# Shoals norts

# **Keller Event Heart Healthy**

FLORENCE–Keller Wellcare Center will host the 23rd Annual Heart Healthy Dining out on March 21. This event will be held at the Marriott-Shoals Conference Center and begins at 5:30pm. Sponsored by the

Cardiopulmonary Rehabilitation department of Helen Keller Hospital, the goal of this event is to educate people on how to make healthier choices while dining out. Area restaurants will bring samples of heart-healthy entrees for the attendees to enjoy.

Participating restaurants include Keller Café, George's Steak Pit, Marriott Shoals, Olive Garden, Sam's Club, Logan's Roadhouse, Yummies Bakery, Yogurt Mountain, Alabama Bliss Bistro, La Hacienda, Burger Depot, City Hardware, PoBoy's, Sweet Basil Café, Legends, Ray's at the Bank, Aunt Bea's Bakery, and more. Tickets are \$7 Building & Remodeling 2017 SHOW

each and may be purchased from the Keller LISTERHILL ON 2ND ST. • MUSCLE SHOALS Wellcare Center. Proceeds benefit local charities. For more information, call 256-386-4747.

# Huff & Puff 15K **Run and Spring Market**

SHEFFIELD-All runners and all shoppers have a reason to congregate at the Sheffield Rec Center on the second weekend in March!

Huff 'N Puff on the Bluff 15K Run and the Huff & Puff Spring Market take place this weekend.

The 15K is Saturday, March 11. Packet Pick-Up/On-Site Registration is Friday, March 10 from 4-6pm and Saturday, March 11 from 6:45-7:45am.

On-site registration is \$35. The race starts at 8am Saturday from the Sheffield Rec Center. Runners may visit the Facebook page Huff n Puff on the Bluff 15K to register or for



# **Planned Openings** in Florence Square

FLORENCE – Two national retailers will find a home in the Florence Square shopping center With APro this year.

The Shopping Center Group retail real estate advisory firm announced last week that Academy Sports + Outdoors is set to open in May. PetSmart will open this fall and will replace the former Kmart as part of the shopping center's \$15.25 million

redevelopment.

"These two national household names not only bring additional soft good amenities to the heart of the growth triangle of Memphis, Nashville, and Birmingham, but they also add significant value to a shopping center that was originally built in 1990," said Don Beck, leasing agent with the Shopping Center Beverly Hardeman • Broker/Owner bevhardeman@comcast.net 1003 Mitchell Boulevard • Florence, AL 35630 Group.

1003 Mitchell Boulevard • Florence, AL 33030 Academy Sports + Outdoors will occupy 63,000-square feet of space and PetSmart 18,500-square feet.

# Ideas Spur the Future Direction of Technology

FLORENCE-What's the Big Idea? Well, it's an opportunity for someone to present an idea for a business to a panel of experts and win

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a portion of prize money up to \$3,000. The mission of the event is to identify those in our area who are on the path to becoming leaders in digital technology.

The University of North Alabama, Shoals Chamber **EA ETITION** Shoals Chamber of Commerce, the City of Florence, and PartyPros USA will host the Big Idea Competition Thursday, March 9 at 5pm. The competition takes place in the Guillot University Center's Performance Center at UNA

Performance Center at UNA.

#### See BIG IDEA... on Page 6



At MSCA presentation (L-R) Dr. Phillip Cleveland, AL State DOE **Career Tech** Director; Dr. Mary Simon, Career and Technical Education Administrator; Caryn Hairell, Principal/ Director of **MSCS Career** and Technical Education; and Josh Laney, Asst. **Director for** Workforce **Development.** Courtesy photo

# **Fops in Techs**

Muscle Shoals Career Academy Among State's Best Technical Academies

MUSCLE SHOALS-Muscle Shoals Career Academy was recently elected as one of the top fourteen technical academies in the state.

February is recognized as Alabama Career and Technical Education Month. State career Education Month. State career technical officials touring the center last week during the official presentation were pleased with the center's progressive approach to preparing students for college and the workforce. They believe the innovation at MSCA is a model for the state. The visit was part of the State Department of Education's 2017

#### See TECHS... on Page 6



#### **ADDITIONAL PROGRAMS**

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- Human Services
- Information Technology
  - Manufacturing
  - · Science, Technology,
  - Engineering and Mathematics
- Transportation, Distribution, and Logistics



more information.

The Spring Market is Friday, March 10 from 9am-7pm and Saturday, March 11 from 9am-6pm at the Rec Center.

Admission is free, but donations to the Junior League of the Shoals will be greatly appreciated.

All proceeds from the Huff 'n Puff on the Bluff 15K Race and Spring Market will go to the Junior League of the Shoals to benefit their numerous community endeavors.





 Web Poll Mystery

- Photo
- Outdoors Pet Talk

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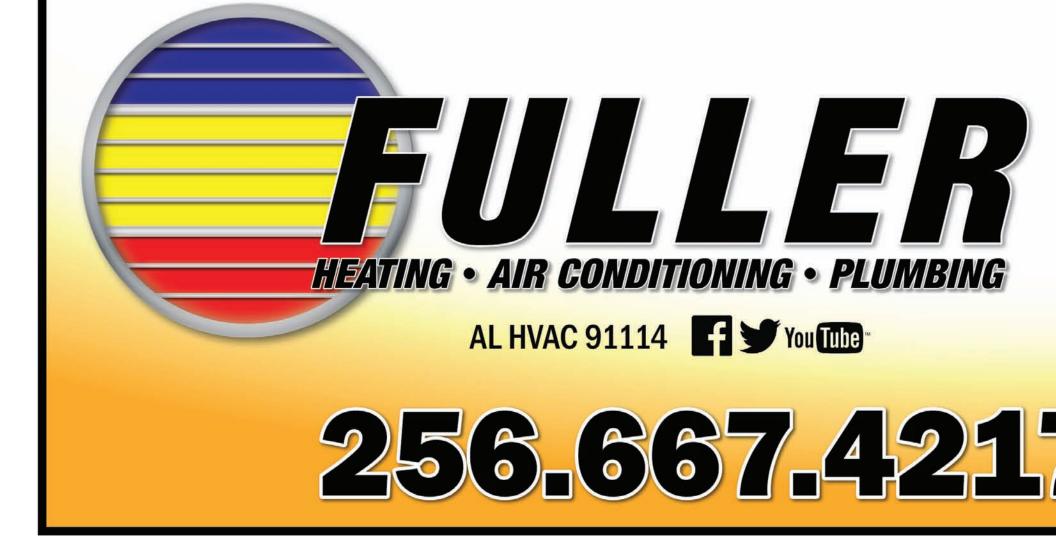
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Courier Journal / March 8, 2017



Friday and Saturday, March 10 & 11 Hours: Friday, March 10, 9am-7pm • Saturday, March 11, 9am-6pm

Market Will Be Free – But Donations to the Junior League of the Shoals will be Greatly Appreciated



## Huff 'N Puff On The Bluff 15K Sheffield Rec Center Saturday, March 11

Packet Pick-Up/On-Site Registration: Hours: Friday, March 10, 4-6pm • Saturday, March 11, 6:45-7:45am Pre-Registration: \$30 (Ends March 6) • Registration Fee On-Site: \$35 Race Starts at 8am

Runners: please visit our Facebook page Huff'n Puff on the Bluff 15K to register or for more information. All proceeds from the Huff 'n Puff on the Bluff 15K Race and Spring Market will go to the Junior League of the Shoals. 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.



I once read of a small town that had been "dry" since its beginning. The citizens prided themselves as being Bible believers who stood against the sin of alcohol. Then came the day when a business man moved to town with the intent of opening a tavern. Not only that, but he bought a vacant building for it next door to the church building!

Up in arms, the church members called a meeting to come up with a plan to keep the tavern from opening its doors. They tried talking to the owner, but that did not work, so they went to plan "B." They came together and held an all-night prayer vigil and prayed that God would somehow intervene. To their amazement, the next day, the building caught fire and burned to the ground! But then things took an interesting The owner heard about the prayer session of the church and sued them, claiming their prayers were responsible for his loss. The church then hired an attorney that would defend them saying they were not responsible. After the judge reviewed the case, he stated: "No matter how this case comes out, one thing is clear. The tavern owner believes in prayer and the Christians do not." This reminds me of an incident recorded in Acts 12. Peter was arrested by Herod which caused the church to assemble together and offer continual prayer for him. Miraculously, Peter was released by an angel and he came to the house where the church was praying and knocked on the door. The girl who went to answer the door heard Peter's voice and quickly ran to tell the others.

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What was their response? Were they thankful? Thrilled? No, they told the girl, "You are out of your mind" (v. 15).

We are familiar with the statement: "Be careful what you pray for; you just might get it." A better statement might be: "Pray carefully for everything and expect to receive it!"

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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 aids) application process, contact Dr. Gina Baggett or Linda Barnett at 256-760-1300,

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#### See NOTES... page 9

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March 12th-17th

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praised the Muscle Shoals Career Academy which opened in the fall of 2014. He noted that it is producing students who are college and careerready with certifications which enable them to walk right into jobs.

Director, Phillip Cleveland,

The Muscle Shoals Career Academy operates program fifteen areas with multiple courses and credentials/certifications available in each.

There are 546 students enrolled in MSCA courses this semester.

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<ul> <li>13,105</li> <li>inpatient admissions</li> <li>(excluding nursery)</li> <li>inpatient admissions</li> </ul>
\$67,094,342 paid in salaries and benefits \$\$ \$\$ \$\$ \$\$ \$\$ \$\$ \$\$ \$\$ \$\$ \$\$ \$\$ \$\$ \$\$
605 in March our surgeons and staff performed a record number of surgeries in one month
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# **ASK** THE **ATTORNEY**

Courier Journal / March 8, 2017

My husband passed away last

summer. We owned a motor

home that wasn't paid for. The

Sharon, Athens, AL



#### Thomas McCutcheon

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

I wouldn't let them repossess it because banks have the right to then sell the item repossessed at wholesale or dealer's price and hold the person on the loan responsible for the difference between what it sold for and what was owed. This is called a deficiency judgment.

It's really unjust that the bank can sell an automobile or other vehicle at a sale not open to the public. You have to be a licensed dealer to attend

they attempt to sell to recoup their loss, but at the end of the day, whatever the difference is, that amount is owed by the person on the note.

obtain a collectable judgment against the estate.

What bothers me is that there are exceptions for known creditors of an estate and this exception could very well apply in this case. I would attempt to sell the motor home for the amount of the loan or have someone trustworthy take over the payments in exchange for the motor home. The bank won't work as hard as you will to get fair value for the motor home and your property may be in jeopardy

have a way around it but the bank will sell it and they will get a deficiency judgment. Without knowing all of the facts, I have a bad feeling about allowing a repossession without an attempt to sell it for full value. Remember that under the contract that your husband had with the bank, not only does he owe the amount outstanding but will owe for the cost of repossession and sale, plus reasonable attorney's fees for the deficiency judgment. It all adds more to the amount owed.

"Ask the Attorney,"

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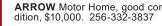
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FLORENCE: 105 BLACKBER-RY TRAIL Sat. 7 a.m. to ??? MOVING SALE - TWO FAMILY Lots of misc. and plus size clothes

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

# Notes... **Continued from page 4**

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 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

Swamp John's Fish Fry at Cherokee Lions Den in downtown Cherokee on Friday March 10 from 4-7pm. Fish, chicken tenders, shrimp or combination plates with slaw, fries, hush puppies and drink for \$10. Dine in or carry out.

The Sons of Confederate Veterans, Col. Wm. A. Johnson Camp # 898, will hold its monthly meeting on Friday, March 10 at 6pm, at the Helen Keller Public Library Conference Room, at 511 N. Main St. in Tuscumbia. Dinner at 5:30pm. Donations accepted.

Guest Speaker and Program. Public invited. Ph. 256-648-7572.

**Open Mic Singing** Rhodesville United Methodist Church Friday, March 10 at 6:30pm.

The Alpha Pi (Florence) and the Alpha Delta Beta (UNA) chapters of the Omega Psi Phi Fraternity, Inc. will have its annual Scholarship Banquet on Friday, March 10 at the Roundhouse in Tuscumbia at 7pm. The annual program assists the chapters in sponsoring scholarships for area high school seniors. The speaker for this year's banquet is Mr. Lathan Strong. Strong is the former principal of Farley and Montview Elementary schools in Huntsville. This year the fraternity will present its

Fifth Annual James H. Floyd memorial scholarship sponsored by the Floyd family and the Alpha Pi chapter. Mr. Floyd was an outstanding local educator and a long time member of the fraternity. For ticket information contact any chapter member Omega Psi Phi or call 256-757-1459, 256-383-0004 or 256-381-2595

See NOTES... page 34



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Courier Journal / March 8, 2017

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International Association of Machinists Local Lodge #65 is now accepting resumes for welders, shop & outside Machinists. This work will be at various TVA locations throughout the

valley. Shop Machinists must be proficient in the programming & operation of fanuc controls, Mazak Mazatrol Nexus Control Milling Machine & Lathes, including part & component set up. Shop Machinists must also be able to pass a spring bolt test. For Outside Machinists positions, CT/gas mechanics & field Machinists for turbine outages are preferred. This work is temporary & applicants must be able to travel on short notice.

Four years minimum experience or 8,000 hours documented training at the trade is required.

Please mail your resumes to the following address: Machinist Lodge #65 1405 Broadway St Sheffield, AL 35660 Or, you may e-mail them to iamlodge65@yahoo.com No phone calls please

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NISSAN: ALTIMA, 2015 \$13,986. 2.5S, Cloth, automatic, 41k. Financing available. Call Trey 205-365-7236 or 256-764-3351

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Journal





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NISSAN: ALTIMA, 2016 \$14,967. 2.5S, Cloth, automatic, 2016 44k. Financing available. Call Trey 205-365-7236 or 256-764-3351

FORD: EDGE LIMITED, 2008 \$10,976. Leather, sunroof, 122k. Financing available. Call Tony 931-213-1386 or 256-764-3351

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# **FREE ADMISSION** 10AM - 5PM • SATURDAY AND SUNDAY

YET ANOTHER ONE OF OUR clients got hit hard last week. The client received an email stating that their Gmail account was hacked. The email stated, "Your account has been compromised. To prevent further harm to your account, please provide your email address

and password so we can address the issue." This is called a "phishing" attack. The word phishing was coined around 1996 by hackers stealing America



Fisher

stealing America Online accounts and passwords. These scammers used e-mail lures, setting out hooks to "fish" for passwords and financial data from the "sea" of Internet users.

Our client dutifully clicked on the provided link and followed directions. Oddly nothing

# **GETTING PREACHY!**

by "The Computer Skeptic"

happened after that. So whatever it was, it must have been fixed, right? Wrong! about these, I'm sure: When you click one of those "forgo password" links, the website

She continued to receive email and carried on with her morning but, behind the scenes, thieves had full access to her email account and started to have some fun. They set up filtering rules in her account that would immediately "send to trash" all emails from various banks and online retailers. The thieves then started visiting various websites such as Amazon, ebay, Visa and PayPal, entered the stolen email address, then clicked the "forgot password" button. You know about these, I'm sure: When you click one of those "forgot password" links, the website will send you an email that will allow you to change your password. Since the "password reset" emails were being sent to the "trash" our client didn't see all this activity. But the scammers did.

Later that morning, our client asked us to help figure out why she was getting mail from everyone except her main office contact. Turns out, the thieves had inadvertently filtered the office person so that all those emails were going to the trash, too. That discovery alerted us to all the other filters. That's when we asked our client if she had received any emails asking for her password. She fessed up to falling for the phishing attack and we went into "damage control" mode.

We immediately had our client change her password to her email account as well as all her other online accounts.

So far, we have no indication that the thieves made off with any stolen stuff but we are still on the lookout. It was obviously very traumatic for our client. The first time you get taken always hurts.

My brothers and sisters, I've preached this to you before but, like any important message from a preacher, I have to preach it again: Thou must be vigilant with email! Thou shalt NEVER respond to these kinds of requests for passwords. And while I'm preachin' it, I command thee to find out if your email provider provides "2-step verification" and enable it immediately. 2-step verification will send a text with a 6-digit code to your phone every time a "strange" computer tries to access your account. You have to enter that code before being allowed access to your account. That way, the only way a thief can access your account is if they have access to your text messages on your phone.

Jim Fisher owns Excel Computer Services in Florence. Reach him at <u>www.ExcelAL.com</u>







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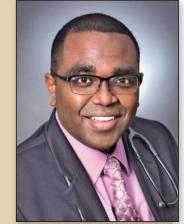
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# **Commentary**

14

# Hendrix: Motivated and Motivating

rom a very young age Tom Hendrix felt a special appreciation for his great-great grandmother. During her teenage years Te-lahnay was forced from Northwest Alabama to the Oklahoma territory on the Trail of Tears following the Indian Removal Act of 1830.

Close to 100 years later while he was a small boy, Tom's grandmother inspired him with story after story from his Euchee (Yuchi) Indian heritage. Many of those included the life of her grandmother, Te-lah-nay, and an incredible escape and journey back to her home in northwest Alabama, where she took the name Mary Hipp.

Tom's appreciation piqued in the late 1980's with an urge to honor his great-great grandmother by building a stone monument, a memorial wall winding under a canopy of beech and oak trees on his property beside County Road



In A

**TOM MAGAZZU** Editor

8. The 1.2 mile memorial symbolizes her painful removal to the west and her arduous journey back home. His book, "If the Legends Fade," describes Te-lah-nay's experiences.

It only seems like last week when visitors to the wall would see Tom working diligently, unloading rocks from his truck, transporting by wheelbarrow, and precisely stacking each rock in the wall, varying from four-six feet in height and up to 25 feet wide in one area which depicts where removal westward began. Each stone

#### See HENDRIX ... on Page 26

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

# Addressing Alzheimer's

FLORENCE-A presentation entitled, "When Alzheimer's when Alzheiner's Touches a Family" will take place on Sunday, March 12 at 1pm. The program will be of great benefit to affected family members, caregivers,

**Courier** Journal

Jarrard and professionals. Seventh-Shoals

day Adventist Church at 2011 County Road 41 in Florence is hosting the free one-hour presentation. It will be followed by a question and answer session given by

Alzheimer's caregiver specialist, Rebecca Jarrard, RN, of Athens, Refreshments will be provided and door

author, speaker, and

prizes will Mar. 12 be awarded.

O n e CEU credit will be awarded to RNs and LPNs who attend. Nursing assistants receive a certificate and social workers receive documentation to submit to

See ALZHEIMER'S on Page 15

# Seed Program Open Through March 17

Action

Now thru

SHOALS–The Community Agency of Northwest Alabama sponsors the Gerald Williams Garden Cooperative Program.

Free vegetable seeds, plants, and fertilizer are provided to help

qualifying local residents who wish to grow their own gardens. Applications are being accepted

Mar. 17 through March 17. Applicants must reside in Lauderdale,

Colbert, Franklin or County, must not exceed gross monthly income \$1,485 for one-person а of household, \$2,002 for a twoperson household, \$2,520 for a three-person household, or the equivalent of adding \$520 per month for every additional person in the household.

in the

When

Touches

A Family

layperson's guide

to caring for and

understanding

the person with

Alzheimer's or

Dementia

Rebecca Jarrard, RN

Alzheimer's

Lauderdale and Colbert residents may call 256-762-9330 from 1-4pm Monday-Friday.

See GARDEN... on Page 15

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



THE TENNESSEE VALLEY HISTORICAL SOCIETY will present " Pathways to Prayers: Historic Florence Churches" on Saturday, March at 11am. The tour will be conducted by Lee Freeman. Florence-Lauderdale Public Library historian and genealogist. Departure will be from the Florence Lauderdale Tourism Visitors Center in McFarland Park. The fare is \$10. Children riding in their parent's laps ride free. All proceeds go to the UNA scholarship fund for local students studying history. Please call 256-740-4141 to reserve a seat.

#### NORTHWEST ALABAMA KOREAN WAR VETERANS

will gather in their temporary meeting location at the Hampton Inn Mid-town at 2281 Florence Blvd for a meeting at 8:30am. Florence Mayor Steve Holt is scheduled to speak. Breakfast is included in the room rental so come earlier to eat.

#### DAY BY DAY, GRIEF SUPPORT GROUP for

Bereaved Parents and and Grandparents, meets at 2pm Sunday, March 12 at the Woodmont Baptist East Campus at 2002 Darby Drive in Florence. Parents will discuss answers to the question, "Does grief ever end?" Everyone welcome. For Information, you may call 256-764-8093 or email anita. watkins@comcast.net.

#### THE KENNEDY-DOUGLASS

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

## A Disciplined Love

As Christians, our love for God has not translated into obedience to His Word and our love of neighbor is not manifested in our actions. Christians do not usually harangue politicians as non-believers love to do. Christians witness with their everyday lives and sometimes with words even with the risk of being beheaded. There have been many failed attempts by mankind to create a utopia

on this earth. However, that should not be an excuse for us not to try to have disciplined love with the view in mind of being at peace with God and, to the extent possible, with each other.





YOUR

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

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

Dear Editor:

Is there room in your publication for

a minority opinion? President Trump has promised to make American Great Again. I am looking forward to his fulfilling that promise. How he will improve people's self-discipline and moral character will be a marvel if not a miracle in itself. If Mr. Trump's promise is kept, he will be vastly more successful than Billy Graham and a host of other preachers.

I cannot understand how a nation or any person can be great without a moral character that includes fidelity and integrity. The essence of Christianity, claimed by many people, is love of God and love of neighbor.

From our beginning as a nation we have had problems staying true to our word and being considerate of our neighbors. Many American families have been wrecked by infidelity.

The opponents of Constitutional Carry are very good at putting emotional spin against it...



William R. Graham Athens

# No Representation

Editor:

A Few Observations.

The Democratic Party believes that promoting the interests of working Americans neither fills their coffers nor

increases their political power. Unelected Washington bureaucrats believe that it is their job to rule the country. The politicians make that job easier by keeping the country divided. The news media no longer reports

the news. Rather, it makes or interprets

See LETTERS... on Page 16

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Alzheimer's **Continued from Page 14** 

#### their board.

While residing in Utah during the 1990's, Jarrard was a charge nurse in an Alzheimer's Unit. She observed that the overwhelming majority of caregivers did not know how to redirect agitated and combative patients. Staff members often ran from the patients, sometimes leaving the residents with no supervision. There were few activities, so the residents wandered aimlessly about the unit.

She later accepted a position as Director of a 30-bed Alzheimer's/ Dementia Unit in New Jersey. Her unit remained deficiency free and recommendation free by the state. Her unit was also chosen as one of the field sites for graduate students from the University of North Carolina to observe behavior patterns of people with Alzheimer's and Dementia.

Preregistration for Sunday's presentation is not required. Please call 256-767-3466 for details. For more information on Jarrard, see her website www.rebeccajarrard.com.

The church is located at the northwest corner of Cox Creek Pkwy and Jackson Rd.

# Garden...

#### **Continued from Page 14**

Franklin residents may call 256-332-7534 from 1-4pm Monday-Thursday.

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

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**Continued from Page 14** 

Working, tax-paying Americans, whether liberal, moderate, or conservative, have no representation in congress.

Jim Brasfield Florence

# Constitutional **Carry Bill**

Editor:

I am in support of State Sen. Gerald Allen's Constitutional Carry bill. Thirteen states have already passed constitutional carry laws. Our neighboring state of Mississippi passed it just last year. This proves that this is something that should be done. Several of those thirteen states are considerably more liberal than Alabama.

I find it interesting that we are not leading on such a conservative issue. The opponents of Constitutional Carry are very good at putting emotional spin against it.

They say Constitutional Carry is dangerous! If you let people carry a gun without a background check, they'll shoot the wrong person! Cops won't know who the good guy is and who the bad guy is. There will be more people carrying, leading to more 'gun violence.'

That doesn't add up, but don't take my opinion. I think the numbers speak for themselves. For instance, Vermont never enacted unconstitutional carry laws. Yet, according to the FBI's statistics, Vermont is the safest state in the country. Research has proven that restricting and hindering the right to bear arms only encourages criminals and their actions in violent crimes against law-abiding citizens.

The emotional arguments continue and they say Constitutional Carry harms poor people and minorities. That is false. Alabama's current permit laws actually harm Alabama's poorest citizens. They just don't have the time money to jump through all the hoops and bureaucracy to get a permit. It is sad that someone could be deprived of the Constitutional right to protect themselves.

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BEAUTIFUL RJ and Coco shared a sweet kiss. Ridge met with the group at Forrester Creations and informed them of what would be happening in Australia. Coco arrived back at the Spectra offices and told them all about her first day on the job at their rival. Sally became skeptical of their plan after seeing how happy her sister was about RJ, but reluctantly gave her the "bugged" jewelry. Katie was honored when Brooke invited her to Steffy's wedding in Australia. Charlie and Pam were determined to find out whose lipstick was on Ridge's napkin. Brooke modeled her wedding dress for Katie. Wait to See: Comic relief ensues when Sally finds herself sitting next to passengers without any social boundaries.

DAYS OF OUR LIVES Brady searched for Nicole, who ran into some serious trouble. Joey was there for Jade before she was admitted to surgery. Steve received a mysterious call. Adrienne and Justin shared a tender moment. Gabi was flustered when Chad again asked for her help. Steve learned a shocking truth about his past. Meanwhile, Kayla's life was in danger. Dario continued to fall hard

THE BOLD AND THE for Abigail while working on a project together. Steve tried his best to rescue Kayla. Chad made a bold move to dismantle Deimos and his empire. Eli forced Valerie to tell Julie the truth. Sonny and Paul tried to find out what they could about Deimos's connection to the stolen antiquities. Wait to See: Eric pushes Jennifer away.

GÉNERĂL HOSPITAL Laura struck a deal with Nina. Valentin met with his lawyer. Anna came face-toface with her past. Liv finally got what she wanted. Nina took sides. Jordan pressed Julian for information. Liv wanted Anna dead. Michael doubted his father. Carly demanded to know the truth. Kiki decided to forgive Ava. Jason and Sam received some bad news. Nelle crossed Michael. Brad confronted Finn. Griffin made a huge sacrifice. Jason risked his life. Sam and Alexis compared notes. Liv used Ava as bait. Finn's addiction got the best of him. Wait to See: Curtis questions Andre's motives.

AND THE YOUNG THE **RESTLESS** Chelsea admitted she wasn't sure how to make Faith approve of their relationship. Abby confided in Ashley that she had a heated exchange with Victor over a business deal. Phyllis was suspicious Jack's behavior and of asked him if he was seeing Mariah someone. was annoyed when she learned that Hilary scheduled a photo shoot without her. Cane called Victoria from Tokyo and assured her that he wouldn't leave until he made a deal with Mr. Sato, a high-powered Japanese businessman. Reed fled the stage at an open mic after he saw Zoey laughing. Wait to See: Devon has second thoughts about divorcing Hilary.



**REDLINE** Your Ad! - See Page 6







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Do you have a secret bank account or credit card? Have you hidden

purchases from your significant other? According to a recent article on CNBC, a survey by the website creditcard.com shows just over one quarter of the approximately 1,000 people they surveyed had a secret bank account and/or credit card. The survey found that older Americans were more likely to have the secret bank accounts or credit cards and nearly 40% of baby boomers made secret purchases of \$500.00 or more in secret. A splurge purchase of \$500.00 or more can devastate a budget in many households. Does your family have any kind of rule for when to consult one another on purchases? Setting a rule can be helpful and keeping the person who pays the bills each month informed will aid in eliminating surprises.

I do not recommend keeping secrets at all from your spouse period, but especially when it comes to finances. And even more so for large purchase. Financial problems have been attributed to marital problems, depression and even physical sickness from worry and stress. What qualifies as a large purchase depends on your family's budget. It could be a major car repair, a heat pump repair, or a dental bill. A couple of weeks ago I wrote on unexpected expenses called "Are You Prepared for a "Rainy Day?". I discussed how important it is to have a financial cushion. Unfortunately, it is more common than not that most people don't have a financial cushion. So sit down each week or month according to your schedule and have a family meeting to discuss your finances. Be completely honest with each other.

It is irrelevant why one may have a secret bank account or credit card, whether it is to keep the business afloat or to keep the car working. It is time to come clean. It is time to sweep the high interest rate loans and credit cards into the garbage and start with a clean slate. If you have debt you cannot pay and need a fresh start, come see us for a free, no obligation consultation.



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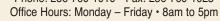
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# DAVE by DAVE RAMSEY

#### WHAT WILL WON'T WORK?

#### Dear Dave,

a will, would it suffice to sit down and write it all out on my finances? I make \$50,000 a a piece of paper, then have it year, and I have \$3,500 in debt notarized? Joyce

#### Dear Joyce,

I would never advise someone to write their credit card is not a good own will, unless, of course, idea. Let me tell you a couple they're an attorney in that of things. Number one, state. Laws can vary from state to state, and some states may not look upon a document like that as being payments, you have the official under law. Some even require witnesses, and be generous. When you a notary might not be good have debt, all you do is send enough.

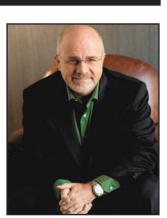
If you're trying to save money by doing it this way, I would strongly urge you broke. to look at involving a lawyer as an investment. In most cases, having a reputable no credit score through a lawyer draw up a legally correct, state-specific will doesn't cost a lot of money. At the very least, go online things, like your rent and They have all kinds of also need to have all your state-specific legal forms, debts paid off completely, including wills.

Your last will and at least six months. testament is one of the most important legal documents debt-free before you buy a you'll ever be part of. Please home, Maria. I also want don't try to do this yourself, Joyce. I've run into so many families who, in the midst of expenses and a down of grieving the loss of a loved one, were handed a handwritten piece of paper you're broke and in debt is a that wouldn't hold up in really bad idea. court. That kind of thing just adds more stress to an already heartbreaking situation.

-Dave

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you think this is a good start When it comes to making toward getting my credit back on track and taking control of and \$2,100 in savings. Maria

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—Dave

Dave Ramsey is CEO of Ramsey Solutions. He has authored seven best-selling books, including The Total Money Makeover. The Dave Ramsey Show is heard by more than 12 million listeners each week on 575 radio stations I'm thinking about getting and multiple digital platforms. a secured credit card to help Follow Dave on the web at

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**Tom Hendrix** dedicated the fall of his life to a women he never met. His great-great grandmother, Te-lah-ney,

was honored with a monument wall which depicted the struggles that she and thousands of other Native Americans endured.

Photo courtesy of Robert Rausch

# Commentary Hendrix... **Continued from Page 14**

represents one of Te-lahnay's steps. His vision and drive were something none of us ever could have imagined. He would pause from his work just long enough to take a cool drink of water and share a few minutes of knowledge about Te-lah-nay with visitors.

In his almost three decades of work on that wall, Tom placed over eight million pounds of stone. He wore out many hundreds of pairs of gloves, two dozen wheelbarrows, and at least three trucks. He created the largest non-mortared rock wall in the United States and what is widely reported to be world's longest memorial to a woman. It contains rocks from every state and 130 foreign countries.

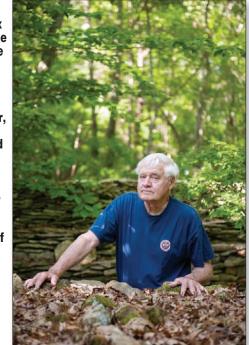
The wall can be glimpsed from the Natchez Trace Threet's at Parkway Crossroads - mile marker 338. However, only when turning on to County Road 8 can one begin to have a true appreciation for what Tom accomplished.

Sadfy, Tom Hendrix passed away last week. His passing is a huge personal loss for many and a symbolic loss for the area.

As special as Tom is to the Shoals community, he is equally special to the Native American community both here and on the reservation.

I remember several years ago when Tom mentioned He was not interested in that tribal officials from a movie "based" on a true Oklahoma visited the wall. story that sensationalized As a group they instructed for added excitement and Tom to leave them and go into his house until they called for him. When he returned they had strategically placed hundreds of rocks all around the wall that faced the prayer circle. The newlyplaced rocks all had natural holes and crevices giving them 'faces.' They were precisely placed to ward off evil spirits, and there is not a position in that area - high or low - that doesn't have several sets of those eyes cast on it. The tribal officials also informed Tom that the wall was not his. He was only the Photo courtesy of Robert Rausch

Courier Journal / March 8, 2017



keeper or caretaker of it.

Tom did more to give me an appreciation for Native Americans and their dignity, plight, and obstacles than did any formal education. The depth and passion in his voice brought Te-lah-nay and her journey depicted by the wall to life.

Tom also had a knack of detecting those whose hearts and blood were part of the Native American experience. He could often see it in their eyes and hear it in their voices.

Tom shied away from personal publicity. He never set out to be the catalyst behind the term Singing River that is now used in so many local capacities, including what was formerly known as the Patton Island Bridge. However, Tom was happy for an opportunity to honor his great-great grandmother and other Native American women.

He also spearheaded Native American festivals in the area. He wanted showcased those that real traditions of his people rather than the American stereotypes of cowboys and indians and commercialization that misled so many generations. Tom indicated that he had

more than one opportunity to have his great-great grandmother's story put on film. He likely could have demanded a hefty price. However, his price was nothing more than accuracy. wanted people to He genuinely know Te-lah-nay and how she longed to get back to the River That Sings. viewership. That alone gives us an example of Tom Hendrix's genuine character and sincerity. Those of us who heard some of the stories from Tom in person will treasure those moments for many years to come.



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# **Medicare Minute** "Frequently Asked Questions 6"

Most people who are on Medicare also have a Medicare prescription drug plan. These plans can be stand alone drug plans that are used with Original Medicare or the drug plan can be imbedded in a Medicare Advantage Plan. This week's FAQ deals with Medicare prescription drug plans.

How does prior authorization, step therapy, and quantity limits affect my Medicare drug plan? For many Medicare beneficiaries these three components of Medicare drug plans never come into play. However, if you are ever faced with any of the three it's a good idea to know how they work.

Prior authorization - Some Medicare drug plans may require prior authorization for certain drugs before the Medicare drug plan will cover that prescription. This means before the Medicare drug plan will cover the prescription your doctor must show that you have a medically necessary need for that particular drug.

Step therapy – This is a type of prior authorization. In most cases, you must try a less expensive drug on the drug plan's formulary that has proven effective for most people with your condition before you can move up a "step" to a more expensive drug. This could mean the plan would want you to try a generic drug that has proven effective to treat your condition before you go to the brand-name medication. If your doctor believes it is medically necessary for you to take the brand-name medication your drug plan may cover the drug

Quantity limits – For safety and cost reasons, a plan may set quantity limits on the amount of a drug they cover over a certain length of time. For example, if you are prescribed to take two tablets of a medication per day that would be 60 tablets per month. If your plan has a quantity limit of 30 tablets per month your doctor would need to work with the drug plan to get it authorized.

If you have any questions about this or any other aspect of Medicare feel free to call us at 256-648-5710 or visit our office at 879 Florence Blvd. Alabama Health Guidance is an



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## Will Your Cholesterol Go Up When You Do a Low Carb Diet?

Today I will discuss a typically think of high LDL common question that I get whenever I start a low carbohydrate ("low carb") diet on my patients. For those unfamiliar with this diet, it is essentially a diet that eliminates sugar and starches in order to promote weight loss. A lot of patients erroneously believe that a low carb diet is a diet that only involves eating meat and fat. Naturally, they worry that this diet would raise their cholesterol. First, I want to clear up that a low carb diet is not just a meat and fat diet. Non-starchy vegetables, eggs and some nuts and berries are permitted and encouraged, as is poultry and seafood.

Nevertheless, the question about a low carb diet raising somebody's cholesterol is a legitimate one. Before I talk more about this, it is important to review a little on cholesterol. Many people tend to think of cholesterol as something that just sits in your blood and causes plaque to build up in your arteries. It is, unfortunately, much more complicated than that. The cholesterol in our blood doesn't just sit there, it gets carried in the blood by different kinds of packaging. In simplest terms, the kind of packaging that takes your cholesterol to your arteries, causes plaque buildup and leads to heart attacks and strokes is called LDL cholesterol (or "bad cholesterol"). The packaging that keeps it away from building plaque is called HDL cholesterol "good cholesterol"). (or Then there are substances called triglycerides, which is essentially the amount of fat in your blood. Although this is how we usually explain cholesterol to our patients, it does get more complicated than that. Some types of LDL cholesterol are worse for making plaque than others, for example. Nevertheless, we

cholesterol as bad for you and high HDL cholesterol as good for you. Studies have looked to see how a low carb diet effects LDL, HDL and triglycerides. One study looked at adult patients who suffered from seizures, who sometimes get prescribed a low carb diet as part of their treatment. In these patients, eating a low carb diet seemed to raise their HDL cholesterol (which is good). The LDL cholesterol went up the first 3 months, then went back to what it was when they rechecked it a year later. Another study looked at adults who were doing a low carb diet to lose weight. They found that being on a low carb diet did not affect the total LDL cholesterol, however it does lower the kind of LDL particles that are really bad about causing plaque buildup. Another study compared the effect of low carb diet to low fat diet in overweight individuals and found that the low carb diet was better at lowering triglycerides and raising HDL cholesterol. Importantly, the low carb diet did not cause a higher LDL cholesterol than the low fat diet. Therefore, in most people, a low carb diet likely won't hurt the cholesterol numbers and in fact can help many of them. As a precaution, I do usually monitor my patient's cholesterol numbers. If you are interested in a low carb diet, be sure to talk to your primary care provider before starting it.

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 101

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29

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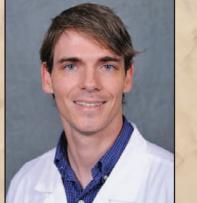
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TERMS & CONDITIONS: Real Estate: A non-refundable deposit of 15% will be required the day of the same with closing within 30 days. The seller will furnish a deed and a preliminary title search. A 10% BUYER'S PREMIUM will be added to the final bid price to determine the total contract price on the real estate. 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. 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. 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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BARTON: 2 BRDM. 1 ba. House, has been remodeled, close to plants. \$60,000 May Finance. 256-412-8956

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Woodland Ave. (Florence) 1BR, 1BA	\$325		
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# by Jerry Knight

# **Burrell-Slater** Hall of Fame

The Burrell-Slater High School Athletic Hall of Fame recently held their annual banquet and induction ceremony. Eight of the school's most celebrated athletes were inducted into this year's Wilbur "Ricky" class. Fields was among the elite group honored this year. Affectionately called "Ricky", he grew up knowing very little about the sport of football. But did he ever learn quickly.

ease your

Power

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He became a star quarterback for Burrell-Slater in the late sixties. In 1967, Fields averaged 300 yards and 3 touchdowns per game. He was cited by a local newspaper as the "Back of The Week" becoming the first black player at an all black school to be so honored.

Fields recalled two ames Burrell-Slater games played in which the opposing teams had two and suggestions to: players who went on jerrywknight@comcast.net

to fame in the National Football League. One was their game against Murray High School in Jackson, Tennessee who featured Ed "Two Tall Jones" who became a star player for the Dallas cowboys.

The other was the game against Walker High School who just happened to feature a receiver named John Stallworth, who later collected several Super Bowl Championship rings with the Pittsburgh Steelers. Fields was recruited out of high school by the likes of USC, Auburn, Alabama State and Alabama A&M University.

Ricky Fields will always be remembered for the legacy he left behind and his great leadership ability as quarterback of the Burrell-Slater Crimson Tigers.

Ĕ-mail comments





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CHEVROLET: SILVERADO. 1986 ALL power, 350 engine and transmission, good tires, \$3,995. 256-764-9973

ALL TYPES OF HOME Improvements, Painting, Siding, Roof-ina. Remodeling, Decks, FREE ing, Remodeling, Decks Estimates, 256-383-3218

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FORD: LARIAT, 1991 \$1,600. 68k miles, automatic, 5.0L, 302, EFI, runs great, cab damage. 256-335-2899

HONDA: ACCORD, 2006 **\$6,988.** 2DR, EX-L, auto, 166k. Financing available. Call Hoke 256-740-1297 or 256-764-3351.

GMC: JIMMY, 1999 4X4, AUTO, 4.3 engine, loaded, clean condi-tion, second owner; \$2,500 OBO. 256-412-0234

GERMAN SHEPHERD PUP-PIES 7 wks. old, shots/wormed, \$350. 256-350-1724

BEAUTIFUL ANTIQUE OAK TABLE and six chairs, excellent condition. \$300. 256-702-1235.

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2006 26 FT. CAMPER, \$2,800 cash. 931-242-5690, St. Florian.

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Courier Journal / March 8, 2017

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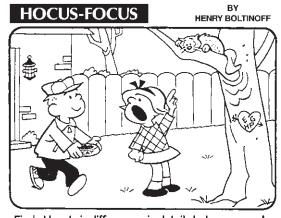
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FORD: RANGER, 1967 \$2,750. Short wheel based, V8, needs breaks. 256-702-8861

KIA: SORENTO LX, 2009 \$7,978. Cloth, automatic, 83k. Fi-nancing available. Call Trey 205-365-7236 or 256-764-3351

FOR OLD CAR TAGS EACH (ABOUT \$5.00 10) 256-229-5189

FORD: FUSION SE, 2010 \$8,998. Cloth, Automatic, 111k. Financing available. Call Hoke 256-740-1297 or 256-764-3351

Feb. 26. Please leave a voicemail or text with a detailed description to identify. (256)740-1870 **GRANITE SLABS FOR TABLE-**

PET BIRD FOUND IN Florence

TOPS, night stands, dressers; ~4 sa ft each, \$25/ea., 256/335-9363, Decatur.

MANSELL ROOFING, **DISCOUNTS TO** Veterans, and Seniors, all work guaranteed, Free estimates, 256-383-3218

HYUNDAI: ELANTRA GLS, **2013** \$11,988. Cloth, auto 42k. Financing available. Call Brandon 256-710-4598 or 256-764-3351

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CHEVROLET: MALIBU LT, 2012 \$10,986. 92k, cloth. Financ-ing available. Call Shannon 256-420 4564 are 0567 (2015) 412-1551 or 256-764-3351



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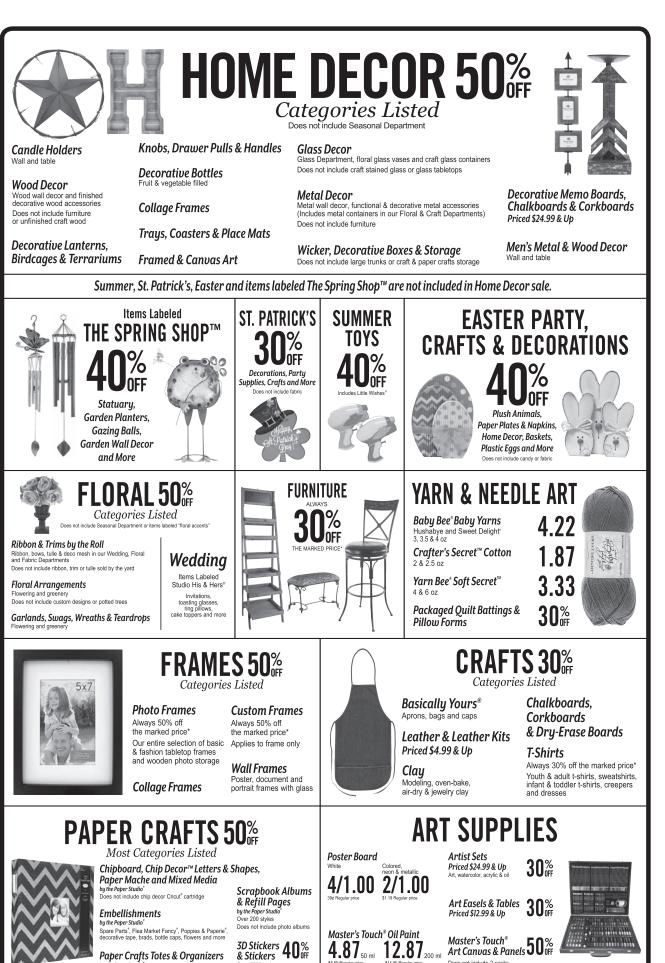
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SMALL CRAFTSMAN TABLE SAW with shoulders, never used. \$150. 256-355-4891 Decatur



## Wintertime

Ecclesiastes 12:5&7 "Also when they shall be afraid of that which is high, and fears shall be in the way, and the almond tree shall flourish, and the grasshopper shall be a burden, and desire shall fail: because man goeth to his long home, and the *mourners go about the streets:* Then shall the dust return to the earth as it was: and the spirit shall return unto God who gave it." I have watched many my age and some younger as the "mountain tops" turn white, reminding us that "wintertime" is fast approaching. Opportunities that have come and gone sometimes are woefully remembered.

When we were young we thought we had plenty of time for eternal things later on when we got older. But we never got around to doing anything that had eternal benefits. Many times in the past we ignored people or circumstances that God sent out way to remind us of what's coming. My, how fast old age has taken over. Only one life will soon be past, only what's done with and for Christ will last." Lost opportunities are lost forever. Remember, every day you wake up is a blessing. Psalms 118:24 "This is the day which the LORD hath made; we will rejoice and be glad in it." Yesterday, we had opportunities to witness to lost loved ones, to show kindness to folks passed on, to develop character, to pray, to read the Holy Bible, to attend church, to give God thanks for His blessings, and to be a blessing to many in need, but we never got around to doing it. To my friends and relatives, how many days have you had opportunity to get saved and start living for God and never found time to do it. Now, yesterday is gone and before there are no tomorrows left for you, why not let Christ come into your heart today and be your Saviour? My prayer for you is: Hebrews 3:15a "While it is said, To day if ye will hear his voice, harden not your hearts, ....." Remember the great example of procrastination in Luke 16:25 of the rich man being told by Abraham, "Son, remember that thou in thy lifetime". Friends, your lifetime will soon be over. Don't become a victim of the Devil and suffer forever the "nightmare of nightmares." Christ is waiting for your answer. He loves you and cannot fail. Receive Him now

Bill Bishop, Pastor **Beacon Baptist Church** Rogersville • 256-247-7733 1.2 miles north from red light on Hwy. 207 on left Sunday services at 10am and 11am and 6pm Visitors welcome!



Paper Crafts Totes & Organizers



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

# **Community Notes...**

**Continued from page 9** 

The Florence Knights of Columbus Council 3989 is sponsoring its annual Lenten Fish Fry on Friday, March 10 at St. Joseph Catholic Regional School Cafeteria in Florence from 4:15-6:45pm featuring catfish filets, hush puppies, cole slaw, french fries or baked potato, drink, and dessert. Tickets are available at the door - Adults, \$10; Children 4-6 years: \$4; Children under 4 yrs. eat FREE. Carry outs are available. Cheese pizza will be available for those who do not want fish. Proceeds from this fellowship will be used for the Council 3989 Charity Fund.

Yard Sale and Bake Sale at Ford City Baptist Church 5890 River Road in Muscle Shoals on Friday March 10 and Saturday March 11 at 6am until. Proceeds support our Guatemala Mission trip to Casablanca Aleluya Children's Home. For more information, call 256-446-5109

Cloverdale Community Center Breakfast will be held on Saturday, March 11 from 6:30-9am. Cost is \$6 for adults and \$3 for children. Profits will go toward the upkeep of the center.

Food From Christ Saturday, March 11 at Rhodesville United Methodist Church. Info call 256-370-7213 or 256-810-8694.

Crossroads Community Outreach in Florence will have a Volunteer Appreciation and Crossroads Information Meeting Saturday, March 11 from 11am-noon at the Florence Lauderdale Public Library. Open to the public for new volunteer Information and sign-up. Light Refreshments & Door Prizes This meeting is to acknowledge and honor our current volunteers and also introduce and welcome our new ones. We will also be providing information about Crossroads, providing an opportunity to ask questions and make suggestion. Most importantly we will be getting people signed up to get involved in the community. We encourage all who want to be a blessing to others in the community to attend!

Crossroads (501c3 non profit) provides temporary emergency services, case management, advocacy and community programs and outreach.

Single Adult Ministry for Seniors (nondenominational 40 and over) meeting at 6pm Saturday, March 11 in the Student Center at Cross Point Church of Christ for dinner and movie, bring covered dish. 256-767-1869.

The Voices of Victory will be singing at the Cloverdale Community Center Saturday March 11 at 7pm. Everyone is welcome to come out and enjoy good gospel singing and fellowship.

Shoals Chapter, Sons of the American Revolution, meets Sunday, March 12, at 2pm at the Helen Keller Public Library, 511 N. Main Street, Tuscumbia. Dr. Bob England will speak. Visitors welcome. 256-381-2298.

Sheffield Career Center has a FREE Job Shop every Tuesday at 10am at their center on 500 S. Montgomery Ave in Sheffield. Topics to be discussed will be interviewing skills, resume preparation, and how to dress professionally. For more information, call the Career Center at 256-383-5610.

Flashback Florence Scanning Day Tuesday, March 14, 10am-noon at the Burrell Slater Community Education Center. Gather your old photographs, family documents, handwritten recipes, and more, and we'll make them part of Florencehistory! In preparation for Florence's upcoming Bicentennial celebration, Florence-Lauderdale Public Library is hosting scanning days at different venues throughout Florence. All members of the

community are invited to bring their old photos and documents to be scanned by our archivists. We will also be recording your stories and information about the items that you bring. These scanned items and the information you provide may be used in the library's official Bicentennial timeline. We believe that family, church, home life, school, work, and recreation are vital to telling our city's story, and we need your help to make it happen! Please note that we are scanning original (not copies) photos and documents for this project.

The 10th Annual Shoals Earth Day Fest is Saturday April 8 from 11am-6pm at the Florence-Lauderdale Tourism Visitor Center, 200 Jim Spain Drive in Florence. RAIN LOCATION in the Sheffield Recreation Center. 2901 East 19th Avenue in Sheffield, Alabama 35660

For more information, call 256-764-6564,

ext. 23 or 32.

This free, family friendly event and is a highlight of Earth Month in the Shoals. The fest includes children's games

and activities, arts and crafts vendors, environmental advocacy displays, all-day live music, three performances by Rockin' Eco Hero-Steve Trash, the local non-profit fundraiser-the Reduce, Reuse, Recycle Rummage Sale, solar energy, organic gardening, compositing information, recycling drop-off, speakers and much more!!

For more information on this event, how to participate or to become a sponsor, please visit www.ShoalsEarthMonth.com or call 256-767-2909.

NAMI Shoals Family Support Group for families with adults and/ or children who have brain disorders (mental illnesses) and NAMI Connection Recovery Support Group for people who have been diagnosed with a brain disorder and are in recovery meets Tuesday, March 14 at 7pm at the NAMI Shoals office, 749 Thompson St., Suite A, Florence. Need directions or more information, call 256-765-2081.

## 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 8, 8am – 4pm, Muscle Shoals High School, In the Library, 1900 Avalon Avenue, Muscle Shoals

Thursday, March 9, 11am – 6pm, Big Star, 314 South Jackson Avenue, Russellville

Friday, March 10, 11am – 5pm, ALFA Insurance, 10380 Highway 20, Florence Saturday, March 11, 11am- 5pm, Pet Depot, 244 Seville Street, Florence

Sunday, March 12, 7:30am – Noon, Knights of Columbus, St. Michaels Catholic Church, 2781 County Road 30, Florence Monday, March 13, 11am – 5pm, Big

Lots, 1700 Darby Drive, Florence Tuesday, March 14, 10am – 5pm, UNA-Student Government Association,

Near the Clock Tower, Florence Wednesday, March 15, 7am – 4pm, Webster Elementary School, 200 Webster

Avenue, Muscle Shoals The Natchez Trace Parkway invites

children and their families to come enjoy the Read with a Ranger program at 10am on Saturday, March 11 at the Parkway Visitor Center- at milepost 266 on the Natchez Trace Parkway, near Tupelo. This month's featured story is "Noisy Bird Sing-Along." Listen to a symphony of birdcalls and find out how you can sound like them too! Visitors of all ages will find themselves calling out "Who Could far You" junt like the barrad

Gen. (Ret.) John Scales with his program, "Forrest's West Tennessee Raid of 1862" Call 256-764-4945 for more information.

Osborn Hill Cemetery will meet on Thursday, March 16 at the Littleville Town Hall at 6pm to elect officers for coming year. Donations are needed to help maintain the perpetual care now and in the future. Please make check payable to the Osborn Hill Cemetery Fund and mail to Eloise Cook 2805 Coburn Mt. Road Tuscumbia, AL 35674 or to the Valley State Bank in Littleville, AL 35674. Everyone is encouraged to come.

AAUW Shoals Branch Green Tea UNA Scholarship Fundraiser Thursday, March 17, 4-5:30pm at Kennedy Douglass, 217 E. Tuscaloosa St., Florence.

City of Florence Park and Recreation Summer Job Fair at Royal Avenue Recreation Center, 420 North Royal Avenue, Florence, Thursday, March 23, 12-5pm.



# **IMPORTANT NOTICE**

## <u>To Customers of</u> 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.

ABSOLUTE ESTATE AUCTION! THURSDAY NIGHT, MARCH 9th • 6:00 PM 2002 BUICK LASABRE (57,000 MILES), 30 GUNS, FURNITURE, GLASSWARE, TOOLS and PERSONAL PROPERTY LOCATED AT 840 CO. RD. 7 FLORENCE, AL AT THE UNDERWOOD/ PETERSVILLE COMMUNITY CENTER



day of auction when the doors will be open for auction preview

**DIRECTIONS:** From intersection of Hwy. 17 (Chisholm Rd.) & Hwy. 133 (Cox Crk. Pkwy.) In Florence, go north on Hwy. 17 For 2 miles, turn left at signal light onto Co. Rd. 7 & Go 1 mile to auction site on the right.

TERMS: Cash or good check day of auction. A ten percent buyers premium will





"Who Cooks for You" just like the barred owl. Read with a Ranger is a 45-minute program that is most appropriate for ages six and under, but everyone is welcome. Participants will listen to a story, join in a fun activity, and go on an optional and easy half-mile hike. This program is free to the public. For additional information, please call 1-800-305-7417.

Read with a Ranger features a new story on the second Saturday of the month. To confirm the time and program schedule for the month, please visit our website calendar at www.nps.gov/natr/ planyourvisit/calendar.htm.

The Coffee High Class of 1959 is planning a Reunion on Friday, May 13 and Saturday, May 14. If you have been contacted to update your information (address, phone, and e-mail address) please call Bryan Miller 256-764-2733 (bcm35633@comcast.net) or Brenda (bcm35633@comcast.net) or Brenda Tease 256-767-5668 (brendatease@ gmail.com) ASAP

Sons of Confederate Veterans, E. A. O'Neal Camp No. 478 Meeting at 6:30pm March 16 (the 3rd Thursday of each month) at Pope's Tavern & Museum, 203 Hermitage Drive, Florence. Guest Speaker this month will be Brig. De useu.

FOR MORE PICTURES & INFO GO TO WWW.AUCTIONZIP. COM & LOOK UNDER PUMPKIN RHODES AUCTIONS.



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Alabama's Largest Direct Mail Weekly 36 Courier Journal / March 8, 2017 EXPERIENCE 🔊 THE NEW BUICK **WE ARE PROFESSIONAL GRADE** BUICK. PROUD PARTNER OF THE 2017 GMC SIERRA 1500 CREW CAB 2017 BUICK PURCHASE (SUPPLIER PRICING) (0)BELOW /(0) MSRP **2017 BUICK ENCLAVE LEATHER GROUP** ON SELECT 2017 SIERRA 1500 CREW CAB VEHICLES IN STOCK \$3,347 Factory Reduction Below MSRP + \$5,833 Purchase Cash 24 MPG HWY. 16% BELOW MSRP  $\bigotimes$  $\left( 0\right)$ **ON SELECT 2017 VEHICLES IN STOCK** THAT'S \$5,521 Purchase Cash + \$2,405 Factory Reduction Below MSRP BELOW MSRP ON THIS SIERRA **\$7,926 BELOW MSRP** 2017 GMC ACADIA 2017 BUICK ENVISION ESSENCE BELOW 0 MSRP **OR 16% BELOW MSRP** ONLY ON SELECT 2017 ACADIA VEHICLES IN STOCK \$2,200 Factory Reduction Below MSRP + \$5,916 Purchase 0 \$4,711 Purchase Cash + \$1,915 Factory Reduction Below MSRP 6 THAT'S PER MO \$6,626 BELOW MSRP BELOW MSRP ON THIS ADACIA **2017 BUICK ENCORE PREFERRED** 2017 GMC TERRAIN SLE-1 MSRP: \$28,225 32 MPG OR 16% BELOW MSRP ONLY \*\*-> ON SELECT 2017 VEHICLES IN STOCK 0 0 0 0 \$3,616 Purchase Cash + \$794 Factory Reduction Below MSRP PER PER MO <sup>\$</sup>4,410 BELOW MSRP 2017 GMC CANYON SLE CREW CAB SORT BOX MSRP: \$30,830 2017 BUICK SEDANS PURCHASE 27 MPG HWY 0 PER MONTH 2017 GMC YUKON MSRP: \$49,725 0% APR FOR 72 MONTHS - PLUS -0 0 \$2,00 PER U DOWN PAYMENT ASSISTANCE \*With approved credit. GM Financial. \*24 Mo. / 20K mile lease, W.A.C., down payment varies per MSRP, see salesperson for details. \*\*36 Mo. / 30K mile lease, W.A.C., down payment varies per MSRP, see salesperson for details. \*\*\* 36 Mo. / 32,500 mile lease, W.A.C., down payment varies per MSRP, see salesperson for details. \*\*36 Mo. / 30K mile lease, W.A.C., down payment varies per MSRP & trade equity, see salesperson for details. Selection Under **e 08 Chevy Cobalt 07 Buick Rainier 11 Chrysler Town & Country 11 GMC Terrain** 10 Toyota Corolla

08 Chevy Cobalt #9789GC, 2 Door, Auto, Alloy Wheels, Nice!



**11 Hyundai Santa Fe** #G3602B, 4 Door, Auto, Full Power, Very Nice!



13 Mazda CX-5 #1997BB, 4 Door, GT, Leather, Navigation, Sunroof!





15 Toyota Yaris #8973BA, 2 Door, Auto, 1 Owner, Low Miles!



12 GMC Acadia #0087GA, 4 Door, 1 Owner, 3rd Row, DVD, Nice! 05 Mercedes SLK #5069GB, 2 Door, Convertible, Leather, Nice!

<u>ि}:</u>∦:

#4968BA, 4 Door, Leather, Very

Nice Local

Trade!



07 Chevy Avalanche #7526GB1, LTZ, 4x4, Leather, New Tires! \$9,988

#9533GA, V6, Stow & Go,

**Dual Power** 

Doors!





**12 Toyota Camry** #G0088A, 4 Door, Leather, Sunroof, 1 Owner! **910,938** 07 GMC Sierra

#9482GA, 4 Door, SLE, 32 MPG

Hwy, Nice!





12 Honda Crosstour #7526GB, 4 Door, Leather, V6, Nice Local Car!



#5248BA, 4 Door, 04 Cyl, Auto,

S Package

56K Miles!



14 Buick Encore #2004BA, 4 Door, Full Power, 1 Owner, 33MPG Hwy!

