. Conference details and registration info are available at www.aldisabilityconference.org.

The Florence Falcons Foundation is selling bricks from the Former Coffee High School building. Bricks are \$30 (shipping is an additional \$5) and are available for purchase through Paypal at www.florencefalconsfoundation.org, or by sending a check to P.O. Box 1225 Florence, AL 35631. Each brick will be engraved with "Coffee High School 1917-2004". All proceeds will benefit the classrooms of the Florence City Schools through the FFF. Purchasers will be notified when the bricks are available.

The Florence Falcons Foundation is a non-profit organization that operates independently of our local school system, is guided by a Board of Directors of local residents committed to educational excellence and the future of our children. FFF has awarded more than \$360,000 in classroom grants to the teachers of the Florence City Schools!

Florence Parks & Recreation/ The Club (senior center) has an ongoing chair exercise class Monday, Wednesday, and Friday at 8:45am. There is no cost to participate. BINGO takes place at 9:30am on Tuesday and Thursday. Lunch is served at 11am Monday-Friday with suggested donation of \$1. Square Dance lessons are Fridays at 6:30pm. There is social dancing with The Browns on Tuesday evening at 6:30pm. The cost for that is \$6. Morning and afternoon games include Rook, Rummycubes, Chicken Foot Dominoes, UNO, Scrabble, art classes, knitting, and other fun.

The Amelia Island trip March 5-11 includes 7 days and 6 nights to Jacksonville, FL, Kingsley Plantation, Fountain of Youth, River Cruise. It includes 10 meals, dinner party, entertainment and more. The cost is \$569 with a \$75 deposit due by December 29. Motor coach with Diamond Tours. For more information about The Club/senior center or any of our special events, please call 256-760-6420 Monday-Friday 8am-5pm. Email:fdavis@florenceal.org

Spring Park Rides Schedule
December 1-24: Train and Carousel Only - Monday-Sunday 4-8pm

St. Florian Community Center Activities - Every Wednesday, 9am-2pm - Card games, dominoes. Come meet new friends. Card groups welcome. Potluck lunch served at 11:30am. Bring a dish to share or a donation.
Every Friday, 10:30am-12noon - Bingo, \$2 charge. Just bring yourself. New bingo prizes are provided. Coverall prize is a gift card. Lunch at 12noon for a minimal cost. Everyone welcome.

Colbert County Animal Control Needs Volunteers at the Colbert shelter to help walk, play with, and love our shelter dogs keeping them acclimated to human love and contact for their eventual adoptions! Please join our team! We are completely full and desperately need more volunteers! We are open Monday - Friday, 10am - noon and 1:30-5pm. Parent required for those under 16 years old. 5010 Missouri Street, Tusculmbia 256-381-4073.

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

Want a job? Want a better job? Get your GED! Free GED Prep classes are located near you. The program is open entry with new students starting classes weekly. For more information, call the Northwest-Shoals Community College Adult Education Program at 256-331-5440 or 256-331-5438.

Do you have a family member or a friend with a disability? If so, sign up for our Disability Advocacy Network email list to show your support for a family member or friend through The Arc's national movement.

By signing up you will receive reliable updates about state and federal legislative decisions so you can take action as an informed advocate. Your elected officials will listen to you on issues that are important to the I/DD community by making a call or sending an email! Go to www.thearc.org to subscribe!

The Shoals Model Railroaders meets each Tuesday at 6pm at 206 W. Fifth St. in Tusculmbia next to the Tusculmbia Depot. Visitors are welcome. We are a non-profit hobby club.

Florence Parks & Recreation, Fairground Rd Rental Facility is available for birthdays, reunions, showers, etc. For rental information, please call The Club, 256-760-6420.

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.

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.

Woodcarvers meet on the 2nd and 4th Monday nights of the month at Royal Ave Rec Center from 7-9pm. All carvers are welcome and instruction is available. Any questions, please call 256-760-6425

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Muscle Shoals City Schools
Invitation to Bid - Bid #2017-01 — Daily Custodial Services:
Central Office Main Building, Central Office Annex Buildings/Offices to include Community Education Offices, Education Foundation Office, Transportation Area, Maintenance Area, Technology Area, Alternative School Classroom, Two Pre-School Classrooms, and the Muscle Shoals High School Indoor Athletic Facility.
As needed: System-wide Custodial Substitutes, upon request.
To Whom It May Concern:
In compliance with the Alabama Bid Law, Act 2016-298, Alabama Legislative Session 2016, Muscle Shoals City Schools will be receiving sealed bids for the above referenced service.
All bids must be received in the business office by 1:00 PM, CST, on Friday, January 6, 2017. All bids must have "Bid #2017-01 - Custodial Services" clearly written on the outside of the sealed envelope, and submitted to Sarita Tapscott, Chief School Financial Officer. Bids will be opened publicly in the upstairs conference room at 3200 S. Wilson Dam Road, Muscle Shoals, AL 35661. The official bid specifications/required bid packets are available at the Board of Education-Central Office, Maintenance Shop, or on our website under Facilities.
Contact for specifics or to schedule a site visit: Terry Pearson, Maintenance Supervisor — 256-349-9797 or tpearson@mscs.k12.al.us
Muscle Shoals City Schools reserves the right to reject any and all bids. All bids are subject to board approval. Bid decision may be based on total project cost presented or by various location pricing, based upon what is best for the system.
Thank you for your interest in providing these services.

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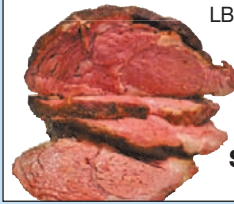
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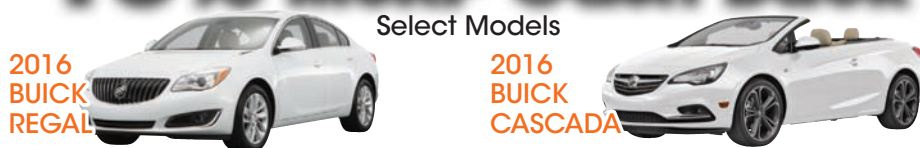
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