



Courier Journal

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Shoals Opens Registration

MUSCLE SHOALS -- Northwest-Shoals Community College will reopen from the holiday break Thursday, January 5 and resume 2017 spring registration.

Spring registration takes place in the Administration buildings on both the Shoals campus (Building 100) and Phil Campbell campus (Building 301). The office of admissions' hours will be 7:30am - 5:30pm Monday-Thursday and 7:30am-noon on Friday. Spring classes begin Monday, January 9.

For more information or for a copy of the spring semester schedule, visit nwscc.edu.

Keller EMS in Franklin

RUSSELLVILLE--Keller EMS extended its service area to Franklin County December 30. The three year contract was signed by the Franklin County Commission in October.

Keller EMS will have two office locations- one in Russellville and one in Red Bay. The Russellville office will be located on the campus of Russellville Hospital. The Red Bay office will be inside the Red Bay Fire Department at 112 5th Ave. SE. The company will staff a 24-hour ambulance in both locations and will staff an additional 12-hour ambulance in Russellville during peak hours. A second ambulance will be stationed in Red Bay and can quickly be brought into service with an on-call crew.

Keller EMS provides medical transport between hospitals and special care units for patients who require advanced monitoring. The Advanced Life Support Ambulances are equipped with modern, life-saving technology for patients with complex medical situations. Being locally owned and not-for profit means that revenues stay in the community to provide advanced medical care and employment for the residents in and around the Shoals. "We are excited about this new venture," said **Bruce Carson**, Director of Keller EMS. "We look forward to working with the citizens of Franklin County and helping them in every way we can."



Courtesy Listerhill photo

L-R Savannah Johnson, Listerhill Marketing Intern; Brian and Jennifer Denton of local St. Jude supporters, Alex's Warriors; Heath Butler, Marketing Specialist at Listerhill; and Cameron Graybill, Listerhill Marketing Intern.

LCU for St. Jude

MUSCLE SHOALS -- When Dave Howell answered his phone on a Friday afternoon, he wasn't expecting to be thanked for his donation to St. Jude. He was even more surprised when he found out that his name was drawn at random to win a pair of tickets to the Iron Bowl. However, that's exactly what happened thanks to Listerhill Credit Union's annual fundraiser for St. Jude Children's Research Hospital in Memphis.

See LISTERHILL... on Page 12



Good Samaritan Hospice conducted a recent ribbon cutting at its new 801 East Avalon Avenue location in Muscle Shoals. Good Samaritan has been serving Madison for seven years and is now serving the Shoals and surrounding counties.

Courtesy photo

COLBERT HEIGHTS ELEMENTARY KEEN ON

FITNESS

TUSCUMBIA-- Colbert Heights Elementary School recently hosted a celebration of student achievement in the gym. The general assembly had the usual attendees; students, teachers, parents, and administrators. Also in attendance were Phil Holmes, Executive Director of Alabama Commission on Physical Fitness and Sport, and Rosa Fabianke, Alabama Commission on Physical Fitness

See FITNESS... on Page 6

Courier Journal Perma-Note

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Governor's Commission on Physical Fitness at CHES.

Inside this Issue

- Ask the Attorney
- Library's 'Get Out of Town' Series
- Medicare Minute
- Soap Updates



- Cat & Kids
- Randall on Real Estate
- Dave Ramsey
- Hocus Focus

- Letters
- Lio
- Dr's House Call
- \$\$\$ Stretcher



- National Championship



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FAMILY PACK
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1.29

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Ham Steaks
1.19

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Corn, Peas, or Green Beans
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BEST CHOICE 24 OZ.
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1.19

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BEST CHOICE 8 OZ.
Sour Cream
79¢

ROTEL
Diced Tomatoes
99¢ 10 OZ.

DOUBLE O
Pink Salmon
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FRESH PRODUCE SPECIALS

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10 LB. 2.99

Roma Tomatoes
LB. 1.29

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Carrots
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GET READY TO WORK! with free workforce training at Northwest Shoals Community College. Classes begin Tuesday, January 17. Day and evening classes available. Call Today! 256-331-5248.

1969 CHEVY IMPALA, WHITE, 4-door, one owner, new AM/FM radio, everything else original, good condition, \$11,000. Call anytime day or night. 256-389-1926 Shoals area

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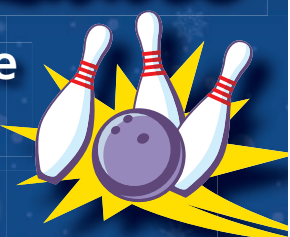
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Celestial Thoughts

God couldn't have planned it more perfectly. I had been asking Him to lead me, show me where He wants me to be, and begging for the self-confidence I need to start a new project in my life. He used a lovely and gracious older lady to give me a boost of confidence.

She gently took my arms in hers after church one day. She looked deeply into my eyes and said, "I've always thought you were such a beautiful person, and I just wanted to tell you." The whole room of 300+ people stood still like in the movies when the camera focuses on one thing and the background scenery is blurry. We stood there in the presence of the Spirit - powerful yet vulnerable.

She didn't have to put herself out there, but she did. She allowed God to use her to speak to me, and she didn't even know how powerful it was. How can you humbly yet powerfully affect someone this week?

"For God has not given us a spirit of fear, but of power, love, and self-discipline."
2 Timothy 1:7

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Wall and table

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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.

Shoals Artists Guild will have a Membership Show of Miniatures, Small Original Paintings and Prints on Display through January 15 in the guild's gallery at Kennedy-Douglass Center for the Arts, 217 W. Tuscaloosa St., Florence. Hours are 9am-4pm Monday-Friday.

Members Maria Camp, Geneva Gee, and Carolyn Wear have an exhibit of original paintings for viewing or purchase through February 1 at Killen Public Library, 325 J.C. Mauldin Highway in Killen.

LifeSouth Community Blood Drives for January

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

Thursday, January 5, 7am - 5pm, Helen Keller Hospital, Sheffield

Friday, January 6, 11am - 5pm, Title Max, 2110 11th Avenue, Haleyville

Saturday, January 7, 10am - 3pm, Tusculumbia Church of Christ, 102 East 4th Street, Tusculumbia

Sunday, January 8, 10am - 4pm, BAM, 318 Cox Creek Parkway, Florence

Monday, January 9, 1-6pm, Long Lewis Ford, 2800 Woodward Avenue, Muscle Shoals

Tuesday, January 10, 10am - 5pm, UNA - Alpha Phi Alpha, Flowers Hall, 815 N Pine Street, Florence

Wednesday, January 11, 6am-1pm, Robbins LLC, 3415 Thompson Street, Muscle Shoals

Christian Faith Church will have its Monthly Chicken Stew on Saturday, January 7 from 9am-3pm. Sold by gallon or bowl. Please bring your own container. \$20 per gallon or \$3.50 per bowl. We are at 670 Co Rd 257 in Florence. From Florence go north on Hwy 157 for about 13 miles, Turn right onto Co Rd 257 to the top of the hill. For more information, please call 256-263-0392.

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.

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.

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

Kennedy-Douglass Center for the Arts - "Marge Luttrell: Orders from the Invisible," will be on display January 11-27. The exhibit includes a series of encaustic paintings that explore the creation of stories and constellation myths. The artist will present a gallery talk at 6pm January 27.

On display in February will be Rick Adams' sculpture exhibition. Adams, a potter from Decatur, will present a new body of work founded on years of creating sacred objects.

The arts center is at 217 E. Tuscaloosa St., Florence. Hours are 9am-4pm Monday-Friday. The event is free. 256-760-6379.

See NOTES... page 34



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DIY PARTY PLATTERS

At work or family potlucks, people bring plastic party trays with and without covers. At the end of the party, I save, wash, and store them for later use. I love veggie trays. Yes, they take a little time to make, but I save a lot of money by making the trays myself. Party trays at stores are way overpriced.

Judy in KY

CLEANING ENGINEERED HARDWOOD FLOORS

I have engineered hardwood floors and clean them about every other day. I use a sponge mop with a wringer apparatus and plain hot water for light cleanups. For heavier cleaning, I use a little anti-bacterial dish detergent in the hot water. This generally takes off everything except dried-on spots, and those respond well to a fingernail. Use a damp mop and never leave water standing on these floors. The manufacturers will claim the floors are waterproof, but this is not true. A cooler was left on the living room floor and it had a leaky drain tap. We now

have a swollen board where the water entered the particle board, and it will never entirely flatten. Replace mop heads before they get low enough to scratch the floor. The finishes do scratch and they do chip.

Margaret

PARTY PUNCH

Ice cubes in your holiday punchbowl will keep it cool, but they also tend to water down the punch. One way to solve the problem is to freeze whatever you're using as the main ingredient of the punch. If it's a juice based punch, freeze cubes of juice. If you want to get fancy, you can add some fruit cocktail to the iced juice or freeze the juice in holiday shapes, using whatever molds you might have around the house.

Kayla

STRETCHING GROUND BEEF

We all run into situations where we need to stretch hamburger. Last week, my son dropped in for dinner with his two kids. I had planned a small meatloaf for hubby and me. Now I had to make it bigger without more meat. I ground up peppers, mushrooms, onions, and carrots in my food processor. Then I mixed the vegetables into the meatloaf and used my usual seasonings. Everyone liked the result. I'm thinking of doing that every time I make meatloaf!

Darlene

TANGLED HAIR

My sister who is a hairdresser told me that the best way to untangle little girls' hair is to put some

conditioner in the tangle and let it sit for five minutes. Then rinse. It should be much easier to comb out the tangles.

Salerno

YUCKY THERMOS

Bringing my coffee to work each morning has saved me about \$2 a day or nearly \$500 this year, but I had one problem. I have a nice metal thermal mug

that I wash daily. The plastic cap took on a funky smell. I finally found a solution about a month ago. I sterilize the cap in boiling water weekly. I heat a cup of water to a boil in my microwave. Then I scrub the cap, drop it in the boiling water, and let it soak in the water for a while. No more funky smell!

Josh

See DOLLAR... page 8

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Mystery Photo of the week!

Courier Journal

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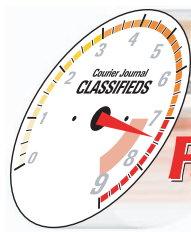
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Fitness...

Continued from Page 1

and Sport Board Member and a Senior Olympic Gold Medal winner in swimming.

Holmes and Fabianke presented Colbert heights Elementary Principal, Alvie Shaw, and her outstanding students and staff the 2015/2016 Alabama Physical Fitness State Champions Award. Colbert Heights was one of only five elementary schools in Alabama to win the award.

The Governor's Commission on Physical Fitness and Sports was established in 1967. The mandated function of the Commission is to protect, promote, and improve the physical fitness of state residents.

This award is presented to Alabama public schools with the highest number of students scoring in the High Fitness Zone (HFZ). Students scoring in the HFZ demonstrate an excellent level of health-related fitness in the areas of Aerobic Cardio Endurance, Muscular Strength/Endurance, Abdominal Strength/Endurance, and Flexibility. Public schools are encouraged to submit their Physical Fitness Assessment scores to the Alabama Governor's Commission on Physical Fitness and Sport where those scores are compared with others throughout the state.

Every student enrolled in physical education

L-R at the physical fitness award presentation for Colbert Heights Elementary are Coach Glasgow, Mr. Saint, Mrs. Moore, Coach Bennett, Mrs. Shaw, and state representatives Rosa Fabianke and Phil Holmes. *Courtesy photo*

in grades 2-12 will participate in the new Alabama Physical Fitness Assessment (APFA) as part of a comprehensive, quality physical education program. This comprehensive assessment focuses on health-related fitness which can lower health risks such as high blood pressure, diabetes, and lower back pain. The assessment will also better allow teachers to:

- Monitor and assist students in improving overall health and fitness
- Identify student strengths and weaknesses regarding overall health and physical fitness, including development of individual improvement programs
- Communicate with students and parents about student fitness status, and
- Generate data for tracking student health-related fitness at school, district, and state levels.

This award is not a state championship trophy or valedictorian award. However, it is a huge accomplishment for the elementary students who participated and demonstrates the importance of physical activity. It can also help instill a mentality that offers a lifetime of benefits.

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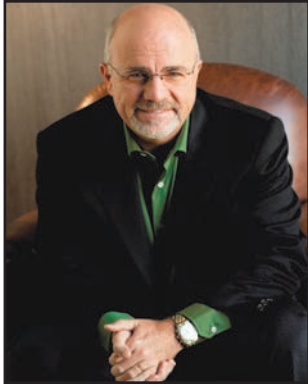
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DAVE Says

by DAVE RAMSEY



HIS WIFE'S FINAL GIFT

Dear Dave,
My wife and I have been married for 12 years. Last month we found out she has terminal cancer and only six months to live. We've been fortunate enough to become fairly wealthy during our lives together, and she wants to buy me a boat. We always went fishing together, and her last wish is for me to have the boat I've always wanted. Even with this prognosis, I'll be okay financially when she's gone. Still, I can't stand the thought of this. It's just too painful. Do you have any advice?
Andrew

Dear Andrew,
Buddy, I am so very sorry. I hope you realize that you have the sweetest woman on earth for your wife. Even with all she's going through, her thoughts are of you and your happiness. That is one amazing lady.

The first thing I'd tell you both is to make sure your faith is intact. Hug her a lot, and keep talking to, praying with, and loving on each other. Be there for her all you can, and keep in mind that doctors can be wrong. It happens a lot, believe it or not, so don't give up hope.

If she brings up the boat again, just smile and let her know it's all about her right now. Remind her that she did the nicest thing possible many years ago when she agreed to spend the rest of her life with you. If she's really stubborn about this idea — something tells me she

is, and in the very best way possible — promise her that whether you win or lose this fight you'll buy that boat someday and name it after her.

In other words, just tell her the truth and be real. If she goes home to be with the Lord, there might come a day down the road when the pain you'll feel has dulled just a little, and you find yourself sitting on that fishing boat that's named after her. That would be okay. I'm sure she would be smiling at you while you reeled in a big one. But you've got more important things to take care of right now — namely her.

God bless you both, Andrew.
— Dave

TRASHING YOUR TRUCK

Dear Dave,
My husband has two trucks, one of which is a work truck at his construction site. It's in really bad shape, and he wants to take \$16,000 out of savings to buy another one. We only have \$17,000 in the account. What should we do?
Caroline

Dear Caroline,
Your husband wants to drain your savings to buy a \$16,000 vehicle and roll it up to a construction site? I think this guy has been watching too many macho-man truck commercials.

In the real world, some hard hat will run into

it with a piece of heavy equipment or drop a load of bricks off center and put some big time damage on this truck before he puts 1,000 miles on it. He wants to buy way too much truck. This kind of decision will wreck your finances and spell bad news for the business, too.

You can buy a perfectly good work truck for \$6,000 or \$7,000, and that's what he needs to do. This truck is going to get destroyed, and trashing an inexpensive truck is a much better idea than trashing the family finances!
— 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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THE DOLLAR Stretcher



Continued from Page 5

PET MEDS

My vet prescribed a joint medicine for my border collie. Since I had never heard of it, I googled it. There was a supplement that people take that's the same thing at about a fourth of the cost! I checked with the vet, and he admitted that it was the same thing.

Since I was investigating, I checked out a couple of the other medications that the vet had prescribed for my dog. They were cheaper at the drug store than at the vet's office.

Veronica

OVERLY DRY WINTER AIR

Every winter, the air in our house begins to feel

like a desert. I hate the way it dries out my skin. We just found an unusual solution. It's an aquarium! For Christmas, we got the kids a ten-gallon aquarium. We were surprised to find that we had to add a little water every few days. Then we realized that it was evaporating and adding to the moisture in the air! In just a few weeks, I've noticed that my skin isn't so dry. I guess I got myself a present at Christmas, too!

Zoe

EMERGENCY WARMTH

Winter storms remind us that most of us depend on city utilities for our heat, and sometimes a storm can interrupt that service. That's why we bought some of those Mylar space blankets to keep in our house and car. They maintain body heat and can keep us warm in an emergency.

They're light weight, cost only a few dollars, don't take up much storage room, and do a wonderful job of keeping us warm when a car breaks down or a heater doesn't work. I'm so glad the space program invented them!

Gina

STAINED TABLECLOTH?

Your favorite colored tablecloth has a stain? Try covering it with a lace tablecloth. The color will shine through, but the stain will not show.

Doreen H.

PROTECT THE PANTYHOSE

I need to wear pantyhose to work every day. For years, I was replacing them all the time. Then a friend suggested that I buy a size bigger than recommended. I'm average in height and weight, so I started buying queen size. The pantyhose are so stretchy that they don't bag, but I don't have to pull so hard to pull them up, so I'm much less likely to snag them. Now, they last much, much longer than before!

Helene

NO MORE DRYER SHEETS

Tired of paying for dryer sheets? Try wadding up some aluminum foil and tossing it in the dryer. There will be no chemicals used, and you'll find no static cling either!

Erin

See DOLLAR... page 22

ASK THE ATTORNEY

TORT LAW



Thomas McCutcheon

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

The value of a car and how included under the law of tort are miscellaneous civil wrongs, ranging from simple, direct interferences with the person such as assault, battery, false imprisonment, or injury in an accident. Tort law also involves damage to property, as in the case of trespass or conversion, and includes intangible interests such as reputation as thought of with libel or slander (written or spoken) and commercial interests such as patent or intellectual property law.

Criminal law is different than tort law in that criminal law typically requires a direct intent to commit a wrong. One major difference is that insurance covers non-intentional acts that cause harm or damage but insurance will not cover an intentional act. If you decide to run over your ex, your insurance will not pay for it.

The idea of tort law is that you should have known better but did it anyway. Sometimes people run stop signs that they don't know are there. In almost every case of tort law, people are careless in that they either didn't see the other driver or they didn't see the stop sign but they certainly did not intend to cause harm. Tort law is the law of carelessness and negligence. It's creating a danger that could have and should have been avoided.

When lawyers think about the idea of this kind of law we think about the law of England that was handed down to us that is known as "Common Law". Common Law is really the law of what a reasonable person under the same circumstances would do. If a person acts differently than a jury finds a reasonable person would have acted then in those instances where harm is caused the person who didn't act reasonably is responsibly monetarily for the harm they caused. In criminal cases the penalties include fines, imprisonment and even death. In civil tort cases a jury assesses the harms and losses and balances the scales of justice with money damages.

I think that as we become more diverse in society, the reasonable person standard may be more difficult to agree upon and people charged with assessing damages on a jury are a little more comfortable with a specific rule that has been broken. This type of law dealing with specific codes and laws is based on the Napoleonic or French idea of law which we still find prevalent in the State of Louisiana. More often than not, we see a combination of someone being careless and a rule being broken. For example, they didn't see the stop sign which is carelessness and they ran it which is breaking a rule. In either or both cases, that person is responsible for the harm they cause.

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Following the initial report, the topic of statins and thinking problems has since been evaluated by several larger studies, such as one in 2013 that reviewed a total of 27 research studies, involving tens of thousands of patients, on this subject (see reference 2). This study

found that there is no short-term or long-term worsening of memory and reasoning associated with taking statin medicines. In fact, some of the studies suggested that it may actually be helpful to take statins to prevent dementia. This is possibly because the second most common cause of dementia is what we call vascular dementia, which is dementia caused by strokes and "mini-strokes". It is well known that high cholesterol is a major risk factor for stroke and "mini-stroke". By cutting down the number of strokes, statin medicines may in turn reduce the frequency of vascular dementia. Therefore, I do not hesitate to reassure my patients who express concerns about statins that there is no good evidence that they will suffer dementia and that the benefits of statin therapy in most patients far outweigh the risk.

For those interested in the specific research studies mentioned, I have included references below. As always, please consult your primary care provider or health professional before implementing any medical advice given in this column.

References:

1. *Statin-associated memory loss: analysis of 60 case reports and review of the literature.* AU Wagstaff LR, Mitton MW, Arvik BM, Doraiswamy PMSO *Pharmacotherapy.* 2003;23(7): page 871

2. *Statins and cognition: a systematic review and meta-analysis of short- and long-term cognitive effects.* Swiger KJ1, Manalac RJ, Blumenthal RS, Blaha MJ, Martin SS. *Mayo Clinic Proceedings.* 2013 Nov;88(11): pages 1213-21

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

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Listerhill...

Continued from Page 1

Listerhill was able to raise over \$6,000 for St. Jude with over \$3,400 from the three week fundraising drive. For each dollar given to St. Jude during that time, donors received a chance in a random drawing to win a pair of SEC football tickets.

According to Listerhill Marketing Specialist Heath Butler, the winner of the drawing could choose between tickets to the Iron Bowl with Auburn facing Alabama in Tuscaloosa, or tickets to the Missouri vs. Tennessee game in Knoxville.

Dave Howell of Killen won the drawing and chose tickets to the Iron Bowl. He and his wife Meagan cheered on the Crimson Tide at this year's game. "It was fun to call and let him know he won," Butler said. "I could hear the excitement in his voice as he relayed the message to his wife."

In addition to the fundraiser, Listerhill donated to St. Jude as a feature of the Good Start savings account. For each day a deposit is made into a Good Start savings account, Listerhill donates \$0.50 at no cost to its members. This year the savings account generated a donation of over \$2,600. Since 2014 the total donated from the Good Start account is almost \$5,000. The account for children up to age four features no service charges, unlimited deposits, and earns interest.

"We are very pleased to support St. Jude with our annual donation drive and through the Good Start account," said Listerhill Chief of Staff - Retail, Kristen Mashburn. "We've seen the impact St. Jude makes firsthand, as two of our employees have children who have been treated at St. Jude."

Listerhill CEO/President Brad Green said it was exciting seeing employees and members join together for St. Jude. "We are passionate about making our community a better place," said Green. "Supporting charitable organizations like St. Jude who make such an impact locally is one way we do that."

One hundred percent of the proceeds went to St. Jude Children's Hospital.

Medicare Minute

"Medicare vs Medicaid"

So often we have people who confuse Medicare and Medicaid. This is easy to do because both are in the news and both can be related to a person's health insurance. Although they coordinate in many ways they are two distinctive programs.

Medicare is a federal health insurance program. There are three ways to qualify for Medicare. The first way is to be 65 years of age or older. The second way is to have been on Social Security disability for at least 24 months. The third way to qualify for Medicare is be any age and have either end-stage renal disease or ALS. Medicare is not income based as far as qualifying. As long as you meet one of the three requirements above you will qualify for Medicare. Your income, however, can affect the amount you pay for your Part B premium.

Medicaid is a state health insurance program. Medicaid is income and resource based, meaning you will qualify or not according to how much money you make and/or how much money you have saved. In 2016 if you made less than \$1,010 as an individual or \$1,355 as a couple you could qualify for Medicaid. Whereas Medicare has deductibles and coinsurance, Medicaid will take care of most of your healthcare cost. A person on Medicaid can also get a break on how much they pay on their prescription drugs.

Medicare and Medicaid will coordinate in a couple of ways. In some counties in north Alabama there is a Medicare plan that will coordinate with Medicaid. To qualify for this plan you must be on Medicare and Medicaid. This is referred to as "dual eligible". Also, if you make more than the Medicaid limits but are under \$1,471 as an individual or \$1,991 as a couple you may qualify for "extra help". This would help you on your prescription drug cost.

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



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Learning To Love Like Jesus

Learning to love like Jesus is one of the most challenging tasks any Christian faces. One of the elements of His love is loving others as much as we do ourselves (cf. Matthew 22:39). It comes pretty natural for most of us to love ourselves, but esteeming someone else to an equal role? Well, that usually involves a learning curve.

At times I am reminded of this lesson from the most unlikely of sources. For example, my daughter just celebrated a birthday a couple of weeks ago. Her son (our grandson) had spent the day with us and we were meeting her for dinner. Our tradition has been with our kids that we take the birthday honoree out for their birthday and they get to choose the restaurant.

We called her that afternoon to see where her taste buds were taking us to dine. Unfortunately, for my wife and me she chose an eatery that neither one of us likes that well. On the way to meet her that evening our grandson inquired as to where we were going to eat. When we told him, he replied, "I wish we were going to Cracker Barrel!" Now, that is one of our favorite places to eat and we quickly saw this as our saving grace. So, we suggested that we call his mom and tell her that her son reeeeeeally wanted to go to Cracker Barrel!

Apparently, he did not buy our line of reasoning though. He simply said, "No, we should go where mommy wants to go, because she gets to choose." So, guess where we went?

On the one hand I could say, four-year-olds are getting a little too smart for their own good these days! On the other hand, I could more correctly say it is no wonder that Jesus taught, "Unless you are converted and become as little children, you will by no means enter the kingdom of heaven" and "whoever humbles himself as a little child is the greatest in the kingdom of heaven" (Matthew 18:3, 4).

Paul addressed this same subject in his writings: "Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself. Let each of you look out not only for his own interests, but also for the interests of others." He then nails down the thought with, "Let this mind be in you which also was in Christ Jesus" (Philippians 2:3-5).

Yep, a four-year-old got it - and we must get it too!

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

FORD: F-150, 2015 \$24,998. XLT crew cab, 4x2, cloth, 39k, financing available call Trey 205-365-7236 or 256-764-3351

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Commentary

Fictitious, False, and Fraudulent

Last week's Guest Op-Ed from Pete Rheim touched on the phenomenon of "Fake" news through a lens of patience.

His patience should be commended. I have less of it.

Fake news is everywhere.

Much of it is rumor and half-truths that often take on a life and angle of their own as social media moves information forward. That's now the case with all news.

Chances are good you never heard the term "Fake News" before September of this year as the Presidential campaign was ramping up. The term became the reference point of combat against social media and alternative news sources; an attempt to stigmatize, discredit, and eventually eliminate any information that is not sanctioned, scrutinized, and massaged by major media outlets before public consumption.

An *Economist/YouGov* poll conducted in mid-December found that 52% of Democrats and 50% of Clinton voters believe Russia actually tampered with the vote tallies in swing states to get Trump elected. Seriously, who is spreading that rumor? That is quite a leap from hacking into John Podesta's or the DNC email account or saying that Russia helped to spread "fake news" on social media, which incidentally is also still unsubstantiated. Oh, wait, the *Washington Post* and *New York Times*

See **FALSE... on Page 21**

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

In A Few Words



TOM MAGAZZU
Editor

Courier Journal

THIS WEEK

in the *Shoals*
January 4, 2017

Happening
THIS WEEK

Cuba to Siberia

Birth Research and the *Get Out of Town* Series are the Focus at the Library in January

TransSiberian Railway
Our-Russia.com



FLORENCE— The Florence-Lauderdale Public Library will host several programs in January.

Cuban History and the Endangered Archives Program takes place on Thursday, January 5 at 5:30pm.

Doctoral student John Harris traveled to Cuba in early 2016 as part of the British Library and Vanderbilt University's

Endangered Archive Project. The purpose of this project is to digitize birth, death, and baptismal records from the 18th and 19th centuries in order to make them available to the public for the furtherance of historical research.

However, since the first **See CUBAN... on Page 27**



Ganges River
Sacredland.org

Learning the iMovie Basics at FLPL

FLORENCE—Learn how to edit video on your Macbook with the iMovie Basics Series at The Collaboratory at the Florence-Lauderdale Public Library this month.

This series is intended for people who have never used iMovie or haven't used it in quite some time. If you feel confident using iMovie, this class probably isn't for you.

Jan. 9 - 25

You should feel comfortable maneuvering and performing basic computing function in OS X. You will also need to bring your own Macbook laptop for this class.



See FLPL CLASS... on Page 28

Class Schedule:
Monday, January 9, 5:30-6:30pm
This session will review terminology

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.

FISH FRY AT EAST COLBERT CHURCH OF CHRIST Saturday, January 7, 12:00-5pm. All you can eat. Adults & Carry Outs \$12 each. Children ages 5-11 \$6. 4 & Under free. (All proceeds go to mission work & benevolence.)

GRAMMY AWARD WINNERS THE BLACKWOOD QUARTET perform the Gospel of Elvis at 7pm January 14 at Shoals Theatre, 123 N. Seminary St., Florence. Doors open at 6pm. Tickets are \$15 reserved; \$25 for VIP, which includes a meet-and-greet with the quartet. Doors open at 6pm. For more information, call 256-764-1700 or shoalstheatre.org.

TENNESSEE VALLEY MUSEUM OF ART HOSTS A CONTEMPORARY TEXTILE AND MIXED MEDIA EXHIBIT by Herb Reith will be on display January 22-March 10. The museum is at 511 N. Water St., Tusculumbia, and is open 9am-5pm Monday-Friday, and 1-3pm on Sunday. Admission is \$5 for adults, \$3 for students. Admission is free on Sundays and for Tennessee Valley Art Association members. For more information, call 256-383-0533 or tvaa.net.

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YOUR Letters

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

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

Can't Purge Physics

Editor:

"It looks like Trump and his administration are planning a political witch hunt which has no place in American government: purging or marginalizing anyone who has worked on the issue of climate change.

That's at the same time they are looking for ways to eliminate the very scientific infrastructure we need to monitor changes to our planet and its climate. You can't purge physics from planet earth, and seas will keep rising regardless."

John Coequyt,
Global Climate Policy Director
Sierra Club - Oakland, CA

Truth is My Resolution

Editor:

I voted in the November 2016 election but my choice for president lost. In spite of this, I thoroughly enjoyed seeing Hillary lose. She would have guaranteed this country a nosedive into chaos. My vote was written in for Ted Cruz, who is called Lying Ted by Donald Trump. This reminds me of my previous opinion that no president or anything else will help this country like a mass return to the fear of the Lord- starting with me. I am also reminded that when God offers his own leadership to the human constituency that rejects him, he forges ahead and declares, "Let God be true, but every man a liar;" (Romans 3: 4).

I remember lying once in junior high

school. To say that was my only lie would only be another lie. So, in the interest of pursuing truth, I have to consider what truth is.

What Is Truth?

Truth is relatable, not relative. Therefore, I can approach it and it can approach me in absolute confidence. Lies skirt around any such possibility. Truth is searchable. In it, through it, and by it, we find the answers. Truth never refutes itself. Therefore, no word, person, or thing ever attempts to do so unless the motive is a lie. Truth is foundational in everything good. It is the basis for the best actual reality. Truth always serves a noble purpose. It is for the best possible outcome in all situations. Truth gives confirmation

See LETTERS... on Page 25

The claim of Russian interference in the election is certainly extraordinary... So is U.S. President Barack Obama's response...



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HANDYMAN- HAUL JUNK, CUT thickets, pressure washing, clean out gutters, rake leaves, odd jobs. 256-577-6582.

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

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1. To tinker with foolishly.
2. To travel on foot; hike.
3. An itinerant worker.
4. Blank space on letter.
5. Fruit of cereal grass.
6. Called on the phone.
7. A long-nosed fish.
8. Egyptian sun god.
9. Chess piece abbreviation.

Answers On Page 34

Illustrated by David Coulson

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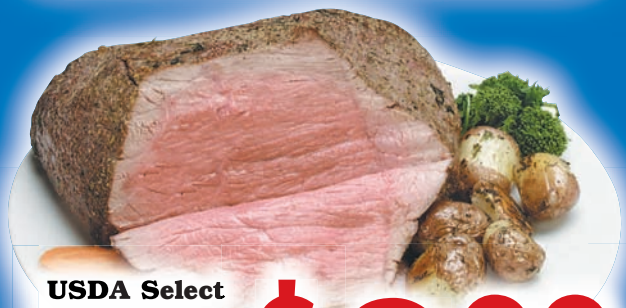
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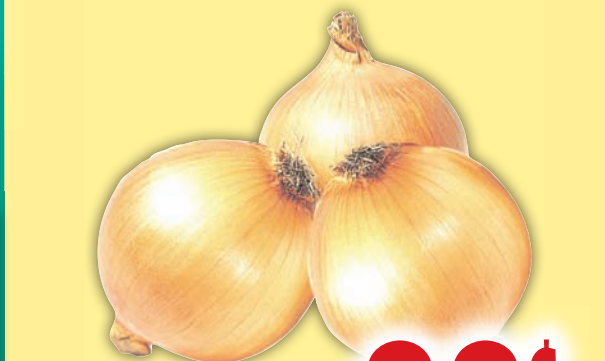
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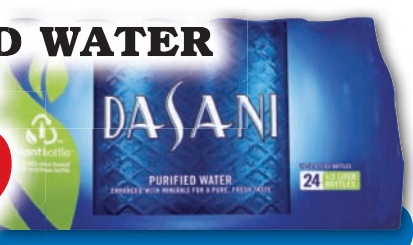
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59¢

Hunt's All Varieties PASTA SAUCE
24 Oz.



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General Mills HONEY NUT CHEERIOS, LUCKY CHARMS, OR CINNAMON TOAST CRUNCH
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12 Ct.



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16 Oz. **2/\$5**

Food Club Cinnamon Or CRESCENT ROLLS
8 Ct. **2/\$3**

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Nabisco All Varieties CHIPS A'HOY! COOKIES
7-13 Oz.

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RUSSELLVILLE 14001 Hwy. 43 • 7am-9pm • 256-332-2535

Commentary

False...

Continued from Page 14

alleging that the Russians left evidence they hacked the 2016 election. However, there are no specifics or details.

Immediately after the election Facebook was accused of tilting the election because of all the fake right-leaning rumors it supposedly allowed as posts in the weeks leading up to the election. The partisan allegation itself was blatantly erroneous since misinformation from those on the left permeated the platform with at least an equal level of zealotry during the campaign.

A site created to look like CNN ran a news piece that the Pope endorsed Donald Trump for president. A news piece touted Trump as saying in 1998 that if he ever ran for President he would do so as a Republican, because they're the dumbest group of voters in the country. They believe anything on Fox News..." Both of those were later discovered to be hoaxes.

Regardless, in response to the relentless storm of criticism, Facebook CEO Mark Zuckerberg has announced that a team of Facebook researchers will forward suspect websites and stories to a group of third-party fact-checkers - get this - from Snopes, Factcheck.org, ABC News, PolitiFact, and the Associated Press to check for accuracy. Please forgive me if I am not reassured. I'm not sure they could conjure up a more left-leaning group of arbiters unless the Huffington Post or Salon.com were added.

What is amazing is how the mainstream media considers itself as the duly-appointed filter of Truth vs. Fake prior to any public digestion.

The media established the term, the definition, and now offers the solution.

Meanwhile, history shows major media's inability to discern the fake from the real. The examples are countless.

We can go back to the 70's when Newsweek's article on how the earth was cooling at a life-threatening clip was taken as gospel and furthered through every possible avenue at the time. Glaciers were going to be as far south as America's Midwest. Twenty years later the same groups were deeply immersed in the idea of global warming. Coastal cities were going to be under water by the turn of the century if drastic action wasn't taken. News organizations continue to push that glaciers are melting and polar bears are disappearing. Never mind that there is more global ice and there are more polar bears than at any time in recorded history. Now the term "climate change" can cover both extremes as needed. The science, based on false documentation to start with, can continue to

See FAKE... on Page 22

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Continued from Page 8

WHY BUY RESEALABLES?

I got tired of buying, using, and throwing away those resealable bags for food, so I bought a good set of reusable containers. They cost a bit more to start, but I've cut my bag purchases to a minimum. The only time that I use them now is if I'm packing food that I'll eat away from home and it would be inconvenient to carry a plastic container with me.

Soledad

KEEPIN' IT SIMPLE

My husband and I are both on our second marriage. When we combined households, we had a blend of towels, sheets, and linens. Over time, I've gradually replaced everything with white. Now I don't have to wonder if a hand towel will match a guest bath towel. It is not only simpler, but also I can find bargains at estate sales, thrift stores, and yard sales. As a final bonus, I don't need to worry about colors running!

Kristina

A SPRAY PAINT SOLUTION

I can't tell you how many cans of partly-used expensive spray paint I've tossed because the

nozzle clogged (despite precautions) and couldn't be cleaned. It finally dawned on me that replacement spray tips might be available, and they were! I found a pack of four tips for under \$3 to replace the type I needed. Spending 70 cents to recoup a \$6 to \$7 can of paint is a good investment in my opinion, and it saves me a trip to the store.

Julie

BETTER GAS MILEAGE

I thought I would share my tire pressure story. I was traveling from Las Vegas, NV to Houston, TX. As I started out, I had to stop every hour to fill up my 2006 Cadillac with gas. I noticed the tire pressure in the owner's manual was the recommended 35 PSI, which is what I had it set at. However, the tires stated 40 PSI. I upped the tires to the 40 PSI and was able to get 29 miles to the gallon. Amazing! I did not have to fill my tank for almost 400 miles!

I asked my dealer later why the 35 PSI? He told me it made for a more comfortable and less bouncy ride. I will take "bouncy" over comfort any day.

Devery J.

WE TRADE PUZZLES

We enjoy doing jigsaw puzzles. It was so surprising to find out that many of our family and friends do as well. We now have a "Round Robin"

going with the puzzles. There are five we exchange with in this town, two in another town, five people in another place, and several more people in a retirement town.

After a person has put a puzzle together, they put their initials on the back and send it on. If a piece is missing, it is also noted and a circle is made where it should go on the puzzle box picture. I was so surprised that my neighbor does these and has for years. That family prefers just the 500-piece puzzles, so that is all I send over to them. So far, everyone has sent the puzzles back to me with a few additions. It is almost like a library here now, and when we are all through, the puzzles go to a senior center or a hospital waiting room. Most are still in very good shape.

DMT

SHELF SPACE

It took a little work, but it certainly was worth it. I took every can out of my pantry and separated them according to years. One shelf was for 2014 and another for 2015. Next year, I'll add one for 2016.

It didn't matter if there were all different products on each shelf. I lined them up accordingly. Now we are only eating from the 2014 shelf, and when I buy other canned goods, I can put it on the correct shelf immediately. No more rooting for the oldest. The oldest is right before me on the oldest labeled shelf. If I need something that is no longer on the 2014 shelf, I just go to the 2015 one.

Connie S.

FACIAL CLEANSING CLOTHS

To really clean and exfoliate your face, add a couple teaspoons of baking soda to a squirt of your favorite liquid facial cleanser and rub this into your face. Start gently until you get a sense of what pressure works best. Rinse with warm water. I do this in the shower. You don't need to use an expensive cleanser either. A baby wash will do. You will be amazed at how clean and glowing your skin will look. Also, your pores will appear smaller.

Lyn

CLEANING GRANITE COUNTERTOPS

I make my own granite countertop cleaner. I take a quart spray bottle and add 1/4 cup of rubbing alcohol and a squirt of Dawn(r) dish soap. After I fill with water, I have the perfect countertop cleaner.

Tracy

THE 'IN' INN

My husband and I like craft beer, but as it's become more popular, we've been priced out. Now, we do the next best thing. On Fridays, we buy two bottles from a microbrewery or import. At home, we have our favorite beer glasses and enjoy them just like we were at the local brew pub. We probably save at least half by pouring our own beer!

Lexie

Commentary

Fake...

Continued from Page 21

get temperature readings from an ever-growing set of land-based, urban settings that depend on asphalt to keep those average temp readings on the rise.

The media sees nothing wrong with the fact that Clarence Thomas, only the second black Supreme Court Justice in history and soon to be the highest ranking black person in the United States, is not mentioned ANYWHERE in the newly opened African American Museum of History. Conversely, Anita Hill, his accuser in a sexual harassment allegation long ago discredited, has a prominent reference.

The Southern Poverty Law Center spreads fake news like grass seed. They disseminate whatever race issues they can turn up regardless of authenticity. It suits their agenda. Soon after the election, the SPLC regurgitated a list of alleged hate crimes, many of which were already proven to be fake news (hoaxes).

We had the national media spread complete disinformation for months that four Americans were killed in Benghazi because of a YouTube video. It was blatantly unsubstantiated news to cover up a colossal failure by U.S. intelligence and this administration for which, to date, no one has been held accountable.

The media continues to avoid the use of the term illegal and continues the gross misrepresentation that illegal immigrants somehow have the right as a human being to be here. They are a driving force to ban the use of the term, Illegal Alien, because it is *insulting*. Are they reporting the news or driving it?

LA's mayor is creating a fund of \$10 million taxpayer dollars to provide legal services to illegal immigrants who are facing deportation, dubbed the LA Justice Fund. The whole premise of allocating taxpayer dollars to defend people who ARE NOT citizens and have no such rights is preposterous and grossly illegal. Never mind that California is absolutely broke - billions in red ink. They can't buy a roll of bathroom tissue to wipe the feces off their face without putting it on their tab. The media never addresses these issues.

In November national outlets reported that a shooter was loose on campus at Ohio State University. In the minutes that followed the media blamed the NRA, gun proponents, and the gun culture. They even advocated for an assessment of Ohio's gun laws. In reality, a gun was never involved. An eighteen-year old Muslim freshman rammed a group of people with his Honda Civic and came out swinging a knife. However, who in the mainstream media really wants fact to interfere with a good fake news story?

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See DOLLAR... page 31

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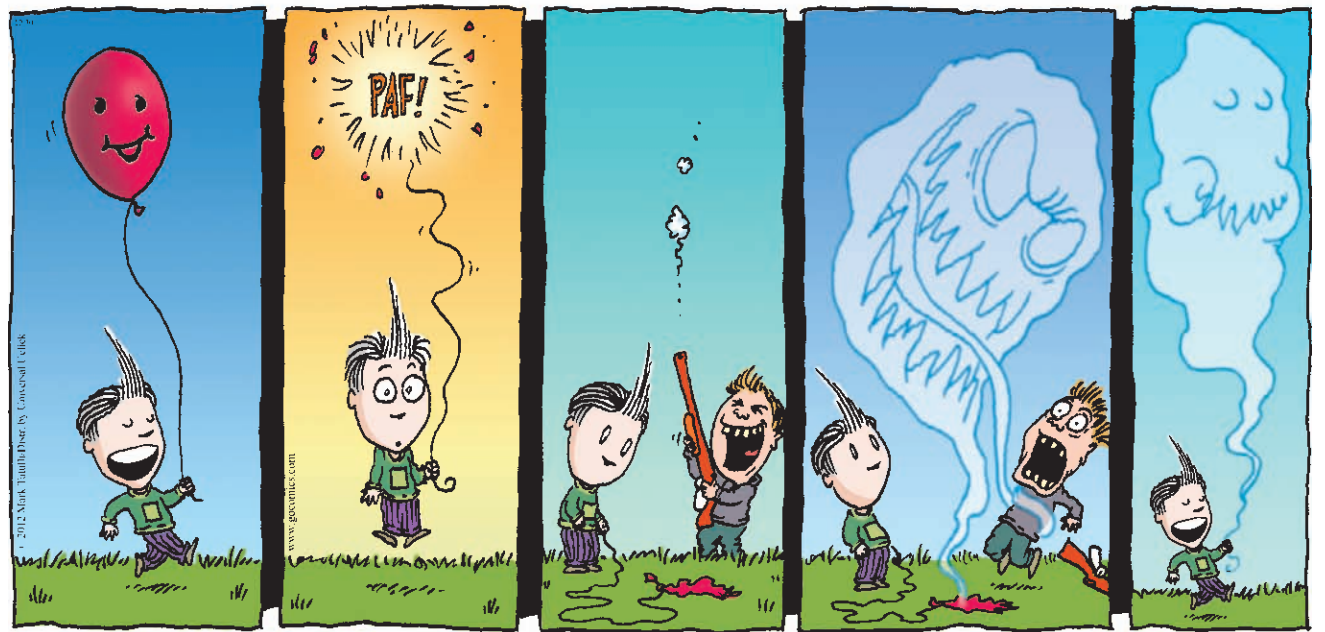
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Letters...

Truth is My Resolution

Continued from Page 14

when called upon to do so for a given notion, method, or process that needs to be proven reliable, worthwhile, and correct. Truth, just as light, is ready, willing and able to charge into the darkness and provide clarity of vision. Truth rises above all lies, strives against all lies, and defeats all lies. Truth is fully embodied, and alive in Him, Jesus, the Son of God. As a confessed liar in need of reformation, or transformation, the above paragraph is my New Year's Resolution. I'm thinking about sending a copy of it to Ted Cruz. Then perhaps he and I can decipher which of the following is the truth according to Donald Trump regarding the so-called Affordable Care Act: repeal it on day one; repeal and replace it; or keep some of it because he likes it after all.

Floyd Jones, Jr.
Killen

A Straight Vote for Democrats?

Editor:

I wrote a letter about a month ago challenging any republican to name one bill they have ever passed that benefitted the middle class. I named a few bills passed by democrats that were opposed by republicans, Social Security, Medicare, 40 hour work week, minimum wage, family leave act, and Obama Care. The only response I received was from Buddy Mauldin. His answer, and I'm not kidding, goes back 154 years to the Emancipation Proclamation during the Civil War by Abraham Lincoln.

WOW, if this does not

wake all middle class working citizens up, I don't know what will. There has to be a republican senator, representative that reads this paper. Cannot one of you name a bill you or your colleagues have passes? I know the answer is no.

Finally, Euell White seems only to want to talk about abortion and gay marriage. Since you weaseled out of answering my last letter to you, I will make a deal with you. Republicans control all branches of government. If abortion and gay marriage are banned by the next presidential election, I will vote straight republican. However, my prediction is they will try to end Social Security and Medicare. If these two are gone, then Mr. White you vote straight democratic. That is if we still have elections and Russia does not own us by then. The former Russian leader Khrushchev said years ago that Russia will defeat the United States without firing the first bullet.

Something to think about for sure now.

Mike Hester
Tuscumbia

Russian Hack: All Hat, No Cattle

Editor:

In early 2003, US Secretary of State Colin Powell took the stage at the UN "to share with you what the United States knows about Iraq's weapons of mass destruction." Powell justified the impending US invasion of Iraq on the claim that Saddam Hussein's regime continued to produce and stockpile chemical and biological weapons in violation of UN resolutions. He dazzled his audience with audio recordings and surveillance photographs

that he claimed constituted evidence of Iraq's perfidy.

Two years later Powell called the presentation a "blot" on his record, admitting that he had deceived the UN. The "weapons of mass destruction" didn't exist. All the Saddam-era chemical weapons recovered in Iraq since 2003 are of pre-1991 manufacture with no evidence linking them to the regime since the 1991 war.

How long can we expect to wait for the National Cybersecurity and Communications Integration Center to admit that its report, "GRIZZLY STEPPE -- Russian Malicious Cyber Activity" -- pre-hyped as providing "evidence" of Russian government interference in the 2016 US presidential election -- is a reprise of Powell's UN speech?

Marcello Truzzi, a skeptic of paranormal claims, once said "an extraordinary claim requires extraordinary proof."

The claim of Russian interference in the election is certainly extraordinary, "beyond what is ordinary or usual; highly unusual or exceptional or remarkable". So is U.S. President Barack Obama's response, including the expulsion of 35 Russian diplomats and closure of two diplomatic compounds in the U.S.

The "evidence" in the report, however, is not extraordinary. It's non-existent. The report is just a list of cyber warfare methods accompanied by some pretty diagrams. No IP or MAC addresses. No chain of verifiable records showing suspect packets coming from, or going to, Russian machines. The report's "evidence" for Russian government involvement is the same "evidence" we've been offered before: "It's so because we say it's so. Trust us."

Did the Russians

conduct cyber attacks for the purpose of influencing the election's outcome? It wouldn't surprise me, but I don't know. You probably don't know either. The US government continues to state it as fact while declining to prove it.

It seems silly to go to these lengths for no higher purpose than to shift blame away from the Democratic Party and Hillary Clinton for their poor nomination decision-making and her mediocre campaign. And dangerous to do so at the risk of further jeopardizing already tense US relations with a nuclear power.

Thomas L. Knapp
The William Lloyd Garrison
Center for Libertarian
Advocacy Journalism
Gainesville, FL

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See Page 6

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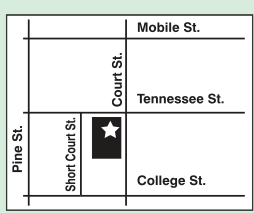


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Cuban...

Continued from Page 14

phase of the project was completed in August, many changes have taken place, including the death of Fidel Castro. The future of US-Cuban relations is as uncertain as it has ever been. In light of these recent events, John will be presenting a brief history of Cuba including its past of sugar and slavery. More importantly, however, is the history of US-Cuban relations.

Harris graduated from UNA with a Masters in History. He is currently a doctoral student at the University of Texas at Arlington focusing on the British North Atlantic, the Caribbean, and Cartography.

GET OUT OF TOWN!

FLPL's annual travel series, Get Out of Town, returns for 2017! Each Sunday in January at 2pm offers a different speaker and topic!

Mother Ganges River -

Sunday, January 8, 2pm
Debby and Bill Brown will share pictures and stories from their recent trip along the Mother Ganges River, which flows through India and Bangladesh.

Puerto Rico and the U.S. Virgin Islands -

Sunday, January 15
For the second event in our annual travel series, Dr. Jonathan Fleming, Assistant Professor of Geography at UNA, will share photos and stories from his trip to Puerto Rico and the U.S. Virgin Islands.

Jamaica

Sunday, January 22, 2pm
For the third event in our annual travel series, Dr. Mario Mighty, Assistant Professor of Geography at UNA, will share photographs and stories from his trip to Jamaica.

Trans-Siberian Railway -

Sunday, January 29, 2pm
For the final event in the annual travel series, Andy Thigpen will share photos and stories from the Trans-Siberian Railway.
For more information, call 256-764-6564, ext. 28.

FORD: F-150, 2015 \$25,977. XLT crew cab, 4x2, cloth, 36k, financing available call Eric 256-577-8449 or 256-764-3351

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FLPL ...

Continued from Page 14

specific to iMovie. We will also discuss and demonstrate how to import various media and how to organize media for iMovie projects.

Wednesday, January 11
 5:30-6:30pm

This session will introduce you to the iMovie interface. We'll discuss the purpose each part of the iMovie window.

Wednesday, January 18
 5:30-6:30pm

We will go over the basics of video editing. We'll add video to our movie, trim video, and perform other basic editing tasks.

Monday, January 23
 5:30-6:30pm

In this session, we will demonstrate how to add photos, transitions, and other video effects to your movie.

Wednesday, January 25
 5:30-6:30pm

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Cat & Kids

by Cathy Turner

Give Christmas a Hand

It happened. It finally happened and I didn't even know that I was waiting for it! I got the little hand. They used to make them out of Plaster of Paris, but that is hardly available now. So my daughter made it of salt and flour mixture, baked at 250 degrees for two hours. It is brown because, of course, my daughter only has wheat flour at her house. This little hand was cut from the drawn shape of my granddaughter Ruby's hand. It's cut half an inch thick and is painted blue on one side. "Ruby 2016" is painted in red on the blue. With great pleasure, I hung this priceless

ornament on our tree when we got back from Christmas in Carolina.

Hanging that hand was a highlight, but not nearly as special as watching our almost two year old Ruby run toward me, wrap her arms and hands around my calf, look all the way up at me and say, "Hey Gan!" This is Ruby's version of "Gran". My childhood nickname was "Granny". As I grew older my family shortened it to "Gran." I have so anticipated having a little one call me "Gran," but "Gan" is even better. Ruby did this more than once, run by, hang on, and say, "Hey Gan" and then keep on

trucking. Leaving me in her wake, waving and grinning. Truly, these were the best moments of Christmas.

Or maybe the best moments were those wide-mouth surprise and awe Christmas moments. Like when she got to hold the tree lights that were all in a tangle. An upward glance with wide eyes and big open mouth said, "Wow, they sparkle! This is awesome. I can't believe you are letting me hold these lights and how do they work, anyway?" And of course, there was the wide-eyed moment of Christmas morning when Ruby was escorted up the steps to see gifts from Santa, Gran and her grand-aunties. Wow! Which first - slide or tricycle (Yes, my sister bought a one-year old a tricycle...), mini basketball goal or large Legos, books or baby doll? Those eyes, that gasp-of-air-into-the-open mouth appreciation. Her parents' eyes were equally wide and their grins were huge. The best time of the year.

It was even more fun to sit beside Ruby at

Christmas dinner and watch her stuff my dressing into her mouth, and then say, "Morwe peas!" Translation: "More please!" I made the dressing a little spicy, so the "Morwe peas," was followed by chomping and "Hot." "Wadder!" She loved it and I loved her!

All good moments, but maybe the best was seeing her put her grandad's face between her little hands and look lovingly up at his smiling face. Or maybe it was when she and her mom were lying on the floor playing with each other's hair while they listened to her dad read "T'was the Night Before Christmas". Or maybe the best moment was when she had on the new, black Nikes I gave her with her new skinny, black pants and the grand-auntie present that was a light heather gray hoodie that said, "That's it. I'm calling Grandma!" Perfect. It matched my "The World's Greatest Grandma" shirt.

Oh boy, life is good when you have a little one around. Little people bring life back into life. Those little eyes gleaming up at you. Those sweet feet running everywhere. Those little hands. She reached out from her car seat. We rode holding hands and singing little people songs. I wanted to hold that little, puffy hand forever. That was the best part.

I didn't know it, but that's why I wanted that blue and brown, salt and wheat flour hand that was in a little Christmas tin. A wonderful and unexpected traditional gift for Christmas. In years to come, I can remember "Ruby 2016", and be, oh so, thankful for this Christmas. It was the best Christmas ever.

Email comments or suggestions to CatnKids1@gmail.com

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The Lighted Path

Written by Tony Hudson,
Elgin Hills church of Christ

Palmer Hartsough is credited with writing the words to the lovely song, "I Am Resolved." The resolutions set forth in this simple hymn are worthy of our consideration as we begin a new calendar year. "I am resolved no longer to linger, charmed by the world's delight. Things that are higher, things that are nobler, these have allured my sight. I will hasten to Him, hasten so glad and free. Jesus, greatest, highest, I will come to Thee." Other verses begin, "I am resolved to go to the Savior, leaving my sin and strife," and "I am resolved to follow the Savior, faithful and true each day," and, "I am resolved to enter the kingdom, leaving the paths of sin. Friends may oppose me. Foes my beset me. Still will I enter in."

What is your new year's resolution? I've known some who simply refuse to make resolutions, saying they always fail to keep them. Still others valiantly resolve to lose weight, save money, free themselves of debt, etc. Some succeed. Others fail. And yet each new year somewhat begs our conscience to be resolute regarding important things and to renew our commitment to things we may have faltered at in years gone by. Why not resolve this year to read the Bible daily, to pray to the Lord daily, and to set as a goal of first importance the kingdom of God?

The Bible teaches us two things in this regard. First, compared to the reward God offers the faithful - the walk with Him in Christ is easy. Jesus said, "Come unto me, all ye that labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light" (Matthew 11:28-30). And second, leaving worldliness and reaching unto Godliness is not to be taken lightly. It is difficult to overcome the world, so Jesus also taught, "Enter ye in at the strait gate: for wide is the gate, and broad is the way, that leadeth to destruction, and many there be which go in thereat: because strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it" (Matthew 7:13-14).

There is no contradiction in these words of Jesus. God made us and His will for us makes for an easy yoke and a light burden. It is a yoke that fits well, and what is asked of us is not a heavy load unless we make it so. Yet sadly, there are those who have just enough faith to make themselves miserable in this world. The pleasures of sin (Hebrews 11:25) provide many alluring distractions. Most people follow in that way of life, which is a broad and easy road on which there is much company. Christians must choose subjection to Jesus Christ and His law (Matthew 7:21, Galatians 6:2). We must obey the gospel (1 Peter 4:17) or else we will be lost. And so, the way is strait, narrow, and few find it, but it is also an easy yoke we wear and a light burden that is well suited for mankind, for it is put upon us by our Lord.

Why not resolve not longer to linger this year? We'd love to study with you. We invite you to join us for Bible study and worship. The Elgin Hills church of Christ meets at 81 Elgin Hills Drive just north of Elgin Crossroads.

Psalm 119:105: "Thy word is a lamp unto my feet, and a light unto my path."

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Healthy, Happy New Year

Happy New Year! Did you make any resolutions? If you're the resolution-making type, chances are high that you made one about health. Whether it is to lost weight, eat healthier, start exercising (or do a better job of all that), health-related New Year's resolutions are common. We want to live long lives and have high quality of life during those years.

A study was conducted a few years ago about pocket areas of people around the globe who experience unusually high longevity. They call these areas Blue Zones, and they have some interesting common factors. I highly recommend that you go to ted.com and watch Dan Buettner's talk on longevity. It is fascinating, and less than 20 minutes long. Here's what they found in a nutshell:

- **Longevity is affected by relationships.** All of those Blue Zones share a similar high level of respect for the elderly in their community, as well as a focus on children. Families are close-knit, and friendships are nurtured.
- **Longevity is tied to a physically active lifestyle.** Not active in the way that Americans typically think of exercise, but active as a way of life. Buettner says that walking is the only thing that has been proven to deter cognitive decline. Of particular benefit is walking in nature.
- **Longevity goes hand-in-hand with spirituality and sense of purpose.** All of the cultures exhibited in Blue Zones place high emphasis on faith. They also seem to recognize sense of purpose as being vital to a person's well-being.
- **Longevity is tied to dietary restraint.** While there is no set diet for longer living, all of the diets in these zones were high in plant and legume intake and lower in meats. They also exercised restraint in eating, recognizing overeating as unhealthy.
- **Longevity requires down time.** This is something Americans seem to struggle with, especially in the holiday season we just came through. Buettner discusses the inflammatory nature of rushing around and being stressed out, and says that stress contributes to many illnesses including Alzheimer's and heart disease. All of the Blue Zone cultures place importance on having some quiet time each day.

The interesting thing is, none of these things alone are a revelation. Taken together, though, they form a picture of what I think we're all striving for. A happy, healthy, less-stressful life in which we take time to nurture friendships and spend quality time with our families.

mr

Please feel free to send your questions.

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

Questions for Mike Randall
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THE DOLLAR Stretcher



Continued from Page 22

SAVE THE WREATH

Most natural Christmas wreaths get tossed after one year. I wanted to save mine for next year. So I removed the bow and sprayed it with clear lacquer. Once dry, it was a bit shinier, but it almost looked like it had a thin coat of ice on it. And it hasn't been losing any needles and they haven't been turning brown either. I think I've got a wreath that'll be good next year!

Melissa

GLASS STOVE TOP CLEANER

If you run out of stove top cleaner or just like to make your own, try this trick. Sprinkle baking soda over the glass. Use a kitchen sponge to rub it over the cook top. Take a clean wet paper towel to wipe off the remaining baking soda. A final pass with a dry paper towel will have it nice and bright!

Paula

THE SNOW SIGN

After a snowfall, you should take a look at your roof. If you find one or two areas where the snow has melted, you need to check those spots in your attic for heat loss. The lack of snow is an indication that the spot on the roof is being heated from below. It could be a lack of insulation or something else that's allowing for warm air. In any case, it's an easy way to tell where you need to stop your heat loss.

Evan

MY RESOLUTION

My New Year's resolution may seem strange to some, but I'm anxious to see how it works. I resolve to choose to be happy. I plan on starting every day taking a few minutes to think about the good things in my life like my family, a warm home, enough to eat, etc. I also have a plan to deal with the bad stuff. It contains two parts. The first is to remind myself that it could be worse. Car accident? Wish it hadn't happened, but I'm glad no one was hurt. The second step is to ask myself if there's something I can do to change the situation. If the answer is "no," then there's no sense worrying about it. If the answer is "yes," I can begin to take steps to change things. I don't know for sure, but I'm hoping that 2017 is a happier year for me and my family.

Ron

MY NEW YEAR'S GAME

Each year, I make a game of seeing how long I can go in the New Year without spending any money on things that I can control. I don't mean things like the electric bill and gas for my car. Instead, I avoid online shopping and the malls. I also try to stretch my grocery budget by cleaning out the freezer, pantry, and fridge of anything that I can. The money I save makes it easier to handle the Christmas bills that come in January.

Chloe

NEXT YEAR'S GIFT WRAP

We all end up with partial rolls of gift wrap left over. I take the empty tubes and slit them lengthwise and put them over the half used rolls. The wrapping paper is protected and ready for next year!

Penny

SHINY SILVER SERVICE

To shine your silver service without a lot of work, line a large bowl with tin foil. Put the shiny side up. Fill with boiling water and add baking soda. Place silver into the bowl and wait for 30 minutes. Rinse in tap water.

Bobbie

WINTER WINDSHIELDS

I found a simple solution for the ice that forms on my car's windshield overnight. When I get home from work, I give it quick spray of a mix of rubbing alcohol and water (3 to 1 mix). I use an old glass cleaning bottle that I keep in the car. It won't stop snow, but it does keep me from scraping my car's windows before I go to work in the morning.

Emily

BUDGET FRIENDLY DINNERS

When you run out of ideas or your budget is tight, breakfast for dinner may be a good idea. Everyone seems to enjoy breakfast food anytime of the day, especially my grandchildren! I prepare eggs, bacon or sausage, and toast. If I have a leftover baked potato, I cut it up, add some onions, and quickly fry them. Orange juice is an added treat or coffee for the adults. It's easy, nutritious, and delicious!

Caryn

FIRST APARTMENT SOLUTION

We found the perfect way to furnish our first apartment. We found an estate sale in our neighborhood. That's a sale where the homeowner has died and they're clearing out the house. We waited until the end of the sale and told them that we were looking to furnish an apartment. We needed furniture for a living room, bedroom and kitchen, cookware, bath items, and cleaning supplies. Most of that stuff had very little value to them at that point, so we got a great deal. The furniture isn't the style we want, but we can replace it when we have the money. It sure beats sleeping on the floor and running up a bill at Bed, Bath and Beyond.

Gayle

WINTER CAR CARE

Slush can get nasty in the winter. Not only does your car look bad, but also it's hard on paint and can even cause rust. About this time of the year, I put a nylon toilet brush in the trunk. When I get home, I use it to brush away any slush that's clinging to my car. It only takes a minute or two to walk around the car and give it a quick swipe. My current ride is nine years old and still looks good!

Julian

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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.

This handsome super star is named **AXEL!** He is a friendly 5 month old male kitten with a wonderful personality. Axel is gentle, kind and loving. He loves to lay on your lap and get attention. Axel would be perfect for someone looking for a companion to relax with while lying back to read a good book. He is already neutered, litter box trained and is good with cats. Axel is an amazing boy who deserves a great home! Come meet handsome Axel, fall in love with him, and take him home. **THE PET OF THE WEEK SPECIAL ADOPTION FEE IS \$25**, which includes spay or neuter & rabies! To learn more, contact the Colbert Shelter at 256-381-4073!

I'm **GINNY.** I'm a female terrier mix. I was born September 25, 2016. The nice people from PAWS gave my mother a safe place to give birth to me and my siblings. Now it's time for me to have my own loving family. I'm a very loving little girl. I'm great around other dogs. I just want to play. However when I'm through with my activities, I love a lap to take a much needed nap. I will be spayed when the time comes. I'm up to date on my vetting and micro chipped. I will need a fenced in yard to play safely with my family. If you're interested in giving me a forever home, please call PAWS at 256-383-0690

BUDDY is ready to get his break in life! He is looking for his very own family. Buddy is a very calm dog and is great with other dogs, cats and kids. And best of all, he is housetrained! He is a small terrier mix and about 3 years old. Please contact CASA Canine at Collie. Barker@gmail.com if you are interested in adding Buddy to your family!

FINN is an 8 month old lab mix. He has been at the shelter since he was a little pup and would really like a home for the new year! He is neutered & up to date on vaccines. For more info call the Florence Shelter at 256-760-6676!

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Courier Journal



Soap Opera Preview

THE BOLD AND THE BEAUTIFUL Quinn was feeling immense guilt for her recent flirtation with Ridge, especially after learning about Eric's attempt to get Steffy and Wyatt back together. Steffy justified her grandfather's actions to Liam. When Brooke asked Ridge about his plan against Quinn, he stayed mum but promised her that there would be an unexpected twist to his scheme. Protective of her Uncle Eric, Ivy heatedly confronted Quinn about her interaction with Ridge in the steam room. Quinn vowed to remain faithful in her marriage. Ridge told Liam that he was more than willing to make the ultimate sacrifice in the name of family. Quinn was caught off-guard when Ivy bluntly made her swear that she had no feelings for Ridge. Liam put his foot down with Wyatt about the way Steffy was being portrayed on social media. *Wait to See: A homecoming is met with drastic changes.*

DAYS OF OUR LIVES Shane asked Rafe to go to Europe after Stefano was supposedly spotted there. Nicole was disappointed when Nancy kept the new baby away from her. Kayla and Steve comforted a distraught Joey. Brady tried to get proof that Nicole was the biological mother of Chloe's baby. Kate struggled with whether or not to betray Eduardo. Theo and Claire spied on Valerie and overheard a suspicious conversation. Brady got the test results back on the baby, but Nicole was heartbroken when she had to say goodbye. Chad and Abigail enjoyed a family outing until they ran into Gabi. Theo and Valerie squared off over the bug he left in her purse. Claire went on high alert when she saw Theo and Ciara bonding. *Wait to See: The gang arrives in Prague to search for Stefano.*

GENERAL HOSPITAL Alexis confronted Julian. Liz expressed her concerns to Franco. Sonny and Carly reunited. Valentin reassured Nina about Claudette. Franco was determined to clear his name. Finn's recovery came at a cost. Sam questioned Julian about Ridge. Franco was suspicious of Alexis's behavior. Nelle's friendship with Michael deepened. Alexis's memory betrayed her. Franco opened up to Scott. Laura gave Liz a pep talk about loving a man with a dark side. *Wait to See: Jason's alliance with Curtis hits a snag.*

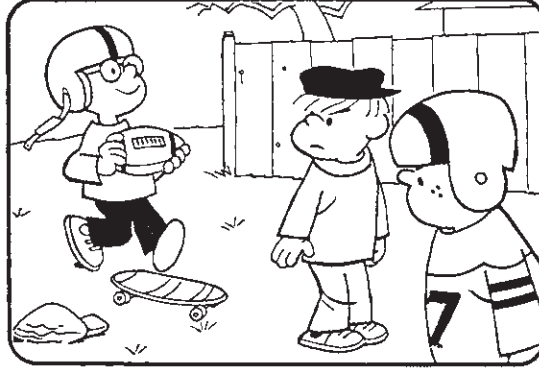
THE YOUNG AND THE RESTLESS Faith was excited to celebrate New Year's Eve, but quickly fell asleep. Chelsea offered to leave, but Nick asked her to stay. Dylan assured Christine that he was ready for his undercover assignment, but Sharon was upset when Dylan had to leave town so abruptly. Later, Nikki was worried when she couldn't

reach Dylan. Lauren received some bad news about her store and asked Phyllis how soon their on-line platform could be up and running. Chelsea and Nick were grateful they didn't have to be alone on New Year's Eve. Paul confessed to Nikki that Dylan was working undercover and couldn't be reached. Lauren feared that her company was going bankrupt. *Wait to See: Gloria is up to her old tricks.*

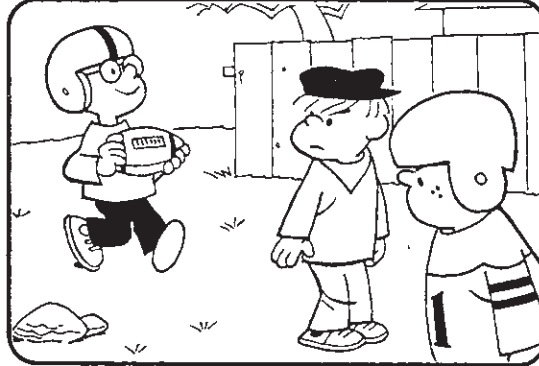


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BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Strap is missing. 2. Post is missing. 3. Skateboard is missing. 4. Collar is different. 5. Stripe is missing. 6. Number is changed.

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Florence City Schools COMBINED STATEMENT OF REVENUES, EXPENDITURES, AND CHANGES IN FUND BALANCES ALL GOVERNMENTAL FUND TYPES AND EXPENDABLE TRUST FUNDS FOR THE FISCAL YEAR ENDED SEPTEMBER 30, 2016

EXHIBIT F-II-A

FUND TYPES DESCRIPTION	GENERAL	SPECIAL REVENUE	DEBT SERVICE	CAPITAL PROJECTS	FIDUCIARY EXPENDABLE TRUST	TOTAL (Memo Only)
REVENUES						
STATE REVENUES	22,368,294.91	15,005.00	323,375.33	679,151.67	0.00	23,385,826.91
FEDERAL REVENUES	2,500.00	5,227,259.60	0.00	0.00	0.00	5,229,759.60
LOCAL REVENUES	17,226,520.69	1,630,275.65	14,010.95	4,929,528.94	1,019,495.57	24,819,831.80
OTHER REVENUES	275,915.63	338,627.55	0.00	0.00	0.00	614,543.18
TOTAL REVENUES	39,873,231.23	7,211,167.80	337,386.28	5,608,680.61	1,019,495.57	54,049,961.49
EXPENDITURES:						
INSTRUCTIONAL SERVICES	23,387,053.47	3,213,202.38	0.00	1,525,648.26	304,152.91	28,430,057.02
INSTRUCTIONAL SUPPORT SERVICES	7,081,543.04	864,124.37	0.00	294,736.46	394,451.33	8,634,855.20
OPERATIONS & MAINTENANCE	5,284,568.12	29,135.08	0.00	655,669.89	12,603.48	5,981,976.57
AUXILIARY SERVICES	1,811,434.86	3,284,640.77	0.00	0.00	40,572.22	5,136,647.85
GENERAL ADMINISTRATIVE SERVICES	1,252,992.57	153,881.35	0.00	37,947.00	0.00	1,444,820.92
CAPITAL OUTLAY	0.00	0.00	0.00	1,289,333.74	0.00	1,289,333.74
DEBT SERVICES						
PRINCIPAL	0.00	0.00	2,125,925.74	604,089.95	5,132.65	2,735,148.34
INTEREST	0.00	0.00	1,177,203.39	15,586.51	928.05	1,193,717.95
OTHER DEBT SERVICES	0.00	0.00	4,550.75	0.00	0.00	4,550.75
OTHER EXPENDITURES	360,639.16	233,417.72	0.00	0.00	249,491.47	843,548.35
TOTAL EXPENDITURES	39,178,231.22	7,778,401.67	3,307,679.88	4,423,011.81	1,007,332.11	55,694,656.69
OTHER FUND SOURCES (USES):						
TRANSFERS IN	245,759.93	978,255.89	3,071,767.11	0.00	30,537.94	4,326,320.87
OTHER FUND SOURCES	243,045.33	0.00	0.00	1,432,187.23	0.00	1,675,232.56
TRANSFERS OUT	1,016,332.15	83,069.63	0.00	3,071,767.11	155,151.98	4,326,320.87
OTHER FUND USES	0.00	0.00	0.00	0.00	0.00	0.00
TOTAL OTHER FUND SOURCES (USES)	(527,526.89)	895,186.26	3,071,767.11	(1,639,579.88)	(124,614.04)	1,675,232.56
EXCESS REVENUES & OTHER SOURCES						
OVER(UNDER)EXPENDITURES & OTHER FUND USES	167,473.12	327,952.39	101,473.51	(453,911.08)	(112,450.58)	30,537.36
BEGINNING FUND BALANCE - OCT 1	7,145,214.03	1,257,606.75	1,441,271.65	10,233,655.61	482,606.28	20,560,354.32
ENDING FUND BALANC - SEP 30	7,312,687.15	1,585,559.14	1,542,745.16	9,779,744.53	370,155.70	20,590,891.68

G/O School Warrants Series 2009-A

Period Ending	Principal	Interest	Total
9/30/17	615,000.00	53,863.75	668,863.75
9/30/18	635,000.00	33,233.75	668,233.75
9/30/19	655,000.00	11,298.75	666,298.75
TOTALS	1,905,000.00	98,396.25	2,003,396.25

Apple Lease

Period Ending	Principal	Interest	Total
9/30/17	585,284.26	25,326.73	610,610.99
9/30/18	475,248.90	9,498.73	484,747.63
TOTALS	1,060,533.16	34,825.46	1,095,358.62

Tax Anticipation Warrants, Series 2012

Period Ending	Principal	Interest	Total
9/30/17	1,280,000.00	765,800.00	2,045,800.00
9/30/18	1,335,000.00	713,500.00	2,048,500.00
9/30/19	1,390,000.00	659,000.00	2,049,000.00
9/30/20	1,550,000.00	592,450.00	2,142,450.00
9/30/21	1,625,000.00	513,075.00	2,138,075.00
9/30/22	1,710,000.00	429,700.00	2,139,700.00
9/30/23	1,800,000.00	341,950.00	2,141,950.00
9/30/24	1,890,000.00	249,700.00	2,139,700.00
9/30/25	1,975,000.00	162,950.00	2,137,950.00
9/30/26	2,065,000.00	92,475.00	2,157,475.00
9/30/27	2,050,000.00	30,750.00	2,080,750.00
TOTALS	18,670,000.00	4,551,350.00	23,221,350.00

FLORENCE CITY SCHOOLS

Tax Anticipation Warrants Series 2015

Period Ending	Principal	Interest	Total
9/30/17	110,000.00	164,795.00	274,795.00
9/30/18	110,000.00	163,227.50	273,227.50
9/30/19	110,000.00	161,027.50	271,027.50
9/30/20	690,000.00	153,027.50	843,027.50
9/30/21	705,000.00	139,958.75	844,958.75
9/30/22	715,000.00	126,640.00	841,640.00
9/30/23	730,000.00	111,277.50	841,277.50
9/30/24	745,000.00	94,125.00	839,125.00
9/30/25	765,000.00	75,622.50	840,622.50
9/30/26	785,000.00	55,855.00	840,855.00
9/30/27	805,000.00	34,581.25	839,581.25
9/30/28	825,000.00	11,756.25	836,756.25
TOTALS	7,095,000.00	1,291,893.75	8,386,893.75

Series 2014 PSFA Bonds (Leveraged)

Period Ending	Principal	Interest	Total
9/30/17	191,851.66	103,192.49	295,044.15
9/30/18	198,888.69	96,336.94	295,225.63
9/30/19	206,666.46	88,225.83	294,892.29
9/30/20	216,296.08	78,685.10	294,981.18
9/30/21	227,407.18	67,592.52	294,999.70
9/30/22	238,888.65	55,935.13	294,823.78
9/30/23	251,110.86	43,685.15	294,796.01
9/30/24	264,073.81	30,805.53	294,879.34
9/30/25	277,777.50	17,259.24	295,036.74
9/30/26	206,296.09	5,157.40	211,453.49
TOTALS	2,279,256.98	586,875.33	2,866,132.31

Progress Bank - Band Booster

Period Ending	Principal	Interest	Total
9/30/17	5,383.24	863.46	6,246.70
9/30/18	5,658.66	588.04	6,246.70
9/30/19	5,934.31	301.08	6,235.39
TOTALS	16,976.21	1,752.58	18,728.79

QSCB Funds

Period Ending	Principal	Interest	Total
9/30/17	0.00	28,590.44	28,590.44
9/30/18	0.00	28,590.44	28,590.44
9/30/19	0.00	28,590.44	28,590.44
9/30/20	0.00	28,590.44	28,590.44
9/30/21	0.00	28,590.44	28,590.44
9/30/22	0.00	28,590.44	28,590.44
9/30/23	0.00	28,590.44	28,590.44
9/30/24	0.00	28,590.44	28,590.44
9/30/25	0.00	28,590.44	28,590.44
9/30/26	1,533,000.00	7,147.76	1,540,147.76
TOTALS	1,533,000.00	264,461.72	1,797,461.72

Period Ending	Total Principal	Total Interest	Total
9/1/17	2,787,519.16	1,142,431.87	3,929,951.03
9/1/18	2,759,796.25	1,044,975.40	3,804,771.65
9/1/19	2,367,600.77	948,443.60	3,316,044.37
9/1/20	2,456,296.08	852,753.04	3,309,049.12
9/1/21	2,557,407.18	749,216.71	3,306,623.89
9/1/22	2,663,888.65	640,865.57	3,304,754.22
9/1/23	2,781,110.86	525,503.09	3,306,613.95
9/1/24	2,899,073.81	403,220.97	3,302,294.78
9/1/25	3,017,777.50	284,422.18	3,302,199.68
9/1/26	4,589,296.09	160,635.16	4,749,931.25
9/1/27	2,855,000.00	65,331.25	2,920,331.25
9/1/28	825,000.00	11,756.25	836,756.25
TOTALS	32,559,766.35	6,829,555.09	39,389,321.44

Community Notes...

Continued from page 4

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

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

Book Talk/Signing at Florence-Lauderdale Public Library - Monday, January 9, 5:30pm - Gut Instinct: Transform Your Life and Health with the Power of Your Gut by Carolyn O'Byrne

Local author Carolyn O'Byrne will talk about her new book Gut Instinct: Transform Your Life and Health with the Power of Your Gut. Carolyn's book is directed toward teaching truck drivers how to have a healthy diet on the road, but the author's tips can help anyone who struggles to find time to prepare healthy food. Carolyn O'Byrne, CHT is a colon hydro-therapist, life coach, and wife of a truck driver. In the heart of the trucking industry, she directs her passion and knowledge towards drivers and their families by life coaching. She wants to reach even more people by using this book as another way to help others who are desiring progressive change in their lives. She is there to show them how to transform their future and to direct them to success, to health, and to a positive outlook on life.

Throughout her years of interest in true health and wellness, Carolyn has studied and applied to her own life these many different modalities. Her insight has also enabled her to help numerous others on their journey to health through her business, Life Coach Service, LLC. Her mission is to steer those who want results in the direction of good health, both emotionally and physically. For more information, call 256-764-6564, ext. 28.

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

NAMI Shoals Family Support Group for families with adults and/or children who have brain disorders (mental illnesses) and the NAMI Connection Recovery Support Group for people who have been diagnosed with a brain disorder and are in recovery meets Tuesday, January 10 at 7pm at the NAMI Shoals office, 749 Thompson St., Suite A, Florence. Need directions or more information, call 256-765-2081.

Elvis Birthday Celebration takes place January 13 at Shoals Theatre, 123 N. Seminary St. in Florence. Mike Adams will perform a tribute to Elvis at 7pm. Doors open at 6pm. Tickets are \$15. For more details, call 256-764-1700 or visit shoalstheatre.org.

Shoals Symphony at UNA - Remaining performances include: UNA Honor Orchestra with the symphony, January 14, 7:30pm in Norton Auditorium; "Choral Masterworks," 3pm February 26; Martinis and Music fundraiser, 7:30pm, April 8, Kennedy-Douglass Center for the Arts, Florence; and "Disney Live: The Jungle Book," 7:30pm, May 5. Tickets available by calling 256-765-5500, online at shoalssymphony.una.edu or visiting the Lindsey Theatre box office on campus.

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.

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

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

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

Due to recent rainfall, the Natchez Trace Parkway has rescinded all restrictions on open fires. These restrictions correspond with the partial state level burn bans issued by Mississippi Governor Phil Bryant and Alabama Governor Robert Bentley. For more information about the Natchez Trace Parkway Fire Management Division, please visit <http://www.nps.gov/natr/parkmgmt/firemanagement.htm>.

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, Tusculumbia 256-381-4073.

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

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 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.

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

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

Do you have a family member or a friend with a disability?

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

By signing up you will receive reliable updates about state and federal legislative decisions so you can take action as an informed advocate.

Your elected officials will listen to you on issues that are important to the I/DD community by making a call or sending an email! Go to www.thearc.org to subscribe!

Sale of Abandoned and Unclaimed Vehicle


Pursuant to the provisions of Alabama Abandoned Motor Vehicles Act: Section 32-13-4 Code of Alabama 1975, notice is hereby given to the owners, lienholders and other interested parties that the following described vehicle was left at Holt's radiator to wit: The named vehicle will be sold at public auction to the highest bidder for cash or credit card payment at **Holt's Radiator located at 607 Tyler Ave., Muscle Shoals, Alabama on Wednesday, February 1st at 10:30am.**

Year	Make	Model	Color	VIN	Location
2005	Ford	Freestyle	Silver	1FMZK01195GA21917	607 Tyler Ave, Muscle Shoals

The named vehicle(s) will be sold at auction to the highest bidder for cash or credit card payment at **Holt's Radiator located at 607 Tyler Ave., Muscle Shoals, Alabama on Wednesday, February 8th at 10:30am.**

Year	Make	Model	Color	VIN	Location
1990	Jeep	Comanche	White	1J7FJ36L9LL139408	607 Tyler Ave, Muscle Shoals
1990	Lincoln	Town Car	Silver	1LNCM81FXLY823362	607 Tyler Ave, Muscle Shoals
1992	Honda	Accord	White	1HGCB7579NA130402	607 Tyler Ave, Muscle Shoals
2001	Toyota	Camry	Dk. Blue	4T1BG22KX1U816301	607 Tyler Ave, Muscle Shoals

Holt's Radiator does not make any warranties expressed or implied as to the mechanical condition, mileage, year, make, model, or related paper work on any vehicle. Holt's Radiator has provided as much information as possible for the buyer's convenience on all vehicle(s). We will not guarantee the accuracy of information on any vehicle. Vehicles are sold as is, no warranties or guarantees. All sales will be final and must be paid for on the day of the sale, seller also expressly reserves the right to bid and purchase at the public sale. For information or questions containing to any vehicle please contact Rebekah Mitchell 256-381-5341.



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Playing Into God's Hands

While the great ones of the earth play peace games with the nation of Israel, little do they realize they are moving not only to fulfill the word and words of God, but are setting up their own nation for annihilation. See Zephaniah 3:6-8. Not knowing or regarding Matthew 22:29 "Jesus answered and said unto them, Ye do err, not knowing the scriptures, nor the power of God." All national and international decisions made in human wisdom without seeking God are doomed to fail. See 1 Corinthians 1:30 & Colossians 2:3. There is only one piece of real estate given to anyone (Abraham) by God Himself and that's the land of Israel. See Genesis 17:8. The seed is Isaac, not Ishmael. See Genesis 21:12. All this useless rhetoric about a two-state coexistence in the land of Israel merely places the nations of this world into God's hands and fulfilling scripture. The U.N, recently voting to 14-0 to not allow Israel to build homes in their own land merely hastens this nation and others to the self-destruct mode and judgment by God. See Zephaniah above and notice the cities in verse 6. Continuance of this path will force the hands of God to act more. Scripture will come to pass. See Genesis 12:1-3. Another mistake the great ones have made is Romans 3:18 "There is no fear of God before their eyes."

Dear reader: can't you see that like Nebs image in Daniel 2, devolution took over and has dominated our nation today? We have moved from gold (early 20th century) to mere paper today and the same devolution prevails. Read and study Deuteronomy 8:18. The final conflict hastens on. See the final end of those that go to the lake of fire. Isaiah 66:24 & Mark 9:44-48. A devolution to a snake, like their father, the Devil. See the final end of Satan in Isaiah 14, Ezekiel 28, and Revelation 20 which contains your final end if you are lost. See Russia's and their allies end in Ezekiel 38 and 39. Oh yes, we're (USA) in there, study those words. Read Isaiah 43:10-13. Playing into God hands, being drawn like moth to the flame. Notice in Job 41:10 "None is so fierce that dare stir him (Satan) up: who then is able to stand before me (God)?" Get ready, YOU will meet God soon and fall on your face when you do.


Bill Bishop, Pastor
Beacon Baptist Church
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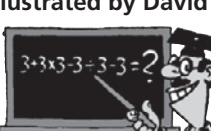
Junior Whirl Answers

by Charles Barry Townsend


Illustrated by David Coulson



Answer: Starting with the "Y" in the top rail. "You can't teach an old dog new tricks."



Answer: With a series of mathematical operations, you solve the multiplication and division operations first, left to right, and then the addition and subtracting operations. Thus: $3 + (3 \times 3) - (3 / 3) - 3 = 3 + 9 - 1 - 3 = 8$.



Words found: RARRANG, GRAIN, MARGIN, MIGRANT, TRAMPING, TAMPERING

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