

Awareness in Card Designs

SHOALS-Alabama Central Credit Union is promoting Autism Awareness Month by offering three limited-edition debit card designs. New and current members can receive one of these exclusive debit cards with their Alabama Central checking account for a \$10 donation. One hundred percent of the proceeds benefit Ronald McDonald House Charities of Alabama.

"As many as 45,000 individuals are affected by autism in Alabama. Many affected families call the Ronald McDonald house home while they're receiving treatment or counseling for the disability," said **Missy Hargett**, Vice President of Branch Operations at Alabama Central. "These exclusive debit card designs help raise awareness about autism. They also help raise funds to ensure those families have a convenient, affordable and welcoming place to stay."

The featured designs are available through April 28, and can be viewed in any Alabama Central branch, on the credit union's facebook page, or at www.alabamacentral.org.

BI Announces Promotions

SHEFFIELD— Bank Independent is proud to announce the promotion of **Erin Letson** to Community Engagement Officer and that of **Amanda Miller** to Mortgage Processing Officer. Letson joined Bank Independent in 2000 in the sales office as a Personal Banker.

She was promoted to the position of Marketing Assistant in the Marketing Department in 2003.

Erin has been deeply involved in the bank's extensive community development efforts, managing donations, sponsorships, media relationships, internal and community events and other programs. Letson was integral to the development of the bank's innovative Helping Hands initiative which she continues to manage. This includes an employee volunteer program and quarterly collection drives in partnership with local charitable organizations.

Letson earned a Bachelor of Science degree in Marketing from UNA. In July she will complete her Masters of

See SHORTS... on Page 6



of weekly circulation upon request

Northwest Alabama and beyond



Courier Journal

Transafe Ramp

Making Transport Safer for Patients and Paramedics



Shoals Ambulance employees demonstrate the use of the Transafe bariatric stretcher during training with employees. *Courtesy photo*

FLORENCE-Shoals Ambulance recently deployed a Transafe ramp in its ambulance fleet to accommodate bariatric patients. The ramp can be used in any ambulance and easily attaches to the exterior of the ambulance for EMTs and paramedics to place a standard or bariatric stretcher that will be automatically loaded into the ambulance using a motorized track.

"The automated Transafe ramp system will allow our EMTs and paramedics to safely and smoothly load every patient regardless of weight into the ambulance," said Shoals Ambulance Operations Supervisor Blake Hargett.

EMTs and paramedics recently completed training on the new system. The technology

See RAMP.. on Page 6

256.667.4217
fullervac.com

SEE OUR AD INSIDE!

For information about advertising in this spot, call 256-740-4701

Staff photo: TVM

Walk-in Freezer

Several legislators approved a recent grant for the Help Center in Florence that allowed the center to purchase a walk-in freezer to store frozen meats and vegetables for clients. Perishable foods can now be stored at the Help Center instead of outside locations. Some eighteen volunteers man the Help Center three days every week to assist Lauderdale County clients with food and clothing needs. Dozens of local churches help support the work as do several grocery stores, restaurants, wholesalers, and numerous local business people.

A special thank you goes to Habitat for Humanity, state senators, Tim Melson and Larry Stutts, and state representatives, Phillip Pettus and Lynn Greer.

Help Center director Louise Tanner with state representative, Phillip Pettus

Birthdays are the Mane Event

Community Celebrates Leo and Una's 14th

FLORENCE – The University of North Alabama will host a public birthday party for its lion mascots, Leo and Una, on Wednesday, April 12 at 10am. The party will take place outside the lion habitat in Harrison Plaza on UNA's campus. Leo and Una will celebrate their 14th birthday, even though their actual birthday is in November.

Cookies and soft drinks will be served, along with games for kids and face painting. The event is free and open to the public. In case of rain, the event will take place Tuesday, April 25 at 10am.



Una, left, and Leo III enjoy the sun once the sun is out and outside temps get into the 40's.

Photo: Shannon Wells

April 12

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- Heritage Days
- Ask the Attorney
- Adopt-A-Friend
- Coloring Contest
- Soaps

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FORD: TAURUS, 2004 189XXX mileage. \$2,000. 256-627-0848

ELECTRIC HANDICAP BED AND wheelchair, like new, \$100 for both, 256-778-9144

VOLKSWAGEN: JETTA SE, 2015 \$12,968. Cloth, auto, 37k, Financing available. Call Eric 256-577-8449 or 256-764-3351



JUKEBOX. WURLITZER 1968 MODEL 3200. Looks and sounds great, \$1,200 or best offer. 256-349-3889 or 256-627-8287.

WHIRLPOOL CABRIO DRYER, LATE Model, white \$150. Call 256-483-2474

30 GALLON HOT WATER heater \$200. 256-652-3110.

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

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ROUND MAHOGANY DINING TABLE with glass top and 4 chairs, antique mahogany china cabinet. \$1,000 for both or \$550 each. 256-303-5335

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C & K Construction
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MANTEL CLOCK, GRANITE, 40LBS, original mechanism missing, battery operated. \$50 256 757 5511.

TWO AKC REGISTERED BLACK Lab Puppies, shots and dewormed, parents on site. \$400 each. 256-616-3234

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

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

VOLKSWAGEN: PASSAT WOLFSBURG, 2015 \$14,786. Financing available. Call Brandon 256-710-4598 or 256-764-3351

LOOKING FOR AN OLDER Volkswagon 1960-1975, must run and drive well, between \$500 and \$2500. 256-446-3483.

FREE TO GOOD HOME: Grown outside cats. Good to keep mice away. 256-606-5047

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

PROM DRESS, PINK, SIZE 14, in good condition, \$30. 256-891-8147.

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

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

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



FOUR CEMETERY LOTS FOR sale. Tri-Cities Memorial Gardens; value \$2,055 each; make offer. 256-314-0821 Sandra

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

48" ROUND GLASS TOP Table with 4 upholstered armed chairs, good condition, \$125. 256-766-2452

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

1977 FORD 4X4, NEW motor, new 35 tires, 256-810-9576

Lollipop Lane Inc. CHILDREN'S Consignment SALE

Spring/Summer Items 2017
Florence Christian Academy Gym • Florence Blvd.

Public Sale

Friday, April 7 • 9am-6pm
Saturday, April 8 • 9am-6pm

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Florence-Lauderdale Tourism Center
200 Jim Spain Dr., Florence
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Steve Trash Shows
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HOT HOUSE Tomatoes 99¢ LB.	LIBBY 14.5-15 OZ. Vegetables 5/\$3	YELLOW 14 OZ. Squash 1.29 LB.
DOLE 14 OZ. Cole Slaw Mix 99¢	SELECT POST 11-14.75 OZ. Cereals 2.99	GREEN Cabbage 49¢ LB.



DAY by DAY
Grief Support Group for Bereaved Parents/Grandparents

Meets
Sunday, April 9 at 2PM

Woodmont Baptist East Campus,
2002 Darby Dr., Florence

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For information: anita.watkins@comcast.net
Nena 256-764-8093

16-FT ALUMACRAFT FLAT BOTTOM boat. 50 HP Yamaha. Steering wheel, trim. New seats, tires, and wheels. \$3,300. 256-394-8708

CHEVROLET: COLORADO, 2010 \$9,800. Extended cab, black, 144,000 miles, 4 wheel drive, good condition. 256-318-4552

CHEVROLET: CORVETTE, 1998 \$10,800. RED, T-tops, automatic, 40K miles, 931-766-6578.

FLORENCE MONUMENT CO. GRANITE and Bronze Memorials, we also cut death dates. 1950 Helton Dr., Florence. 256-766-5118

2007 VOLKSWAGEN JETTA, WOLSBURG Edition, Loaded, 132K, \$4,499 256-431-7207

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Community Notes

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.

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

PALZ People with Alzheimer's/ Dementia Activity Group will have their monthly activity group April 5, 1-3pm at the Florence Senior Center (The Club) 450 Country Club Dr. Florence. We will have someone singing old time Gospel and refreshments will be served.

Lauderdale View a support group for the family and friends of visually impaired and blind meets at the Florence Lauderdale Public Library on the first Thursday of each month from 10am - noon. The gathering consists of speaker with informative topics, support and fellowship. Next meeting will be April 6. For information call Cardelia Cunningham at the 256-764-6173 or Jill Rossiter at 256-314-5134.

The 44th annual CrescenDough Auction, "Music of the Night," is Friday, April 7 in the VBC North Hall in Huntsville. 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.

Cloverdale Community Center Breakfast on Saturday, April 8 from 6:30-9am. The cost is \$6 for adults and \$3 for children. Profits will go toward the upkeep on the center.

The Shoals Master Gardeners will have a Vegetable & Herb plant sale at the 10th Annual Shoals Earth Day Fest, Saturday, April 8, 11am-6pm at the Florence-Lauderdale Tourism Visitor Center, 200 Jim Spain Drive in Florence. (McFarland Park). Rain location is the Sheffield Recreation Center, 2901 E. 19th Avenue Sheffield.

The proceeds from the sale of these plants help the Shoals Master Gardeners continue their volunteer efforts to beautify the Shoals and surrounding communities and also provide educational opportunities for the public. For more information, please visit www.ShoalsEarthMonth.com or call 256-767-2909.

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

This free, family friendly event and is a highlight of Earth Month in the Shoals. The fest includes children's games and activities, arts and crafts vendors, environmental advocacy displays, all-day live music, three performances by Rockin' Eco Hero-Steve Trash, the local non-profit fundraiser-the Reduce, Reuse, Recycle Rummage Sale, solar energy, organic gardening, composting information, recycling drop-off, speakers and much more!!

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

See NOTES... page 34

piggly wiggly

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Bryan Sliced Bologna	12 oz. pkg.	1.59
Gwaltney Sliced Bacon	12 oz. pkg.	2.99
Piggly Wiggly Ham or Turkey	10 oz. pkg.	2.49
Bryan Smoked or Polish Sausage	14 oz. pkg.	2.59

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

ARMOUR Chili With Beans 15 OZ. CAN \$1

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PIGGLY WIGGLY Soft Margarine	45 OZ. TUB	2/\$4
PIGGLY WIGGLY Large Eggs	DOZEN CARTON	\$1
KRAFT Cheese Singles	16 OZ. PKG.	3.49

WHITE LILY Corn Meal Mix 5 LB. BAG 1.99

Flour 5 LB. BAG 2.19

WHITE LILY Corn Meal Mix 5 LB. BAG 1.99

Flour 5 LB. BAG 2.19



Yard Sales

LAND CLEARING BY SHRED-DER Mower. Lots, acreage or fence row. Free estimates. 256-366-0966.

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MERCEDES-BENZ: 250C SPROT, 2013, nice, safe, four door, charcoal, only 39K miles; \$21,500. 256-366-1999

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FORD: EDGE SEL, 2013 \$19,976. Leather, navigation, 45k. Financing available. Call Tony 931-213-1386 or 256-764-3351

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JEEP: CJ5 RENEGADE, 1974 \$5,000. Runs good, 3 speed manual transmission, 4WD. 5K OBO 256-710-0342

1994 ALLEGRA 28 FT. Motor Home, runs well, 68,750 miles, \$6,500. 256-383-6551

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DOGHOUSE, ALL PAINTED, \$130. 3 doors, \$100. 256-522-9474

HONDA: PILOT EX-L 2008 \$8,942. white, fully loaded, Call Will 256-366-2914

Fridgadaire washer \$75 and Manna dryer \$75, both work well. 256-353-3772

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FORD: EDGE LIMITED, 2010 \$11,648. Leather, all power, 128k. Financing available. Call Tony 931-213-1386 or 256-764-3351

FORD: EXPLORER XLT, 2014 \$23,986. Leather, 3rd seat, 44k. Financing available. Call Gabe 256-710-3407 or 256-764-3351

GRASS CUTTING- SMALL OR large yards. Reasonable rates, free estimates. 256-446-9175 or 256-483-6328.

BUICK: RENDEZVOUS CXL, 2002 \$2,500 obo, looks nice, runs good. 256-275-2276

QUEEN PILLOWTOP MAT-TRESS SET \$150, New in factory plastic. Call Eric: 256-710-7325.

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

BUYING STERLING SILVER Flatware. Highest Prices Paid! North Florence Coins. 7 Points Shopping Center. 256-764-0008

DEER HUNTING ARCADE GAME, Sega Extreme II, 256-810-9576

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

CADILLAC: SRX, 2010, RED SUV, 89,700 miles, \$12,900. 256-810-8002.

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)

CENTRAL: BIG 5-FAMILY YARD Sale, 5065 Co. Rd. 200, corner of Co. Rd. 200 and 222 Friday and Saturday, 7 a.m. - 2 p.m. Rain or shine!

KILLEN: 466 CO RD 396 (Phillips subdivision off of Hwy 43) Fri. 7 am-?, Sat. 7am-1pm, plus size and misses size clothing, Furniture, tools, household items, little bit of everything.

FLORENCE: 2153 BELVIEW RD Saturday 7am-?

YARD SALE

PETERSVILLE MULTI-FAMILY 3604 LIPSCOMB Dr., Sat., 6 am until? Children's clothing/toys, furniture, living room set, dining room set, household items, home decor, men's/women's clothing, tools, misc.

KILLEN DOWNSIZING YARD SALE, Saturday 7:30 am until? 156 Woodfern Dr. (Brookwood Sub, across from Brooks High School) 47 years of Stuff, yard decor, furniture, antiques, dishes, and much more! Rain date 4/15

KILLEN: LIVING ESTATE SALE by appointment only. Call 256-898-5149 or 256-856-6156 for directions. Antique breakfast, \$350. Antique mirrored oak dresser, \$295. Walnut commode, \$250. 2 oak 6-shelf bookcases, \$150 each. Round walnut end table, \$125. Loveseat recliner, \$50. 7-piece PVC deck set, \$200. Antique walnut chifferobe, \$350. Hammered copper wine rack, \$135. Vintage tools, lanterns, antique postal scales and weights, scientific scale, \$165. Apothecary jars. Lawn equipment, chipper shredder, \$135. Compound Kobalt miter saw, \$125. Table saw with stand, \$95. Oversized wheel barrier, \$65. **MANY OTHER ITEMS!**

TUSCUMBIA YARD SALE 605 E. 2nd St. Saturday 7 a.m.-?? SEVERAL FAMILIES!



FLORENCE: 254 CO. RD. 312 Fri. - Sat. 6 a.m.-Noon. One mile south of Wilson School on Hwy 17. Lawn mowers, hedgers, leaf blower, electric smoker, hunting equipment, reloading supplies, charcoal grill, furniture. Lots of miscellaneous items. Everything must go!

FLORENCE: 333 KINGSTON DR. Saturday 7 a.m. Huge Yard Sale. Something for everyone. Canceled if raining.

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

FLORENCE: 341 LINDENBERG AVE. Fri. - Sat. 7 a.m.-5 p.m. Clothes for entire family. All you can get in 13 gallon garbage bag for \$30! Donations accepted!



SHEFFIELD: 1807 MARIE CIRCLE Fri. - Sat. 8 a.m.-?? Cliff Haven Subd. by O'Neal Bridge. Power tools, hand tools, furniture, women's clothes, household items, wall art, purses, full mattress and box springs. **FIVE FAMILIES!**

FLORENCE: 309 CYPRESS COVE (Kendale Gardens) Saturday 7am-? Moving Sale!

LITTLEVILLE INSIDE YARD SALE, Friday and Saturday, 7 am until? at the Littleville Senior Center, Old Jackson Hwy. between Storm Shelter and Fire Dept.

FLORENCE: FAMILY YARD SALE, 436A Cherry Hill Homes, Fri. and Sat., 7 am, April 7 and 8. Furniture, clothes.

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Cardiologist

Monday and Wednesday 8 a.m. - Noon
Tuesday and Thursday Noon - 5 p.m.

MOST INSURANCE ACCEPTED - MEDICARE PATIENTS WELCOME

201 Rosa Lane • Florence
256-275-3838

SHOALS PRIMARY CARE

Dr. Morris is still serving the Shoals at our Sheffield Location on Fridays - 342 Cox. Blvd.

Lauderdale Lanes is pleased to announce that QubicaAMF will be removing our current 8270's Pinspotters and installing 32 new EDGE XLi Pinspotters beginning May 1, 2017. The installation will include 32 lanes of automatic bumpers. Total installation time will be 19 days, and we will remain open but will have limited lane availability. The cost of these improvements is significant, but will give our customers a more enjoyable bowling experience. Lauderdale Lanes features fully automatic scoring, game area, bumpers, snack bar and a certified Pro Shop.

Having just installed new lanes and ball returns last year, and new scoring system 4 years ago, Lauderdale Lanes will now be a state of the art center.

Lauderdale Lanes

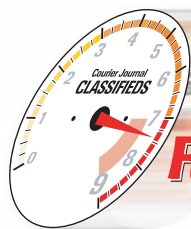
1540 Florence Blvd., Florence
256-766-2541

Go to our Website
www.lauderdalelanes.com
for hours of operation, rates & specials!

Bowling is Fun for the Whole Family!

Courier Journal

Classifieds



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only \$3 additional

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 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.

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

TNValleyStuff.com

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

- Private Party Rate** 3 LINES for 1 item Prepay - No REAL ESTATE, FIREWOOD, or TICKETS. Each additional line - \$1.25 - CASH DISCOUNT - 4 Weeks/3 LINES for 1 item \$13.50 - Each additional line - \$5.00 no credits..... **\$4⁵⁰** Week
- Commercial Rate** 4 LINES Prepay - applies to all REAL ESTATE and anyone engaged in sale of goods/services on a recurring basis or for profit, licensed or not. 1 vehicle per ad. Each additional line - \$1.25 CASH DISCOUNT - 6 Weeks/4 lines \$35.00. Each additional line - \$7.50 **\$7⁰⁰** Week
- Yard Sales** 5 LINES Prepay Each additional line - \$1.25 YARD SALES - An exclusive listing of the area's better sales prominently placed **\$11⁰⁰** Week
- Employment** 5 LINES Prepay Each additional line - \$2.25 EMPLOYMENT - Looking for employment or Businesses looking for employees **\$12⁵⁰** Week
- Private Party Auto Rate** Up to 8 LINES for 4 weeks. Prepay Each additional line - \$2.00 **\$15⁰⁰** 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

Shorts...

BI Announces Promotions

Continued from Page 1

Professional Studies degree in Community Development. She makes her home in Elgin.

Miller joined the Bank Independent Loan Operations team in 2005 and moved to the Mortgage Department in 2011 as a Junior Underwriter. She was promoted to Underwriter in 2013 and last year additionally assumed management of the Bank's Mortgage Processing team. Throughout her career at the bank, Miller has continued to develop her knowledge of lending with a specialization in mortgages sold on the secondary market. In addition to continuing education in the area, Miller has earned Level 1 and Level II Underwriting Certifications from the Mortgage Bankers Association. Miller is a 1996 graduate of Coffee High School and resides in Florence.

Ramp...

Continued from Page 1

is now available for use on ambulances in the Florence and Lauderdale County area.

Specialized EMS technology for bariatric patients is becoming increasingly necessary. Alabama ranked second in the country for adult obesity in a study

released in 2016 by the Robert Wood Johnson Foundation.

"We are seeing an increased need for specialized bariatric equipment for patient comfort and employee safety," Hargett said.

"The Transafe ramp will protect our employees from back injuries due to overexertion which are prevalent in our industry."

Shoals Ambulance currently uses the Stryker bariatric stretcher which uses motorized technology to raise and lower the stretcher. This minimizes the effort required by EMTs and paramedics. The Transafe ramp will use a motorized track to load the bariatric stretcher into the ambulance allowing for an easier and more dignified transport process.



Contest Starts April 19

Keep watching for more details!

Sponsored by



Courier Journal

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- CIRCULATION**
 Danny Creasy

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

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

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

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

2016 HONDA ACCORD EX-L Sedan, 4-door, V6, sunroof, no navigation, 23,812 miles. \$23,500. 334-220-2565 (Florence area)

Celestial Thoughts

My youngest had a homework assignment this week consisting of cutting out letters from a magazine and gluing them together to form an entire paragraph of words, ransom note style. It was a tedious project and I'm still wondering what the lesson in it was for her. The lesson in it for me was patience and to pass along a thought I had while piecing together letters. God takes all the pieces of our life and puts them together to form a beautiful piece of art. A story like no other. And none exactly alike. Whatever is going on with you this week - frustration about a relationship, loss of job, death of a loved one, pain and suffering, illness, joy, peace, or love, God already knows how it all turns out. You were created for a purpose. Your life is in His hands. May His peace and grace bless you.

Dawn

"And we know that in all things God works for the good of those who love him, who have been called according to his purpose." Romans 8:28

ATTENTION BUYERS AND INVESTORS, income producing and occupied real estate projects for sale, long or short term. Call for details: Thank you. 256-483-7968

BOBCAT SKID STEER T190 2011; 1,450 hours, new tracks; \$26,000. **Bobcat Mini X E32** 2011; 2,000 hours, new tracks, \$27,000. 256-349-0000

REASONABLE TREE SERVICE. Tree cutting, trimming, stump removal, free estimates, owner Gilbert Barga 256-314-1009, 256-366-3539.

Awesome April Sale April 8th • 9am-2pm

Taurus TCP .380ACP

\$175



The Taurus PT738 TCP .380 ACP Semiautomatic Pistol features a compact design with a black polymer frame, a blue steel slide and polymer grips. The double-action pistol comes with a 6-round magazine, and it has low-profile, fixed front and rear sights.



\$185

Taurus 709 SLIM .9MM

The Taurus 709 Slim .9mm Semiautomatic Pistol features a slim design with a black polymer frame, a blue steel slide and polymer grips. The double-action pistol comes with a 7-round magazine 3" Barrel and weighs 19 ounces.

RUGER LC9S .9MM

\$369⁹⁹

Black, Purple, Yellow, Muddy Girl and Desert Tan



Hammer Down Gun & Pawn is Pleased To Announce That Starting April 1, 2017, We Will Be Offering Hydro-Dip Finishes To Go Along With Our Duracoat Finishes
Come see Anthony for your Duracoat and Hydro-Dip Needs

Smith & Wesson is Offering the Following Rebates



ALL FIREARMS WILL BE ON SALE THIS DAY

During the month of April, we have **1 YEAR SAME AS CASH.** \$0 Down and 0% Interest for 12 months. Walk with your purchase and have a year to pay for it.

No Rainchecks or Substitutions. Prices good for April 8, 2017 only. Not responsible for misprints. Trades will be from original sticker price.



Towne Plaza Foodland Shopping Center
500 S. Montgomery Ave #132
Sheffield, AL 35660
Mon-Tues 9am-6pm • Thurs-Fri 9am-6pm
Sat 9am-2pm

Mystery Photo of the week!



WIN A MEAL FOR 2 at Rosie's CANTINA
Downtown Florence
www.rosiesmexicancantina.com

Enter at www.courierjournal.net

Last week's winner is Jan Herrin of Florence who correctly guessed "Coldwater Falls, Spring Park, Tusculumbia"

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.

Cherokee Family Clinic

Serving Cherokee and the surrounding area

TREATING:

- Acute and Chronic Health Problems
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- DOT Physicals.
- Onsite Labs • Digital X-rays
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Carol Davis, CRNP Allyson Johnson, CRNP

Monday - Friday 8am-6pm

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

EXCELLENT LAWN CARE SERVICE, FREE estimates. Call Robbie at 256-443-6485

Get Ready to Work

with **FREE Workforce Training!**

Ready to Work

OSHA 10 Training & Forklift Certification Now Available!

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Classes begin **Monday, April 24th** on the Shoals Campus.
Day and Evening classes are available.

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256-386-8622

NORTH ALABAMA LAND CLEARING LLC. Clean your property up and raise the value with a mulching machine. Dozer, Tractor and Bush hogging work. Free estimates. Will travel. 256-810-7197.

MERCEDES-BENZ: M-CLASS, 2011 \$17,900. ML-350 SUV, 4-Matic, White/Tan Leather Loaded, 2nd Owner, Non Smoker, 90,000 Miles 256-366-4444

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

CADILLAC: ELDORADO, 1976 CONVERTIBLE, seafoam with white interior, white rag top, white parade boot, 501 cu. in. engine; \$7,000 FIRM. 256-366-9816 or 931-724-6818

PRESSURE WASHING, SOFT HOUSE washing, no pressure shingle roof cleaning, painting, epoxy coatings, and much more! Call Daniel at HydroBlast Solutions LLC 256-460-9688.

2011 Polaris 4-WHEELER, 800 EFI, 124 hours, asking \$4,800. Contact Shannon, 256-710-2192.

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

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

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

2017 ASPEN TRAIL 23 ft. travel trailer camper with trailer hitch, like new, with extras. \$12,000. 256-710-4701

TIRES FOR SALE, USED, for truck. 285 75 16. \$200. 256-349-7247.

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

SEARS CRAFTSMAN LAWN MOWER, 48" deck, like new, best offer or trade for a tractor equal or above \$2,000. 256-757-0737 or 615-556-8850.

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

Whirlpool Washer, \$150 and Dryer, \$125. 256-566-8415

FORD: RANGER, 1999 \$3,200. Extended cab, 4 cylinder, 5 speed, 256-710-8120

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

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

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

PARRISH VARIETY: USED WASHERS, dryers, stoves, refrigerators, dishwashers, bed frames, furniture, and more. 3102 Huntsville Rd., Florence, 256-766-4187

BAD CREDIT, SLOW CREDIT, no credit, no problem! Call me, Matt South, for financing on your next vehicle. 256-810-0283.

JAGUAR: CONVERTIBLE, 2008 REDUCED to \$27,000. Portfolio edition, Rare, only 250 made, 42k miles. Call or text 256-683-2306

ASK THE ATTORNEY



Thomas McCutcheon

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

Q If I die and have credit card bills is my family responsible for those bills?

Fred, Russellville, AL

A It depends. A credit card bill is a form of a contract. Occasionally we see married couples who have joint accounts where both are responsible for the total amount of the debt. In those cases, the survivor would be responsible for the remaining balance.

If it is just your credit card and no one else signed to be responsible for it then your family would not be responsible for payment.

However, if you leave an estate and an estate is opened so that property can be transferred or valued or any of the other reasons why an estate is opened, then the estate would be responsible for payment of the outstanding balance on the credit card.

Credit card companies almost always file claims against estates.

Theoretically even if an estate wasn't established by your heirs, a large creditor could file an estate so that they could then file a claim.

So the short answer is no your family is not responsible for the credit card bill but the correct answer is that if you leave an estate, the amount of the credit card debt would be paid from the estate.

Buckle up and drive safely.

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

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

f facebook: McCutcheon and Hamner, P.C.

We will not print your full name in the article. We will not be able to return any written or preprinted items which are submitted.

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

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2015 DODGE DART SXT Cloth, automatic, 42k \$11,964. Financing available. Call Hoke 256-740-1297 or 256-764-3351.

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Prices good Wednesday April 5 - Saturday April 8

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Now accepting new patients!

2400 E Avalon Avenue, Suite E, Muscle Shoals, AL 35661
 (256) 386-0808

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

SEWING MACHINE -QUILTING, 2010 Janome, \$400, like new. 256-355-7221. Decatur

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

POWER CHAIR FOR SALE, \$300. 256-582-3581.

1999 CADILLAC DEVILLE, 79,000 miles, excellent condition, asking \$4,000. 256-810-9076

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

CONNECTION CHRISTIAN TOURS PRESENTS:



Hot Springs, AR
 Purple Cows, Crystal Mining, Zip Line and Time-To-Take-A-Bath.
Apr. 27th - Apr. 29th

The Ark/Creation Museum
June 1 - 3

CALL 256-383-3594

TIRED OF BEING TURNED down for credit? Need a car? Call Tony 931-213-1386 or 256-764-3351

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NISSAN: ARMADA PLATINUM, 2011 89K miles, loaded, new tires and brakes, dark grey with black leather interior, immaculate condition; \$21,850 OBO. 256-412-8695

TOMMY LIFT GATE; TROY-BILT Riding Mower; 1979 Ford Motor 390 and Transmission. 256-810-9576

FORD: MUSTANG GT V8, 2012 \$15,986. Cloth, automatic, 58k. Financing available. Call Hoke 256-740-1297 or 256-764-3351

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

TRI-CITIES MEMORIAL GARDENS, THREE burial plots, Buy 2 and get 1 FREE! 256-412-6243

CHEVROLET: CRUZE, 2016 \$12,868. LS, Cloth, automatic, 21k. Financing available. Call Trey 205-365-7236 or 256-764-3351

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

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

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

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

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

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Veteran-owned Small Business
Casey H. Newton
 Registered Forester
256-762-4617

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- Timber Sale Preparation, Marketing, and Administration
- Forest Management Planning
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- Reforestation Planning, Contracting, and Administration
- Prescribed Burning
- GPS Mapping
- Road Design, Layout, and Construction
- Boundary Line Maintenance
- Herbicide Application Prescriptions and Oversight

casey.h.newton1@gmail.com • integrityforestry@gmail.com
 www.integrityforestmanagement.com

Ready to lose the fat?

Garcinia HCA
 Fat Reduction Diet

Garcinia cambogia is a small, sweet and exotic fruit that has been used for centuries in traditional Asian diets. Although it was historically prized for its digestive health benefits, new research suggests that Garcinia can be an excellent weight loss aid.*

How Does Garcinia Work?
 Garcinia supplies a unique compound called HCA (hydroxycitric acid) that targets fat production in the body.* Emerging research demonstrates that HCA inhibits a portion of the body's citrate lyase (an enzyme responsible for converting carbohydrates into body fat).*

What Makes This Product Unique?
 Garcinia HCA Fat Reduction Diet* includes a super-concentrated Garcinia extract that is standardized to 50% HCA. This guarantees 1200 mg of HCA per daily serving, which appears to be a critical threshold level for efficacy. When used in conjunction with exercise and a sensible diet, this product support healthy weight management.*

*not intended to cure or treat any health issue

by **Irwin Naturals**
Only \$19.99

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 icsroofingco.com

Show your support.

Support **Autism Awareness Month** with a limited-edition debit card from Alabama Central Credit Union. 100% of your \$10 donation goes to Ronald McDonald House Charities of Alabama. **Exclusive designs are only available through April 28, so get yours today!**

Alabama Central Credit Union
 www.alabamacentral.org

NCUA Expires April 28, 2017. Membership, rates, products, promotions and special offers are subject to credit approval. Terms subject to change without notice.

GET READY TO WORK with Free Workforce Training. Day and Evening classes available beginning Monday, April 24 at NWSCC Shoals campus. Call 256-331-5248. OSHA 10 Training and Forklift Certification now available!

Drivers CDL-A: It's About **YOU!** Sign-On and Referral Bonuses! Weekly Pay, Family Health & Life No Touch Freight or Upper East Coast! 855-411-3404 x 124

NOW HIRING FOR FRONT counter. Cashier experience helpful. Must be able to handle fast-paced environment. Apply in person at Southern Bar-B-Q at 425 W. Avalon Ave., Sheffield. No phone calls, please.

THANK YOU for reading the Courier Journal and patronizing our advertisers!

TRI-AXLE DUMP TRUCK DRIVER
Seeking experienced driver, Class A or B required. Clean MVR. Apply at: **331 Peachtree, Muscle Shoals, AL 256-389-9401**

EMPLOYMENT Opportunities

PRODUCTION WORKERS WANTED

Fontaine Trailer Company of Haleyville, AL 35565 is now accepting applications for experienced production workers.



Assembler: Job opening is for experienced production workers in the process of installing brake lines and lighting wires.

Painter: Job will be operating spray guns to evenly distribute paint over the entire trailer during the manufacturing process. Requires experience in the process of industrial spray painting.

Welder: Will weld aluminum and steel in the process of building truck trailers, but will also need to be willing to floor, finish and run electrical for trailer assembly process.

Competitive pay and benefits package. Applicants must fill out a screening application at an Alabama Career Center location:

Hamilton Career Center, 1481 Military St S., Hamilton, AL 35570, (205) 921-5672, Mon-Fri 8 to 4:30

Jasper Career Center 2604 Viking Dr., Jasper, AL 35501, (205) 221-2576, Mon-Fri 8 to 4:30

Haleyville Career Center, 2010 9th Ave. Haleyville, AL 35565. (205) 486-4154, Open April 17th 8 to 4:30

Applications are not available at the plant – Do not call or visit Fontaine Trailer Company directly

CDL DRIVERS NEEDED
*** HOME EVERY WEEKEND ***
MIDWEST RUNS: NO EAST / WEST COAST
PAID VACATION + 401K
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Tel: 256-698-7221 or 256-712-5569
Fax: 256-712-5573

TENNESSEE VALLEY RECYCLING
looking for a local driver that can operate dump trailer.
Must have 2 years of over the road experience. Apply in person at 700 West 20th Ave., Sheffield.

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.

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SEE PAGE 6
Courier Journal

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Blood Pressure and Your Health

What is blood pressure?

Blood pressure is the force of blood moving through your arteries. Arteries are the blood vessels that carry blood from your heart to the rest of your body.

What do blood pressure numbers measure?

Blood pressure is measured with 2 numbers.

What is a "good" blood pressure reading?

Blood pressure lower than or equal to 120/80 is ideal.

For people with diabetes or kidney disease, blood pressure lower than 130/80 is good. Lower than 120/80 is ideal.

What is high blood pressure?

High blood pressure is when your blood pressure is usually higher than it should be. It is also called hypertension. It's like a car tire with too much air in it. If the tire pressure is not lowered, there is risk for tire damage. If your high blood pressure is not lowered, there is risk for damage to your eyes, brain, heart, blood vessels, and kidneys.

120
80

The top number measures the force of blood in your arteries when your heart contracts (beats). This is called systolic (sis-TA-lik) pressure.

The bottom number measures the force of blood in your arteries while your heart is relaxed (filling with blood between beats). This is called diastolic (die-a-STAH-lik) pressure.



Everyday Steps For Healthy Blood Pressure

1. Follow a healthy eating plan.
2. Get to and stay at a healthy weight.
3. Eat less salt.
4. Exercise.
5. Stop Smoking



Dr. Rajesh Boorgu joined Shoals Kidney & HTN Center in 2000 after completing his Nephrology Fellowship training at Loyola University Medical Center in Maywood, IL. He is Board Certified in Internal Medicine and Nephrology and recognized as a Specialist in Clinical Hypertension by the American Society of Hypertension, Inc.

Dr. Boorgu has active privileges at Helen Keller Hospital, ECM & Shoals Hospitals as well as DaVita Dialysis and serves as the Laboratory Medical Director at Shoals Kidney & HTN Center. He also serves as Medical Director of DaVita Dialysis in Russellville and the Acute Dialysis Program at ECM & Shoals Hospitals.



Rajesh Boorgu MD FASN



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Medicare Minute

"Durable Medical Equipment"

Durable Medical Equipment are items such as walkers, wheelchairs, and hospital beds that are used in the home. Medicare will cover certain durable medical equipment only if your physician prescribes it. To be prescribed the durable medical equipment must be: durable, or reusable, used for a medical purpose, and primarily used at home. Durable medical equipment is covered under Medicare Part B.

Some examples of items that qualify as durable medical equipment are, but not limited to: Oxygen equipment and supplies, walkers, wheelchairs, hospital beds, infusion supplies, and patient lifts. Remember, these items should be used primarily at home. If you are residing in a nursing home or hospital, and that facility is providing you with Medicare covered care, it may not be considered your home. If you are staying in a skilled nursing facility, that facility will usually provide the durable medical equipment you need.

If you need durable medical equipment, make sure your doctor and durable medical equipment supplier are enrolled in Medicare. If you doctor or supplier is not enrolled, Medicare will not pay the claims they submit. Without any type of supplemental insurance, you typically will be responsible for 20% of the Medicare approved amount. Also, if you are on a Medicare Advantage Plan you may have copays or coinsurance.

One last thing. There are companies out there that will place outbound calls to Medicare beneficiaries offering to send you durable medical equipment or other items for free. A lady told us just last week this happened to her. The company offered to send her a knee brace at no cost. She didn't need the knee brace but they wanted to send it anyway. These companies will send you the item, then bill Medicare. Remember, nothing is free!! Someone is always paying.

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. Alabama Health Guidance is an independent insurance agency and is not affiliated with Medicare or any other government agency.



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Junior Whirl

by Charles Barry Townsend

TREE TESTING TIME!



Our friend is guarding a wonderful forest filled with many kinds of trees. Using the following hints, can you identify 15 of them?

1. What tree remains after a fire?
2. What trees are always well-dressed?
3. What tree is a part of a dress and a part of a door?
4. What tree is the straightest tree in the forest?
5. What trees are always sad?
6. What tree is like an old story.
7. What is the hero's tree?
8. What tree is a good-looking girl?
9. What tree grows at the seaside?
10. What tree is a deep breath and a printing machine?
11. What tree is an ocean inlet?
12. What tree do you carry around all the time?
13. What tree do we like stuffed?
14. What are the most important trees in history?
15. What tree is a good churchman?

Answers On Page 34



PUT SIXTEEN COINS on the table and challenge your friends to arrange them in such a manner that they form 10 rows, with four coins in each row.

A FISHY TALE! The catch of the day was a fish whose head was 9 inches long, while its tail was as long as its head and half the length of its body, and its body was as long as its head and tail put together. What was the total length of the fish?

LINK-UPS! Here's a list of 12 short words, divided into two columns. Turn them into six longer words by linking them together. To do this, draw a line from one word in the left column to one word in the right.

1 FAIN	PELT
2 GAB	HONE
3 MISS	TEST
4 HAS	TIES
5 NICE	LED
6 OUTS	TIER

Illustrated by David Coulson

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FORD: FUSION SE, 2016 \$17,976. Leather, moonroof, 38k. Financing available. Call JD 256-577-1056 or 256-764-3351

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Courier Journal Egg Hunt

Friends of the Helen Keller Public Library Annual Meeting

The Friends of the Helen Keller Public Library invite you to join us for an afternoon with **Annie Cole**, author of *Bell Forest*, *Water on a Sea Star*, *Silver Leaf*, *Murmuring Cove* and her soon to be released, *Summer's Keep*.

Sunday, April 9 • 2pm
 Helen Keller Library
 511 North Main Street • Tuscumbia

Summer's Keep

Annie Cole

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Commentary

Voting Philosophy, Budget Idea Differ

The southeast, Alabama, and the Shoals all voted overwhelmingly for Donald Trump in November. Voters were swayed in large part by his promises to curtail illegal immigration and slow the ever-expanding federal budget. Conservative mindsets were also championed on state and local levels in the region.

In A Few Words



TOM MAGAZZU
Editor

Trump's proposed budget attempts to restore strength and respect to the U.S. military while curtailing or eliminating many foreign and domestic programs he perceives as wasteful and economically restrictive. His proposal eliminates excessive government investment in climate change, calling on private business instead to make that investment. It also restores the benefits realized by the long-established fuel industries. Trump's budget cuts funding for United Nations initiatives and excessive nation-building. He also wants to eliminate some foreign aid - considered either strategic or humanitarian - which often never gets to the intended recipients. Trump's goal is to create private-sector jobs rather than government administrative jobs that operate programs but produce nothing.

We claim that we want responsible politicians who will eliminate the incessant annual parade of deficit-spending. Yet, when politically conservative people are elected to positions of power and those reductions in spending are

See BUDGET... on Page 22

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

Courier Journal

THIS WEEK



in the **Shoals**
April 5, 2017

Happening THIS WEEK

Skills from the Past

TUSCUMBIA—A series of crafts demonstrations called Heritage Days will begin on Saturday, April 8 at Belle Mont Mansion at 1569 Cook Lane in Tuscumbia. Heritage Days will offer demonstrations of crafts and life skills from the past.

First in the series is chair caning and basketry. Local masters of the skills, Linda Reynolds and Glenn Rikard, will be at Belle Mont revealing the techniques from 1-4pm. Additional Heritage

Saturday, April 8

See SKILLS.. on Page 21



Glenn Rikard demonstrates the art of basketweaving at Heritage Days on Saturday, April 8.
Courtesy photo

THE SHOALS COMMUNITY CLINIC will host the second day of the annual Catherine Barnes Women's Health Fair on Wednesday, April 5 from 9am-2pm at the clinic, 309-B Handy Homes in Florence. The fair will offer free cervical and breast exams and free mammograms, with some restrictions, for women age 40-64 who do not have health insurance or a primary health care provider. For more information or to set up an appointment for the health fair, call the Shoals Community Clinic at 256-760-4713.

April First Fridays Goes Green



FLORENCE—Spring is finally here and First Fridays is hosting "Go Green Florence" Friday, April 7 from 5-8pm on Court Street in historic downtown

April 7

This month's event will emphasize keeping clean the place we call home.

"We will all benefit from the exhibits that promote waste reduction and litter

prevention," said First Fridays chairwoman, Belinda Duke.

Keep the Shoals Beautiful, the Florence recycling program, and a worm demonstration by University of North Alabama students will be on display. This is in addition to dozens of vendors lining Court Street with local arts and crafts and homemade goods.

See FRIDAYS.. on Page 26

MAUD LINDSAY FREE KINDERGARTEN will have registration for the 2017-2018 school year on Friday, April 7 from 8:30 am until 10:30 am. Children must be 4 years old on or before September 2 to attend. Please bring your child's birth certificate and blue immunization card to registration. The school is located at 227 Enterprise Street in Florence. For more information, check Facebook or call the school from 8-11am Monday-Friday at 256-760-6421.

THE TENNESSEE VALLEY HISTORICAL SOCIETY will present "On the Trail of the Blue and Gray on Saturday, April 8 featuring sites in downtown Florence that were significant during the Civil War. The tour will be conducted by Lee Freeman, Florence Lauderdale Public Library historian and genealogist. The tour departs from the Florence Lauderdale Tourism Visitor Center in McFarland Park at 11am and lasts one hour. Please call 256-740-4141 to reserve a seat. Adults/Students: \$10. Children riding in parents' laps ride free. All proceeds go to the TVHS scholarship fund for local students studying history at UNA.

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



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YOUR Letters



Hopefully, the true patriots of this country will support our resistance to this un-American regime...



Let's not forget the families of the victims that lost their lives on that tragic day in New Hope, Georgia so many years ago.

Roger Henry
Russellville

So, Is This Patriotism?

Editor:

Remember when they were called Tea Party Patriots before they took over the Republican party? You know them now as just Republicans. In my opinion, you cannot call yourself a patriot when you vote for and continue to support a president and administration that has verbally admitted to wanting to bring your government down. Steve Bannon, the president's chief advisor, boasted at CPAC that the nominations that

See LETTERS... on Page 15

Remember Flight 242

To the editor:

Tuesday April 4, 2017 will mark the 40th anniversary of the crash of Southern Flight 242 that departed from Muscle Shoals Airport. Twenty of our friends and family members from the Shoals area boarded that plane for the short hop to the Huntsville airport.

Sixty more passengers were added to Flight 242 there to travel to their destination of Atlanta, Georgia. There were four crew on board including the pilot, co-pilot, and two flight attendants.

The plane flew into a thunderstorm that contained large hailstones that cracked the windshield of the DC-

9. Ultimately, the storm caused the shutdown of both engines after they ingested large amounts of hail and rain. After trying to restart the engines and failing, the plane became a huge glider. The pilots were desperately trying to find an airport near enough to make an emergency landing. Unfortunately, there was not one close enough and they attempted to land the plane on a two-lane highway (Hwy Spur 92) in New Hope, Georgia.

The plane hit a utility pole, a car, and a gas station before breaking apart and ending up among several trees. Only two passengers from Muscle Shoals, eighteen from Huntsville and both flight attendants survived the crash. In addition to all the other passengers who didn't survive, nine New Hope residents also lost their lives.

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Letters...

So, Is This Patriotism?

Continued from Page 14

the president presented to the senate for confirmation were all designed to bring down the departments they were selected to manage, ergo your federal government. I believe the word for this action is treason. Since the president was complicit in this decision, he and the entire administration were involved and should be considered traitors to our great country. More and more evidence is becoming available to support this claim.

As I have stated in previous letters, I believe that conspiring with a foreign government, one with whom we have recently had major geopolitical differences, would also qualify as an act of treason. Unfortunately, republicans care more about their jobs and party than they do about free and fair elections which are the cornerstone of a democratic form of government.

You wonder why there are millions of people protesting? They are the true patriots who are risking their lives doing what is right and just. Hopefully, the true patriots of this country will support our resistance to this un-American regime that is currently in power and these unpatriotic Americans will be called to answer for their traitorous actions.

Marilyn Lee
 Florence

Serious About a Roundabout?

Editor:

A roundabout is a very bad idea at the intersection of Huntsville Road and Royal Avenue in Florence.

In order to put one in, it will take about a three block area with nothing around to impede it. The businesses close to the construction will not be accessible to patrons. Drivers will not be allowed

to enter that area with the proposed site. Plus, you cannot park in a round. Numerous traffic studies will take considerable time.

See LETTERS... on Page 32

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ON YOUR DEBT

What were the Top Consumer Complaints of 2016?



B. Grant McNutt
Managing Attorney

The top three (3) consumer complaints for 2016 would not shock too many people and in all likelihood the list will remain unchanged for 2017 as well. And the Winner IS.....

Illegal Debt Collection Practices
Debt collection efforts by creditors and collection agencies. I'm not sure about the general public, but I can tell you from experience in representing consumers as well as receiving calls made to me for someone else's debt.... These collectors are relentless! It has been our experience over the years that the greatest relief clients seem to experience when they come in for a consultation is hearing the words: "You may tell your creditors and the collectors to contact our office for any information they need." In other words, you can now have a reprieve from creditors and collection agencies calling all during the day and night. Most people don't even answer their phones if they do not know the number, but it's the interruptions all during the day that can unnerve even the most placid of personalities. According to ABC News, there were 859,090 complaints registered just for debt collection efforts.

Imposters and Scams
Coming in 2nd with the highest complaint volume would be imposter scams. The most popular imposter scam in recent months has been a con artist posing as a government agent or a "fake IRS agent". In these scams the con artist contacts a taxpayer advising that they have been audited by the IRS and that they now owe money. If the victim does not pay immediately, they are told that they may face imprisonment, deportation or being involved in a court case. Please be aware that the IRS will NEVER contact you by phone demanding payments. If you do owe the IRS money, you will receive written correspondence from the IRS advising of amounts owed, payment options or collection efforts for defaulted amounts owed. It will be up to the taxpayer to contact the IRS to make payment arrangements, or, if ignored, the IRS may garnish bank accounts or wages. However, notice of levying against such property will be given in writing prior to such action being taken.

Identity Theft
Rounding out the top three on the list would be identity theft. One very common identity theft problem occurs when someone's information is used to commit a fraud, such as filing a fake tax return in order to steal the tax refund. Certainly a more familiar identity theft problem would be using someone's information for credit card fraud.

Other Complaints
Some of the less popular scams that still received numerous complaints are: a) sweepstakes, b) lotteries and prizes, c) shop at home/catalog sales and d) credit bureaus, (information furnishers and report users). Some things to take home from this list are always be very careful when giving out personal information on the phone to anyone. In the times that we live in, there are many people looking to make a fast buck from you. Before sharing information, it is prudent to google the phone number and the name of the business. You may also contact your local Better Business Bureau, state attorney general's office or the Federal Trade Commission for additional information that may be helpful as well as information regarding current scams. If you have questions regarding your financial situation, collection efforts by creditors and collection agencies, or simply you have debt you cannot pay and need a fresh start please contact us to schedule an appointment with an attorney for a free, no obligation consultation so we can help you develop the best financial plan for you.

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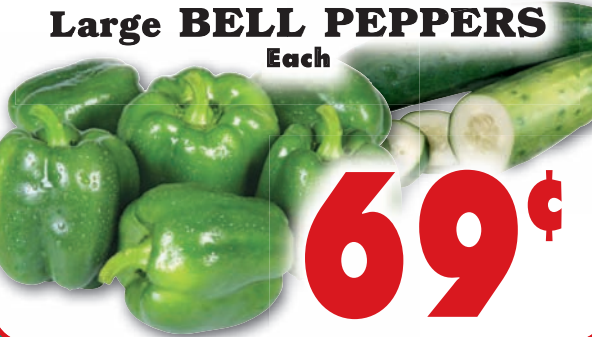
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Skills...

Continued from Page 14

Days will be announced as they are scheduled.

Linda Reynolds is a native of West Virginia. She moved to the Shoals area in 2011. The Tuscumbia resident is employed by the City of Florence in the Customer Service office. Her interest in early American crafts began when a family antique chair was in need of repair. "I was then a young, stay-at-home mom who needed a project. I took my chair and sought the advice of an elderly gentleman who did chair caning. He took me under his wing and got me started in a craft in which I took an immense interest."

Rikard is a native of the Shoals area and an artist of many talents. He lives on the farm in Tuscumbia that was the home of his father, and is a former principal at Threadgill Primary School in Sheffield. Rikard will share basket-weaving in several early styles, including egg baskets woven both for work and for beauty. Rikard is well-known for conducting classes in basketry and chair caning at the Tennessee Valley Museum of Art. His recent entry into the "Trees of Christmas" at TVMA featured examples of his basketry. Antique baskets and various ladder-back chairs will be displayed at Belle Mont during this Heritage Day.

Belle Mont Mansion was built in 1828 and is owned by the Alabama Historical Commission. It is one of only five such house museums in the state.

Regular hours and rates for the museum: Wednesday - Saturday, 10am - 4pm. \$6 for adults; \$5 for Seniors, College Students, and Active Military; \$3 for children 6-18, under 6 years free.

For more information about Belle Mont or the Heritage Day, call 256-381-5052 or 256-383-4401. Visit the website at www.ahc.alabama.gov

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STAN DEAN

Garment Add-Ons

There was a recent news article that caught my attention concerning the small pocket in jeans that is placed just above the front pocket. I have always known one to be there on various pairs I have worn through the years, but I never stopped to consider *why* it is there. About the only thing I have ever used it for was change, but I stopped because it was too hard to get out!

The article stated that original purpose for the little pocket was not for change, but for a pocket watch. Of course, the days of pocket watches have for the most part come and gone, but the clothing industry continues to hang on to the pocket as a kind of "fashion statement." So, in case you didn't know—now you do!

When I read the article I was reminded of a garment add-on that God commanded of His people during the Old Testament era. It served a very significant purpose and had nothing to do with a fashion statement. Here is what the Lord commanded through Moses: "Speak to the children of Israel: tell them to make tassels on the corners of their garments throughout their generations, and to put a blue thread in the tassels of the corners. And you shall have the tassel, that you may look upon it and remember all the commandments of the Lord and do them, and that you may not follow the harlotry to which your own heart and your own eyes are inclined, and that you may remember and do all My commandments and be holy for your God. I am the Lord your God, who brought you out of the land of Egypt, to be your God: I am the Lord your God" (Numbers 15:38-41).

It is interesting to think that every time the Israelites put on their garments and saw these tassels or felt the tassels brush up against them throughout the day that they would be reminded who they were and what God expected of them. In the New Testament era we do not have any such directive for tassels on our clothing. However, the command to follow the Lord's ways and "be holy" for Him has never changed (cf. 1 Peter 1:15, 16).

Hence, may all who "put on Christ" (Galatians 3:27) still be ever mindful of who we are and what the Lord expects of us. Christianity was never designed to be a "fashion statement" in this world; it is always functional and has purpose. In case you didn't know—now you do!

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Commentary

Budget...

Continued from Page 14

proposed, the moaning begins. If the pull backs are going to be impactful and responsible, some cuts will invariably be made in areas many of us hold dear.

Such is the case with the president's proposed budget for next year which could directly impact the Shoals.

A group of officials from the Shoals recently visited Alabama officials in Washington DC reiterating the importance of those federal funds slated for reduction or elimination. The Community Development Block Grant (CDBG) program, the Economic Development Administration, and the Appalachian Regional Commission are all slated for cuts or complete elimination. Each has provided significant matching funds for water, sewer, digital, and structural upgrades in recent years.

Another national program to which we have grown locally-fond is Essential Air Services (EAS). The million dollar plus annual funding for the Northwest Alabama Regional Airport does not appear to be in jeopardy in this budget cycle, but it has been on life-support here several times. Senators and representatives have resuscitated it based on promises that we just need a couple of more years and a good carrier to reach one thousand boardings a month- which would engage greater federal funding. We need the local service to maintain respect and to have a seat at the table in any retail/ industrial opportunities. Yet, we can't seem to support an airport on our own. Indeed, no carrier is interested without that ESA supplement. That is called dependency. Dependency on anyone outside of ourselves is a bad position to be in.

When the modern welfare state was created fifty years ago, President Lyndon Johnson said, "The days of the dole in this country are numbered."

That was ten trillion dollars ago. With hands out from all directions, federal expansion is the rule rather than the exception. Which programs should be a federal responsibility and which should fall to state and local communities?

Wallet Hub 2016 data ranks Alabama as the 4th most dependent state when it comes to federal dollars returned based on federal taxes paid. We certainly take more than our share. We seem to voice approval for tighter government in elections, but we continue to want more federal dollars from the dwindling pot. Furthermore, we are anything but proactive with regard to increasing the flow of state and local revenue, and solving some of our own financial problems.

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THE HEADLINES WERE FILLED LAST WEEK with the news that Congress passed a law that allows Internet Service Providers (ISPs) to sell your browsing habits to the highest bidder. Is this really something to be concerned about? Maybe, but it's probably too early to tell. The president still has to sign it into law. Richard Shelby and Luther Strange both voted "YEA" for this, by the way.



Fisher

ISPs have to "know" your browsing history. That's just part of how the Internet works. When you type an internet address into your browser, such as www.CourierJournal.net, that text leaves your computer and goes straight to the ISP's computer, then travels to the "backbone" of

IS YOUR ISP IS SELLING YOU OUT?

by "The Computer Skeptic"

the internet at close to light speed and reaches the courierjournal.net website. The website then delivers its content to your ISP, and finally to your computer. All of this back-and-forth communication is logged in a file at the ISP. That means every website you visit, every file you download, every video you watch, can be logged by your ISP. To advertisers, that kind of data looks exactly like a huge, juicy hunk of Prime Rib.

It is important to remember that you have no privacy any more, anyway. Amazon, your credit card company, Google,

your cell phone company, all know more about you than you do. This act is just one more erosion of the imaginary wall of privacy that we pretend exists.

Fortunately, this new rule has some checks and balances. The first is your own inherent right to privacy. An ISP that would sell your personal data to another individual would almost certainly run into huge problems with the state and even federal attorney generals.

Some are afraid this will allow a government agency to peek into your private life. Maybe but the new law does require that the ISP

get your permission before they put you up for sale. I suppose the local police department could then potentially purchase someone's browsing history but that would probably get them into some hot Constitutional waters. Besides, it's far easier and cheaper for them to simply obtain a warrant or subpoena.

There are individuals who think they might be able to purchase someone else's browser history, perhaps even their congressman's or the president. Up until last week, that would have required a court order but now, theoretically at least, this could happen. However, ISPs already have their own internal privacy policies that they place on themselves. I know, the fox watching the henhouse, but they do exist and reputable ISPs do enforce them because they hate bad publicity.

But this measure absolutely will

allow ISPs to sell certain types of data that other online businesses have enjoyed for a long time. If Amazon wants to send an email or postcard to every single male, age 55- 60, in zip code 35630, the ISP can cough up those email addresses with a snap of the finger. If Pizza Hut wants to contact everyone in Florence that has visited Domino's Pizza website, that's possible now. If you're concerned about this, I can't blame you. The best way to combat this is to contact your lawmakers.

Jim Fisher owns Excel Computer Services in Florence. Reach him at www.ExcelAL.com



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Fridays...

Continued from Page 14

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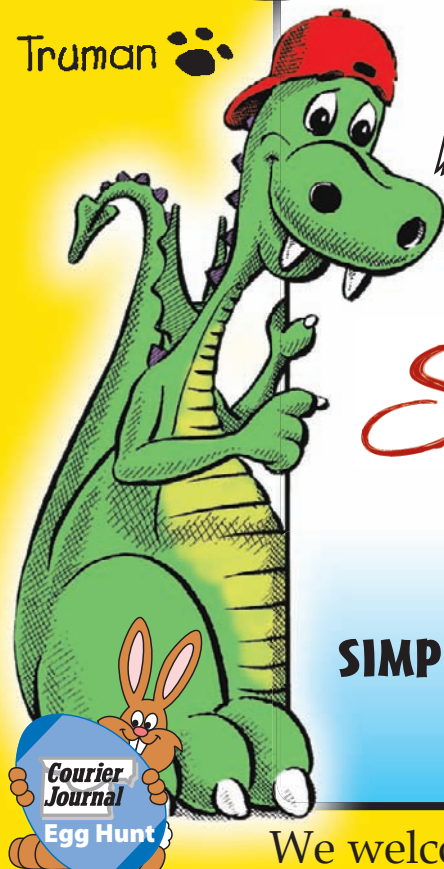


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Thank You!

Truman 





House Calls with Dr. Barco

How Can You Tell How Bad My COPD Is?

This week on House Calls, I continue my series on commonly asked questions regarding the lung disease COPD. One question I often get asked by patients is how bad their COPD is. The question is not straightforward because there are different ways to say "how bad something is" in COPD. For example, how bad somebody's lung function is can be one way to describe how advanced your COPD is. However, so is documenting how much the COPD is keeping you from doing your regular everyday activities. Another way to describe how advanced COPD is in somebody is by calculating how likely their COPD is going to take their life in a given period of time. I do feel that it is important that both the physician and patient know all three of these things, as it gives us a great overall idea of how we can manage their COPD.

I will first talk about how we measure lung function in patients with COPD. The testing that we usually use is called spirometry and most COPD patients are familiar with this. As part of pulmonary function testing, patients are asked to breathe out into a device attached to a computer as quickly as possible to get all their breath out. What the computer measures is how much air you were able to get out in that short period of time. The physician is especially interested in how much air you can get out in that first second (we call that the FEV1). The lower that FEV1 number is, the more advanced you COPD. In fact, there is a staging system called the GOLD staging system that can tell you what stage your COPD is based on how that FEV1 number looks. Stage 1 is considered the earliest stage, while stage 4 is considered the worst stage.

I mentioned that we can also look to see how the

COPD is affecting somebody physically and their ability to do everyday activities. One way that we do this is through questionnaires where patients rate how much shortness of breath they have doing certain activities. Another way we check this is by physically seeing how much exercise a patient with COPD can do, especially walking. We call this test a 6-minute walk test, where a patient walks back and forth on a level floor. How much distance the patient walks during that time and their symptoms are recorded as part of the test. The less a patient can walk during the test, the worse their exercise capacity is.

Finally, we can also determine how likely the COPD is to take someone's life down the road. One way to do this is by calculating something called a BODE index. A BODE index is a combined measurement of a patient's FEV1 score on the pulmonary function test, their result on a six-minute walk test, the score of a questionnaire on their breathing symptoms and their body-mass index (a measurement of your weight compared to your height). The score of this BODE index calculates how likely the COPD will take someone's life within the next 52 months (a little over 4 years). This information can be very helpful to both patient and doctor. As always, please consult with your primary health 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 where you can submit questions for the column, or write to:

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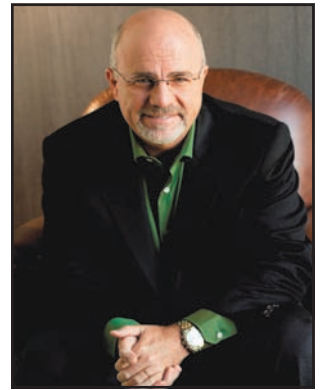
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DAVE Says

by DAVE RAMSEY



DO THE MANLY THING

Dear Dave,
My wife and I argue a lot about finances. We're trying to get more control over our money, and she has been listening to you. That's helped a lot. She's also a lot more frugal than I am, and our biggest point of contention right now is how we handle our spending money. Whenever I work overtime at my job, I feel like I should be able to put the overtime pay toward my spending money. What are your thoughts on this?
Josh

ing what bills you think we should assign for her to pay on her own?
Suzanne

Dear Josh,
No way, dude! You don't work overtime for your little boy wants. You work overtime, and rake in that extra cash, for the good of your family. That's the manly thing to do.

Dear Suzanne,
This sounds a lot like we did with our kids. She's obviously bright and motivated, so the first thing you do is explain to her the seriousness and responsibility associated with a checking account. The next step is for her to balance the checkbook with you looking over her shoulder. Do this with her for several months, while you keep one on the account, too. After that, I want her to do it alone and show you her work. Her balance should match yours and the one at the bank.

Now, that's not to say you both can't have a little spending money. It also doesn't mean that you can't treat yourself once in a while if you're working your tail off. I mean, if I'm working 70 to 80 hours a week I may give myself a little inexpensive treat in the midst of all that. So, my spending money budget should reflect that. But it shouldn't reflect a sense that I get to play more because I work extra, while the rest of the family suffers.

As soon as she demonstrates competency, and you feel comfortable that she can handle things, I want you to start putting her clothing budget in the account. You know, the weirdest thing happened with our girls at this stage. They suddenly started shopping at less expensive stores. It's amazing when they see that the dollars associated with these purchases can run out. My bet is you'll see some changes in her value choices.

Sorry, man. I think you knew what I was going to say. Step up, be good to your family first, and then your good times will come. If you haven't learned it already, you'll soon discover that those good times are best ones!
—Dave

Just take it step-by-step, a little at a time. The more they exhibit competence, wisdom, and confidence, the more you can release them.
—Dave

TEENS AND CHECKBOOKS

Dear Dave,
My daughter is 15, and she's had jobs around the house and been on commission and the envelope system for years. She's very good about saving and not spending on silly things. We recently opened a checking account for her, and I was wonder-

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



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THE BOLD AND THE BEAUTIFUL Ridge confessed his mistake to Brooke and begged her forgiveness. Shirley provided Coco with a new spying device. Thomas went on the defensive when Steffy chided him for bringing Sally as his date to her wedding. RJ invited Coco to see the latest, confidential Forrester designs, and the Spectra gang immediately started creating their knockoffs. Shirley knew exactly which buttons to push to get her granddaughter back on track. Darlita got quite a shock while watching the feed from Coco's hidden camera. *Wait to See: Sally tries to keep Coco away from the stolen fashion line.*

DAYS OF OUR LIVES Nicole and Brady had their neighbors over for dinner, which turned out to be a disaster for Nicole. Tripp learned more about Ava. Rafe discovered that Hope planted a bug on someone after her surveillance app went off. Theo realized that he and Claire were moving too fast. Nicole panicked over Scooter recognizing her. Abigail confided to JJ that she was worried about Chad's feelings for Gabi. Meanwhile, Gabi went on a date with Eli. Ciara was pleasantly surprised when she met Wyatt. Abigail got into a confrontation with Kate. Eduardo and Dario discussed a new revenue stream. Rafe and Hope eavesdropped on Deimos. *Wait to See: A guilty Joey prepares to tell Tripp the truth about who really killed Ava.*

GENERAL HOSPITAL Sonny was humbled. Alexis offered an apology. Sam sought closure. Carly received some very sad news. Tracy and Laura had a heart-to-heart talk. Sam hired Curtis. Carly learned the truth. Finn battled his demons. Liz sympathized with Hayden. Anna was remorseful. Ava enlisted Scott's help. Dante was intrigued, while Josslyn was conflicted. Lulu

suffered a setback. Sonny got some surprising news. Nelle had a realization. Ava took her frustration out on Kiki. Dante attempted to put the pieces together, but still remained quite suspicious. Nelle and Michael crossed paths. Liz reassured Franco. Carly found a way to forgive. *Wait to See: Nina returns to Wyndemere.*

THE YOUNG AND THE RESTLESS Phyllis helped Ravi upgrade his wardrobe to impress Ashley. Billy wanted to discuss the kiss he shared with Victoria. Scott comforted an emotional Sharon when she found Dylan's old apron at the coffeehouse. Victoria wasn't pleased to discover that Victor hired Scott to write his biography. Later, Scott began his research by interviewing Abby. Cane told Juliet that he didn't remember sleeping with her in Tokyo. Lily entered the room and asked what they were talking about. Abby quizzed her mom on her feelings for Ravi. Victoria informed Cane that she decided to offer Juliet a full-time position at Brush & Sassy in Genoa City. *Wait to See: Lauren plays matchmaker for Phyllis.*

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Estate Sale of Barbara & Bobby Sykes
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Entry Numbers will be given out at 8:30am
Sunday, April 9 • 1-4pm
Victorian Parlor Set, Marble Top Tables, Oriental Décor, Carnival Glass, Curio Cabinet, Hull & Roseville Pottery, Sterling Flatware, Antique Wicker, Basset Bedroom Suite, Antique Clocks, Drew Bedroom Suite, Crocks & Churns, China Cabinet, Lamps, Tools, Jewelry, Salad Master Cookware, Fishing Rods, MUCH MORE!
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Saturday, April 8 • 10am
Auction Site: 9195 Hwy 17 (Chisholm Hwy), Florence, AL 35633
Bailey's Auction House (next to Zip City Volunteer Fire Dept.)
Partial List - 2445 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.
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HOME FOR SALE KILLEN: NEW - 147 Village-wood Dr., 4 bedroom brick, hardwood, whirlpool, fireplace, 1,900 sq. ft., large lot, \$194,900. 256-762-1587

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

SHEFFIELD: 1210 13TH AVE 2 bdrm. 1 ba. \$450 rent, \$450 deposit. Window A/C, gas heat. 256-764-3137

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

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

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

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

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- 409 Roosevelt Ave #B (Muscle Shoals) 1BR, 1BA.....\$425
- Woodland Ave. (Florence) 1BR, 1BA.....\$325
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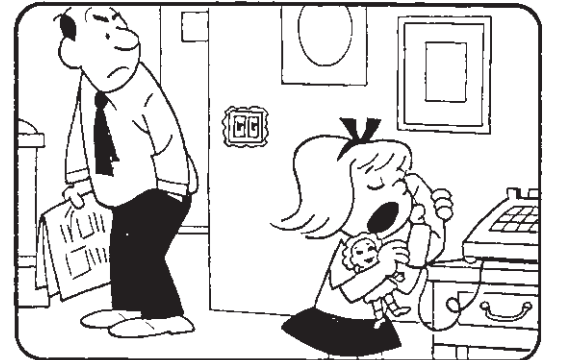
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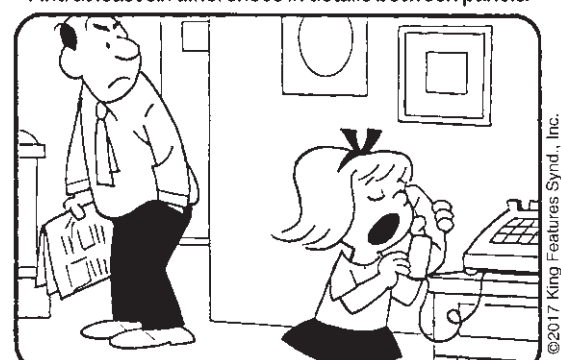
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Egg Hunt

Takes place in the
March 29 & April 5 Issues

Last Chance To Enter!
Deadline April 6

Each Issue will have a separate count.
Everyone has 2 chances to win!

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
- 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*

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 mailings or may enter for both weeks at once online or in one mailing.

*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.

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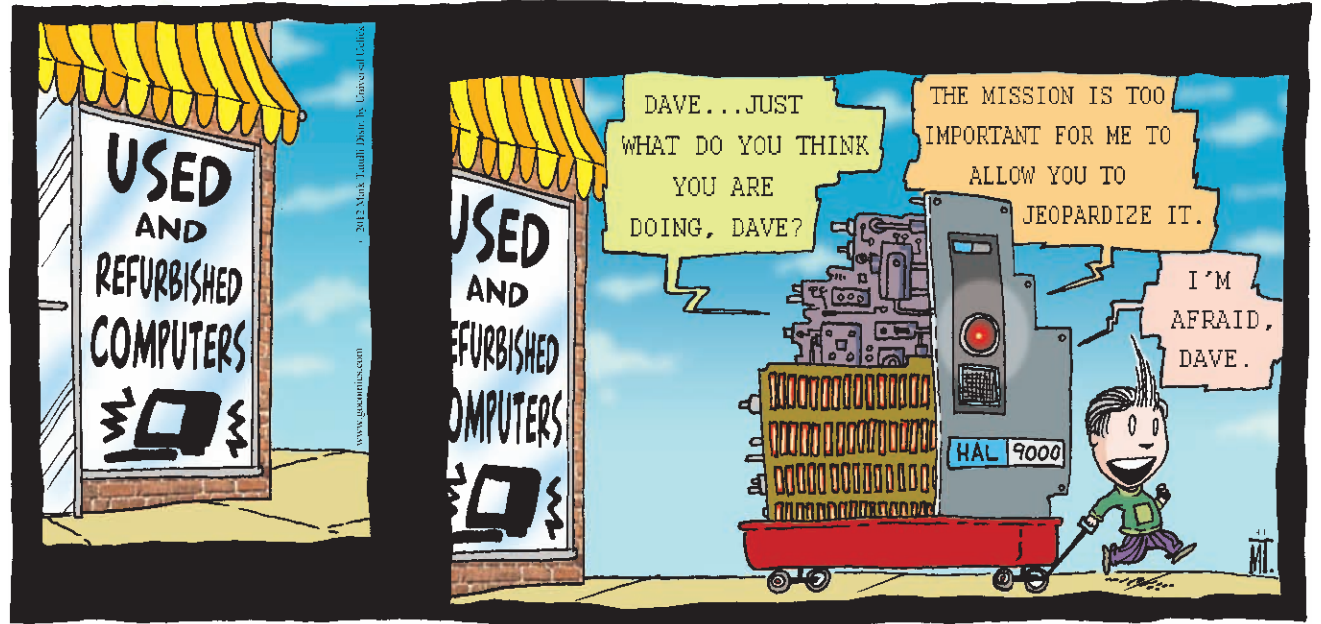
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BY MARK TATULLI



Letters...

Serious About a Roundabout?

Continued from Page 15

Get the picture? If you are interested, Google it on your computer, or the library's computer. You will be awed at just what it takes to do this after viewing the video included on one of the pages. An expert driver will need several months to learn the ins and outs and adjust from this junction being the way it has been for several decades. Assuming that neither Florence city councilman, David Bradley, nor city engineer, Bill Batson, have experience driving in one of these traffic-rounds, maybe they should take a trip to Europe to study theirs. Think really hard about what you are proposing. Hold several driving courses to get the gist of how they are supposed to work. Then be on site when

2002 HARLEY DAVIDSON SPORTSTER 883, custom paint, lots of chrome, 931-853-6860
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it opens and witness the first mess-up.



Joe Fairer
 Muscle Shoals

HUD Slash is Unacceptable

Editor:

There is a national shortage of 7.4 million homes affordable and available to the lowest income people in America, and just one in four of the poorest seniors, people with disabilities, families with children, and veterans get the housing assistance they need. At a time when the housing crisis has reached historic heights and the lowest income people suffer the most severe impacts, proposals to slash HUD funding are unconscionable and unacceptable. These cuts could put more than 200,000 families and seniors at immediate risk of eviction and homelessness. This will starve local communities of the funding they need to build and repair affordable homes and revitalize distressed communities.

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

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Mapes to the HOF

It's true that most members that are sports Hall of Fame inductees come from the ranks of coaches, football, basketball and baseball athletes. It's always refreshing when an athlete outside the realm of those attributes get their due recognition. Such was the case a few weeks ago when Chris Mapes was inducted into the 2017 class of the Lauderdale County Sports Hall of Fame.

Mapes became a world wide class swimmer during his athletic career. He joined the Florence Swim Team at the age of 13 in 1966. For four years, he combined his talents with the Bradshaw and Florence swim teams.

Mapes held numerous records in the breaststroke competition in the state, southeast and in the nation. In 1970 he was listed by the United States Amateur Athletics Union among those swimming the 10 best times

nationally in two events. He posted the best time in the 110-yard breaststroke and second best time in the 220-yard breaststroke. In addition to those honors, Mapes was selected to the 1971 high school All-American swim team. After high school, Mapes signed a scholarship with North Carolina State and continued his success with the Wolfpack.

Mapes broke Atlantic Coast Conference records in the 100 and 200 yards breaststroke. He was named an All-American his freshman and junior years at North Carolina State. His ultimate recognition for his outstanding swimming career came a few weeks ago when he became a member of the 2017 Lauderdale County Sports Hall of Fame.

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

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Wednesday

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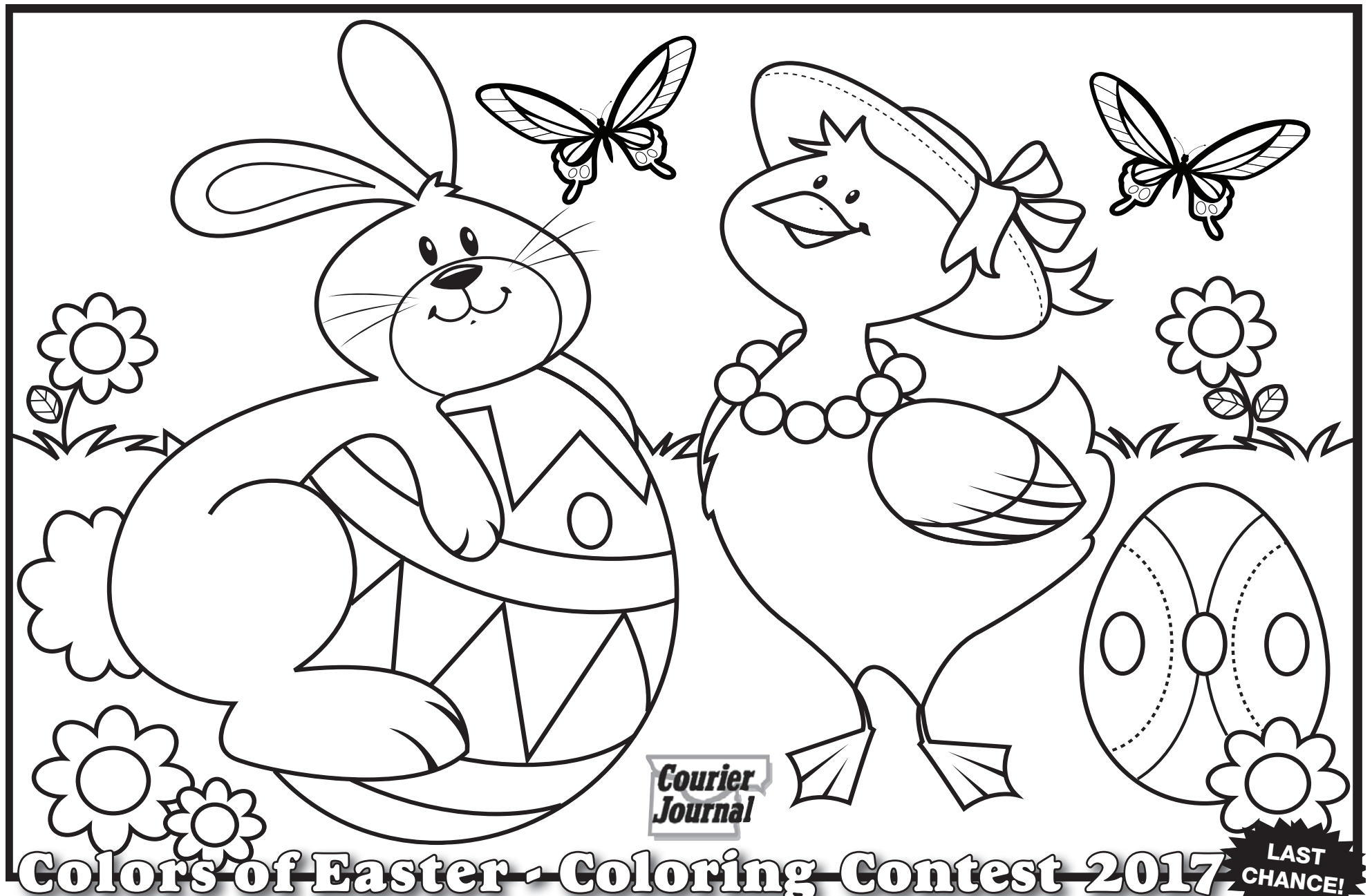


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Thur., April 6 NOON**

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Address _____

City _____ State _____ ZIP _____

Phone Number _____

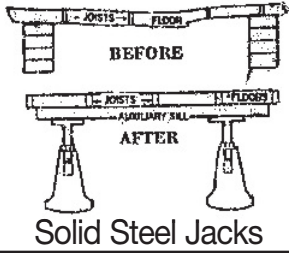
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NOTICE OF SALE NOTICE IS HEREBY GIVEN that the undersigned intends to sell the personal property described below to enforce a lien imposed on said property under The Self Service Storage Act. The undersigned will sell at public sale by competitive 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.

Make Up Your Mind

A lost man told me on Monday that you can fall from grace but couldn't find the verse or someone in the Bible that fell from grace. If you thought you could, how do you know that that person was saved to start with? I read the verse to him and of course, he was interested in the last small portion of the verse. Read the whole verse. **Galatians 5:4 "Christ is become of no effect unto you, whosoever of you are justified by the law: ye are fallen from grace."** The Gentile Apostle Paul preached: **1 Corinthians 1:17 "For Christ sent me not to baptize, but to preach the gospel: not with wisdom of words, lest the cross of Christ should be made of none effect."** **1 Corinthians 2:2 "For I determined not to know any thing among you, save Jesus Christ, and him crucified."** Are you trying to justify yourself by keeping the law? If you are, then the cross of Christ is of no effect to you. **Romans 8:33 "Who shall lay any thing to the charge of God's elect? It is God that justifieth."** Mixing law with grace is what got the churches of Corinth and Galatia in trouble. Law and grace are incompatible.

Why did Christ die and who did He die for? Luke 19:10 **"For the Son of man is come to seek and to save that which was lost."** **Romans 5:8 "But God commendeth his love toward us, in that, while we were yet sinners, Christ died for us."** **1 Timothy 1:15 "This is a faithful saying, and worthy of all acceptance, that Christ Jesus came into the world to save sinners: of whom I am chief."** **Hebrews 7:25 "Wherefore he is able also to save them to the uttermost that come unto God by him, seeing he ever liveth to make intercession for them."** Now can Christ save you? Yes or no? Answer the question. Now, are you saved? Why not? If you die and go to hell, it will be because you owed a sin-debt to God and rejected the Saviour as your sin-bearer, so you must pay for your own sins. You haven't kept the law and commandments anyway. **MAKE UP YOUR MIND.** Grace is a free gift. The Lord Jesus Christ paid a sin-debt that you owed to God. Choose Him now. Live with it throughout eternity. Payday someday.

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

Community Notes...

Continued from page 4

Central Sharing Center Bag Sale on Saturday, April 8, 7am-1pm. \$2 a bag. We furnish the bag. All proceeds go to buy hygiene products for CSC Food Pantry. Located at 3255 Co. Rd. 200, Florence.

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

Wednesday, April 5, TBA
 Thursday, April 6, Noon - 6pm, Walmart, 1706 Military Street South, Hamilton

Friday, April 7, 7am - 3pm, Underwood Elementary, 4725 Highway 157, Florence
 Saturday, April 8, 7:40am - Noon, Keller Wellcare Center, 1021 11th Street SW, Sheffield

Sunday, April 9, 10am - 4pm, BAM, 318 Cox Creek Parkway, Florence

Monday, April 10, 6am - 6pm, Constellium, 4805 East 2nd Street, Muscle Shoals

Tuesday, April 11, 6am - 2pm, Constellium (Element 13), 1009 Ford Road, Muscle Shoals

Wednesday, April 12, 10am - 6pm, Russellville Hospital, 15155 Highway 43, Russellville

BBB Shred Day in Florence Saturday, April 8, 9am-noon at Florence-Lauderdale Coliseum, 720 East Veterans Drive. Drive up and drop off your sensitive documents to be securely disposed of on-site for free. Protect yourself from identity theft and take advantage of free document shredding.

Please note that there is a weight limit of 100 lbs. for three bags or boxes of documents per vehicle. Cardboard and three-ring binders cannot be accepted.

Shoe Giveaway - Saturday, April 8, 10am-1pm. The Public Is Invited---Give 'til Gone. For women, men, and children, all colors-all kinds-all sizes, also purses, scarves, and neckties. At Willie Green Community Center, 609 East Street, Tuscumbia. Sponsored by Delta Sigma Theta Sorority, Muscle Shoals Area Alumnae Chapter

Comedy Magician Brian Staron at the Historic Shoals Theater on Saturday, April 8 at 7pm. Tickets at the door are \$12. Call 256-335-5829 or go to www.adoptacadabra.org to pre-order your tickets at the early bird price of \$10. Your tickets will be waiting for you at the box office the night of the show. Proceeds from the show go directly to AGAPE of North Alabama (agapecares.org). Sponsorship levels and reserved VIP seating available by calling 256-335-5829.

Sons of Confederate Veterans, E. A. O'Neal Camp No. 478 Meeting, the 3rd Thursday of the month, April 20 at 6:30 pm, Pope's Tavern Museum, 203 Hermitage Drive in Florence. The guest speaker is Carl Jones discussing "Heritage Operations." 256-764-4945

Bereaved parents and friends are invited to the Day by Day meeting at 2pm Sunday, April 9. This support group is composed of friends who share their grief following the death of their child and who care about providing hope and peace to each other. Woodmont Baptist East Campus, Florence.

Friends of the Helen Keller Public Library Annual Meeting, Sunday, April 9, 2pm at Helen Keller Library, 511 North Main Street, Tuscumbia. The Friends of the Helen Keller Public Library invite you to join us for an afternoon with Annie Cole, author of "Bell Forest", "Water on a Sea Star", "Silver Leaf", "Murmuring Cove" and her soon to be released, "Summer's Keep".

Spring Revival at Leighton Baptist Church April 9-12 with Evangelist Steve Hale. Sunday Night at 6pm, week nights at 6:30pm

Leighton Baptist Church is located just across the street from the Leighton Post Office.

The Helen Keller Hospital Volunteer Auxiliary will host their \$5 Jewelry Sale on April 10-12 in the main lobby of Helen Keller Hospital. Masquerade Jewelry will be on site with earrings, necklaces, pins, bags, rings, and more! All items are only \$5 each.

Dates and times for the sale are:
 - Monday, April 10 7am- 6pm
 - Tuesday, April 11 7am- 4pm
 - Wednesday, April 12 7am- 4pm

Proceeds benefit the projects of the Helen Keller Hospital Volunteer Auxiliary, including the Louise Isbell Ashe Scholarship Program. These scholarships are given out each spring to graduating high school seniors who are pursuing careers in healthcare.

For more information about the sale or the Auxiliary, call 256-386-4476.

NAMI Shoals Family Support Group for families with adults and/or children who have brain disorders (mental illnesses) and NAMI Connection Recovery Support Group for people who have been diagnosed with a brain disorder and are in recovery meets Tuesday, April 11 at 7pm at the NAMI Shoals office, 749 Thompson St., Suite A, Florence. Need directions or more information, call 256-765-2081.

The LifeSouth Bloodmobile will be on the campus of Helen Keller Hospital on Thursday, April 13. Hours for the Blood Drive are 7am to 5pm. The bloodmobile will be parked next to the Working Fit entrance of the hospital.

Donors must be 17 years of age or older (16 with written parental consent), weigh 110 pounds or more, and show a photo I.D. For more information, call 1-888-795-2707 or visit www.lifesouth.org.

Cherokee Creative Curb Appeal will have a bake sale Friday, April 14 from 9am-2pm at the Cherokee Lions Den.

The Kennedy-Douglass Meeting will be held from 11:30am-1pm on Friday, April 14 at the Kennedy-Douglass Center for the Arts, 217 East Tuscaloosa St, Florence. Light refreshments will be furnished and a door prize will be given. At 12pm, our speaker will be Jeannette Johnson, pattern designer for McCall's Patterns.

For questions, please call 256-760-6379. The Gift Shop is open Monday-Friday from 9am-4pm.

Tishomingo County's Old Courthouse Museum presents Third Annual Renaissance Day 2017 on Saturday, April 15, 9am-4pm in Iuka, MS. Come learn more about a time when life was a little slower.

Demonstrations: Dulcimer Playing, Pottery Making, Spinning & Weaving, Basket Weaving, Camp Fire Cooking, Corn Shuck Dolls, Heritage Farm Tools, Native American, Quilting, Leatherworking, Milking Goats, Museum Exhibits, Quill Pen Writing.

Egg Hunt with prizes. Games & Goodies. Gospel, Bluegrass and Country Music.

Bring your lawn chair and spend the day. 203 East Quitman St., Iuka, MS. 662-423-3500

Easter SonRise Service April 16 at 7am, Zion Hill Baptist, 1480 County Line Road, Leighton Sunday school 9am and regular Worship service 11am.

Shoals Democratic Club Meeting - Monday, April 18 at 6:30pm at IUOE Local Union 320 Union Hall, 405 Dr. Hicks Blvd., Florence.

Guest Speaker: Representative Anthony Daniels, Alabama Minority House Leader, Huntsville.

Meetings of the Shoals Democratic Club are held at 6:30pm on the third Monday of each month with alternating locations between Florence and Muscle Shoals.

Visit us on the web at <http://www.theshoalsdemocraticclub.org/>

The Coldwater Bookstore Book Club meets at the Bookstore, 101 West 6th St., Tuscumbia on the third Wednesday of each month at 10am. The April meeting will be on the 19th. The book for April is "Slow Horses" by Mick Herron - a British spy novel.

For more information call the store at 256-381-2525 or text "Book Club" and your first name to 256-412-2920.

The meetings are held at the Bookstore but there are no fees and no purchase is required.

Geezers and Kids Fishing Days at Deibert Park, 6:30am-Noon, April 20, June 22, August 24, and October 22.

Bring your own tackle, bait, chairs, snacks. No license is required for this fishing event.

Sponsored by Florence Parks and Recreation/The Club (Senior Center). Inquiries call - The Club 256-760-6420 Monday-Friday 8am -5pm.

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

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

To know all about our mission and activities, please visit our FB page REAL Rehome Educate Adopt Love and our website www.rehomeandeducate.webs.com

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

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Junior Whirl Answers by Charles Barry Townsend Illustrated by David Coulson

Answers: 1. Ash. 2. Spruce. 3. Hemlock. 4. Plum (plumb). 5. Pine. 6. Chestnut. 7. Laurel. 8. Peach. 9. Beech (beach). 10. Cypress. 11. Bay. 12. Palm. 13. Olive. 14. Dates. 15. Elder.

Answers: Faintest, gabled, hastier, misspelt, niceties, outshone.

Its head was 9 inches, its body 36 inches, and its tail 27 inches long.

PUZZLE CARD

1. FAIN 2. GAB 3. MISS 4. HAS 5. NICE 6. OUTS

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