

SEDA Grant for APC

MUSCLE SHOALS - APC Forest Products was recently awarded \$15,000 from the Shoals Economic Development Authority (SEDA) board to assist with hiring more full-time employees at its wooden pallet and crate manufacturing business.

"The Employment Growth Program funds helped us hire six new permanent staff members," said **Jeremy Bowley**, president of APC Forest Products. "That's more than a 10% increase in our labor force. We have added an extra hand-built crew to make custom pallets and containers. "We're grateful to the Shoals Industrial Development Committee and its partners for offering innovative ways to help businesses here thrive."

While wooden pallets move most products across the globe, the industry often remains a mystery to those not involved in it. The vast majority of consumer and manufacturing goods move domestically and internationally on pallets. Nearly 95% of those pallets are crafted from wood. Building and transporting wooden pallets is an \$11.5 billion industry with nearly 3,000 mostly small family businesses operating in all 50 states.

Daddys and Skinny Molly

SHEFFIELD- A new series of concerts dedicated to the music and the sessions from The Shoals debuts at Cypress Moon Studios Thursday, January 19 at 7pm.

The series will benefit the historic studio located at 1000 Alabama Avenue in Sheffield.

The series kicks off with the Beat Daddys and the Rock and Roll of Skinny Molly.

The Beat Daddys recorded in the studio when it was Muscle Shoals Sound. Skinny Molly lead by **Mike Estes** (Lynyrd Skynyrd, Blackfoot) and **Jay Johnson** (Radio Tokyo, Southern All Stars), have recorded in the Shoals and Johnson is the son of Swamper and co-founder of Muscle Shoals Sound Studios, **Jimmy Johnson**. Cypress Moon Studios on 1000 Alabama Ave was the second location of Muscle Shoals Sound Studios from 1978-2005.

Cypress Moon Studios was hit by two tornadoes on July 14, 2015, which caused



Larry Grisham

See SHORTS.. on Page 6



Verification of weekly circulation upon request

Courier Journal

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GRAND OLE OPRY

An Impersonation Show for One Place

FLORENCE - The Cadillacs are sponsoring a Grand Ole Opry Impersonation/Tribute show at the Florence/Lauderdale Coliseum on Saturday, January 21 at 7pm.

All proceeds from the show will benefit One Place of the Shoals.

One Place of the Shoals is only the second facility of its kind in Alabama. The mission of this Family Justice Center is to make existing services more efficient, effective, and accessible to those who have suffered from domestic violence, dating violence, stalking, sexual assault, and child or elder abuse. One



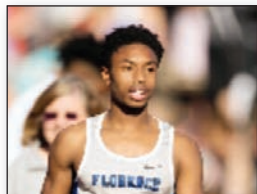
The Cadillacs are sponsoring the benefit for One Place on Saturday night.

Courtesy photo

See ONE PLACE... on Page 6

Robins Runs Down Under

FLORENCE - Micah Robins, a track athlete at Florence High School has been invited to represent Alabama on the 2017 Alabama Central Conference Track and Field Team



Robins in Action

for Down Under Sports. Robins will depart for Queensland, Australia in early July to compete for individual and team honors. Each participant must raise money to cover the cost of the nine-day Australia tournament



Robins

See DOWN UNDER... on Page 6

Courier Journal Perma-Note

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Some Views on the Presidency

A friend of the *Courier Journal* submitted these witty and insightful quotes from some who have previously held the highest office in the land. It is an appropriate time to enjoy such humor and he welcomed our sharing it with our readers.

"Unremitting slavery." – George Washington

"No man who ever held the office of President would congratulate a friend on obtaining it. He will make one man ungrateful, and a hundred men his enemies, for every office he can bestow."

– John Adams

"No man will ever bring out of the Presidency the reputation which carries him into it."

– Thomas Jefferson

"Dignified slavery." – Andrew Jackson



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- Barco's House Call
- Dave Ramsey
- Hocus Focus
- Medicare Minute



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1520 RICKWOOD RD FRIDAY - Sunday Estate and Yard Sale to help restore WICP's non-profit day services for the frail elderly and those with memory loss disease. Featuring estate and office furniture plus miscellaneous items. Fine white Italian leather sofa and matching chair featured. Inside Westminster Presbyterian Church Fellowship Hall, 1520 Rickwood Rd., Florence. **STARTS 7 A.M. FRI., JAN. 20TH AND Sat., Jan. 21 until MID-AFTERNOON; TO CONTINUE SUN., JAN. 22, 2:00 TO 5:00 PM**

SHEFFIELD LIVING ESTATE SALE 615 Riverbluff Dr. Fri. - Sat. 8 a.m.-4 p.m. Fine art, local artist work, antiques, sculptures, furniture, glassware, home decor, and outdoor furniture. Cash only, no checks. All sales are final.



FOUND TRI COLORED MALE beagle. looks 3 to 4 years old. Kentucky Ave., Sheffield. 256-627-0563

LOST CAT ON MOUNTAIN Gap Rd. orange with poodle haircut and pink collar. 256-457-7454 Huntsville

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- Doctoral degree of medicine, University of South Alabama College of Medicine

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LOST DOG!
"Louie"

LAST SEEN IN KILLEN, AL near the Hwy 72/Hwy 43 intersection. Male black / white / multi Yorkie / Shih-Tzu mix. Approximately 10 lbs., 2 years old. No collar or ID. **CONTACT 256-335-2213 IF FOUND.**

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<p style="text-align: center;">VALENTINE PARTY, CRAFTS & DECORATIONS</p> <p style="text-align: center;">30% OFF</p> <p style="text-align: center;"><small>Paper Plates & Napkins • Home Decor Plush Animals • Party Supplies and More Does not include candy or fabric</small></p>	<p style="text-align: center;">Select Group of HOME DECOR</p> <p style="text-align: center;"><small>NOW MARKED</small></p> <p style="text-align: center;">66% OFF</p> <p style="text-align: center;"><small>Selection will vary by store</small></p>	<p style="text-align: center;">Items Labeled THE SPRING SHOP™</p> <p style="text-align: center;">40% OFF</p> <p style="text-align: center;"><small>Statuary • Garden Planters Gazing Balls Garden Wall Decor and More</small></p>
<p style="text-align: center;">FLORAL 50% OFF</p> <p style="text-align: center;"><small>Most Categories Listed Does not include Seasonal Department or items labeled "floral accents"</small></p> <p>Stem Naturals <small>Bouquets, sticks, pods, grains, fillers and grasses Does not include leathers</small></p> <p>Flowering & Greenery Bushes <small>Does not include potted trees</small></p> <p>Floral Stems <small>Floral and greenery stems Does not include leathers</small></p>	<p style="text-align: center;">FURNITURE</p> <p style="text-align: center;"><small>ALWAYS</small></p> <p style="text-align: center;">30% OFF</p> <p style="text-align: center;"><small>THE MARKED PRICE*</small></p>	<p style="text-align: center;">YARN & NEEDLE ART</p> <p>Artiste Cotton Crochet Thread 300 - 400 yds 1.99</p> <p>I Love This Yarn! <small>Acrylic yarn, solids, stripes, ombres and metallics 5 & 7 oz Does not include overdyed</small> 3.66</p> <p>Poly-fil® 100% Polyester Fiberfill with Stuffing Tool 12 oz 3.99</p> <p>Needle Art Kits <small>Priced \$5.99 & Up Counted, baby, children's, latch hook and stamped</small> 30% OFF</p>

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<p style="text-align: center;">JEWELRY MAKING 50% OFF</p> <p style="text-align: center;"><small>Categories Listed</small></p> <p>D.I.Y. Jewelry Kits and Bead Boxes</p> <p>Bead Design Co.™, In Bloom™ and Treehouse Studio™ <small>Bulk beads & gems in a variety of materials</small></p> <p>Fairy Tale™ by Bead Treasures™ <small>Pendants, charms and beads for a grown-up happily ever after</small></p> <p>Blank Slate <small>Create a personalized look with stamping blanks, bezels and more</small></p> <p>the Jewelry Shoppe™ <small>Findings, hair accessories, nickel free, sterling-dipped and sterling silver</small></p> <p>Charms by A Bead Story® & Charm Me™ <small>Featuring Story Lockets™ Does not include sterling silver</small></p>	<p style="text-align: center;">FABRIC</p> <p>Home Decor Fabric <small>Prints, solids, sheers and laminated fabric</small></p> <p>Fleece <small>Prints, solids and microfibre</small></p> <p>Calico Prints & Solids <small>Apparel prints and batiks</small></p> <p>Home Decor Curtain Panels & Pillow Covers 50% OFF</p> <p>Valentine's Day, St. Patrick's Day & Easter Fabric 30% OFF</p> <p>Tulle 89¢ p/yard Net 99¢ p/yard Shiny Tulle 1.09 p/yard</p>
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Heresies and Heretics

Appearing once in the KJV: **Titus 3:10 "A man that is an heretick after the first and second admonition reject."** The bible revisers couldn't stand the word so they took it out of all the other works they did. Webster's defines a heretic as a religious man who holds erroneous opinions contrary to Bible doctrines and scripture. This could actually include "saved" BIBLE revisers. Another group to avoid is those that "oppose themselves". See **2 Timothy 2:25**. There are many isms and schisms out there where many religious leaders are willing to change the truth for the sake of personal beliefs and unity. But the love of money is still the root of all evil. See **1 Timothy 6:10**. A lie held on to and taught long enough will eventually be believed not only by the hearers, but by the liars themselves. If something is done that doesn't make any sense whatsoever, there's a buck in it somewhere. Real scripture cuts deep into the bones and marrow and convicts the sinner of his sin. One thing a Bible corrector can't stand is to have the Bible correct him.

See **Psalms 138:2** "I will worship toward thy holy temple, and praise thy name for thy lovingkindness and **for thy truth: for thou (GOD) hast magnified thy word above all thy name.**" **John 17:17 "Sanctify them through thy truth: thy word is truth."** **Romans 1:25 "Who changed the truth of God into a lie, and worshipped and served the creature more than the Creator, who is blessed for ever. Amen"** KJV Can you imagine what God is going to do with sinners that have deemed themselves competent and qualified and "godly enough" to correct the eternal word and words of Almighty God? God gave His word. After we are saved, His Holy Spirit then begins to reveal it to us. The Holy Spirit brings comfort to the hearts of the saved through the word (KJV). The Holy Spirit doesn't inspire anyone to correct it. The Holy Spirit is a sealer, teacher, & Comforter, not a corrector. See and study: **Psalms 12:6&7, Psalms 68, 1 Corinthians 2, John 14, 15, 16, 1 Thessalonians 4, 2 Timothy 3:16, 2 Timothy 2:15, and 2 Corinthians 2:17, and Ephesians 1:13 and 4:30 KJV**. Ask God to open your eyes. See **Acts 26:18**. Quit following false teachers and preachers and realize you must answer for yourself when God judges you, not your teacher, preacher or priest.

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KIA: SOUL SPORT, 2011 \$9,988. Leather, sunroof, 90k. Financing available. Call Tony 931-213-1386 or 256-764-3351

GMC: YUKON, 2005 \$6,300. Denali, AWD, 6.0L, black. Many options, runs/drives well. Needs some work. 135K mi. Clean CarFax, title. Florence car. 256-263-0156. obo

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Community Notes

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

Handy Head Start Program located at 955 Beale St., Florence is now taking applications for Pregnant Moms and children ages 6 weeks to 4 years for the upcoming 2017-2018 school year from 8am-2pm daily beginning January 12.

Parents must bring the following items: Birth Certificate, Verification of Income for 2016 (W-2 form, Income Tax return, Check Stub, Social Security Statement, Child Support, Unemployment, etc.), Medicaid or Insurance Card (if available). Additional information needed: WIC, Food Stamps, College ID, Proof of Kinship Care, IEP. Services are provided at NO COST to parents.

Children with special needs and/or disabilities and Homeless families are given priority. Call for an appointment today, 256-768-3400 or 256-724-8676.

Monthly Covered Dish Lunch and Program at the Zip City Community Center, 10511 Hwy 17, Florence, on Thursday, January 19 at 11:30am. Please bring a covered dish.

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 18, 7:30am - 4pm, Brooks High School, 4300 Highway 72, Killen

Thursday, January 19, 5am - Noon, North American Lighting, 100 Counts Drive, Muscle Shoals

Thursday, January 19, 1-7pm, Walgreens, 1801 Woodward Avenue, Muscle Shoals

Friday, January 20, 1-7pm, North American Lighting, 100 Counts Drive, Muscle Shoals

Saturday, January 21, 10am - 5pm, The Shoals Flea Market, 65 Sportsplex Drive, Muscle Shoals

Sunday, January 22, 8am - 1pm, Knights of Columbus at St. Joseph Catholic Church, 1111 East College Street, Florence

Monday, January 23, 10am - 6pm, NWSCC- Phil Campbell, 2080 College Road, Phil Campbell

Tuesday, January 24, 9am - 4pm, Heritage Christian University, 3625 Helton Drive, Florence

Wednesday, January 25, 10am - 5pm, Regions Bank, 700 East Avalon Avenue, Muscle Shoals

Thursday, January 26, 7am - 5pm, ECM Hospital, 205 Marengo Street, Florence

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.

Get Out of Town: Jamaica Sunday, January 22, 2pm. Florence-Lauderdale Public Library

For the third event in FLPL's annual travel series, Dr. Mario Mighty, Assistant Professor of Geography at UNA, will share photographs and stories from his trip to Jamaica. For more information, call 256-764-6564, ext. 28.

The American Legion Post #11 Florence/Lauderdale Please note: Membership meetings are now held the **LAST THURSDAY** of each month!!! Make a note on your calendar for the next few months.

See NOTES... page 34

piggly wiggly

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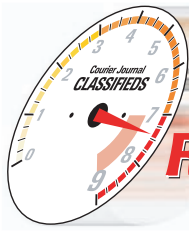
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OFFICE — Drop by our office at your convenience 8-5 Monday-Friday and write/submit it there.



As an added bonus for our advertisers, all classified ads placed in the Courier Journal are also online at TNValleyStuff.com. This provides even greater impact than the 70,000 home circulation which the Courier Journal reaches every week.

- Private Party Rate** 3 LINES for 1 item Prepay - No REAL ESTATE, FIREWOOD, or TICKETS. Each additional line - \$1.25 - CASH DISCOUNT - 4 Weeks/3 LINES for 1 item \$13.50 - Each additional line - \$5.00 no credits..... **\$4⁵⁰** Week
- Commercial Rate** 4 LINES Prepay - applies to all REAL ESTATE and anyone engaged in sale of goods/services on a recurring basis or for profit, licensed or not. 1 vehicle per ad. Each additional line - \$1.25 CASH DISCOUNT - 6 Weeks/4 lines \$35.00. Each additional line - \$7.50 **\$7⁰⁰** Week
- Employment** 5 LINES Prepay Each additional line - \$2.25 EMPLOYMENT - Looking for employment or Businesses looking for employees **\$12⁵⁰** Week
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DEADLINE: Friday 5pm

One Place...

Continued from Page 1

Place is there to serve them and their families by providing comprehensive services at one location. All services at One Place are provided free of charge.

The show will feature the Cadillacs doing 50's/60's Doo Wop followed by impersonations/tributes to musical greats... George Jones (Joel Slaton), Tammy Wynette (Cari Buchanan), Johnny Cash & June Carter (Dennis Odem and Debbie Hester), Loretta Lynn (Debbie Hester), Patsy Cline (Stacey Hayes, Emily Annerton, and Debbie Hester), LeRoy VanDyke (Dennis Odem), Hank Williams, Sr. (David Phillips), Martina McBride (Stacey Hayes), Ray Charles (Wayne Chaney), James

Brown, Elvis Presley (Mike Adams), J.D. Summer World's Lowest Bass Singer (Reggie Furtick), Tina Turner (Debbie Hester), Lee Ann Womack (Stacey Hayes), and others.

As an added bonus, Nicholas and Cody Foster, the grandsons of the late, legendary Dr. Bill Foster, will be performing. Nicholas will also be playing his grandfather's banjo.

There will also be special performances by Alyssa Ashley and students of Laura's Studio of Performing Arts.

Tickets to the fast-moving, well-organized show may be purchased at Odem and Odem Law Office, One Place of the Shoals, Counts Brothers Music, TVA Community Credit Union, or online at www.OnePlaceoftheShoals.org.

Down Under...

Continued from Page 1

package. Fundraising is an important step to achieve the goal of competing on the international stage.

Robins said is honored to be an ambassador for the community and country.

Robins' coaches, Brian Dickerson and Gary Banks, are proud to have Micah represent the Falcons.

Robins runs the 4x400 and 4x800 relays along with the 400 and 800 meter runs. He started running in eighth grade and is now a junior. Robins also plays football for the Falcons.

Robins needs our community support! You can support Micah by donation toward his travel expenses at Ingas Lashes and More on E. Tennessee St., Dick Howell Barbeque in North Florence, and at Taqueria Juarez restaurant on Florence Blvd. Donations may also be submitted online at www.DownUnderSports.com/payment and type in his name. Robins is the son of Tim and Anita Weakley

and the grandson of Early and Fannie Cooper and Hannah Carroll.

Down Under Sports was founded in February 1989 based upon the dream of a New Zealander by the name of George O'Scanlon. O'Scanlon fell in love with athletics, especially American football, as a young man growing up in his native country of New Zealand. His desire over the years has been to promote football to the people of New Zealand and in Australia where he lived for many years. That is why George started the Down Under Bowl which eventually led to the establishment of the Down Under Hoops Classic and the Down Under International Games.

The 2017 Down Under Sports program will include competition in wrestling, football, cross country, golf, track and field, basketball, and volleyball.

For more information, visit www.DownUnderSports.com.



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- ADVERTISING EXECUTIVES**
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CIRCULATION
Evan Sherrill

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Monday - Friday
8:00am - 5:00pm

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Your Courier Journal is published for total saturation, direct-mail delivery every Wednesday to 70,173 Shoals area and surrounding homes. It is Alabama's Largest Weekly-Mailed Direct, and enjoys a larger circulation than all local subscriber based newspapers combined.

EDITORIAL POLICY: Your Courier Journal accepts a variety of news releases, photos, stories, Letters to the Editor and upcoming community, church or civic events for publication as space permits. Please submit all materials in written form to:

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

well in advance of the planned event. The Editor reserves right to shorten, edit, reword or omit submissions as seen fit. All information submitted for publication becomes property of the Courier Journal. Information published does not necessarily reflect an opinion or endorsement by the Courier Journal, members of its management, or its staff. Advertisers are responsible for all content and claims in their advertising.

Shorts...

Daddys and Skinny Molly

Continued from Page 1

extensive damage. Much of the main areas, such as the roof and air conditioning units have been repaired. "There is still so much to be done", said Cypress Moon owner, **Tonya Holly**. "Everyone is offering to help and get this done. Musicians share their talent and always lend their music when someone needs help. It is just incredible", Holly added.

Tickets are \$20 in advance and \$25 at the door. Call 256-335-6961 to reserve. Tickets may be purchased at Cypress Moon Studios, 1000 Alabama Ave. in Sheffield.

Donations may be sent to gofundme.com/cypressmoontornado

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FORD: EDGE LIMITED, 2008 \$11,868. Chrome wheels, 79k. Financing available. Call Tony 931-213-1386 or 256-764-3351

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

FORD: F-150, 2014 \$29,982. XLT Crew Cab 4X4, Chrome, 45k. Financing available. Call Eric 256-577-8449 or 256-764-3351

FORD: EDGE SE, 2010 \$11,478. cloth, auto, 87k Financing available. Call JD 256-577-1056 or 256-764-3351

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BLOWN TEXTURE CEILINGS, SHEET-ROCK repair, knock down, orange peel finishes, licensed, insured, free estimates. Mark 256-627-5966

MITSUBISHI: MIRAGE SE, 2015 \$8,448. 14k, manual transmission. Financing available, Matt 256-810-0283 or 256-764-3351

NISSAN: PICKUP, 1997 \$2,500. 1986 GMC 3/4 ton. \$1,950. 256-324-8042

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HYUNDAI: SONATA SE, 2011 \$11,976. Automatic, 57k Financing available. Call Tony 931-213-1386 or 256-764-3351.

FORD: FUSION S, 2013 \$11,988. 71k, cloth, automatic, Financing available. Call Tony 931-213-1386 or 256-764-3351

CHEVROLET: NOVA, 1969 BLACK, 400 small block, AUTO, new motor, carpet, and seats re-upholstered. \$18,000 256-483-8849 Muscle Shoals

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HONDA: ODYSSEY TOURING, 2010 \$10,976. Leather, 142k. Financing available. Call Eric 256-577-8449 or 256-764-3351

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 Tony Couch Auctioneer, AL Lic #657

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Classified Form on Page 6

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FORD: CROWN VICTORIA, 1994 police car with interceptor motor, chip, H-pipes, heavy duty transmission; \$1,700. 256-412-7673

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

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VOLVO: S40, 2000 - \$900-4 DOOR, 4 CYLINDER, automatic, new tires, runs good, will make good work or school car, \$900. 256-275-2276

FORD: FOCUS SE, 2014 \$10,998. Cloth, auto, 51k. Financing available. Call Matt 256-810-0283 or 256-764-3351

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JEEP: WRANGLER SPORT, 2014 \$22,768. 4x4, hard top, 61k. Financing available. Call Shannon 256-412-1551 or 256-764-3351

DODGE: AVENGER SE, 2014 \$10,988. 59k mi., cloth, auto Financing available. Call Shannon 256-412-1551 or 256-764-3351.

TOYOTA: SIENNA, 2008 LOAD-ED. 256-483-2735

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2010 Chevy Traverse \$12,880 STK# TT144599



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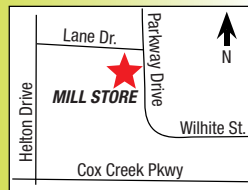
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I am on Medicare and Social Security Disability. I'm turning 65 soon. What are my options? Once you reach the age of 65 you have many more options than before. As you know if you go on Medicare and you are under the age of 65 your options for health plans are limited. When you turn 65 you will have another open enrollment period to sign up for any plan you wish to get. In other words, just because you are already on Medicare does not prohibit you from having all the options a person not on Medicare and turning 65 would have.



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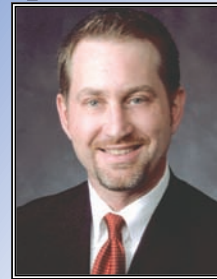
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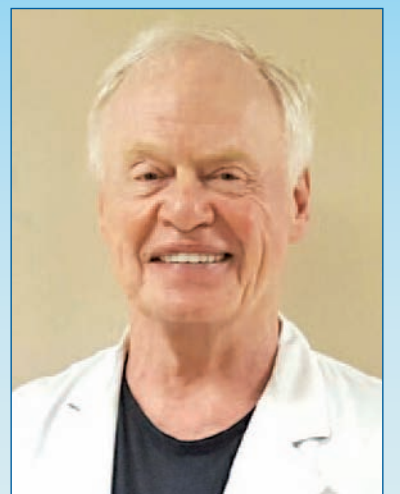
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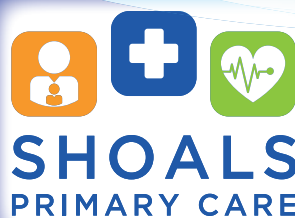
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House Calls with Dr. Barco

Can Type 2 Diabetes Be Cured?

The answer is yes and no. I say yes because in most cases, someone can go from having high blood sugars to normal sugars if they make important healthy lifestyle choices. We consider a person as having active diabetes if their blood sugars run above a certain cutoff. If a patient needs to take medication to stay below the cutoff, we say that the diabetes is medication-controlled. There are times when certain patients can keep their sugar under control as long as they eat a diabetic-friendly diet. In these cases, we say that the person has diet-controlled diabetes. When somebody with diet-controlled diabetes begins to eat foods that they shouldn't, namely sweets and starches, their blood sugars go back to being too high. There are some patients who, with further lifestyle changes and without the assistance of medication, have sugars that never run above cutoff, even with occasional cheating. These are the folks that could be considered "cured" of their diabetes.

So how can somebody potentially "cure" their type 2 diabetes? One thing we know is that being overweight or obese can lead to having and keeping type 2 diabetes. Many years ago, it was felt that the fat in our bodies just sat there and only stored energy for us to use during times of starvation. We now know that fat makes hormones and other chemicals that interfere with your own natural insulin and its ability to bring down your blood sugars. The more fat you have on you, the harder it gets for your insulin to work properly and that's when people develop type 2 diabetes. Conversely, the more weight that's lost, the more sensitive your body gets to your insulin. If someone can get their weight to a normal level, in many cases the blood sugars normalize. That is why in my practice, I emphasize getting

a patient's weight down rather than continuing to throw medicine at the type 2 diabetes. One of the best ways to lose weight in diabetics, in addition to starting an exercise program, is to eat a very low carbohydrate diet, also known as a ketogenic diet. If a patient restricts their carbohydrates (sugars and starches) enough, the body breaks down fat for energy and results in rapid weight loss. In diabetics, this diet should be monitored by a healthcare provider, as they may need to adjust any diabetes medicines that you are on. Always ask your provider if it safe to begin such a diet, as people with certain health conditions may not be appropriate candidates for a ketogenic diet.

So why is the answer also no? One reason is that weight loss won't cure diabetes in everyone, as there are people whose diabetes is advanced to the point where medicine is always required. The other major reason is that the genetic and environmental factors that made you diabetic in the first place are usually still there. That is, if you are "cured" of diabetes by weight loss and go back to eating poorly, you will start to gain weight that will lead to recurrence of type 2 diabetes. Therefore, remember to adjust your lifestyle to keep the weight off.

As always, consult your primary healthcare provider before implementing any advice in this column.

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

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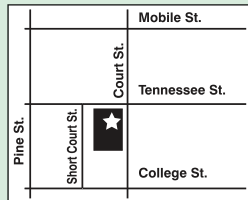


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Commentary

Please, Allow Me to Hold the Door!

We have counted the days until the President leaves office in this column on several occasions over recent years. Rest assured, we would still be celebrating if Hillary were taking his place. It would just not be with the current level of enthusiasm. The word "Audacity" pertains to more than just a recognizable part of an Obama book title.

Eight years ago this column mentioned that he was the victor and we owed him the opportunity to follow though on the hope and change he outlined. I apologize for that inexcusable flight of fancy.

We were told that we were going to be united. Yet, President Obama has done his best to divide us by race, age, gender, class, business, ethnicity, and spirituality. Disrespect for America and the rule of law has been rampant for two terms.

Obama started by unwisely injecting himself into a 2009 issue, saying that police 'acted stupidly' during an interaction with a black college professor in Cambridge, Massachusetts. That set an adversarial tone - with trust for law enforcement in the black community on a perilous slope since.

The Obama Justice Department has been a *National Lampoon* of government, brazenly flipping-off law in favor of personal prejudices.

The President is the catalyst behind sanctuary cities and sanctuary restaurants, and he has sent

See **SLOPE...** 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 18, 2017

Happening
THIS WEEK

FEATURED ARTIST IS A

Mixed Media Master

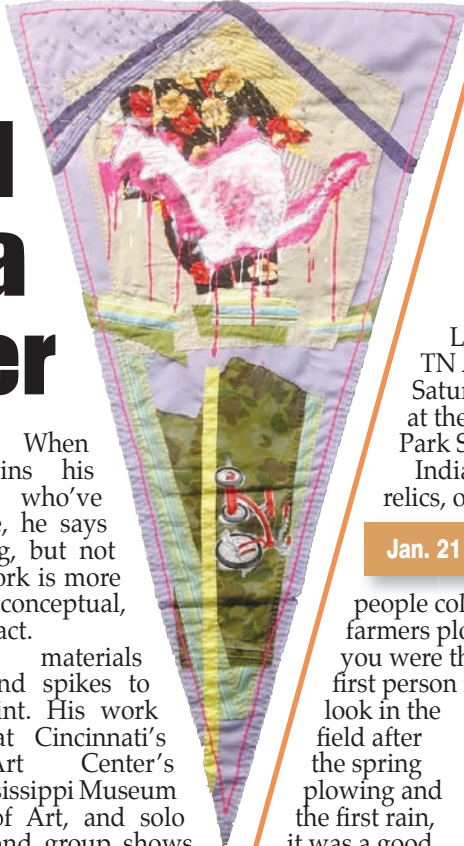
TUSCUMBIA — When Herb Rieth explains his work to people who've never seen it before, he says that it's like quilting, but not quite. No, Rieth's work is more experimental, more conceptual, and sometimes abstract.

Rieth combines materials from safety pins and spikes to camouflage and paint. His work has been shown at Cincinnati's Contemporary Art Center's UnMuseum, the Mississippi Museum of Art, and solo and group shows in 23 states.

"The mixed media materials that I work with have a strong significance for me and enter at various times into my history," he said. "Though the signifiers are drawn from my past, there are aspects that are available

See **MIXED...** on Page 26

Above: White Light Courtesy photo



Fossils Relics & Treasures

LORETTO, TN - This year's Loretto, TN Arrowhead Show takes place Saturday, January 21 from 8am-3pm at the Burke Civic Center, located at 300 Park Street. Admission is free.

Indian arrowheads, fossils, Civil War relics, old bottles, coins, pocket knives and other antiques will be on display.

In the 1950's few people collected artifacts and farmers plowed the fields. If you were the first person to look in the field after the spring plowing and the first rain, it was a good place to find 200-400 artifacts

See **RELICS...** on Page 26

Photo includes stone tools, pottery, powder horn, bone tools, arrowheads, ox shovel, shell beads, and a megadon shark tooth. Courtesy photo




TENNESSEE VALLEY COMMUNITY CHURCH at 119 North Pine St in Florence will be giving out food on Saturday, January 21 from 8am until all food is gone. Food is limited to one family per household. Please bring picture ID and recent utility bill.

THE NEXT QUARTERLY MEETING OF THE NORTHWEST ALABAMA RC&D Council has been scheduled for 10am on Thursday, January 19 at Lauderdale Agriculture Center, 802 Veterans Drive in Florence. Registration will commence at 9:30am and the meeting will end at 11:30am with lunch following. An agenda will be distributed prior to the meeting. This will also be an Outreach Meeting. If you know of any new and beginning Farmers please let them know. NRCS will be giving updates on their available programs. Please RSVP by calling 256-383-1446 or emailing mleighrcd@gmail.com

FLORENCE PARKS AND RECREATION DEPARTMENT is taking registration for Couples Line Dance Class at the Broadway Recreation Center. Fee is \$40 per couple and \$25 for singles. The class meets on Fridays in February from 7-8:30pm. Instructor is Jan Ownby. Preregister by calling 256-627-0052 or Broadway Rec. Center at 256-760-6418.


SONS OF CONFEDERATE VETERANS, E. A. O'Neal Camp No. 478 is meeting at 6:30pm January 19 (every third Thursday of the month) at Pope's Tavern & Museum, 203 Hermitage Drive in Florence. 256-764-4945

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Check www.roarlions for complete schedules

YOUR Letters

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

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

Conservative Dems

Editor:

The letter, "A Straight Vote For Democrats," of January 4 by Mr. Mike Hester, failed to note the bills for Social Security, Medicare, a 40-hour work week, minimum wage, and the Family Leave Act. These bills were passed many years ago by conservative democrats. I don't believe that those bills could have passed without the help of conservative republicans.

Mr. Hester stated that if abortion and gay marriage are banned by the next presidential election he will vote straight republican.

James 4:17 says, "If anyone, then, knows the good they ought to do and doesn't do it, it is sin for them." Therefore, would voting for liberal democrats who support abortion and gay marriage not be wrong in God's sight?

As for Obama Care, no one will be able to afford it. The cost of this insurance keeps rising.

I was a democrat until the liberals took control of the party.

Buddy Mauldin
Muscle Shoals

Their Desperate Look

Editor:

Right after Trump's news conference last week, I listened to some of the networks nitpicking anything he said

These environmentalists claim they're saving people and the planet. In fact, they're hurting both...



that could be used against him. I turned to HLN which is owned by CNN. They were defending the security leaks that turned out to be fake, uncredited news that the CNN networks reported on.

How desperate mainstream news looks to common-sense Americans.

Paul Sabatino
Florence

Fighting Fracking is Promoting Poverty

Editor:

Environmentalists have been unable to persuade legislators to ban fracking on the federal or state levels. As a result, environmentalists are now waging their war on fracking one locality at a time.

They won a fracking ban in Citrus

See **LETTERS...** on Page 32

ASK THE ATTORNEY

TORT LAW – DEFENSES



Thomas McCutcheon

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

Last week we talked about how when a person behaves in a way that either breaks a rule or creates a danger which a reasonable person would see and avoid, they become responsible for all the harms and losses they create.

This week we will talk about some of the reasons why if someone gets hurt and blames you, the legal reason why you may not be responsible. For instance, if you own a store and there is a box in the aisle and someone trips over that box and is hurt, there may be a defense. One defense to that is that the person should have seen a box that was out in the open and obvious to anyone who was looking where they were going.

The idea here is that a person cannot contribute to their own injury. That's the defense of "contributory negligence". For instance, if you pull

out in front of someone but you didn't see them because they were going 80 mph, they are not going to be able to successfully sue you because they were breaking a rule of safety that contributed to their own harm. By the same token, if you don't know how fast you were going right after an accident, don't just guess.

Really complex rules exist for suing governmental employees. Courts were established by kings. When kings began to delegate the authority to decide disputes to judges, one rule was firmly established and that is the idea that people may sue one another but not the king. This is now known as "sovereign immunity". The idea of giving these our governmental employees immunity is to allow them freedom to use their discretion in making decisions. They do not have the discretion to break a rule. A mailman or police officer does not have the discretion to just cruise through stop signs and red lights. If they do and cause harm, they can be sued but it is still more difficult.

Another defense is that people can wait too long to bring a lawsuit and thus violate the statute of limitations.

Next week we will talk about workers compensation and the law of on-the-job injuries.

Buckle up and drive safely.

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

P. O. Box 38, Florence, Alabama 35631 or visit our website at: www.mhatty.com

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What Is The Standard For Your Behavior?



STAN DEAN

A few days ago I had to make a run to Lowe's. It seems that every man has to make a stop there periodically. Even if we do not buy anything, somehow walking among tools and building materials reinforces our masculinity.

On this occasion it was not what happened in the store, but in the parking lot, that gave me a lesson for the day. I drive a full-size, four-door truck, or as my wife prefers to call it, "a barge." I like it and it serves me well in a lot of ways, but parking it in certain parking spaces can

be a bit of a challenge.

In the aisle of parking that I chose most of the vehicles had pulled through to the spaces actually designed to be used from the next aisle over, so I did the same. That meant that I left a parking space behind me. In addition to the size of my truck I also have a trailer hitch which adds a degree of difficulty when judging if you have pulled forward enough to allow room for the vehicle that pulls in behind you.

But rather than get out and look, I noticed that the truck parked beside me was about the same size as mine. So I lined up my door windows with it and felt that I had remedied the problem. Thus, I hopped out and went into the store and made my purchase. However, when I came back to my vehicle I saw that I had made a mistake! The truck that I used to judge my parking was badly positioned and mine looked just like it. Both of us were taking up four spaces! And no, I did not blame it on him - I should have been more careful about what I used as a model.

This is true not only when parking, but in spiritual matters, too. I am reminded of Paul's words when dealing with some false teachers, "But they, measuring themselves by themselves, and comparing themselves among themselves, are not wise" (2 Corinthians 10:12). The principle is the same. As someone noted, "The value of a comparison depends on the standard."

If we are not careful we can find ourselves measuring our spiritual well-being by the perceived spiritual well-being of others. But this too is not wise! What is wise is to always make Jesus the standard and model of our lives! Like the author of Hebrews penned, we must "Look to Jesus, the founder and perfecter of our faith" (Hebrews 12:2).

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Junior Whirl

by Charles Barry Townsend



WINTER FUN! Don't duck this challenge. See if you can correctly count all of the snowballs pictured above in 15 seconds.

Answers On Page 34

FIND THE BIG WORDS!

1.	A					E
2.	B					E
3.	C					E
4.	D					E
5.	E					E
6.	F					E
7.	G					E
8.	H					E

Using the definitions and anagrams below, you must find the eight eight-letter words that fit into the framework pictured on the left. For each definition, the letters in the two anagram words must be unscrambled and used to form the word asked for.


DEFINITION:

- Harsh and rough in manner.
- A puritanical person.
- A soft fabric.
- To remove the king.
- A paper container.
- Popular, unfounded belief.
- Type of rain spout.
- A vulnerable computer program.

ANAGRAM:

- bias + rave
- slue + bone
- hems + care
- rode + then
- pole + even
- rook + fell
- loge + gray
- back + heal

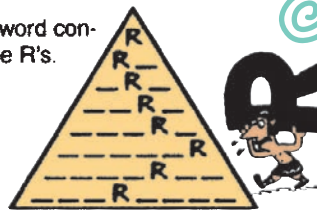
CAN YOU FIELD THIS TRACK PROBLEM? Try solving this AlphaMath puzzle before the New Year begins. You must replace the letters on the event board with the digits 0, 1, 3, 4, 5, 6, 7, 8 and 9 so that you have a correct addition problem. The same letters get the same digits. Try to get the highest possible total.



THE "R" PYRAMID! As you move down the word pyramid shown below, each word contains the same letters as the word above it, plus a new letter. We give you all the R's.

Here are some hints from the top down:

1. Movie rating (given).	2. Egyptian sun god.
3. A period of time.	4. Title or name.
5. A loud noise.	6. Less covering.
7. Worked for wages.	8. Delightful; charming.



Illustrated by David Coulson

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Angus
BONELESS
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ROAST**

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CANTALOUPE**

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Family Pack
Fresh
SPLIT
CHICKEN BREAST**

\$1.28 Lb.

**USDA Select
Star Ranch
Angus
BONELESS
NEW YORK
STRIP STEAK**

\$5.99 Lb.

**Vine Ripe
TOMATOES**

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12 Pk. Cans**

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SPRING WATER**

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.5 Liter**

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**U.S. #1 Colorado
RUSSET
POTATOES**

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15 Oz. Can**

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All Varieties
30 Oz.**

\$2.99

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CUCUMBERS
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PEPPERS**

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**Blue Bell
ICE CREAM
All Flavors**

\$4.98 1/2 Gal.

**Lance Home Pack
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Assorted Variety**

2/\$4 8 Ct.

**Food Club
DRY
PINTO BEANS**

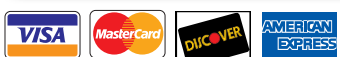
68¢ 1 Lb. Bag

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AD GOOD JAN. 18-24, 2017

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USDA Select Star Ranch Angus BONELESS TOP ROUND STEAK

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Bar S JUMBO FRANKS
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99¢ Lb. **Swift Fresh PORK NECK BONES**



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All Varieties

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\$2.59 12 Oz.



Bar S SLICED HAM
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Bar S SMOKED SAUSAGE
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Bar S CORN DOGS



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\$2.49

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Lb.



99¢

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99¢

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\$1.29

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3/\$9



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11 Oz.

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32 Ct.

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Food Club Deluxe Or Shells & Cheddar DINNER
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2/\$3



Pretzels Or Crackers COMBOS
6 Oz.

2/\$3



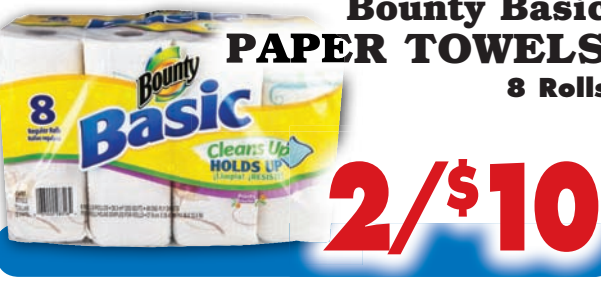
Del Monte Assorted Variety FRUIT CUPS
4 Pk.

2/\$4



Bounty Basic PAPER TOWELS
8 Rolls

2/\$10



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DiGiorono SMALL PIZZAS DIGIORNO
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8-10 Oz.

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Food Club WAFFLES
10 Ct. **2/\$3**

Hot Pocket BITES
20-24 Oz. **\$4.48**

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



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Singles, Shreds Or Chunks
5-12 Oz.

2/\$4

Daisy Regular Or Light SOUR CREAM
8 Oz. **\$1.19**

Tropicana ORANGE JUICE
59 Oz. **2/\$7**

Food Club BISCUITS
4 Pk. 10 Ct. **2/\$4**



StarKist All Variety TUNA POUCHES
2.6 Oz.



5/\$5

RICE A-RONI All Varieties
4-6 Oz.



5/\$5

Jiffy CORN MUFFIN MIX
8 Oz.



2/\$1

Aunt Jemima PANCAKE MIX
35-36 Oz.



2/\$5

Aunt Jemima SYRUP
24 Oz.



2/\$6

Quaker INSTANT GRITS
All Varieties 11-12 Oz.



2/\$3

Quaker INSTANT OATS
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2/\$6

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\$4.99

Charmin Essentials Soft & Strong TISSUE
12 Dbl. Rolls



2/\$10

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51 Oz.



\$3.49

Food Club BLEACH
96 Oz.



2/\$3

Pine-Sol CLEANER
48 Oz.



\$2.99

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\$17.49

Coors Light Or Miller Lite BEER
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\$3.99

Stella, Hoegaarden Or Leffe BEER
6 Pk. Btls.



\$8.99

Woodbridge WINE
1.5 Ltr.



\$9.99

Keystone Light Or Ice BEER
30 Pk.



\$14.99

Cavit WINE
1.5 Ltr.



\$12.79

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AD GOOD JAN. 18-24, 2017



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Commentary

Slope...

Continued from Page 14

millions of tax dollars to those areas to help defy federal law.

Obama went after religious institutions and people of the Christian faith. He stated to the Supreme Court that there was no freedom of religion, only a freedom of worship.

He has seen his party boo God and eliminate Him from the party platform... and he has said NOTHING.

The government has come after Christians' businesses, jobs, and livelihoods because of their personal beliefs that up until this President's tenure, were never a point of concern. Christians are not allowed to refuse goods and services to same-sex wedding parties based on their religious conviction, and it was demanded that we all accept someone's perceived identity and transgenderism devoid of any scientific validation.

Yet, democrats and the Hollywood left want to ensure that no one provides goods or services to Donald Trump or his family members, simply because he is Donald Trump. A group of artists has even banded together demanding that Ivanka Trump remove their paintings from inside her home. Can Obama's support network of lunacy be any more brazen?

In his defense, he did continue a level of decency in the White House. He and Michelle spent a lot more of your more on lavish style with personal and family travel than was necessary, but he appeared to be a good father and husband, and brought no stinging embarrassment to the White House.

The President still refuses to publicly acknowledge that the Affordable Care Act has added more financial burdens on the working poor and has not improved healthcare quality, costs, or accessibility.

There were more mass shootings in America in the last eight years than in GW Bush's eight. When Obama came into office democrats controlled the House, the Senate, and twenty-eight Governor's mansions. Yet nothing was done to curb gun violence. He used the shootings only as a furtherance of division by race and social standing.

An offshoot phrase of the "Black Lives Matter" movement is a more inclusive "All Lives Matter." That is an unacceptable and racist phrase in the eyes of many, because in their view other lives have long-mattered too much at the expense of blacks. Obama has done nothing to quell the associated unrest.

Obama's insane regulation that commandeers local zoning regulations in favor of racial and income quotas would seriously compromise pride of ownership and plummet housing values in entire neighborhoods by five figures in 1,200 cities and

See LETTERS... on Page 24

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FORD: PICKUP, 2016 \$35,000. 4x4, crew cab, ruby red, 9K miles. Showroom condition. **256-274-2904.**

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BY MARK TATULLI

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Commentary

Door...

Continued from Page 21

counties that receive community block grants for low-income projects.

This only touches on a fraction of our domestic issues. We could look at Obama's bowing to the Saudi prince, the lies of Benghazi, and the insane nuclear agreement with

Iran for his questionable loyalties. However, I don't have the space to reflect on the numerous insults, gaffes, and destabilizing actions that were part of his foreign affairs portfolio.

All former Presidents have left office and have gone on to a new phase of life outside the DC beltway. President Obama purchased a lavish seven bedroom house just down the road and plans on staying in Washington DC to continue his antagonizing - uh, organizing efforts.

He is still raising money at BarackObama.com and Organizing for Action as of this writing.

No previous President has spoken for fifty minutes at his farewell speech. Reagan spoke for twenty minutes. Bill Clinton for less than ten minutes. If an outgoing President is confident in his body of work and his legacy, the excessive time is not necessary.

The President can pat himself on the back and talk successes all he wants. He can even hire an engineering firm to plan for his eventual insertion on Mount Rushmore if he chooses. History will likely render a different opinion than one he imagines.

Our nation is more divided than at any time in my memory. So much for the legacy of the great unifier. Many would like for their shoe sole to usher him out. I'd be satisfied with holding the door wide open to make his exiting the White House as easy as possible.

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Relics...

Continued from Page 14

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If you have any artifacts or other antiques, you can bring them to the show. Experts will be on hand to appraise your artifacts or tell you what you have.

Attending this year will be Steve R. Cooper, author of "Who's Who in Indian Artifacts, volume eleven";

Dennis Bushey, artifact restorer; Jerry Dickey, Artifact Authenticator; and Charles Moore, author of "Come Tell Me How You Lived."

Moore is the City Archeologist and is also a volunteer with the soon to be opened Indian Mound Museum in Florence.

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Mixed...

Continued from Page 14

to everyone, including humor. Laughter is a very good response to parts of

many of the works."

The public is invited to a free meet and greet with Rieth at the Tennessee Valley Museum of Art from 1-3 pm on January 22 to open a solo exhibition of his work, Whole Cloth: A Mid-Career Retrospective of Contemporary Fabric Artist Herb Rieth. The exhibit will be open through March 10.

Reith said his mixed-media fabric work comes out of the painting tradition. Most of his pieces have smaller paintings embedded within them.

"With quilts you have different patterns and you plan it out. However, I build my stuff and they kind of happen as I go along," he said. "They're very much like paintings in that way."

Reith earned his B.A. degree from Indiana University and M.F.A. from the University of Cincinnati. He taught painting, drawing and design at the University

of Alabama, Mississippi State University and Ohio Northern University and is currently Assistant Professor of Art at Pellissippi State Community College, Knoxville.

The Tennessee Valley Museum of Art is located at 511 N. Water St., Tuscumbia. It is open from 9am-5pm, Monday through Friday and 1-3pm on Sundays. Admission is \$5 for adults and \$3 for students and free on Sundays.

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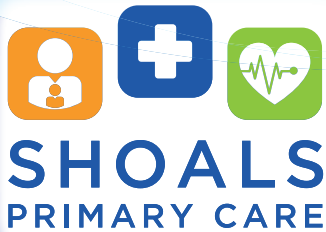
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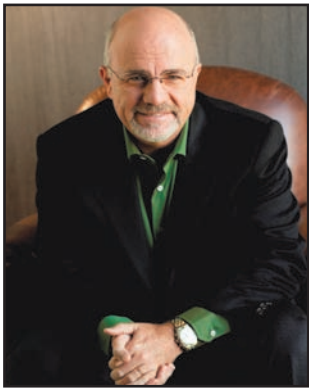


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DAVE Says

by DAVE RAMSEY



DISSOLVE THE LLC?

Dear Dave,
My wife and I are debt-free, plus she has a business giving music lessons. We formed an LLC last year when she had several students and was

making over \$3,000 a month, but that all changed when our first baby arrived. Now, she has only a few students, and they bring in around \$700 per

month. Should we dissolve the LLC?

Ben

Dear Ben,
First, congratulations on being debt-free and new parents. Happy New Year to you all!

In most states, the only upfront cost for an LLC is the money you pay for the initial set up. There may be a small fee for a business license and subsequent annual renewal, but that generally doesn't add up to much. Then, there's the money you pay for filing your tax return on the LLC once a year. Even if you live in a state where there are other fees to consider, as long as the cost of maintaining the LLC wasn't killing you, I'd recommend keeping it in place. You went to the trouble of opening it, and you just might use it again someday. Even if your wife is staying home with the baby, she just might be able to take on more students again as time goes by.

Just be reasonable and use common sense. If you spend \$3,000 to stay open, and you're making \$700, you'd dissolve it, right? But as long as you don't have fees that are making you cringe, I'd probably leave it in place.

—Dave

right thing is taking care of your family and not putting them in jeopardy. So my answer to dad would be no. Another thing that needs to happen is for the definition of "help" to change. When you say he's been irresponsible with money his whole life, giving him \$350 won't help — and it will make you an enabler. Just handing him \$350 will actually hurt him, and it will give him the idea he can continue being dumb with money and hit you up for cash anytime.

Like I said, I understand the pull of helping out a parent. So if you feel this is something you absolutely must do, I would advise making the \$350 contingent on the fact that he begin and complete a financial counseling course. Be gentle when you talk to him, and let him know it hurts to see him struggling. But let him know, too, it's his responsibility to work through his debts and take care of his own 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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HELPING HAND

Dear Dave,
My dad has been really bad with money his entire life. Anytime he would get into trouble, my grandparents would always bail him out. This time he came to my wife and I, asking for \$350 to get out of overdraft at the bank. We're trying to live on a budget and get control of our finances, and \$350 would make things kind of tight at the moment. What do you think we should do?

Jeremy

Dear Jeremy,
I understand feeling an obligation to help your dad. But there's a lesson here that dad needs to learn, and it's something that goes much deeper than the money or helping out a family member.

You have to do the right thing, no matter how dad reacts to this. Right now, the

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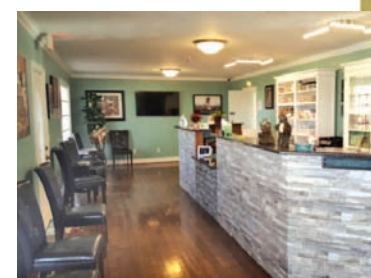
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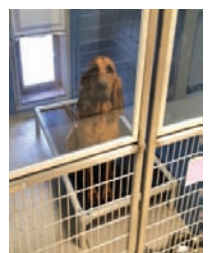
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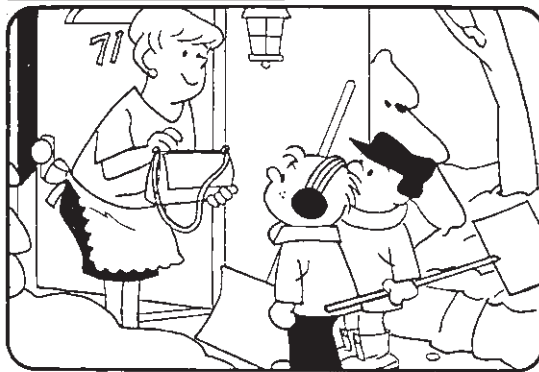
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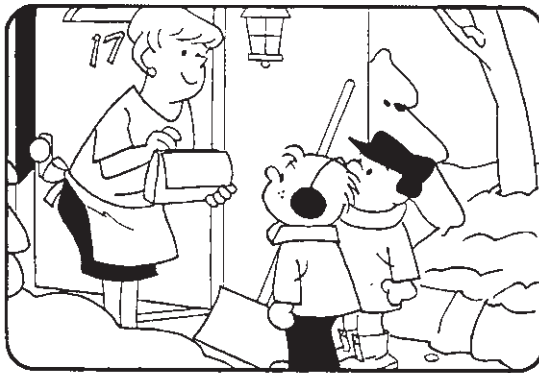
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 by Cathy Turner

Treat One Another

I have a ladies' workshop that I have taught several times with several different groups. The workshop is entitled, "Greet One Another with a Holy Kiss." This is a reference to a phrase that is found five times in the New Testament. The workshop/lecture series focuses on bringing the ladies present closer as spiritual sisters and friends.

This phrase, "Greet one another with a holy kiss" was used to encourage first century Christians to show care and concern for each other and to create intimacy among these new disciples. In my research, I found that this "kiss" was a strong embrace of care coming from the heart and the head. (Strong's Exhaustive Concordance) It was a mark of connectedness that was pure, holy.

I was recently greeted

with a holy kiss by a three year-old. This little girl's family was in town for her great-grandmother's funeral. I had never met this little one, but I have been friends with her grandmother for decades. As we were being introduced, this little one with big, beautiful eyes and a big, black bow leaned from her mom's arms into my arms. She laid her head on my shoulder and as she did, she patted and squeezed around my neck and arm. She lay there long enough for me to pat her back and comment about sweet she was to her mom. She squeezed me again and then sat up in my arms and we started having conversation about her age, her Nana, Christmas - she asked me what I got - and more. She was delightful.

And the next day at the visitation, she found me and hugged my legs until I bent down, and again she hugged me with a sweet embrace of tenderness - a greeting with no agenda but love. This little baby made me feel cared for - for no reason. Sure, she trusted me because her adults did, but her love was free. As a result, we became intimate very quickly. She asked if she could sit with me. I told her that she could, if her mother let her. Off she trotted.

Of course she sat with her grandmother, but I am still thinking of her. She treated me as if I mattered. She saw me. She remembered me. It was unadulterated connectedness. A holy kiss. This is the way we should be. Unafraid to reach out. Willing to connect. Genuine care. Intimacy.

In my workshop, I give out a list of ways that we should treat "one another" to facilitate intimacy and care. We should honor one another, serve one another, edify, not judge, forbear one another, greet one another; be tenderhearted, kind, forgiving one another, lie not, submit to one another, comfort, provoke one another to good works, speak no evil of one another, grudge not, have compassion, be hospitable to one another, admonish one another, confess faults, pray for one another, love one another and more.

And we should greet one another with a holy kiss. Unencumbered acknowledgment of each other. Like the hug of that child. Pure. Innocent. Let's greet each other full of embrace and treat one another as if we are forgiven and as if love is free.

Email comments or suggestions to CatnKids1@gmail.com

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Soap Opera Preview

THE BOLD AND THE BEAUTIFUL Bill had a fatherly discussion with Liam about the importance of having patience with the women in their lives. As Eric gushed over his marriage, he assured Katie that she would not be single for much longer. Quinn delved into her past as Ridge began to learn what makes her tick and sometimes explode. Later, the staff at Forrester Creations was stunned to see the dramatic shift of Ridge's attitude toward Quinn. Liam gave Steffy an ultimatum to either allow her family to continue their manipulation of her or to follow her heart and live happily with him. *Wait to See: A former outsider becomes a peacemaker.*

DAYS OF OUR LIVES Carrie and Austin tried to locate an escaped and crazed Anna. Hope found herself in the care of a familiar face. Rafe, Steve and Paul prepared to ambush Stefano. Hope was forced to hide from the police. Jennifer's interest was piqued when she learned that JJ was investigating the docks. Abigail and Gabi separately started to catch on that something big was going down with Chad, Sonny and Dario. Meanwhile, Dario decided to take drastic measures. Kayla got an alarming call about Steve and decided to head to Prague. *Wait to See: Eric tends to Hope as she battles for her life.*

GENERAL HOSPITAL Anna's memories became more vivid. Julian received a threat that hit close to home. Valentin was an unwanted guest. Jordan went against Andre's wishes. Maxie and Nathan spent time with family and friends. Lulu attempted to bond with Charlotte. Julian faced his demons. Liz shared her suspicions with Sam. Anna un-

covered a pivotal memory. Liz turned to Scott for help. Dante comforted Lulu. Valentin showed his true colors. Brad worried about Finn. Sam discovered Alexis' secret. Kiki was determined to find some answers. Carly struggled with Sonny's violent lifestyle. Jordan and Curtis reminisced. Nelle was moved by Michael's advice. *Wait to See: Liz puts herself in harm's way.*

THE YOUNG AND THE RESTLESS Jack warned Neil that the press was asking why alcohol was served at a benefit to help struggling addicts. Neil informed Jack that Devon was well under the legal limit when he left the benefit. Victoria was irked that Reed preferred Billy's advice to hers. Victor hosted a Newman family dinner where Reed spiked his own soda with alcohol. Chelsea and Nick talked about their New Year's Eve kiss. Ashley was stunned to discover that Ravi was having lunch with Phyllis. Later, Ravi told Ashley that he had no idea Phyllis was trying to lure him away from Jabot. Gloria discovered that Lauren was meeting with a friend of Michael's about investing in Fenmore's. *Wait to See: Nick comforts Sharon.*

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Randall on Real Estate

News & Tips on the Shoals Market



Your Home's Debut

The first few weeks that a home is on the market is an exciting time. It's a "new listing", and there's a flurry of activity. It is viewed by everyone from serious buyers to those who don't (or can't) and are just curious. It is important to capitalize on that time as much as possible. Two ways to do that are through effective pricing and putting your best foot (or house) forward.

Pricing is vital to a home's marketability, and should be based on facts. Your Realtor should be able to suggest a list price for your home and back up that suggestion with facts about the current state of the local market. There are nuances to the market, depending on your location, price range, and the home itself. Those intricacies of the business are things that your Realtor is familiar with, yet you are probably not. You might have a price in your head of what you think your home is worth. Often that price is based on emotions and/or unreliable information. Be careful of letting those things affect the price of your home, because an overpriced home will linger on the market. If a buyer feels that a home is overpriced, they often exclude it from their list of possibilities sight unseen. Trust your Realtor. If you feel that you can't trust him or her, think long and hard about that.

Visual appeal, both curb and interior, is the other vital component of "new listing" success. While every home is not going to look like the latest Architectural Digest spread, every home is capable of looking its best. Complete the little projects that you've been meaning to get to, freshen the interior and exterior as much as you're able, and be confident that you're making the most of your home's debut. If you need to, hire someone to do a one-time deep cleaning. Little touches can make a big impact, and clean is king.

If your price is right and your home is shining like a new dime, don't be discouraged if it doesn't sell during the first few weeks. Most don't. What we're doing during that time is planting seeds. The buyers who see your home are going to see several others. If the average days on the market for your home is 140, don't start worrying at day 60. Be confident that you planted as many seeds as possible.

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:

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LOST DOG!
"Louie"

LAST SEEN IN KILLEN, AL near the Hwy 72/Hwy 43 intersection. Male black / white / multi Yorkie / Shih-Tzu mix. Approximately 10 lbs., 2 years old. No collar or ID. **CONTACT 256-335-2213 IF FOUND.**

Letters...

Promoting Poverty...

Continued from Page 12

County, Florida in June. In July they forced a county in California -- the fifth so far -- to follow suit. Colorado activists just submitted two referendums for November's ballot, one of which would remit fracking control to local authorities who may be easier to persuade.

These environmentalists claim they're saving people and the planet. In fact, they're hurting both.

Fracking has boosted local economies, created thousands of jobs, and reduced carbon emissions. Whether malicious or simply misguided, the anti-fracking agenda causes higher emissions and more poverty.

America's energy boom over the past decade has been astounding. The United States produced more natural gas last year than ever before, 27 trillion cubic feet. That is a staggering 50% increase over ten years ago. America has surpassed Saudi Arabia and Russia to become the world's largest producer of natural gas.

Innovation in fracking is the cause of this boom. Blasting sand and water into rock formations releases previously unreachable oil and natural gas reserves.

The Harvard Business School observed that fracking created 2.7 million jobs and \$43 billion in economic activity in 2014. It supported 2 million jobs nationwide last year.

The average American family has saved \$1,337 from fracking through cheaper gasoline and lower energy bills.

Fracking has also lowered carbon emissions. Because natural gas is much cheaper now, electricity plants have been switching from coal to natural gas for power generation. That's good news for the environment because natural gas emits about half as much carbon dioxide as coal per kilowatt hour produced.

The result? U.S. greenhouse gas emissions are now at a twenty year low.

Yet, environmentalists continue to fight fracking -- and all other fossil fuel development.

Bill McKibben, the far-left environmental guru, recently wrote, "We have to keep 80% of the fossil-fuel reserves that we know about underground." Given that renewables account for less than 14% of U.S. needs, McKibben's proposal is literally a new Dark Age.

Indeed, McKibben's agenda would cause misery worldwide while he continues using fossil fuels to jet around the globe scolding the rest of us as the poorest suffer from such ideological zeal.

The world's poorest need more energy development,

not less. Over 1 billion people lack access to electricity. The majority of those are in sub-Saharan Africa and rural Asia. The World Health Organization reports four million deaths annually from air pollution caused by households cooking with fuels like wood and charcoal.

These deaths are preventable. Since the Industrial Revolution, fossil fuels have helped economies grow in developing nations. For example, China lifted 680 million people from poverty in just thirty years with help from fossil fuels.

Environmentalists' green tunnel vision ignores how fracking improves lives and reduces emissions. Federal and state

regulators understand this perfectly well. That's why environmentalists continue pushing their agenda at lower levels where scare tactics may be more effective.

It's time for local officials who know better to challenge this profoundly unprogressive agenda, or at least have these brave environmentalists live under the rules they want to impose on all of us.

Michael James Barton
Houston, TX

Barton is the founder of Hyatt Solutions, co-founder at Security Solutions Global, and has previously served as the deputy director of Middle East Policy at the Pentagon.

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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.
Hi, my name is **JAX!** I am 2 year old feller. I am just now starting to trust people. I would like a home that is willing to return all of the love I have to give. I am going to make a great companion for my new forever family and I cannot wait to meet you! I just need a little tender loving care please give me a chance, I am a good boy! **THE PET OF THE WEEK SPECIAL ADOPTION FEE IS \$15**, which includes spay or neuter & rabies! To learn more, contact the Colbert Shelter at 256-381-4073!
My name is **DIXIE!** I am the cutest and sweetest boxer mix girl ever! I was born November, 2015. I love to play. I am good with other dogs and with children. I am crate trained, doggie-door trained and ride well in the car. I will melt your heart if you meet me and know we will have a long and happy life together! I would need a fenced in yard to play safely with my humans. I'm spayed, up to date on my shots, and micro chipped. If you're interested in being my forever family, please call PAWS at 256-383-0690!
LIL BIT is friendly, playful, active, loving and independent. She's a black/grey Tabby female cat born December 2014. As most cats, one of Lil Bit's favorite pastime is to hunt. Oh, and she absolutely loves cheese. She's an indoor cat, house trained, gets along with cats, dogs and adults. She's up to date on vaccinations and spayed. **ADOPTION FEE \$50.** To adopt or to meet Lil Bit, please call/text Cayla for R.E.A.L. at 256-366-3791.
This is **PRETTY GIRL**, the sweetest dog in the world! She needs a good family that will love her and cuddle her. She can't get enough human contact!! Pretty Girl is about 7 years old and dreams of being a lap dog. She needs to be an indoor dog and be part of the family! If you are looking for a best friend, she will bring you more love then you could ever imagine!! Please contact CASA Canine at Collie.Barker@gmail.com or 256-246-9800.

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DEFENDS CONVENIENCE FOODS
I had a recipe that called for a pound of cooked turkey meat, cut up. I didn't want to pay \$5.99 a pound for a slab of turkey breast from the deli, so I bought half a turkey breast (with skin and bones), roasted it, chilled it, skinned and boned it, and cut up the meat. Its starting weight was 2.74 pounds, and at \$2.19 a pound, it cost \$6. Well, by the time the juices cooked out and I removed skin, fat and bone, I had no more than 1.25 pounds of usable meat. The actual cost per pound was \$4.80. By the time I factor in my time (probably 30 minutes over two days), the electricity

to roast it, and the need to dispose of wrappers, skin and bones, it is worth the extra buck a pound to buy the deli slab and spend 30 seconds cubing it!
Roz P. in Lebanon, PA

FREE ART
Check with your local library to bring wonderful art right into your home! Ours will loan large canvases of all kinds of artwork, from classics to moderns, for up to six weeks. All you need is your library card to borrow them. I continually rotate the art in our home. It gives all of our family new eyes to enjoy all kinds of colors and styles.
Carol

CUSTOM CAKES
We had a "Spiderman" cake picked out for my son's 6th birthday. But, when I went to order it at our local supermarket's bakery, the clerk said, "Sorry, but it's been discontinued." I asked why, and she explained that she did not have the Spiderman figurine to place on the cake. I told her my son had a small figurine, and if she could decorate a spider web on the cake, I could just place my own figurine on top. She replied, "No, problem, you just saved yourself \$5!" So, anytime you have a fancy cake in mind, look around in your child's toy box. You may have the most expensive decoration already on hand!
Jean G. in Elkton, MD

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Keep your disposable razors in a glass cup with some mineral oil. Cover just the blade with mineral oil. This keeps the moisture from destroying the edges of the blade. The blade will last much longer. The mineral oil acts as a protective coating. Wash the razor thoroughly before putting it in the mineral oil. Especially on dual or triple blades, you should wash between the blades. You can even use an old toothbrush to clean the head of the disposable razor.
F.

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Views...

Continued from Page 1

"If you are happy, my dear sir, on entering this house as I am in leaving it and returning home, you are the happiest man in this country."
— Buchanan to Lincoln

"If forced to choose between the penitentiary and the White House for four years, I would say the penitentiary, thank you."
— W. T. Sherman

"My God! What is there in this place that a man should ever want to get in it?"
— James Garfield

"A position as great as that of the mightiest monarch."
— Theodore Roosevelt

"The responsibilities of the office ought to sober a man even before he approaches it."
— Woodrow Wilson

"I sit here all day trying to persuade people to do the things they ought to have sense enough to do without my persuading them. That's all the power of the President amounts to."
— Harry Truman

Celestial Thoughts

Have you ever had "one of those days"? It might be that nothing particularly went right or wrong. It might be that you don't feel really well or you just have a case of the blahs. I've certainly had days like that. When I catch myself in that mindset I remember the people throughout my life that I've seen, worked with, or know who are without. Specifically, without the physical blessings I have everyday like my eyesight, hearing, fingers, and nose - yes, there are those who have lost their nose! I stop to give thanks for all of the little things I take for granted. Somehow this moment of gratitude can change my whole attitude in a second. I challenge you to reflect on a body part you've seen someone else live without and thank God for the blessing of having it. See if "one of those days" turns into a great day after all.

"Rejoice always, pray continually, give thanks in all circumstances..."
1 Thessalonians 5:16-18

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1990 BUICK LESABRE	RED	1G4HR54C5LH516737	2002 FORD WINDSTAR	GREEN	2FMDA51482BA99144
1999 BUICK PARKE AVE	WHITE	1G4CW52K6X4648044	1992 HONDA ACCORD	BROWN	1HGCB7576NA168430
1995 BUICK REGAL	MAROON	2G4WB52L9S1401235	1999 HONDA ACCORD	GREEN	1HGCG5643XA052034
1998 BUICK REGAL	GREEN	2G4WB52K8W1538681	2000 HONDA ACCORD	BLACK	1HGCG3257YA020353
1999 CADILLAC EL DORADO	WHITE	1G6ET129XXU007947	1993 HONDA CIVIC	PINK	1HGEJ214XPL026941
2000 CHEVY BLAZER	TAN	1GNDT13W8Y2367735	2002 HONDA CIVIC	SILVER	1HGEM22512L095895
2001 CHEVY BLAZER	RED	1GNCS13W212122448	2000 HONDA CRV	BLUE	JHLRD284XYC012295
1982 CHEVY C10	TAN	1GCC14D0CF301585	2002 HYUNDAI ELANTRA	GOLD	KMHND45D62U363707
1986 CHEVY CAPRICE	GREY	1G1BN69HXGY176418	2001 JAGUAR S-TYPE	RED	SAJDA01NX1FM13648
2001 CHEVY IMPALA	GOLD	2G1WF55E719336321	1986 JEEP COMMANDER	WHITE	1JTWL6578GT016321
1996 CHEVY LUMINA	BURGUNDY	2G1WL52M0T9211054	2001 JEEP GRAND CHEROKEE	BLACK	1J4GK48841C696916
2002 CHEVY MALIBU	WHITE	1G1ND52J02M555788	2004 JEEP LIBERTY	PURPLE	1J4GK48K14W272608
2005 CHEVY MALIBU	WHITE	1G1ZT52805F232111	2002 KIA SPORTAGE	GREY	KNDJB723225165889
2005 CHRYSLER 300	GREY	2C3JA53G05H658089	1995 MITSUBISHI MIRAGE	WHITE	JA3AA31C6SU051220
2002 DODGE CARAVAN	WHITE	2B4GP44362R741698	2006 NISSAN ALTIMA	GREY	1N4BL11E36N346755
2000 DODGE DAKOTA	BLACK	1B7FL16X72S622887	1999 NISSAN MAXIMA	WHITE	JN1CA21D7XT221985
1986 DODGE RAM WAGON	BLACK	2B5WB31W3GK545331	2002 NISSAN MAXIMA	GOLD	JN1DA31A22T318293
1997 EAGLE 150 FOOTER	BLUE	L8XTBK5009000451	2005 NISSAN SENTRA	SILVER	3N1CB51DX51579145
1996 FORD CROWN VICTORIA	RED	2FALP71W5TX178891	1996 PONTIAC GRAND AM	RED	1G2NE12M0TM501758
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2001 FORD EXCURSION	RED	1FMNU42F51EC21404	1999 PONTIAC GRAND AM	SILVER	1G2NE52E4XM793470
1997 FORD EXPLORER	GREEN	1FMDU32X5VUA96060	2003 SATURN ION	BLACK	1G8A252F93Z207117
1999 FORD EXPLORER	WHITE	1FMZU32X2XUB45529	2002 SATURN VUE	RED	5GZCZ63BX2S835709
1997 FORD F150	RED	1FTDX1768VNA94300	2004 SATURN VUE	RED	5GZCZ634X4S817425
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2003 FORD RANGER	RED	1FTYR14V73PA89677	TROY GARDENING MOWER	N/A	1A142B30252
1997 FORD TAURUS	SILVER	1FALP54N4VA271792	2004 VOLKSWAGEN JETTA	SILVER	3VWSK69M54M012737

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Community Notes...

Continued from page 4

North Alabama Bone & Joint Clinic, PC will be presenting a **Concussion Seminar** at First Christian Church Florence, AL (700 North Wood Avenue) on Sunday, January 22 from 2:30-3:30pm in the fellowship hall. Wes Richardson, Certified Athletic Trainer, will be speaking to the community about concussion awareness.

INFORMATION INCLUDED:

- Definition of concussion
- Identify the signs and symptoms of a concussion
- Discuss how concussions occur & what they are and are not
- Prevention of concussions
- Treatment options
- Discuss current issues related to concussion, such as state laws, guidelines, and protective sports equipment
- Question & Answer session

Information is also available on our website at nabjc.com under the News & Events tab. This event is open to the public. Anyone wishing to learn more about concussion management may attend.

District 1 Community Meeting Tuesday, January 31, 6pm. Will be held at the UNA Commons Building, Room 330, near fountain. Refreshments will be served. Council Member Kaytrina Simmons invites you to the District 1 meeting to meet each other and share ideas. If you have anything you would like to know, please feel free to send your questions in advance so I can try to have an answer for you. I may be reached as follows: 256-760-6401, 256-349-3879, or ksimmons@florenceal.org

The Shoals Chamber of Commerce is accepting nominations for its Citizen of the Year Award.

The recipient will be honored during the 30th annual chamber celebration, set for March 16 at the Marriott Shoals Conference Center in Florence.

Recommendations forms may be picked up at the chamber office, 20 Hightower Place, Florence, or online at www.shoals-chamber.com

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.

Prospective Transfer Students who are interested in seeing what the **University of North Alabama** has to offer can now attend a special preview day just for them in February. UNA's Transfer Preview Day will take place Saturday, February 4, with check-in beginning at 8:30am at The Commons building.

Preview Day is an opportunity for students to see what UNA is all about. In addition to meeting faculty members and learning about the different degrees and programs offered, students can also see what campus is like and attend a UNA sporting event. As part of the event, prospective students will receive a complimentary lunch and tickets to a UNA basketball game in Flowers Hall.

Plus, two lucky students will have the opportunity to win two, \$1,000 scholarships which will be given away during lunch. Students must be present to win.

Transfer student should sign-up for the event by Monday, January 30. Online registration is at www.una.edu/previewday/ Or for more information: 1-800-TALK UNA; Local 256-765-4608

The Healing Place will be **conducting its Annual Winter Workshop** on Friday, February 17 at Cross Point Church of Christ, 1350 Cox Creek Pkwy in Florence. Lunch will not be provided. Registration will begin at 7am and the workshop will be conducted from 8am-4pm.

The workshop is for counselors, social workers, and others in the community who deal with grief related issues. An assortment of topics will be presented, including an overview of equine assisted psychotherapy, mindfulness, depression and grief, compassion fatigue, and couples counseling.

Counselors can receive 6 CE hours and Social Workers can receive 6 Contact Hours. The cost of the workshop is \$65 for those who pre-register by February 10, \$70 for those who register after February 10. The cost for students is \$35. For groups of 5 or more, a special group rate is offered.

For more information about this workshop and to register, please visit <http://www.thehealingplaceinfo.org/winter-workshop> or call The Healing Place at 256-383-7133.

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6) Living Will.....	\$ 50.00
7) Name Change (Adults only).....	\$125.00
8) Limited Liability Corporations.....	\$600.00
9) Family Estate Packages (Includes 2 Simple Wills, 2 POAs & 2 Living Wills)....	\$350.00
10) Social Security Disability.....	25%

256-765-2411 or 877-765-2411
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 *EXCLUDING MADISON COUNTY
RICHIE A. WHITTEN, MANAGING ATTORNEY
 MOST DOCUMENTS AVAILABLE WITHIN 24 HOURS.

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

FIND THE BIG WORDS!

1.	A	B	R	A	S	I	V	E	
2.	B	L	U	E	N	O	S	E	
3.	C	A	S	H	M	E	R	E	
4.	D	E	T	H	R	O	N	E	
5.	E	N	V	E	L	O	P	E	
6.	F	O	L	K	L	O	R	E	
7.	G	A	R	G	O	Y	L	E	
8.	H	A	C	K	A	B	L	E	

Junior Whirl

by Charles Barry Townsend

Answers

Illustrated by David Coulson

Our answer: H=6, O=1, P=0, S=8, K=7, I=4, J=9, U=3, M=5 (610 + 8740 = 9350).

Answers: The words are: R, Ra, era, Earl, blare, balder, labored, adorable.

Answer: We counted 38.

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OR COCA-COLA
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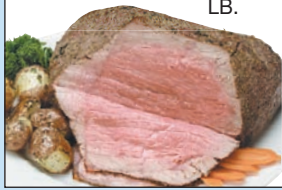
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FRESH BONELESS
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12 PACK 12 OZ. CANS



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89¢

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-\$1,000 Purchase Cash
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ONLY

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