

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

Volume 133 Number 22

March 29, 2017

POSTAL PATRON

**Elementary Art at AMHoF**

TUSCUMBIA-Inspired by Music in Our Schools Month®, the Alabama Music Hall of Fame will be featuring the artwork of five Colbert County elementary schools from March 28-April 29. The program is intended to celebrate music in Alabama's classrooms and in students' lives.

Five elementary schools consisting of Gifted and PACE students will be sharing how some of their favorite songs make them feel through sketches and drawings. Participating elementary schools are Cherokee, Colbert Heights, Hatton, Leighton, and New Bethel.

"Our students enjoy anything that has to do with music and art, so they will love combining the two for a project. They all know about the Hall of Fame so they are thrilled at the prospect of having their work on display," said Amanda Parker, Gifted Specialist for the Colbert County School System.

Visitors to the museum during this time will have the option of filling out a card to vote for their favorite example of originality, creativity, and skill. The winners will be announced on April 13, and prizes will be awarded. The winner's pieces will be displayed at the Alabama Music Hall of Fame until the end of the school year.

For more information, call 256-381-4417.

**The If Project at the Ritz**

SHEFFIELD— The Tennessee Valley Art Association's Ritz Cinema Society will be screening "The If Project," their last film of the 2016-2017 Southern Circuit Tour of Independent Filmmakers at 7pm on Friday, March 31. The tour will return to the Ritz in the Fall for the 2017-2018 tour.

Tickets are \$8 for adults and \$7 for students. They can be purchased at tvaa.net, at the door, or by calling 256-383-0533. The Ritz Theatre is located at 111 W. Third Street in Sheffield.

The film is by director and producer Kathlyn Horan.

See SHORTS... on Page 9



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**Courier Journal**

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SEE OUR AD INSIDE!

**Poster is for Earth Day**

FLORENCE- The directors of the Shoals Earth Day Fest last week announced the winner of the design contest for the 10th annual event. The design contest was open to Shoals students in grades 4-12. Students were encouraged to use their own experiences and inspiration to create earth friendly themed art work. The winner was chosen by a panel of Earth Day Fest volunteers.

The winner is Drake Spears, a 10th grader at Wilson High School and an Advertising and Design student at Allen Thornton Career Tech Center. "I tried to incorporate many elements that speak to

See POSTER... on Page 6

**Courier Journal Egg Hunt Underway**

SHOALS - There is a popular expression, "Don't count your chickens before they hatch." However, that is exactly what we want you to do. Count the eggs before the winners hatch in our April 12 issue.

The Courier Journal Egg Hunt takes place in this week's issue and again in the April 5 issue. The official Egg Hunt egg is at right. The number of eggs each week will be different. Entry totals will be submitted for each week, so everyone has two chances to win. Eggs will appear in different sizes, however, they will all be in color and will have

See EGG HUNT... on Page 16



From left: Louise Marks, Jeanne Elkins Chenault, and Hilda Bradford set up goodies from the Gourmet Shoppe at last year's Empty Bowl Luncheon. Courtesy photo



**Soup of the Day**

Your Full Bowl Fills One for Others

FLORENCE - The 14th Annual Salvation Army Women's Auxiliary Empty Bowls Luncheon will take place Tuesday, April 4 from 11am-1pm at the Marriott Shoals Conference Center. Tickets are \$15 and may be purchased in advance from auxiliary members at the Salvation Army Headquarters at 1601 Huntsville Road or at the door. Your ticket

entitles you to four cups of soup from over 60 participating restaurants and accompany that with homemade bread. You also receive a handmade ceramic bowl or cross as you leave. The empty bowl you take home as a reminder that someone's bowl is always empty. A "Hearts and Hands Gourmet Bake Sale" lets

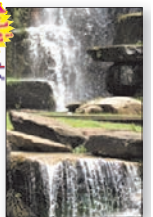
See EMPTY BOWL... on Pg. 21

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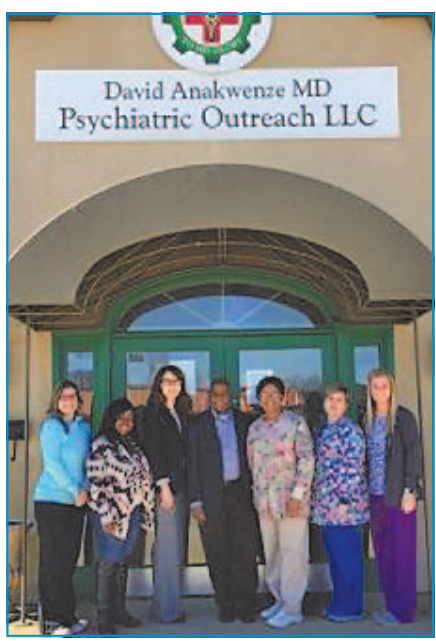
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I Love You, Nisha

**God Will Have The Last Laugh**

**Ezekiel 3:17** "Son of man, I have made thee a watchman unto the house of Israel: therefore hear the word at my mouth, and give them warning from me." Israel blew it, and America has followed suit. **Psalms 2:4** "He that sitteth in the heavens shall laugh: the Lord shall have them in derision." **Proverbs 1:26** "I also will laugh at your calamity: I will mock when your fear cometh." **Isaiah 42:8** "I am the LORD: that is my name: and my glory will I not give to another, neither my praise to graven images." **Isaiah 5:20** "Woe unto them that call evil good, and good evil; that put darkness for light, and light for darkness; that put bitter for sweet, and sweet for bitter!" **Isaiah 1:16** "Wash you, make you clean; put away the evil of your doings from before mine eyes; cease to do evil." **Isaiah 1:17a** "Learn to do well." **Jeremiah 7:28** "But thou shalt say unto them, This is a nation that obeyeth not the voice of the LORD their God, nor receiveth correction: truth is perished, and is cut off from their MOUTH." **Jeremiah 44:17a** "But we will certainly do whatsoever thing goeth forth out of our own MOUTH....." **SOUND A LOT LIKE MODERN DAY AMERICA?** We know better but like Israel we know not the judgment of OUR God. See **Jeremiah 5:4&5 & Revelation 20:10.** Easily seen from scriptures, either the Devil is your god or the Creator of the universe is. If you won't keep mans laws, it's a good sign you won't keep God's laws either.

**Acts 12:23** "And immediately the angel of the Lord smote him (HEROD), because he gave not God the glory: and he was eaten of worms, and gave up the ghost." God, sooner or later, one way or another is going to get glory from you, either in life or in death, and the worm gets you in the end. See **Mark 9& Isaiah 66:24.** One day in front of the universe you will confess that Jesus Christ is Lord to the glory of God the Father. God is not going to lose any sleep or shed any tears over you busting hell wide open. Almighty God has done so much for us, and we have done so little to glorify Him in return. God Almighty will have the last laugh, on you. Turn to Christ NOW.

Bill Bishop, Pastor  
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**Classified Form on Page 6**

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NOTICE OF SALE NOTICE IS HEREBY GIVEN that the undersigned intends to sell the personal property described below to enforce a lien imposed on said property under The Self Service Storage Act. The undersigned will sell at public sale by competitive bidding on Thursday the 13th day of April, 2017 at 10:00 AM on Lockerfox.com. Said property is iStorage Florence, 4121 Florence Blvd, Florence, AL, 35634 Lauderdale County; Loosier, Lisa 332; 1306 Louise Ave Apt 1712, Muscle Shoals, AL 35661, Misc. bags of blankets and baby clothes. Purchases must be paid for at the time of purchase by cash only. All purchased items are sold as is, where is, and must be removed within 48 hours of the sale. Sale is subject to cancellation in the event of settlement between owner and obligated party. Dated this 27th Day of March, 2017 and 3rd Day of April, 2017.



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## Community Notes

**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

**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.

**LifeSouth Community Blood Drives for April**

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

Saturday, April 1, 11am - 4pm, H&R Block, 1511 North Wood Avenue, Florence

Sunday, April 2, 9:30am - 1pm, Cowboy Church, 3440 Highway 157, Leighton

Monday, April 3, 10am - 5pm, Title Max, 305 Woodward Avenue, Muscle Shoals

Tuesday, April 4, Noon - 5pm, Valmet, 3102C Kendall Drive, Florence

Wednesday, April 5, TBA

**The RSVP Lunch** will be Tuesday, March 28, 11:30am at Cloverdale Community Center. Speaker will be Judge Will Motlow. Everyone welcome.

**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.

**The Helen Keller Hospital Foundation Employee Committee** will host a **Uniforms 2 U Scrub Sale** on March 29-30. This sale will feature uniform scrubs of all types, shoes, jackets, and more! All proceeds benefit the HKH Foundation. Uniforms 2 U will be set up in the River Room, located in the basement of the hospital. For more information, call Christa Martin in Community Relations at 256-386-4107.

**Gospel Singing** Friday, March 31, 7-9pm at Cloverdale Community Center with Heavenly Blessed, Jimmy Cox & Friends. Open mic for Gospel Singing. Everyone welcome.

As the **National Park Service (NPS)** celebrates 101 years of protecting and preserving the nation's parks and monuments, all Americans are encouraged to get out and #FindYourPark. Each one of the 417 national parks is a thread in the tapestry that tells the story of our country - its beautiful landscapes, diverse culture, and rich heritage. Throughout the year, the NPS invites everyone to discover and share their own unique connections to our public lands. During the month of April 2017, the Natchez Trace Parkway will celebrate a sampling of national parks. A photo exhibit at the Parkway Visitor Center will feature NPS sites that are fan favorites of Parkway employees. This exhibit is free to the public. The Visitor Center is located at milepost 266 on the Natchez Trace Parkway, near Tupelo, Mississippi. For additional information, please call 800-305-7417.

**Underwood-Petersville Community Center Breakfast** -- Please join us for our First Saturday Breakfast, April 1, from 6-9am. Menu: scrambled eggs, sausage, bacon, biscuits, pancakes, grits, wonderful chocolate gravy, regular and sausage gravy, orange juice, regular and decaf coffee. Adults plates are \$6 and children 8 and younger is \$3. Proceeds go toward the center expenses.

**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

See NOTES... page 34



# piggly wiggly

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**\$1** 2 LITER BTL.

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

KRAFT  
**Barbecue Sauce**  
18 OZ. BTL.  
**1.19**

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

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

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

PIGGLY WIGGLY  
**Orange Juice**  
**2/\$4** 1/2 GAL. PLASTIC JUG

ANGEL SOFT-DOUBLE-ROLL  
**Bath Tissue Angel Soft**  
12 ROLL PK  
**4.99**

ALL FLAVORS  
**Gatorade**  
32 OZ. BOTTLE  
**\$1**

DUNCAN HINES  
**Cake Mix**  
16 OZ. BOX  
**1.09**

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

ARMOUR  
**Chili With Beans**  
15 OZ. CAN  
**\$1**

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

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

PIGGLY WIGGLY  
**Vanilla Wafers**  
12 OZ. BAG  
**\$1**

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

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

PIGGLY WIGGLY  
**Hearty Biscuits**  
12 COUNT CAN  
**\$1**

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

**OLD FASHIONED FROZEN Yogurt or Ice Cream**  
**4.39** 4 QUART PAIL



# 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)

**ROGERSVILLE: 19 HOMES IN Wheeler Hills Subdivision**  
**SATURDAY, APRIL 1**  
 7 A.M. - 3 P.M.  
**NO EARLY SALES!**

**MUSCLE SHOALS HUGE INDOOR** Yard Sale at Muscle Shoals Baptist Church, 621 River Road, Saturday, April 1st and 8th, 6 am - noon.

**MUSCLE SHOALS: 308 W Michigan Ave Saturday** Sat. April 1st, 7:00AM-1:00PM, Childrens clothes, home decor, a little bit of everything! Stop by and see us!

**FLORENCE BENEFIT SALE**  
 341 Lindenberg Ave. Fri. - Sat. 7 a.m.-5 p.m. In and out. Clothes for entire family, piano, furniture, collector dolls, dishes, exercise equipment. Please come and help. Donations accepted!

**MUSCLE SHOALS: 204 LEWIS**  
 St Fri - Sat 7:30-2 Multi-family sale, home decor, clothes, bedding, furniture, more. If raining, following week. No sales before 7:30

**BIG GARAGE/ESTATE SALE.**  
**FLORENCE: 117** Mauldin Avenue Fri - Sat 8AM-Dark! Tools, appliances, lawn mowers, 1986 Nissan truck, power saws, what-nots, lamps + **TOO** much to list. Rain or Shine!

**LEXINGTON: 2282 COUNTY ROAD** 489 Fri - Sat Fri. 8 AM till 2 PM, Sat. 8 AM till 2PM. We're downsizing. Lots of power tools, hand tools, furniture, glassware, misc. Follow signs from 4-way stop in Lexington. No early sales! Cash only!

**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.

**CREDIT PROBLEMS? NEED A CAR? I can help!** Financing available. Call Eric 256-577-8449 or 256-764-3351

**PONTIAC: BONNEVILLE, 1993 GOOD** condition, runs great; \$1,250. 256-412-1214

**1990 JEEP WRANGLER YJ,** Black, 5-speed, 4x4, 4-cylinder, runs good, good tires, \$5,000. 256-767-7154 leave message

**MITSUBISHI: MIRAGE G4 SE,** 2017 \$11,988. Cloth, automatic, 7k. Financing available. Call JD 256-577-1056 or 256-764-3351

**FORD: BRONCO II XLT,** 1988 4x4, AUTO, new paint, rebuilt transmission, 106K miles; \$4,000. 256-446-5729

**H&R FENCE, SPECIALIZING IN** Custom Wood and Vinyl Fence Construction and Repair. **\*FREE ESTIMATES\*** Licenced and Insured 256-577-7652 or 256-856-1725

**WE BUY JUNK CARS,** Trucks, or Vans with or without titles. We buy scrap metal. Pay top dollar. Call Joel 256-303-7609.

**FLORENCE FATBOYS LAWN CARE SERVICES.** Free Estimates. We are Honors students looking for work. General lawn maintenance, pressure washing, garages, basements and gutters cleaned. Even furniture moving! 256-349-8199 or 256-443-8379

**BROYHILL SOFA LO-VESEAT AND ottoman** \$300. Approx. 180 sq. yards of neutral berber carpet including pad, in very good condition \$500 OBO 256-353-0233

**SIMPLE LAWN CARE CO.** All your maintenance needs. 256-702-9568

**NISSAN: ALTIMA, 2002 2.5S** \$800 negotiable. Call 256-616-4868. Decatur area.

# Medicare Insurance



**Florence**  
 879 Florence Blvd.

**Muscle Shoals**  
 410 S. Wilson Dam Rd.

**256-648-5710**




**Select Jewelry 25% OFF**  
 original price  
 (Excluding Ginger Snaps and Lottie Dotties)

**Inspirational Items 25% OFF**  
 original price

**Easter Merchandise 50% OFF**  
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**Canister Sets 20% OFF**  
 original price

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**Custom-Built Homes and Garages from a Licensed Alabama Homebuilder**

We Offer Turn-Key Packages Including Electrical and Plumbing

**Call Owners Joe or Larissa**  
**256-483-8365**

# COVENANT CHRISTIAN SCHOOL

## Summer Camp 2017

Summer is just around the corner and it's time to start thinking about summer care for your children. We are very excited and have lots of fun things planned! Please return the completed registration card and a \$85 registration fee to the school office.

**Experienced teachers and helpers.**  
 Age 3 - 12 yrs.

**Your child does not have to be enrolled at Covenant Christian School to participate.**  
 Starting Tuesday, May 30th thru Friday, July 28th  
 Time Available: 7:00 a.m. - 5:30 p.m.

Activities include devotions, food/cooking, arts & crafts, music, special in-house guests, and community field trips. Additional activities would include gardening, water games, and LOTS OF FUN outdoor PLAY!

Registration begins Wednesday, March 1.  
 \$85.00 a week for 5 days \* \$80.00 for 4 days \* \$60 for 3 days  
 Parents must provide snacks, drinks, and lunch each day.  
 Child must be at least 3 years old by June 1, 2017.  
 Child must be completely potty trained; no pull-ups.  
 Payment is due on Monday each week for childcare. You will receive one week of vacation at no charge. Please give notice of those vacation dates within the 1st week of the summer.

Covenant Christian School 1900 Covenant Drive Tusculmba, Alabama 256-383-4436  
 Visit our web-site: [www.ccseagles.com](http://www.ccseagles.com)

## The Courier Journal Is In Every Home - Every Week

# Northwest Alabama Leg Pain Specialists

*Treating the Causes of Leg Pain, not just the symptoms.*



Do you suffer from...

Restless Legs	Varicose Veins
Cramping	Aching
Swelling	Spider Veins
Burning	Tingling
Itching	Heaviness
Discoloration	Hair loss

Our team of experts, including a Board Certified Physician, specialize in the diagnosis and treatment of leg problems. We utilize the latest technology to get to the cause of the problem and develop a solution.

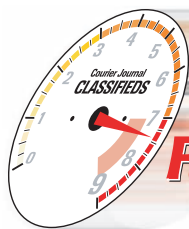
Let us help you get back to an active and healthy lifestyle!

For more information or to setup an appointment, please call 256-766-2310.

**In Our NEW Location** 2095 Florence Blvd., Florence  
 Phone: 256-766-2310 • Fax: 256-768-9956

**Courier Journal**

# Classifieds



**Sell It Fast with a RED LINE AD**

only \$3 additional

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

Attract the most attention and sell your items red line fast when you choose to **Red Line your Classified Ad**. THE FIRST LINE OF YOUR AD APPEARS IN **RED CAPS**, catching the eye of your buyer faster than any other classified advertising in the Shoals Area!

## Online

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

## Phone

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

## Fax

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

## Mail

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

## Office

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

**TNValleyStuff.com**

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

- **Private Party Rate** 3 LINES for 1 item Prepay - No REAL ESTATE, FIREWOOD, or TICKETS. Each additional line - \$1.25 - CASH DISCOUNT - 4 Weeks/3 LINES for 1 item \$13.50 - Each additional line - \$5.00 no credits..... **\$4<sup>50</sup>** Week
- **Commercial Rate** 4 LINES Prepay - applies to all REAL ESTATE and anyone engaged in sale of goods/services on a recurring basis or for profit, licensed or not. 1 vehicle per ad. Each additional line - \$1.25 CASH DISCOUNT - 6 Weeks/4 lines \$35.00. Each additional line - \$7.50 ..... **\$7<sup>00</sup>** Week
- **Yard Sales** 5 LINES Prepay Each additional line - \$1.25 YARD SALES - An exclusive listing of the area's better sales prominently placed ..... **\$11<sup>00</sup>** Week
- **Employment** 5 LINES Prepay Each additional line - \$2.25 EMPLOYMENT - Looking for employment or Businesses looking for employees ..... **\$12<sup>50</sup>** Week
- **Private Party Auto Rate** Up to 8 LINES for 4 weeks. Prepay Each additional line - \$2.00 ..... **\$15<sup>00</sup>** Week

\*one line is approx. 30 characters


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

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

**YES! RED LINE MY AD!**  PLEASE CHECK THE BOX

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

**MAILING ADDRESS:**

Courier Journal, 219 W. Tennessee St., Florence, AL 35630

**Please Print Ad Clearly.** NOT RESPONSIBLE for illegible handwriting  
**Questions?** Call our office at 256-764-4268.

ADVANCE PAYMENT IS REQUIRED in cash, check or Credit/Debit Card.  
 Phone-in Ads MUST be Charged to Credit/Debit Card! NO EXCEPTIONS! NO REFUNDS!

**DEADLINE: Friday 5pm**



## Poster...

Continued from Page 1

everyone about this serious issue in a fun way," Drake explained of his design.

According to Nancy Muse, Shoals Earth Day Fest Board of Directors President, "Drake's artwork captured the spirit of Earth Day with his originality and creativity. He incorporated solar energy, wildlife, recycling, growth in nature and taking care of the Earth." All artwork submitted by students is now on display in the Gallery at the Florence/Lauderdale Tourism Visitor Center and will be available to view though the duration of the event.

The 10th Annual Earth Day Fest takes place April 8 from 11am-6pm on the grounds of the Florence/Lauderdale Tourism Visitor Center in McFarland Park. Activities will include Native American dance, performances by entertainer Steve Trash, arts and crafts vendors, live music, and children's

activities. The event is free to the public and you are encouraged to bring lawn chairs.

Vendor booths are still available and are free for non-profit and \$25 for all others. The rain location will be the Sheffield Recreation Center. For additional information, vendor applications, and a complete schedule, visit [www.ShoalsEarthMonth.com](http://www.ShoalsEarthMonth.com) or call 256-740-4141.



**Drake Spears displays his winning poster design for Earth Day Fest.** Courtesy photos

**Courier Journal**

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- ADVERTISING EXECUTIVES**  
 Sadonna B. Magazzu  
 Judy Cox  
 Gregg Scott  
 Joe Broadfoot  
 Heather Ridinger
- GRAPHIC COORDINATORS**  
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- OFFICE STAFF/CLASSIFIED**  
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**CIRCULATION**  
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**OFFICE HOURS:**  
 Monday - Friday  
 8:00am - 5:00pm

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### 219 W. Tennessee St.

Florence, AL 35630  
 256-764-4268  
 Fax: 256-760-9618

Your Courier Journal is published for total saturation, direct-mail delivery every Wednesday to 70,454 Shoals area and surrounding homes. It is Alabama's Largest Weekly-Mailed Direct, and enjoys a larger circulation than all local subscriber based newspapers combined.

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

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

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

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**April 8th ONLY**  
**50 LB. TABLETS \$120**  
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**YEARLY SPRING OPENING**  
**Sale! Sale! Sale!**

**DRAWING For Complete Above-Ground Kit!**  
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**Turn South & Go 1 1/4 mi. Down Big Oak Rd. (Co. Rd. 107) Center Star**

**DEADLINES:** Issues Published Every Wednesday  
 INSERTS - 5 pm Thursday  
 DISPLAY ADS - 5 pm Thursday  
 CLASSIFIED ADS - 5 pm Friday unless otherwise specified





# House Calls with Dr. Barco

## What is the Difference Between Emphysema and COPD?

Over the last several weeks, I have tackled questions related to the subject of obesity. This week, I will discuss another topic that is very important to me- chronic obstructive pulmonary disease, or COPD. I had the opportunity to give a lecture on COPD at Shoals Hospital's COPD Education Program last week which was very enjoyable. One question addressed at the talk is one that comes up a lot related to COPD. Many folks are confused about how emphysema relates to COPD; is it the same thing, is it a kind of COPD, or is it something else? I will do my best to explain both terms and how they relate.

COPD is a lung condition in which there is difficulty with the movement of air in and out of the lung. Most of the problem is with the air coming back out after it has come into the lungs. A good way to picture this is to first think about the normal lung as a balloon. When you blow air into a balloon and release you lips, the air will quickly come back out of the balloon. That's because of how elastic the balloon is. The lung functions in a similar fashion. Now imagine blowing air into a paper bag. The air goes in and when you release your lips from the paper bag, some of the air comes out but it doesn't shoot out as it does with a balloon and in fact some of it stays trapped. That is similar to how the lungs of someone with COPD behave. If air is not moving out well, then you don't get in a good amount of oxygen (which feeds are organs) and you also don't breathe out the gas carbon dioxide properly (which is a waste product). There are a couple of ways that this problem happens. One way is that the inner lining of the tubes that bring air into our lungs, the

bronchi and bronchioles, get very thick and full of mucus. Patients who get COPD this way are said to have chronic bronchitis, which tends to cause cough with sputum, some shortness of breath and wheezing. The other way that COPD can happen is that the elastic material around the sacs at the end of our lungs gets worn out, so that when those sacs take in air, some of the air gets trapped there. This is what we call emphysema and most patients with emphysema tend to be thin and very short of breath. Both the chronic bronchitis and emphysema forms of COPD are caused primarily by smoking, so this is yet another reason for active smokers to quit. I also want to note that a great many COPD patients will have a combination of both chronic bronchitis and emphysema and not necessarily one or the other.

If any readers of the House Calls column have any further interest in this topic, I encourage you to contact Shoals Hospital, which provides a wonderful free COPD Education Program for COPD patients, caregivers and interested members of the community. I am heavily involved in this program and will continue to give talks related to this illness. As always, please speak to your primary care provider before implementing any advice given in this column.

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

*True Medical Group  
Shoals Professional Building  
203 Avalon Ave, Suite 120  
Muscle Shoals, AL 35661  
256-286-4026*

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*Summer, Easter and items labeled The Spring Shop™ are not included in Home Decor sale.*

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<p><b>FLORAL 50% OFF</b></p> <p>Most Categories Listed</p> <p>Does not include Seasonal Department or items labeled "floral accents"</p> <p><b>Potted Trees &amp; Floor Plants</b> 4ft - 8ft</p> <p>ALWAYS <b>30% OFF</b> THE MARKED PRICE*</p> <p><b>Floral Stems</b> Floral and greenery stems Does not include feathers</p> <p><b>Stem Naturals</b> Bouquets, sticks, pods, grains, fillers and grasses Does not include feathers</p> <p><b>Flowering &amp; Greenery Bushes</b> Does not include potted trees</p> 	<p><b>FURNITURE</b></p> <p>ALWAYS <b>30% OFF</b> THE MARKED PRICE*</p> 	<p><b>YARN &amp; NEEDLE ART</b></p> <p><b>Baby Bee® Baby Yarns</b> Hushabye and Sweet Delight® 3, 3.5 &amp; 4 oz <b>4.22</b></p> <p><b>Crafter's Secret™ Cotton</b> 2 &amp; 2.5 oz <b>1.87</b></p> <p><b>Yarn Bee® Soft Secret™</b> 4 &amp; 6 oz <b>3.33</b></p> <p><b>Packaged Quilt Battings &amp; Pillow Forms</b> <b>30% OFF</b></p> 
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<p><b>JEWELRY MAKING 50% OFF</b></p> <p>Categories Listed</p> <p><b>Poetic Spirit™</b> by Bead Treasures® Pendants, beads, leather and more</p> <p><b>Beads</b> Color Gallery™, Brilliance, Bead Treasures®, Traditions™ and Czech Glass Beads</p> <p><b>Traditions™</b> Natural pendants and beads</p> <p><b>Vintaj®</b> Unique artisan components made in the USA</p> <p><b>Instant Gratification</b> by Traditions™ Combine mix-and-match components to create personalized jewelry... instantly! No tools required</p> <p><b>the Jewelry Shoppe™</b> Findings, hair accessories, nickel free, sterling-dipped and sterling silver</p> 	<p><b>FABRIC</b></p> <p><b>Home Decor Fabric</b> Prints, solids, sheers and laminated fabric</p> <p><b>Fleece</b> Prints, solids and microfiber</p> <p><b>Calico Prints &amp; Solids</b> Apparel prints and batiks</p> <p><b>Warm &amp; Natural® or Warm &amp; White® Batting</b> by The Warm® Company 90 wide <b>8.99</b> p/yt</p> <p><b>Easter Fabric</b> <b>50% OFF</b></p> <p><b>Home Decor &amp; Apparel Trim by the Yard</b> <b>30% OFF</b></p> <p>ALWAYS <b>30% OFF</b> THE MARKED PRICE*</p> 	

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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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Thomas McCutcheon

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

Effort is underway to purchase a van for the American Legion Post 31 Color Guard. The color guard performs at many military funerals every year and they need a van to travel together in.

McCutcheon & Hamner is raising money to support our Veterans. We will write simple Wills for people who make a donation of \$25.00 or more to the American Legion Post 31.

We will talk with you about what your options are in terms of a Will and what you can do and what other people commonly do. We will be happy to talk with you about what your goals are and how we can help you accomplish them. We won't charge a dime other than your donation. The Wills will be ready the week following

at our office so that they may be signed, witnessed and notarized in accordance the law made for self-proving Wills. Please call and schedule a time convenient for you to come in and make your Will. We will do this through the end of April 2017.

A lot of married couples want reciprocal Wills that give everything to the other spouse and upon their death, to the children. I like this type of Will because when a spouse dies the other spouse inherits everything and then upon the death of the last surviving spouse, the children get what their parents had.

Before you come in, think about who would execute your final wishes and as well as an alternate person and if there are minors involved a guardian and/or trustee.

One really valuable feature of a self-proving Will is the relief from the costs of a bond. A bond for an estate can be very expensive and there is no need to impose that costs on your family. If you don't have a Will that is properly worded, they will have to buy a bond.

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

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## Shorts...

### The If Project at the Ritz

Continued from Page 1



It explores the reason for the quickly growing population of women inmates by following a Seattle police officer who created a writing workshop at a maximum-security women's prison. The film tells the often brutal and emotional stories of the women incarcerated.

Horan will be at the screening of "The IF Project" and will be available to answer questions or discuss the film. Horan is an independent director, producer, and photographer who has worked with politicians, activists and artists. "The IF project" was the winner of the Lena Sharpe Award for Persistence of Vision and the Special Jury Award at the Seattle International Film Festival.

The Southern Circuit Tour of Independent Filmmakers is a program created by SouthArts and brings independent filmmakers and their films to towns throughout the South. Each film screening that is a part of the tour at the Ritz is followed by a Q&A session with the film's creator.



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### BEHAVIORAL AIDES

**RIVERBEND CENTER** for Mental Health is seeking Behavioral Aides to work on a temporary basis in their Therapeutic Summer Programs in Lauderdale, Colbert, and Franklin counties. Selected candidates will work with emotionally challenged children and youth. Applicants must be at least 19 years of age. Some college education and/or experience with children/adolescents preferred. Applicants may respond in person to 635 West College Street, Florence, AL., by sending resume to P O Box 941, Florence, AL 35631, or by email to [hrdirector@rcmh.org](mailto:hrdirector@rcmh.org). No phone calls please!

**SINGLE FATHER, CHRISTIAN CAREGIVER**, experienced EMT looking to sit with the elderly. Can take care of your family members needs. I can be reached at 256-702-5776 or 256-710-0042

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### RESIDENTIAL WORKER

**RIVERBEND CENTER** for Mental Health is seeking part-time Residential Workers for their Residential Services Programs. Selected candidates will provide direct services to seriously mentally ill adults in a residential setting. BS Degree in a Social Sciences field with experience and/or knowledge of mental illness and medications is preferred. Interested persons may apply in person at 635 West College Street, Florence, AL., by sending resume to P.O. Box 941, Florence, AL 35631, or email [hrdirector@rcmh.org](mailto:hrdirector@rcmh.org).

Drivers: NEW Orientation Completion Bonus! \$4,000. Flatbed!! \$3,000. Dedicated, Regional, OTR & Point to Point Lanes! (New hires guaranteed minimum \$\$\$ week)! 1 yr. CDL-A: 855-350-5571.

**LIBERTY NATIONAL LIFE INSURANCE** is hiring full-time positions available in the Florence/Muscle Shoals area. Must have clean criminal background. Call for an interview. 256-856-4333.

**Local Company Seeking Qualified Receptionist/Secretary and Office Manager/Job Coordinator positions.** High school diploma required. Two or more years of college preferred. Candidate should possess good communication skills as well as ability to focus in a fast paced environment. Competitive salary. Call 256-648-7828

Drivers: Smith Transport, Inc. Seeking Professional Class-A CDL Drivers with 1 yr OTR experience. BCBS/Dental and Vision. Home Weekly/Bi-Weekly. 877-758-3905.

**MORNINGSIDE OF SHEFFIELD HAS** part-time openings for RA and cook positions. Apply in person: 413 Cox Blvd., Sheffield



### GENERAL LABOR

Southern Plastics & Inventory Control, LLC is currently accepting applications for general labor positions. Previous welding experience is a plus. Starting pay \$12.50/hr with benefits.

Apply online at [www.southernpic.com](http://www.southernpic.com) or at:  
1830 Amos Drive  
Muscle Shoals, AL 35661

### ACCOUNT EXECUTIVE

If you have sales ability and you enjoy a very fast paced environment that requires excellent organizational skills, then you might be interested in our Account Executive position. Must have excellent PC skills, organization and Communication skills; both verbal and written. One to two years of sales experience and/or bachelors' degree is preferred. This position also requires a valid driver's license, clean driving record, reliable transportation, and proof of insurance. The Moulton Advertiser offers a comprehensive benefits package including medical and dental coverage, paid vacation and holidays, and a 401K pension plan. Qualified applicants should apply by mail: Moulton Advertiser P.O. Box 517 Moulton, AL 35650 The Moulton Advertiser is an Equal Opportunity Employer.

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Contact Susan Price to request an application: [Susan@amclassmedia.net](mailto:Susan@amclassmedia.net) 256-382-7490

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Dish/Bus

Apply online, SouthernFarmTable.com or in person Friday and Saturday, 2-6 p.m., 4160 Co. Rd. 200, Florence.

### General Manager

The Advertiser Gleam, a 7,500 twice weekly newspaper and 8,000 weekly TMC seeks an experienced leader in the beautiful lake city of Guntersville, AL situated along the Tennessee River in northeast Alabama.

Candidate should be innovative and results-oriented. He or she will manage the operation. This individual must possess leadership, marketing and communication skills as well as be dedicated to growing all aspects of a profitable newspaper. The ability to think strategically and work with managers to develop and execute plans is essential. We are looking for a proven leader with excellent organizational, financial and management skills. Community involvement is also necessary and encouraged. Ideal candidates will have experience as an advertising sales leader or general manager of a newspaper. Advertiser Gleam is owned by TN Valley Media and offers a competitive salary commensurate with experience and a comprehensive benefits package including health insurance and 401K. Please send resume and salary requirements to darrell.sandlin@timesdaily.com



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LOOK FOR DETAILS  
ON PAGE 6!



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**1996 CHEVROLET 1500,** SHORT wheel base, \$4,000.  
**2009 VOLKSWAGEN VAN** \$4,800.  
**2012 NISSAN ALTIMA, \$6,500.**  
**2011 CHEVY TRAVERSE,** \$11,500.  
**1997 CHEVY S-10, \$3,500.**  
**2011 FORD F-250 SUPER** Duty, \$10,000.  
**2007 THREE AXLE EQUIP-**MENT Trailer \$6,500.  
**2006 35 FT. FLAT Deck Car** Hauler, \$5,500.  
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**S&S PRESSURE CLEANING,** VINYL siding, concrete, gutters, windows, decks, fences. Free estimates. 256-627-5390

**2015 POLARIS RANGER BUG-**GY 570 Mid Size Crew Cab, 4 doors, front and back windows and top included, 45 actual miles, call Chris 256-762-9022

**T&S WELDING TRAILER** REPAIR, wiring, and painting. Twenty years experience. 256-483-1673

**2001 CHEVROLET: MALIBU,** \$3,400. 111,000 miles in great condition. Nice car. \$3,400. 256-757-0087 or 256-460-8681.

**BUMPS IN THE ROAD on your** credit? I can help get you a car. Financing available, Call Brandon 256-710-4598 or 256-764-3351

**CLEAN TOPSOIL DUMP TRUCK** loads big or small. Delivered and spread. 256-740-7406 www.BamaDirt.com

**SLEEPER SOFA, BEIGE, COR-**AL, linen stripe. Excellent condition, originally \$750. \$250. 256-677-7222.

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

**FREE PUPPIES, MIXED LAB** with Golden Retriever, 256-221-1404 Danville

**BEAGLE PUPPIES, 6 WK** old, pure bred, loving parents, excellent hunting stock, great pets. \$100 each. 256-476-5544

**FORD: FUSION SEL, 2012,** sun-roof, leather, really nice. \$6,995. 256-335-0702

**LAWN MOWING NEAR** GREENHILL and Lexington communities. 256-757-2762 leave message.

**CHEVROLET: COLORADO,** 2004 \$8,988. white, rear wheel drive, Call Will 256-366-2914

**VACUUM CLEANER REPAIR,** MOST makes & models. Free estimates. Ken's Sewing & Vacuum Center, 256-381-0161.

**ICE MACHINE REPAIR, COM-**MERCIAL and Residential. All brands. Call 256-303-0702 Town Creek area

**FORD: ESCAPE XLT, 2005,** V6, automatic transmission, power window and seats, good heat and air, good tires, recently tuned up, very dependable, 147K miles, nice in and out; \$4,800. 256-349-9601 or 256-349-9694

**CHEAP RATES, CONCRETE** FINISHING all types, slabs, patios, staining, foundation, steps and walls. 256-577-1823 or 256-349-1593

**LINCOLN: TOWN CAR, 1998** runs good, fully loaded; \$2,650. 256-366-8535

**SEWING MACHINE REPAIR,** MOST makes & models. Free estimates. Ken's Sewing Center, 256-381-0161.

**SALON DRYER ON WHEELS** \$95; Liz Claiborne purple blend sweater (small) \$25. 256-227-4010

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

**F1-B LABRADOODLES 3** FEMALES 4months. CKC 1st shot wormed. Wavy like Mommy \$400.00 256-332-7423 or 256-412-6392

**WE ONLY BUILD DECKS.** New or remodeled. Free estimates. Like us on Facebook. 256-335-5304 or 256-394-5630.

**GREENE'S LAWN CARE,** TRIM shrubs, weed eat, mow, edge. Colbert County, 256-627-3586

**3 HENS AND A Rooster,** \$50 all. Hens under a year old, and laying eggs. Call 256-974-2346, Hillsboro.

**GMC: YUKON, 1996 \$3,500.** 2 door, 4 wheel drive, nice but not a show truck, 256-280-8120.

**ADAYS WORK MOBILE HOME** repair, flooring, leaks, koolseal, underpinning, decks & more. Free estimates. 256-856-6213, 256-389-3179

**FORD: FREESTYLE SEL, 2006** \$4,988. Leather, 3rd seat, 100K. Financing available. Call Tony 931-213-1386 or 256-764-3351

**LIKE NEW GARDEN CULTI-**VATOR and middle buster, \$300 OBO. 256-710-3834, 256-710-5263

**2009 ULTRA CLASSIC HAR-**LEY Davidson, red, one owner, garage kept, 12,000 miles, lots of extras! Asking \$12,000. 256-460-7829, Muscle Shoals.

*Hospice of the Shoals*  
A special kind of caring

**For 25 Years**  
Hospice Care  
Done Right...  
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Right Reasons

**What services should I expect from a hospice?**

- Regular home care visits by registered nurses and licensed practical nurses to monitor the patient's condition and to provide appropriate care and maintain patient comfort
- Physician services for the medical direction of the patient's care
- Hospice is available "on-call" after the administrative office has closed, 7 days a week, 24 hours a day. Nurses should respond to a call for help within minutes if necessary.
- Home Health Aide services attending to the patient's personal needs.
- Chaplain, Social Work and counseling services for the patient and/or loved ones with grief and loss
- Medical equipment (i.e., hospital beds, wheelchairs, walkers, etc.)
- Medical supplies (i.e., bandages, diapers, pull-ups, bed pads, catheters, etc.)
- Medications for symptom control and pain relief
- Volunteer support to assist loved ones
- Physical, speech and occupational therapy, Dietary counseling based upon need
- Respite & continuous care based upon need

**At Hospice of The Shoals You Can Expect:**

- **Hospice of the Shoals** nursing services are provided by experienced hospice & palliative care **Registered Nurses only**, not LPNs
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- Average nursing visits range from **3 to 7 visits a week**, depending on the patient's condition and need for symptom control with 24 hour on-call RN available 7 days a week.
- Hospice of the Shoals RN's see **3-4 patients daily**, allowing her/him to spend additional time with the patient and family if medically needed.
- **Home Health Aide visits** for personal care average **3 visits a week**.
- **Social Work services** to assist with community resource needs and provide emotional support to the patient and caregivers.
- **Bereavement and Chaplain services** for the patient and their loved ones, offering Spiritual and Grief support.
- **All necessary medical supplies** are provided without limit.
- **No patient, who meets hospice criteria, will be refused services due to lack of health insurance.**

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**RETIREMENT**  
**AUTO AUCTION!!**  
Friday, March 31st at 3:00 PM  
C.A.P. Auto Sales  
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Lauderdale County

**DIRECTIONS:** From Hwy 72 intersection in Rogersville, travel East on Hwy 72 for 1.2 miles. Auction and sale will be on the right. **Watch for our Holland signs!!**

**TERMS & CONDITIONS:** Cash or check with proper identification the day of the sale. All items sold "as is" with no warranties expressed or implied. **Sales tax** will be added to the purchase price.

**NO BUYERS PREMIUM!!**

Vehicles can be test driven prior to Auction.

Information contained herein believed to be correct but not guaranteed. Announcements made the day of the sale by Holland Realty & Auctions, Inc. supersede any printed material. **Agency Disclosure:** Auctioneers are acting as agents for the seller only. 2017

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**THE COURIER JOURNAL EGG HUNT IS UNDERWAY!** Look for contest rules in this issue. Prizes include: Legends Gift Certificates and Domino's Pizza.

**CSA LAWN CARE:** Professional, affordable lawn service to take care of all your lawn needs, from hedge trimming to bed mulching, we do it all. For free estimates call 256-762-7332.

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

**CHEVROLET: MALIBU LT, 2012** \$10,986. 92k, cloth. Financing available. Call Shannon 256-412-1551 or 256-764-3351

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

**FLORENCE CHRISTIAN ACADEMY DAYCARE,** 2701 Florence Blvd., Florence AL 35630 - Accepting six (6) weeks to four (4) years old. Call 256-764-0927, Sheila League, Director

**TROY BILT RIDING LAWN** mower, 42" cut, good condition. 256-383-4284

**HARLEY DAVIDSON, 2008, SUPERGLIDE,** 8.2K miles, like new, some accessories, \$6,500 obo. 256-627-6915.

**2003 CADILLAC DEVILLE, 175K** miles, excellent condition, new battery, \$2,000. 256-247-1811 after 6 pm.

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

**CONCRETE WORK: DRIVEWAYS, WALK** ways, building slabs. Reinforced concrete walls, basement, tornado shelters, foundations, etc. Backhoe and Bobcat work. Concrete and asphalt driveway removal; form, pour, finish. Fast, reliable results. Big and small jobs. Call today for free estimates. David 256-648-7828

**GUITAR \$100; LADIES BIKER** Jacket \$65; Punch Bowl Set \$25; Old Lamp \$35. 256-577-2745

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

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

**2008 HARLEY DAVIDSON 1200** Sportster, 7k miles, \$4,300. 256-443-0942.

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

**DODGE: GRAND CARAVAN SE, 2012** \$8,986. Cloth, 128k. Financing available. Call Gabe 256-710-3407 or 256-764-3351

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

**EAGLE: TALON, 1995 \$800.** Needs water pump, good shape. 256-627-8113

**BULLDOZER WORK. LOTS CLEARED,** roads built, building pads. 256-483-9656

**RECTANGULAR WOOD DINING TABLE,** 4 chairs, great condition. \$100 OBO. 256-653-1707, Huntsville.

**I CAN GET YOU APPROVED FOR YOUR NEXT CAR!** Call Shannon, 256-412-1551 or 256-764-3351



**AKC REGISTERED GERMAN SHEPHERD** pups, bred from American Show bloodlines, 3 Sable Males, 4 Black and Tan Females and 1 Sable Female - \$400 each (GREAT price!). Call Andrew: 256-345-0111 or 256-227-0881.

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

**2008 HERITAGE SOFTAIL CLASSIC** bought new June 2008. 2-in-1 Rinehart Exhaust, Super Tuner, much more! Garage kept, 8,000 miles, \$10,900. 256-460-5606

**H&H TOWING, LOCAL AND** out of town. I also buy junk cars and catalytic converters. Greg Hamm 256-394-6340

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

**2002 HARLEY DAVIDSON SPORTSTER** 883, custom paint, lots of chrome, 931-853-6860

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

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

**ALL- GREEN TREE SERVICE** "Credit cards accepted" Affordable prices and friendly service. Topping, trimming, removal, lots cleared, stump grinding, Licensed Insured, 256-767-3519 or 256-710-8787

**I NEED MASTER'S TICKETS** any days. LOCAL: 678-580-9041

**Ferns and Tropical are at Green Valley!**

**Big Ferns \$18<sup>95</sup>**

Mon - Sat 8am - 6pm • Sunday 12-5pm  
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**Edmundson Estate Sale**

Sat. April 1 • 9am-3pm  
Sun. April 2 • 1-4pm  
714 Meridian St. • Florence

Davenport Desk, Kimball Piano, Yamaha Baby Grand Piano, Lawyers Bookcase, Victorian Sofa, Hall Trees, Marble Top Tables, Antique China Cabinets, Haviland Limoge (Rosalinde), Clocks, Cut Glass, French Provincial Bedroom Suite, Mid Century Chest and Dresser, Fender Bassman Amp, North Star Pinball Machine (1940-1950), Vintage TV - MUCH MORE

Still working in basement and attic. Parking is on one side only. Additional parking at stadium

Check EstateSales.net for pictures

**Bike Ride**

Saturday, April 1  
10am  
Florence City Hall

Take a Bike Ride through historic downtown Florence, meeting at City Hall where there will be speakers on women's freedom through bicycles and outdated laws on the books in Alabama.

Sec. 254 of the Florence 1901 City Code:  
Lewd women riding horseback or on bicycles through streets - Any woman of a notoriously lewd character who rides through the streets of the city within three blocks of the City Hall shall be guilty of a misdemeanor and upon conviction shall be fined not less than five nor more than fifty dollars.

**FINANCIALLY STRESSED?**

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No representation is made that the quality of legal services to be performed is greater than the quality of legal services to be performed by other lawyers. We are a Debt Relief Agency and Attorneys at Law who, where appropriate, help people file for relief under the Bankruptcy Code.

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- TV's 50" ..... starting at \$72 mo

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**Guest Opinion-Editorial**

**Revise it: Kill 30% Coverage Penalty**

What I tell people at home is I think we can get 85% of this, for sure, repealed in reconciliation.” That was then-U.S. Rep. Paul Ryan (R-Wis.) prior to his tenure as Speaker of the House of Representatives. He was speaking on the *Mark Levin Show* national radio program on July 11, 2012, outlining House Republican’s plan to repeal almost all the healthcare law via the budget reconciliation process.

“All the Medicare policy, all the Medicaid funding, all the Obamacare exchange subsidies, that’s fiscal, that’s spending — taxing and spending. All of that can go into reconciliation, which has always been our plan. It is our plan,” Ryan promised.

Make a promise, keep a promise, Speaker Ryan.

House Republicans set the floor in 2015 for what such a repeal would look like in H.R. 3762. This is legislation that included ending Medicaid expansion, premium subsidies, cost-sharing subsidies, the individual and employer mandates, reinsurance, risk corridors and risk-adjustment, and the taxes and spending from the health care law. But not the insurance regulations.

That bill passed both houses of Congress and was vetoed by former President Barack Obama in early 2016. If it was good enough for Obama

See **PENALTY...** on Page 32

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



**Robert Romano**  
Senior Editor  
Americans for Limited Government

**Courier Journal**

**THIS WEEK**



**ABOUT EARTH**

FLORENCE- Florence-Lauderdale Public Library will be hosting an exhibit and series all about the planet Earth just in time for Earth Month. *Explore Earth: Our Changing Planet* will be on display at FLPL April 1-May 20. The exhibit includes interactive activities related to climate, ecosystems, and more. While the exhibit is on display FLPL will host a wide variety of events and programs for kids, teens, and adults.

**April 1 - May 20**

These events will explore many earth science topics such as agriculture and weather. The kick-off event will feature eco-entertainer Steve Trash. Other events include book events, crafts, panel discussions, and outdoor activities.

“As we were planning the programs to go along with the Explore Earth exhibit, we decided to really focus on the ‘explore’ aspect,”

See **EARTH..** on Page 26



Tuscumbia and Sheffield will both have tours downtown

**Walking Tours**

Different Sites Each Saturday in Florence

FLORENCE – Local residents will have an opportunity to “Take a Walk on the Historic Side” by participating in the annual Walking Tours of Historic Florence April 1 – 29. Florence/Lauderdale Tourism hosts the walking tours to promote our historic sites, neighborhoods, and unique architecture. A tour of a different historic location will be featured each Saturday guided by local historians. A new tour of the iconic Larimore

See **TOURS..** on Page 24

Colbert Tours All Start Downtown

SHEFFIELD/TUSCUMBIA– In celebration of Alabama’s Bicentennial, the Colbert County Tourism and Convention Bureau is inviting residents and visitors to explore Tuscumbia and Sheffield during a series of walking tours. The free walking tours to visit historical places in Sheffield and Tuscumbia will be held every Saturday in April. The tours begin at 10am

See **COLBERT..** on Page 25

**THE HELEN KELLER HOSPITAL FOUNDATION EMPLOYEE COMMITTEE** will host a Uniforms- 2-U Scrub Sale on March 29-30 featuring uniform scrubs of all types, shoes, jackets, and more! All proceeds benefit the HKH Foundation. Uniform-2-U will be set up in the River Room, located in the basement of the hospital. For more information, call Christa Martin in Community Relations at 256-386-4107.

**THE MONTHLY FISH FRY AT EAST COLBERT CHURCH OF CHRIST** is Saturday, April 1 from 12-5pm. All you can eat. Adults and Carry-Outs \$12 each. Children ages 5-11 are \$6. Those 4 and under eat free with adult. All proceeds go to mission work and benevolence.

**THE 4TH ANNUAL CAR & TRUCK SHOW** at Washington Park Baptist Church is Saturday, April 1 at 201 Broadway Ave. in Muscle Shoals, behind Bragwell’s Alignment. Registration is from 8am-noon, \$20 donation. Dash plaques for the first 50 entries. Numerous Award levels presented. Prizes, food, cash prizes, and fellowship included. All proceeds go to Guatemala Missions. Rain date: April 15. Swap meet spaces available. Please no loud music or alcoholic beverages. For more info call: Terry Bacon, 256-702-0154; Ronnie James, 256-381-3536; Larry Ticer, 256-762-4906; or Shane Burney, 256-762-1092.

**CHICKEN AND DRESSING** Lunch with all the trimmings for the Lexington Senior Center will be served Sunday, April 2 from 11am-until at the Lexington School cafeteria. Donations only. Drink and dessert are included. Proceeds benefit the Lexington Senior Center.

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

**SOFTBALL**  
at UNA Softball Complex  
**April 1 & 2**  
vs Alabama-Huntsville

**BASEBALL**  
at Mike D. Lane Field  
**April 1 & 2**  
vs Alabama-Huntsville

**GO LIONS!**

**Tues, April 4 • 5pm**  
vs Trevecca Nazarene

**Check www.roarlions for complete schedules**

**YOUR Letters**

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

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

**How Much Greed?**

Editor:

Their plan will take healthcare away from 24 million people across the country and impose painful taxes on working people. Their plan weakens Medicare.

It takes three years off the life of the Medicare hospital fund in order to give a huge tax break to people earning more than \$200,000 a year. Their plan does nothing to deal with skyrocketing prices for medical care and prescription drugs. The people cutting America’s health care under the banner of reform have never had to worry about care for themselves or their families.

How much Greed is ENOUGH?

Curtis Pardue  
Columbia, TN



**Improving Our Lives?**

Editor:

What ever happened to public service in government? Nowadays it seems that our elected officials only care about protecting their own monetary interests rather than those of their constituents. I see in the Trump administration nothing but naked greed.

That’s why he has nominated so many of his business buddies, not in positions they are qualified for, but in positions where they will effect the destruction of the very agencies that were created to protect the country from unscrupulous businessmen. I believe that President Trump didn’t take his Presidential Oath of Office seriously. He is supposed to preserve, protect, and defend the US Constitution. I’m not going to get into the whole thing, but the preamble says, “We the People of the United States, in order to form a more perfect Union,

...The view that we are responsible for the world is widely held by Democrats and is total nonsense...



establish justice, insure domestic tranquility, provide for the common defense, promote the general welfare, and secure the blessings of liberty to ourselves and our posterity, do ordain and establish this Constitution for the United States of America.”

That is what we want from our elected officials. For them to promote the general welfare. In other words, to improve our lives, not make your

See **LETTERS...** on Page 29



# April 2017

## Helen Keller Hospital

**Tuesday**

**4**

### PALS Renewal Class

Call **256-383-4030** to register

**Wednesday**

**5**

### Diabetes Self Management Education

**9am • River Room**

Registration required.  
Please call **256-386-4029** to registration or for more information.

**Thursday**

**6**

### Easter Bunny Photos

**8am-2pm • HKH Main Lobby**

Bring your own camera  
Photos are \$3

Proceeds benefit the HKH Volunteers Relay for Life Team

**Thursday**

**6**

### Childbirth Classes

**6pm in the Education Dept. - Basement of the Hospital**

To register call **256-386-4030**  
Other classes on April 10 & 11

**Thurs. & Fri.**

**6&7**

### PALS Provider Class

Call **256-383-4030** to register or more information

**Friday**

**7**

### Blood Pressure & Blood Sugar Screenings

**8:30-11:30am • Main Lobby**

Free of charge!  
Sponsored by Keller Volunteer Services.

**Saturday**

**8**

### Wellness Run & Family Health Fair

Proceeds benefit Cystic Fibrosis Foundation. **8 -11. 4 mile run and 1 mile fun run**

Call **256-386-4747** for more info

**Mon.-Wed. 10,11,12**

### Masquerade \$5 Jewelry Sale

**HKH Main Lobby**

All Items are \$5 each! Proceeds benefit the Keller Volunteer Auxiliary.

**Thursday**

**13**

### LifeSouth Blood Drive

**HKH Campus • 8am-5pm**

Come and donate life!

**Friday**

**14**

### Volunteer Bake Sale

**8am until the last crumb.**

Stop by and grab homemade baked goods for your Easter lunch!  
Proceeds benefit HKH Volunteer Relay for Life Team.

**Thursday**

**20**

### ACLS Renewal

Call **256-386-4030** to register

**Friday**

**21**

### CPR Class

**7:30am & 12pm**

\$50 fee for those attendees who are not Helen Keller Hospital employees.  
Please pre-register by calling **256-386-4030**.

**Friday**

**21**

### Blood Pressure & Blood Sugar Screenings

**8:30-11:30am • Main Lobby**

Free of charge!  
Sponsored by Keller Volunteer Services.

**Saturday**

**29**

### Belk Charity Sale

**6 -10am**

Tickets will be available for \$5 at the Wellcare Center. The profits from the sale benefits the Helen Keller Hospital Foundation. Tickets will be available for sale beginning April 19th

**April 23-29**

### National Volunteer Week

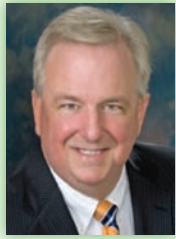
**7:30am & 12pm**

Thank you to all of our dedicated hospital volunteers for their hard work.

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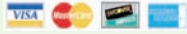
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Like Yard Sales? See page 5!

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June 1 - 3

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**Egg Hunt...**

Continued from Page 1

a brown bunny holding the blue egg that reads *Courier Journal Egg Hunt*. No other egg designs are included in the contest. Count EVERY egg of that description, including the ones in this article. The eggs can be found anywhere in the pages of the *Courier Journal*, including inside the ads, so look VERY CLOSELY before you send in your totals.

You may enter your total count on our website, [www.courierjournal.net](http://www.courierjournal.net), bring it to our office at 219 West Tennessee St. in Florence, or mail it to: *Courier Journal Egg Hunt* at the same address and the zip code of 35630.

Please indicate which week you are counting eggs from. Week 1 is the March 29 issue. Week 2 is the April 5 issue. Please include your name, address, and phone number as well. You may enter one time for each week, whether it is online or by separate mailings. Or you may enter for both weeks at once online or in one mailing.

However, we MUST have all entries in hand by close of business on Thursday, April 6.

Therefore, we would advise against mailing an entry on Wednesday, April 5 because we may not receive it until Friday, April 7. That would be too late for this contest.

Entries with the correct number of eggs counted in each issue will be entered into random drawing for several prizes. If no one had the exact number, closest guesses will be used in drawings. Winners will be announced April 12. Prizes include three gift certificates to Legends Steak House and three certificates for a large Domino's Pizza. Start counting this week.

**HAPPY HUNTING!**



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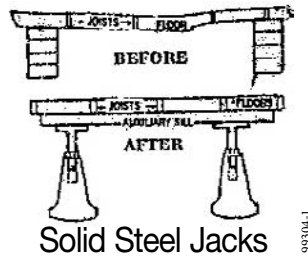
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Classified Form on Page 6

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I can do all things through Christ who strengthens me. Phil. 4:13 NKJ



STAN DEAN

**Singing In The Storms**

There was an interesting event that made the papers a few years ago about Chippie the parakeet. Perhaps you read it, but if not here is the abridged version of the story.

It was just an ordinary day. Chippie was sitting in his cage enjoying eating, drinking and just doing what parakeets like to do. Then, things suddenly took a turn for the worse. Chippie's owner was vacuuming the floor when she noticed that the pet's cage needed to be cleaned. She had never used the vacuum to do this job, but since she had it in her hand it seemed like a logical thing to do.

The lady removed the attachment and stuck the hose in the cage. About that time the phone rang and she walked across the room to answer it. No sooner had she said "hello" when there was a loud "shoop" made by the vacuum. She did not even have to look; she knew Chippie had been...well, evacuated!

She quickly hung up the phone, turned off the machine and opened the bag. There she found poor Chippie – alive, but obviously dazed. He was ruffled and covered with dust and soot so she rushed him to the bathroom and held him under running water. After a minute she realized that the little guy was wet and cold so what does she do now? There is a hair dryer on the counter which she uses to blast him with 1500 watts!

Chippie survived the ordeal but not without some aftereffects. A week or so later the reporter who had covered the story called the owner to see if the bird had recovered. "Well," she said, "Chippie doesn't sing much anymore – he just sits and stares."

Chippie's story is more than just human interest; it is also a pretty good commentary on life. Things can be going well for us when suddenly we seem to get "sucked up, washed out and blown over." We are left in a daze and wonder what happened. We often ask questions like: "What did I do to deserve this?" and "Why did this have to happen to me?" When we cannot find satisfactory answers to our questions, these experiences can surely take the songs from our hearts too – at least for a while.

Let us be reminded that life happens to us all! Thus, knowing that trials are sure to come, the wise thing for us to do is put our trust in the One who can give us songs, even in the darkest storms (Job 35:10).

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**Pride VEGETABLES All Varieties Except Peas 14-15 Oz.**

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**Food Club PINTO BEANS**

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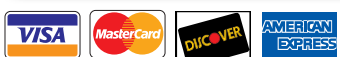
**Mondo Flavored DRINKS**

**88¢** 6 Pk.



**Kellogg's POP-TARTS All Varieties**

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**AD GOOD MAR. 29-APR. 4, 2017**

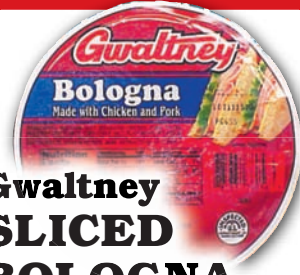
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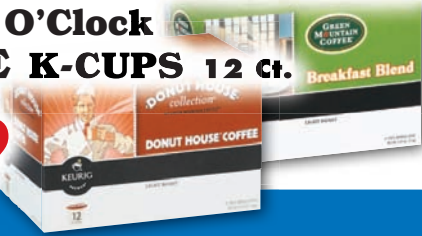
Sweet Baby Ray's  
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**Empty Bowl** 11am-1pm April 4

Continued from Page 1

attendees complete their meals with a homemade dessert or take home some goodies for later.

Thrift store models raise a lot of money for hunger as they model what can be found at the Salvation Army Thrift Stores.

One hundred percent of the funds raised from the Empty Bowl Luncheon will be used to provide food for the hungry in the three counties served by the Salvation Army of the Shoals.

There will also be a silent auction with hundreds of items from local merchants and individuals going to the highest write-in bid. Most of the money raised by the auction and the funds generated from \$25 or less cash and carry items goes to send at-risk children to camp. Some auction funds are also directed toward weekly music and art programs for children, buying school supplies and helping with shelter needs.

Can't get away from work? Call about our take-out option. Hundreds of bowls are delivered every year. Overflow parking is at Veterans Park and shuttle buses will transport guests from car to the door and back.

**ABOVE: Shannon Yates and Marty Evans make ceramic bowls for the Empty Bowls Luncheon on April 4.**

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**Mystery Photo of the week!** Courier Journal

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Enter at [www.courierjournal.net](http://www.courierjournal.net)

Last week's winner is **Jenny Dawson** of Cherokee who correctly guessed "Allsboro Methodist Church, Colbert Co."

One entry per person. Winners will be announced each week in our paper and on our website. Winners can pick up their Gift Certificate at the Courier Journal office on Wednesdays after 12 Noon.

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# DAVE Says

by DAVE RAMSEY



## YOU SKIPPED ONE!

Dear Dave,  
My husband and I heard about your plan, but we're not sure what to do next. We have between \$400,000 and \$500,000 in a 401(k) for retirement, but we don't have any other savings. We're both in our forties, and the only debt we have is our house, so what should we do about Baby Steps 4 and 6?  
Mary

Dear Mary,  
Overall, you two have done a great job with your money. Let's go over the Baby Steps you mentioned. Baby Step 4 is putting 15 percent of your income into Roth IRAs and pre-tax retirement plans. Baby Step 6 is paying off your home early.

The thing that worries me is you've completely skipped Baby Step 3, which is having three to six months of expenses in an emergency fund. This is money set aside strictly for emergencies. The problem right now is if you have a real emergency, you may have to cash out your 401(k). If you do that, you're going to be penalized 10 percent, plus your tax rate. That's a real kick in the teeth just because you didn't do things in the right order.

My advice is to temporarily stop your 401(k) contributions until you get a fully funded emergency fund in place. By temporarily, I mean six to eight months at most. That way, you'll be covered when life happens without having make a big dent in your retirement savings!  
—Dave

## IT DOESN'T HAVE TO BE A DEAL BREAKER

Dear Dave,  
One of my relatives just

graduated from college with \$20,000 in student loan debt. Her boyfriend graduated, too, and he has over \$100,000 in student loan debt. They want to get married, so she's looking for a job. He wants to go to graduate school, and take out more loans to remain a full-time student. The idea of even more debt hanging over their heads really bothers her. Do you have any advice?  
Denise

Dear Denise,  
You don't throw away a great, potentially lifelong, relationship just because of debt. Things like laziness, dishonesty, and irresponsible behavior are deal breakers, though. Those are flaws that usually don't go away.

I'm glad she's looking for a job, but her boyfriend needs to be working, too. There's no excuse for either of them being full-time students with more than \$120,000 in combined student loan debt hanging over their heads. Lots of people hold down real jobs, save money, and further their educations on a part-time basis.

If she were my niece, I would encourage her to have an open and honest discussion with her boyfriend about their future, and how he plans on paying for graduate school. She also needs to be very real about her feelings in this situation. If, after that, he still wants to just borrow more money and not work outside of school, then she might have a difficult decision ahead.

However, if he realizes how damaging additional debt could be to their relationship, and he's willing to work while continuing his education, I think their future together looks much brighter.  
—Dave

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

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## Tours...

Continued from Page 14

Home has been added to the list of previous favorite tour destinations. The tours will last approximately 1 to 1 1/2 hours. They will begin at 10am and are free to the public.



### APRIL 1 North Court & Seminary

A tour of North Court and Seminary Streets will begin at 10am at Rogers Hall (also known as Courtview) at the north end of Court St. on the UNA campus. It features Rogers Hall, Coby Hall, the Governor O'Neal Home, Connor Place,

Wakefield, the Robert Dean Martin Home, the Medical Arts Building, Pope's Tavern, two Sears & Roebuck houses, and many other homes.

Parking will be available on Court Street and at the UNA parking lot located at One Harrison Plaza. *Tour Guide: Billy Warren.*



### APRIL 8 Walnut Street Historic Dist.

The Walnut Street Historic District boasts tree lined sidewalks, diverse architecture and elegant homes. The tour will begin in the UNA tennis courts parking lot on Hermitage Drive. Walk by 29 beautifully restored houses of the original Walnut Street Historic District which were placed on the National Register of Historic Places in 1977. The tour begins at the corner of Walnut St. & Hermitage Drive at 10am. Parking is available at the UNA tennis courts on Hermitage Drive. *Tour Guide: Billy Warren*



### APRIL 15 Florence City Cemetery

The tour of the Florence City Cemetery features unique headstones and monuments adorned with burial and religious symbolism. The cemetery was established in 1818 and contains graves

belonging to early settlers, two former governors in the O'Neal family, and other prominent community leaders and families.

The tour begins at Florence City Cemetery entrance at 10 a.m. 705 E. College Street next to the Animal Shelter or entrances on Tennessee Street. *Tour Guide: Harry Wallace*



### APRIL 22 Larimore Home

The Larimore home was built in 1870 by Theophilus Brown (T.B.) Larimore. Following his marriage in 1868 to Esther Gresham, they established a school on 27 acres of land that she had inherited from her mother's estate. The home and approximately 20 other buildings comprised Mars Hill Academy which operated from 1871-1887 training ministers and Christian workers. The school closed in 1887 so Larimore could spend more time preaching.

Mars Hill Bible School opened in 1947 through a collaboration among local churches of Christ. Larimore's home was used as the main building of the school with classes being taught in the home's twelve rooms. The home is now surrounded by the

expanded school campus and is listed on the National Register of Historic Places. *Tour guides will be Billy Warren and Ryan A. Moore.* The tour of the home and grounds will begin at 10am and is free to the public.

A special lunch prepared by the Associated Women's Organization of Mars Hill will be available for \$12 with advanced reservations. Call Florence/Lauderdale Tourism at 256-740-4141 for lunch reservations.



### APRIL 29 Forks of Cypress Plantation & Cemetery

The Forks of Cypress Plantation was one of the oldest antebellum mansions in Alabama. It was built in 1822 by James Jackson, one of the first settlers in Lauderdale County and a friend of Andrew Jackson. Bring your lawn chairs for the beginning portion of the tour. The second part of the tour will be at the historic Jackson Cemetery. The tour begins at Forks of Cypress at 10am. Directions: take Cox Creek Pkwy to Jackson Rd. and turn right (no traffic signal at intersection). Turn right at the dead end. Park along the road or enter the gate to park in the field leading to the columns. *Tour Guide: Harry Wallace.*

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## Courier Journal ADOPT A FRIEND

The animals you see here are currently in local animal shelters or rescue facilities. Adoption fees vary and include having your new friend spayed or neutered, if necessary. Help us help these and other animals by adopting a new friend today.



Introducing **DEACON**, the coolest pup you're ever going to meet! He is only 10 months old and so handsome! The ladies love him! He's a charmer and he'll win your heart right away. He loves to jump and he's generous with his strong hugs. Deacon is SUPER ACTIVE!!! He is friends with everyone he meets, but plays hard and long! He will require a special home that has a lot of time to give. Deacon is already neutered and ready to go to the right home! **THE PET OF THE WEEK SPECIAL ADOPTION FEE IS \$15 FOR DOGS & \$25 FOR CATS & INCLUDES SPAY OR NEUTER & RABIES!** To learn more, contact the Colbert Shelter at 256-381-4073!



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



**CONNOR** was born in 2013. He's an energetic and friendly brindle mixed breed that enjoys attending adoption events where he gets lots of attention and meets people and other animals. He needs daily outdoor exercise and enjoys companionship and one-on-one playtime. Connor is fully vetted and on HW preventive. **ADOPTION \$50.** To adopt or meet Connor, call R.E.A.L. 256-460-0596

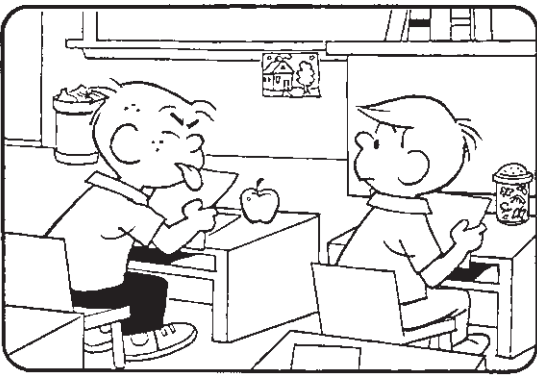


This is **CHLOE**, the sweetest dog in the world! She needs a good family that will love her and cuddle her. She can't get enough human contact!! Chloe is about 7 yrs old and dreams of being a lap dog. She needs to be an indoor dog and be part of the family! If you are looking for a best friend, she will bring you more love than you could ever imagine!! If you are interested in adopting Chloe, please contact CASA Canine at 256-246-9800.

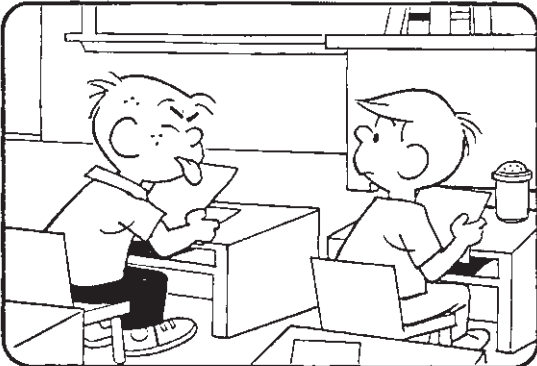


**PORTER** is a 1.5 year old male boxer mix. He can sit, shake, and gets along with everyone! He is neutered, up to date on vaccines, and heartworm negative. **ADOPTION FEE IS \$85.** To learn more, contact the Florence Shelter at 256-760-6676.

**HOCUS-FOCUS** BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Wastebasket is missing. 2. Picture is missing. 3. Apple is missing. 4. Arm is moved. 5. Collar is missing. 6. Mug jar is empty. ©2017 King Features Synd., Inc.

**Colbert Walks...**

Continued from Page 14



in both cities and will be an hour in length. The Tuscomb tours begin outside Cold Water Bookstore at 101 W. Sixth Street except for a walk at Winston Cemetery. The Sheffield tours begin at the Municipal Building at 600 N. Montgomery Ave. The tours will be led by local historians.

Susann Hamlin, president and CEO of Colbert County Tourism, said, "This year's tours are a great opportunity to learn the history of the cities and help celebrate our state's 200th birthday."

Alabama's bicentennial celebration runs through 2019. Alabama became a state on Dec. 14, 1819. The theme for the 2017 celebration is Discover our Places, Honoring Our People in 2018, and Our Stories in 2019.

Austin said. In addition to Sheffield and Tuscomb, walking tours will be held in towns throughout Alabama on Saturdays in April.

"These walking tours are a great way to get out and enjoy the spring weather and find out about the history of our state," said Brian Jones of the Alabama Tourism Department.

Hamlin said walking tour participants should wear comfortable shoes and dress appropriately for the weather. The tours are handicap accessible. For more details on the Sheffield or Tuscomb tours, call 256-383-0783.

**THE TUSCOMBIA TOURS** will be organized by Colbert County Tourism to include visits to Ivy Green on April 1 and the Coldwater Stage Coach Stop on April 15. Both will be led by Lori Johnson. A walk to First Presbyterian Church for a program about early churches of the town will be led by Ron Hudson on April 8. History buffs will tour Winston Cemetery on April 22 led by Lanny Perry. The Julian Home will be the destination on April 29 for a program on the town's architecture led by Ninon Parker.

**THE SHEFFIELD TOURS** are organized by the Historic Sheffield Commission. Jimmy Austin will lead them. The walks will focus on the history of homes and other structures along North Montgomery Avenue. "It's a great opportunity to come out and learn about the history of Sheffield,"

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## Earth...

Continued from Page 14

said Jennifer Butler Keeton, Programming / Publicity Coordinator at FLPL. "The programs approach Earth Science from a lot of angles, but we also included a hike for adults and a creek field trip for kids. So, folks will have the opportunity to

enjoy the earth as they learn about it."

**THE EXHIBIT**  
**Explore Earth:**  
**Our Changing Planet**  
**April 1-May 20**

Learn about your planet through interactive games and hands-on activities! Explore Earth: Our Changing Planet makes science fun with a focus on local earth science topics such as weather, the water cycle, ecosystem changes, and a global view of our changing planet.

**KICK-OFF EVENT**  
**The Magic of Planet Earth:**  
**Cycles, Civilization, & How**  
**They Work Together**  
**with Steve Trash**  
**Saturday, April 1, 11am**

Come to the library and learn how to do magic with illusionist and eco-entertainer, Steve Trash! This is not just any old magic, but the best kind: Earth Science-themed magic tricks! Kids will perform and take home several cool magic tricks while also learning about the Earth. Great for kids 7-11 and their families. For more information, call 256-764-6564, ext. 28.

**Green Screen**  
**Weather Forecasts**  
**Sat., April 1, 12-2pm**

It's cloudy with a chance of FUN! Families can make their own weather forecasts using the green screen in the Collaboratory at FLPL. You'll get a digital copy of your forecast that you can share on social media! For

more information, call 256-764-6564, ext. 28.

**Caffeine Cinema:**  
**Twister (ages 11-16)**  
**Tuesday, April 4, 5pm**

For our Teen Program's monthly film screening, we'll watch the tornado thriller, Twister (PG-13), and discuss the scientific fact and fiction of the film. For more information, call 256-764-6564, ext. 24

**Pinspiration: Tabletop**  
**Biospheres (ages 11-16)**  
**Thursday, April 6, 5pm**

In this craft program, teens will make tabletop biospheres! For more information, call 256-764-6564, ext. 24.

**Sustainable Agriculture**  
**in the Shoals and Beyond**  
**(adults and older students)**  
**Monday, April 10, 6pm**

A panel of farmers, scientists, and agriculture experts will discuss strategies and farming practices that protect the environment, human health, and animal welfare. Email questions or discussion topics to events@flpl.org, and they may be included.

**Family Book Club: Drizzle**  
**by Kathleen Van Cleave**  
**(families with children 2nd**  
**grade & up) Thursday,**  
**April 13, 4pm**

Read the book and then join us for discussion and fun as we learn about weather!



**Saturday Storytime: Let's**  
**Learn About Wind!**  
**(Pre-K - 2nd grade)**  
**Saturday, April 15, 2pm**

We'll have fun while learning about wind by reading stories and making wind streamers!

**After School: The Water**  
**Cycle (K-4th grade)**  
**Tuesday, April 18, 4pm**

Learn about the water cycle with the Florence Middle School Science Olympiad Team! After School is a fun weekly program for elementary kids.

**Cane Creek Canyon**  
**Geology Hike**  
**(adults, older children)**  
**Saturday, May 6, 11am**  
**Cane Creek Canyon**  
**Nature Preserve**

Dr. Jim Lacey, author of *Lost Worlds in Alabama Rocks: A Guide to the State's Ancient Life and Landscapes*, will lead a guided hike of approximately three hours through his privately-owned nature preserve. Sign-up is required, so call 256-764-6564, ext. 28 to register.

**Fishes of Cypress Creek**  
**(K-4th grade)**  
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# The Kidneys and How They Work



## Where are the kidneys and why do we need kidneys?

The kidneys are a pair of bean-shaped organs, each about the size of your fist. They are located near the spine, below the rib cage, one on each side.

Your kidneys keep the blood clean and chemically balanced.

The kidneys filter 200 quarts of blood and produce 2 quarts of waste products and water each day. Wastes in the blood come mostly from the breakdown of food and beverages. If the kidneys did not remove these wastes, they would build up in the blood and damage the body.

The removal of wastes and water occurs in tiny structures in the kidneys called **nephrons**.

Your kidney has about a million nephrons. The nephron consists of a blood filtering component, the **glomerulus**, that keeps proteins and cells in the bloodstream and allows fluid and wastes to pass through. It is connected to a long cylindrical tube known as a tubule. A complicated chemical exchange takes place in the tubule, as waste materials and water pass along it to become urine.

The wastes and water become urine, which flows to the bladder through tubes called **ureters**. The bladder stores urine until releasing it through urination.

## What are signs of kidney disease?

Many people with kidney disease do not feel sick, but may have abnormalities of one or more blood and urine tests. In other occasions, a number of signs and symptoms may develop. A few are listed below.

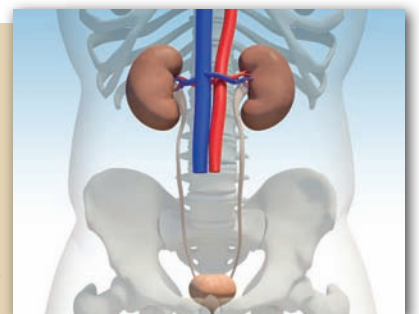
- Presence of blood and/or protein in the urine
- Elevation of chemicals in the blood that the kidney should remove, such as creatinine and blood urea nitrogen (also known as BUN)
- High blood pressure • Swelling of hands or feet • Need to urinate more often, or less often • Fatigue, loss of appetite, nausea, vomiting

## What causes kidney disease?

Although the cause of a kidney disease is often not known, there are many known causes such as:

- A variety of infections • Immune disorders where the body attacks some of its own tissues • Toxic injury due to medicines or illicit drugs use
- Abnormalities in kidney development which are particularly common in children

However, the most common causes of kidney disease are two potentially controllable diseases: diabetes and high blood pressure.



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## Cat & Kids

by Cathy Turner

### We Go Way Back



Why is it that grandparent love is so full, so potent, so immediate and so special? I mean I understand loving your kids. You give them that first kiss and you get flooded with emotions, connection and hormonal attachment. Motherhood turns on. They were mine for the rest of their lives.

I remember with our first grandbaby - I remember the moment that my heart melted. She was in the NICU (Neonatal Intensive Care Unit), because all of her systems were a flutter. We almost lost her. Somehow I landed by her NICU bassinet by myself. She had been there several

days - almost unresponsive - and she opened her eyes. There she was, with us, and I was the first to see that little face wake up. I whispered, "Ruby, you're here." Then I shouted, "She's Here!" What a moment of connection. Ecstasy! She was going to mine for the rest of my life.

That connection came from trauma and I thought that there would never be a connection like that again. And I must admit that there is something special about that first one... But then our son had a little girl. I remember the first time that our daughter-in-law placed her into my arms. She fit right there beside my heart. When I looked into her eyes, I saw our son. And when I felt her breathe, I felt our history - her history - all the things that it took for her to even be born amongst us. I smelled her freshness and her purity and I thought that she was ours to raise for the rest of her life. The things that we would get to teach her - the God that we would get to share with her - what a moment of anticipation. Love. Tears.

Grandmama love came as naturally as mama love did. It didn't take an event. That love is already set and sealed in family, in blood. All babies are the best. They attract our attention, make us smile, and give us hope. But the depth of cherishing the one that came from the one that came from you - indescribable! Seeing the same nuances of character or even of mannerisms from one side of the family or the other - not to mention the physical likeness - it just draws you in. And the way those little eyes look at you when they recognize that you are Gran, it simply makes you want to give them everything that is good on this earth.

Simply the fact that it's my child's little one calls for relationship, for kisses, for cuddles, for laughing together and playing together, and buying her shoes. It's that one breath, one accord, one family. It's an unexplainable natural closeness. It's family. Unstoppable.

In a conversation with my grandmama friends, we decided that the best part is that unconditional/I can't-wait-to-see-you kind of love that our little descendants show us. It is

so wonderful to have a face light up just because you enter the room. Squeals. It's the hundreds of kisses and the not wanting to hang up. It's the hugging of the computer and the way she says, "Gan-dad". Or maybe it's the puppy-dog eyes begging to go to "Gan's house" that keeps us coming back for more.

But even before all of this, my grandbabies had me at my children's first kiss.

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

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Guest Op-Ed

Penalty...

Continued from Page 14

to veto, one might question why it was not good enough for President Donald Trump to sign in 2017.

Fast forward to today's proposal to replace Obamacare, and it does not do all of these things.

The bill does appear to end the individual and employer mandates. However, it replaces the individual mandate with

a "continuous coverage" penalty that insurance companies can charge, something Sen. Rand Paul (R-Ky.) warned about.

Sen. Paul was correct as it turned out. As reported by Kaiser Health News, the "continuous coverage" penalty "increases premiums for people who buy insurance if they have gone sixty-three consecutive days without a policy during the past twelve months. Their premiums would rise by 30% and that surcharge would last for a year."

So, the Republican plan to lower premiums is to increase them?

Even if you had only lapsed coverage for, say, 64 days — one day more than the provision's cutoff — you would owe the increased premiums for an entire year. Like the individual mandate, those who may be least able to afford health coverage are the ones who are penalized for not keeping coverage. This would apply to those who lose their jobs and are out of the health care market for a while. And unlike the individual mandate, there is no hardship exemption.

Does that make sense? "The continuous coverage provision alone should be reason enough for Republicans to go back to the drawing board with this bill," Americans for Limited Government President, Rick Manning, said in a statement.

"Republicans promised to end the tyranny of the individual mandate. Instead, House Speaker Paul Ryan has made it worse by punishing those who lose their coverage because they lost their job or discontinued it because premiums got too high. This massive increase has the perverse effect of making it harder to

get health insurance for those who drop for whatever reason, by hiking premiums of those who attempt to reenter the insurance market by 30% as a matter of law. This is unbelievably bad," Manning explained.

"The House needs to stop what they are doing this instant and start over," Manning exclaimed.

There are other problems. The bill doesn't eliminate the additional federal funding for Medicaid expansion that was enacted in Obamacare.

Making matters worse, no one apparently checked with the Senate parliamentarian Elizabeth MacDonough to see if the insurance regulations — ordering basic plans to cover more than they might otherwise — could be included in the budget reconciliation bill, according to Sen. Mike Lee speaking with the Washington Examiner's Philip Klein.

"What I understood her to say is there's no reason why an Obamacare repeal bill could not have provisions repealing the health insurance regulations," Lee said in the interview.

According to the story, "Lee also said that the parliamentarian told him it wasn't until after the unveiling of the House bill that any Republican even asked her about the possibility of repealing regulations with a simple majority."

Consider that. The whole reason House Republicans have been told they could not address the insurance regulations is because the Senate budget rules would not allow it.

But did anyone ever check? MacDonough has been there for over five years now.

Perhaps Ryan's plan to repeal 85% of Obamacare via reconciliation in 2012 was actually too low.

The legislation appears to replace exchange plan subsidies with a regime of tax credits — which will cost \$70 billion a year once fully implemented, according to the Congressional Budget Office. The exchanges themselves remain in place. The plan also subsidizes a national, catastrophic-only insurance plan.

Yet, if the plan had contemplated eliminating insurance regulations and, say, going across state lines to buy insurance, would anyone be talking about new federal subsidies for health insurance?

In other words, it would appear the entire new scheme of health insurance has been designed based on what Ryan thought he could get through on reconciliation. The plan tacitly acknowledges that costs will not be coming down, and so envisions subsidies via tax credits.

This is the problem. Because Ryan and Republican leaders are constraining themselves to what they think can be accomplished under Senate reconciliation budget rules, they are delivering a mutant national health care system. Just pass the bill you want, and if the Senate parliamentarian objects, overrule her the same way they plan on overriding any filibuster on Neil Gorsuch for the Supreme Court.

Enough with the excuses. If Senate rules prevent good legislation from being proposed, then override those rules.

Robert Romano is the senior editor of Americans for Limited Government.



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Eggs will appear in different sizes, however, they will all look like this and read 'Courier Journal Egg Hunt.'

Count EVERY egg of that description, including this one. The eggs can be found anywhere in the pages of the Courier Journal, including inside the ads, so look very closely before you send in your totals.

Enter your total count:

- On our website, [www.courierjournal.net](http://www.courierjournal.net)\*
- Bring it to our office at 219 West Tennessee St., Florence
- Mail it to: Courier Journal Egg Hunt, 219 West Tennessee St., Florence, AL 35630.

\*If emailing, send your total count to [andrea@courierjournal.net](mailto:andrea@courierjournal.net) with the subject line, 'Egg Hunt'. Please indicate which week you are counting eggs from. Week 1 is the March 29 issue. Week 2 in the April 5 issue. Please include your Name, address and phone number as well. You may enter one time for each week, whether it is online, by separate letters or may enter for both weeks at once online or in one letter.

**ALL entries MUST be in hand by close of business on Thursday, April 6.**  
Therefore, we advise against mailing an entry on Wednesday, April 5.

Those with the correct number of eggs guessed in each issue will be entered into a random drawing and winners will be announced April 12. Prizes include three gift certificates to Legends Steak House and large Domino's Pizza.




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The first thing to know is, **you only receive one "Wellness" visit per year.** If you go to a specialist, and they code your visit as a "Wellness" visit, you cannot go to your primary care physician and receive another "Wellness" visit. It is your responsibility to know how your visit is coded. If you do not want a visit to a specialist or primary care physician coded as a "Wellness" visit you must speak up.

The second, and maybe the most important, thing to know is; for a visit to be coded as a "Wellness" visit it must be for **preventive services only.** Your "Medicare and You Handbook" states; **"If you doctor or other health care provider performs additional tests or services during the same visit that aren't covered under this preventive benefit, you may have to pay coinsurance, and the Part B deductible may apply."** In other words, if you are having a medical issue and go to your doctor and discuss this issue, you probably will not be able to use your "Wellness" visit and must pay your copay or coinsurance. **"Wellness" visits are for preventive screenings and tests only!!**

If you go to your primary care physician or specialist, and they "break the news" to you that a visit is not eligible to be coded as "Wellness", please be patient with your provider. It's not that they do not want to help you; it's that Medicare will not approve it.

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



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## Letters...

### Improving Our Lives?...

Continued from Page 14

friends richer. We are the only industrial nation that does not provide, as a right, universal health care. Even third world countries have some form of social security.

The Trump administration is seeking to abolish all the gains we have made over the last 100 yrs. by cutting Social Security, Medicare & Medicaid, & abolishing the ACA. Not to mention LGTBQ rights, Women's rights, the rights of P.O.C. The list goes on and on. The worst part is our elected officials don't even want to talk to us about our concerns. Don't strip us of rights and benefits previous administrations have enacted. Fulfill your oath. Preserve, protect, and defend the Constitution for the United States of America.

Yolande Webster  
Florence

## Repugnant Nonsense

Dear Sir:

Mr. James Zogby wrote an article, published in *The Huffington Post*, in which he argues that the travel ban proposed by President Trump is a threat to America. His logic is clearly pro-Muslim and in my view anti-American. The idea that we should admit everyone who claims oppression in their native

See LETTERS... on Page 31



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Want to know something that can make a drastic improvement in the way your home shows, something that doesn't have to cost a thing? It's probably something you know already. It's the power of a really good cleaning. You may be one of those people whose homes are already super-duper clean all the time. If you are, that's awesome for you. It's also pretty rare. We are a busy society of people who accumulate lots of stuff. We don't all have time to tidy up and keep everything spotless. And that's ok. But when your home is on the market, you need for it to be seen at its very best.

Think of it as a one-time, white-glove cleaning. I mean, get in there and straighten and deep clean every room. This really only has to happen once, because after that you only have to do the maintenance to keep it that way. I have found that it is incredibly helpful to have someone who doesn't live there to help point out problem areas. We all get used to looking at our homes and very often overlook what is glaringly obvious to someone else.

Things that don't usually get cleaned are the very ones that you need to make

sure you don't forget. Baseboards, ceiling fans, light fixtures, all cabinetry (not just the countertops!), blinds, door jambs and trim, light switch plates, etc. If you think it can't be cleaned, think again. Those magic scrubber eraser pads are truly magical—just be sure you follow the directions on the box and test in an inconspicuous area first. They aren't made for all surfaces. Consider using unusual cleaning tools—toothbrushes for hard to reach small spots, toothpicks for tiny crevices.

As for all the stuff, there's a great book out there called *The Life-Changing Magic of Tidying Up*. If you have trouble deciding to get rid of anything, or just have trouble getting started, it's a great short read. If your home is on the market, you are getting ready to box everything up anyway. You might want to start doing that with things that are seldom used.

Please don't think that I don't have clutter in my life. I do! I have a normal, busy family just like you do. And if we ever get ready to put our home on the market, we will have a big cleaning "party." I can't wait.

*Please feel free to send your questions.*

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

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**WATER-FRONT REAL ESTATE AUCTION!**  
SATURDAY APRIL 8TH • 10:00 AM  
WILSON LAKE LOTS,  
COUNTY ROAD 578, ROGERSVILLE, AL



**Beautiful Waterfront Lots on Wilson Lake!**  
**Tract 1** - 1.45 Ac +/- with 293.33' water front w/ pier & boat slip  
**Tract 2** - 0.93 Ac +/- with 112.51' water front  
**Tract 3** - 0.88 Ac +/- with 114.64' water front  
**Tract 4** - 0.85 Ac +/- with 116.51' water front  
**Tract 5** - 0.91 Ac +/- with 117.26' water front  
**Tract 6** - 1.63 Ac +/- off shore with A frame cabin  
Good water for great fishing/water sports or just cruising on your boat! Active community, with school, golf courses, shopping & Joe Wheeler State Park in the vicinity.

**Come Explore the River!**  
**DIRECTIONS:** From Hwy 72 & Hwy 101 in Elgin, travel south approx. 1.5 miles on Hwy 101. Turn right County Road 578. 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, survey and preliminary title search. A 6% BUYERS 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 the 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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1646 Lee St., Rogersville, AL  
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E-mail-holland@hollandrealty.com  
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**10:AM FRIDAY MARCH 31st**  
**AUCTION**  
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](http://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 left 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.

**Shane Albright AUCTIONS**

**SHANE ALBRIGHT AUCTIONS**  
6508 Hwy 72 Killen, AL 35645 AL LIC1569 TN LIC5431 Firm112  
Shane Albright Owner/ Broker / Auctioneer 256-757-8898  
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- 3450 Cloverdale Rd., 2BR, 2BA Apt.....\$450
- 532 E. Lelia St., 3BR, 1BA.....\$600
- 1350 Rickwood Ct., 3BR, 2BA, shop.....\$1100

**CENTER STAR:**

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

**ROGERSVILLE:**

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

**KILLEN:**

- 2275 CR 71, 3BR, 2BA.....\$625
- 231 Cedar Ln., 4BR, 2BA.....\$1200

Call Phillip Patterson • 256-757-5525  
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**VILLAGE PARC RENT SPECIAL ~**  
1st Month's Rent 1/2 Off!

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Town Home Apartments,  
2 Beds,  
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2 Pools  
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**Steeplechase Apts.**  
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More Photos: Facebook SouthEasternProperties

**Cherry Hill Homes Family Apartments**  
Located on Florence Blvd. Rent based on income/utility allowances. Must pass background check and be able to obtain utility services.  
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**NOW LEASING**  
1011 Midland Ave. Muscle Shoals  
256-762-4201  
Newly renovated • New appliances  
2 bedrooms, 1 1/2 bath  
**\$550 month**



# Estate

**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

**FLORENCE, 110 BROADWAY, \$500** down, \$425 per month. Owner financing, needs work. K&H Inc. 256-349-0000

**NORTH FLORENCE: 1854 RANDOLPH St.** 2 bdrm. 1 ba., carport, stove, washer/dryer connections, refrigerator, central unit, yard maintained, pest control furnished; \$495 rent, \$495 deposit. 256-272-1141 leave message

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

**SENIOR LIVING APPLGATE APARTMENTS**

162 Rose Dr., Florence. Section 8 accepted. 256-764-6898



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

**CHEROKEE, 960 CROSS STREET,** 3 bdrm., 1 ba., \$49,000. 256-360-2663

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

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

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

**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

**KILLEN: 146 HOLDEN RD.,** #23, 3 Bdrm. 2 ba. \$500 rent, \$300 deposit, Central heat/air. 256-764-3137

**18 MINUTES W. OF** Florence. 40 acres, pasture fenced, city water, fronts 3 roads, 4,800 road frontage. \$165,000. 256-335-0060

**FOR RENT: 3 BEDROOM,** 2 whole baths, new appliances, central heat/air, near Shoals Community College, two car garage, \$750 per month + deposit. 256-443-1602

**FLORENCE: 1024 LIMESTONE AVE.,** 2 bedroom, 1 bath, Owner financing, needs work, \$500 down, \$395 per month. K&H Inc. 256-349-0000

**NORTH FLORENCE: FOR RENT** 1 or 2 Bedroom Apartments, Appliances, Washer/Dryer connections. \$325-\$495 plus deposit. 256-764-3986

**311 EAST 6TH ST.,** Tusculumbia, AL. 4 bdrm., 3 ba., historic home close to downtown Tusculumbia. View on www.zillow.com. Price reduced to \$187,000 256-483-2887

**TOWN CREEK: 13461 HIGHWAY 101, #3,** 2 bdrm., 1 ba., \$350 rent, \$300 deposit. Central heat/air 256-764-3137

**SHEFFIELD: FOR RENT,** 903 W. 12th Ave., 3 bedroom house, central heat and air, Section 8 approved. \$625 monthly. 256-383-8557

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

**HOME FOR SALE KILLEN: NEW -** 147 Villagewood Dr., 4 bedroom brick, hardwood, whirlpool, fireplace, 1,900 sq. ft., large lot, \$194,900. 256-762-1587

**OWNER FINANCING** 1626 CULLMAN St., Florence. Remodeled, 3 bedroom, 1.5 bath, great location in Edgemont Subd. \$7,500 down; payment \$776.56 Call 256-436-0238

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

**SMITH LAKE ARLEY OFFSHORE** lots, pre sales \$18,500. 0 down, 0 interest, \$199 a mo., \$500 deposit. RVs, campers, cabins, trailers, homes. Owner 256-355-2760

**FLORENCE: 626 E. MOBILE, B, 2 bdrm., 1 ba.,** \$325 rent, \$300 deposit. Window air unit, electric heat. 256-764-3137

**FLORENCE: 2 BEDROOM,** 1 bath duplex for rent. Central heat and air, stove, refrigerator. \$380 plus deposit. Call 256-627-7493

**PRICE REDUCED TO \$99,000.** 202 W. Lakeside Dr., Florence, 3 bdrm., 2 bath, new roof, air unit and plumbing. 256-577-4816

**LAND FOR SALE IN** Center Star, several tracks. 256-810-9076

**ESTATE AUCTION SATURDAY, APRIL 1 • 10:00 AM**

**Estate of Mrs. Careen Butler  
94 County Road 580,  
Lauderdale County, Rogersville, AL**



**Brick Home & 2 Acres +/-!** Ranch style home features: living room & fireplace, dining room & kitchen, 3 bedrooms & 2 baths, laundry room, patio & attach double car garage.

**Property:** Level 290' x 226' yard & detach single car garage  
**Partial List of Personal Property:** Guns: Springfield 944 Model 944 410 gauge, Harrington Richardson 410 gauge, J C Higgins 10313 Model 22 caliber, 1924 Turkish 8MM 7.7 Ankara, Volunteer, Dinette table & chairs, Somerset & Alicia china, glassware, Vintage table & chairs, china cabinet, sofa & love seat, side tables, lamps, recliners, electric recliners, stereo, albums, Hotpoint washer, GE dryer, pressure cooker, Roper refrigerator, Amber Iris, pink glass, dishes, frames, bar stools, cookware, small appliances and more!

**DIRECTIONS:** From Hwy 72 & Hwy 101 in Elgin. Travel south on Hwy 101 approx. 1.4 miles. Turn left on County Road 580. The property & sale site will be on the right.  
**Watch for our Holland signs!**

**TERMS & CONDITIONS: Personal Property:** Cash or check with proper identification the day of sale. All items sold "as is" with no warranties expressed or implied. **Real Estate:** A non-refundable deposit of 15% will be required the day of the sale with closing within 30 days. The seller will furnish a deed and preliminary title search. **A 10% BUYERS 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. 2017

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**KNIGHT & HUMPHRIES, INC.**  
FOR RENT:  
3928 Jackson Hwy #2 (Sheffield) 2BR, 1 BA.....\$450  
3928 Jackson Hwy #3 (Sheffield) 2BR, 1 BA.....\$450  
Woodland Ave. (Florence) 1BR, 1BA .....\$325  
\*\*2BR, 1 1/2 BA Apartments (Muscle Shoals on Midland) ... \$550  
2BR, 1 1/2 BA Townhomes (Muscle Shoals on Dearborn) .. \$650  
\*\*Indicates Sect. 8 approved  
COMMERCIAL PROPERTIES FOR RENT:  
Office Space 615 Geneva Ave. (Muscle Shoals)  
OWNER FINANCING:  
Call K&H, Inc 256-349-0000  
2708 Cole (Florence) Fixer upper, 2BR, 1BA.....\$500 down, \$375 mo  
1024 Limestone St (Florence) 2BR, 1BA .....\$500 down, \$395 mo  
110 Broadway (Florence) 2BR, 1BA.....\$500 down, \$425 mo  
Visit our website: www.rentshoals.com or  
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### Letters...

### Repugnant Nonsense...

Continued from 29

country to become wards of the state and a constant drain on the taxpayer is repugnant and must be opposed. He makes the point that President Trump is attempting to drum up anti-Muslim sentiment to gain support for a massive overhaul of the immigration system. All thinking persons realize that an overhaul is necessary and overdue. Our country is under assault by a third world army no different from one armed with AK-47's. The view that we are responsible for the world is widely held by Democrats and is total nonsense. There is no need to use any pressure to convince me of the danger and the requirement for a change of course. The wrong idea that destruction of the Republic is the Christian thing to do in the name of charity will result in disaster. The Muslim faith is a violent political movement bent on conquest. The Quran makes that clear although there are some who point to verses that advise tolerance as the true basis of the faith.

An in-depth analysis of the theology is beyond the scope of this letter, but the threat is clear and history supports the need for vigilance. My travels and work in Muslim countries have given me a perspective that causes me to view the faith with suspicion and distrust. I strongly support President Trump and my only critique is that he has not gone far enough to stop this cancer.

Jimmy Wayne Cosby  
Rogersville

### The View and Dirty Laundry

Editor:  
A B C's  
The View recently took their show to Disney world, (a family vacation spot) and talked politics against President Trump. How shameful for Disney to stoop so low as to let The View use a family theme park as an outlet to air dirty laundry about our country and our President! Disgraceful and disgusting. A happy place? NO.  
Paul Sabatino  
Florence



FIRST FREE WILL BAPTIST Church, 2701 Florence Blvd., Florence AL ffwbflorence.org

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

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# Soap Opera Preview

**THE BOLD AND THE BEAUTIFUL** RJ was forced to defend Coco when members of his family questioned whether or not she should be exposed to the new Forrester Creations designs. A call from the loan shark caused a great deal of anxiety for Shirley. Upon Thomas' return to Los Angeles, he got a grilling by Rick about inviting Sally to the wedding. Katie paid Ridge a visit to confront him about his relationship with Brooke. Unaware that the other was still in Australia, Bill and Brooke ran into each other at a time when they needed each other the most. *Wait to See: A family scrambles to find answers behind the breakup of a beloved couple.*

**DAYS OF OUR LIVES** Abe tried to talk to Eli on Valerie's behalf. Adrienne finally made a choice between Lucas and Justin. Steve and Kayla worried about Joey's ability to keep the truth

about Ava to himself. Tripp made a mysterious call to uncover more information on his mother. Eli and Gabi got to know one another better. Nicole was stunned when Brady returned to Canada and confessed his love for her. Eric decided to take a step forward with Jennifer. Dario was stung by Abigail's decision. Kate spied a kiss between Eduardo and Chloe. *Wait to See: Marlena and Kate have a girls' night out.*

**GENERAL HOSPITAL** Laura and Lulu conspired together. Anna was shocked by Valentin's allegation. Ava made a deal with Lucy. Curtis and Jordan grew closer. Nathan worried about his future. Ned questioned Olivia's feelings. Franco sought advice from an unlikely source. Tracy enlisted a new partner-in-crime. Liz confided in Kiki. Jason took the necessary steps to protect his family. Ava's plan hit a major snag. Lulu made a new friend. Alexis doubted herself. Nelle was put on notice. Valentin tried to fill in the blanks. Sam began her own investigation. *Wait to See: Finn battles his demons.*

**THE YOUNG AND THE RESTLESS** Jack confronted Ashley about her feelings for Ravi, but she then asked Jack why he insisted on keeping Gloria around. Sharon explained to Scott that she had a long history with the Newman family. Abby was upset when Victoria arrived at Newman and interrupted a presentation she was giving to Victor. Devon proposed an idea to Neil that they should form a new company together. Nikki offered Tessa, a young musician, a job as Reed's instructor. Jordan kissed Hilary during the photo shoot. *Wait to See: Gloria schemes to get Chloe out of Kevin's life.*

SOLID MAPLE TWIN BED with mattress, \$125. 256-702-8071.

**GREENE'S LAWN CARE, TRIM** shrubs, weed eat, mow, edge. Colbert County, 256-627-3586

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Marissa Ramsey, CRNP

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**PERSONAL PROPERTY AUCTION**  
**Saturday, April 8 • 10am**  
 Held on Site: 9195 Hwy 17 (Chisholm Hwy), Florence, AL 35633  
 Bailey's Auction House (next to Zip City Volunteer Fire Dept.)

**Partial List** - Z445 John Deere Lawn Mower; Outstanding Selection of Fishing Supplies—Rods; Reels; Sinkers; Lures; Hooks; Pressure Washer; Air Compressor; 3-Ton Floor Jack; Shop Vac; Good Hand Tools; Yard Tools; Spreader; Chain Saw; Edger; Blowers; Craftsman Tool Sets; Pool Rover; Poulan Pro 550 Push Mower; 5'x8' Trailer; Mossberg 20 ga. Shotgun; 1950's Marilyn Monroe Print; Chest Freezer; Furniture; Old Quilts; Old LP's; Sarah's Garden Wedgewood; Linens; Collectible Glassware and Pottery; Old German Books; and much more!!!

\*Also selling a large selection of signed original art work of etchings, drawings, paintings and posters by Al Hausmann, UNA Professor Emeritus of Art 1969-1992. A large variety of subjects and types. This is a rare opportunity to purchase original treasured art by our renowned Professor Al.

**Auctioneers Note:** The shop equipment is exceptionally clean and well cared for.  
 Indoors, comfortable seating, and concessions!  
 Make plans to be there!!  
 See pictures on [auctionzip.com](http://auctionzip.com) #10125

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**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**

**80-100 COOK BOOKS. SELL** all together, \$100. 256-355-7221 Decatur

**TRAVEL TRAILER, 2006 GULF** Stream Cavalier, refurbished, real nice, 28'; \$5,995. 256-366-8535

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They have a shelf life! Transfer to DVD before they are gone!

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**CHEVROLET: EQUINOX LT, 2010 \$9,856.** Cloth, auto, 131k. Financing available. Call JD 256-577-1056 or 256-764-3351

**LARGE CHAPS SPINNER LUGGAGE, RED, 29"Hx20"W,** \$10. Please call 256-381-6497

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**TWO LIFT CHAIRS, \$75 each;** wheel chair, \$50; commode chair, \$20; walker, \$10. 256-837-6933

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

**FORD: F-150 XLT, 2005 \$10,988.** Crew Cab, 4x4, 140k. Financing available. Call Tony 931-213-1386 or 256-764-3351

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

**AUTO AND TRUCK HEADLINERS** Installed. Mobile Service available. Free Estimates. 256-275-5905

**FORD: EDGE SE, 2013 \$17,988.** Cloth, automatic, 32k. Financing available. Call JD 256-577-1056 or 256-764-3351

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Turning 65? Retiring?  
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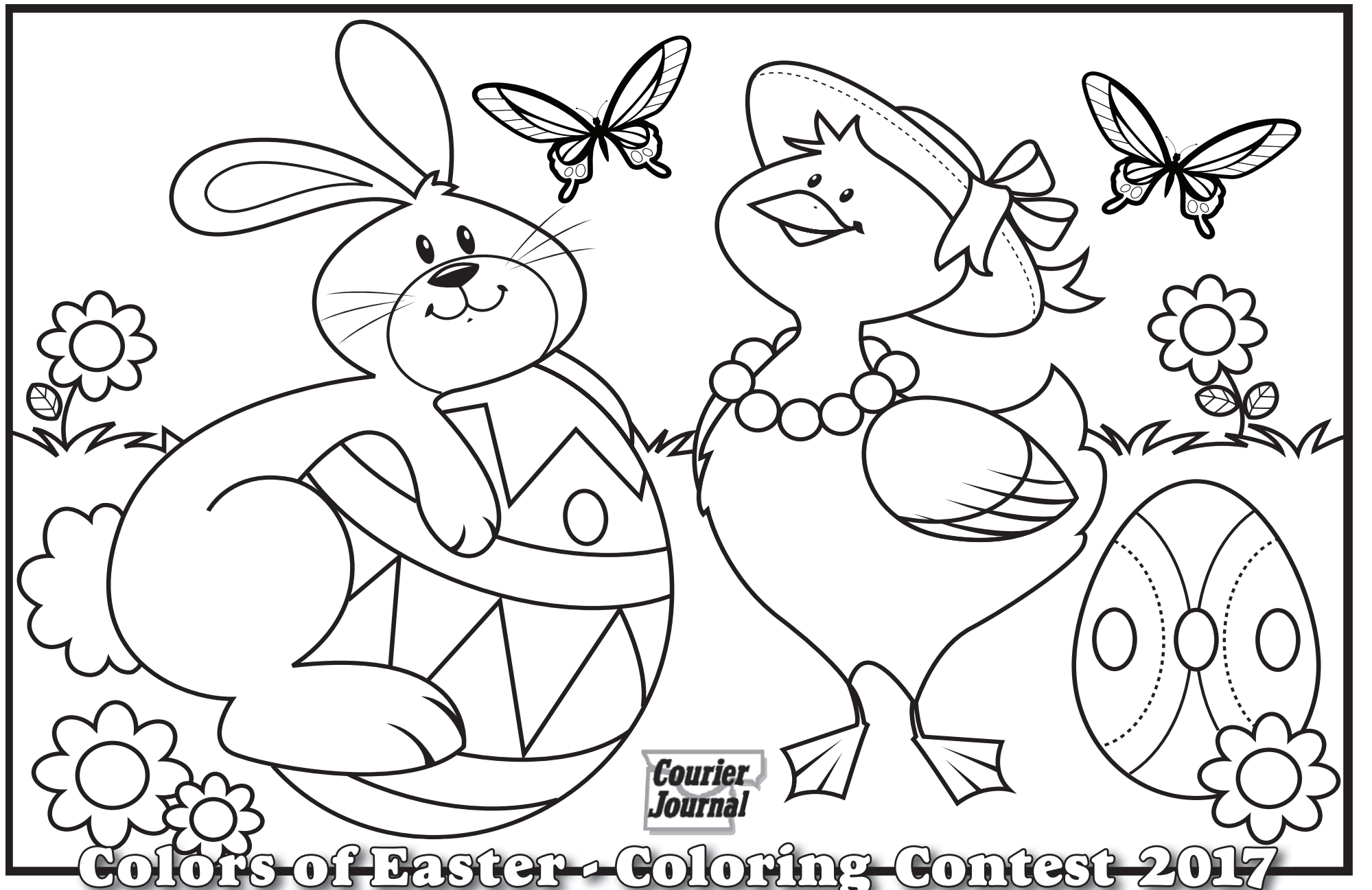
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**DROP OFF DATES**  
Saturday, April 1 • 10am-2pm  
Sunday, April 2 • 1-4pm  
Saturday, April 8 • 11am-2pm

Call for early drop off appointment 256-335-8201

**SALE DATES: APRIL 21-29**  
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**Colors of Easter - Coloring Contest 2017**

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**An Easter Basket Filled With Lots of Goodies**



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**Winners will be announced in the April 12th issue.**

**Mail or Bring Entries to: Courier Journal 219 W. Tennessee St. • Florence, AL 35630**

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Winners are not selected at random. One entry per person. One winner per family.

**ENTRY DEADLINE**  
**Thur., April 6 NOON**

*Entrant information must be completed to qualify.*

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Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Phone Number \_\_\_\_\_

# Community Notes...

Continued from page 4

**4th Annual Car & Truck Show** - Saturday, April 1 at Washington Park Baptist Church, 201 Broadway Ave., Muscle Shoals, behind Bragwell's Alignment on 2nd Street. Registration 8am-12noon, \$20 donation. Dash plaques for the first 50 entries. Awards include: Pastor's Choice, Peoples' Choice, Best Car, Best Truck, and Many More. Door Prizes, hamburgers and hot dogs, cash prizes, and fellowship. All proceeds go to our Guatemala Missions. Rain date: April 15.

Swap meet spaces available. Please no loud music or alcoholic beverages. More info call: Terry Bacon - 256-702-0154, Ronnie James - 256-381-3536, Larry Ticer - 256-762-4906, or Shane Burney - 256-762-1092.

The kickoff of the ninth annual season of Green Market at the Corinth Depot is set for Saturday, April 1 from 9am-3pm at the Crossroads Museum and C.A.R.E. Garden green space at 221 North Fillmore Street in downtown

Corinth, MS. Voted Best Small Event in Mississippi by the Mississippi Tourism Association, the Green Market is free event for the public to attend. It plays host to an eclectic mix of local and regional artisans and craftsmen who sell their wares in an open-air, grassroots setting. The Green Market is the banner fundraiser of the non-profit Crossroads Museum.

**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.

**Fish Fry at East Colbert Church of Christ** Saturday, April 1, 12:00-5pm. All you can eat. Adults & Carry Outs \$12 each. Children ages 5-11 \$6. 4 & Under free. (All proceeds go to mission work & benevolence.)

**Chicken and Dressing Lunch** with all the trimmings, Sunday, April 2, 11am-1pm. Donations only. Includes drink and dessert at Lexington School cafeteria to benefit Lexington Senior Center.

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

The Lawrence County Gospel Community Choir will be singing at First Church Of The Nazarene, Sheffield, AL., Sunday, April 2nd, 5pm. Gaither style, solo's, trio's, quartets. Come and enjoy an evening of gospel music!

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

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**JEEP: LIBERTY, 2011 \$11,996.** Limited, Leather, 4x4, 116k. Financing available. Call Trey 205-365-7236 or 256-764-3351

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**CHEVROLET: SILVERADO, EXTENDED CAB 2003 \$6,500.** 256-810-6660



**ONE CEMETERY LOT IN** Masonic section at the Colbert Memorial Cemetery in Tuscumbia. Lot #128/Section B/Space 4. Currently \$2,200 but will take \$1,500. 256-383-6287

**MITSUBISHI: OUTLANDER SE, 2014 \$16,988.** 3rd seat, 34k. Financing available. Call Brandon 256-710-4598 or 256-764-3351

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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. Parents may pick up and return an application at the preschool site closest to where they live.

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](http://www.lcschools.org). All typically developing peers must go through the application process to attend the TOPS Preschool Program.

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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