

Top Military Designation

FLORENCE – The University of North Alabama was recently awarded the number one designation for Military Friendly Schools in the public universities with 10,000 students or fewer category.

UNA was ranked in six categories: academic policies and compliance; admissions and orientation; culture and commitment; financial aid and assistance; graduation and career; and military student support and retention. UNA scored the highest in the culture and commitment category, followed closely by the financial aid and assistance category.

According to UNA President, Dr. Ken Kitts, this was one of his goals when he arrived at the University.

"We honor military service and want to support those who have served," said Kitts. "We've worked hard in both Student Affairs and our Office of Military and Veteran Affairs to make education more accessible to service members and veterans. This designation tells me we're taking the right steps," he said.

According to the website, Military Friendly® ratings and resources provide service members and their families with the information they need to make decisions about civilian careers and education opportunities. The survey-driven Military Friendly® lists have been published every year since 2003.

UNA's profile can be found at <https://militaryfriendly.com/schools/university-of-north-alabama/>

Utilities Scam in Our Area

FLORENCE - Florence Mayor Steve Holt reported that another phone scam involving Florence Utilities customers has been targeting businesses in our service area.

Some of these scammers use legitimate caller ID numbers and as pose Florence Utilities employees. They are asking for immediate payment and threatening to turn off electric service.

Florence Utilities employees DO NOT request immediate payment, nor do they threaten service disconnection through phone calls. Be alert to these phone scams that demand immediate payment and

See SHORTS.. on Page 6



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FLORENCE – Tri-State Center for Breast Health at ECM East has recently been recognized as a Certified Quality Breast Center in the National Quality Measures for Breast Centers Program. The center is the only breast health facility in Alabama to achieve this level of certification in 2016 and one of only twenty centers nationally. "This recognition shows we are dedicated to compassionate care and comprehensive

See QUALITY... on Page 6

State St. Opening of CRS

MUSCLE SHOALS – Children's Rehabilitation Service (CRS) recently celebrated the opening of its new facility at 714 State St. in Muscle Shoals. CRS's new 5,000 square foot

home offers more clinic space for families at one of the fastest-growing locations in the state. "Muscle Shoals CRS now serves

See CRS... on Page 6

Employees celebrate at the recent ribbon cutting for Children's Rehabilitation Services in Muscle Shoals.

Courtesy photo



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UNA head football coach Bobby Wallace addresses the media last week at UNA after he announced his retirement. RoarLions.com

Wallace Closes Memorable and Magical

PURPLE REIGN

FLORENCE. -- University of North Alabama head football coach, Bobby Wallace, announced his retirement last Tuesday. During his career at UNA, Wallace lead the Lions to 126 wins in 15 total seasons, including three national championships and a runner-up finish this fall.

Wallace is the winningest coach in UNA (126) and Gulf South Conference (152) history. He has spent 40 total years in college football coaching since taking a position as a graduate assistant at his alma mater Mississippi State in 1976. He has won 171 total games in twenty-eight seasons as a collegiate head coach. Additionally, Wallace has

already been inducted into the Alabama Sports Hall of Fame (2004), the Division II Football Hall of Fame (2010), and the University of North Alabama Athletic Hall of Fame (2011).



INSIDE: UNA Names New Football Coach

The Lions lost to Northwest Missouri State last Saturday in the Division II Championship Game, ending a second legendary run by Wallace at UNA.

"This will be the third time that I have retired, but I think this one will stick," Wallace said. "It's just time for me."

Wallace noted that he and his wife Sharon are expecting

See WALLACE... on Page 27



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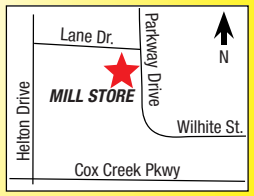
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Community Notes

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

LifeSouth Community Blood Drives for December

Keller Center - Monday thru Friday 9am - 5pm, 1208 South Jackson Highway, Sheffield - 256-383-3535

ECM Center - Monday thru Friday 9am - 5pm, 205 Marengo St., Florence, 256-765-7038

Wednesday, December 28, Noon - 6pm, Walmart, 1706 Military Street, Hamilton

Thursday, December 29, 11am - 6pm, Big Lots, 1700 Darby Drive, Florence

Friday, December 30, 11am - 5pm, Walmart, 3100 Hough Road, Florence

Saturday, December 31, 11am - 5pm, Title Max, 2110 11th Avenue, Haleyville

Sunday, January 1, 11am - 5pm, Lowe's, 130 Cox Creek Parkway, Florence

Monday, January 2, Noon - 6pm, Bargain Hunt, 149 Cox Creek Parkway, Florence

Tuesday, January 3, 1-7pm, Anytime Fitness, 1601 Darby Drive, Florence

Wednesday, January 4, 2-7pm, The Y, 2121 Helton Drive, Florence

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

Drop off your gently worn, unwanted coats by any Williams Cleaners location.

- 1412 N. Pine St., Florence
- 408 W. Avalon Ave., Muscle Shoals
- 119 W. 5th St., Tusculmbia

They will clean it and then make sure a cold child or adult gets it through the Sydney's Safe Foundation

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.

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 Christian 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.

Saint Joseph Free Will Baptist Church will have a New Year's Eve Singing Saturday, December 31 from 8pm-12:15am January 1.

Singing (southern gospel music) will be "the Voices of Victory out of Mississippi" and others during the break. Finger food served at 10pm and we will be praying in the New Year at midnight.

Everyone is welcome. Come and bring a friend. The church is located on Bluff Road in Saint Joseph, TN. For more information, call 931-242-4458 and leave a message. We will call you back.

The "Hi Neighbors of the Shoals" meeting will be Tuesday, January 3, at 10am in the Florence Public Library. This group welcomes all newcomers to the Shoals area. Contact Janice Hilborn, 256-247-1077 for further information.

Zip City Neighborhood Watch Meeting will be on January 8 at 2pm at the Zip City Fire Department.

See NOTES... page 38

piggly wiggly

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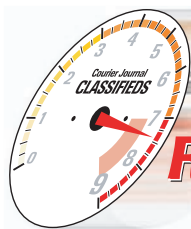
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Shorts...

Utilities Scam in Our Area

Continued from Page 1

threaten service disconnection. If a Florence Utilities customer receives a suspicious call requesting personal information or immediate payment, he should take the following steps:

1. Do not give personal or payment information over the phone.
2. Contact the Florence Utilities collections dept at 256-760-6525 or customer service at 256-760-6512 to verify a balance rather than just making the payment.

Blood Supplies Low this Month

SHOALS-With schools and colleges on winter break, regular blood donors traveling, and the holidays ahead, LifeSouth is already facing a critical need in many communities for O-negative blood donors.

Only about 7% of the population has O-negative blood. However, as universal donors, it is the most frequently transfused blood type.

While donors of all blood types are needed, O-negative supplies have hit an emergency low level. This means there is less than a two-day supply of O-negative to resupply the more than 100 hospitals LifeSouth serves.

LifeSouth asks donors to remember the gift of life through blood donation this holiday season.

Donors must be at least 17 or 16 with parental permission. They must weigh a minimum of 110 pounds and be in good health. A photo ID is needed. Go to www.lifesouth.org to find a blood drive near you, or call toll-free 888-795-2707 for additional information.



Quality...

Continued from Page 1

treatments," said Russell Pigg, ECM Chief Executive Officer. "As a Certified Quality Breast Center, our patients can be assured they are receiving excellent breast health care right here at home, as exemplified by our investment in innovative equipment and our highly trained providers."

The National Consortium of Breast Centers uses 33 National Quality Indicators to evaluate breast programs in the areas of imaging, surgery, pathology and patient satisfaction. In order to achieve this certification, Tri-State Center for Breast Health had to submit clinical performance data from two separate reporting periods in July 2015 through June 2016.

The center at ECM East offers a variety of women's health services, including advanced imaging technology such as digital mammography, breast ultrasound, and stereotactic breast biopsies on site. The center also offers same day biopsy service if an issue is detected with a diagnostic mammogram.

"The fact that same day service is provided to our patients was important in achieving this recognition," said Susan Tarascou, lead mammographer at ECM East. "From technologist to radiologist and pathologist, we care about our patients and we are proud to offer quick service to determine what course of treatment to take if necessary."

This level of certification in the NQMBC Program is valid for one year. Tri-State Center for Breast Health strives to maintain this level of care and plans to submit data each year to renew their certification.



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Thomas V. Magazzu
- ADVERTISING EXECUTIVES**
Sadonna B. Magazzu
Judy Cox
Gregg Scott
Joe Broadfoot
Heather Ridinger
- GRAPHIC COORDINATORS**
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EDITORIAL POLICY: Your Courier Journal accepts a variety of news releases, photos, stories, Letters to the Editor and upcoming community, church or civic events for publication as space permits. Please submit all materials in written form to:

219 W. Tennessee St. Florence, AL 35630
or email to: editor@courierjournal.net

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CRS...

Continued from Page 1

approximately 400 children with special health care needs in six surrounding counties," said CRS office coordinator, Kimberly Wright. "Our new office was designed with these children and families in mind. We're pleased to provide for families in an updated facility that is easily accessible so we can serve them efficiently and effectively."

The new clinic also features an audiology booth, a modern exam and interview room, a parent resource area, and covered accessible parking so those in wheelchairs can manage poor weather conditions.

Children's Rehabilitation Service is a program of the Alabama Dept of Rehabilitation Services, the state agency whose mission is to enable Alabama's children and adults with disabilities to achieve their maximum potential.

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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.

McCUTCHEON & HAMNER

Over the next several weeks I am going to write a series of articles that cover several areas of the law in a little more depth and with points of law that I believe will be helpful, sort of a "people's law school".

The first area of law I will discuss is the law of torts. Personal injury lawyers practice law in the area of tort. Joel and I are personal injury lawyers.

What McCutcheon & Hamner does is help people who have experienced an injury on a contingency fee basis. We do not get paid nor expect to be paid unless and until our clients receive money. We handle small car accidents, big car accidents, mack-truck wrecks, slip and fall cases as well as on-the-job injury cases. We go shoulder-to-shoulder with our clients through the process the law

requires for our clients to be compensated fairly for their injury. I absolutely and sincerely care about each client that I have and can't emphasize enough how important it is to have a relationship with your client to understand how their injury affects them and to help them understand the strong facts and weaknesses of their case and how those facts affect what they recover.

We practice tort law. Tort law is the idea that if someone acts in a way that they know or should know will cause harm to someone else then they are responsible for the harm they cause. Foreseeability is the cornerstone of liability. I tell juries it is sort of like the sign that we see in stores that says "pretty to look at, lovely to hold, if you should break it, consider it sold".

Tort law in this day and age is divided into two ideas, the first being that if you act in a way that foreseeably creates harm such as driving too fast, following too close or leaving water on a slippery floor you're responsible for the harm that you cause. The second idea is that of rules being in place that prevent harm and the consequences of breaking such a rule. For example, the rule is for every ten miles of hour for speed you have to leave twenty feet of distance between you and the car in front of you. If someone breaks that rule and rear ends the car in front of them, they are responsible for the harm they cause whether the harm is to property, people or both.

We will talk more about tort law in the next column.

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

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Having A Happy New Year

As we approach the New Year I would like to share with you what I believe is the key to making the most of the coming year. The answer is found in three principles that, if followed, will bring us the fullest measure of balance and blessings possible.

The first principle is Don't Live In The Past.

Too many people live their whole lives looking in the rearview mirror. The past is the past. We cannot change it. We all have regrets. There are things that we did or wished we had done but we can't go back. You are powerless over the past but the past can have power over you. Our past can make us bitter or better. Why not use the past as a catalyst to propel us forward to be a better person today? Instead of reliving those mistakes, why not learn from them and leave them in the past. Chalk those experiences up to the "lesson learned" category and be better and do better. Think about the successes of the past. Look to those happy memories as a motivation to create even more happy memories today.

The second principle is Don't Live In The Future.

Some people spend their whole lives dreaming of what might be. What a terrible waste of the time when we put all our effort into a future that we may never have. Have you ever taken a trip and been so focused on the destination that you couldn't remember much at all about the journey? Are there important parts of your life that are being overlooked because your gaze is fixed intently on the future? There is nothing wrong with being prepared. Much good can be accomplished and much trouble can be avoided by planning ahead. However,

we must remember that we have no promise of the tomorrows that we fret over. The third principle is Don't Squander The Present.

Some people are stretched so thin by the pull of the past and the fug of the future that they have nothing left in the middle for today. Maybe you have heard this statement, "Today is a gift, that is why they call it the Present". Truly, today is a gift. Today is the one day we have in our grasp and can use to make a real difference. If we use today to its fullest - heeding the voice of the past and its experiences, good and bad and looking to the future so that we might gauge the consequences of today's actions - we will make the MOST of today.

I guess we can use the past as a runner's block to push off from as we run the race today looking to the future as a goal to be reached. Just remember to stop and smell the roses. Listen to the cheers of encouragement of those around you and stop to help the helpless that are so abundant in our path.

I wish for you a wonderful New Year. Please live it one today at a time. That's the best way to enjoy them.



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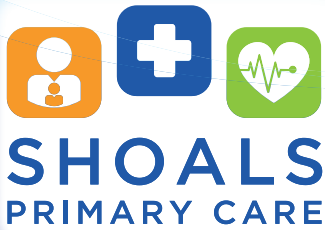
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Celestial Thoughts

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As the precious woman and her mother walked past my table to leave, I stopped her and explained that she had just blessed my daughter and the reason why. She thanked me in return and said what a good job my daughter was doing. Without missing a beat she asked me to pray for her mom who had been very sick; I'm still not sure how she knew I was a believer. Regardless of that little mystery, thank you again, ma'am, for letting your generosity shine even when you had no idea how much it would mean.

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DIRTY PLASTIC TOYS
 When I was little, my mom used to scrub my plastic toys in the bathtub. I found a much easier way. I just run them through my dishwasher. I set it to air dry (don't want to melt anything!) and use a mesh bag for small parts.
 Taylor

CLEANING STAINLESS COOKWARE
 To clean the black marks off pots and pans, mix enough white vinegar with cream of tartar to make a paste. Scrub with a non-abrasive pad and the black will come right off. You can let it sit for a bit if the mark is really tough. I cleaned my own pots with this and the difference was amazing!
 Stephanie

MY SAVINGS PLAN
 I came up with a new savings plan for 2016. I put a dollar aside every time I start my car. It sounds strange, but it causes me to save \$2 to \$5 each day. It's not a lot, but it's enough to make me watch where I spend my money. Even if it's only \$2 each day, that'll be around \$700 by next Christmas!
 Cody

SENIOR STRENGTH
 The New Year seems to get us all thinking of getting fit or improving our get-fit routines. And medical authorities are advocating that seniors need to maintain upper body strength in order to maintain their independence simply because one needs that muscle strength just to get out of a chair, out of bed, or to lift and carry lifestyle items in the home.
 Jody

SPRING SHOPPING SEASON
 I love springtime when I can shop yard sales. Since I can't go now, I prepare for later. I make sure that I have a current list of sizes for my whole family. I carry the sizes for my husband and kids but also my sister's family. I also put together a wish list of things I'd like to find. My kit includes various size batteries to check battery operated toys and electronics and a tape measure. I can't wait to go to yard sales again!
 Amy

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 We lower our thermostat when we go to bed, but I

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See DOLLAR... page 24

I WAS PLAYING A SHOOT-EM-UP game on my PS4 a few nights ago as some severe weather was blowing through the area. The game is Battlefield 1 which is based on events that happened in World War I. At one point, whilst in heated battle, warplanes zooming overhead, I thought to myself, "How cool that they added air-raid sirens to the game." Upon the completion of that level of the game, I found it odd that the air-raid sirens were still going off. It took me entirely too long to realize that those weren't air-raid sirens. They were local tornado warning sirens. I played right through them. A disaster was avoided no thanks to my carelessness but I've had disaster (and my



Fisher

DISASTER (UN)PREPAREDNESS

by "The Computer Skeptic"

unpreparedness) on my mind ever since.

Hardly a day goes by that we don't break the news to a client that disaster has struck their computer. Viruses, hardware problems, and operating systems corruptions are pretty common. There are no warning sirens and it can be a frustrating experience if you aren't prepared.

The worst of these disasters are hard drive failures. They often happen without warning. Laptop hard drives are most susceptible because people tend to mistreat them more than desktop computers. You

should know what, while the computer is powered on, the laptop should not be moved. If you have to move it, do so very gently. A hard drive has platters that resemble old-school record players. Just like a record player, if you move it around while it's on, bad things happen. Chief among those bad things is a complete failure. When that happens, all your pictures, music, documents, and software go on to computer heaven.

I've preached the importance of backing up your personal data many times in this space but I have neglected to add the

importance of making sure you can reinstall your software. This came to mind recently when a business client got mad at us because all their software was missing from their computer after we replaced their hard drive. Of course we told him he would have to reinstall his software. Of course he wasn't paying attention. And of course he had no idea where to find his software. That was somehow our fault.

Don't be that guy! After you make backups of your data, search your file drawers and closet shelves and collect copies of software you have purchased. If you purchased software over the internet, such as Microsoft Office or Norton Antivirus, you likely won't have reinstallation CDs. So be sure to print out your confirmation email that have the "license keys" required for reinstallation. If you have

a wireless network in your home or office, be sure to write down the password so you can rejoin it. Locate your printer software so you can reinstall your printer, too. If you have a hard time remembering your email passwords, write them down somewhere so that if you have a failure, you can easily reconfigure or log back in to your email accounts with minimal hassle.

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

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DAVE'S TAKE ON LAYAWAY

Dear Dave,
How do you feel about using layaway programs?
Jay

Dear Jay,
I'm not a huge fan of layaway plans, because they're not really the solution to a problem. What's wrong with just saving up and buying stuff when you have the cash? I mean, Christmas comes at the same time

DAVE Says

by DAVE RAMSEY



every year, you know? It's not like it snuck up on you.

I know there are rare instances when particular items are on sale, and you can take advantage of it through layaway if you don't have the cash at the moment. I don't really have a problem with that kind of thing in rare instances. But I would not, under any circumstances, use a layaway plan that has fees attached. You might as well borrow the money if you're going that route.

Here's a good rule of thumb: if you don't have the money, you can't afford it. And make sure you don't get into the habit of lusting after things you don't own, because that lack of contentment is always tied to people being broke. Just don't make plans like this a way of life, Jay. If you do, you're liable to stay chained to layaway programs just like you'd be chained to debt!

— Dave

CREDIT CARDS ARE NOT AN EMERGENCY FUND

Dear Dave,
My husband and I are trying to follow your plan. We've paid off all of our credit cards, but he still doesn't want to close the accounts and cut up the cards. Instead, he wants to keep them in a drawer and use them as an emergency fund. He grew up really poor, and I think he's afraid of being poor again. We both know that's not what you recommend, so what can I do to convince him to follow your advice?
Lynn

Dear Lynn,
I think rather than trying to convince him, it might be a better idea to gently ask questions and talk

things through. You said he grew up in poverty. What I'm hearing is that the cards represent a kind of security blanket for him. I can understand that. But if you had \$10,000 set aside for emergencies, you'd have the security of knowing that a transmission repair on the car or a new water heater for the house would only be a minor inconvenience — and you wouldn't have to go back into debt to make things right again. Explain to him that what you'd like to do is replace the credit cards with your own money. You'd also be replacing what they do with a debit card. Ask him if there's a reasonable amount you two could have in the bank that would take away his worry and stress. Talk it out, agree on the amount, and then agree that when you've saved up and hit that number, the cards get cut up and the accounts are closed. Just be patient and understanding. Above all, make sure you work together. If he's recognized the wisdom of getting out of debt and taking control of your finances, he's moving in the right direction!

— Dave

Dave Ramsey is CEO of Ramsey Solutions. He has authored seven best-selling books, including *The Total Money Makeover*. The *Dave Ramsey Show* is heard by more than 12 million listeners each week on 575 radio stations and multiple digital platforms. Follow Dave on the web at daveramsey.com and on Twitter at @DaveRamsey.

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Guest Opinion-Editorial

More About Fake News in Next Week's Commentary

Fake News, Facebook, and Free Speech

Beware! The media, liberal politicians, and just elite people smarter than you are very concerned about your information intake and possible exposure to fake news. They are consumed with fear that you might be misled or even outright manipulated to do something harmful to society or at least contrary to their agenda. You know - like eat meat, drive an SUV, own guns, or worst of all, vote for Trump.

Hillary Clinton wants you to believe fake news is a 2016 election phenomenon. Grasping for scapegoats to explain a billion dollars wasted, Clinton called for Congressional action to curb fake news at her "Big Donor Thank You" rally. Fake news is just a new buzz word for old news.

Since the first stone tablets, there has always been fake news. Still around are tabloids selling stories about alien abductions, half-animal half-human babies, and all manner of celebrity salaciousness. All of this is easily dismissed, but what about when tabloids stumble on to a real scoop? The mainstream media scoffed at *National Enquirer* reporting about 2008 presidential candidate John Edwards' tawdry extra-marital affairs for about a year. Would this story have been buried as fake news before the videos leaked and the love child could not be hidden anymore?

Before the stark fake news labels, critical readers have always been aware of the more nuanced sensationalized reporting. Such news items are still the primary culprit in the

See **FAKE NEWS...** on Page 36

COMMON SENSE RADIO



Pete Riehm

Courier Journal

THIS WEEK

in the *Shoals*
December 28, 2016

Happening
THIS WEEK

7 Ways to Get Fit as a Family

(StatePoint) Healthy eating habits and gym routines can be hard to keep up after the excitement of the holidays fizzle. For parents who juggle busy schedules, it can be particularly challenging to squeeze in the recommended amount of physical activity each day.

However, with a little motivation and a dose of creativity, families can resolve to stay active and get fit together - without stepping foot into the gym. Here are seven ideas to consider:

1. Explore the neighborhood.

Take the children on regular strolls around the block. Create your own nature walks by identifying different insects, leaves and animals along the way. Collect pinecones, acorns or other foliage that can be used for fun crafts back at the house.

2. Take advantage of local parks.

Visit a local park to discover

2017

See **GET FIT...** on Page 27



Waterfowl Stamp Art Contest Opens Jan. 1

HOLLYWOOD, AL—Alabama artists are invited to enter the 2017 Alabama Waterfowl Stamp art contest which opens January 1. The winning artwork will be featured as the design of the 2018-19 Alabama Waterfowl Stamp, which is required along with the Federal Waterfowl Stamp when hunting migratory waterfowl in Alabama. Like the federal waterfowl stamp, revenues from the sale of Alabama stamps are used to purchase, establish, or improve migratory

Jim Denney of Alexander City won last year's Alabama Waterfowl Stamp Art Contest with this painting of an American Wigeon. The artwork will appear during the 2016-17 season.

See **STAMP...** on Page 31

LOCAL LIFESOUTH COMMUNITY BLOOD DRIVES for December:

- Thursday, December 29, 11am-6pm, Big Lots, 1700 Darby Drive, Florence
 - Friday, December 30, 11am-5pm, Walmart, 3100 Hough Road in Florence
- Office locations:
- Keller Center - Monday-Friday 9am-5pm, 1208 South Jackson Highway, Sheffield - 256-383-3535
 - ECM Center - Monday-Friday 9am-5pm, 205 Marengo St., Florence - 256-765-7038

THE AMERICAN RED CROSS

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

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

A COMMUNITY SINGING

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

VFW NEW YEAR'S EVE DANCE

is Saturday, December 31 from 7pm-12:30am at the VFW Post 419, 419 N. Raleigh Ave in Sheffield. The \$10 cover includes champagne toast and party favors. Limited seating. Tickets are available at the Post Friday and Saturday. Karaoke Sunday 3pm until.

Tickets: call the Ticket Office 256-765-5466 or Benjamin Ray UNA Athletics Director of Ticketing & Marketing 256-765-5467 • Baray@una.edu

BASKETBALL

Women

Sat, Dec. 31 • 1pm (EST)
vs Valdosta State
at Valdosta, GA

Mon, Jan. 2 • 5:30pm
vs West Florida
at Pensacola, FL

BASKETBALL

Men

Sat, Dec. 31 • 3pm (EST)
vs Valdosta State
at Valdosta, GA

Mon, Jan. 2 • 7:30pm
vs West Florida
at Pensacola, FL

GO LIONS!

Check www.roarlions for complete schedules

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

A Climate-Fight Firing

Editor:

Obama and Hillary have been saying Trump punishes people who buck him or don't agree with him. Now we find out that Obama fired a top scientist in 2014, Dr. Noelle Metting, for allegedly providing too much information in response to questions posed by Congress. Metting is a radiation research program manager and one who happens not to agree with Obama's position on climate control.

What do top notch, highly trained scientists know, anyway? Hey, remember, Trump knows more than the generals. I guess Obama knows more than the scientists.

Paul Sabatino
Florence

Quit in 17: Be Healthier and Wealthier

Editor:

Quitting smoking in 2017 can have immediate benefits for your health and bank account.

Within 20 minutes of quitting, heart rate and blood pressure drop. By the end of three months, circulation improves and lung function increases. With a pack of cigarettes costing \$5 or more per pack, quitting means more money to spend for other things. There is no downside to quitting tobacco.

It can take multiple attempts at quitting for someone to finally stop. The Alabama Department of Public Health offers free assistance to stop tobacco use through the Quitline. The Quitline helps callers develop an individualized quit plan, offers coaching, and up to eight weeks of nicotine replacement therapy (NRT) patches, if the user is medically eligible and enrolled in the

I recently had someone come to my car begging for food and gas. I had just gotten an unexpected gift card in the mail.

coaching program. All services at the Quitline - 1-800-QUIT-NOW - are free to Alabama residents.

Services are available every day from 6am-midnight. Calls placed after these hours or on holidays are returned the next business day. Quitline services are also available online at QuitNowAlabama.com. Calling 1-800-784-8669 from any Alabama area code connects to the Quitline. The Quitline schedules phone coaching sessions at

See **LETTERS...** on Page 23

JANUARY 2017

Calendar of Events

Helen Keller Hospital

SUNDAY, JAN. 1



FROM HKH!

FRIDAY, JAN. 6 BLOOD PRESSURE & BLOOD SUGAR SCREENINGS

8:30-11:30am
Hospital - Main Lobby
FREE. No appointment necessary.
Sponsored by Keller Volunteer Services

TUESDAY, JAN. 10 HEALTHY VALLEY WOMAN

with Dr. JaVar Myatt-Jones
12pm • Wellcare Center
"New Year, New You - A Discussion on
Weight Loss and Nutrition"
FREE • Reserve Spot
256-386-4747

WEDNESDAY, JAN. 11

SCALE BACK ALABAMA

Keller Wellcare Center will be a weigh-in facility
for this statewide competition.

Call 256-386-4747 for more information

Grab a partner and you could win statewide prizes
if you lose 10 pounds each!

WEDNESDAY, JAN. 11

DIABETES SELF-MANAGEMENT EDUCATION

9am • River Room

Teaches you to manage your diabetes through
medication, diet and exercise.

Call 256-386-4029 for registration information.

THURSDAY, JAN. 12

CHILDBIRTH CLASSES

Education Department in the
Basement of the Hospital
6pm

Other classes on Jan. 16 & 17

To Register call HKH Education Dept.,
256-386-4030

FRIDAY, JAN. 20

BLOOD PRESSURE & BLOOD SUGAR SCREENINGS

8:30-11:30am

Hospital - Main Lobby

FREE. No appointment necessary.
Sponsored by Keller Volunteer Services

WEDNESDAY, JAN. 25 & THURSDAY, JAN. 26

ACLS CLASSES

Contact the Keller Education Department at
256-386-4030
for more information

FRIDAY, JAN. 27 CPR CERTIFICATION AND CPR RENEWAL

Certification 10am;
CPR Renewal Classes 7:30am &
1pm in River Room
\$50 fee for non-employees.

Please pre-register with the Education Dept,
256-386-4030.



256-389-9005 **Jody's Restaurant** Call In's Welcomed
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Add Salad Bar - Mon.-Fri. & Sat. for \$1.95

SEAFOOD BUFFET - \$15.79
Fridays 5pm-8:30pm: Southern Fried Catfish, Fried Shrimp, Frog Legs, Oysters, Potatoes, Hushpuppies, Chicken Tenders, Slaw, Salad Bar, & Dessert

SUNDAY BUFFET ALL-YOU-CAN-EAT - \$8.95
Chicken & Dressing • Other Meat Choices • Country Veggies • Dessert • Salad Bar • Breads

BREAKFAST BUFFET ALL-YOU-CAN-EAT - \$7.99
"Serving Chocolate Gravy"
Saturday & Sunday
6am till 10:30am

SATURDAY BUFFET 11AM - 8PM - \$7.95

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FORD: EXPLORER SPORT TRAC, 2010 \$24,964. V8, 47k, financing available, call Shannon 256-412-1551 or 256-764-3351

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

LOOKING FOR A SMALL truck, must run and drive well, prefer automatic, between \$500 and \$2,000. 256-446-3483.

\$1,000 REWARD FOR INFORMATION leading to the arrest and conviction of the person or persons responsible for taking personal property from the 2000 block of Oak Drive in Muscle Shoals, between June and Nov., 2016. Please contact Willie at 256-381-0231 or 256-366-4184

ALARMS, CAMERAS, NO MONTHLY fee, automatic gates, telephone entries, access control systems 256-762-4357

FOUR SIDED CROME PLATED clothing display rack with locking wheels \$35 256-476-3000

CLEAN TOPSOIL DUMP TRUCK loads Big/Small Delivered and spread. 256-740-7406 www.BamaDirt.com

2 KEROSENE HEATERS WITH a 5 gallon can and hand pump, \$75/both. 256-308-0607.



3 PIECE FULL SIZE Antique Bed set. Like new pillow top mattress & box spring with matching Antique Dresser and Oval Mirror attached plus Chest of Drawers. Very Nice Condition. \$1500. OBO 256-476-5365



2008 CHRYSLER PT CRUISER, \$2,500. OBO, runs great, low miles, candy apple red, very nice. 256-275-2276 (Shoals area)

CHRYSLER: 300C, 2016 \$23,868. leather, sunroof, 24k, financing available call Eric 256-577-8449 or 256-764-3351

VICTORY CHRISTIAN FELLOWSHIP DAYCARE - 8th grade, 6:15 AM - 5:30 PM. \$75 for one student/ \$45 to add another student. 3 students are only \$165. A-Beka curriculum, clean, safe and organized. God centered. Multi cultural. CMA welcome, 256-767-1749 or 256-710-1749 www.victoryyes.org

CHRYSLER: TOWN & COUNTRY, 2008 \$9,988. 85k, Financing available call Brandon 256-710-4598 or 256-764-3351.

No Room For Christ

Luke 2:7 And she (Mary) brought forth her firstborn son (Christ), and wrapped him in swaddling clothes, and laid him in a manger; *because there was no room for them in the inn.* I recently received a list of businesses that have refused to have anything to do with the Christ of the Bible or the reference to His name. They want your money that you blow on presents, but they have no room for Jesus Christ. This gives great credibility to **1 Timothy 6:10** "For the love of money is the root of all evil: which while some coveted after, they have erred from the faith, and pierced themselves through with many sorrows." **No room for Christ.** Today, like the RICH man in **Luke 12: 17-21**, we have so much we don't know where to put it. We have stuffed our minds, houses, barns, and our lives with so much junk, that there is no room for what really matters in life. Notice **Luke 12:21** "So is he that layeth up treasure for himself, and is not rich toward God." **James 5:1-3** "Go to now, ye rich men, weep and howl for your miseries that shall come upon you. Your riches are corrupted, and your garments are moth-eaten. Your gold and silver is cankered; and the rust of them shall be a witness against you, and shall eat your flesh as it were fire. Ye have heaped treasure together for the last days."

Pontius Pilate once asked **Matthew 27:22** "Pilate saith unto them. *What shall I do then with Jesus which is called Christ? They all say unto him, Let him be crucified.*" Pilate again in **Mark 15:15** "And so Pilate, *willing to content the people,* released Barabbas unto them, and delivered Jesus, when he had scourged him, to be crucified." **Pilate's problem, no guts. Now, what about you, what have you done with JESUS who is called the CHRIST?** Have you had any room for Jesus all these years? At the end of unbelief, apostasy, rebellion and stubbornness is always judgment. **Are you ready to be judged the way you have judged and treated Jesus Christ?** God and Christ are going to be around long after we are dead and gone. What have you done with Christ? You must answer. Soon you will meet Him, as a Saviour or your judge. Get ready now. **Today might be your last tomorrow.**

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A CHILLY GATHERING! You have 15 seconds to spot two identical snowmen.

Junior Whirl!

by Charles Barry Townsend

Answers On Page 38

ROCK SOCK SOAK SOAR STAR

Illustrated by David Coulson

A TEN-SECOND TEST!
Here's a quickie, students! If you divide 80 by one-half and then add 15 to the result, what will the total be?

HERE'S A QUICKIE!

LINK-UPS!
Here's a list of 12 short words, divided into two columns. Turn them into six longer words by linking them together. To do this, draw a line from one word in the left column to one word in the right.

1 NEST	ELL
2 PAD	IRE
3 OUTS	LED
4 RAMP	PLED
5 SAT	ARTS
6 TIP	DIES

A STAR IS BORN?
While this grungy garage guitarist is working on his first gold CD, see if you can solve these five Ladder Puzzles in less than five minutes. In this type of problem, you are given a word that must be changed into another word in a series of moves. During each move, you must change one letter in the previous word so as to form a new word. In our example, we changed ROCK to STAR in four moves. See if you can change the following words in four moves each.

1. BARN to DOOR
2. TAIL to COAT
3. DULL to WISE
4. FARE to WELL
5. MARK to DOWN

ON YOUR DEBT

What are my options if I cannot make my Chapter 13 payment?



B. Grant McNutt
Managing Attorney

What are your options if 3 or 4 years into your 60 months (5 years) plan you lose your job or your income is reduced substantially? The answer is unfortunately, "It depends." Is your case asset or income driven? Is your job loss permanent or temporary? Was it an unexpected expense, like a water heater failed or transmission needed to be replaced? Each scenario presents different answers.

For instance, if it is a temporary job loss or an unexpected expense, a simple motion to suspend your Chapter 13 plan payment for up to 3 months could be a very straightforward solution to the short-term problem.

If it is a permanent job loss or maybe you are unable to work at all for some reason and will now be relying on unemployment compensation or social security disability then your answer lies in whether your case is driven by assets or income. If it is income driven, then the solution could be that you could either modify your existing Chapter 13 payment to a lower more reasonable monthly amount or convert your case to a Chapter 7. If you are eligible to convert, then you will not have to make any further Chapter 13 payments, but will have a Court Hearing much like your initial Chapter 13 hearing (called the 341 Hearing) about 30 days after you convert. On the other hand if you are able to modify your existing Chapter 13 payment to a lower monthly amount, then you will have to ask the Court to approve this modification. This Court hearing is usually held a month later and your attorney will typically be the only one that has to attend. You will simply need to make a good faith payment of the new amount before your Court hearing.

If your case is asset driven, which means you have a home that is paid for and/or you have substantial equity in your residence, then you have two options. Continue to make the payments or if that is not feasible, you might have to let your case be dismissed. This is not the end. You might be able to simply re-file. With all the debt paid down in your previous case, a fresh 60 months might allow the payment in your new case to be lower and still pay the required equity to your creditors.

At Bond & Botes, if you ever find yourself in this situation, we will have you schedule an appointment and sit down with you and discuss all your options face to face. Our goal is to make your life as stress free as possible.

Also, if you are not presently in a Bankruptcy but are struggling to pay credit cards, medical bills or personal loans, not to mention your mortgage and vehicle loans, please call one of our conveniently located offices at Bond & Botes to set up a private consultation with one of our experienced attorneys.

We will analyze your situation and help you make the best decision possible to help you navigate your financial problems.

Alabama State Bar requires the following: "No representation is made that the quality of legal services to be performed is greater than the quality of legal services performed by other lawyers."

NISSAN: ALTIMA, 2015 \$13,786. 2.5S cloth, auto, 39k, financing available call Brandon 256-710-4598 or 256-764-3551

DODGE: DART, 2015 \$11,764. SXT, cloth, auto, 46k, financing available call Matt 256-810-0283 or 256-764-3351

2009 HONDA CRV EX, 108k \$11,988. financing available call Matt 256-810-0283 or 256-764-3351

CHEVROLET: SILVERADO, 2016 \$26,500. 2016 Custom Silverado, cloth interior, 4.3L V-6, only 4,000 miles, New 20" rims and tires, new chrome step bar, Chrome mirror caps, chrome door handles, bed liner, custom hood stripe, black out bow tie, custom window tint, a/c, power door locks, Shoals, 256-412-0789

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QUEEN PILLOWTOP MATTRESS SET still in factory plastic, \$150. Kings, \$275. Full size, \$140. Delivery possible. Call Eric: 256-710-7325.

FORD: F-150, 4X2, 2015 \$36,000. Tuxedo Black Metallic, Supercab, 4623 miles, MSRP \$47,860. 256-508-8147.

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KIA: SOUL, 2011 \$9,988. Sport, leather, 90k, Financing available call Tony 931-213-1386 or 256-764-3351

CHEVROLET: SILVERADO, 1986 SHORT box, 350 engine and transmission, all power, air and good tires; \$3,995. 256-764-9973

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KIA: OPTIMA, 2005 \$2,500. 1 owner, good car, 160k miles. Call 256-702-3805

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FORD: TAURUS, 2013 \$11,986. SEL, V6, 110k Financing available call Tony 931-213-1386 or 256-764-3351.

2005 ALLEGRO 28 FT. MOTORHOME, \$3,000. 256-810-5245

HYUNDAI: ELANTRA, 2011 \$9,755. Leather, 85k, Financing available call JD 256-577-1056 or 256-764-3351.

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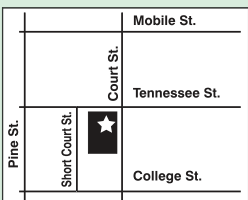


B. Grant McNutt
Attorney at Law



Nicholas H. Gajewski
Attorney at Law

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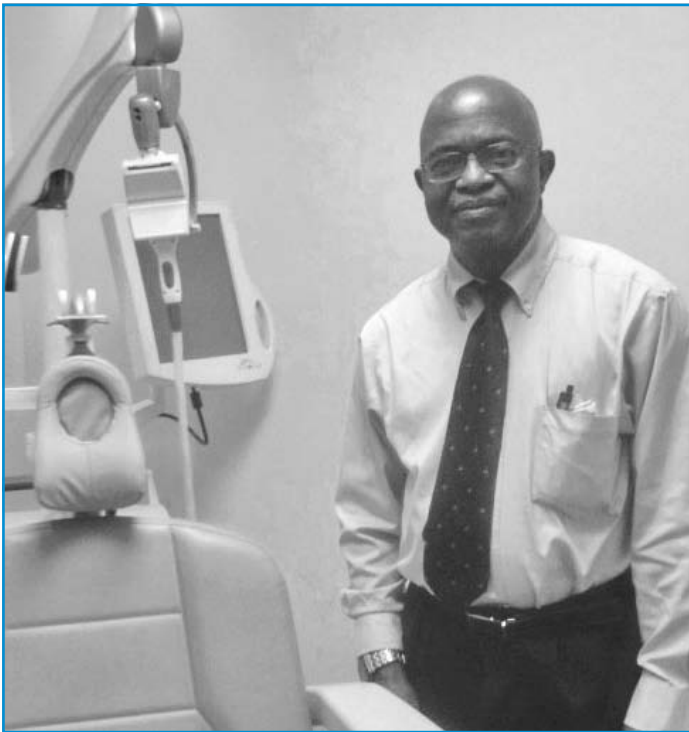
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HONDA: ACCORD EX-L, 2012 \$11,998. 109k, 2 door, financing available, call Shannon 256-412-1551 or 256-764-3351

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2006 TOYOTA CAMRY XL, leather, sunroof, power, lady driven, 180,000 miles, non-smoker, all service records available, good tires (six months old) \$8,500. 205-522-1700

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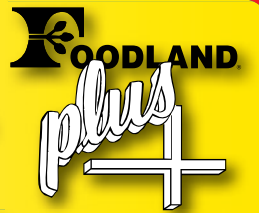


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3413 Woodward Ave. • 7am-11pm • 256-978-6093
- SHEFFIELD** Foodland Plus • 106 Towne Plaza • 7am-10pm • 256-381-6552

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- ELGIN CROSSROADS** ELGIN Forest Plaza • 7am-11pm • 256-247-1958
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Letters...

Healthier and Wealthier

Continued from Page 14

convenient times for the caller. If the caller is eligible for NRT, it is mailed directly to the caller's home. The phone call is free, the patches are free, and the plan is free. No judgment. Just help.

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Tobacco use is the leading cause of preventable death in the U.S. In Alabama. Some 8,600 people die annually from tobacco use. Almost one-third of cancer deaths in Alabama are attributable to smoking, according to the Campaign for Tobacco Free Kids.

According to the 2016 Adult Tobacco Survey conducted by the Institute for Social Science Research at the University of Alabama, more than 60% of Alabamians who smoke have tried to quit at least once during the past year. There are now more people who have quit smoking than there are current smokers.

For more information on quitting, contact the Quitline at 1-800-784-8669.

Jabari Sullen
Alabama Tobacco
Quitline Manager
Montgomery

Obama's Clear Hatred for U.S.

Editor:

While I agree that the allegation of Russia's hacking should be taken seriously, it is extremely hypocritical of Barack Obama to pretend that he is a patriot who really cares about the security of this nation.

In a 2012 meeting with then Russian President Medvedev concerning missile defense Obama was caught on camera assuring the Russian president that he would have more flexibility to deal after the presidential election. The Russians wanted a legally binding pledge that their nuclear forces would not be targeted by our missile system.

Consider Obama's appointments to his cabinet and advisory staff. He appointed as his Green Jobs Czar Van Jones, a communist revolutionary who founded the organization called STORM. (Standing Together to Organize a Revolution). This organization was committed to the fundamental ideas of Marxist-Leninism. In 2009 Obama appointed Chai Feldblum, an anti-religious

liberty judge, for the Equal Employment Opportunity Commission. Feldblum asserted that society should not tolerate any private beliefs, including religious beliefs, if they negatively affect homosexual equality. In 2010 Obama appointed Kevin Jennings who is founder of the Gay Lesbian and Straight Education Network, an organization dedicated to indoctrinating our children into the homosexual lifestyle, to oversee the nation's safe schools. In 2012 the Obama

See LETTERS... on Page 33



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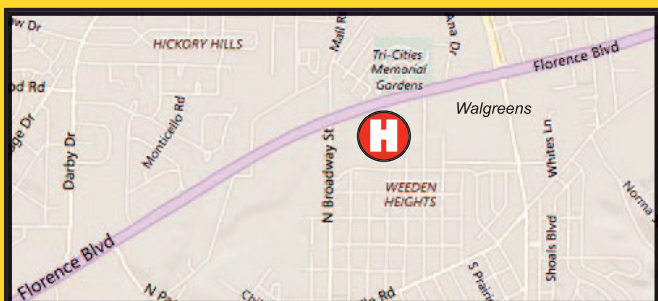
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THE DOLLAR Stretcher



continued from page 11

wanted to be able to drop it down earlier to save. My family complained until I bought a couple of thrift store blankets for our family room. We snuggle under them while we watch TV. One is even an electric blanket! I don't know how much we'll save on heat, but I bet that we cover the cost of the blankets in just the first month that we use them!

Natalie

WINTER WOES?

It's not uncommon for people to get a little depressed in the winter. Doctors say that a lack of sunlight can be the cause. I make a point of opening the blinds and shades that face the sun. I also bought a small sun lamp that I put in the kitchen (since I spend a lot of time there!). I've also read that lighter colors in the room help, so I'm making some light colored slip covers for our sofa in the family room.

Tisha

INVADING SQUIRRELS!

I have huge trees in my yard. This winter I noticed I had squirrels hanging around. Sure enough, when an outdoor light quit working, the electrician found a squirrel's nest in the attic. He told me to go to the sporting goods department (hunting gear section) of a big box hardware store and buy a bottle of red fox urine scent. Spray it on some rags and scatter them around in the attic. He said that this will scare off any rodents or squirrels because they smell the odor and think a predator is nearby. It's not poisonous, so it doesn't leave carcasses in the attic.

N2W

EASY CEILING FAN UPDATE

The ceiling fan in our family room was looking tired, but I really didn't want to replace it. Then it occurred to me that if I changed the look of the blades that the fan would take on a new appearance, so I removed the four blades (easy work). I did make a note of which blade came from which bracket, so I didn't have to rebalance the fan. I took the blades down to my workshop, and after cleaning them thoroughly, I sprayed them with a color that contrasted with my family room. After doing a little clean-up on the fan body and reattaching the blades, the room had an entirely new feel!

Dave

MY HEADBOARD

We just moved to a new home and bought a king-sized mattress, but we didn't have the money to buy a fancy headboard. I told my husband that we didn't need one and that I

See DOLLAR... page 28

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Bowl Mania

It's been a few years since I've made my annual college bowl predictions. But the college football playoff system has created an enormous amount of interest since its inception the past few years. The fact that Alabama and Auburn have been a major part of the national championship games recently, the interest has really taken on major proportions in the Deep South.

So here's the way I see it this season. Let's start with the four playoff teams chosen by the playoff selection committee.

Alabama versus Washington. On paper, the Crimson Tide is a winner hands down. I believe the Tide's No.1-ranked defense will not give the huskies an even fighting

I believe Washington's quarterback will be seeing things he's never seen before.

They say Alabama's opposing quarterbacks this year have approximately 1.5 seconds to make a decision as to what he's going to do with the ball.

That's an amazing statistic. And if the Huskies offensive coordinator calls a running play, he's just wasted a down.

With that said, I predict Alabama will rout the Huskies by three touchdowns or more.

Ohio State versus Clemson. I don't see how the Buckeyes are favored to win. They have a young team, a running attack that is almost non-existence and a scrambling quarterback. Their hopes rely on a quick, strong defense.

And they will need it to stop Clemson's Deshaun Watson. 'Bama fans will remember how Watson almost stole the championship title from them last year. If he's on his game, it's turn out the lights for the Buckeyes. I predict Clemson will win by ten points.

Some of my other picks include USC over Penn State...Kentucky over Georgia Tech...Louisville over LSU...Nebraska over Tennessee...Georgia over TCU and Iowa over Florida.

Don't be too dismayed with my predictions. Past history on my bowl selections has proven not to be very accurate for the most part. Just sit back and watch the games and have a lot of fun. I wish you and your family Happy Holidays during this most wonderful time of the year.

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

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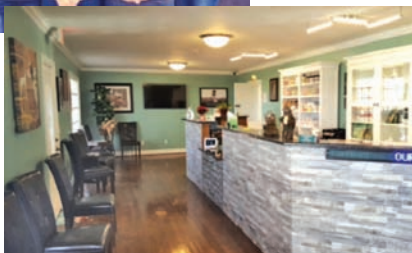
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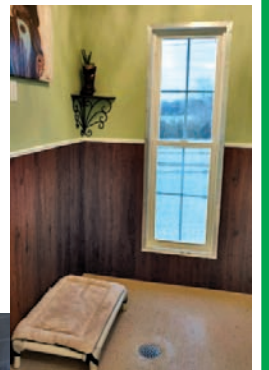


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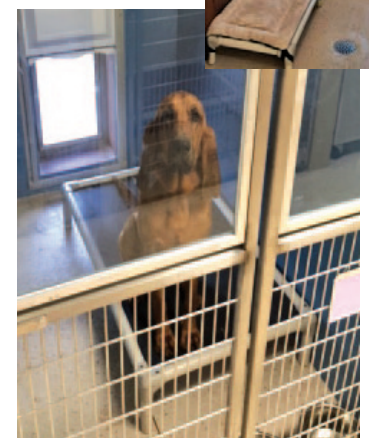


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Get Fit...

Continued from Page 14

different walking paths or bike trails. And spend some time on the playground while you're at it! Equipment, such as monkey bars, climbing walls, and balance beams are all fun ways to get moving.

3. Invest in gear without breaking the bank. Athletic clothes and accessories with the latest performance fabrics enhance comfort and safety while working out. New gear can be a great way for each family member to show his or her sense of style, which can be just the motivation needed to get moving.

It is especially important to replace footwear often, as worn out athletic shoes can increase risk of injury. Consider shopping at retailers like Rack Room Shoes for everyday value on brands for the entire family. For more information, visit RackRoomShoes.com.

4. Schedule dance parties. Enjoy music and shake off some stress by scheduling regular dance parties after school, during commercial breaks, or before bedtime.

5. Make a game out of chores. Make the most of family chores. Shoveling snow, raking leaves and mowing the grass don't just enhance your home's curb appeal; they are all great forms of exercise!

6. Get in a routine. A routine ensures consistency. Set aside time each week for bike rides, tag football and soccer games, all of which can all be done in the neighborhood, backyard or at a favorite park. In bad weather, head to a local trampoline park, climbing gym or indoor soccer field.

7. Make a Matrix. Planning fun activities increases the chance you will keep up the good work. For those who love to check items off a list, a color-coded spreadsheet can be a fun visual reminder to test out new activities. Hang this in a common area, such as the kitchen, to keep track.

Once you have the plan in place, get into a fitness routine that works for your family and stick with it!

Willis Takes Over UNA Football Program

FLORENCE—Helping lead UNA to twelve playoff appearances and seven conference championships in his fifteen seasons on the coaching staff are some of the reasons why Chris Willis was named head football coach last Thursday in an announcement by UNA Athletic Director, Mark Linder.

Willis was an assistant coach at North Alabama under Mark Hudspeth, Terry Bowden, and Bobby Wallace. He coached tight ends, running backs, the defensive secondary, and recruiting coordinator at various times. Wallace elevated Willis to defensive coordinator for the last five seasons. He directed defensive efforts that helped UNA become the first school in Gulf South Conference history to win four straight league championships.

"In every search for a head coach, we look at individual character, the ability to recruit, and their professional pedigree," Linder said. "We have



New UNA head football coach, Chris Willis, most recently served as assistant coach and defensive coordinator. RoarLions.com

known Chris for 15 years on our staff and we know he is a man of character. We also know he has the ability to recruit excellent student-athletes. In his fifteen years here at UNA we have a 139-45 record, we have won seven conference championships, and we have been in the playoffs twelve times. Those numbers speak for themselves."

According to Linder, Willis has not signed a contract yet. However, Linder indicated it would be a multiple-year contract

and would be finalized following the holiday break.

Willis received his Bachelor's Degree in Education in 1998 from Delta State and his Master's Degree in Education in 1999 from Delta State. While at DSU he also taught in the Health, Physical Education and Recreation Department.

Willis is married to the former Tara Beausoliel of Greenville, Miss. They have three sons, Beau (9), Cody (7) and Drew (3).

Wallace Retires...

Continued from Page 1

their fourth grandchild in February and are looking forward to more family time in the coming years.

"I want to thank our athletic director Mark Linder for the unbelievable experience I've been able to have here the last five years, and I want to thank all of the players and coaches and staff members who helped take us on this great ride," Wallace said. "While I'm looking forward to retirement, it's also sad because this is the most exciting time for UNA. With the leadership of Dr. Ken Kitts and Mark Linder and the unbelievable support of the University and the community and the coming move to Division I, it's a great time to be a Lion."

Wallace said he also felt that UNA should have the opportunity to name a new head coach prior to the Division I transition.

"It's going to be a six-year process, and I think the new coach will need to be

able to build the program the way that he wants to go into Division I," Wallace said.

Wallace's list of coaching awards includes being named Division II Coach of the Quarter Century (1972-97), Gulf South Conference Coach of the Quarter Century (1971-95), AFCA Division II National Coach of the Year three times (1993, 1994, 1995) and Gulf South Conference Coach of the Year four times (1993, 1994, 1995, 2016).

Wallace's three NCAA Division II National Championships at UNA in 1993, 1994 and 1995 tie him for the most championships by any coach in the division's 39-year history. Those 1993-95 teams also had a combined 41-1 record, making Wallace the first coach in collegiate football history to win as many as 40 games in just three seasons. UNA is also the first school in the history of NCAA scholarship football to

win three straight national titles.

With ten playoff appearances in 15 years at UNA, Wallace is also the only coach in Gulf South Conference history to win seven GSC football championships. His 20 total Division II post-season playoff wins are the second most in DII history. During his time at UNA, Wallace won seven Gulf South Conference titles, three NCAA Division II National Championships, and finished as the 2016 national runner-up.

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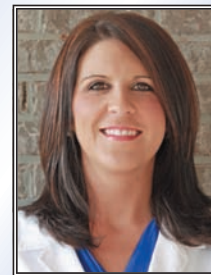
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THE DOLLAR
Stretcher



continued from page 24

would take care of it. In one DIY blog, I saw a headboard that someone made using old pictures tacked to the wall where the headboard would be. I didn't want to do that. Instead, I painted a headboard on the wall. I had some brown paint from another project. I wanted to try a technique I read about to create a wood look. It came out great!

Lila

TRYING OUT SHOES

I used to work in a shoe store. I learned a lot about shoes. One thing was that if someone had worn the shoes and scuffed the soles and decided that they didn't fit well, we couldn't take them back. Recently, I've begun to buy my shoes online. I try them out around the house, so I'm only walking on the carpet. That way, if I don't think they fit, I can send them back without any problems.

Emily

FREEZER TOO SMALL?

My freezer is on the small side, but I save a lot of money by buying bulk and freezing. I just started taking products out of their box before freezing and putting them in cereal box liners as added protection. I cut out cooking directions from the box and put them on top of the freezer. The

boxes are so much bigger than the products!

When I remember, I also try to take out the foam trays that meats come in, so I can wrap them tightly before freezing.

Katie

FABRIC SOFTENER STRETCHER

You can stretch your liquid fabric softener. Just mix it half and half with white vinegar. The vinegar cuts down on odors and reduces static cling. And, it's much cheaper than fabric softener.

Judy

THE ULTIMATE PACKING MISTAKE

I read that the airlines lose over 20 million bags each year! So I never pack valuables or my medications in any bag that I check. I'm sure that they 'find' almost all of the bags, but I'm much more comfortable knowing that I have the important stuff right with me.

Glenna

NATURAL OVEN CLEANING

Here's a quick, easy, natural way to clean your oven without nasty chemicals. Use water and baking soda to make a paste. Rub it all over the oven walls and door. Then close the oven and run it for 15 minutes at 200 degrees. Once it cools down, you can wipe it clean. In rare cases, a second application may be needed, but unless something is really baked on, once has been enough for me.

Darlene

SEWING SPECIALS

After Christmas is a great time to buy themed cloth and remnants. If you sew, you can buy discounted fabric to make table cloths and runners for the mantle or your buffet. Remnants are excellent for napkins and cloth gift bags. Don't forget to see if they have any holiday ribbon on sale.

Ronnie

UNDER ARM STAINS

My teenaged boys leave sweat stains on their white t-shirts. I wash with hot water, but they often come out with yellowish underarm stains. Then I started treating the stains with one part baking soda, one part hydrogen peroxide, and one part water. I mix up the three ingredients. About 1/4 cup of each is just right for one shirt. I put an old white towel under the t-shirt and run the solution into the stain. I have a small fingernail brush that I use

if the stain is particularly bad. I let it sit for 30 minutes or so and then wash with the other whites.

Debi

REDUCING THE COST OF CRAFT BEERS

My wife and I used to be regulars at the local brew pub. We both enjoy craft beers. But until we get our student loans paid, we decided to try to cut back on any unnecessary spending. We didn't want to give up enjoying craft beers, so we came up with a different strategy. Fortunately, we found a shop that carries a very large number of microbrews. My wife and I select a couple and take them home. We set aside an evening, turn the lights down, and put on some music. Frosted beer glasses are in the freezer waiting for us. We don't have the selection we had at the brew pub, but we only spend about a quarter of what we would before.

Mike



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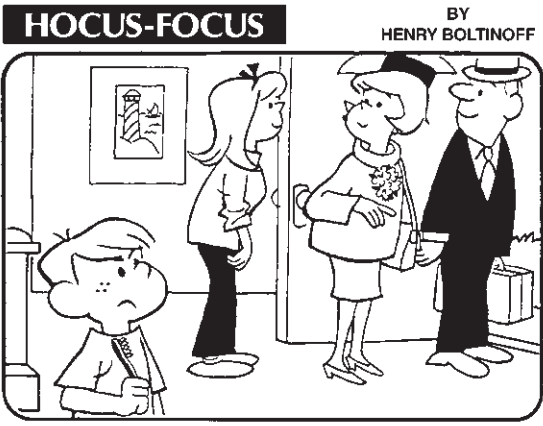
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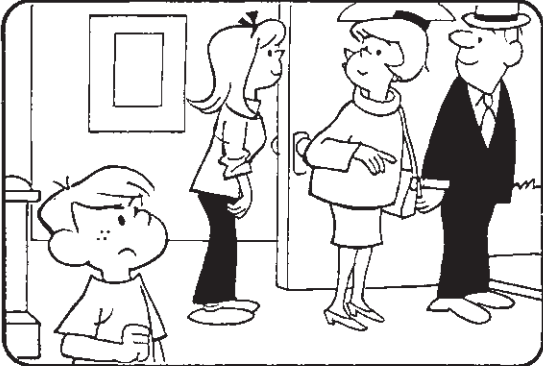
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THE BOLD AND THE BEAUTIFUL Bill was given a glimmer of hope that they would someday reunite with Brooke. Pam showed Steffy and Liam the latest video that Wyatt posted. Katie chose her words carefully when she voiced her concern about Eric and Quinn's marriage. Someone eavesdropped on Ridge and Liam's unflattering conversation about Quinn. Wyatt and Nicole talked about their mutual heartbreaks while working on an upcoming social-media campaign. Bill surprised Brooke at home on New Year's Eve. Ivy was suspicious when she witnessed a steamy moment between Quinn and Ridge. *Wait to See: Steffy contemplates moving back in to the Forrester Mansion.*

DAYS OF OUR LIVES Kate accused Andre of stealing from the company. Hope made plans to recruit an army of inmates to combat her enemies. Brady and Deimos suspected that Nancy knew the truth. Steve and Kayla took a trip down memory lane. Joey and Jade were starting to look forward to being parents. Jennifer was thrilled that Chad knew the truth about Abigail and begged him to be understanding. Kate and Eduardo made some romantic New Year's Eve plans together. Justin and Lucas both showed up at the hospital to be there for Adrienne. Gabi helped Abigail with a panic attack. *Wait to See: Joey receives devastating news.*

GENERAL HOSPITAL Jason searched for clues at the pawn shop. Alexis was growing tired of Julian's meddling. Anna turned to hypnotherapy. Laura promised to support Lulu in her custody battle. Later,

Nina and Lulu clashed over what was best for Charlotte. Nathan received some devastating news. Sonny asked Carly to spend New Year's Eve with him. Hayden's recovery came at a price. Kiki couldn't fight her fate. Nathan's past came back to haunt him. Carly wondered if Sonny could ever truly change his ways. Valentin made a vow to Nina. Bobbie put Nelle on the spot. Jordan offered Curtis an opportunity with the PCPD. *Wait to See: Sonny and Carly reunite.*

THE YOUNG AND THE RESTLESS Later, Paul visited Dylan after he refused to spend Christmas Eve at the Newman house. Victor wished that Adam was alive, but was thrilled to have his family celebrating the holiday together. Devon confronted Hilary over lying about the other TV hosting offers she had received. Hilary tried to make her case with Devon and accused him of trying to control her. Paul delivered the bad news to Nikki. Jill told Billy to show Victoria that he could be the man she once loved. Mariah was pleased with the positive feedback that she was receiving as the new host of "GC Buzz." *Wait to See: Gloria uses a secret to her advantage.*

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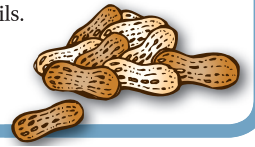
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Medicare Minute

"Medicare Changes for 2017"

January 1st of each year is a time that many make resolutions to make changes in their lives. But it's also a time that Medicare makes changes for the upcoming year. In 2017 there are three changes in Medicare that everyone should know.

The first change is the Part B premium. Those who are already on Medicare will not see a significant change in their Part B premium for next year. Most of you who started your Part B in 2016 paid \$121.80 per month. For those who are starting Part B in 2017 the premium will be \$134 per month. This amount could be higher for people making more than \$85,000 per year.

The Part A and Part B deductibles are also changing in 2017. The Part A deductible in 2016 was \$1,288 per benefit period. In 2017 the Part A deductible will be \$1,314 per benefit period. Remember the Part A deductible is not an annual deductible and can hit you more than once in a calendar year. The Part B deductible in 2016 was \$166 and is increasing to \$183 in 2017. The Part B deductible is an annual deductible.

The third change to be aware of is the amount you and your drug plan will have to pay before you reach the coverage gap or "donut hole". In 2016 that amount was \$3,314. The amount in 2017 is \$3,700. This is a good thing for those affected because it means your plan can pay more before you reach the gap.

If you are affected by any of these changes in 2017 and do not understand them just contact us at the number below and we will be glad to go over them with you. For those of you going on Medicare in 2017 you can call our office and sign up for one of our free Medicare Education classes. They are taught each month and will explain all the above for you.

If you have any questions about this or any other aspect of Medicare feel free to call us at 256-648-5710 or visit our office at 879 Florence Blvd. Alabama Health Guidance is an independent insurance agency and does not represent Medicare or any other government agency.



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Stamp Art...

Continued from Page 14

waterfowl habitat.

Entries will be accepted from January 1 - February 15, 2017. The competition is open to resident Alabama artists only. Only original horizontal artworks depicting a species of North American migratory duck or goose will be eligible. The Mallard, American Wigeon, and Canada Goose -- depicted in the winning artwork of the three previous year's contests -- are not eligible as the subject for the 2018-19 waterfowl stamp.

All eligible entries will be on display March 11, 2017 at the Wheeler National Wildlife Refuge Visitor Center at 3121 Visitor Center Road in Decatur, Ala., 35603. Following the showing three judges from the fields of art, ornithology and wildlife conservation will select the winning waterfowl art. The public is invited to attend the judging.

The judging criteria will emphasize uncluttered design suitable for printing as a stamp, anatomical accuracy of the illustrated species, and artistic rendering. Close attention must be given to tone and detail since those aspects are prerequisites for printing artwork as a stamp. Wing and feather construction must be particularly well defined. Entries may be drawn or painted in any medium. Entries cannot exceed 9 by 12 inches or 15

by 18 inches matted.

For contest information and entry forms, contact Seth Maddox, Alabama Division of Wildlife and

Freshwater Fisheries, 234 County Rd. 141, Hollywood, AL., 35752, by email seth.maddox@dnr.alabama.gov or call 256-437-2788.

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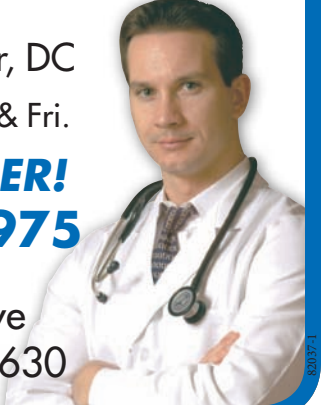
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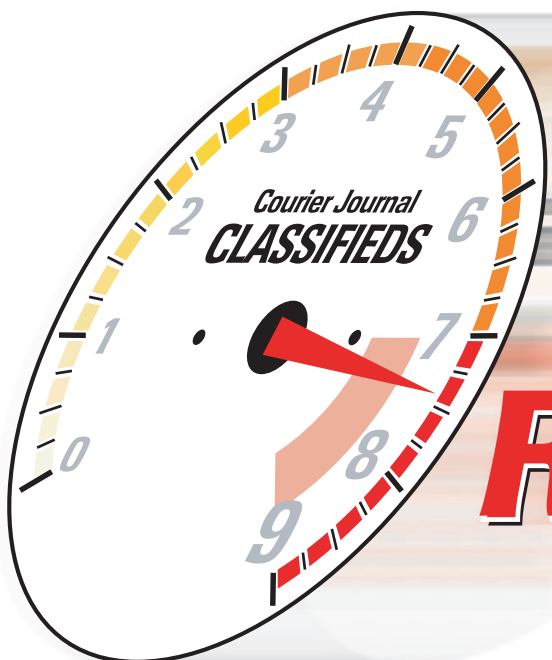
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Letters...

Obama's Clear Hatred for U.S.

Continued from Page 23

administration argued that the First Amendment provides no protection for churches and synagogues in hiring pastors and rabbis.

Six Islamist activists who are Muslim brotherhood operatives infiltrated the Obama administration. They are Arif Alikhan, Assistant Secretary for policy development for the US Department of Homeland security. Mohamed Elibiary, Homeland Security Advisor. Rashad Hussain, Special Envoy to the Organization of the Islamic Conference. Salam al-Marayati, advisor - founder of Muslim Public affairs Council. Imam Mohammed Magid, Obama's Sharia Czar - Islamic Society of North America. Eboo Patel - advisory Council on faith-based neighborhood partnerships.

Obama's hatred for this nation and its constitutional government was evident throughout his eight years as president. It will take more than a four year term with a conservative President and Congress to undo the severe damage that he and his cohorts in the Democratic Party have done.

Euell White
Florence

Realizing More Thankfulness

Editor:

Recently, I've had some loving, giving, and positive experiences. Nothing lifts you more.

I've been practicing transformation, whereby I nip the negative. It is amazing how that works. My prayers have changed from begging for my fractured spine to be healed, because I am healing, to being thankful for everyone who supported me in prayer while I was sick.

God created us with the ability to heal. He gave us everything we need in our foods with vitamins and supplements.

Our bodies and bones need calcium, magnesium, zinc, selenium and vitamin E. If we didn't need them -- they wouldn't be available through Him. When we are sick, we need them more. Our bodies also respond to self love, and little time for joy and relaxation.

The holidays are stressful. If you're feeling overloaded by the holidays, cut the calendar. Instead of obsessing about what else you can buy, think about the best gift you can give and say "this one gift is enough."

I had to do this with my granddaughter. She has at least one thousand toys.

While visiting this past summer, I let her pick her

gift and I look forward to giving it to her because "that's what she wanted," but the joy of her new toys will fade because she has so many. Just like the joys of the s-t-u-f-f that we buy ourselves. Less is more.

God lets us stumble or fall to let us know it's not things that make us happy. Rather, it is sharing ourselves with others. Love is the biggest thing we can share. Find someone who is lonely and give them some of your time. Find someone who has less than you do and give them some money or a gift card.

I recently had someone come to my car begging for food and gas. I had just gotten an unexpected gift card in the mail.

This was a test. Gifts do not come to us unless we are willing to give a portion back. All your offerings do not have to go into the church offering plate. Reach out personally to those whom you know are in need and g-i-v-e to them, anonymously, if you'd like. There's no greater feeling.

It's not all about me; it's about we. We all have something to give and something to share. Share it in love. The bell tolls for all. Forgive those who are blind to the needs of others and keep loving those whom pretend they do not need your love. They need it more.

Joy Willow
Florence

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Where Were You at This Point Last Year?

Courtesy of Dave Ramsey.com

It's that time again... Some people will sign up for gym memberships and then stop going by mid-January. Others will promise to clean up their debt — until the first credit card bill from Christmas comes in. Still more will pledge to get a new job, and never search online or look through the want ads.

If you made a New Year's resolution in 2016 and didn't follow through, think about how you would feel if you had stuck to it. You wouldn't still be feeling tired from

those times you got up early this summer to run. You wouldn't still be hungry from that time you didn't order a pizza, because you were sticking to a budget. Your health and money situation would be better, you would feel better, and you would have accomplished your goal.

What if we told you that accomplishing a goal wasn't as hard as you thought? The secret to making a goal into a reality is getting started and taking small, consistent steps. Most people hear "losing 20 pounds" and think it has to happen in a week. It

doesn't. It's something that will require a little sacrifice each day over a period of time, not a crash course in pain and discipline.

Getting started on something is always the hardest part. But once you've done it a few times, it becomes part of your daily routine. It doesn't become an extra chore; it becomes something that is already in your schedule.

Making a budget is the same way. When you first make a money plan, it won't work. It will barely work the second month, but that is because you are getting

used to doing it. By the third month, you'll have a much better feel for it, and your stress level will go way down. It just takes the determination to get through the rough patches that go with getting started.

We are on the cusp of 2017. You can either fall into the same trap as last year, or start making a little effort. The race is about to begin, and you're at the starting line. Get started, and watch yourself grow!

—Used with permission from Dave Ramsey.com



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3 Proven Principles For a Successful 2017

Courtesy of Dave Ramsey.com

As you prepare to hang your 2017 calendar, you're probably thinking about the year ahead and wondering what it will hold. You might even be deciding on the resolutions you need to make. Or you'll get to them later. Or maybe you'll just eat some leftovers. Looking back at the past, and looking forward to the future, can be stressful!

Here's some great news; with a new year comes

new opportunities. Second chances. Do-overs. You get to leave the past behind and make a fresh start! You can make this year better than the last.

As this new year begins, try out these proven principles that will set you up for success.

Let mistakes stay where they belong

There's a reason the rearview mirror is smaller than the windshield. Looking at what's ahead is

more important than looking at what's behind you.

Yes, you need to take responsibility for your past, but that doesn't mean you have to stay there. You can't be excited about the future if you're living in the land of regret!

Let experience teach you Whether it's those mistakes you've made or the unexpected trials that knocked you off your feet, learning from them can be fuel for future success.

When asked about his many failed inventions, Thomas Edison once said, "I have not failed 10,000 times. I've successfully found 10,000 ways that will not work." Failure deepens your compassion, forgiveness and empathy. It can give you more self-awareness, improve your skills, and motivate you to work harder.

Let gratitude decide your outlook

When you choose gratitude, you enjoy better relationships, feel better physically and emotionally, improve your self-esteem, and even sleep better at night. There are no downsides to seeing through the lens of gratefulness, but the benefits can radically improve your life!

So what are you waiting for? Let these principles make 2017 a great year for you! Write down those goals and resolutions, and then start working on them. A successful year is waiting. Go after it!

—Used with permission from Dave Ramsey.com



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AUCTION

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Guest Op-Ed

Fake News

Continued from Page 14

current dispute, but like always they are simply designed to grab your attention or "clicks" in techie vernacular. This is an easy-peasy recipe; take any widely-reviled person and their myriad detractors will believe any dirt about them, well because they hate them. Emotion gets clicks.

Liberal elites consider fake news such a serious problem that Facebook founder, Mark Zuckerberg, is compelled to act. He feels a "responsibility to enable people to have meaningful conversations and to build a space where people can be informed." Of course, good old Mark wants you to be properly informed, so he has enlisted trustworthy third party fact checkers like ABC News and SNOPEs. They will help him approve what is news and clearly label what they think is fake. He even pledges to bury any fake news going viral.

All this fake news hoopla is a charade. First, it's the latest sorry excuse for Hillary's stinging loss since that whole Russian hacking meme fell flat. Second, it's another way for liberal elites to say Americans must be stupid to vote for Trump without actually saying it; it's less rude to say those poor common folks were fooled by fake news. It's a way to try to delegitimize Trump further because his misguided supporters just didn't know better.

Finally, progressives see


this as another opportunity to assert and exert more control over the people. A free people doesn't need to be protected from information; freedom allows them to be right or wrong. A free people can decide and fact check for themselves. If the people can't discern truth for themselves, then they need masters to guide them. An ignorant and uninvolved people can't handle freedom, and, frankly, they don't deserve it.

That's pretty much the progressive plan. They don't trust the people to come to their progressive prescriptions themselves, so it's better to rule an oblivious slavish people. Just the idea that Zuckerberg thinks he must vet and filter information for our benefit displays tyrannical hubris. Only the most dangerous people want to protect you from yourself. It exposes their contempt for the individual and hints at their lust for power.

Make no mistake! Fake news is another assault on free speech. Facebook has a monopoly, so this imminent usurpation is no surprise. But if you cherish free speech, it's time to flee Facebook.

"Opponents must be gently instructed, in the hope that God will grant them repentance leading them to a knowledge of the truth." 2 Timothy 2:25

Pete Riehm is the host of Common Sense Radio heard at 8pm every Thursday on FMTalk106.5 in Mobile, or streaming at fmtalk1065.com. Email him at peteriehm@bellsouth.net.



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Community Notes...

Continued from page 4

District 3 Florence City Councilman, David Bradley, will be hosting his 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.

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!

A Special Program of Dulcimer Music will be provided by the North Mississippi Dulcimer Association from 10am-1pm on Saturday, January 7 at the Parkway Visitor Center located at milepost 266 near Tupelo.

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.

The North Mississippi Dulcimer Association teaches dulcimer history, tradition, craftsmanship, and music by sharing its knowledge and talents. The Appalachian mountain dulcimer is the first instrument developed in the United States. Dating back to the early 1800s, the dulcimer is an instrument whose very name means "sweet sound." This program is free. For additional information, call 1-800-305-7417.

For more information about the Natchez Trace Parkway Fire Management Division, please visit <http://www.nps.gov/natr/parkmgmt/firemanagement.htm>.

The Kennedy-Douglass Meeting will be held from 11:30am-1pm on Friday, January 13 at the Kennedy-Douglass Center for the Arts, 217 East Tuscaloosa St. Florence. Beverages and desserts will be furnished. Door prizes will be given as well. At 12pm, our speaker will be Bill Strong "Elements of Tai Chi."

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 questions, please call 256-760-6379. The Gift Shop will be open.

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

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

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 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 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

The Florence Falcons Foundation is a non-profit organization that operates independently of our local school system. It is guided by a Board of Directors of

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 information are available at www.aldisabilityconference.org.

Rogersville United Methodist Church has a **Celebrate Recovery** group on Fridays at 6:30pm for small group, and 7:30pm for large, gender specific groups. Come at 5:45pm for free dinner. Located at 51 Turner Lindsey Road, Rogersville. email: secondchances2520@gmail.com for more information.

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. Overall 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, Tuscumbia 256-381-4073.

AT TRI-CITIES MEMORIAL GARDENS. Two spaces \$1,495 each. Two Vaults \$995 each. \$100 transfer fee **256-702-8242**

SUZUKI: GRAND VITARA, 2012 \$11,988. 63k, Financing available call Shannon 256-412-1551 or 256-764-3351

LARRY CULPEPPER (DR. PEPPER spokesperson) lifesize standup poster, mint. \$25. 256-263-7636.

HYUNDAI: SANTA FE, 2008 \$8,485. SE cloth, 127k Financing available call Trey 205-365-7236 or 256-764-3351.

HYUNDAI: ELANTRA GLS, 2013 \$11,988. Leather, 42k, Financing available call Brandon 256-710-4598 or 256-764-3351.

VOLVO: S60, 2008 4 door, automatic, air, leather, \$5,900. 256-710-8120

FORD: F-150, 2014 SUPER Crew Cab, 4x4, Eco boost, still under warranty, 35K miles, \$29,500. Florence 256-762-7010 photos available

OCCASIONALLY YOU MAY SEE an ad duplicated and printed several times throughout the paper. This is done at the request of the advertiser. Each ad is paid for. Thank You for reading your Courier Journal. TFN

FORD: ESCAPE, 2010 \$11,988. leather, V6, 84k Financing available call Brandon 256-710-4598 or 256-764-3351

Courier Journal ADOPT A FRIEND

The animals you see here are currently in local animal shelters or rescue facilities. Adoption fees vary and include having your new friend spayed or neutered, if necessary. Help us help these and other animals by adopting a new friend today.



My name is **DIAMOND** and I am an adult beauty, weighing 40 pounds. I am an awesome loving girl. **THE PET OF THE WEEK SPECIAL ADOPTION FEE IS \$15**, which includes spay or neuter & rabies! To learn more, contact the Colbert Shelter at 256-381-4073!



Hi there, I'm **HERMIONE**. I'm a female rat terrier mix. I was born November, 2015 so I'm a young lady. I'm a very loving little lady. I'm very gentle and a regular snuggle bunny. I would love a forever home to call my own. I'm house trained. I'm will be spayed soon. I'm up to date on my shots and micro chipped. I would need a fenced in yard to play safely with my humans. If you're interested in adopting me and giving me my forever family, please call PAWS at 256-383-0690!

Happy New Year



LEX is a 3 year old male lab mix. He has been neutered and fully vetted. A total gentleman, Lex walks beautifully on a leash, plays constantly with toys and does well with other dogs, cats, and kids. He is so full of joy and appreciation and deserves a forever indoor home! Please contact us at Collie,Barker@gmail.com if you are interested in adding Lex to your family!



BISCUIT (ARZU) is a total sweetheart with a playful and affectionate nature. He's intelligent, alert, friendly, and loves interacting with adults and kids at adoptions or when out and about. He's looking for a family that will provide him with the physical exercise and mental stimulation he needs in the form of walks, runs and playtime when he appreciates praise, attention and companionship. Biscuit is house/crate trained therefore can adapt to indoor living. He's a brindle color Boxer/Bulldog mix born in October 2012. Biscuit is fully vetted and on HW prevention. **ADOPTION FEE \$50** To adopt or meet Biscuit, call/text REAL at 256-460-0596

A STAR IS BORN? Junior Whirl! Answers

by Charles Barry Townsend


Illustrated by David Coulson

Answers:

1. BARN, BORN, BOON, BOOR, DOOR.
2. TAIL, TOIL, COIL, COAL, COAT.
3. DULL, DILL, WILL, WILE, WISE.
4. FARE, WARE, WALE, WALL, WELL.
5. MARK, DARK, DARN, DAWN, DOWN.

Answer: No, it's not 55. Eighty divided by one-half is 160. Add 15, and your total will be 175.

Answers: Nestled, paddies, outsell, ramparts, satire, tiplped.



WE'RE HOME OWNED AND HOME OPERATED!
THANKS FOR SHOPPING BIG STAR!

This Ad Good Dec. 28, 2016-Jan. 3, 2017

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DR. PEPPER
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COCA-COLA
6 PACK
.5 LITER BOTTLES

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WHOLE FILET MIGNON
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HEAVY WESTERN BONELESS BEEF
CHUCK ROAST
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7-13 OZ. PKG.

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5 OZ. CAN

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GWALTNEY BACON
12 OZ. PKG.

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ARGO SLICED
PEACHES
29 OZ. CAN

\$1.19

JIFFY CORN MUFFIN
MIX
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18.5-19 OZ. CAN

4/\$5

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LB.

33¢

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PKG.

79¢

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HASS AVOCADOS
EACH

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YOO-HOO CHOCOLATE FLAVORED
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FOAM PLATES
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*39 Mo. / 32,500 mile lease, W.A.C. See salesperson for details. **36 Mo. / 30K mile lease, W.A.C. See salesperson for details.

Happy New Year

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 04 Suzuki Verona #7484BB, 4 Door, Auto, 1 Owner, Local Trade! \$5,388*	 08 Nissan Sentra #9930BA, 4 Door, Auto, Local Trade! \$5,988*	 05 Mercury Grand Marquis #5450GA, 4 Door, Auto, Full Power, 31K Miles! \$7,688*	 08 Chevy Malibu #1296GC, 4 Door, LT, New Tires, Nice! \$7,988*
 12 GMC Terrain #1234PA, 4 Door, SLE, 1 Owner, Nice! \$12,688*	 11 Hyundai Sante Fe #G3602B, 4 Door, GLS, Full Power, 63K Miles! \$12,988*	 11 Honda Accord #9789GB, 2 Door, Auto, Air, 1 Owner, Only 5,000 Miles! \$14,788*	 13 Mazda CX-5 #1997BB, GT, Sunroof, Navigation, Leather, Nice! \$15,988*
 06 Chevy Silverado #4040GB, Crew Ca, LT, 5.3 V8, Leather, 54K Miles! \$16,888*	 07 Chevy Tahoe #4683GC, 4 Door, LTZ, DVD, Sunroof, Local Trade! \$16,988*	 12 Toyota Camry #G0088A, 4 Door, Leather, 63K Miles, Nice! \$17,688*	 13 GMC Terrain #2694GA, 4 Door, SLE, 1 Owner, 32K Miles! \$17,988*
 12 Ford Mustang #2124GA, 2 Door, V6, Full Power, Nice Car! \$18,788*	 13 Buick LaCrosse #P5143, 4 Door, Premium, Sunroof, Loaded! \$19,988*	 13 Buick Enclave #3554BA, Leather, DVD, One Owner, Nice! \$21,888*	 14 Nissan Maxima #5069GA, 4 Door, SV, Leather, Navigation, Sunroof! \$22,988*
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 15 Acura MDX #4878GA, 4 Door, Leather, Sunroof, 1 Owner! \$37,788*	 13 Lexus LS460 #6839GA, 4 Door, Navigation, Leather, Loaded! \$41,988*	 16 GMC Acadia Denali #9354GA, Leather, DVD, Navigation, Dual Roof, Loaded! \$42,988*	 15 GMC Denali Sierra #2303GA, 1 Owner, Crew Cab, 4x4, Sunroof! \$44,988*

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