

219 West Tennessee St. Florence, AL 35630 256-764-4268

Volume 133 Number 21

March 22, 2017

POSTAL PATRON

Academy is Hands-On

FLORENCE—Registration is now underway for Florence Police Department’s annual Citizens Police Academy. The one-day event will be from 9am-5pm., Tuesday, April 8. The academy is a full day of hands-on activities and demonstrations, which includes SWAT, canine, criminal investigations, traffic enforcement, and more aspects of the department. Participants must be 18 or older. Applications are available at the Florence Police Department, or call Officer Ricky Sharp at 256-760-6585 or send an email to rsharp@florenceal.org.

Colbert Art Class Grants

TUSCUMBIA—The Colbert County School District just received word from the AL State Department of Education that Colbert Heights High and Colbert County High will each receive an Alabama Arts Education Initiative (AAEI) grant in the amount of \$20,000. The grant will essentially provide additional support for current art programming and will allow the art teachers, Kayla McKinney and Kim Landers, to provide high-quality arts education at those schools. They are also the ones responsible for applying for and obtaining the grant. The mission of the AAEI grant is to provide high-quality arts education that enlightens, inspires, and develops creative and innovative thinking in every Alabama student necessary to ensure college- and career readiness. The AAEI grant program goals are to:

- Provide access and equity to quality arts education to facilitate artistic literacy.
- Assist schools in initiating arts programming or supplementing existing arts programs to create capacity for sustainability and long-term impact.
- Advance arts education opportunities to enhance college and career-readiness.
- Use arts programs as a catalyst to create and maintain an engaged school and community.

Aldi Investing \$1.6 Billion

BATAVIA, IL - With more people shopping its grocery stores than ever before, ALDI recently announced an aggressive \$1.6 billion investment in its stores. There is an extensive plan to remodel and expand more than 1,300 US

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Courier Journal

Verification of weekly circulation upon request



Northwest Alabama and beyond with direct mail, total market coverage



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Left to right are Bank Independent team members Jesika Thorn, Taylor Woods, Christa Dean, Sherry Johnson, and Susie Martin. Photo: Bank Independent

4,000 Hours+
Bank’s Team Members Surpass Initial Five-Year Participation Target

SHEFFIELD – When Bank Independent created its Helping Hands program in 2011 in response to the April 27 tornados, Macke Mauldin set what he thought were lofty goals for the initiative’s first five years. “I suggested that we try to reach a milestone of 4000 hours of paid volunteer time in the first five years of the program,”

See 4,000... on Page 7



Full Steam Ahead

Burton’s Poster Launches Career Week

FLORENCE– “Full Steam Ahead” is the name of the winning poster submission for UNA’s College of Arts and Sciences Career Week poster competition.

Career week will take place April 7 and April 10-13 with the theme, “Moving Full STEAM Ahead.” Senior Audrey Burton from Montgomery, Alabama was the winner of the poster competition developed for UNA students. The competition allows students to display their talent and begin a tradition of making a piece each year that will be memorable and collectible to students, employees, alumni and friends.



See FULL STEAM... on Page 6

Restoration Sets the Stage

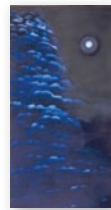
TUSCUMBIA—Repairs are finished on the event stage at the Alabama Music Hall of Fame. The stage was previously rented out for concerts and corporate events, but its condition had deteriorated over the years. “We’ve had dozens of inquiries about using the stage over the

past few years,” said Dixie Griffin, director for the Hall of Fame. “The stage has already been used to host two events. We’re excited about the prospect of it being in use again. It will be good to hear music and see people out there again. Plus, it has

See STAGE... on Page 6

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SENIOR CITIZEN HAS LOST a set of keys. Key fob and 3 keys possibly.. Lost in Feb. somewhere in the Shoals. Please leave message on 256-483-1804.

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FORM OF ADVERTISEMENT FOR COMPLETION LEGAL NOTICE

In accordance with Chapter 1, Title 39, Code of Alabama, 1975, notice is hereby given that, GARNET ELECTRIC CO INC. Contractor, has completed the Contract for Construction and improvement of BASEBALL FIELD LIGHTING REPLACEMENT FOR ROGERS & WILSON HIGH SCHOOLS at Lauderdale county for the State of Alabama and the Lauderdale County Board of Education and have made request for final settlement of said Contract. All persons having any claim for labor, materials, or otherwise in connection with this project should immediately notify Shoals Engineering, P.C., Engineer at 1138 N. Wood Dr. Florence, AL. 35630.

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HAVE YOU SEEN KIDSVILLE News! Yet? It's the Shoals' fun, family newspaper for parents, teachers and kids K-6th grade and IT'S FREE! Kidsville News! is delivered in the classrooms. Copies may also be obtained at any local library, several area merchants that cater to kids and the Courier Journal business office, 219 W. Tennessee St., Florence.

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PUBLIC NOTICE

The Lauderdale County School System will be accepting applications from April 10, 2017 through April 28, 2017 for the following TOPS Preschool Programs: Brooks Elementary School, Lauderdale County High School, and Wilson High School.

Typical peers will be determined through a drawing process. The drawing will be held the first week of May, 2017. Names not drawn will be placed on a waiting list. Three-year-olds will go two days per week (Tuesdays and Thursdays), and Four-year-olds will go three days per week (Mondays, Wednesdays, and Fridays). Applications will be available at www.lcschools.org.

Children who qualify for special education services, do not need to go through the application process. Their services will continue to be determined by their IEP team based on their needs, as required by law.

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Abandoned Vehicle Sale Friday, March 31, 2017. Bids will be taken on Friday from 8am-4pm. Cars must be paid for by Monday, April 3, 2017 and picked up by Wednesday, April 5, 2017.

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Table with columns: YEAR/MAKE/MODEL, VIN, P/U LOCATION. Lists various abandoned vehicles for sale.



STAN DEAN

Making The Best Use Of Time

On Daylight Savings Time eve, I went through our house and garage and reset all the clocks an hour forward. I thought it would be a simple task until I realized how many clocks and watches that involved. If I counted correctly, there were 15 and that did not include the ones that automatically reset themselves.

The Bible makes note of time in various passages. One that comes to mind for our consideration here is, "Look carefully then how you walk, not as unwise, but as wise, making the best use of the time, because the days are evil" (Ephesians 5:15). It would benefit us all to evaluate ourselves periodically to see if we are making the best use of our time.

Those who have taken the time to study how we spend the days of our lives on this earth say, that if a person lives to be 75 years old, there are some predictable statistics. Here are a few of those: we will spend 3 solid years (24 hours a day) acquiring an education; we will spend 7 years eating (some more than others); we will spend 14 years working (again night and day); 5 more years will be spent talking (no comment); 5 years will be spent riding in transportation; 24 years of our life will be spent in sleep; 1 year we will either be sick or recovering from an illness; 3 years will be spent in reading; and 12 years of our life will be spent in recreation (watching TV, fishing, golfing, shopping, etc.).

While none of the things in the above list are intrinsically bad, most of them could be bad if we did not practice them with priority. For example, if we choose recreation over family responsibilities, then we have not chosen wisely (cf. Proverbs 22:6). Or, if we choose to sleep in on Sunday morning rather than worship God, then we again have failed to make the best use of our time (cf. Hebrews 10:25).

God has always expected His people to prioritize their lives beginning with Him (cf. Exodus 20:2; Deuteronomy 6:4). Jesus made this truth crystal clear when He commanded: "Seek first the kingdom of God and His righteousness..." (Matthew 6:33, et al.).

Does God top your priority list? If not, "it is time to seek the Lord" (Hosea 10:12). There could be no better way to spend your time right now!

KILLEN CHURCH OF CHRIST

SUNDAY SERVICES: 9:00 A.M., 10:00 A.M. AND 6:00 P.M. • WEDNESDAY: 7:00 P.M.

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USED ELECTRIC WHEEL CHAIR, includes joystick, \$300. 256-247-5434 Anderson area.

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Northwest Alabama Reading Aides Presents the Margaret Green 2017 Community Spelling Bee Thursday, March 23 at 7pm in the First United Methodist Church Fellowship Hall, 415 N Seminary St. Florence. FREE ADMISSION
 Teams include NAACP, Long Lewis Ford American, American Wholesale Book, Florence Library, Library Teen Program, ECM, St. Bart's Episcopal Church, Trinity Episcopal Church, and the Ferguson Group
 Cheer On Your Favorite Team!!!
 A Raffle, refreshments, and t-shirts will be available. For more information call 256-766-5709

District 1 Community Meeting Thursday, March 23, 6pm at Mt. Moriah PB Church Life Center, 820 W. Irvine St., Florence. Topic: The West Florence UNA Housing Development Plan.
 Council Member Kaytrina Simmons invites you to attend this important meeting. If you have questions, please feel free to send them in advance. Contact information: 256-760-6401, 256-349-3879 or ksimmmons@florenceal.org.

Knights of Columbus Lenten Fish Fry - Friday, March 24, 4:15-6:45pm, St. Joseph School Cafeteria. Hand Breaded Fried Catfish Filets, Homemade Hushpuppies, Fries or Baked Potato, Homemade Cole Slaw, Drinks, Homemade Desserts (Cheese pizza is available for children who do not eat fish.)
 Eat in or take out. Tickets available at the door.

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

The University of North Alabama Small Business Development Center PTA and the Small Business Administration (SBA) present: How to Do Business with the Government (Federal, State, Local, and Prime Contractors) on Thursday, March 23, 9:30-10:45am: Mr. Phillip Marks - UNA Small Business Development Center PTAC. Services provided by the University of North Alabama SBDC-PTAC will be discussed, with emphasis on government contracting - including the BidMatch system.

10:45am-Noon: SBA Certifications and the NEW all Small Mentor Protégé Program by Ms. Carol House - Small Business Administration (SBA). SBA resource program information will be provided with emphasis on SBA certification and the SBA Protégé Program. Both will be at Shoals Chamber of Commerce, 20 Hightower Place, Florence.
 There is no cost to attend. For additional information, please contact Phillip Marks at 256-765-4668 or pomarks@una.edu.

PUBLIC NOTICE Mars Hill Bridge across Cox Creek on Mars Hill Rd by the church will be CLOSED for construction starting Monday, March 6 for approximately 3-4 months

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 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.

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piggly wiggly
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Senior Citizen Coupon
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On-Cor Breaded Chicken Patties or Nibblers 27 oz. bag **3.79**
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FRESH PRODUCE

RUSSET Potatoes 2.89 10 LB. BAG	MISSISSIPPI Sweet Potatoes 39¢ LB.
CALIFORNIA Broccoli Crowns 1.69 LB.	MICHIGAN Apples 2.99 3 LB. BAG
PIGGLY WIGGLY Ice Cream Sandwiches 2/\$6 12 PACK	PIGGLY WIGGLY All Varieties Cheese Medium Cheddar 1.79 8 OZ. BLOCK
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Yard Sales

An exclusive listing of the better sales in the Shoals area.

To list your sale, fill out the form on page 6.

WE MUST receive your ad by Friday prior to the Wednesday release date. (8 days before a Saturday sale)

MOVING

1/2 PRICE ESTATE-YARD SALE! *** FLORENCE: 526 HAZELWOOD DR. SAT. 8AM-2PM** 1/2 price on glass, china (Royal Doulton), cookware, housewares and linens. Reduced prices on antiques (bed, chairs, lamps), furniture and accent pieces. Several items added including LOTS of clothes.

KILLEN: 403 ALLISON DRIVE Saturday 7AM-7 Furniture +

FLORENCE: 111 STONEBRIDGE RD Sat. 7 - noon Multi-family sale- antiques, crystal, home decor, office, Christmas, patio, baby items and more

FLORENCE: 1610 WINSTON ST Saturday 7am-2pm Everything must go! Furniture, appliances, household items, and clothing.

TUSCUMBIA: 1102 E 5TH ST Saturday 7am-11am Fundraising yard sale for Honduran Mission Team.

MUSCLE SHOALS: 910 E Midland Ave Fri - Sat 8am - 1pm Huge Yard Sale! Tools, glassware, quilts, blankets, dolls, picnic table, chairs, Large selection of knives, Too much to list. No clothing.

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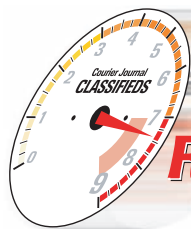
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Stage...

Continued from Page 1

been a valuable revenue generator for us in the past."

The repair process took just under two months from start to finish. It involved replacing and reinforcing paneling around and on the stage. The loading ramp and snake channel have also been replaced. "The stage was structurally sound," said Bruce Crowden who handles maintenance at the Hall of Fame. "Most of the decay was superficial, thankfully. We've also had it painted with a weather-

resistant mix."

The restoration was done under the guidance of the Hall of Fame's skilled volunteers and the Tuscumbia Utilities Department. "Larry Lewis and J.R. Jones have been instrumental in making this go smoothly," Griffin added.

The paint was donated by the Muscle Shoals Lowe's home improvement store and was applied by James and Anthony Speegle.

For additional information, call 256-381-4417.



UNA Senior Audrey Burton with her winning poster. Courtesy photo

Full Steam...

Continued from Page 1

Burton is majoring in Fine Arts with a concentration in sculpture. She received a \$200 gift certificate to the UNA Bookstore. She also had her work recognized during a public unveiling.

This is the first time Arts and Sciences has held the competition. Burton's poster was chosen out of seven total entries, and it will serve as the official artwork for the 2017 COAS Career Week events.

Courier Journal

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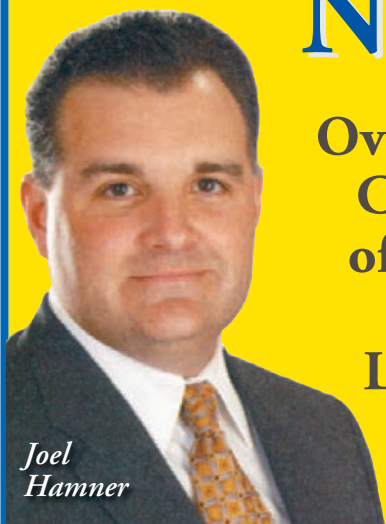
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4,000...
 Continued from Page 1

said Mauldin, Bank Independent's President. "I knew our team members wanted to donate their time giving back to our communities, but I didn't know just how many or how often local organizations would need our help."

Mauldin found that organizations of all kinds eagerly welcomed the bank's offer. Bank Independent teams have done everything from walking and washing dogs at local animal shelters to stocking shelves at local food pantries to selling t-shirts at local festivals.

The Bank accepts requests for volunteers from local charitable organizations on the website, bibank.com.

The volunteer hours have added up, and the program has surpassed the original five-year goal of 4,000 hours by nearly 400.

Another cause for celebration comes from the Bank's quarterly "Share" programs which were also an outcome of the Helping Hands initiative. These programs have given back over \$600,000 to northwest Alabama communities.

The Share programs include Food Share to gather non-perishable food, School Share to collect school supplies, Toy Share to garner donations of toys, and Shelter Share, which collects pet food and supplies for local animal shelters.

Bank Independent's fourth annual Shelter Share drive concluded on Friday, March 10. The drive collected over 1000 items and \$1000 in monetary donations. This more than doubled contributions from 2016. Three pet adoptions were a direct result of Shelter Share partner WAFF48's promotion of available shelter animals.

Donations for every drive are accepted at all Bank Independent locations. All proceeds of the Bank's Share drives are given to partner organizations in the communities where they are donated. This ensures that local families and efforts are the beneficiaries of their

"I'm proud of our team members for all they've done to help us exceed our Helping Hands goals," Mauldin said. "I'm especially thankful to live among such generous people who are always so eager to give back to their neighbors in our community."



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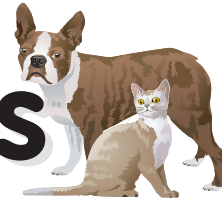
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Prepare Your Pet for Summer

(Family Features) From making plans to buying new clothes to filling your time with exhilarating (or relaxing) hobbies, gearing up for summer can be a fun and exciting exercise. With hotter months ahead, don't forget that your pets need certain preparation in advance of summer also.

With increased dangers like infectious bugs, poisonous plants and more time around water, plus the threat of heat itself, summer is an important time to make sure your pets are ready. Start with a few simple tips that can help ensure safety throughout the summer months.

Keep them hydrated. Dehydration and heatstroke can be fatal to pets, so access to a clean water bowl both inside and outside is critical during summertime. While you're on the go, be sure to bring water for your pet in a suitable drinking container.

Protect against bugs. Ticks and other pesky bugs can cause headaches when the weather warms and you and your furry

friends spend more time outside. Help keep those bugs away with preventative treatments, and be sure to check your pets closely for ticks after you've spent time outdoors.

Groom regularly. One of the best ways to keep a dog's coat healthy and help prevent matting and summertime skin irritation is regular grooming. The right grooming tool can dramatically reduce shedding by removing the undercoat and loose hair without sacrificing the healthy top coat.

Provideskinprotection. Just like humans, dogs can experience sunburn and even skin cancer. To prevent sunburn, apply a sunscreen where hair is thin and skin lacks pigment (nose, ears and sensitive areas) every time your dog is outside.

Clean the yard. Before letting dogs, cats or other pets out into the yard to play, check for hazards that can be removed or prevented. Search the yard for poisonous plants, ensure that fences are sturdy and whole, watch the area for possible predators if you own smaller pets and monitor your pet's outdoor activity.

Check screens. When the temperature is just right, many people love to throw open doors and windows to allow fresh air to rush through screen doors. However, those screens should be checked to ensure that pets can't push them out or squeeze through a small hole.

Add ID. Whether your pets play outside often or not, it's a smart investment to add an identification tag to their collars. If they were to ever make a dash for an open gate or find a way outside without attention, an ID can help significantly increase the chances they are returned home safely.

Teach them to swim. Many people increase their time around water during the summer, whether it's a neighborhood pool, a local pond or a lake. If you plan to bring along a pet, make sure that he or she is comfortable around water

and able to swim before partaking in an activity that could potentially frighten your pet.

Make a vacation checklist. Before hitting the road for a fun family getaway, add important pet items to your checklist. Remember that while on a trip, your pet will need food and water, of course, but also may require specific bedding, toys, treats and more.

Summer can provide a great opportunity to spend ample time bonding with pets, but preparing in advance for some of the pitfalls of all of the excitement can ensure that your pet enjoys it just as much as you do. Find more tips and tricks for pet owners at eLivingToday.com.

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Celestial Thoughts

I'm not sure of the science behind it. However, it seems some people are born happier and more positive than others. I've seen this in my profession working with people for many years and in my own children. I try to keep a happy disposition, but it has taken work. My mind seems to be drawn toward the negative side of things.

Therefore, I watch that and focus more on the positive. As I have served people through the years, I have asked them what their personality is like and how they cope with life. It's very interesting to hear some of them say they have a positive attitude and don't feel down very much. While others seem to expel criticism and negativity.

I do wish I were one of the lucky ones who was born with a brighter-side-of-life outlook. Still, I am grateful for my self-awareness and willingness to work toward it daily. My work includes being around more positive people and not the toxic ones, listening to and reading uplifting things, watching funny shows, and laughing daily. I wish for you a good mood today my friends!

Dawn

"...the joy of the Lord is your strength." Nehemiah 8:10

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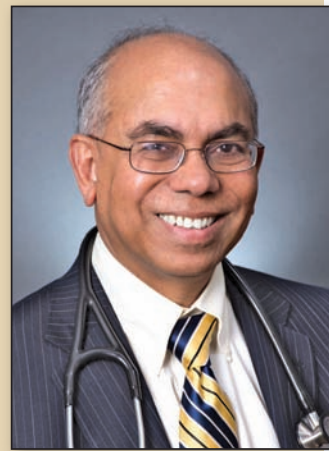
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SELL IT
by Next Week!
See Page 6

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Thomas McCutcheon

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Q My dad was in a car accident and the other driver was working for a business and was working at the time of the accident. The accident report indicates that the driver had insurance but we found out it had expired. I think that the business should be responsible for my dad's car and his hospital bill.

Brad, Florence, AL

A If the driver was at work for the business at the time of the accident, the business will be probably be liable (responsible) for both the property damage and the personal injury to your father.

This presumes that the other driver was at fault in the accident. Before the business is liable, the driver has to have been negligent in some way that caused the accident such as a rear end collision or failing to yield the right of way. If he was not at fault, then his employer is not responsible.

We are talking about an area of law called agency and we think about a relationship where the employee was performing duties incident to their job, but the law also will find an employer responsible if the employer supplied the vehicle or the employee was acting in furtherance of the employer's interest.

The law does not require that the employee was specifically authorized to engage in that particular activity but that those activities were generally within the employee's authority. In other words, if it is customary for the driver to eat lunch while doing their job while on the job and the driver was going to lunch, the employer should be responsible.

The idea behind the law imposing liability on the employer is that the employer is generally in the best position to insure that their work is performed in a safe manner. Therefore, the negligent acts of an employee while in the line and scope of their employment are both the responsibility of the negligent employee and the company they were working for at the time of the accident. If the other driver was at work when this accident happened, the company that he worked for should have to pay for the harm that he caused.

Buckle up and drive safely.

Please send the questions to:

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MARCH 25 IN VISITORS GALLERY Tourism, National Heritage Area Host Songwriting Women

FLORENCE—In honor of Women's History Month, Florence/Lauderdale Convention & Visitors Bureau and Muscle Shoals National Heritage Area will host Songwriting Women of the Shoals. This free event will take place at 2pm on March 25 in the Visitors Center Gallery.

"We are excited about the new partnership, which helps tourism to bring in speakers and performers," said Carolyn Barske, Interim Director of Muscle Shoals National Heritage Area. "This increases opportunities for people in our community to learn about our music history, Native American heritage, and the role of the Tennessee River in shaping the region's past, present, and future."

This event, organized by Andreas Werner, Muscle Shoals Musicologist; will feature local artists Stephanie C. Brown,

Angela Hacker and Rachel Wammack. The artists will hold an interview session prior to each performance.

"We are honored to host such a talented and diverse group of women. Our rich music heritage is such an important part of the history of the Shoals," said Alison Stanfield, Florence/Lauderdale Tourism Director of Operations. "These song writing women help to preserve our story and keep the music alive for all to enjoy."

Stephanie C. Brown's songs have been recorded by Garth Brooks, Darryl & Don Ellis and Georgia Middleman. "Burning Bridges", a song she co-wrote with Garth Brooks was on Brooks' *Ropin' the Wind* album that reached the #1 spot on both the pop and country charts.

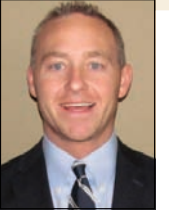
Born into a musical family, Angela Hacker's songs have been recorded by Candi Staton, Jason Isbell, John Paul White and James LeBlanc. She was also the Season 5 winner of singing competition *Nashville Star* and has performed on the *Grand Ole Opry*.

Rachel Wammack majored in professional writing at UNA and has been writing and performing original songs for several years. She just signed a publishing deal with Universal Music Publishing Group Nashville.

For more information, call the Florence/Lauderdale Convention & Visitors Bureau at 256-740-4141.

ON YOUR DEBT

The Problem with Minimum Credit Card Payments



B. Grant McNutt
Managing Attorney

Credit cards are readily available to the majority of Americans and, when used properly, can be quite useful.

Please don't tell Dave Ramsey what I just said. They are convenient for emergency situations and can provide you some security. If you manage to be responsible with your credit card use, you can also build your credit score. This may help save money when financing something like a home or vehicle. Unfortunately, responsible credit card use is not as easy as it sounds and there lies the problem with them.

ACQUIRING CREDIT CARD DEBT

Quite often, credit card debt begins with good intentions. You tell yourself that you will pay it off every month, pay period, or even every week. These intentions get interrupted by unexpected costs or unforeseen circumstances and before you know it you are only able to make minimum payments on your credit cards. All the while ignoring the fine print about the minimum payment taking 17 years or longer to pay the credit card off. That is assuming that you don't ever use it again as well. Statistics tell us the average credit card debt per household is somewhere close to \$6,000.00. If you take out those households who make at least the minimum payment each and every month, the average household amount jumps to closer to \$15,000.00. This would include households whose credit card debt goes unpaid for several months or even longer at a time.

STOP USING YOUR CREDIT CARDS

The first thing to do if you are unable to pay off your credit cards each month is to stop using them. Continued use will only dig you deeper into the hole from which you are trying to escape. A balance transfer to a different credit card may be tempting, but more often than not it just provides the opportunity to fall further into debt. If you find that you are unable to handle even your minimum credit card payments, there are other options. Whether you need formal debt relief or just advice on the best course of action, please contact our office nearest you to set up a free consultation with one of our experienced attorneys.

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



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Colbert COUNTY Schools

Pre-K Registration

Registration will be held at each site on Thursday,
April 6th from 8:30 a.m. - 2 p.m.

For more information please contact your local school or
Brooke Cunningham at the Colbert County Board of
Education, 256-386-8565

Cherokee Elementary • 256-359-6422

Colbert Heights Elementary • 256-381-6132

Hatton Elementary • 256-446-5679

New Bethel Elementary • 256-383-6471

Leighton Elementary • 256-446-8351

Information Needed for Pre-K Enrollment:


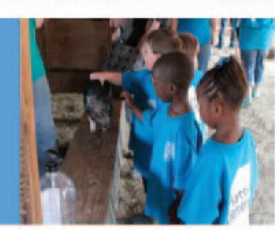
- Completed Application Forms
- Birth Certificate
- Immunization Record
- Social Security Card

Proof of Alabama Residence (recent power bill with address portion)

*Students eligible for Pre-K must be 4 years of age, on or before September 1, 2017.

18 students will be randomly drawn to fill each class. No child will be denied registration on the basis of race, color, nationality, sex, or disability.

Applications will be accepting the entire month of April!

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

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An Aldi employee stocks the produce section. Courtesy photo

Shorts...

Aldi Investing \$1.6 Billion

Continued from Page 1

stores by 2020.

The new ALDI store look delivers on its customers' desire for a modern and convenient shopping experience. It focuses on several new product lines that have quickly become customer favorites. Remodeled stores will also feature a modern design, open ceilings, natural lighting, and environmentally friendly building materials. These include recycled materials, energy-saving refrigeration, and LED lighting.

"With this significant investment in our stores, what we're doing is continuing to invest in ALDI customers," said Jason Hart, CEO, ALDI.

"We continue to expand our fresh offerings. This means we need to provide more space for produce, meat, and bakery items."

ALDI serves more than forty million customers each month. This is a nearly 60% increase since 2013. Aldi has locations on Cox Creek Parkway in Florence and on Avalon Avenue in Muscle Shoals.

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Commentary

14 Million is More Misrepresentation

There is much to digest in the proposed American Health Care Act. No single article or column can do more than scratch the surface of one of its many aspects. The intricacies of the Act are well above my pay grade. However, most of the minute details are no more than side-clutter to the main issues, anyway.

What IS concise is the Congressional Budget Office's (CBO) explanation of why most of an estimated 14 million people would no longer have health insurance by sometime next year. "... in 2018, 14 million more people would be uninsured under the legislation than under current law. Most of that increase would stem from repealing the penalties associated with the individual mandate. Some of those people would choose not to have insurance because they chose to be covered by insurance under current law only to avoid paying the penalties..."

Most in the media heavily spun that figure to appear that 14 million were being dumped on the curb so-to-speak by next year. The disingenuous Associated Press led the contingent that took it upon themselves to make that point incorrectly. However, nowhere was it said or implied by the CBO that people would lose, be canceled, or be denied insurance.

See 14 MILLION... on Page 32

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

In A Few Words



TOM MAGAZZU
Editor

Courier Journal

THIS WEEK

in the *Shoals*
March 22, 2017

Happening
THIS WEEK

Historic Band at Historic Home

FLORENCE—Christian Brothers Band of Memphis will play a free concert on the lawn of the W.C. Handy Home and Museum at noon on Monday, March 27. The museum will be open free to the public from 11am-1pm that day.

The Christian Brothers Band is the oldest high school band in America. It was established in 1872 with an unbroken lineage of ten band directors. The band has been a part of Memphis history from its beginning, having performed for two U.S. Presidents and the dedications of the Court Square fountain in downtown Memphis, the Great Mississippi River Bridge, and St. Jude Medical Research Hospital. The band has performed in twenty-one states from Hawaii to New York at events such as the Chicago Mid-West Clinic and the Tennessee Bandmasters Conferences. In recent years the band performed at Carnegie Hall and the Lincoln Center in New York, the Lincoln Memorial and Kennedy Center in Washington D.C., recorded at STAX records, and performed their 140th

See BAND.. on Page 16



Open Skies and Unlimited Views

TUSCUMBIA — The sky is not the limit for artist Veda Reed; it's just the starting point.

The Oklahoma native will be exhibiting a collection of her works inspired by the wide-open skies of the western prairies at the Tennessee Valley Museum of Art. The exhibit, Veda Reed: Oklahoma Skies, will open March 26 and run through May 11.

An opening reception for Reed will be held at the Tennessee Valley Museum of Art, 511 N. Water St. in Tuscumbia at 1pm on March 26 where she will meet and talk with visitors.

Reed is influenced by the open landscapes of her home state.

"I was more down to earth in college and always considered myself a landscape painter," she said. "Growing up and living in Oklahoma, there are very few

See SKY.. on Page 25

NORTHWEST ALABAMA SPAY & NEUTER ASSISTANCE (NASANA) is hosting its 2nd Annual Microchip Clinic on Saturday, March 25 from 10am-12pm at Pet Depot on Seville St. in Florence. "Save This Life" Microchips will be available at \$25 each while supplies last. The fee includes the Microchip, a Lifetime Registration with online profile, ID Tags, and Free Lost Pet Alerts.

POND SPRING AND THE ALABAMA HISTORICAL COMMISSION are pleased to announce the annual Miss Annie Wheeler's Heirloom Plant Sale on Saturday, March 25 from 9am-2pm. Special to the sale are boxwood propagated from the English Dwarf variety which the General's daughter, Miss Annie, planted on the Pond Spring site nearly a century ago. Other plants available for sale include daffodils, irises, daylilies, spider lilies, spirea, forsythia, and more - all harvested from our historic gardens. Proceeds from the plant sale will fund future restoration efforts on the fifty-acre site.

Kara Long, Site Director of Pond Spring said, "We are lucky that each spring Miss Annie's original plantings still grow and flourish on the site she designed." For more information, contact Kara Long at pondspringdirector@gmail.com or 256-637-8513. Find Pond Spring on Facebook or visit aha.alabama.gov. Pond Spring is a historic property of the Alabama Historical Commission. It is located in Lawrence County in Hillsboro, three miles east of Courtland, on Alabama Highway 20 (US Alt. 72).

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

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You Voted For This

Editor:

The Rockets Red Glare; The Bombs Bursting in Air. If you have not drawn a breath yet or are already in the ground, then you are SAFE in this country. Trump and the republican/Tea Party members of Congress are now out to get you especially if you are aged 8-80, blind, crippled, or crazy.

Everyday we are scatter-gunned with bright shiny things blown into the air to get your attention. These mainly come from a President who has been elected under a cloud of suspicion. Hey, look over here at the shiny thingy's I have

come up with today! Meanwhile, back on Capitol Hill the republican-controlled House and Senate are rapidly eating up our rights and safety nets that all Americans count on to allow us to live a somewhat comfortable life. Well, you can start kissing your comfortable standard of living goodbye. Under serious attack are healthcare, education, your 1st and 5th Amendment rights that include the right to peaceful assembly in protest of what the people YOU hired are doing. Then there is the EPA, alternative energy, and Social Security that we paid into. Everywhere you look shrapnel is falling around and on you. Do you duck and cover or will you stand with the rest of us to stop this republican nonsense? Yes, that includes

you republicans. Is this what you want for our country?

So if you voted for Trump and the republican agenda, what I have just outlined is what your future holds - Bright shiny things flying through the air to distract you from what is really going on behind the curtain. A summation to this will follow soon.

Michael J. Soroczak
Muscle Shoals

Only Hatred Remains

To the Editor:

For 25 years we have been at war with millions of Muslims in the Middle East, North Africa, and in Afghanistan. They cannot defeat us, and they never will. But we cannot defeat them, and we never will. The names and faces of our enemies change; only the hatred

See LETTERS... on Page 21

... They may also have richer social lives than we ever imagined...



A Special Coach

Knight's Corner

by Jerry Knight



The Deshler High School Tigers girls basketball program has produced seven state championships in their history. Robert Young won the first one in 1985 and since that time, Jana Killen has coached the Lady Tigers to six more state titles. Killen was destined to be a great coach from her high school and college days as a player. Killen graduated from Lawrence County High

School in Lawrenceburg, Tennessee. She lettered in basketball, volleyball and softball as a high school athlete. During the 1979-1982 seasons, Killen was All-District in all three sports. After graduation, she signed a basketball scholarship with the University of North Alabama. She was a member of the Lions' 1984-85 Gulf South Conference Championship

Team and was selected to the GSC All-Tournament Team. Her coaching career at Deshler ranks among the best in the state of Alabama. From 2003 through 2006, the Lady Tigers won four consecutive State Championships. They repeated as State Champions again in 2014 and 2015.

In addition to coaching basketball, Killen has coached softball, volleyball, tennis and swimming at the school. She has been State 4A basketball Coach of The Year several times and Alabama Basketball Foundation Coach of The Year in all classifications numerous times. She recently was selected Alabama girls basketball Coach of The Year by the Birmingham Tipoff Club.

She has always given credit to others for the team's success over the years. She credited assistant coaches Sharon Garrison, Jessica Freeman, Grace Moore and Lauren Cantrell with this year's 34-1 record. Prior to being upset in this year's 4A finals, the Tigers were hoping to hit the 70 consecutive game win streak early next season.

In addition to all her Coach of The Year awards, Killen received the ultimate honor for her coaching achievements in 2008 when she was inducted into the Colbert County Sports Hall of Fame. Jana Killen is truly a Special Coach.

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

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Hi there, I'm **MALCOLM**. I was born January 14, 2017. I'm a boxer mix. I'm just a lovable little boy. I'm going to be about medium built when I'm full grown. I'm up to date on my shots. I will be neutered and micro chipped when I'm the proper age. I would love to have children or other doggies to play with. If you're interested in giving me a forever home, please call PAWS at 256-383-0690



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IN CASE YOU'VE BEEN LIVING UNDER A ROCK, you have heard that a website called Wikileaks published some stolen documents that detailed methods that the CIA, FBI, and their British counterpart, MI5, use to watch your every move.

According to headlines they are listening to all your conversations by hacking into your Samsung TV, Apple iPhone, or Windows and Linux computers. The world hilariously reacted with vehement indignation that SPY organizations are SPYING on people! Who woulda thunk that?

It now seems that everyone and their grandma is turning off their TVs or phones to prevent the government from spying



Fisher

YOU ARE NOT THAT IMPORTANT!

by "The Computer Skeptic"

on them. As least many of my Facebook friends are doing so.

Look, I hate to break it to you but you're just not that interesting. Nobody is watching you through your TV or microwave oven. No one has hacked your phone to follow your every move. That just doesn't happen. Unless you're a bad guy, of course.

The details of these hacks have not been released but we do know some things. First off, Samsung TVs: The hack involves physically inserting a USB thumb drive into the back of the TV that installs a bit of

software that gives the TV a fake "off" status. The screen looks dark but the TV is actually still on. Some Samsung TVs come with a built-in microphone for video conferencing that allows the CIA to listen to your conversations. The important thing to remember here is that this hack requires that you let a CIA operative in your house so he can install the hack while you were making him some tea.

Details are scarce for the iPhone hack but what you need to know is this: Every operating system from iPhone to Android to Windows is always going

to be "hackable" in one way or another. These hacks also typically require that someone have physical access to your phone for a few moments to install the hack.

The CIA publicly admits it has at least 5,000 hackers in their employ who do nothing but find ways to hack into stuff.

Fortunately, big companies such as Apple, Google (author of the Android operating system), and Samsung pay hackers generous sums of cash to report vulnerabilities in their devices. When one is discovered, it is fixed. So it's a cat and mouse game that is constantly in flux.

Admittedly, it concerns me a little that some of these methods may have been released into the wild. That means that cybercriminals could potentially use them against less interesting people like you and me. The good news is that they probably

will not be successful because Apple, Samsung, Microsoft and others have also seen the leaked documents and have patched their stuff so that the tools will no longer work.

The bottom line is that unless you are a very interesting person that Russians, CIA, MI5 all want to know more about, you're pretty darn safe from being spied upon using these methods. So feel free to turn your TV back on.

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SOUTHERN APPEAL LAWN MAINTENANCE Services Now accepting new customers for the season! Lawn manicuring, landscaping, skid steer work, drainage solutions, tree and stump removal. Licensed, bonded and insured. Free estimates. 256-381-2306.

MITSUBISHI: MIRAGE DE, 2015 \$7,988. Cloth, auto, 21k. Financing available. Call Hoke 256-740-1297 or 256-764-3351

FOR SALE, 2014 SUNNYBROOK Pull Camper by Winnebago, sleeps six, slide-out. \$16,500. 256-383-9323.

FORD: EXPLORER XLT, 2015 \$27,986. Leather, 3rd seat, 21k. Financing available. Call Eric 256-577-8449 or 256-764-3351

SHANE PROCTOR HEATING, COOLING and Commercial Refrigeration, Licensed, bonded and insured, AL#1150 and AL#53089. 256-415-3758.

TOYOTA: SCION XB, 2008 \$9,500. Silver, tinted windows, spoiler, alloy wheels, 25-30 mpg, 4 cylinder, looks and runs great, no known problems, 2020 Alpine Dr off of Morris Hill Rd. Ask for James or leave message. 256-766-6327

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GMC: JIMMY SLT, 1998 \$1,650. OBO Automatic, 4.3 V6, leather, power options, towing package, alloy wheels, 247k. miles, Decatur 334-462-0311

TWO FEIST PUPPIES, LIVER and white, males, FREE, 256-366-7422. Muscle Shoals area.

BEGINNERS FIDDLE AND BANJO, \$200 each; one double neck Sho-Bud steel guitar with amp and stool, \$2,500. 256-381-3696

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NISSAN: MURANO, 2014 \$17,900. 36k miles, white, lady driven, non smoker, tinted windows, extra floor-mats. 256-366-5617

HP COMPUTER, WINDOWS 7, Dual 2.3 cpu, 2 gb ram, 160 gb hdd, \$100, DVD RW. 256-351-6708



AUDI: A5, 2013 \$26,000. Convertible, IBIS white with black soft top roof, Good clean car, been garage kept and serviced, tan interior with leather heated seats, has carpeted mats or all weather mats, XM/Sirius radio, 47k miles. 256-479-0756

COON 8 FT. DISK mower and Vermeer 505L roller (shed kept) \$12,000. OBO 256-476-3687

KIA: RIO LX, 2016 \$10,976. Cloth, automatic, 29k. Financing available. Call Brandon 256-710-4598 or 256-764-3351

HYUNDAI: SONATA GLS, 2013 \$11,997. Cloth, auto, 55k. Financing available. Call Hoke 256-740-1297 or 256-764-3351

RICK'S STUMP GRINDING Low prices and Free estimates, 256-740-2363 if no answer, leave message

Band...

Continued from Pg. 14

anniversary concert at the historic Orpheum Theatre in Memphis. The band has achieved superior ratings at concert festivals in the highest division and is nationally famous as a model band program in America. The Christian Brothers Band offers students the opportunity to realize their fullest potential in music. Individual instruction is offered daily and beginners are welcome to the program through its developmental band program. The band's challenge throughout its history has been to provide musical culture and entertainment to both school and community while maintaining high standards of music education.

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AD GOOD MARCH 22-28, 2017

MEAT



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USDA Select Star Ranch Angus TOP ROUND STEAK **\$3.19** Lb.



MADE IN ALABAMA

Zeigler WIENERS **\$1.49** 12 Oz.



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



\$1.99 Lb. **Swift Premium All Natural CENTER CUT PORK CHOPS**



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Oscar Mayer SLICED BOLOGNA **\$1.79** 1 Lb.
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MADE IN ALABAMA
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2/\$5

Northland CRANBERRY JUICE 64 Oz.
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Moore's MARINADES OR SAUCES 16 Oz.
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The Allens Italian Cut GREEN BEANS 14 Oz.
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- SHEFFIELD** Foodland Plus • 106 Towne Plaza • 7am-10pm • 256-381-6552

- TUSCUMBIA** 103 West 1st Street • 7am-11pm • 256-383-9425
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- ELGIN CROSSROADS** ELGIN Forest Plaza • 7am-11pm • 256-247-1958
- ROGERSVILLE** Rogersville Shopping Ctr. • 7am-11pm • 256-247-1805

Letters...

Only Hatred Remains

Continued from Page 14

remains. We kill one of their leaders, and two more step forward to replace him. We kill ten of their soldiers, and twenty more take up their guns. We kill the fathers, and the sons fight us; we kill the sons, and the grandsons fight us. Some say we must stay in their countries dropping bombs on their heads. The bombing doesn't really work, anyway. Dropping bombs on these people is like trying to kill a swarm of flies which has lit on a huge pile of fresh cow manure by hitting the manure as hard as you can with a big shovel; you will kill a lot of flies, but you won't kill them all, and you will definitely spread the problem.

After 25 years, this bitter feud has given us nothing but trillions of dollars of American money spent, and thousands of Americans killed or wounded. We can't make them love us, we can't kill them all, and we can't stay there forever. The only solution is to get the heck out of their countries, and to keep them the heck out of ours. This war is not a football game. It will not end with us dancing into the end zone and spiking the ball on the heads of our dead enemies. Come home, America; this one ends in a tie.

William Davis
Muscle Shoals

It Was a Great UCP Event!

Dear Editor:

On behalf of United Cerebral Palsy of Northwest Alabama, thank you to everyone who so generously supported our recent telethon on March 5, 2017 on the Valley's CW. We are so thankful to God and to this community for pledging to date around \$91,000 to help us provide services for another year to children who are developmentally disabled. We are overwhelmed by the support we've received. Thank you to the many individuals who helped with our telethon this year. This endeavor would not be possible without the help of so many.

And MOST OF ALL, thanks to all of you who opened your hearts and wallets to give to the telethon again this year. Thank you for caring enough to reach out and help your friends and neighbors by giving your hard-earned money to UCP of Northwest Alabama so that we can continue to provide FREE therapy and services to families again this year. THANK YOU!

Alison Isbell
Executive Director
UCP of NWAL
Tuscumbia

See LETTERS... Page 27

DRIVEWAY ROCKS AND GRAVEL dump truck loads delivered and spread. 256-740-7406. www.BamaDirt.com

WANTED DEAD OR ALIVE! Junk batteries, \$5 each. Ranger Battery Co. 426 Royal Avenue. 256-766-0473

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2010 HARLEY DAVIDSON XL 883N Iron, like new, only 2,908 miles, Vance & Hines Exhaust, \$6,200 OBO. 256-762-8313

2004 JEEP: WRANGLER, 6 cyl- inder, 5 speed, air, new top, tires, clutch. 172,000 miles, rebuilt title, \$8,200 OBO. 256-415-5555

1995 HONDA GOLDWING TRIKE low mileage. \$9,000 For more info. call 256-757-0203 or 256-366-2784

BUYING 1964 or BEFORE SILVER DIMES, Quarters. North Florence Coins. 7 Points Shopping Center. 256-764-0008

GLASS TOP WROUGHT IRON and Wicker Table and four chairs \$250. 256-685-3036 leave message

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HEY VETERANS!! DID YOU know, if you are a veteran with disabilities you may qualify for a grant that will pay up to \$6,800 for a walk-in shower? You don't even have to be a home owner to qualify. Renters qualify too! I can help you. For more information please call Patrick 256-627-8007

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2004 LEXUS: ES 330, Leather heated seats, electric doors, windows and mirrors. 6 CD changer. Excellent condition, one owner. \$7,500 (\$1,100 below retail). 256-760-0661

JEEP: LIBERTY, 2012 LIMITED Jet. Leather, sunroof, black, heated seats, luggage rack, AUTO, 4 door, 2x2, Sirius XM, Bluetooth, 61K miles; \$14,500 OBO. 910-257-0678 Muscle Shoals

GMC: ENVOY, 2006 \$6,000. Envoy SLT-Ruby Red and Fully loaded: Heated seats, all power, sunroof, DVD player w/ headsets, Touchscreen Pioneer in-dash CD/DVD receiver with after-market stereo system, leather interior- in very good condition! 24" Milani Bel Air 6 custom wheels-need tires but factory 17" wheels/tires also included, custom HID/LED lighting and more. 130,000 miles-very well maintained. 256-710-0104 CALL OR TEXT

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ITEMS FOR SALE : Portable brick saws, antique mantel, free Cedar for post, other items. 256-566-4768

BURIAL PLOTS TRI CIT-IES Memorial Gardens. Two \$1,600. or four \$3,000. Or make offer. Christus Garden, 55-D 1-2-3-4 256-247-5329

FORD: ESCAPE LIMITED, 2011 \$10,986. Leather, moonroof, 93k. Financing available. Call Tony 931-213-1386 or 256-764-3351

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18" BRIDE DOLL, MOVES to the tune "Here Comes The Bride" \$80 with stand. 256-309-7109 Hartselle

KITTENS! I have 2 kittens that need homes. Gray w/wht. Males. 12 wks. FREE to good homes. Decatur. 256-566-6423

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WHIRLPOOL SIDE-BY-SIDE REFRIGERATOR, WHITE, 22 cubic feet, water and ice in door, \$350. 256-483-2474

BUICK: RENDEZVOUS CXL, 2002 \$2,900 obo, looks nice, runs good. 256-275-2276

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

WANTED: HORSES, MULES, DONKEYS. Broken or unbroken, Top dollar, Call 256-263-0994.

2014 HONDA CIVIC 4-CYLIN-DER, 5-speed, 4 door, 36,500 miles, all power, air, cruise, keyless entry, Bluetooth, backup camera, tint, new tires, gray exterior, nice car, \$10,500. 256-654-1307

2006 FORD F-150 EXTENDED Cab, V8, automatic, air, 131K miles, \$10,900. 256-710-8120

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

2011 BASS BUGGY 18 ft. Pontoon, new 60 HP Bigfoot 4 stroke engine, trolling motor, depth finder and trailer, excellent condition. \$12,500. 256-443-8418

104242-1

JAGUAR: CONVERTIBLE, 2008 \$33,000. Portfolio edition, Rare, only 250 made, 42k miles. Call or text 256-683-2306

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

MITSUBISHI: LANCER ES, 2015 \$11,250. Cloth, auto, 36K, Financing available. Call Matt 256-810-0283 or 256-764-3351

2013 CHEVROLET: SILVERADO, \$23,500. Extended cab LT, 27,000 miles, one owner, 256-394-3264

SEASONED OR GREEN OAK Firewood, split, stacked and delivered, \$100 a truck load. 256-627-0663.

MG: MIDGET, 1979 \$900. Needs work. 256-627-8113

MITSUBISHI: LANCER, 2015 \$11,988. ES, Cloth, automatic, 32K. Financing available. Call Eric 256-577-8449 or 256-764-3351

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House Calls with Dr. Barco

I'm Interested in Taking the Diet Pill Phentermine For Weight Loss. What Do I Need To Know Before Starting It?

While my preference is always to attempt weight loss in my patients through diet and exercise, medication can sometimes be a useful tool to help with weight management. I often get asked about a medication called phentermine, or Adipex, which can "rev up" your system and cause decreased appetite and accompanying weight loss.

It's important to note that not everybody is a good candidate for phentermine. For starters, I pay close attention to body mass index (BMI) in somebody interested in attempting this therapy. Patients with a high BMI might benefit from this medication. When your BMI is less than 27, the risk usually outweighs the benefits of the medicine. But determining whether a patient can take it safely doesn't end with BMI. I also pay close attention to whether they have medical conditions that make it more dangerous to take the medicine, especially because your cardiovascular system. Anybody with a history of heart disease, including previous heart attack, congestive heart failure, heart valve disease and abnormal heart rhythms (like atrial fibrillation) should avoid this medicine. If they have the condition of high blood pressure, the blood pressure must be under good control before this medicine can be started. Somebody who takes thyroid medicine for low thyroid function must also have well-controlled thyroid hormone levels before safely prescribing this medicine. These are just some of the things I pay attention to before giving the okay to begin phentermine.

Once the medication is started, there must also be close monitoring of the patient. First and foremost, we monitor to make sure that the patient is losing weight on the medicine. After all, there is no sense

to take phentermine or any other weight loss medication if it is not helping one to shed pounds. Second, we pay close attention to how the medicine is affecting the blood pressure and heart rate. If either blood pressure or heart rate is high, this is grounds to either reduce the dosage or stop the medicine altogether. The medicine is also known to potentially cause certain side effects, so I ask the patient about this at every visit. Some of the most common side effects are jitteriness, insomnia, palpitations and headaches. As long as the medicine is contributing to adequate weight loss, the blood pressure and heart rate are under good control and there are no significant side effects, the medicine can usually be safely continued. One last point on phentermine is that its effects are typically temporary. In other words, the effectiveness of this medication subsides and eventually disappears after a few months. Therefore, this therapy is not one that is used long-term for weight loss. That is why it's so important to make sure that there is a good foundation of proper dieting and exercise. If one relies only on the medicine to lose weight, they can expect to gain the weight back once the phentermine effects wear off.

If you are interested in starting on this or any other medication to assist in weight loss, it is extremely important to consult with your primary care provider to see if this is a safe option for you.

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

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Junior Whirl

by Charles Barry Townsend

SPRING IS JUST AROUND THE CORNER!

It's time to get outside and spruce up the old homestead. In our puzzle grid, there is room for eight words associated with spring maintenance. Below are hints to get you started.

Answers On Page 34

There is a dark frame around one of the columns in the grid. If you correctly find all of our springtime words, the letters in this frame, top to bottom, will spell out the name of a store that you always visit in the spring.

1. A window treatment.
2. Needed to start the garden.
3. A must if you have a porch.
4. Lawn repair.
5. Needed before lawn repair.
6. What the house and garage often need.
7. Needed before chores 4 and 5.
8. Needed after chores 4, 5 and 7.

HERBIE FINALLY SOLOS! Can you guess on which flight Herbie successfully landed his new remote-controlled plane?

IT'S MAGIC! Use the numbers 9 and 11, and 16 through 23 to fill in this Magic Square. The numbers in each horizontal row and vertical column should total 62. We've filled in six of the squares. The rest is up to you.

15			8
		14	
10			13
	12		
[62]			

AN INTERESTING ADDITION! In this AlphaMath problem, each number is used only once. To solve, replace each letter with one of the numbers 0, 1, 2, 3, 4, 5, 6, 7, 8 and 9, in such a manner that you will have a correct addition problem. Try to get the highest possible total.

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Medicare Minute "Part B Drugs"

When we think of prescription drugs and Medicare, we usually think of Medicare Part D. Medicare Part D is a Medicare Prescription Drug Plan that is purchased from a private insurance company. Some drugs, however, are covered under Medicare Part B.

According to Medicare.gov "Medicare Part B (Medical Insurance) doesn't cover most prescription drugs used at home, but it does cover a limited number of outpatient prescription drugs under limited conditions. Generally, drugs covered under Part B are drugs you would not usually give to yourself, like those you get at a doctor's office or hospital outpatient setting."

So what does this mean and why does it matter? It means, in most cases, if you are prescribed a drug by your doctor and go to your pharmacy to pick up the prescription, it is covered under Medicare Part D. But, if you are given the drug at your doctor's office or in a hospital outpatient setting it could be filed under Medicare Part B. It matters because if your prescription is filed under Medicare Part D you may have a co-pay and may have to meet a deductible. Filing under Medicare Part D could also, if the drug is expensive, expose you to the "Coverage Gap" or "Donut Hole." If the drug is covered under Medicare Part B you may not have any out of pocket cost. This, of course, depends on the Medicare health plan you have to supplement Medicare.

Some of the most common drugs that can be covered under Medicare Part B are: Drugs used with an item of durable medical equipment such as an infusion pump or drugs given by a nebulizer, injectable and infused drugs given by a licensed medical provider, and vaccinations such as the flu shot. There are many other drugs covered under Medicare Part B. These are the most common. If you want to know if a particular drug you are taking can be filed under Part B ask your medical provider or you can come by our office.

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



Ikey Fowler

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Courtesy Photos

Sky...

Continued from Pg. 14

trees and one could see the horizon. I began to look up, and the sky became the major interest."

Reed added she doesn't just paint clouds, but she studies them, too.

"Because my part of Oklahoma is so flat, you can just see forever. Everything is affected by the sky and what is happening in the sky," she said. "I began to take a real interest in the vastness of the space. I began to study clouds and what started their formation and what they were able to cause as far as weather is concerned."

Reed received her BFA at the Memphis College of Art and began working at the college the year she graduated in 1956. After taking a leave of absence to study in Europe, Reed returned in 1962 as a Professor and held that rank from 1962 to 1995. Since retiring from teaching in 1996, Reed served two terms on the Memphis College of Art's Board of Trustees.

Notice of Abandoned and Unclaimed Motor Vehicle public auction will be on **04/14/2017 at 9am to 3pm**. We will be taking sealed bids. Auction will be held at **B&L Transmission 206 Industrial Dr. Muscle Shoals, AL 35661**. Vehicle may be viewed starting 04/13/2017 between the hours of 9am and 3pm.

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CHEVROLET: CORVETTE, 1981 \$9,000. T-tops, 350 RV Cam, Good condition. 251-753-9011

Mayo

Most people don't know that back in 1912, Hellmann's mayonnaise was manufactured in England. In fact, the Titanic was carrying 12,000 jars of the condiment scheduled for delivery in Vera Cruz, Mexico, which was to be the next port of call for the great ship after its stop in New York.

This would have been the largest single shipment of mayonnaise ever delivered to Mexico. But as we know, the great ship did not make it to New York. The ship hit an iceberg and sank, and the cargo was forever lost.

The people of Mexico, who were crazy about mayonnaise, and were eagerly awaiting its delivery, were disconsolate at the loss. Their anguish was so great, that they declared a National Day of Mourning, which they still observe to this day.

The National Day of Mourning occurs each year on May 5th and is known, of course, as "Sinko De Mayo".

Quips & Quotes

FROM THE 'NET

Funnies, facts, photos, rumors, somber and thought-provoking info. (some factual, some not) from emails, forwards and websites.



Signs for the Times

- In a Podiatrist's office: "Time wounds all heels."
- On a Septic Tank Truck: Yesterday's Meals on Wheels
- On a Plumber's truck: "We repair what your husband fixed."
- On another Plumber's truck: "Don't sleep with a drip. Call your plumber."
- At a Tire Shop in Milwaukee: "Invite us to your next blowout."
- In a Non-smoking Area: "If we see smoke, we will assume you are on fire and take appropriate action."
- On a Maternity Room door: "Push. Push. Push."
- Outside a Muffler Shop: "No appointment necessary. We hear you coming."
- At the Electric Company: "We would be delighted if you send in your payment. However, if you don't, you will be."
- On the back of another Septic Tank Truck: "Caution - This Truck is full of Political Promises"



The Unacceptable Tax Return

This example shows the importance of accuracy in your tax return.

The IRS has returned the Tax Return to a man in New York City after he apparently answered one of the questions incorrectly.

In response to the question, ... "Do you have anyone dependent on you?" the man wrote: ... "7.1 million illegal immigrants, 1.1 million crack-heads, 4.4 million unemployable scroungers, 80,000 criminals in over 85 prisons, plus 450 idiots in Congress and a group that call themselves Politicians."

The IRS stated that the response he gave was unacceptable.

The man's response back to the IRS was.... "Who did I leave out?"



How Not To Buy A Gun

YESTERDAYwent over to the local Bass Pro Shop to get a small 9mm for home protection.

When I was ready to pay for the gun and bullets, the cashier said "Strip down, facing me."

Making a mental note to complain to the NRA about the gun control wackos running amok, I did just as she had instructed.

When the hysterical shrieking and alarms finally subsided, I found out she was referring to how I should place my credit card in the card reader!!!

I've been asked to shop elsewhere in the future. They need to make their instructions to seniors a little clearer.

I still don't think I looked that bad.



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Letters...

Continued from Page 21

Housing Cuts Unacceptable

Editor:

There is a national shortage of 7.4 million homes which are affordable and available to the lowest income people in America. Just one in four of the poorest seniors, people with disabilities, families with children, and veterans get the housing assistance they need. At a time when the housing crisis has reached historic heights and the lowest income people suffer the most severe impacts, proposals to slash HUD funding are unconscionable and unacceptable.

These cuts could put

more than 200,000 families and seniors at immediate risk of eviction and homelessness. They will starve local communities of the funding they need to build and repair affordable homes and revitalize distressed communities.

Diane Yentel
President and CEO
National Low Income
Housing Coalition
Washington DC

Roundups Are Indefensible

To the editor:

The pain and suffering intentionally inflicted upon rattlesnakes during roundups is indefensible. Rattlesnakes bite only to defend themselves and actively avoid contact with humans. These fascinating

reptiles are a critical part of a healthy eco-system.

They may also have richer social lives than we ever imagined. Female snakes separated at birth can recognize relatives when they are reintroduced years later. One study found that female timber rattlesnakes, who often cluster together in groups of six or more in rookeries, prefer to associate with relatives rather than with strangers.

During roundups

gasoline is pumped into dens and burrows and snakes are ripped from their hollows with hooks and tongs. The animals are jammed into sacks and garbage cans and left without food or water. Their heads are chopped off and their still-beating hearts are left in a bloody pile to be sold to China as aphrodisiacs.

Children are encouraged to dip their hands into the pools of blood and leave gory handprints on the

walls.

There have been reports that some snakes may have their mouths sewn shut so they can be manhandled by the public and used as photo props.

These sick spectacles are nothing more than cash grabs. Rattlesnake roundups are barbaric and should be outlawed.

Jennifer O'Connor
Senior Writer
PETA Foundation
Norfolk, VA

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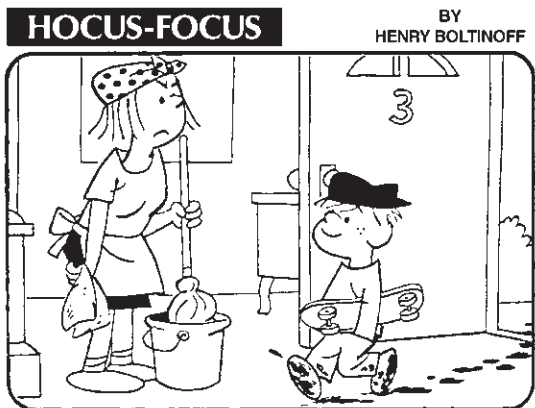
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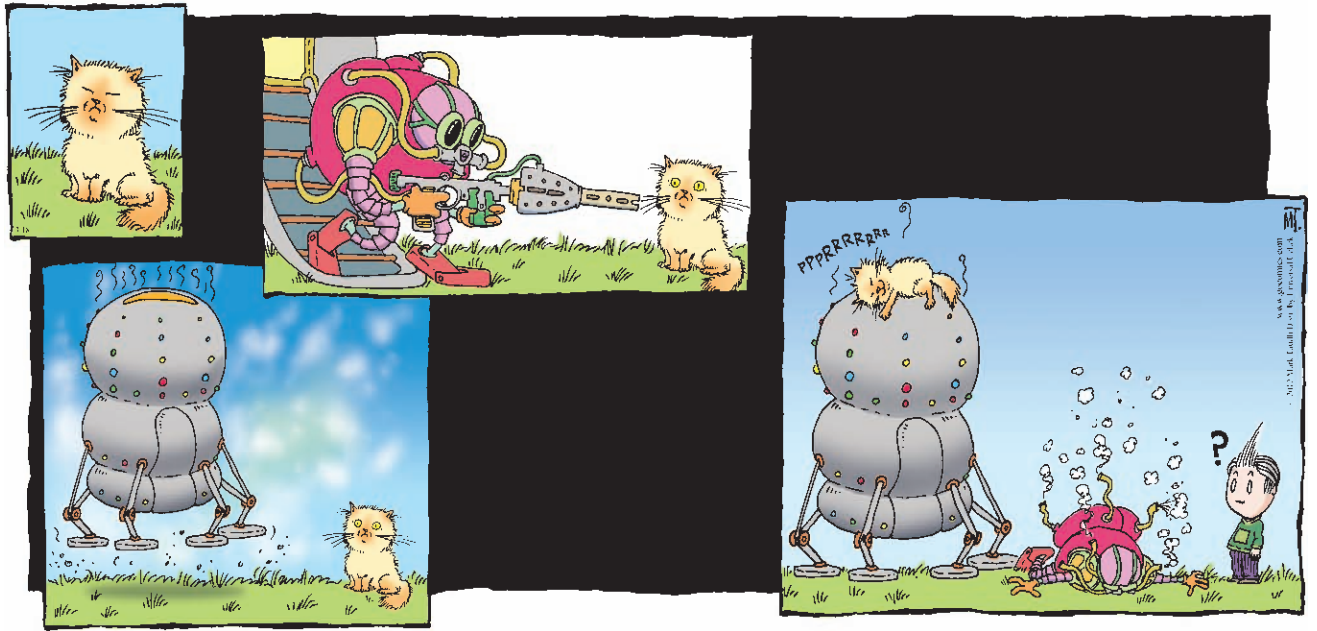



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DAVE Says

by DAVE RAMSEY

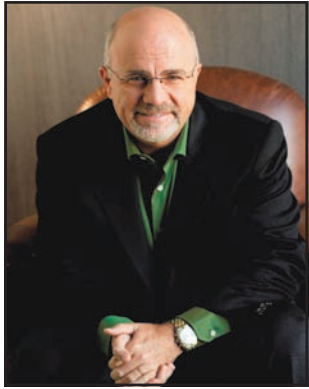
GET RID OF THE CARDS

Dear Dave,
We're trying to get control of our finances, and my husband wants to close all our credit cards. I want to keep one and use the bill-pay option for monthly stuff like utilities, so we can keep earning rewards points. I look at my way as a method of just re-routing the money and paying it off each month. Am I wrong in looking at it like this?

Cheryl

Dear Cheryl,
Yes, you are. Life never goes as planned. You can have all the well-reasoned and best-intentioned ideas you want, but sooner or later something will go wrong.

Why not use a debit card that has a rewards system attached? Lots of debit card programs offer the same kinds of rewards programs that credit card companies do, with one big exception — you don't have to go into debt!



collection agency's options?
Anonymous

Dear Anonymous,
In most situations of this type, the collection agency owns the debt outright or they're directly representing the original creditor. It's pretty much standard operating procedure when someone has defaulted on a loan.

My advice would be to accept the deal they've offered that makes the most sense for you and your current financial situation. It'll ding your credit report, and show a settlement on the defaulted credit card, but that's not the end of the world. There's already a mark against you for it being turned over to collections.

If you want to keep things like this from happening in the future, you need to get control of your finances. Stop playing with credit cards!

—Dave

Studies have shown that the vast majority of people never redeem their credit card airline miles. Other studies show that people spend more when using credit cards as opposed to cash. That extra money you spend on things you don't need is money you could have been saving and investing.

So, where's the reward?
—Dave

COLLECTIONS AND CREDITORS QUESTIONS

Dear Dave,
We were very late on one of our credit card bills, and now it has been turned over to a collection agency. The collection company has offered us three or four different payment options. Does the original creditor accept the agreement, too, if we accept one of the

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

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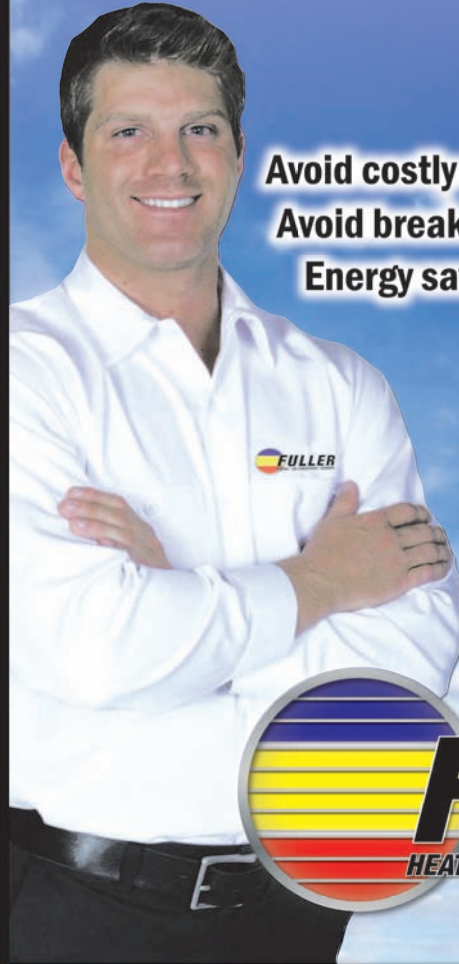
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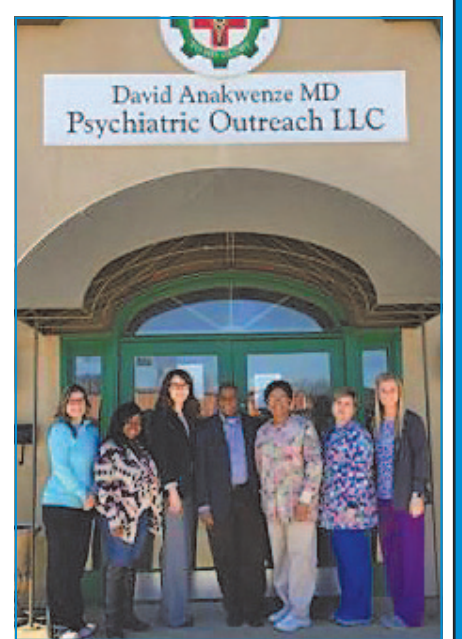
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Great room features rock fireplace with cathedral ceilings, Dining room, kitchen & full bath, Master bedroom & master bath, Laundry Room & Patio, Double carport & Storage room
Upstairs: 3 Bedrooms & Full Bath
Property: Landscape & level 0.85 acre +/-

DIRECTIONS: From Hwy 72 & Hwy 43, Tusculmbia, take 43 South approx. 12.7 miles. Turn left on County Road 13 (Country Hill Rd). Turn left on Pine View Blvd. & turn left on Twin Mountain Loop. The property & sale site will be on the right. **Watch 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. 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 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 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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Estate

FLORENCE: 511 E TOMBIGBEE #2: 1 bdrm. 1 ba. \$275 rent, \$250 deposit. Window A/C, electric heat, water included. 256-764-3137

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NORTH FLORENCE: 2 OR 4 BEDROOM HOUSES. Appliances, \$495 - \$595 plus deposit. 256-764-3986

FOR RENT: NEW APARTMENTS 2 Bedrooms, 2 Bath in Zip City. Call 256-766-0023. Select South Group

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.

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

SEEKING THREE BDRM. 2 ba. home with 5-15 acres in rural Colbert, Franklin, Marion Counties in Alabama or northeast Mississippi. Sale/lease or lease/buy. 256-320-5750

OWNER FINANCING/NEEDS WORK, FLORENCE, 124 Conner St., 2 bedroom, 1 bath, \$1,000 down, \$495 per month. K&H Inc. 256-349-0000

SHEFFIELD: 709 DOVER AVE. 3 bdrm. 2 ba. Fenced yard, Close to schools. 256-335-2265

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. \$683 monthly. 256-502-2430

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

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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 units. Quiet neighborhood. \$87,900. (Negotiable) 256-577-2394

2238 N. WOOD AVE Florence, House near UNA, 2 bedroom, 1 bath, central heat and air, carport, basement, ceiling fans \$44,500. 256-335-2899

820 KELLER LANE 2 or 3 bdrm., 2 gba., rent or sale. 820 Keller Lane, Tuscumbia. \$550 mo. 256-415-5555

HOME FOR SALE SPRING Valley Area, 1425 Turkey Farm Road, 15 Acres, remodeled house with finished basement, double detached garage and 30'x40' shop. Asking \$199,900. 256-810-4375

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

LOT FOR SALE, PLANTATION Springs Lot 16, SW Corner of Plantation Springs Drive and Karley Lane, 116.3 x 157.28, .38 acre. \$68,000 256-627-3948

540 BLAKE DR. CORNER lot; Aycock Heights Subd.; brick storage building; \$45,000. 256-366-7295

FLORENCE: TOMBIGBEE COURT 1 & 2 Bdrm. \$575 Rent, \$300 Deposit. Security Gate, CH/A, water included. 256-764-3137

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

TUSCUMBIA: FOR RENT, 3 bdrm., 1.5 ba. home, \$700 deposit, \$700 month. No pets, no smoking. Ready on 4/15/17. 256-668-6921.

FARM AUCTION

FRIDAY, MARCH 24 • 10AM

800 COUNTY ROAD 22 • MOUNT HOPE, AL

75+/- acre Farm offered in 5 Tracts and Combinations • 3 Bedroom, 2 Bath Brick Home with in ground Pool & Shop • Mobile Home or Building Lot • 4 Chicken Houses, Pond, Row Crop Land • Trucks, Trailers, Farm Equip, & Much More

SELLER: Sam Spruell



(75 +/- acre farm offered in 5 tracts, combination of tracts and as a whole. **TRACT #3** is the house tract. It has a neat 3BR 2BA home with an in ground swimming pool, a shop building overlooking this beautiful property. **TRACT #4** is a 1.5 acre Building or Mobile lot with utilities and septic system in place. It also has a beautiful view of the farm. **TRACT #2** is 16.6 acres and has a barn and 2 Chicken Houses. **TRACT #1** is 18.2 acres and has 2 Chicken Houses. **TRACT #5** is 35.2 acres. Most of the farm has been used for row crop production the last few years.

For more information or to view this property contact BEN PHILLIPS 256-710-9683

Visit our website: www.shanealbright.com to see additional photos and for a complete equipment list!!



Shane Albright Owner/ Broker / Auctioneer 6508 Hwy 72 Killen, AL 35645 AL # 256-757-8898 TN # 931-762-5134 AL LIC1569 TN LIC5431 Firm112

DIRECTIONS: From County Road 460 (Old Hwy 24) in Mount Hope go south on CR 23 for 1.4 miles, turn right onto CR 448 and go 6 tenths of a mile, turn left onto CR22 and go 1.3 miles to property on the left. Watch for the SHANE ALBRIGHT AUCTION SIGNS!!!

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CENTER STAR:

- 6183 Hwy 72, Retail Space\$900

ROGERSVILLE:

- 2506 Hwy 101, 3BR, 1BA Trailer\$475

KILLEN:

- 100 Riverview Way G7, 2BR, 1.5BA, River Views....\$675
- 231 Cedar Ln., 4BR, 2BA\$1200

Call Phillip Patterson • 256-757-5525

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AUCTION!

Sat. March 25th 10:A.M.
2100 S.F.± 3 B/R 2 Ba Brick Home
150' Commercial Lot on US 43
100' Bldg or Mobile Home Lot C.R. 8
8891 Hwy 43 Florence, AL 35634

US Hwy 43 Four Laning in process !!!



Home: Here is your opportunity to purchase a nice home with 102' of Valuable Commercial Potential! Floor plan consists of 3 nice sized Bedrooms, Huge Den with Brick Fireplace, Big Kitchen, Dining Room, Utility Room, Carport & Handy Detached 24'x 30' Shop!

Tract 1: 150' Commercial Lot on Hwy 43 with 0.67 Ac±
Tract 2: 100' on C.R. 8 just off Hwy 43. Nice Home or Mobile Home Lot 0.43 Ac±.



150' Hwy 43 Frontage! Private Backyard! 100' Bldg or Mobile Home Lot
.67Ac± Comm. Potential C.R. 8 at Hwy 43

Directions: From Killen, AL proceed North 8 miles, home on left and sale site for all three properties. See ya there!!!!

Terms: 10% down day of auction balance due in 30 days. Property to be sold AS-IS. Seller providing deed, pest inspection, title search. Title insurance available at buyers expense. Home built in 1980. No Buyer's Premium. All sales final with no contingencies. Don Behel Realty & Auction, Group, Inc is agent for seller only. Information contained herein believed to be correct but not guaranteed. Announcements made day of sale supersede all printed info!

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AUCTION 10:AM FRIDAY MARCH 31st

County Road 129, Mount Hope, AL in the Flat Rock Community near Hatton & lying between County Line Road & Hwy 101

Two Farms totaling 160+/- Acres

Farm #1 100+/- acre Farm offered in 4 Tracts, Combinations & Whole
Farm #2 60+/- acre Farm offered in 4 Tracts, Combinations & Whole
55 Guns, 3 Trucks, Trailers, Polaris Ranger 4x4, Husqvarna 4x4 UTV, Farm Equipment & More



Call Ben Phillips 256-710-9683 or visit www.shanealbright.com

Directions: to Farm#1, From Hatton High School on Hwy 101 go south on Hwy 101 for 8 tenths of a mile, turn right onto County Road 131 & go 4.5 miles, turn right onto CR129 and go 1.2 miles to auction site. Watch for the SHANE ALBRIGHT AUCTION SIGNS! To Farm#2, Continue on CR 129 for 1.5 miles to Property. Watch for the SHANE ALBRIGHT AUCTION SIGNS! See website for terms! Firearm purchases will require a background check.

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NISSAN: SENTRA SL, 2012 \$9,658. Cloth, automatic, 51k. Financing available. Call Gabe 256-710-3407 or 256-764-3351

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CRAFTSMAN 6 INCH PLANER \$90; Small Peavey Guitar Amp \$50; 1962 Magnavox Stereo \$20. 256-766-6820

383 MASSEY FERGUSON TRACTOR with loader bush hog \$16,000. 25 Ft. goose neck trailer \$5,000. 256-318-2749

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Commentary

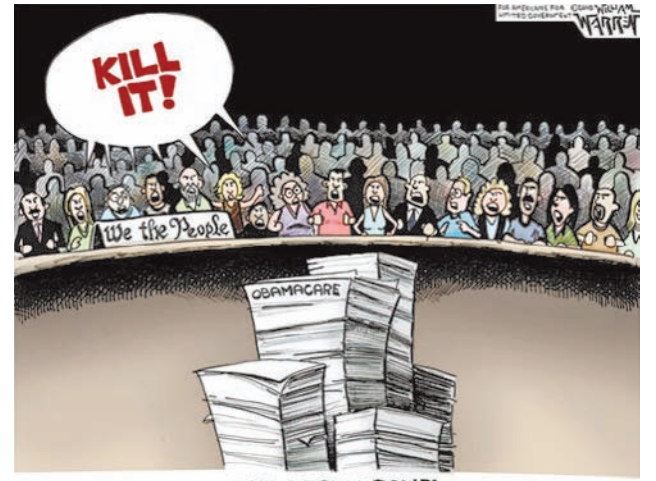
14 Million...

Continued from Page 14

The Obamacare plan forced participation to avoid federal fines. The proposed law returns choice back into the picture - without our heads being at Federal gunpoint. Americans can decide if health insurance is something that they want. It's no different than purchasing cancer, disability, or life insurance. We weigh the risks and rewards and make a choice we have to live with. Sometimes our choices are prudent and well-reasoned. Sometimes they are self-serving with minimal forethought. It's a choice. Some will also choose not to take health insurance when some subsidy levels are reduced. That is borderline stupidity, but it is a far cry from 'Trump, the butcher' taking our healthcare away. Those are just more half-truths and supposed facts. What happens if someone who is uninsured has a medical emergency? That may be up for debate, based on how Trump campaigned on getting rid of ObamaCare. His proposal is little more than ObamaCare2 with a few tweaks.

It's interesting how some nationalized healthcare proponents refer to health coverage as a right, while others proponents want participation to be mandatory. Logically, it is one or the other. It can't be both.

The premise of healthcare being a right or an entitlement is straight out of the Marxist handbook. Once again, they have sold millions of people on the premise of a socialist philosophy which translates to "minimal responsibility." Publicly subsidized healthcare coverage is no more of



THE DEATH PANEL.

a right than is owning a pool, a car, or a windmill. Neither should it be mandatory.

As has been stated in this space many times, I am always open to helping those who are deserving. I'd say most reasonable people are. That would include subsidizing a modest degree of health coverage. However, people don't qualify as 'deserving' simply because they exist.

Honorably discharged veterans should head the list with medical care as needed. Medicare and Medicaid recipients and the disabled could be in the next several tiers depending on various factors. However, those supporting the system should be the primary recipients of the most detailed care.

There are far too many stories about subsidized ObamaCare patients having NO premiums, no prescription costs, \$10 office copays, knee replacement surgeries and therapy covered with no copay and no deductible, etc.

Meanwhile those purchasing insurance on their own or taking part in company-sponsored plans that are paid in full often have insurance premiums of \$800-\$1,000/month, \$50 office copays, surgery

deductibles and copays into the thousands and an annual out of pocket ceiling of \$6,000-\$10,000.

THAT is simply out of bounds and defies logic... unless one has a skewed view of economics.

Insurance should not cover every pill or expense, but neither should it cost the contributors and subsidizers through the nose. Those who pick up the tab should have the greatest degree of coverage, period.

Those who pick up very little of their own tab should receive adequate preventative and treatment care. However they should also have some restrictions, limitations and requirements. A few dollars out of pocket in any situation keeps us all mindful of the fact that NOTHING is free.

Bottom line: To keep everyone cognizant of economic realities, every covered able-bodied person MUST have some skin in the game in all areas of life, however small. That includes things like income taxes, housing, utilities, food, transportation... and yes, healthcare insurance.

As with most situations, when people say they can't afford to have it, they actually can't afford NOT to have it. That's another topic for another time.

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See Page 6 for details!

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Soap Opera Preview

THE BOLD AND THE BEAUTIFUL Steffy and Liam exchanged vows in front of the Sydney Opera House. Meanwhile, Wyatt soothed his bruised heart with alcohol. Saul and Darlita anxiously awaited word from Sally about possibly getting her hands on any Forrester Creations's secrets. With their own big day just hours away, Brooke made sure Ridge was still excited to marry her. Sally fell hard for Thomas in Australia. Ridge warned Quinn that their secret trysts would come to an end once he married Brooke. Conceding that Brooke was to be married the next day, Bill offered his support to her for whenever she might need it. *Wait to See: The Spectra gang gets their first "secret" look at the latest Forrester designs.*

DAYS OF OUR LIVES Brady got Nicole settled into her new home. Abigail was in serious danger. Chad told Gabi that he could never see her again. Later, Chad and Dario panicked when they realized that Abigail was missing. Deimos revealed his plan to give Chad an impossible choice. Abe asked Lani for a favor regarding Eli. Chad was forced to make an agonizing choice between Abigail and Gabi. JJ, Paul and Dario searched frantically. Steve traced his and Ava's son to a diner in Arizona. Joey tended to Jade, who was loving the attention he was giving her. Nicole was afraid her neighbor would find out that she and Holly were on the run. *Wait to See: Adrienne's loved ones gather to support her as she prepares to undergo a double mastectomy.*

GENERAL HOSPITAL Anna delivered a big ultimatum. Carly couldn't see past Sonny's betrayal. Dante and Michael had a heart-to-heart talk. Nelle entertained an interesting proposition. Tracy confronted Finn. Hayden dodged Liz's questions. Laura's fixation put a strain on her relationship. Anna enlisted Obrecht's help. Liv taunted Griffin. Valentin tied up loose ends with Nora. Sonny faced Morgan's killer. Finn fought to keep his secret. Liv expressed her gratitude. Tracy received a tempting offer. Franco shared his concerns. Hayden turned to Curtis for help. Jason and Sam reconnected. Alexis struggled with her grief. *Wait to See: Ava pays a hefty price for her silence.*

THE YOUNG AND THE RESTLESS Ashley was livid that Jack continued to put his revenge against Billy before the family business. Phyllis warned Billy not to do something he'd regret. Ashley offered Neil a job with Jabot. Jack urged Hilary to put a clause in her divorce that didn't allow Devon anywhere near "GC Buzz." Colin told Jill that he was finally setting her free. Cane couldn't shake the feeling that something strange happened to him in Tokyo. A drunk Chloe danced with Scott at The Underground. Michael informed Nick that Sage left him her inheritance from Constance Bingham. Nick told Chelsea that he wanted her to have the money. Jill considered forgiving Colin. *Wait to See: Devon sets his sights on someone new.*

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FORD: FUSION, 2007 \$700. transmission slips slightly, 256-627-8113.

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FARM EQUIPMENT AUCTION 9:AM SAT March 25th
County Road 221, Florence, AL Call Terrell Phillips 256-710-8651

Directions: From Florence, AL on AL Hwy 20 (Savannah Hwy) take Co. Rd 14 (Waterloo Rd.) west for 4 miles and turn left at the Oakland Gin on Co. Rd 15. Go 1 mile and turn right on Co. Rd 62, then go 3 miles to stop sign at Canaan Church and turn left on Co. Rd 189. Go half mile to sharp curve & Auction Site will be on the left on gravel Co. Rd 221, watch for auction signs!

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Getting To Heaven

Since sin keeps us out of heaven, then what's sin? Proverbs 21:4 "An high look, and a proud heart, and the plowing of the wicked, is sin." Proverbs 24:9a "The thought of foolishness is sin..." Romans 14:23c "for whatsoever is not of faith is sin." 1 Corinthians 15:56a "The sting of death is sin..." James 4:17 "Therefore to him that knoweth to do good, and doeth it not, to him it is sin." 1 John 5:17a "All unrighteousness is sin..." CONCLUSION: Romans 3:10 "As it is written, There is none righteous, no, not one." Romans 3:23 "For all have sinned, and come short of the glory of God." NOW, WHO IS YOUR SIN-BEARER? See 1 Peter 2:24. A sign on a building the other day read; "God saves us but we must do the work." What in the world is "the work? Jesus said: John 17:4 "I have glorified thee on the earth: I have finished the work which thou gavest me to do." Again in John 19:30a "When Jesus therefore had received the vinegar, he said, It is finished..." GOD FINISHED IT ALL FOR US, WHETHER WE BELIEVE IT OR NOT. God doesn't need help in salvation.

In John 1:29 "The next day John seeth Jesus coming unto him, and saith, Behold the Lamb of God, which taketh away the sin of the world." Read 1 Peter 2:24. Read 2 Corinthians 5:21. Read them again. Now read Ephesians 2:8&9 and Titus 3:5 KJV. Think, if works are required to get to heaven and you haven't done enough works when you die and YOU miss heaven, then not working enough must be a sin. Who is going to bear your sin and the penalty for you in eternity? You are. If you miss heaven, there's only one other place to go. Think. What have you done today that God should let you into heaven? WHO IS YOUR SIN-BEARER? It is ludicrous to try and pay a sin-debt that has already been paid. You need a savior and He's Jesus Christ, the LORD. You say; "it cannot be that simple." IT IS. To get to heaven, you must have God's righteousness, and His righteousness is Jesus Christ. Christ lived a perfect life, died for our sin, and was buried, and rose again. If you won't trust Him for salvation, then you enter eternity on your own. Look to Christ today.

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Community Notes...

Continued from page 4

Northwest Alabama Spay & Neuter Assistance (NASANA) is hosting its 2nd Annual Microchip Clinic on Saturday, March 25 from 10am-12pm at Pet Depot on Seville St. in Florence.

"Save This Life" Microchips will be available at \$25 each (while supplies last) The fee includes include the Microchip, a Lifetime Registration with online profile, ID Tags, and Free Lost Pet Alerts. We thank you!

Autism Support Group Meeting - Thursday, March 23, 10am-12noon at Florence Public Library. We will have refreshments.

Autism Support Group is every fourth Thursday of every month.

For more information, please call Bridget Anderson Hodges at 256-767-6414 or 256-740-2532 or email at bridgethodges4@gmail.com.

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.

Lauderdale County School System will be accepting applications for the First Class PreKindergarten funded by the Office a/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 (l1 ww.lcschools.org) and each school's web page.

Enrollment is nondiscriminatory and open to all children. 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.

REAL Rehomed 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 Rehomed Educate Adopt Love and our website www.rehomededucate.webs.com

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

Florence-Lauderdale Public Library Teen Program is hosting a special set of events for 5th-12th grade students Tuesday evenings, 5-7pm, now through April 24. We are partnering with UNA to offer an 18-week Relationship Smarts series that will help your kids with topics such as attraction, communication, healthy relationships, parental relationships, dating abuse, and ending relationships. The students will be separated into groups of 5th-8th grade and 9th-12th grade, so each group will participate in the Relationship Smarts class for one hour and will also get to attend a fun Teen Program activity. Plus, we'll provide dinner for all students attending Relationship Smarts (Thanks to Edgemont Methodist Church for providing meals!).

For more information, call 256-764-6564, ext. 24.

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 22, 9am - 4:30pm, Colbert County Court House, 201 North Main Street, Tusculumbia

Thursday, March 23, 9am - 6pm, Shoals Association of Realtors, TBA

Friday, March 24, Noon - 7pm, Walmart, 13675 Highway 43, Russellville

Saturday, March 25, 10am - 4pm, H&R Block, 233 Avalon Avenue, Muscle Shoals

Sunday, March 26, 11:15am - 4:30pm, Petersville Church of Christ, 3601 Cloverdale Road, Florence

Monday, March 27, 11am - 6pm, BAM, 318 Cox creek Parkway, Florence

Tuesday, March 28, 9am - 3pm, Mount Hope School, 8455 County Road 23, Mount Hope

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 Tease 256-767-5668 (brendatease@gmail.com) ASAP

DivorceCare, a special help seminar and support group for people experiencing divorce and separation, will take place on Wednesday evenings at First Baptist Colbert Heights beginning March 15 at 6pm. Contact the church at 256-383-8016 for more information.

Get Dirty at the Library: Vegetable Gardening - Thursday, March 23, 11:30am at the Florence-Lauderdale Public Library

As planting time approaches, come learn some vegetable gardening techniques from Taylor Vandiver of the Alabama Cooperative Extension System. Whether you have a small raised bed or a large garden plot, Taylor will have some great information and will answer your questions. Call 256-764-6564 for more information.

One Human Family Gathering Thursday, March 23 at 4pm in Mullen Hall at Trinity Church on Pine St. in Florence. Bring a poem, song, picture, prayer, or statement that reflects your understanding of the unity of our human family.

Line Dance Class: Florence Parks and Recreation Department is taking registration for Line Dance Class at the Broadway Recreation Center. Fee is \$30 for 6 weeks. The class will meet on Fridays beginning March 24, 7-8:30pm with Instructor, Jan Ownby. Preregister by calling Broadway Recreation Center at 256-760-6418.

Colbert County Schools is proud to host our annual "Shawn Brown Super Fun Show" on Friday, April 21, 9:30-10:30am, doors open at 8:30am, at Northwest Shoals Community College Gym, Muscle Shoals. Pre-K and Kindergarten Programs. \$10 per person, advance purchase only. Ticket sales thru March 24 only.

More information visit www.shawnbrownshow.com. Contact Lori South lsouth@colbert.k12.al.us or Molly Lawler malawler@colbert.k12.al.us by email or call 256-381-6131 with questions.

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.

Chicken Stew to Benefit East Asia Mission Trip - Saturday, March 25, 10am-2pm at 1st Methodist Church Tusculumbia, 104 East 3rd St. \$20 gallon, \$12 half gallon. Containers provided.

Fourth Saturday Breakfast at Zip City Community Center on March 25 from 6:30-9am. Menu includes eggs, sausage, bacon, biscuits, gravies, grits, juice and coffee. Adults \$6, children under 10, \$3. Proceeds used for Center expenses. Everyone is invited.

The Murphy's Chapel Cemetery Committee would like to inform you that we will be cleaning all old flowers and decorations from graves beginning March 25 in preparation for the mowing and maintenance for Homecoming Day on May 7 and during the summer. Please only place flowers and decorations on the headstones. Any new flowers or decorations should be removed by June 1. All mounds should be leveled, footstones lowered to ground level, and all borders, gravel, lights, statues, etc. removed. Your cooperation is appreciated.

NAMI Shoals will be meeting Tuesday, March 28 at 7pm at the NAMI Shoals office, 749 Thompson St., Suite A, Florence. The speaker will be Will Motlow, Probate Judge Lauderdale County. The topic will be Mental Health Issues. The public is invited.

Need directions or more information, call 256-765-2081.

Colbert County Schools First Class Alabama's Voluntary Pre-K Program Registration - applications will be accepted the entire month of April.

Information needed for Pre-K enrollment: completed application forms, birth certificate, immunization record, social security card, proof of Alabama residence (recent power bill with address portion). Students eligible for Pre-K must be 4 years of age on or before September 1, 2017.

18 students will be randomly drawn to fill each class. No child will be denied registration on the basis of race, color, nationality, sex, or disability.

Available locations:
Cherokee Elementary - 256-358-6422
Colbert Heights Elementary - 256-381-6132
Hatton Elementary - 256-446-5679
New Bethel Elementary - 256-383-6471
Leighton Elementary - 256-446-8351.

The Lawrence County Gospel Community Choir will be singing at First Church of the Nazarene in Sheffield on Sunday, April 2 at 6:30pm. Gaither style, solos, trios, quartets. Come and enjoy an evening of gospel music!

The Salvation Army Women's Auxiliary Empty Bowls Luncheon is Tuesday, April 4 from 11am-1pm at the Marriott Conference Center. Tickets are \$15 in advance or at the door. Shuttle buses will take you from Veterans Park to the door. Carryout is available. All funds go to The Salvation Army of the Shoals. Salvation Army Headquarters 256-764-4432

The 44th annual CrescenDough Auction, "Music of the Night," is Friday, April 7 in the VBC North Hall. The evening will include a buffet dinner, live and silent auctions with items from the finest of jewels to one of a kind parties, fabulous vacations, beautiful art and unique gifts and services. Tickets are \$75 and are on sale now. To purchase a ticket or for more information go to: http://hsoguild.org/crescendoughauction/ Proceeds benefit the Huntsville Symphony Orchestra Guild which includes music education.

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

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, composting 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.

Breakfast at Lexington Senior Center Saturday, March 25, 6:30-9am. \$6 per person, with coffee and juice.

Muscle Shoals Baptist Association, Inc. March Rally 2017 - March 25 at Mt. Olive Missionary Baptist Church, Muscle Shoals. Registration begins at 9am.

March 26 at North Alabama Baptist Academy, Courtland.

Theme: "Bridging the Gap Between the Old and New in the 21st Century Church".

More info: 256-974-8878.

Comedy Magician Brian Staron is returning to the Historic Shoals Theater on Saturday, April 8 at 7pm. Tickets at the door are \$12. Or go to www.adoptacadabra.org and pre-order tickets at the early bird price of \$10. Proceeds from the show go directly to AGAPE of North Alabama (agapecares.org). Sponsorship levels and reserved VIP seating are available by calling 256-335-5829.



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by Charles Barry Townsend Illustrated by David Coulson

1	W	A	S	H	I	N	G	
2	S	P	A	R	E	I	N	G
3	S	C	R	E	E	N	G	
4	S	E	E	D	I	N	G	
5	M	O	W	I	N	G		
6	P	A	I	N	T			
7	R	A	K	I	N	G		
8	E	D	G	I	N	G		

15	18	21	8
20	9	14	19
10	23	16	13
17	12	11	22

[62]

Our Answer: A=8, B=5, C=9, D=7, E=4, F=3, G=1, H=6, I=0, J=2 (859 + 743 = 1602).

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