

**12th Season for Friday**

FLORENCE— First Fridays is kicking off its twelfth season this Friday from 5-8pm with the theme, "Moving into March." In addition to arts, crafts, and music, First Fridays is placing an emphasis on health and fitness for its opening event for 2017 on Court Street in historic downtown Florence.

Participants will have the opportunity to see fitness demonstrations from local gyms including the YMCA and Shoals Yoga. The Lifesouth Bloodmobile will be parked on Court Street for blood donations. There will also be various health screenings available including blood pressure, cholesterol, and glucose screenings, along with dozens of vendors. Expect an assortment of artisans and crafters.

Music will kick off on the Big River Broadcasting stage at 5pm with Jaxxon Wynn & the Jazzy Dan Band. Following their performance, country singer/songwriter, Tiera, takes the stage with a collection of original tunes at 6pm. The local band, Furniture, closes out the night at 7pm.

First Fridays is a rain-or-shine event presented by Listerhill Credit Union.

**Wellness Way of Life Expo**

FLORENCE—Area seniors will enjoy the Wellness Way of Life expo on Tuesday, March 7 from 8am-noon at Cross Point Church of Christ on Cox Creek Parkway in Florence.

The expo will feature three well-versed speakers and information booths for home health, nursing, rehab, nutritional services, assisted living, city services, fitness, and more.

Topics and Speakers include: *Keep the Twinkle in Your Wrinkle* by Dr. Robert Webb

You may be at the top of the hill, but that doesn't mean it all has to go downhill. Dr. Webb, Medical Director of Supportive Care Services at ECM Hospital, is giving guidance on the top

See SHORTS... on Page 11



A Harris Hawk was among the animals recently at Shoals Christian School.

Weekly circulation upon request

**Courier Journal**

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CREATURES THAT ADAPT TO THE  
**Arid Wilds**

FLORENCE—Shoals Christian School welcomed representatives of the Natural History Educational Company of the MidSouth to the school gym last week for a Desert Adaptations presentation which featured creatures with abilities to thrive in harsh and hot climates around the world.

Bob Tarter presented the program featuring animals that can survive on unusual prey, minimal water, and few resources. The kids also learned about desert habitats in Australia, the United States, Egypt, Africa, and South America.

See WILDS... on Page 6



**FEWER DELAYS**

UCP Physical Therapist, Julie Cochran and Aiden Quick CPC photo

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SEE OUR AD INSIDE!

**UA Agreement with NW-SCC**

MUSCLE SHOALS. -- Northwest-Shoals Community College welding students' path to journeyman certification got a little bit easier Tuesday through an articulation agreement with the United Association's (UA) apprenticeship program.

The agreement with the UA of Plumbers, Fitters, Welders and

See JOURNEYMAN.. on Page 28

**Killen Church Youth Taking Out Germs**

KILLEN—The youth of the Killen Church of Christ recently launched Project Germ Warfare. They collected over 200 tubes of disinfectant wipes to help Brooks Elementary School and Brooks High School battle the germs that are spreading infection in all area schools. Killen church members were asked to donate disinfecting wipes at the church building, but everyone in the community is invited to help. Donations may be brought to the church building

See GERMS... on Page 6

L-R delivering wipes to Brooks Elementary are Jess Eastep-Youth Director at Killen Church of Christ, Eli Aday, Kurt Peck, Dimple Newell-BES Guidance Counselor, and Jonathan Aday.



Courtesy photo

TUSCUMBIA—United Cerebral Palsy of Northwest Alabama is gearing up for its 53rd annual telethon to be held March 5, 2017 from 1-5pm on the Valley's CW, channel 15.

53rd Annual CP Telethon from 1-5pm Sunday, March 5 on Valley's CW

UCP provides free therapy and services to children who are developmentally disabled/delayed in northwest Alabama. They currently serve approximately 60 children who have various delays or disabilities including children who have cerebral palsy, autism, Down syndrome, cleft palate, spina bifida or other developmental delays. Essentially, if a child has a delay in development, UCP can help.

Through a grant with the Alabama Department of Child Abuse and Neglect, UCP provides money to families who have children who are developmentally delayed to help them pay for sitters. All of the money raised on March 5 will stay right here in northwest Alabama to help these local children and their families.

Make plans to tune in and help or call Alison Isbell at 256-381-4310.

**Inside this Issue**

- Turning Over The Keys
- Dave Says
- Pancakes
- Cat & Kids



- Adopt-a-Friend
- Dr's House Call
- Hocus Focus
- Ask the Attorney
- Jr. Whirl
- Lio

- Soap Updates
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- Medicare Minute
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**Onions**  
2/\$3 3 LB.

IDAHO  
**Potatoes**  
2/\$3 5 LB.

**Estate Sale**

FLORENCE: 115 CO. RD. 241 Saturday 8 a.m.-?? Central area; left off Savannah Hwy right before Trace. Quilting supplies, furniture, household items.

**HUGE SALE**

TUSCUMBIA: 1007 SPENCER WAY Yard Sale Sat. March 4, 7 a.m. - 2 p.m. 1007 Spencer Way.

**MOVING**

KILLEN YARD SALE: FRI. and Sat., 7 a.m. until. MARCH 3-4, 555 JABO Dr., South on Co. Rd. 473 (beside Brooks High School), 2 miles on left. Furniture, outdoor furniture, clothes, small yard equipment, misc. items of all kinds, chain link dog kennel, some tools.

GREENHILL: COUNTY ROAD 140 Saturday 7am Inside Moving/Remodeling Sale, Rain or Shine.

**Estate Sale**

FLORENCE 526 HAZELWOOD DRIVE SATURDAY 8AM-4PM Fine Furniture-Lillian Russell Bdrm., Drexel Heritage Bdrm. and Dining Room. Several Ficks Reed Rattan/Wicker. Antique lamps, bed, chairs. Crystal, glassware, linens, rugs, accent pieces, Christmas decor. Lawn mowers + yard. Some fine clothing.

BROWN PUPPY FOUND, HWY. 431 near the Y. Friendly, likes children. Ask for Jeff, 256-571-0370 or 321-794-5341.

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LAZY BOY ROCKER RECLINER, brown microfiber, \$100. Albertville, 256-878-4564.

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2004 FORD EXPLORER XLT, leather, V6, AUTO, 73K miles, \$6,900 256-710-8120

SUZUKI: FORENZA, 2006 ONE owner, 124K miles; 2002 Ford Explorer Sport Trac, 2 rack, 4 door. 256-766-6382

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Summer, St. Patrick's, Easter and items labeled The Spring Shop™ are not included in Home Decor sale.

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FLORAL 50% OFF. FURNITURE 30% OFF. YARN & NEEDLE ART. Includes: Stem Naturals, Potted Trees & Floor Plants, Flowering & Greenery Bushes, Artiste Cotton Crochet Thread, I Love This Yarn!, Poly-fil 100% Polyester Fiberfill, Needle Art Kits.

FRAMES 50% OFF. CRAFTS 30% OFF. Includes: Shadow Boxes, Display Cases & Flag Cases, Ready-Made Open Frames, Photo Frames, Posters, Custom Frames, Crayola Products, Mayberry Street Dollhouse Furniture and Miniatures, Crafts by Playside Creations™, Krylon Spray Paint, T-Shirts, Unfinished Craft Wood.

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Sheryl L. Hamilton and Family  
THE HAMILTON MINISTRIES PROJECT

## Community Notes

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

**PALZ (People with Alzheimer's)** will have its monthly activity group Wednesday, March 1, from 1-3pm at the Florence Senior Center (old Florence Country Club). PALZ is an activity group for seniors and people with Alzheimer's/Dementia and their caregivers. We will be having karaoke/music by Wayne Chaney Wednesday.

**Kindergarten Registration for Lauderdale County Schools** - Superintendent of Lauderdale County Schools, Jon Hatton, announces clinics for children who plan to enroll in kindergarten for the 2017-2018 school year in the Lauderdale County School System.

Children for kindergarten must be 5 years old on or before September 2, 2017 to be eligible to enter school. The following are required for initial enrollment in public schools:

- Child's certified birth certificate
- Child's social security card or temporary school assigned number
- Certificate of Exemption or Certificate of Immunization (blue form IMM 50) against the following diseases: Diphtheria, Tetanus, Pertussis, Poliomyelitis, Measles (Rubella, Rubeola), Mumps/Whooping Cough, Varicella (Chicken Pox). Immunization certificates are available from the Lauderdale County Health Department of local physicians.

• Proof of Residency (example: phone bill, utility bill, cable bill, etc.)  
Registration Schedule 2017-18 Academic Year:

- Friday, March 3, 8:30am - Underwood and Wilson
- Friday, March 10, 8:30am - Rogers and Central
- Friday, March 17, 8:30am - LCHS and Lexington
- Friday, March 24, 8:30am - Brooks Elementary and Waterloo School

If you have any questions, please call Linda Barnett 256-760-1335 or Dr. Gina Baggett, Elementary Curriculum/Federal Programs Director at 256-760-1336.

**Seed Program Sign Up, Deadline is March 17.** Community Action Northwest's Free seeds/plants for qualifying households with low incomes begins February 6th.

Must live in Colbert/Lauderdale, call 1-4 pm 256-762-9330, or Franklin County, call 1-4 pm 256-332-7534 M-Thu.

**Clothes Give Away** Thursday, March 2 from 8-10am at the Care Center, First Baptist Church, Killen.

**Threadgill Primary School Kindergarten Pre-Registration** Weekdays, March 1-April 28. Children who will be 5 years old by September 2, 2017 must register for kindergarten.

Please bring birth certificate, social security card, immunization card, driver's license, proof of residency. Children who will be 4 years old by September 2, 2017 may register for pre-kindergarten. Only 32 students will be accepted into Pre-K by random selection drawing.

**REAL Rehome Educate Adopt Love - is offering pet vaccination assistance.** If you need help getting your pet's rabies, or other vaccinations, please fill out the application on our Facebook page. Offer is limited to one pet per person per month in Lauderdale, Colbert, or Franklin County. Limited availability. Applications are processed on first-come, first-basis.

To know all about our mission and activities, please visit our FB page REAL Rehome Educate Adopt Love and our website [www.rehomeeducate.webs.com](http://www.rehomeeducate.webs.com)

**Fish Fry at East Colbert Church of Christ** Saturday, March 4, 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.)

See NOTES... page 34

# piggly wiggly

AD VALID  
**MARCH 1-7, 2017**  
HWY. 200  
CENTRAL HEIGHTS  
SAVE 3% ON SALES TAX  
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**Senior Citizen Coupon**  
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<p><b>BOSTON BUTT</b> <b>Pork Roast</b> <b>1.09</b> LB.</p>	<p><b>VALUE PACK</b> <b>Fresh Fryer Leg Quarters</b> <b>49¢</b> LB.</p>	<p><b>FLORIDA</b> <b>Strawberries</b> <b>2/\$3</b> 16 OZ. CTN.</p>	<p><b>RED OR WHITE SEEDLESS</b> <b>Grapes</b> <b>1.69</b> LB.</p>
<p><b>VALUE PACK</b> <b>Fresh Lean Ground Beef</b> <b>1.79</b> LB.</p>	<p><b>BONELESS BEEF</b> <b>Rib Eye Steak</b> <b>6.99</b> LB.</p>	<p><b>GREEN</b> <b>Cabbage</b> LB. <b>39¢</b></p>	<p><b>WASHINGTON</b> <b>Apples</b> 5 LB. BAG <b>4.99</b></p>
<p><b>Fresh Pork Steak or County Style Ribs</b> lb. <b>1.49</b></p>		<p><b>PIGGLY WIGGLY</b> <b>Ketchup</b> <b>2/\$3</b> 34 OZ. SQUEEZE BTL.</p>	<p><b>PIGGLY WIGGLY</b> <b>Saltine Crackers</b> <b>2/\$3</b> 16 OZ. BOX</p>
<p><b>Eckrich Sliced Bologna</b> 14 oz. pkg. <b>1.29</b></p>		<p><b>PIGGLY WIGGLY</b> <b>Family Size Potato Chips</b> <b>1.79</b> 11 OZ. BAG</p>	<p><b>PIGGLY WIGGLY</b> <b>Peanut Butter</b> <b>3.59</b> 40 OZ. JAR</p>
<p><b>John Morrell Hot Dogs</b> 12 oz. pkg. <b>99¢</b></p>		<p><b>PIGGLY WIGGLY</b> <b>Deluxe Mac &amp; Cheese or Shells w/Cheddar</b> <b>1.59</b> 12-14 OZ. BOX</p>	<p><b>PIGGLY WIGGLY</b> <b>2-Ply Paper Towels</b> <b>4.59</b> 8 ROLL PACK</p>
<p><b>Tennessee Pride Sausage</b> 16 oz. roll <b>2.59</b></p>		<p><b>PIGGLY WIGGLY</b> <b>Frozen Sherbet</b> <b>2.59</b> 64 OZ. CTN.</p>	<p><b>PIGGLY WIGGLY ALL VARIETIES</b> <b>Shredded Cheese</b> <b>1.79</b> 8 OZ. BAG</p>
<p><b>Gwaltney Sliced Bacon</b> 12 oz. pkg. <b>2.89</b></p>		<p><b>PIGGLY WIGGLY FRENCH OR CUT GREEN BEANS OR GOLDEN CORN</b> <b>2/\$1</b> 15-16 OZ. CAN</p>	
<p><b>Armour Fully Cooked Meatballs</b> 14 oz. bag <b>2.59</b></p>		<p><b>PIGGLY WIGGLY FROZEN CRINKLE CUT FRENCH FRIES</b> <b>2/\$4</b> 2 LB. BAG</p>	
<p><b>Piggly Wiggly Sliced Ham or Turkey</b> 10 oz. pkg. <b>2.49</b></p>		<p><b>PIGGLY WIGGLY FROZEN WHIPPED TOPPING</b> <b>2/\$4</b> 12 OZ. TUB</p>	

**MAXWELL HOUSE Original Coffee**  
31 OZ. CAN - EXCLUDES DECAF!  
**6.59**

**PEPSI AND ALL Pepsi Products**  
**\$1** 2 LITER BTLs.

**COKE AND ALL Coke Products**  
**5/\$10** 6 PACK, 1/2 LITER BTLs.

**PIGGLY WIGGLY FRENCH OR CUT GREEN BEANS OR GOLDEN CORN**  
**2/\$1** 15-16 OZ. CAN

**PIGGLY WIGGLY Soft Margarine**  
45 OZ. TUB **2/\$4**

**TOTINO'S Frozen Pizza**  
10-10.3 OZ. BOX **2/\$3**

**PIGGLY WIGGLY Frozen Crinkle Cut French Fries**  
2 LB. BAG **2/\$4**

**PIGGLY WIGGLY Whipped Topping**  
12 OZ. TUB **2/\$4**

**ANGEL SOFT- Double Roll Bath Tissue**  
12 ROLL PK. **4.99**

**HUNT'S Spaghetti Sauce**  
30 OZ. CAN **\$1**

**MARTHA WHITE Corn Meal Mix**  
5 LB. BAG **1.99**

**PIGGLY WIGGLY Vegetable Cooking Oil**  
GALLON JUG **4.99**

**PIGGLY WIGGLY Orange Juice**  
1/2 GAL. PLASTIC JUG **2/\$5**

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15 OZ. CAN **1.29**

**VAN CAMP'S Pork & Beans**  
28 OZ. CAN **2/\$3**

**LUCK'S Pinto Beans with Pork**  
28 OZ. CAN **2/\$3**

**S.O.S. COUPON (Save Our Schools)**  
**1%** of your total will go to the school of your choice (Central or Waterloo)  
Please present this coupon to the cashier before your order starts.  
Hwy. 200 • Central Heights

**PIGGLY WIGGLY Frozen Biscuits**  
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**PIGGLY WIGGLY Large Eggs**  
DOZEN CARTON **89¢**

**KRAFT Cheese Singles**  
16 OZ. PKG. **3.49**

**DALE'S Steak Seasoning**  
**2.19** 16 OZ. BTL.

**DALE'S Steak Seasoning**  
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#1 SUPER TREADMILL WITH 2006 26 FT. CAMPER, \$2,800 built-in TV. \$295. 256-710-6806. cash. 931-242-5690, St. Florian.

## Celestial Thoughts

The clock was ticking as I was trying to finish work one day this week. I had a deadline on a project and it had to be finished before I left for the day. I was also trying to get to critical care at the hospital to see a dear loved one before visiting hours were over. As I was furiously typing away, there was a knock at my office door. "Oh dear," I thought. When someone knocks on my door it means they need something and usually it isn't something pleasant.

I looked up to see an older gentleman who frequents the building often. As I asked how I could help him, he said, "I just thought I would stop in and ask how you're doing." I had no time for small talk. I kept typing while I explained I was fine, but my loved one was not. I explained how I had a deadline that day and how I was trying desperately to make it to the hospital. He smiled the smile of Christ, held out his hand and said, "Let me pray for you and her."

My soul took a much needed breath and prayed with the gentleman. He quickly left, and by the grace of God I finished my project and made it in time for the visit. I am constantly amazed at my Father and the sweet gifts of grace He gives me. Thank you, dear sir, for being His servant that day.

Dawn

"...to each one of us grace has been given..." Ephesians 4:7

## IMPORTANT NOTICE

### To Customers of Sheffield Water Department

The Sheffield Water Department will be flushing fire hydrants beginning March 13 and continuing until the process is completed for about 5 weeks. We will be flushing from 7am until 3:30pm. Slight water pressure variations and milky or discolored water conditions may occur during this period. The water is safe; we are flushing out an accumulation of dissolved materials which have settled in the mains. To avoid inconvenience, check the water before doing laundry and you might want to keep water in the refrigerator for drinking and cooking when we are flushing in your area. For information on when your section will be flushed, please call 256-248-2745 between 7:30am and 5pm, Monday through Friday.

## Gospel Meeting

Chapel Hill Church Of Christ  
March 12, 13, 14

Speaker:

**PERRY TAYLOR**

Sunday Morning Bible Study: 9:30am

Worship: 10:30am • Lunch Following

Evening Service: 1:30pm

Monday & Tuesday Night Services: 7pm

U.S. Hwy. 72 just west of Tuscumbia

**WANTED: STANDING TIMBER WILL** Pay Cash, are cut on percentage. 256-810-9653

**BATHROOM VANITY MARBLE TOP** \$25. Homelite electric chainsaw. \$40. 256-766-3345.

**2013 CHEVROLET IMPALA LTZ** 74k \$11,986 Leather, sunroof, Financing available. Call Hoke 256-740-1297 or 256-764-3351

**DRIVEWAY GRAVEL SPECIAL, 22% off, \$129 per load,** delivered and spread. www.bamadirt.com 256-740-7406

**GARDEN TILLING AVAILABLE, \$50 per hour.** Servicing the Shoals for 10 years! Call Curt at 256-443-5264

**ENTERTAINMENT CENTER, PERFECT CONDITION,** cabinet space. \$250. 256-355-8707.

## Cathy Liles,

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invites you to her **NEW** Location at

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(Four Lane Shopping Center)

869 Florence Blvd.  
Shop 256-767-7264  
Cell 256-627-9118



## Community Action Agency of Northwest Alabama's Gerald Williams Cooperative Garden Program

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

**Sign up February 6 - March 17**

Participants must in the program applicants must:

- **Reside** in Lauderdale, Colbert or Franklin Counties
- Must not exceed **gross monthly** income as defined

Maximum income of \$1,485 for *single* household

Two-person households - \$2,002

Three-persons - \$2,520

For each additional person in the household add \$520 per month

**Deadline to Apply is March 17**



Lauderdale/Colbert Residents

Call 256-762-9330

1-4 pm • Monday-Friday

Franklin County Residents

Call 256-332-7534

1-4 pm • Monday-Thursday

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

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Serving Cherokee and the surrounding area

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- Work Comp Injuries
- DOT Physicals.
- Onsite Labs • Digital X-rays
- Drug Screens

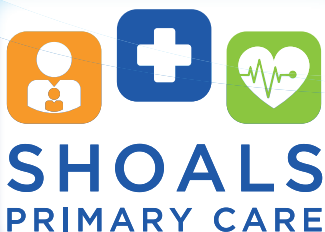


Carol Davis, CRNP

Allyson Johnson, CRNP

**Monday - Friday 8am-6pm**

Most Insurance Accepted  
Medicare Patients Welcome



1080 2nd St., Cherokee  
256-359-4519



## Assisted Living

*It's not what you might think ...*

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The smell of homemade cookies fills the air  
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Independence, Dignity & Choice

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Columbia Cottage - 2373 Roberts Lane, Florence, AL 35630



Courier Journal

# Classifieds



## Sell It Fast with a RED LINE AD

only \$3 additional

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**HOUSECLEANING** for your office or home. Call 555-1234 for a free estimate. 15 years experience, Insured, References available.

## TNValleyStuff.com

As an added bonus for our advertisers, all classified ads placed in the Courier Journal are also online at [TNValleyStuff.com](http://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 ..... **\$4<sup>50</sup>** 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 ..... **\$7<sup>00</sup>** Week
- Employment** 5 LINES\* Prepay Each additional line - \$2.25 EMPLOYMENT - Looking for employment or Businesses looking for employees ..... **\$12<sup>50</sup>** Week
- Private Party Auto Rate** Up to 8 LINES\* for 4 weeks. Prepay Each additional line - \$2.00 ..... **\$15<sup>00</sup>** Week

\*one line is approx. 30 characters


Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Phone \_\_\_\_\_

➔ **HOW MANY WEEKS?** Multiply the number of weeks - X - the cost of the ad.....

**YES! RED LINE MY AD!**  PLEASE CHECK THE BOX  
 RED LINE: Add \$3 per ad per week. Buy 5 weeks of RED LINE, get the 6th free (\$15 plus cost of ads). Only the top line of each classified ad can be red, 24 characters and spaces MAX. - 20 characters & spaces MAX for Real Estate ads.

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 Phone-in Ads MUST be Charged to Credit/Debit Card! NO EXCEPTIONS! NO REFUNDS!

**DEADLINE: Friday 5pm**

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ONLINE — at our Website...  
 Go to [www.courierjournal.net](http://www.courierjournal.net) and click "Place a Classified"

## Phone

PHONE — 8AM-5PM Mon-Fri  
 Charge to Credit/Debit Card by calling 256-764-4268

## Fax

FAX — 24 HRS - Charge to Credit / Debit Card by faxing an ad to 256-760-9618. Include exp. date. List how many weeks the ad is to run.

## Mail

MAIL — Mail your written ad to address at right. Include your phone number. We will call to finalize your ad. List how many weeks the ad is to run.

## Office

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



Bob Tarter, wildlife educator with the Natural History Educational Company of the Midsouth, explains the unique characteristics of the beaded lizard. SCS photos

## Wilds...

Continued from Page 1

Tarter made a presentation last year at SCS featuring different types of animals. It was so popular that teacher Emily Hodges was happy to plan a return engagement. "Our students and guests thoroughly enjoyed it and they learned so much," Hodges said. "I am thrilled to be able to host the program again."

Wildlife included a Red Kangaroo joey, a Harris Hawk, Prairie Dogs, Gila Monsters, an Egyptian Uromastix, 70 lb. Sulcata Tortoise, a Savannah Monitor, a Tarantula, and more.

Shoals Christian's preschool and elementary grades, students, teachers and parents from Legacy Christian Academy, King's Kids from Woodmont Baptist, and Florence Christian Academy attended the event.



Shoals Christian School 4th grade teacher Emily Hodges holding one of the kangaroos.

Courier Journal

### Personnel

- EDITOR & PUBLISHER**  
 Thomas V. Magazzu
- ADVERTISING EXECUTIVES**  
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 Judy Cox  
 Gregg Scott  
 Joe Broadfoot  
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- GRAPHIC COORDINATORS**  
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- OFFICE STAFF/CLASSIFIED**  
 Janie Brasfield

**CIRCULATION**  
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**OFFICE HOURS:**  
 Monday - Friday  
 8:00am - 5:00pm

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Your Courier Journal is published for total saturation, direct-mail delivery every Wednesday to 70,454 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.

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

## Germs...

Continued from Page 1

located at 1560 Highway 72 in Killen (at the traffic light) or by calling 256-757-2918. Donations may also be taken directly to the schools or may be sent with children who attend those schools.

Brooks High School had a clean-up period last week, so the initial delivery of wipes to the high school and elementary school took place the morning of February 20.

The photo titled BES Delivery depicts the stop at Brooks Elementary where we delivered 104 tubes of disinfectant wipes.

Every Home Every Week

Courier Journal

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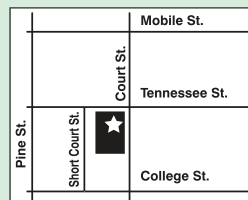


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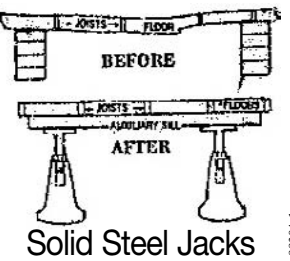
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## Jacksonburg Church of Christ

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### Sunday Bible Classes

9am

### Sunday Worship Services

9:45am and 5pm

### Wednesday

7pm

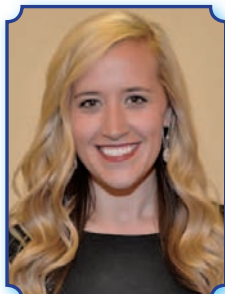
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**KIA: OPTIMA, 2005 \$2,700.** 1 owner, good car, 160k miles. Call 256-702-3805

**DODGE: NITRO SLT, 2009** \$11,986. Leather, auto, 75K. Financing available. Call Shannon 256-412-1551 or 256-764-3351

**MAZDA: 3 I SPORT, 2015**, Black 4 door sedan, \$13,500. 21k miles, Excellent condition, 256-303-2127 text or leave message.

**SOFA, RED, EXCELLENT CONDITION**, looks great, \$150. 256-710-1402

**FORD: FUSION SE, 2012** \$11,988. Cloth, automatic, 31k. Financing available. Call JD 256-577-1056 or 256-764-3351

**J & E TRANSMISSION:** Specializing in Automatic Transmissions and Clutch Repairs. Over 35 years experience. 256-757-8308.



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**CHRYSLER: TOWN & COUNTRY, 2016** \$19,988. Van, leather, 36k. Financing available. Call Eric 256-577-8449 or 256-764-3351

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**2002 19 FT. HIGH** low travel trailer, white, some cosmetic repairs needed, discounted to \$2,000. Paid \$11,000 in 2005. Elgin's Crossroad community 256-577-9925 or 256-810-1234 After 12 p.m.

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# ASK THE ATTORNEY

## THE JURY SYSTEM



Thomas McCutcheon

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

The jury decides the facts and the judge decides the law. The role of the jury is to decide based on the testimony of the witnesses as given under oath in the courtroom. That means that a jury will decide disputed facts, the simplest of which may be which car ran the light. There are as many facts to be determined as there are lawsuits. Notice that this idea of testimony in front of a jury excludes "hearsay evidence". Hearsay is a statement by someone outside of court. There are exceptions but the idea is to let both sides examine the witness in person, under oath and with the jury present.

The judge decides what law applies to the case. When a jury hears the evidence, the judge tells the jury what the law is, based on what the lawyers

and judge decide what law applies. When the lawyers can't agree, the judge decides what to tell the jury and the lawyers can, outside the presence of the jury, put on the record (for an appellate court to review) why they disagree.

In criminal cases the prosecution whether city, state or federal, must prove that the defendant is guilty "beyond a reasonable doubt". We decided a long time ago that it's better to allow a criminal to be found not guilty than to convict an innocent person of a crime they didn't commit. Unfortunately, that happens anyway as we know from DNA evidence in cases where people were convicted that didn't commit the crime. All a jury can do is decide "guilty" or "not guilty". In Scotland, they have what I believe is a better system where a jury can return one of three verdicts, guilty, not proven or not guilty. I think that's more accurate.

In civil cases, a jury decides the facts based on "more likely than not". That is known as a "preponderance of the evidence". Always remember that a judge sitting without a jury determines the facts by applying the different burdens of proof. That is to say that in a criminal case, a judge would have to find the evidence convincing "beyond a reasonable doubt" but in a civil case, a judge would only have to find the evidence "more likely than not" to rule in favor of a plaintiff.

It is the role of the jury to take differing testimony and determine whether it's more likely than not in a civil case or in a criminal case whether the testimony is beyond a reasonable doubt.

*Buckle up and drive safely.*

Please send the questions to: "Ask the Attorney," P. O. Box 38, Florence, Alabama 35631 or visit our website at: [www.mhatty.com](http://www.mhatty.com)

facebook: McCutcheon and Hamner, P.C.

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**FORD: FUSION SE, 2013** \$11,788. cloth, auto, 88k mi. Financing available. Call JD 256-577-1056 or 256-764-3351.

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**JOHN DEERE TWIN BAGGER** for riding mower, Retail \$350, sell for \$240 OBO. 256-353-5562

**1995 HONDA XR600R DIRT** bike, excellent condition; \$2,200. 256-394-2820



**VOLVO: XC90, 2006 \$7,300.** SUV, 2nd owner, 3rd row seating, 117K miles, new tires, 2.5 Turbo engine, Willo green exterior, tan leather interior, sun roof, heated seats, recent 100K mile Volvo service, excellent condition. 256-710-3680.

**2005 FORD F-150 4X4, AUTO,** air, 5.4 V8, 4-door, \$10,900. 256-710-8120

**MITSUBISHI: OUTLANDER ES, 2016** \$16,858. Cloth, auto, 16k, Financing available. Call Eric 256-577-8449 or 256-764-3351

**ATTENTION RETIREES. THE SHOALS** Dulcimer and Folk Music Asso. invites you to visit one of two locations to learn to play the Dulcimer. Thursdays 10 AM - 12 Noon at Broadway Recreation or Fridays 9 AM - 11 AM at Royal Avenue Recreation. Call Charles at 256-766-0006 or Jerry at 256-764-2884.

**1993 FLEETWOOD PACE ARROW** Motor Home, good condition, \$10,000. 256-332-3837

**CHEVROLET: CRUZE LT, 2014** \$11,988. Leather, automatic, 77K. Financing available. Call Eric 256-577-8449 or 256-764-3351

**DOBERMAN PINSCHER PUPPIES, CKC,** two males, six females, vet checked, tails docked, dew claws removed, shots and wormed. Parents on premises, references if requested. \$800, 256-483-3020 or 256-483-2054

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**They Hated Me Without A Cause**  
 John 15:25C  
 1 Corinthians 1:17-31 KJV "For Christ sent me not to baptize, but to preach the gospel; not with wisdom of words, lest the cross of Christ should be made of none effect. For the preaching of the cross is to them that perish foolishness; but unto us which are saved it is the power of God. For it is written, I will destroy the wisdom of the wise, and will bring to nothing the understanding of the prudent. Where is the wise? where is the scribe? where is the disputer of this world? hath not God made foolish the wisdom of this world? For after that in the wisdom of God the world by wisdom knew not God, it pleased God by the foolishness of preaching to save them that believe. For the Jews require a sign, and the Greeks seek after wisdom: But we preach Christ crucified, unto the Jews a stumblingblock, and unto the Greeks foolishness; But unto them which are called, both Jews and Greeks, Christ the power of God, and the wisdom of God. Because the foolishness of God is wiser than men; and the weakness of God is stronger than men. For ye see your calling, brethren, how that not many wise men after the flesh, not many mighty, not many noble, are called: But God hath chosen the foolish things of the world to confound the wise; and God hath chosen the weak things of the world to confound the things which are mighty; And base things of the world, and things which are despised, hath God chosen, yea, and things which are not, to bring to nought things that are: That no flesh should glory in his presence. But of him are ye in Christ Jesus, who of God is made unto us wisdom, and righteousness, and sanctification, and redemption: That, according as it is written, He that glorieth, let him glory in the Lord."  
 1 John 3:13 KJV "Marvel not, my brethren, if the world hate you." Matthew 5:44 "But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you;" Psalms 73:12 "Behold, these are the ungodly, who prosper in the world; they increase in riches." Psalms 73:17 "Until I went into the sanctuary of God; then understood I their end."  
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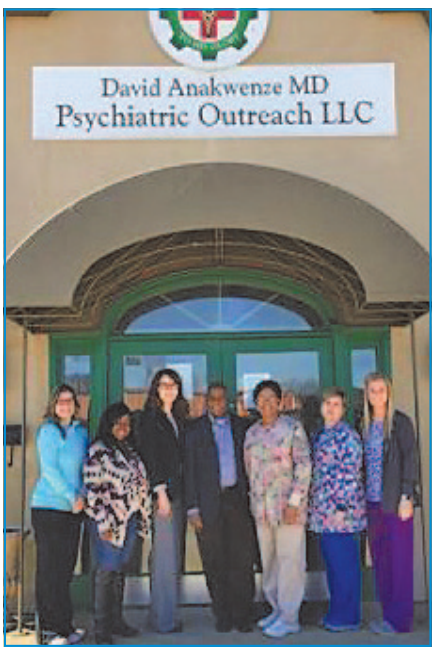
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YEAR/MAKE/MODEL	COLOR	VIN#	YEAR/MAKE/MODEL	COLOR	VIN#
1994 BUICK LESABRE	TAN	1G4HR52L4RH406421	1997 HONDA PASSPORT	WHITE	4S6CM58V4V4407918
2004 CADILLAC CTS	MAROON	1G6DM577740132235	1999 JEEP GRAND CHEROKEE	WHITE	1J4G268S5XC530095
1983 CHEVY C10	TAN	1GDCD14D5DF366521	2001 JEEP GRAND CHEROKEE	BLUE	1J4GX48S41C502429
2005 CHEVY IMPALA	SILVER	2G1WF52E459379637	2002 KIA SPORTAGE	BLUE	KNDJB723225128437
2000 CHEVY MALIBU	GOLD	1G1ND52J8Y6112771	2001 MERCURY GRAND MARQUIS	GOLD	2MEFM75W81X694412
2004 CHEVY PRIZM	WHITE	1Y1SK5480WZ427386	2003 MERCURY SABLE	GREY	1MEFM55883A620162
1999 CHEVY S10	BLACK	1GCCS19X6X8145116	2004 SATURN VUE	TAN	4M2DV1110VDJ30421
2002 CHEVY SILVERADO	TAN	1GCHC29U12E239395	2000 MITSUBISHI GALANT	WHITE	4A3AA46G5YE071252
2003 CHRYSLER PT CRUISER	BROWN	3C4FY58BX3T557415	1994 NISSAN ALTIMA	WHITE	1N4BU31D9RC216768
2012 DODGE CHARGER	WHITE	2C3CDXBG6CH303275	2000 NISSAN MAXIMA	WHITE	JN1CA31D4YT705619
1997 FORD AEROSTAR	GREEN	1FMDA11UXVZC39706	1995 NISSAN PICK UP	GREEN	1N6HD16858C374463
2006 FORD ESCAPE	GREY	1FMYU03116KD36115	1999 OLDS ALERO	GREEN	1G3NL12E5XC323643
2002 FORD EXPLORER	BROWN	1FMZU62E92UA58994	2001 OLDS AURORA	TAN	1G3G864C414155127
1997 FORD F150	WHITE	2FTEX07L5VCA42469	2004 SATURN VUE	RED	5GZCZ53454836183
1992 FORD RANGER	WHITE	1FTCR14UXNPA52708	2015 SUZUKI 750	BLUE/WHITE	JS1GR7NABF2101065
2002 FORD TAURUS	BLACK	1FAPP3U22G166649	2005 SUZUKI FORENZA	BLUE	KL5JJ56206K274399
1999 HONDA ACCORD	GREEN	1HGCG1655XA033941	2003 TOYOTA CAMRY	SILVER	4T1BE32K53U177033
2007 HONDA CIVIC	BLACK	1HGFA16827L045297	2002 VOLKSWAGEN BEETLE	YELLOW	3VWCB21C22M406208
			2002 VOLKSWAGEN PASSAT	WHITE	VWVRH63BX2P074844

Simpson automotive does not make any warranties (expressed or implied) as to the mechanical condition, mileage, year, make, model or related paperwork of any vehicle. Simpson Automotive has provided as much information as possible for the buyer's convenience. We will not guarantee the accuracy of that information. Seller shall have the right to reject any bid that is unreasonably low. Seller expressly reserves a right to bid and purchase at the public auction.

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The preferred candidate must have superior communication and presentation skills, a demonstrated minimum two year record of success in a goal orientated environment, a great attitude and work ethic.

This position also requires a valid driver's license, clean driving record, reliable transportation and proof of insurance. American Classifieds offers a benefits package including medical and dental coverage, and a 401K pension plan. Qualified applicants should send resume to: [french.salter@theredstonerocket.com](mailto:french.salter@theredstonerocket.com) American Classifieds is an Equal Opportunity Employer

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Apply in person at ECM Hospital Human Resources Department or online at [www.ecm-hospital.com](http://www.ecm-hospital.com). ECM Hospital is an equal opportunity employer and an affiliate of RCCH.

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**KITCHEN BAGGIES** I got tired of buying and then throwing out resealable bags. Therefore, I bought some containers that I can reuse. They didn't cost much, and now I've cut down on our baggie use. It's not a big savings, but I'd rather spend my grocery money on food than plastic. Nora

**THE COIN OPERATED TRICK**

I have a trick that I use when I do laundry. I pretend that I'm at the laundromat and have to pay to use the washer and dryer. I keep an empty coffee can nearby. Every time I use the washer or dryer, I put a buck in the can. It's not a lot, but it adds up over a few months. Of course, it does make me wonder why I have to do so much laundry! Emma

**CHECK YOUR CREDIT**

I was the victim of identity theft and didn't know it. I had a number of credit cards with a zero balance that I didn't use. I didn't think anything when I didn't get a statement from them. I didn't know that someone claiming to be me changed the address and ran up a balance on the card. I only found out about it when I saw my credit score start to drop. Now I check the balance on all my credit card accounts at least once a month. That won't keep me from being a victim, but it will minimize the damage. Eileen

**IF YOU LOSE YOUR JOB**

Losing a job is never easy, but there are some things that you can do to reduce the financial strain. First, call your credit card companies and ask if they have any special payment options. Then do the same thing with your auto loan and home mortgage. Deb C.

**FREE SAVINGS FOR A NEWER CAR**

Once my car is about six years old, I drop collision coverage. I always check with my insurance company to see what they'd pay if I totaled the car. After they subtract the deductible, it's hardly worth it even if I do have an accident. I take the savings from my insurance and put it into an account for when I need to replace my car. Right now, my car is in year ten and I probably can get another two years out of it. I've saved thousands for my next ride. Julian

**AVOIDING COINSTAR FEES**

Since my bank quit taking coins, I began to use

the Coinstar machine at my grocery store, but I didn't like paying their fees (about 11%)! Then I realized that if I accepted a gift card instead of cash, I could avoid the fees. I usually get one for Amazon, but they have about three dozen different places with which they work. Now, I get my coins changed without fees just like before. Sheri

**SPECIAL SALAD DRESSINGS**

Whenever I use canned fruit, I save the juice that's packed with the fruit. I add some olive oil, balsamic vinegar, and spices. Then I pour the mixture into an old salad dressing bottle. This makes a unique, special homemade salad dressing! Kat

**GROCERY SHOPPING WITH CHILDREN**

Every expert will tell you not to take your kids grocery shopping with you, but as a single mom, I don't have a choice. So, I decided to make it work for me. When we go shopping, both of my children get \$3 to spend as they like on candy, sugary breakfast cereal, ice cream, etc. By leaving the decision up to them, I give them the chance to learn how to compare options and even delay gratification by saving their \$3 to be added to another \$3 on our next shopping trip. You'd be surprised how quickly they pick up the concepts. Honore

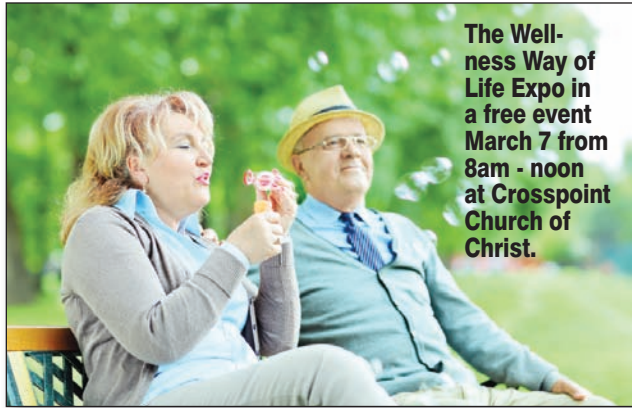
**SEW AND SAVE**

I like to sew, but I really don't want to make my clothes from scratch, so I scout for end-of-season sales. Often the best deals are on the biggest sizes. I buy them for cheap and use my sewing skills to modify them to my size. If I'm careful in what I buy, it usually is only a few seams that need to be ripped and modified. Often I resize designer labels that I could never afford otherwise. My friends think that I spend a lot on clothes. They'd be surprised if they knew my secret. C.

**SELLING YOUR HOUSE THIS YEAR?**

We're planning on selling our home this summer. I spoke with a real estate agent and asked what we could do that would increase the sale price. He offered two suggestions that were low-cost improvements. He suggested that we repaint a few rooms that were looking worn and update the light fixtures in our dining and bathrooms. We can do the work ourselves, so the only cost will be materials. Julianne





The Wellness Way of Life Expo in a free event March 7 from 8am - noon at Crosspoint Church of Christ.

## Shorts...

### Wellness Way of Life Expo

Continued from Page 1

five hot topics or "wrinkles" that seniors face.

*How Old Would You Be, If You Didn't Know How Old You Were?* by Dr. Saquib Anjum

No matter how many birthdays some people have celebrated, their age is just a number. Dr. Anjum is a geriatric medicine physician who is breaking down the new normal with the philosophy of aging. Dust off those old leather jackets and roll up your pants. You may be a teenager and just not know it!

*Medication and Me* by Rob Nelson, Pharmacist

Maybe you've been on the same prescriptions for years, but now they seem to be effecting you differently. Rob Nelson, Director of Pharmacy at ECM Hospital, will explain how prescription side effects may be changing as you age.

The event is free for the public and will include giveaways and free snacks.

It is sponsored by ECM Hospital and OASIS Emergency Services.

### TVAA Presents Charlotte's Web

SHEFFIELD— The Tennessee Valley Art Association's children's theatre program Time Out for Theatre will present a public performance of the classic "Charlotte's Web" at 2pm on March 5 at the Ritz Theatre in Sheffield.

Tickets to the performance are \$8 for adults and \$6 for students. They will be available at the door or in advance at the Tennessee Valley Museum of Art at 511 N. Water Street in Tuscumbia or by calling 256-383-0533. Tickets are also available online through tvaa.net and ritztheatre.ticketleap.com. The Ritz Theatre is located at 111 W. Third Street in Sheffield.

The production is directed by Laura



The cast from Charlotte's Web L-R: Avery Isbell as sheep, Nora Dalrymple as lamb, Evie Rosa Butler as Templeton, Cody Woodfin as Wilbur, Rebecca Tumlison as Charlotte, Landri Kilpatrick as a gosling and Kyndal Kilpatrick as Fern Arable. TVAA photo by Bobby Bozeman

Connolly and Andrew Maples. "Charlotte's Web" is based on the children's novel by E. B. White and tells the story of a spider named Charlotte who writes messages in her web to save a runt pig named Wilbur from going to the slaughter.

### Trail Ride at Coats Farm

FLORENCE-8th Annual Coats Farm Benefit Trail Ride & Auction is Saturday, March 4. There is no charge for admission, but all donations are appreciated. All proceeds go to North Alabama Christian Children's Home.

The Yard Sale "Under the Tents" is Friday, March 3 and Saturday, March 4 from 7am until. We will accept good yard sale items, but no clothes, please.

The trail ride begins at 9am on Saturday. Live entertainment by the Pioneer Drive Band begins at 10am. The Silent Auction runs from 10am-noon. Lunch is served at 11:30am.

Coats farm is located at 1458 Co. Rd. 298, north of Florence and just west of Chisholm Road. Follow sign. From Hwy 43 take CR 8 west. For more information, contact Robert Coats 256-766-3109 or 256-762-2514 or Don Williams 256-366-3327.

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## REDLINE Your Ad! - See Page 6

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House Calls with Dr. Barco

Why Do People Have Trouble Keeping Weight Off After Losing It?

In this installment of my weight management series on the House Calls column, I will discuss one of the biggest obstacles that people run into when losing weight- keeping it off. It's not uncommon for me to start a patient on a weight management program and for them to have great initial success. Then, after having great momentum in their weight loss, they suddenly plateau and stop losing weight. Many patients then notice that it is easier for them to gain some of that weight back. As you can imagine, that creates a lot of frustration for folks that have worked so hard to lose weight. Naturally, people want to know why this happens. The answer is that it's complicated and we as doctors don't completely understand why this happens but we do have an idea of a couple of things that are going on.

One of the changes that happens when somebody loses weight is that their muscles change in the way that they use energy and burn calories. When we

are overweight and heavy our muscles use a bunch of energy in order for us to move properly and be able to do the things we do in our everyday life. As we lose weight, our muscles have less work to do and are more efficient at getting us from point A to point B. Because of this, our muscles use less energy during our day to day activities after we have lost some weight. You can imagine that as our muscles burn less calories that it gets harder to lose weight and easier to gain the weight back. The scientific term for this change in our muscles is adaptive thermogenesis. It is because of these muscle changes that it is especially important to be regularly exercising in order help keep the weight off as you will burn more calories on a given day. The other major change that happens when we lose weight is in our hormones. When you are losing weight, your brain is tricked into thinking that it is starving and in survival mode. It has no idea that you are deliberately losing weight.

As a result, hormones and other chemicals are released that can promote weight gain. One of these hormones is a substance called ghrelin, which is made by the stomach and causes people to get hungrier as they lose weight. Another hormone that can sometimes change is your thyroid hormone, which may go down after weight loss. Having low thyroid slows down your metabolism and can mess with your weight loss plans. That's why I will commonly check thyroid hormone levels in patients who are having trouble with weight loss after initial success.

Lastly, it is important for people trying to lose weight to make sure that they are sticking with their dietary plan as it is not uncommon for folks to "cheat" a little more here and there after losing weight. For that reason, it is important to pick a dietary plan that someone can realistically stick with in the longer term. As always, consult with your primary care provider before implementing any of the advice given 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: True Medical Group Shoals Professional Building 203 Avalon Ave, Suite 120 Muscle Shoals, AL 35661 256-286-4026

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**GUEST Commentary**

# My Tribute to Alan Colmes

**W**hile Alan Colmes and I differed on almost everything, I enjoyed doing interviews with him. I wish Alan was the norm rather than the exception. While we disagreed on a wide variety of issues, he was always kind, respectful, and courteous. Having done many interviews with Alan, I can say he was my favorite liberal. We could banter and disagree, but we were always respectful of one another. He was not angry and mean in his demeanor.

A number of years ago, Liberty Counsel created a card deck containing the names of 51 liberals that listed their liberal policies on one side and asked for prayer on the other. We had 51 cards to the deck so that it was one card short of a full deck. The card deck was part of our 'Adopt a Liberal' campaign. That campaign included bumper stickers, including one that read, 'Have you prayed for a liberal today?' Before the card deck was finished, I did an interview with Alan on his radio program and he joked that he should be added to the card deck. I told him the card deck was created to remind people to pray for the people included. I added Alan Colmes to the card deck, and



Colmes

See **TRIBUTE ...** on Page 24

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



**MAT STAVER**  
Founder and  
Chairman  
Liberty Council

# Courier Journal

# THIS WEEK

in the *Shoals*  
March 1, 2017

## Happening THIS WEEK

## Exploring Color & Space

FLORENCE-Kennedy-Douglass Center for the Arts is pleased to present *Life is a Long Flowing River* from March 2 - April 7. The exhibition of travel and season-influenced paintings by Isabelle Gautier includes an opening gallery talk on Friday, March 3 at 6pm. Isabelle's work intersects abstract, minimal, and impressionist styles. The exploration of color

Mar. 2- April 7

See **COLOR...** on Page 15

## PANCAKE DAY

66th Annual Event of Legendary Status in Florence Area

FLORENCE - The Florence Kiwanis Club will host its 66th Annual Pancake Day Friday, March 3 from 6am-7pm and Saturday, March 4 from 6am-1pm.

Advance tickets are \$7 or \$6 each for group sales of ten or more. Tickets at the door are \$8 each. Children less than 12 years are \$5 at the door.

Tickets for the pancakes and sausage event are available from

See **PANCAKES...** on Page 24



**SONGS FROM THE SESSIONS**  
HONORING  
**The Guitar Players**

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Wayne Bridge	Junior Lowe
Larry Byrom	Rob Malone
Pete Carr	Mitch Mann
Kelvin Holly	Will McFarlane
Jay Johnson	Gary Nichols
	Max Russell
	Jim Seales
	Travis Wammack

March 2  
7pm

## Celebrating the Guitar

SHEFFIELD - Cypress Moon Studio's *Songs From The Sessions* concert series, continues with the guitar players on Thursday, March 2 at 7pm in the Full Moon Theater at 1000 Alabama Avenue in Sheffield.

*Songs From The Sessions* focuses on the songs that were recorded or mixed in the Shoals area. This month's concert celebrates the guitar players who have played on sessions and toured the world. Their guitar riffs can be heard on some of the greatest songs of our lifetime.

"This show focuses on fifteen guitar

See **GUITAR ...** on Page 24

**RUNNERS AND WALKERS OF ALL AGES** are invited to participate in the 5th Annual Runnin' Around Downtown hosted by First Metro Bank on Saturday, March 4 to benefit Shoals Scholar Dollars. The 5K begins and ends at First Metro Bank on Pine Street. The 1 Mile Fun Run/Walk is a one-of-a-kind BUBBLY journey this year as bubbles guide runners to the finish line. The 5K begins at 8am while the 1 Mile Bubble Fun Run/Walk starts at 9am.

Runnin' Around Downtown race perks include chip timing, a dri-fit shirt for pre-registered 5K runners, medals for the top three finishers in each age group, and a \$250 prize to the school/classroom with the most participation. To register, visit [www.runninarounddowntown.com](http://www.runninarounddowntown.com) or stop by any First Metro Bank location. For more information, please contact Jerra Burden at 256-314-1621 or [jdover@firstmetro.net](mailto:jdover@firstmetro.net).

**TENNESSEE VALLEY MUSEUM OF ART** hosts a Contemporary Textile and Mixed Media Exhibit by Herb Reith will be on display until 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](http://tvaa.net).

**THE ANNUAL YARD SALE** at Rogersville United Methodist Church takes place on March 4 from 7am-1pm. Booths are for rent. Miscellaneous items. Bake Sale and Sausage Biscuits with drinks. For questions, please call 256-247-0931 or 256-247-3307 and leave message if need be.

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

## BASEBALL and SOFTBALL

March 4-5  
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## YOUR Letters

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

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

### Disruptive Tactics

Editor:

As a former Naval Intelligence officer, I am concerned with the Administration's adverse impact on our national security.

It appears Trump campaign aides, including former Lt. Gen. Michael Flynn, contacted Russian officials during the Presidential election. This might have compromised our democratic election process. Flynn was forced to resign because of his contact with the Russians.

An organizational change imposed by Trump is the

appointment of Stephen Bannon, an extremist right wing political advisor to the National Security Council (NSC). This could adversely impact military decisions and delay our responses to military threats. Bannon does not have any knowledge of military affairs and he could intervene with NSC decision-making processes.

Trump continuously accuses our intelligence agencies of leaking classified information to the press, and he has berated our intelligence agencies for the poor intelligence on Iraq's military arsenal under Saddam Hussein.

We need our intelligence agencies to alert our military, the Trump Administration, and Congress on the

Many of our major cities are beyond recognition, as thousands of internationals have become a major presence in our country...



status of adversarial governments and their military capabilities, deployments, and threats. The security of our country could be in jeopardy due to the disruptive tactics and blame game used by the Trump Administration against our intelligence agencies.

Donald Moskowitz  
Londonderry, NH

### Tracing the Trillions

Editor:

President Trump must not authorize troops on the ground in Syria. Once our troops are moved to a country they never leave. Iraq and Afghanistan are cases in point. Part of our economic despair in our country can be traced to the trillions of dollars we've spent on foreign soil the last sixteen or so years. This doesn't include all the countries

See **LETTERS...** on Page 21



I CAN GET YOU approved for your next car! Call Shannon, 256-412-1551 or 256-764-3351

**2008 CHEVY SILVERADO, 4-DOOR,** automatic, air, V8, \$13,900. 256-710-8120

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**BEST DEALS IN TOWN!!**  
22500 Hwy. 72, Tusculumbia.  
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**CHEVROLET: CUSTOM 10, 1969** \$15,000 obo, 350 engine, high performance carburetor and exhaust, 2 tone (red/white) 256-417-3434.

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**KIA: FORTE LX, 2013** \$7,949. Cloth, automatic, 96k. Financing available. Call JD 256-577-1056 or 256-764-3351

**FORD: RANGER, 1967** \$2,750. Short wheel based, V8, needs breaks. 256-702-8861

**STICKLEY SOFA, HAS ELECTRIC** recliners on both ends, crimson, 3 years old, \$200. 256-603-8014

**ATV'S, GO CARTS, DIRT Bikes.** New! Youth and Adult sizes. greggsautosales.com 256-247-0044

**RUSSELL'S RED ROOSTER, TOWNCREEK,** Home Cooking, Daily Lunch Specials, Meat and 3 Vegetables with drink \$5.50. Home Of The Old Fashioned Hamburgers. All Beef Patties.

**CHILDREN'S BOOKS: DR. SEUSS,** Pooh, Disney, Golden Books. 87 books for \$85. 256-606-1309.

**CHRYSLER: TOWN & COUNTRY** limited, 2005 full power, 79K miles, 3.8 engine, one owner, \$9,500 OBO. 256-227-0513



**Color...**

Continued from Page 14

of color and space in her compositions reflects her love for travel and light.

Gautier was born and raised in Normandy near the landing beaches in northwestern France. She developed a love for color and design from nature. Initially influenced by the French impressionist painters of the 19th century, Gautier has cultivated a passion for 20th century expressionist painters as well. Her travels across all continents have left a lasting impression on her prolific work. Her artwork has been featured on HGTV, by Neiman Marcus, in various galleries, and is part of the Atlanta Fine Home Sotheby's International Realty art collection. Isabelle is the selected artist for the Public Art Project of Milton, GA City Hall and is active in community arts.

"These paintings at the

*Life is a Long Flowing River* exhibit have been executed over several years. They retrace the influence of my travels and my surroundings in the beautiful southeast U.S. My quest is not to create the illusion of reality, but to suggest with colors and composition the inherent nature of the aesthetic object, flora and fauna," Gautier said.

*My quest is not to create the illusion of reality, but to suggest with colors and composition the inherent nature of the aesthetic object, flora and fauna...*



from 9am-4pm Monday-Friday. Admission is free. Call 256-760-6379 for more information.

**FORD: 500, 2006 BLACK,** \$1,800 down. 931-242-5690, St. Florian.



**JEEP: WRANGLER, UNLIMITED, 2009** 4 door, 93K miles, grey with black hard top, \$19,000. 256-762-0837

**THE COURIER JOURNAL - We're Good For Your Business! TFN**

**BUBBA STOCKTON Honda of Decatur**



After being in the Shoals for the past 39 years, I have joined the Sales Staff at **Honda of Decatur, A Damson Auto Store,** as a Senior Sales and Leasing Representative. I invite all of my friends and former customers to call or come see me for any new car or pre-owned car needs.

**256-710-5029 • BubbaStockton@gmail.com**

**HONDA** 735 Beltline Road SW • Decatur

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**Over 30 Years Combined of Personal Injury Litigation**

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**McCutcheon & Hamner, Attorneys**  
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2210 Helton Drive, Florence 256-764-0112  
*Free initial consultation • No fee unless we collect for you.*

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

**It Is March Madness**  
*Since Bobby and Drew don't know anything about Basketball, let's have a sale.*  
**March 4<sup>th</sup> • 9am-2pm**

**We Just Received a Shipment of Used Guns**

Jimenez .45 ACP	Jennings .9mm	Larvin .38ACP
Raven .25 ACP	Davis .32 ACP	Ryan .380
Dart	Hi-Point .40	Larvin .380 & .9mm

**SALE**  
Get them while they last.  
**\$99<sup>99</sup> Each**

**We Have a Huge Selection of AR-15s to Just Arrive**  
Rifles, Pistols, 5.56, .223, .300 Blackout, Del-Ton, ATI, Diamondback, Smith & Wesson, Anderson Arms, Olympic Arms  
Prices start at **\$499<sup>99</sup>**

*It has never been a better time to buy an AR-15 than now.*  
We also have Mini-14s, AK-47s and SKS as well as all the accessories that go with them.

**EVERY GUN IN THE STORE WILL BE ON SALE**

Hammer Down Gun & Pawn will have 1 year same as cash (\$0 down, 0% Interest) financing during the month of March. Walk in, pick your gun out and walk out with it.

Prices good March 4th, 2017 only. No rainchecks. Not responsible for misprints. No substitutions. Trades will be from original sticker price.

**HAMMER DOWN GUN & PAWN**  
256-314-CASH(2274)

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500 S. Montgomery Ave #132  
Sheffield, AL 35660  
Mon-Tues 9am-6pm • Thurs-Fri 9am-6pm  
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**OASIS EMERGENCY SERVICES** **ECM Eliza Coffee Memorial Hospital**

*join us for a FREE*  
**Wellness Way of Life Expo**  
March 7, 2017 | 8am-Noon  
Cross Point Church of Christ, Florence, AL

**Keep the Twinkle in Your Wrinkle** | Dr. Robert Webb  
You may be "at the top of the hill", but that doesn't mean it all has to go down hill. Dr. Webb, Medical Director of Supportive Care Services at ECM Hospital, is giving guidance on the top 5 hot topics or "wrinkles" that seniors face.

**How Old Would You Be, If You Didn't Know How Old You Were?** | Dr. Saquib Anjum  
Dust off those old leather jackets and roll up your pants. You may be a teenager and just not know it! No matter how many birthday wishes you've had, make age just a number. Dr. Anjum, a geriatric medicine physician, is breaking down the new normal with the philosophy of aging.

**Medication and Me** | Rob Nelson, Pharmacist  
Maybe you've been on the same prescriptions for years, but now, they seem to be effecting you differently. Rob Nelson, Director of Pharmacy at ECM Hospital, will explain how prescription side effects may be changing as you age.



2005 CHEVROLET TAHOE Z71, 4x4, AUTO, leather, 3rd row seat, \$9,800. 256-710-8120

BUILDING DEMOLITION, HAULED AWAY, lots cleared. 256-483-9656

TWO LADIES DESIGNER HANDBAGS like new, \$55 each, 256-479-7325

LOOKING FOR ODD JOBS plumbing, haul off unwanted items, raking leaves, gutter cleaning, any small job around your home. 256-710-0548

THREE PIECE ENTERTAINMENT CENTER, side pieces are glass front, cream color, very pretty, great condition, \$400 OBO. local# 404-783-9981

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

**GERMAN SHEPHERD PUPPIES**

Registered, full-blooded CZECH military/police bloodline. Born Dec. 19. All vet visits. Solid black, and black and tans. Sheffield, AL. \$800, 256-263-7291

HONDA: ODYSSEY EX-L, 2009 \$10,500. Loaded, new timing belt, and new tires. 256-431-2845

ANTIQUPE PEDESTAL BATHROOM SINK \$100; 2 pedestal bathroom sinks \$40 each; 256-350-1891

QUEEN SET OF SHEETS \$15, Vintage Red potato bin \$40, both like new, 256-274-7060 Moulton

**Medicare Minute**

**"Mail, Calls and Door Knocking?"**

Last week we began discussing ways that agents and companies market Medicare plans to people turning 65. We discussed the phone calls you may receive and the possibility of someone showing up unannounced at your door. This week we will look at online marketing and direct mail.

Direct mail – This is the most common way companies market their plans. When you are within 6 months of turning 65 a company will purchase a mailing list with your name and address on it. Most companies will start sending mail 6 months prior to the month you turn 65. This is because you are eligible to purchase a Medicare supplement any time during that 6 month period. In most cases direct mail is designed to initiate a response on your part. That response is to call a toll free number. You may be calling to get information but usually are connected to a sales person. If you do respond to direct mail, our advice is to never give the agent on the line your social security number until you are ready to buy. This should protect you against unknowingly signing up for a plan.

Online marketing – Occasionally we will have someone stop by our office that has gone online to research Medicare plans. Most online marketing companies will ask you to provide your phone number and/or email address to get pricing information. Once you enter this information you will immediately begin getting phone calls. This is because when you hit "send" that information goes out to 10 or more agents who have bought that lead. All the agents will begin reaching out to you within minutes.

Phone calls, direct mail, door knocking and online marketing are perfectly legal and compliant under Medicare guidelines for some plans but not others. If you have any questions concerning any of these you can contact our office for more information.

If you have questions regarding any aspect of Medicare or Medicare health plans feel free call us at Alabama Health Guidance (256-648-5710), stop by our office at 879 Florence Blvd (Four Lane Shopping Center) or email me at [ikey@alabamahealthguidance.com](mailto:ikey@alabamahealthguidance.com). Alabama Health Guidance is an independent insurance agency and is not affiliated with Medicare or any other government agency.



Ikey Fowler



879 Florence Blvd. • 256-284-7249  
(Four Lane Shopping Center)

2011 FORD FUSION SE, silver, local clean car, 124,000 miles, \$6,200 OBO  
2011 TOYOTA VENZA, SUPER Clean, low miles, \$11,500 OBO.  
2007 MERCURY MILAN, CLEAN local car, low miles, \$6,500 OBO. 256-412-0969

MAPLE WOOD TABLE AND four chairs, \$90; natural gas space heater, used very little, \$100; Whirlpool white kitchen stove, glass-top, clean, \$100. 256-383-8550 or 256-436-7994

**HELPING HANDS Urgent Care Clinic**

An affordable alternative to expensive, long waits in the ER.

- Providing quality, comprehensive medical care for people:
  - with no health insurance.
  - with high deductible health insurance.
  - who don't have time to wait.
  - who want to know the cost up front.
  - who need to be seen on the weekend.
  - who are too sick to leave the house.

**\$55.00 PER VISIT** Affordable  
**HOUSE CALLS** Mobile  
**NO HASSLE** Efficient  
**QUICK SERVICE** No wait

**Weight Loss Program \$75**

Office Visit, RX & Lip B12 Injection

Lacerations, Warts, Skin Tags, Age Spots, Coughs  
X-RAYS & LAB WORK



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**Junior Whirl**

by Charles Barry Townsend

**THE PYRAMID OF WORD POWER!**

You have three minutes to unlock the secrets of Word Power! Starting with the given word WHISKERED, at the bottom of our pyramid, try dropping one letter at a time as you work your way up, so that the remaining letters, at each level, spell out a new word. The following helpful hints are in ascending order, beginning with WHISKERED.

1. Had a beard.
2. Made a loud, frantic call.
3. Avoided doing his duty.
4. He bet everything he had on red.
5. He was irritated when he lost.
6. Type of dreadful warning.
7. Anger; wrath.
8. In reference to.
9. Compass direction (abbr.)



FIG. 1

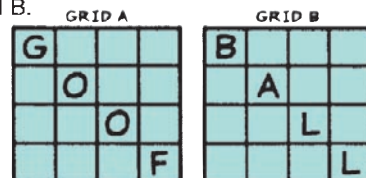
**A WAGER!** Place 22 toothpicks on the table, forming eight squares (Fig. 1). Challenge friends to remove four of them so that you're left with only three equal squares.



**A CEREAL CHALLENGE!** Hidden in the above frame is a famous old saying. You can find it by reading every other letter as you go around clockwise. The trick is finding the right first letter.

**DOESN'T READ "JUNIOR WHIRL"!** Pictured below are two puzzle grids for you to fill in. Hints are given for each word. The words in grid A contain the same letters as the corresponding words in grid B.

1. Stang for food.
2. To cover over.
3. A table game.
4. What a goofball does.



1. City or town (informal).
2. Good to eat.
3. An outdoor game.
4. A young horse.

Answers On Page 34

Illustrated by David Coulson





Home-Owned, Home-Operated



**Swift Premium  
All Natural  
QUARTER LOIN  
PORK CHOPS**

**98¢** Lb.



**Golden Ripe  
BANANAS**

**39¢** Lb.



**USDA  
Star Ranch  
Angus  
BONELESS  
CHUCK ROAST**

**\$3.49** Lb.



**Springer  
Mountain Farms  
Fresh  
WHOLE  
CHICKEN**

**\$1.18** Lb.



**Fresh Green  
CABBAGE**

**25¢** Lb.



**Diet Dr. Pepper  
Or DR. PEPPER  
2 Liters**

**87¢**



**Lay's  
MULTI PACK CHIPS  
32 Ct.**

**\$7.99**



**U.S. #1 Idaho  
POTATOES**

**\$2.49**



**General Mills CEREAL  
Honey Nut Cheerios, Lucky  
Charms Or Cinnamon Toast  
Crunch 20-21 oz.**

**3/\$10**



**Maxwell House  
COFFEE All Varieties  
Except Decaf 25-30 oz.**

**\$6.99**



**Sweet Peruvian  
ONIONS**

**\$1.99** 3 Lbs.



**Peter Pan  
PEANUT BUTTER  
All Varieties**

15-16 Oz. **2/\$4**



**Food Club  
DRESSING  
All Varieties**

16 Oz. **2/\$3**



**Gatorade ALL  
STARS 6 Pk. 12 Oz.  
Or Propel FITNESS  
WATER 6 Pk. 16.9 Oz.**

**2/\$6**



**StarKist  
Chunk Light  
TUNA  
In Oil Or Water**

5 Oz. **69¢**



**Sun Drop, Diet Sun  
Drop, Nehi Or  
R.C. COLA**

12 Pk. Cans **3/\$9**



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**AD GOOD MARCH 1-7, 2017**





**USDA Select Star Ranch Angus BONELESS RIB EYE STEAK** **\$7.99** Lb.



**Cook's Hickory Smoked SHANK PORTION HAM** **\$11.18** Lb.

# MEAT



**Gwaltney JUMBO FRANKS** **\$11.19** 1 Lb.



**Swift Premium All Natural PORK LOIN COUNTRY STYLE RIBS** **\$13.99** Lb. Family Pack



**Smithfield SEASONED PORK TENDERLOIN** **\$4.99** 18.4 Oz. All Varieties



**Gwaltney SLICED BOLOGNA** **\$12.29** 1 Lb. Regular Or Thick



**USDA Inspected Family Pack Fresh DRUMSTICKS OR THIGHS** **99¢** Lb.



**USDA Select Star Ranch Angus BONELESS CHUCK STEAK** **\$36.99** Lb.

Sea Best **BUTTERFLY BREADED SHRIMP** **\$2.99** 10 Oz.



**Gwaltney SLICED BACON** **\$25.99** 12 Oz. All Varieties

**Gwaltney Sliced HAM OR TURKEY BREAST** All Varieties



**\$21.99** 10 Oz.

**Eckrich SMOKED SAUSAGE** Regular Or Polish



**\$19.99** 14 Oz.

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**\$54.99** 2.67 Lbs. / 29 Oz.

**El Monterey BURRITOS OR CHIMICHANGAS** All Varieties



**\$29.99** 32 Oz.

**Cade's Cove BBQ PORK OR CHICKEN**



**\$57.99** 20/24 Oz.

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**Tart & Juicy LEMONS** **\$22.99** 1 Lb.

**Dole Sweet Baby Lettuce, Spring Mix Or BABY SPINACH** Each



**\$24.99**

**Vine Ripe TOMATOES** Lb.



**99¢**



**Bagged JALAPENOS OR MINI SWEET PEPPERS** **\$19.99** Each

**Michigan Gold Or Red Delicious, Jonagold Or Fuji APPLES** 3 Lb. Bag



**\$24.99**

**Fresh Tender BROCCOLI CROWNS** Lb.



**\$19.99**



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**Home-Owned, Home-Operated**

**Sprite, Mello Yello Or COCA-COLA**  
 2 Liters  
**5/\$5**

**The Allens ITALIAN CUT GREEN BEANS**  
 28 Oz.  
**2/\$3**

**Sara Lee Artesano Style BREAD**  
 20 Oz.  
**2/\$5**

**Pride All Varieties BEANS OR CORN**  
 15 Oz. Can  
**58¢**

**Nabisco Chips A'hoy COOKIES**  
 All Varieties 7-13 Oz.  
**\$2.79**

**Food Club Diced, Stewed Or Whole TOMATOES**  
 10-15 Oz.  
**68¢**

**Golden Flake CHEESE PUFFS, CHEESE CURLS OR ONION O'S** 6 oz.  
**4/\$5**

**Prego SPAGHETTI SAUCE**  
 All Varieties 14-24 Oz.  
**\$1.68**

**Hormel All Varieties CHILI WITH BEANS**  
 15 Oz.  
**2/\$3**

**Snickers, Twix, Milky Way Or M&M's CANDY BARS**  
 6 Pk. Fun Size  
**88¢**

**Banquet All Varieties HOMESTYLE BAKES** 25-36 Oz.  
**2/\$6**

**Food Club PINK SALMON**  
 14 Oz.  
**2/\$4**

**Dr. Pepper, Sprite Or COCA-COLA**  
 6 Pk. .5 Ltr.  
**4/\$10**

**Martha White CORNBREAD MIX**  
 All Varieties 6 Oz.  
**68¢**

**Pillsbury Classic FUDGE BROWNIE MIX**  
 10 Oz. Pouch  
**\$1**

**Devour Frozen ENTRÉES**  
 All Varieties 8-12 Oz.  
**2/\$6**

**BISQUICK squick** 20 Oz.  
**2/\$3**

**Food Club STEVIA OR SUCRALOSE**  
 9-9.7 Oz.  
**\$3.98**

**FROZEN**

**McKenzie's CORN** 16-20 Oz. Chub ... **4/\$5**

**Banquet All Var. POT PIES** 7 Oz. .... **69¢**

**Farm Rich Breaded Mushrooms, Jalapeno Poppers, Potato Skins Or MOZZARELLA STICKS** 16-24 Oz. .... **\$5.88**

**Ore-Ida Frozen POTATOES** All Varieties 20-30 Oz.  
**2/\$5**

**DAIRY**

**Bright 'N Early Grape, Orange Or APPLE DRINK** 59 Oz. .... **\$1**

**Parkay Regular Or Light MARGARINE** 41-48 Oz. .... **\$2.99**

**International Delight COFFEE CREAMER** 32 Oz. .... **2/\$6**

**Yoplait YOGURT** All Varieties 4-6 Oz. .... **2/88¢**



**Frito Lay Smartfood POPCORN**  
5.5-10 Oz.



**2/\$6**

---

**Golden Flake POTATO CHIPS**  
16 Oz.



**2/\$6**

**All Flavors POWERADE**  
12 Pk. 12 Oz.



**2/\$7**

---

**Dinty Moore CHICKEN & DUMPLINGS**  
20 Oz.



**\$2.28**

**Food Club Tomato Or Chicken & Noodle SOUP**  
10 Oz.



**58¢**

---

**Maruchan NOODLES**  
All Varieties  
3-4 Oz. Bowl



**2/\$1**

**Wide Awake COFFEE**  
12 Oz. Bags Or 12 Ct. K-Cups



**\$4.99**

**Food Club PARTY CUPS**  
18 Oz. 20 Ct.



**2/\$3**

**Angel Soft TISSUE**  
12 Dbl. Rolls Or Sparkle TOWELS 8 Rolls



**\$5.99**

**Clorox DISINFECTING WIPES**  
35 Ct.



**2/\$5**

**Clorox LIQUID BLEACH**  
55-64 Oz.



**\$1.98**

**Persil LIQUID DETERGENT**  
40 Oz.



**\$4.98**

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30 Pk. Cans



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**\$10.99**

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Lb.

**Deli Fresh FRIED CHICKEN**  
2 Legs, 2 Breasts, 2 Thighs & 2 Wings



**\$6.49**  
8 Pc.

**SweetWater BEER**  
12 Pk. Cans Or Bottles



**\$13.99**

**Gallo WINE**  
750 ml



**\$4.99**

**Holley Sweets CREAM CAKES**



**\$3.99**  
24 Oz.

**Deli Fresh Deluxe MASHED POTATOES**



**\$1.49**  
Lb.

**Coors Light Or Miller Lite BEER**  
24 Pk. Cans



**\$18.99**

**Foxhorn WINE**  
1.5 Liters



**\$6.99**

**SEAFOOD**



**Fresh OYSTERS**  
**\$5.99**  
Dozen

**Not Available At All Locations!**

**AD GOOD MARCH 1-7, 2017**



**Prices Good At These Locations ONLY!**

**KILLEN** 1161 Hwy. 72 • 7am-11pm • 256-757-2002

**FLORENCE** 1708 Darby Dr. • 7am-10pm • 256-767-2227  
990 Cox Creek Pkwy. • 7am-10pm • 256-765-1400

**MUSCLE SHOALS** 3001 Woodward. • 7am-11pm • 256-381-7277  
3413 Woodward Ave. • 7am-11pm • 256-978-6093

**SHEFFIELD** Foodland Plus • 106 Towne Plaza • 7am-10pm • 256-381-6552

**TUSCUMBIA** 103 West 1st Street • 7am-11pm • 256-383-9425

**FORD CITY FOODLAND** River Road • 7am-10pm • 256-446-5842

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

**ROGERSVILLE** Rogersville Shopping Ctr. • 7am-11pm • 256-247-1805

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



# Letters...

## Tracing The Trillions...

Continued from Page 14

where we have troops and billions of dollars invested in military bases. America is scattered out around the world.

Our soldiers go and are killed or are maimed for life. We appreciate all they do for America but in the meantime our government continues to send thousands of troops overseas.

There is now a buildup of troops in Poland on the Russian border. I am sure Poland does not appreciate Russian aggression against them. Is it America's job to send thousands of troops to this region of the world? More is now being said about troops on the ground in Syria. Once we start, we will be there for years and maybe forever.

What will be the defining moment that stops our country from making every world problem and conflict our problem? Will it be when all Americans are poor and hungry? Will it be when we no longer have bridges that we feel safe crossing or roads in such shambles we can't drive on them? Will it be when we are so drained from spreading ourselves around the world so thinly that we can no longer defend ourselves?

Inside of our own nation we are spread too thin. We have welcomed the world to come here for many years. Many of our major cities are beyond recognition, as thousands of internationals have become a major presence in our country. They need money, medical care, housing, and on and on. In the meantime we have hungry Veterans and homeless Americans sleeping in cars, under bridges and in city parks. I see it all the time, and it's not pretty.

I understand life is not pretty in Syria or many other places on the planet. We cannot fix them all. ISIS is a threat to America and destroying their oil refineries, bridges, communication abilities, and airports is something we can do from the sky. That doesn't require military bases and thousands of troops stationed in Syria. Plus, we can't kill them all. There is not a silver bullet that will eliminate the entire ISIS cell groups scattered in Syria and now in other parts of the Middle East.

Please, President Trump, do not put our troops on the ground in Syria. We don't want to lose another thousand American lives, spend another trillion dollars, and try to police another nation that we will later have to rebuild.

Glenn Mollette  
Newburgh, IN

See LETTERS... Page 28

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

**RED LINE YOUR AD SO EVERYONE CAN SEE IT!** See page 6.

**OUR BUSINESS CLASSIFIEDS**  
reach everyone! TFN

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*Guest Commentary*  
**Tribute...**

Continued from Page 14

from that time on, the staff of Liberty Counsel frequently prayed for Alan. I will miss Alan. He understood humor and he respected people. He never demonized those with whom he disagreed. Alan was a breath of fresh air in what has become a toxic environment where those who disagree with you do not respect human dignity. Rest in Peace, Alan Colmes.

*Liberty Counsel is an international nonprofit, litigation, education, and policy organization dedicated to advancing religious freedom, the sanctity of life, and the family since 1989 by providing pro bono assistance and representation on these and related topics.*

**Guitar...**

Continued from Page 14

players with special guest, Jimmy Hall, lending his soulful voice to the lineup. The show celebrates an incredible group of guitar talents who have played on hundreds of recordings and songs and thousands of shows around the world. There will have to be more celebrations to get other tributes in.

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**Pancakes...**

Continued from Page 14

any member of the Florence Kiwanis Club or at the door. For tickets, call Don Rohling at 256-710-7059. "ALL YOU CAN EAT" 66th Annual Pancake Day will be held at Florence/Lauderdale Coliseum at 702 Veterans Drive in Florence. Information about Kiwanis Pancake Day and Florence Kiwanis Club is available at www.florencekiwanis.com.

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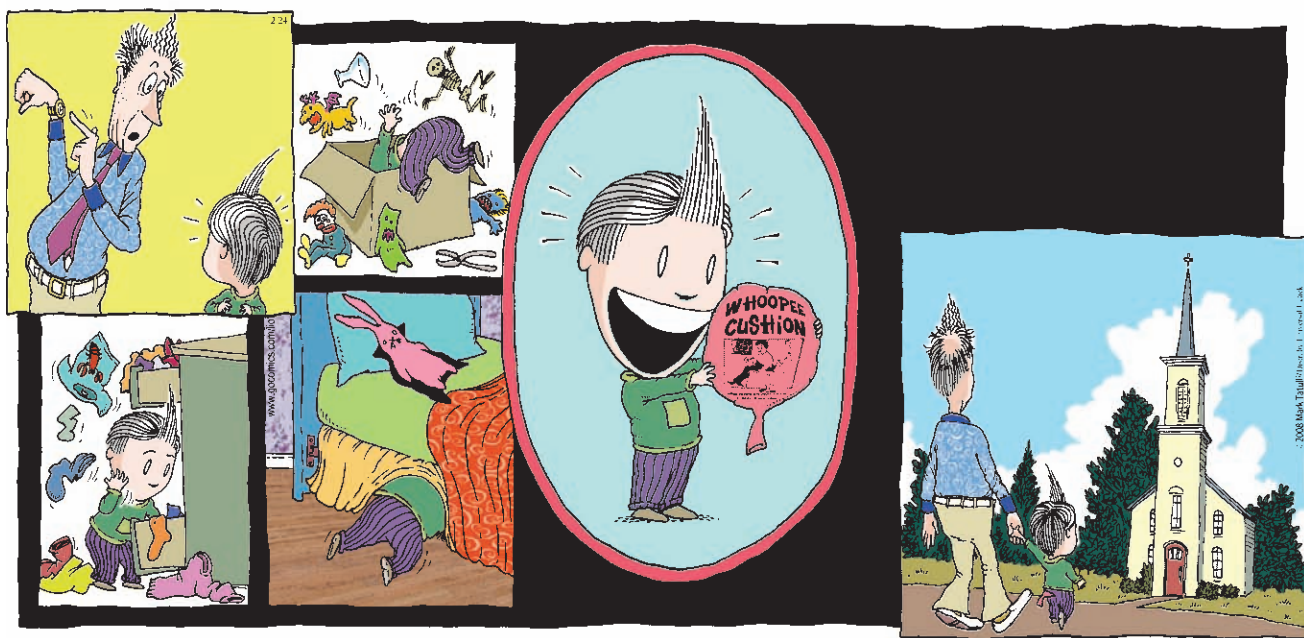
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**I'm DOLLY.** I'm a beautiful friendly girl! I love to get massages while listing to soft music, I like when humans read me stories and I like bird watching. I promise if you adopt me I will be your best friend for life! **THE PET OF THE WEEK SPECIAL ADOPTION FEE IS \$15 FOR DOGS & \$25 FOR CATS** & includes spay or neuter & rabies! To learn more, contact the Colbert Shelter at 256-381-4073!

**I'm FINNEAS.** I was born 10/24/2016. I'm a male lab/shepherd mix. I'm working on being house trained, I'm crate trained. I love other dogs and children. I'm almost through with my puppy series of shots. I will be neutered when it's time. I would 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

**BISCUIT** is a total sweetheart with a playful and affectionate nature. He's intelligent, alert and very friendly. Biscuit is looking for a family that will provide him with the physical exercise and mental stimulation he needs in the form of walks or run, Biscuit is a brindle color Boxer/Bulldog mix born in October 2012. He is fully vetted and on HW prevention. **ADOPTION FEE \$50** To adopt or meet Biscuit, call R.E.A.L. 256-460-0596

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## Letters...

Continued from Page 21

### Should Stop Buying Tickets

Editor:

The NFL and big money entertainment industries are holding people hostage in forcing them to accept things like transgender bathrooms.

They don't care about the millions of women who feel uncomfortable and millions of parents who don't want their children sharing bathrooms with transgender lifestyles. The NFL is threatening to leave Texas to get their way. This is a threat to our society.

All states should ban together against sports and entertainment that threatens us as a society. Let them go and leave them no place to play. States should stand together against these big bullies. Additionally, people who don't agree with them should stop buying tickets to NFL games, movies, and concerts.

We need a movement like Chick-Fil-A, Target, and Hobby Lobby.

**Paul Sabatino**  
Florence



**Above: United Association representatives last week presented an apprenticeship agreement and banner to Rose Jones, Associate Dean of Workforce Development, and Lin Liles, NW-SCC welding instructor, as they are surrounded by welding students.** Courtesy NW-SCC

## Journeyman...

Continued from Page 1

Service Technicians is a tremendous development for welding students who have completed their associate degree requirements. It gives them the ability to obtain credit towards the apprenticeship and could save more than a year off the five year program.

"Partnerships and agreements like this are a win-win for our students and industry," said NW-SCC President Dr. Humphrey Lee. "We are always looking for ways to give our students a competitive edge once they graduate and this apprenticeship program can definitely do that."

According to Lance Albin, UA international representative, the articulation agreement gives NW-SCC welding graduates preference into the UA apprenticeship program. This leads to a journeymen certificate and can take as much as one to two years off the apprenticeship length, depending on the NW-SCC graduate's earned certificates and work experience. The United Association consists of over 340,000 members in the U.S. and Canada.

NW-SCC welding instructor, Lin Liles, says the concept of UA accepting credit earned while at NW-SCC toward the apprenticeship program has been in the works for a couple of years.

"It's really great to see our students have a direct path toward the apprenticeship program they offer at UA," said Liles. "If our students focus and work hard at

improving their skills, they have a perfect opportunity to separate themselves from other welders with this apprenticeship program."

The welding program at NW-SCC offers classes on the Phil Campbell and Shoals campuses. For more information on the program, contact Lin Liles on the Shoals campus at 256.331.5254 or Brian Keeton on the Phil Campbell campus at 256-331-6389.

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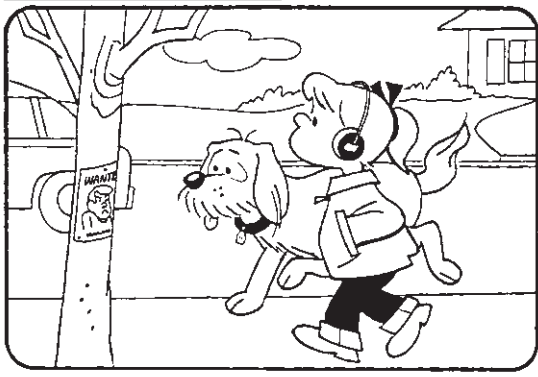
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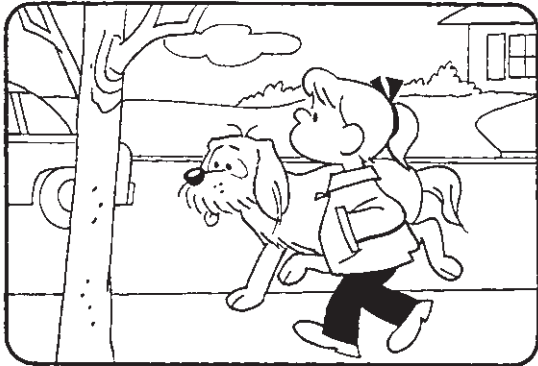


**HOCUS-FOCUS**

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Car is different. 2. Poster is missing. 3. Collar is missing. 4. Headset is missing. 5. Tail is different. 6. Collar is missing. 7. Headset is missing. 8. Collar is missing. 9. Headset is missing. 10. Collar is missing. 11. Headset is missing. 12. Collar is missing. 13. Headset is missing. 14. Collar is missing. 15. Headset is missing. 16. Collar is missing. 17. Headset is missing. 18. Collar is missing. 19. Headset is missing. 20. Collar is missing. 21. Headset is missing. 22. Collar is missing. 23. Headset is missing. 24. Collar is missing.

**THE DOLLAR Stretcher**



Continued from Page 10

**FAMILY ON A MISSION**

Because we live frugally in order to homeschool our kids, we as a family understand this mission and everyone is expected to contribute. When my 12-year-old cleans the kitchen, I am able to have more time to cook from scratch instead of getting tired from doing all of the chores and ordering pizza. When my 8-year-old picks up after the dogs and cleans the yard, my husband has more time to fix the lawn mower rather than drop it off at the repair shop. Additional benefits include having two sons who can fend for themselves, aren't scared of hard work, and are always courteous guests.

Rachel in St. Louis, MO

**CHEAP MATTRESS PROTECTION**

To save money and protect your beds, instead of buying expensive mattress covers that are plastic, use large vinyl tablecloths. They don't move around. Place the vinyl side up and cover with a good quality mattress cover. The mattress then will be protected if anyone has an accident or is sick, and this makes it easy to wipe off with sanitizing spray.

Nancy

**SOUTHERN SNAKE PREVENTION**

I'm from South Carolina originally, and I live in Atlanta, GA now. Growing up in a farming family, it is a Southern custom to use lime. Lime irritates and eats away at a snake's or any reptile's skin, so they stay miles away from it. You can buy bags of lime at any feed and seed store, your local Wal-Mart, Home Depot or Lowe's. We in the South have always sprinkled lime under our houses and around our yards and gardens. It's a proven scientific method, and it's not harmful to humans at all!

Stephanie R.

**THE BREAD MAKER**

Many yard sales have bread machines for sale at very low prices. Picking one up will surely save you money on your grocery bill. I mix my loaves on the dough setting, let rise in a bowl, and then bake in my oven. I make bread, bread sticks, pizza dough, and buns. I feel guilty if I buy bread from the store. I got my bread machine (brand new) for \$15 dollars, but sometimes they are as low as a dollar.

Lizzie

**ERASING SCUFF MARKS**

A great tip to erase black scuff marks off of any kind of floor is to use a tennis ball. If you have a bad back and can't bend down, poke a hole in the tennis ball and insert a broom handle or something similar. You'll see the scuff marks disappear instantly.

Pat

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Oak dining room Hutch/China Cabinet, Ornate Oak table and 6 chairs, Beautiful solid Oak Antique Bed, Gorgeous Antique paneled sided Dresser w/ mirror, Oak Filing cabinet, White Champion Lard can, Carnival Glass Humidor, 4 Carnival glass tumblers, Hand sewn Quilts, Kelvinator Refrigerator, Cast Iron Bean pot, Cast Iron washpot, Gunsmoke kids metal lunchbox, Several star of David glass pieces, Old screen doors, Old Kozmic yo-yo in orig. box, Several nice Wexford pieces- Pitcher w/ glasses and 2 large vases, Enamelware, Double tub, Princess China set, "Maw" and "Paw" coffee cups, #5 & #7 Martin Stove and Range Florence AL. Skillets, Cast Iron Classic chicken fryer, Lodge biscuit cooker (Cast iron), Very nice/clean Kitchen cupboard, Several portable pyrex carry all dishes, Old oil lamp w/ oil, tray of old scissors, Pressure cookers, Athens Warehouse Cotton Picking Record books (2)- Correlle nesting bowl dishes, Smokeless broiler (Electric), Presto Elec. Broiler, 30 cup coffee Urn, Like new and in box electric Meat slicer, Leather recliner, Floral living room suite, 6 nice dining/occasional chairs, Seki Flat screen (works), Anniversary clock, Old wood churn, 31 day key wound clock, Handmade log cabin (toy), Full size Oak slat bed, Old Library table (super condition), 1978 FFA Banquet pamphlet w/ list of officers, Western belt buckles, \*\*\*\* Antique Aluminum Christmas tree with stand and revolving light that goes behind it\*\*\*\* Oak dining table and 4 nice ladder back chairs, Wooden keepsake cabinet, Fireproof security box, Sentry Fireproof box, 36" range hood in box, Antique Oak Lamp Table, Oak bedside rocker, Kenmore mixer w/ 2 white bowls, 3 pc Art Deco Full size bedroom suite to include- Bed-Vanity dresser and 5 drawer HI-boy chest



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Chris McNatt 256-874-3786  
www.NewtonRealtyAndAuction.com



**Bradshaw Office Plaza**  
Office Space For Lease  
1,500 Square Feet  
Landlord pays Water & Sewer  
(Corner of Bradshaw Drive & Helton)

**Four Lane Shopping Center**  
Retail or Office Space  
600 or 800 Square Feet \$500-\$700 month  
(Florence Blvd. Next to Milner Rushing Drugs)

Call Connie, 256-764-7688  
No CAM Fees!  
North Alabama Properties, LLC

**3 BRDM. 3BA. BEAUTIFUL** home...Hardwood floors, small shaded yard, 1 bdrm. apt in back. For Sale/owner financing possible. Info on-site 256-483-7968

**512 W AVALON: 4** bdrm. 2 ba. Tuscumbia. \$79,000. Possible owner finance, low down payment. 229-343-0570

**3 BDRM, 2 BA, 95%** Owner Financing, No Banks, Colbert Heights, Tuscumbia 256-383-5996, 256-263-8716

**2391 COUNTY ROAD 158** 3 ACRES +/- PASTURE, PARTIALLY FENCED, CITY WATER MACEDONIA COMMUNITY \$16,500 256-335-0060

**2,400 FT., CYPRESS CREEK**, 55 acres, 2,000' paved road frontage, wooded, ten minutes to Walmart; \$159,900. Florence, Co. Rd. 139 Brad Perry Shoals Realty Group 256-710-1230

**"SLEEPING BEAUTY", EXTREMELY HISTORICAL** Tuscumbia home with large lot, low price. Serious inquiries only! Message, 256-381-2844.

**2206 LAUDERDALE COUNTY 158** 10 ACRES +/- PASTURE, PARTIALLY FENCED, SOME TREES, CITY WATER MACEDONIA COMMUNITY \$47,500 256-335-0060

**FLORENCE: 910 CO RD** 228 Charming 2BR/1.5BA Townhouse for rent in the Central Heights area. Has W/D hookups and all kitchen appliances provided. \$500 monthly, \$500 deposit. Background and credit check required. 256-740-7160.

**OLD MEMPHIS RD 20** ACRES Fenced, 650 feet road frontage, Metal barn 48X42, Tuscumbia Utilities. Asking \$11,000. per acre. Ready to sell, make offer. 256-332-0504 and 256-810-1598.

**MINI FARM WITH 10** acres, 300 Co. Rd. 122, St. Florian 3,500 sq. ft. brick house. **3 BDRM., 2.5 BA.**, large rooms, inground pool, pool house, barn, large stocked pond. 256-767-0162

**HOME FOR SALE, CHEROKEE.** Two bedroom on 26 acres on Rose Trail. Lots of deer and Turkey, two hunting stands. \$100,000 OBO. 256-483-7434

SELL IT FASTER WITH US!

**Randall on Real Estate**  
News & Tips on the Shoals Market



**TURNING OVER THE KEYS...**

One thing about selling a home that most people don't think about is how to leave it for the buyer. I'm talking about at possession, after closing. The buyers open the door to their new home and what do they see? I can tell you right now, it runs the gamut.

On one end of the spectrum, there are sellers who remove every last bit of trash or miscellany. Those people then clean the house as if they themselves were about to move right back into it. Besides being the right thing to do, this indicates that they take pride in themselves and their surroundings. Into the middle fall those who leave it "broom swept" and relatively clean. Then there are many who seem not to consider their buyer at all. Some appear to have gathered up as much as possible and made a dash for it, leaving dust bunnies the size of Chewbacca and all sorts of miscellaneous things that the buyer has to remove before moving in. I've seen it all, and some of it you would not believe. Old mail, (seemingly) important documents, broken toys, junk in drawers and cabinets, food, personal items (yes, quite personal). Sometimes people leave perfectly nice things. The problem with that is, it's impossible to tell if the buyer actually wants those things.

Sometimes, especially in an estate situation, a house is left empty of people but full of useful things. In those situations, the sellers have several options. They can do the work themselves, holding an estate sale or donating the contents to charity. Several charities will bring a truck and pick up the items, all you have to do is call and schedule it. There is also the option of hiring a company or individual to conduct the estate sale. Either way, whatever is not sold or donated must be disposed of in some way by the seller. It is never the buyer's responsibility, and I have seen buyers postpone closing until a property is emptied.

This is one of many situations in life that fall back on the Golden Rule. Do unto others as you would have them do unto you. Would you rather open the door into a clean, empty space, fresh-smelling and ready for your possessions to make it a home, or a dirty space filled with junk that you have to clean and empty before you can even move in? -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  
Coldwell Banker Pinnacle Properties  
2093 Florence Blvd, Florence, AL 35630

Mike Randall, REALTOR®  
Associate Broker | ABR, CRS  
256.366.9779 | www.mikerandallhomes.com  
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**SELL IT**, and sell it faster with an ad in the Courier Journal. It's easy...See page 6 for details.

**MUSCLE SHOALS: COMMERCIAL PROPERTY** for sale or lease. 256-762-5487

**BARTON: 2 BRDM.** 1 ba. House, has been remodeled, close to plants. \$60,000 May Finance. 256-412-8956

**SHEFFIELD: 504 W 6TH** St 3 bdrm. 1 1/2 ba. window A/C, Gas heat, \$475 rent, \$475 deposit. 256-764-3137

**STUTTS PROPERTIES, INC**  
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**FLORENCE:**

- 3450 Cloverdale Rd., 2BR, 2BA Apt. ....\$450
- 179 CR 30, 3BR, 2BA, Trailer .....\$575

**CENTER STAR:**

- 6183 Hwy 72, Retail Space .....\$900

**SHEFFIELD:**

- 512 Broadway St., 2BR, 1BA.....\$475

**ROGERSVILLE:**

- 2506 Hwy 101, 3BR, 2BA Trailer .....\$450

**KILLEN:**

- 100 Riverview Way G7, 2BR, 1.5BA, River Views....\$625

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**Real**

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**11980 HWY 72 BARTON 3** bdrm. 3 ba., garage apartment, new flooring and paint, central heat and air; \$49,500 OBO. 256-383-8550 or 256-436-7994

**108 MARGARET COVE KENDALE GARDENS 3/2** custom 2,350 sq. ft. home. 1.25 wooded acres. Area of \$300-500K homes. \$179,500

CALL TOM 256-443-8846

**FLORENCE: SECTION 8 APPROVED** Price Drive, close to Underwood School. \$350 month. 256-762-3594

**MUSCLE SHOALS: FOR SALE.** House and five lots. \$82,000. 256-762-5487

**CENTRAL HEIGHTS THIS IS** an 18 acre block almost square has paved road frontage around three sides with city water and cable all the way around; city gas 1/3 around. Located 3/4 mile from Central High School, dollar store, grocery store, pharmacy, nurse practitioner office, bank, gym, and two beauty salons. It is seven minutes from Cox Creek Pkwy. Ideal for subdivision, apartment complex, or small family farm. Land in this area sells for \$8,500-\$12,500/acre. Asking \$9,500/acre. Will not split up! 256-710-9285

**SENIOR LIVING APPLGATE APARTMENTS**  
162 Rose Dr., Florence.  
Section 8 accepted.  
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**SHEFFIELD AND MUSCLE SHOALS:** Houses for rent: \$550-\$600 a month plus deposit, same as rent. 256-349-0300

**KNIGHT & HUMPHRIES, INC.**

FOR RENT:

- \*\*532 S. Richards St. (Florence) 3BR, 1BA.....\$600
- \*\*412 E. Pershing #B (Muscle Shoals) 2BR, 2BA .....\$550
- 3928 Jackson Hwy #3 (Sheffield) 2BR, 1 BA .....\$450
- Woodland Ave. (Florence) 1BR, 1BA .....\$325
- \*\*2BR, 1 1/2 BA Apartments (Muscle Shoals on Midland) ... \$550
- 2BR, 1 1/2 BA Townhomes (Muscle Shoals on Dearborn) .. \$650

\*\*Indicates Sect. 8 approved

COMMERCIAL PROPERTIES FOR RENT:  
Office Space 615 Geneva Ave. (Muscle Shoals)

OWNER FINANCING:  
2708 Cole (Florence) Fixer upper .....\$500 down, \$345 mo

Visit our website: www.rentshoals.com or  
Call us at 256-766-6992  
For information re: Owner Financed Properties  
Call Kevin Knight @ 256-349-0000

**Southeastern Properties**  
256-764-7666

RENT SPECIAL ~ 1st Month's Rent 1/2 Off!

**Village Parc**  
1846 Darby Dr., Florence  
Town Home Apartments  
2 Beds, 2-1/2 Baths  
from \$575/mo.

**Brentwood Apts.**  
1610 Mockingbird Ct.,  
Florence (off Darby Dr.)  
2 Beds, 2 Baths  
\$550/mo.

RENT SPECIAL ~ 1st Month's Rent FREE!

**Chisholm Way Apts.**  
3788 Chisholm Rd.,  
Florence  
2 Beds, 1 Bath  
\$450/mo.


More Photos: Facebook SouthEasternProperties

**AUCTION 10:AM FRIDAY**  
**6508 Hwy 72, Killen, AL MARCH 11**  
**Backroom Blowout!**

I'm cleaning out the warehouse and selling the extra items around here. It all must go! Cars, Trucks, Trailers, Tools, Equipment, Furniture and much more! Bring a truck and trailer. It must go that day! See our website for a listing and photos! Cash or Good Check only day of auction. Sold AS-IS.

**Shane Albright AUCTIONS**  
SHANE ALBRIGHT AUCTIONS  
6508 Hwy 72 Killen, AL 35645 AL LIC1569  
256-757-8898

**REAL ESTATE AUCTION!**  
**SATURDAY, MARCH 4 • 10:00 AM**  
**390 Greer Drive • Rogersville**  
**Tri-plex & Corner Lot**  
**Each unit contains: 2 Bedrooms, Bath, Livingroom, Kitchen**



**DIRECTIONS:** Highway 72 to Rogersville, go North on 207, turn right on College Street. Pass Lauderdale County High School and turn right on Greer Street.

**Look for our Holland Signs!!**

**TERMS & CONDITIONS:** Real Estate: A non-refundable deposit of 15% will be required the day of the sale with closing within 30 days. The seller will furnish a deed and preliminary title search.

**The home was built prior to 1978. However, the seller can neither confirm nor deny the presence of lead based paint. Anyone interested in the home can have it inspected any time prior to the auction at their expense.**

A **10% BUYERS PREMIUM** will be added to the final bid price on the real estate. All other expenses, including closing cost will be charged to the purchaser(s). The real estate is being sold "as is" with no warranties expressed or implied. Information contained herein believed to be correct but not guaranteed. Announcements made the day of the sale by Holland Realty & Auctions, Inc. supersede any printed material.

**Agency Disclosure:** Auctioneers are acting as agents for the seller only. 2016

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# Estate

**FLORENCE: 742 E TOM-BIGBEE** 4 bdrm. 2 ba. CH/A. \$700 Rent, \$700 Deposit. 256-764-3137

**ACREAGE FOR SALE: FRANKLIN** County, AL 11.20 wooded acres on Highway 48 in the Bethsaida Community, \$3,850 per acre. Call 256-810-8570



\*Florence rentals 1-2 bdrm. apts., 1-6 bdrm. homes, \$300-\$2,500. text/call 256-335-9495 or 256-762-7340.

**NORTH FLORENCE: 2 BDRM.**, full bath, \$495 plus deposit. Carport, stove, refrigerator, central heat and air, close to schools, churches and shopping. Email: HOLTPROP@YAHOO.COM or call 256-272-1141, leave name and number or email address.

**2201 SHADE AVE** 3 bdrm. 2 ba. Beautiful home, hardwood floors, large shaded yard. For sale/owner financing possible. Information sheet on-site. 256-483-7968

**UNDERWOOD MOUNTAIN ROAD** 70 acres, creek, hunting, house site, timber, \$140,000 256-412-8956

**457 CO. RD. 178** 1996 Clayton Double-wide for sale by owners. Must be moved-willing to negotiate price for moving costs. \$28,500. OBO. 3 Bed 2 Bath, 20x20 deck w/ railings/steps, dishwasher/stove/fridge/microwave. Fireplace, laminate hardwood, nice carpet. Call Jason at 256-810-6051 for photos or inquires.

**FOR RENT**

**4 BEDROOM, 3 BATH** brick home, Petersville area, \$800 a month. Call for info, 256-412-3057.

**ACREAGE FOR SALE: FRANKLIN** County, AL 4.39 and 4.40 wooded acres on Highway 48 in the Bethsaida Community, \$5,000 per acre. Call 256-810-8570

**COLBERT HEIGHTS 96 ACRES** of beautiful land, timber, views, close to town. \$285,000 256-412-8956

**SMALL 3 BDRM. 2 ba.**, fenced yard, very private, window unit air, gas heat; \$600 monthly, \$600 deposit; lease required. 256-810-9320

**FOR SALE BY OWNER, 1,400 sq. ft. home** 3 bdrm., 1 ba., living room, dining room, den, hardwood floors, new bath room, new kitchen, new roof. 1 mile from UNA, \$59,500. 256-335-8081

**LOTS ON THE WATER:** Colbert County, AL., Three Restricted River Lots on Bluff Circle Road with 385 feet total water frontage. \$130,000 per lot. 256-810-8570

**Lake Wilson**

**LARGE EFFICIENCY APARTMENT** CLOSE to Steenson Marina, boat slip, \$450 a month. Call Don, 256-764-1903.

**108 S. MONTGOMERY AVE.** Commercial building with an extra lot for sale. Zoned-B2. \$52,900 Laila Jager: 256-436-0336, Crye-Leike Realtors

**RENTAL FLORENCE: 1 OR 2 bedroom.** Negotiable lodging. Clean environment. Great outdoors. No utility deposit. Mail resume and letter of need: MRM, P.O. Box \_\_\_\_\_, Florence, AL 35630

**NICE AND QUIET 3 bdrm.** 2 ba. secluded in subdivision; window unit air, gas heat; \$700 monthly, \$700 deposit; lease required. 256-810-9320

**FLORENCE: 130 CO. RD.** 248 4 bdrm. brick home. \$50,000 owner financing for 20 years with 10% down. 256-284-5591

**4 BDRM. 4 BA.** or 3 bdrm. 2 ba. 4 mins from the bridge, beautifully laid out/updated. Possible In-law Suite, owner Financing. Drive by 1501 High St. 256-483-7968

**FLORENCE: 313 WEST MOBILE** 3BR, 1BA, \$475 Rent, \$475 Deposit. CH/A. 256-764-3137

**CENTRAL AREA: TWO ACRES +/-**, chert driveway, septic tank, water meter, fence almost complete, \$25,000 will consider finance with substantial down payment. 256-810-9320

**FOR RENT: TWO BEDROOM,** one bath apartment, 3506 Highway 20, Florence, AL 35633. \$400 per month, 256-483-7659.

**FLORENCE HOME FOR SALE:** 110 Mary Lee Dr., 3 bedroom, 1.5 bath, central heat and air. Brooks school district, \$89,000. 256-710-8120

**SPRING VALLEY AREA: 2 bdrm.** 2 ba. mobile home with appliances on 2 acres. New septic tank and field lines. \$34,500 OBO. 256-483-5603

**FLORENCE: TOMBIGBEE COURT 1 & 2 Bdrm.** \$475-\$675 Rent, \$300 Deposit. Security Gate, CH/A, water included. 256-764-3137

**FLORENCE: 801 E TUSCALOOSA** 3 bdrm. 1 ba. CH/A. \$500 Rent, \$500 Deposit. 256-764-3137

**352 BEECHWOOD DR.** FOR Sale by Owner. Killen, Brick, 2 Bedroom, 1 bath, 1000 Sq. Ft. main floor, 1000 Sq. Ft. drive in garage basement with fireplace and central unit vents. Quiet neighborhood. \$87,900. (Negotiable) 256-577-2394

**LEASE SALE 1626 CULLMAN ST.,** Florence. Remodeled, 3 bedroom, 1.5 bath, oak cabinets, granite counters, refinished hardwood, all new paint, convenient Edgemont Subdivision. \$119,900, down payment required, Call 256-436-0238

**FLORENCE: 809 E TUSCALOOSA** 4 bdrm. 2 ba. CH/A. \$550 Rent, \$550 deposit. 256-764-3137

**TUSCUMBIA: FOR SALE- VERY** nice home in great area. 4 bdrm. 3.5 ba. \$189,000. 256-446-9982

**FOR SALE BY OWNER:** 510 W. Moss Ave., Muscle Shoals. 2 bedroom, 1 bath. \$57,500. 256-760-1065

**SHEFFIELD HOUSE FOR RENT** with monitored security system, 2 bdrm., 1 ba., large basement, detached garage, privacy fenced backyard, yard services, 1st, last, and security deposit, \$745. monthly. 256-668-4670

**OWNER FINANCING- 1,2,3,4 BEDROOM** homes for sale, shoals area, located close to the bridge. 256-483-7968

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Newly renovated • New appliances  
2 bedrooms, 1 1/2 bath  
**\$550 month**

**REDLINE Your Ad Today! - See Page 6 For Details**

**ABSOLUTE ESTATE AUCTION SATURDAY, MARCH 4 • 10AM**  
8456 Co. Rd. 50, Rogersville, AL • 4BR, 1BA House  
THE MARY C. DENDY THORNTON ESTATE



**No Buyers Fees "What U Bid is What U Pay"**

This older frame house features 4 bedrooms and 1 bath. The Property Tax Records show this house has over 2200 sq ft under roof. It could easily be converted into a 6 bedroom 2 bath. There are 2 propane gas wall heaters and window air conditioners. It has a large double carport and front and rear porches. The home is connected to public water and has a well. The level lot is approximately 8 tenths of an acre.

**DIRECTIONS:** From Anderson, AL: Hwy 207, take County Road 50 west for 1.9 Miles to auction on the left. Watch for the SHANE ALBRIGHT AUCTION SIGNS! From Hwy 72: Take "Betty Anne" County Road 51 north for 5.2 miles, continue onto County Road 50 for 1.5 miles to auction on the right. Watch for the SHANE ALBRIGHT AUCTION SIGNS!

**REAL ESTATE TERMS:** A 20% down payment is due at end of auction, with balance due on or before April 4th, 2017. The sellers will provide a general warranty deed and taxes will be prorated at closing. The purchaser/s is/are responsible for all other closing cost. Homes built prior to 1978 may contain lead based paints. In accordance with federal law you have 10 days prior to auction day to have the property tested using a nondestructive testing method or on auction day you will sign a form waiving this right. This property is sold AS-IS WHERE-IS with no warranties expressed nor implied. Shane Albright Auctions and its agents are acting as agents for the seller only in this transaction.

see more @ [www.shanealbright.com](http://www.shanealbright.com)



**SHANE ALBRIGHT AUCTIONS**  
6508 Hwy 72 Killen, AL 35645 AL LIC1569 TN LIC5431 Firm112  
Shane Albright, Owner/ Broker / Auctioneer 256-757-8898

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Apply online:

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Office: 452 Cherry Hill Homes 256-760-5322



**AUCTION! SATURDAY, MARCH 11 • 10:00 AM**  
105 Dianna Drive • Rogersville, AL  
Lauderdale County



**Karla Haven SD Home & 170' x 128' Lot!**

Front porch, Living room gas log fireplace, Dining room & kitchen, 3 Bedrooms & 2.5 baths, Laundry room, Unfinished Full Basement, Double garage & Fireplace  
**Partial List of Personal Property:** Leather Recliner Sofa, End Table, Sofa Table, Side Chair, Floor Lamps, Roll Top Desk, Dining Table & Chairs, China Cabinet, Curio Cabinet, Sideboard, Christmas China, Royal Kent China, Glassware, Rugs, Crystal, 33 & 45 Records, Quilt Rack, Marble Top Hall Tree, Small Appliances, Porch Rockers, Mirrors, Fenton, Collectible Dolls, Library Cabinet, Silver Tea Set, Pictures, Home Décor, Pie Safe, Grill, Patio Furniture, Bedroom Furniture and lots more!!!

**DIRECTIONS:** From Hwy 72 in Rogersville turn south (beside Chevron Station) on Felker Drive. Turn right on Dianna Drive. The property and sale site will be on the left. **Watch for our Holland Signs!!**

**TERMS & CONDITIONS: Personal Property:** Cash or check with proper identification the day of sale. All items sold "as is" with no warranties expressed or implied.

**Real Estate:** A non-refundable deposit of 15% will be required the day of the sale with closing within 30 days. **A 10% Buyer's Premium** will be added to the final bid price to determine the total contract price on the real estate. The seller will furnish a deed & preliminary title search. All other expenses, including closing costs will be charged to the purchaser(s). The real estate is being sold "as is" with no warranties expressed or implied. Information contained herein believed to be correct but not guaranteed. Announcements made the day of sale by Holland Realty & Auctions, Inc. supersede any printed material. Agency Disclosure: Auctioneers are acting as agents for the seller only.



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[www.hollandrealty.com](http://www.hollandrealty.com)

**Southeastern Properties 256-764-7666**



**322 Pamplin Ave.,** Florence (Petersville) 3BR, 2BA **\$750/mo.**

**2513 Chickasaw Dr.,** Florence 3BR, 2BA **\$950/mo.**



**215 Hillsboro Ct.,** Florence (off Cox Creek) 3 Bedrooms, 2 Full Baths **\$750/mo.**

More Photos: Facebook SouthEasternProperties



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**WALK IN DOGHOUSE EXTRA large**, \$235. 256-974-5269

**ELECTRIC GUITAR AND AMP**, Global Les Paul design, \$150. 256-278-1704 Athens

**BATHROOM VANITY MARBLE TOP** \$25. Homelite electric chain-saw. \$40. 256-766-3345.

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**ROUND GLASS TOP TABLE** with four rolling chairs, excellent condition, \$275. 256-483-1826



**Cat & Kids**  
by Cathy Turner

**Good Health Legacy**

I am 57 years old and this morning in Zumba, I was getting it. So much fun – dancing with thirty other women. This form of exercise fits my body. During the routines, we work arms, legs and core. Our lungs get built up and our hearts love it! The other day I joked in class that with the crazy amount of squats we do throughout various songs in our workouts, we will forever be ready for public restrooms. There are so many reasons to exercise.

Through the years, I have been a swimmer, a walker, a jogger, a stepper. I have done yoga, Pilates, cardio classes, toning classes, ellipticals, and stationary bikes. I have tumbled, cheered, biked, hiked, skated, played basketball, twirled, played tennis, softball, flag football, taken ballet and judo. All of the latter activities were done in my youth. I was active because my parents were hard-working, active people. During my childhood, my mother was the Executive Secretary at our local YMCA. She loved working there because she loved being around active people. She had played basketball in high school and was an avid sports fan. Her love for

athleticism rubbed off on all of us. We were a sports oriented family.

Then I met my future husband. He, too, came from an active family. Our parents were so similar – hard-working dads, sports loving moms. He even has a picture, similar to one in my household, of his mom holding a basketball trophy. He and his siblings played all ball – one professionally. So our relationship has always involved sports. Many afternoons at UT-Knoxville, we would meet in front of my dorm and walk to the gym. He would go to the basketball floor and I would head to oversee the gymnastics gym, which was my work-study job. After 2 or 3 hours, we would meet back up and head to the cafeteria for supper. Gym dates were the cheapest dates, but we got to know each other on those long cross-campus walks.

Even still, we go to the gym. On Saturday mornings, afterwards, we meet back up and head to brunch. Not a bad plan – eat while those calories are still burning. Our children have always played too. It started out with basketball against daddy in the driveway, then

gymnastics, tennis, soccer, school sports, travel ball and even college ball. They have always moved, because we have always moved. We learned to move because our parents moved. I believe that a family that plays together stays together. (I made that up!) At the least, when they separate, the kids are probably more likely to live active lifestyles.

Why is this important? Because exercise is the magic pill. It wards off diabetes, heart disease, joint problems, breathing problems, obesity and the list goes on. What kind of example of exercise have you given your children? Will your future son-in-law be fearful of the life expectancy of your daughter because you never walked the neighborhood with her? Will you live to see your grandchildren graduate? Are you slothful?

How are your health numbers – blood pressure, blood sugar, cholesterol and heart rate? Exercise can help all those numbers. Leave a good health legacy for your children, exemplify movement. Get off that couch. Walk in the park with your kids. If you are as old as I am or older, find that class that fits your body. (Get physician approval if needed.) Then dance the weight off or stretch and bend your way to better health. Remember, somebody is watching you, so do something 30 minutes a day. Lord willing, your great-grandchildren will love you for it.

Email comments or suggestions to [CatnKids1@gmail.com](mailto:CatnKids1@gmail.com)

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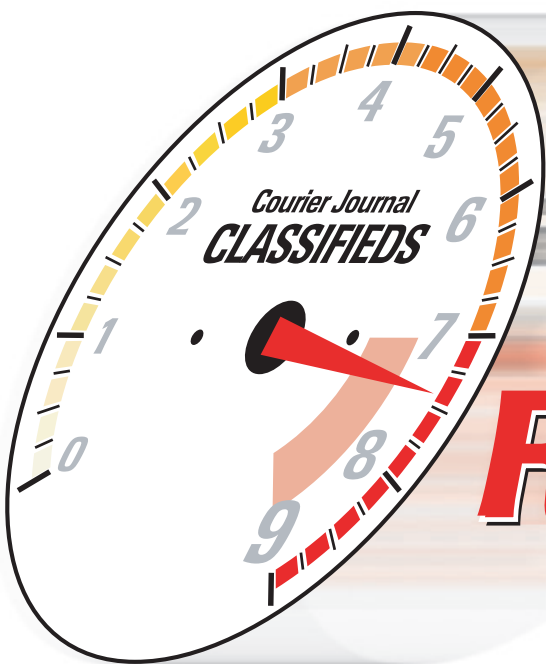
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# Soap Opera Preview

**THE BOLD AND THE BEAUTIFUL** As Spectra Fashions found themselves falling on hard times, Sally was reassured that the plan to infiltrate Forrester Creations was necessary. Zende and Nicole returned from their fabulous honeymoon. Despite ThomasOs endorsement of Coco, Rick was up in arms when he learned that the newest Forrester Creations intern was a Spectra. Brooke gave Bill a meaningful birthday gift. A suspicious Charlie kept a watchful eye on Ridge and Quinn during their interactions at the office, but Pam was in disbelief about the affair. Meanwhile, Eric nearly learned about his wife's infidelity. Bill asked Brooke to accompany him to a special place where he could show her how much she meant to him. *Wait to See: Sally sheds light on her upbringing.*

**DAYS OF OUR LIVES** Rafe and Hope enjoyed a romantic evening together. Nicole made one last heartfelt plea to try to persuade Chloe to give back her baby. Kayla delivered some unexpected news to Joey and Jade. Sonny made a pitch to Victor to make him the successor to Deimos. Meanwhile, Deimos put his plan in motion to kidnap Holly. Nicole was furious about Brady's update on Eric. Dario had a confession for Gabi. Chad offered Abigail a job. Nicole made a desperate move. Tension rose between Sonny and Paul. Chad and Abigail continued to grow closer. Sonny informed Brady of his plan to take on Deimos. Chad and Abigail had an uncomfortable run-in with Gabi. *Wait to See: Nicole fears for her life as she hides out with Holly.*

**GENERAL HOSPITAL** Sonny looked forward to a future with Carly. Julian got a lucky break. Finn apologized to Hayden. Laura failed Tracy. Finn made a huge sacrifice. Michael confided in his father. Bobbie offered Nelle a little friendly advice. Franco made an effort to stay close to Liz.

Julian's days were suddenly numbered. Nelle planned her escape. Jason broke his promise. Alexis turned to Jordan for help. Jason and Franco went toe to toe. Liz received some devastating news. Kevin looked for answers. Robin feared for her mother's life. Monica helped Alexis through a difficult time. Nelle said she wanted a future with Michael. *Wait to See: Griffin puts himself in harm's way.*

**THE YOUNG AND THE RESTLESS** Jill warned Jack that she was going to buy him out of his share of Fenmore's. Colin begged Cane to let him stay with him until he got back on his feet. Noah told Sharon that he and Marisa broke up. At Jabot, Michael caught Gloria giving Jack a shoulder massage. Nikki was amused when Victoria told her that she grounded Reed for using her credit card. Nikki reminded her daughter of all the trouble she caused when she was a teen as well. Cane was thrilled with his promotion to head up the Asia division of Brash & Sassy. Sharon informed Noah that Dylan was in the Witness Protection Program. Jill was determined to move on without Colin. *Wait to See: Kevin has a surprise for Chloe.*

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**How Long Will You Be A Slave?**

**STAN DEAN**

Let me tell you a story about a little boy named Billy and his younger sister Sally. One summer their grandparents, who lived a few hours away, invited them to come and visit for a couple of weeks on their farm. Of course, they jumped at the chance and thought it would be the trip of a lifetime.

Everything was going well until the second day when Grandpa helped Billy make his first slingshot. Billy had never owned one before, but he had always wanted one. Grandpa warned him to be careful and Billy promised he would. However, that afternoon while he was doing a little target practicing one of Grandma's ducks happened to waddle by. With no real harm in mind, Billy shot toward the duck intending to scare him - but the rock centered the duck's head and killed him on the spot! Afraid to tell anyone, he hid the corpse under the tool shed.

The next morning Grandpa said, "Billy, your sister is going to help Grandma with some things around the house. What do you say that you and I go fishing?" The little boy's eyes lit up, but before he could answer, Sally replied, "Billy really wants to help Grandma, but I'll go with you!" Then looking at Billy with her hand cupped to the side of her mouth she whispered, "I saw the duck!" So, Billy begrudgingly stayed behind.

This situation with Sally repeated itself several more times until the miserable little guy could take it no more. So, he ran into the kitchen and nervously announced, "Grandma, I'm sorry, but I killed your duck!" Grandma calmly replied, "I know." "You know?" Billy asked rather shocked and puzzled. "Oh yes, I was looking out the window when it happened." "Then why didn't you say something?" he inquired. "Because, I wanted to see how long you would let your sister make a slave out of you."

There is a tremendous spiritual lesson in this. We have all sinned (Romans 3:23). Not only that, God has watched it all from the window of heaven (Hebrews 4:13). Why then has He not already punished us? Because He patiently waits with hopes we will own up to our wrong doing, repent and become obedient to His will (Romans 6:17-18; 2 Peter 3:9). If you have not yet done so, how long will you continue to be a slave of sin? (cf. 2 Timothy 2:24-26).

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# Community Notes...

Continued from page 4

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 Twin/Full Frames ~ \$35  
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**Lauderdale County School System will be accepting applications for the First Class PreKindergarten** funded by the Office of School Readiness for the upcoming 2017-2018 school year. New this year, applications will only be accepted electronically. School site codes with links to registration forms will be available from March 1-31 on the District Website (ll ww.lcschools.org) and each school's web page.

Enrollment is nondiscriminatory and open to all children. Children will not be denied participation due to race, color, national origin, gender, or disability. Based on current funding, Central will have two classes with 18 pre-k slots per class and all other schools will have one class with 18 slots each. The slots will be filled through a random drawing in April (exact dates will be announced).

Children must be 4 years old on or before September 1, 2017 to be eligible for the program. A monthly tuition fee will be charged based on a sliding income scale.

For questions or more information regarding the Pre-K (4 year olds) application process, contact Dr. Gina Baggett or Linda Barnett at 256-760-1300.

**Florence/Lauderdale Tourism has announced future dates for its popular Swampette Tours of music heritage venues** in the Shoals area. Dates are March 4, June 3, September 2 and December 2. Tours are led by "Swampette" Judy Hood, the wife of bass player David Hood, one of the famous Swampers -- a group of session musicians who crafted the Muscle Shoals Sound. Each tour will include visits to sites like the Alabama Music Hall of Fame, FAME Studios, and 3614 Jackson Highway, which was the home to Muscle Shoals Sound Studios. Cost is \$40 per person.

The tour on Saturday, March 4, is scheduled from 1-5pm and will begin at the Florence/Lauderdale Tourism & Visitor Center, located in McFarland Park. Florence/Lauderdale Tourism will once again provide musical entertainment before the Swampette tour. Local musician Mitch Mann will perform in the Gallery at the Center at noon. The "mini-concert" is free and open to the public. Seating is limited and seats fill fast, so reservations are recommended. Call the Tourism Office at 256-740-4141.

**Zip City Neighborhood Watch Meeting** will be on March 5 at 2pm at the Zip City Fire Department.

**LifeSouth Community Blood Drives for March**

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, March 1, 7:30am - 3:30pm, Tharptown High School, 145 Highway 80, Russellville

Thursday, March 2, 10am - 5pm, Cypress Cove care and Rehabilitation Center, 200 Alabama Avenue, Muscle Shoals

Friday, March 3, 4:30-8:30pm, First Fridays, Downtown Florence

Saturday, March 4, 6:30am - 2pm, Kiwanis Pancake Day, Florence Coliseum

Sunday, March 5, 11am - 4pm, Lowe's, 130 Cox Creek Parkway, Florence

Monday, March 6, 10am - 5pm, CB&S Bank, 15290 Highway 43 North, Russellville

Tuesday, March 7, 9am - 3pm, Colbert County Health Department, 1000 South Jackson Highway, Sheffield

Wednesday, March 8, 8am - 4pm, Muscle Shoals High School, In the Library, 1900 Avalon Avenue, Muscle Shoals

**Christian Faith Church in Florence will have its monthly fish and chicken fry** on Saturday March, 4 from 2-5pm. Eat in or carry out. Your choice of fish or chicken with sides of hush puppies, slaw, fries, dessert and drink \$8 a plate. From Florence go 157 North for about 13 miles turn right onto co rd 257 go to top of hill. Church is on the left. For more info, please call 256-263-0392.

**The "Hi Neighbors of the Shoals" meeting** will be Tuesday March 7 at 10am at the Florence Public Library. This group welcomes all newcomers to the Shoals area.

Contact Janice Hilborn, 256-247-1077 for further information.

**Greenhill First Baptist Church will host a community worship event** featuring Don Moen's "God Will Make a Way," a time for prayer, a time for unity, and a time for healing on Sunday, March 5 at 6pm. No admission charge.

**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.

**The Junior League of the Shoals and Shoals TRAC** are bringing back the Huff 'n Puff on the Bluff 15K Race on March 11. The early entry fee is \$30 if before March 6. After March 6, the entry fee will be \$35. The race will start at 8am. The start and finish lines, as well as packet pick-up, will be at the Sheffield Rec Center. In conjunction with the race, the 1st Annual Huff 'n Puff Spring Market will be held on March 10 and 11, at the Sheffield Rec Center. The market will be open from 9am-7pm on Friday and 9am-6pm on Saturday. Runners can shop at the Market for free by showing their race bib. Tickets are \$5 for all others. All proceeds from the race and Spring Market will go to the Junior League of the Shoals to benefit the Community Grant Program. The Junior League of the Shoals is an organization of women dedicated to promoting volunteerism, developing the potential of women and children and improving the community through effective action. For more information or to register as a runner, please visit our Facebook page Huff'n Puff on the Bluff 15K. For more information on becoming a sponsor or a vendor, please visit our Facebook page Huff'n Puff Spring Market.

**Underwood-Petersville Community Center Breakfast** -- please join us for our First Saturday Breakfast, March 4 from 6-9am. Menu: scrambled eggs, sausage, bacon, biscuits, pancakes, grits, wonderful chocolate gravy, regular and sausage gravy, orange juice, regular and decaf coffee. Adults plates are \$6 and children 8 and younger is \$3. Proceeds go toward the center expenses.

**Florence Parks & Recreation Department will be conducting online registration for:**

- Youth Soccer for ages 4-14 years old. Registration fee is \$45.
- Adult Softball - teams for men, men church, or coed leagues. Team fee is \$400.

Register through March 5 at www.fpard.com. For more information, 256-760-6628.

**The Kennedy-Douglass Meeting** will be held from 11:30am-1pm on Friday, March 10 at the Kennedy-Douglass Center for the Arts, 217 East Tuscaloosa St, Florence. Light refreshments will be furnished, and a door prize will be given. At 12pm, our speaker will be John Messamore, speaking about Blue and White Asian Porcelain. For questions, please call 256-760-6379.

**The Lawrence County Community Gospel Choir will be singing** at The Center Star Church on Hwy 72, Saturday, March 4 at 6:30pm. Solo's, trio's, quartets, Gaither style singing. Come out and enjoy an evening of Gospel in song.

A presentation entitled, **"When Alzheimer's Touches A Family"** presentation will be of great benefit to affected family members, caregivers, and professionals. Will take place on March 12 beginning at 1pm at Shoals Seventh-day Adventist Church, 2011 County Road 41, Florence (northwest corner Cox Creek Pkwy. and Jackson Rd.) This is a free one-hour presentation followed by a question and answer session given by author, speaker, and Alzheimer's caregiver specialist, Rebecca Jarrad, RN, of Athens, AL. Refreshments and door prizes provided. 1 CEU credit awarded to RNs and LPNs. Nursing Assistants receive a certificate and social workers receive documentation to submit to their board. Preregistration is not required. please call 256-767-3466. For more information on Jarrad, see her website www.rebeccajarrad.com.

**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.

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**Sunday, March 12 • 1pm**  
 One hour presentation followed by Q&A

Presented by  
**Rebecca Jarrad, RN**  
 Alzheimer's Caregiver Specialist, Author and Speaker

Hosted by  
**Shoals Seventh-day Adventist Church**  
 2011 County Road 41, Florence  
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 Church ph# 256-767-3466

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**THE PYRAMID OF WORD POWER!**

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

GRIP A

G	R	U	B
C	O	A	T
P	O	O	L
L	O	A	F

GRIP B

B	U	R	G
T	A	C	O
P	O	L	O
F	O	A	L

FIG. 2  
 The tricky solution, in fig. 2, leaves us with three, large, overlapping squares.

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**THE PYRAMID OF WORD POWER!**

RE  
 IRE  
 DIRE  
 DIRKED  
 RISKED  
 SHIRKED  
 SHRIEKED  
 WHISKERED

THE PYRAMID OF WORD POWER!

I'LL FIND THE PRIZE I WANT EVEN IF I HAVE TO OPEN EVERY BOX!

GRIP A

N	H	D	E	J	M	U	S		
T	E	S	E	H	I	T	F	S	I

Answer: Starting with the "T" in the bottom rail: "The end justifies the means."



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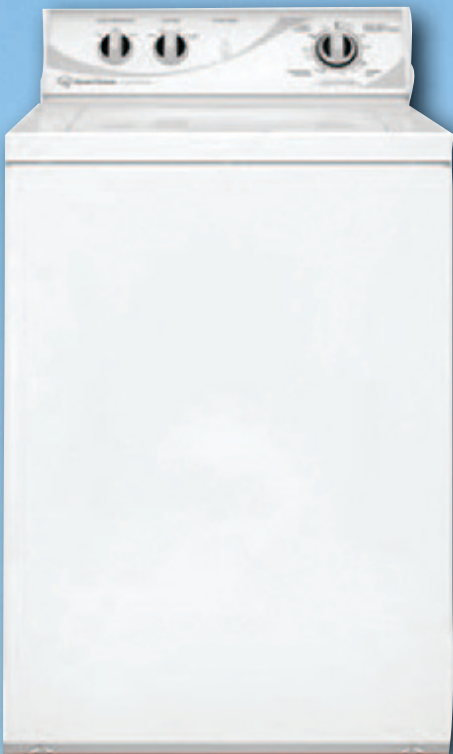
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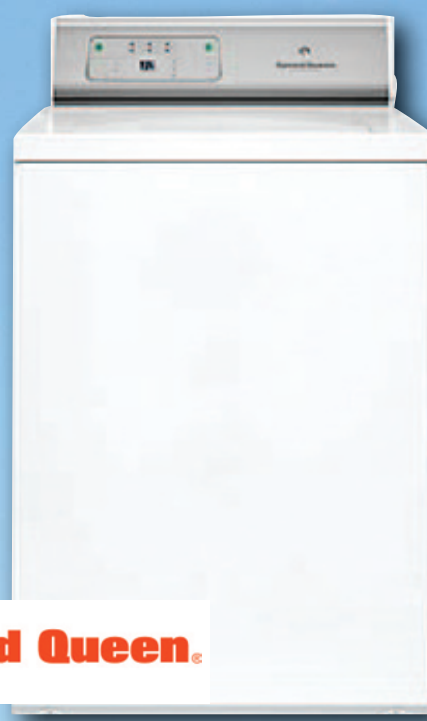
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