

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

Volume 133 Number 39

August 16, 2017

POSTAL PATRON

Successfully in Harmony

SHEFFIELD - During the 2017 W.C. Handy Music Festival, Medical Associates of the Shoals hosted *Doctors and Teachers in Harmony*. This was a week-long event July 22-28 that saw the distribution of 1,000 bags of classroom supplies to teachers in Colbert, Franklin, and Lauderdale Counties. The bags contained card stock, paper, dry erase markers, highlighters, pens, flash drives and Post-It notes.

Teachers were invited to stop by Medical Associates of the Shoals and pick up a bag of supplies as part of a Handy Music event that kicked the week off.

"It was great to have the opportunity to meet so many of our area educators and express our appreciation for all they do for our children and for our community," said Josh Vacik, MD, FACP, a physician with Medical Associates of the Shoals. "We sincerely hope the classroom supplies helped to get their school year off to a great start," he added.

UNA V'ball Team to Beat

FLORENCE- According to the annual GSC pre-season coaches poll, two-time defending Gulf South Conference volleyball champion, North Alabama, was selected as the favorite to win the league again this season. The Lions edged second-place West Florida 141-136 and received nine first-place votes to claim the top spot.

UWF received the other four first-place votes, while Shorter (118 points), Valdosta State (100 points) and Christian Brothers (91 points) completed the top five spots.

UNA returns eleven lettermen. This includes four starters from last season's 29-6 team that advanced to the NCAA South Region Tournament after winning its league-leading 18th GSC title.

Seniors Jessica Austin, Lexie Bradley, and Ashtyn Kapovich were also selected to the pre-season All-GSC team, giving UNA a league-high three selections.

See SHORTS... on Page 11



Verification of weekly circulation upon request



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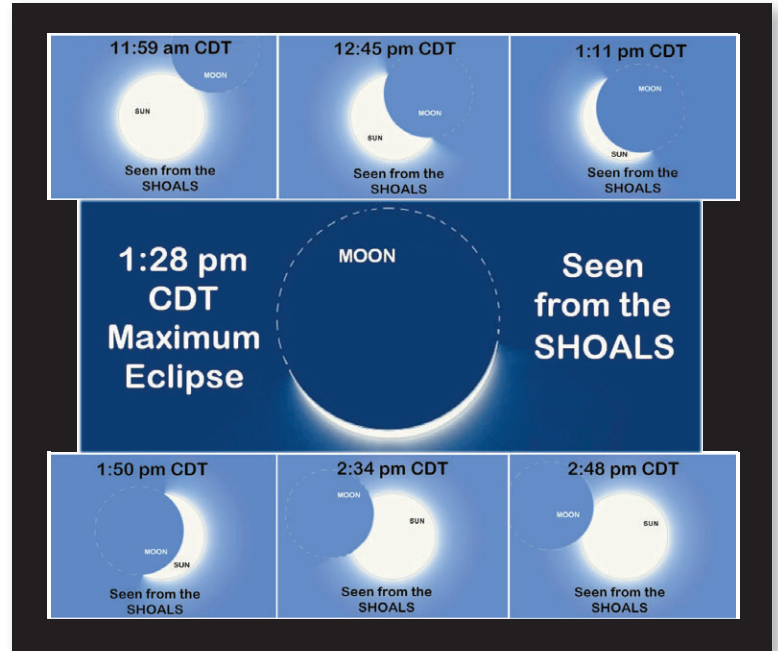
The Great American Eclipse

The August 21 eclipse will begin just before noon in the Shoals and continue for almost three hours.

by Dr. David R. Currott adapted from his article in our August issue of Kidsville News!

Few people have ever seen a total eclipse of the sun, but on August 21, we have the once in a lifetime opportunity!

The moon revolves around the earth about once a month and the earth is constantly moving around our sun. The moon moves directly in front of the sun about twice each year, blocking its light, and creating a total solar eclipse. In other words, the moon makes a shadow on the



earth, and within the shadow one experiences darkness. The shadow is usually only a few miles wide and races across the earth's surface. The shadow usually falls on oceans or in foreign lands, but on August 21 it will move across the U.S. from Pacific Ocean (10:15am PDT) to

Atlantic ocean (2:48pm EDT), passing across Nashville about 1:28pm CDT. The total eclipse will last less than three minutes, but it will be remembered for a lifetime. Of course, cloudy weather would ruin viewing.

See ECLIPSE.. on Page 6



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

McCall's Designer Johnson an Honorary Writer's Guild Member

By Joy Willow Shoals Writer's Guild

SHOALS- Genett Herston Johnson, a local designer for McCall's children's patterns, has been selected as an honorary member of the Shoals Writers Guild. Johnson was chosen based on her national and international accomplishments. Her patterned

for success story, *Ruffles and Lace*, was written by Shoals Writers Guild member and author, Charles E. Cabler. *Ruffles and Lace* is Cabler's fourth book and his first family-based historical biography.



Genett Herston Johnson one of over 350 children's patterns she helped design for McCall's. Courtesy photo

"Aunt Genett has such a fascinating life. Writing a book seemed to be the best way to record

See McCALL'S... on Page 3

Gillian is Top Campus Cop

Dominic Summerhill UNA Student Writer

FLORENCE- University of North Alabama Chief of Police Kevin Gillian was recently named the National Chief of the Year in Las Vegas.

The National Association of Campus Safety Administration

See GILLIAN.. on Page 25

Inside this Issue

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- Ask the Attorney



- Time To Detach
- Dave Ramsey Says
- Adopt-a-Friend
- Spring Park Eclipse Party



- Event Renamed for its Creator
- Soap Updates
- Hocus Focus
- Cat & Kids
- On Your Debt

Online Only:

- Web Poll
- Pet Talk
- Outdoors



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FOUND LATHE PART, SAT., Aug 5th on Bethel Rd., South in Priceville, AL area 256-355-4208

REFRIGERATOR, WHIRLPOOL, 25.2 CU. ft., white, side by side, \$250. 256-351-6643, Decatur.

FRENCH PROVINCIAL SOFA, LIGHT green, \$200. 256-762-2160

FRIGIDAIRE AFFINITY FRONT LOAD washer and dryer, has sanitize and steam refresh cycles, must sell, \$400. 256-767-2880

TWO VINYL DOUBLE HUNG Windows, 34 1/4" x 56 1/4", full screen, Lowes special ordered, still packaged, never used. \$100 each. Call or text 256-627-5439

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Monday, September 4 in Tusculmbia

10am • Parade Down Main Street
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Ad valid August 16-22, 2017

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FAMILY PACK Chicken Legs 69¢ LB.	CLOVERDALE FARMS Sausage Patties 28 OZ. 2.99	MISC. CUT Joint Wings 1.59 LB.
12 PACK, 12 OZ. CANS Coca Cola Products 3/\$10	RUFFLES, Cheetos or Fritos 8-9.25 OZ. 2/\$5	KRAFT CHEESE Chunks or Shredded 8 OZ. 2/\$5
TOTINO'S Party Pizza 9.8-10.9 OZ. 4/\$5	Iceberg Lettuce HEAD 1.39	CALIFORNIA GREEN OR RED Seedless Grapes LB. 1.69

McCall's...

Continued from Page 1

her accomplishments," Cabler said.

Johnson was born Genett Herston. She moved from her Central Heights Community birthplace to the Forks of Cypress Plantation when she was five. It was there that Genett learned to sew under the instructions of her mother.

"When Daddy would go to town, Mother would tell him to get two flour sacks alike so she could make a dress for us girls," said Johnson.

"We had nothing growing up," Johnson said. "However, I liked to sew and I made a lot of my own patterns. When I became owner of Style Rite Fabrics in 1974, I was dissatisfied with the current children's patterns. So, I hounded the McCall's pattern representative to give me the phone number of Robert Herman, CEO of McCall's. I called him several times until one day he called to say, 'I will be in Atlanta next week, meet me there.'"

Three patterns were chosen in Atlanta that Wednesday in 1983. The following Monday the phone was ringing when Johnson unlocked the door at Style Rite Fabrics. Herman was calling to invite Johnson and her business partner, Anita Moore, for a week at McCall's headquarters in New York City. It was then that pattern number 8626 made history for Johnson.

Over 350 of their designs have been published in the McCall's catalogs since that time, producing over 1,250,580 pattern sales in the U.S. and internationally.

Johnson owned Style Rite Fabrics in North Florence for fifteen years. She provided up-scale fabric and hard-to-find accessories such as French lace, trim, embroideries and satin ribbons, along with all other sewing notions.

When not sewing or designing, the eighty-three-year-old serves

as Ambassador for the annual Susan G. Komen Foundation's "Rally for the Cure" golf tournament at Blackberry Trail golf course. During the past fourteen years as Ambassador, Johnson has been instrumental in raising some \$88,000 for cancer awareness programs.

Johnson will be inducted as an honorary member of the Shoals Writers Guild on Saturday, August 19 at 11:30am.

The Shoals Writers Guild meets the third Saturday of each month at the Florence Lauderdale Public Library at 350 North Wood Avenue from 10:15am-12pm.

The mission of the SWG is to encourage and promote the development of local writers. For additional information or to become a member, email: shoalswritersguild@gmail.com

Ruffles and Lace is available on Amazon.com.

MISSION STYLE OAK ROCK-ER. 5" FOAM CUSHION. \$40 FLORENCE, 256-764-2715

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MidGard Self-Storage will hold a public sale to enforce a lien imposed on said property, as described below, pursuant to the Alabama Self-Service Facility Act, Alabama Code 8-15-30 to 8-15-38, at **11:00 AM on Wednesday, August 23, 2017, at 4450 Chisholm Road, Florence, AL 35633.**

Management reserves the right to withdraw any unit from sale. Registered or motor vehicles are sold "As Is / Parts Only," no titles or registration.

Name	Unit #	Brief Description of Items
CECILIA CARROLL	A44	Household Items, Furniture
CECILIA CARROLL	A351	Household Items, Furniture
TIMOTHY SELLERS	C18	Household Items, Furniture

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Community Notes

COMMUNITY NOTES may be submitted for non-profit, civic or church-related events and published free of charge. Community Notes must be submitted in writing by 2pm Friday for consideration in the following week's issue. As space is available in the Courier Journal.

- Email to editor@courierjournal.net;
- Look for "Submit News" on our website at www.courierjournal.net.
- Fax to 256-760-9618;
- Mail to 219 W. Tennessee St, Florence, AL 35630; or
- Bring in person.

All properly submitted Community Notes which are dated will be posted weekly at www.courierjournal.net. Visit our website for a complete list.



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PIGGLY WIGGLY Medium Eggs
DOZEN CTN. **75¢**

PIGGLY WIGGLY Cut Green Beans or Golden Corn
15 OZ. CAN **2/\$1**



Quarterly Meeting of the Northwest Alabama RC&D Council is scheduled for Wednesday, August 16 beginning at 10am. The meeting will be held at Tusculumbia Depot and Roundhouse, 204 W. 5th St., Tusculumbia. Registration will commence at 9:30am and the meeting will end at 11:30am with lunch following. An agenda will be distributed prior to the meeting. This will also be an Outreach Meeting, if you know of any new and beginning Farmers please let them know, NRCS will be giving updates on their available programs. Please RSVP your attendance by calling 256-383-1446 or emailing mleighrcd@gmail.com.

The Eclipse Is Coming! - with Dr. Mel Blake at the Florence-Lauderdale Public Library Wednesday, August 16 at 11:30am and Thursday, August 17 at 4pm (For Kids and Families) Get ready for the total solar eclipse, which is coming up on Monday, August 21! Dr. Mel Blake, Director of the UNA Planetarium and Associate Professor of Physics, will tell you everything you need to know about the eclipse. He'll talk about the astronomy behind it, the best places to view the eclipse, and safety. All participants will receive a free pair of NASA-approved solar eclipse glasses. *The Thursday event is geared more toward kids and teens 9 and up and their families. For more information, call 256-764-6564, ext. 28.

Fish Fry Thursday, August 17, 4-7pm at Central Vol. Fire Dept. Fish, shrimp and chicken catered by Swamp John's. Plates \$10. Proceeds benefit fire dept.

NACOLG Board of Directors Meeting is scheduled for Thursday, August 17 at the NACOLG office. The meeting will begin at 5:30pm. Our special guests will be Congressman Aderholt, Congressman Brooks, and State Senator Greg Reed. This will be our Annual Fish Fry event. Due to limited space at the NACOLG office, please RSVP to Corine Bostick by August 10 at cbostick@nacolg.org or 256-389-0559. The minutes and agenda will be mailed out on August 7.

Colbert County Community Bible Study, a women's interdenominational Bible study, takes place at Barton First Baptist Church, 12925 US-72 in Cherokee. Studying Acts. Registration fee: \$35 adults (scholarships available); \$10 infants-12th grade. Classes: 9:30-11:30am Thursdays beginning August 24. Contact: Brenda Burcham 256-394-3370

The annual Lauderdale County High School Football Player Reunion occurs each year on the third Saturday in August (August 19 this year). It will be in the LCHS cafeteria at 3pm with the first hour devoted to socializing followed by a chicken stew meal at 4pm. All former players and coaches are encouraged to come. For meal planning please contact Ray Eady at 256-483-2735.

LifeSouth Community Blood Drives
- 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

Friends & Family Weekend at Mt. Zion African Methodist Episcopal Church Saturday-Sunday, August 19-20. Picnic from 10am-2pm in the Church Fellowship Hall, 4335 County Road 189 (south of Rhodesville) Florence. Games and prizes especially for children. Sunday service at 11am with dinner afterward. Please call 256-443-1303 for more information.

See NOTES... page 34



Yard Sales

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

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

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

MUSCLE SHOALS:
700 EDISON Avenue Saturday 5:00 AM - 1:00 PM, Clothes, toys, furniture, tools, vases and etc.....

TUSCUMBIA: 930 CARTER DRIVE (Locust Shores area) Fri - Sat 8AM-1PM. Lots to choose from.

MUSCLE SHOALS YARD SALE 200 Magnolia St. Fri. - Sat. Huston Plantation Subd. Clothes, toys, and furniture.

FLORENCE FIVE FAMILY YARD SALE, 7326 Dalewood St. (Bellemeade Subd.) Saturday 6 am until? Furniture, household items, clothing and much more!

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FLORENCE GARAGE SALE 222 Jordan Lane Saturday 7 a.m.-Noon. Plantation Springs Village behind Martin's. Children's and adult clothes, furniture, household items, and more.

GARAGE SALE

ZIP CITY: GARAGE SALE, 125 County Rd. 142 Saturday, 8-19-17, 7 a.m.-1:30 p.m. North on Hwy. 17 (Chisholm Rd.), go 8 miles from Cox Creek Pkwy., right on 142 at Quigley Hardware.

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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.

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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.



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
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*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.....

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

Please Print Ad Clearly. NOT RESPONSIBLE for illegible handwriting
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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



Eclipse...

Continued from Page 1

What Should We Expect?

As the shadow approaches, one will see it racing across the ground at 1447 mph in Nashville, which is faster than the speed of sound. This is a spectacular sight if one is on a hill and can see the surrounding countryside. When the sun is totally eclipsed, you'll notice a rapid darkness, usually with an eerie green glow. Animals seem to notice and birds usually go silent. Since the air is suddenly cooled, winds often die down. With the bright solar disc darkened by the moon, one sees the solar hot gases surrounding the sun called the corona. People who have seen the corona say it is a wonderful sight. As the sun emerges from totality, it peaks through lunar mountains producing what is called a Diamond Ring and then Bailey Beads.

The Shoals will not experience the total eclipse, but people in the Shoals will see a partial eclipse where 97% of the sun is covered leaving just a thin crescent shape.

Viewing the Sun Can be VERY Dangerous

NEVER look directly at the sun, even if partially eclipsed. The only time

that the sun can be viewed safely with the naked eye is during a total eclipse, when the moon completely covers the sun. Such a total eclipse will not occur in the Shoals. For proper safety hint, go to: <https://eclipse.gsfc.nasa.gov/SEhelp/safety2.html>

The safest and most inexpensive method is by projection. A pinhole or small opening is used to form an image of the Sun on a screen placed about a meter behind the opening.

Protect Your Eyes Watching the Sun

- Never look directly at the Sun without eye protection.
- DO NOT use sunglasses;
- DO NOT use smoked glass
- DO NOT use medical X-ray film or color film.

The Sun's UV rays can painlessly burn the retina causing permanent damage or even blindness when exposed for just a few seconds. The only safe way is to use an approved filter or a projection method. Eclipse glasses with special filters are available online. However, you can build a "projection box" out of cardboard.

UNA invites you to its Planetarium for information about the Great Eclipse any weekday between August 7-18 at 7pm nightly. Eclipse glasses will be provided.

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- OFFICE STAFF/CLASSIFIED**
 Janie Brasfield

CIRCULATION
 John Steele

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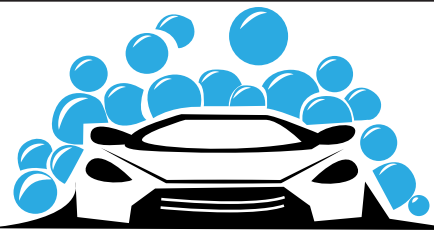
ADAYS WORK MOBILE HOME repair, flooring, leaks, koolseal, underpinning, decks & more. Free estimates. 256-856-6213, 256-389-3179

FORD: ESCAPE, 2012 \$7,999. XLT V6, 2WD, runs great, exterior white, interior tan, good condition, no smoking, 107k miles. Call or text 256-612-9491.

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NISSAN: ALTIMA, 2011 \$8,988. 2.5S cloth, auto, power, 97k Financing available, call Matt 256-810-0283 or 256-764-3351.

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07 Honda CRV EXL

Super Clean
\$0 Down - ONLY
\$199/mo.**



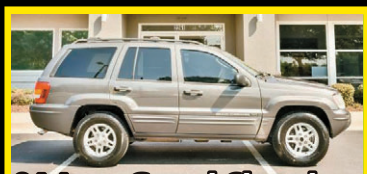
05 Toyota Sequoia SR5

Leather
ONLY
\$225/mo.**



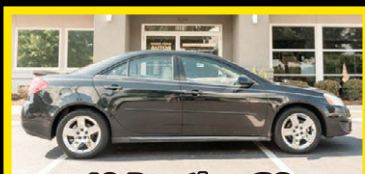
14 Dodge Caravan

Seats 8, 71K Miles
\$0 Down - ONLY
\$229/mo.**



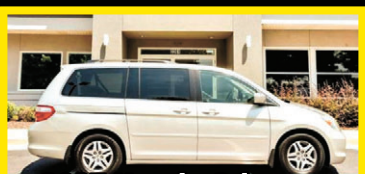
04 Jeep Grand Cherokee

Special Edition
ONLY
\$5,990*



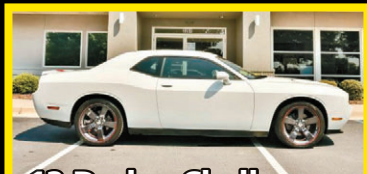
10 Pontiac G6

Extremely Clean
ONLY
\$6,900*



2007 Honda Odyssey

Van, EXL, With DVD
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\$8,990*



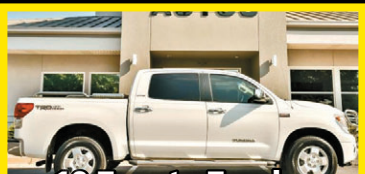
12 Dodge Challenger

Leather, 20" Wheels, SXT, Premium
ONLY **\$15,980***



11 Toyota 4Runner SR5

4WD, Roof, 3rd Row Seat, Really Clean
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MINI EXCAVATOR, BOBCAT E32, 2,100 hours, new tracks, \$23,000. Call 256-349-0000.

LADIES SUITS SIZE 10-14 \$10-\$40. Call 256-718-0470

DODGE: RAM, 2003 \$2,700 OBO. Gold, Hemi engine, needs transmission and interior repairs. 256-483-3551

FREE DOGS . 1 is a pitt bull full grown female, very friendly. 1 collie male is also friendly. Text 256-577-0331 or 256-502-1203 .

TILLER, EARTHQUAKE \$50 IN Huntsville 256-776-7248.

2006 FOREST RIVER CEDAR Creek Silverback, 5th wheel, 30', with 3 slides, new tires, everything works, good condition, \$13,000. 256-348-7240

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CHICHUAHUA PUPPIES, FOUR, \$100 ea. 256-332-2313

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.

I have heard that a person cannot write their own Last Will and Testament that it must be written by a lawyer. I draw SSI and can't afford to pay an attorney. I don't own much but what I do own is paid for. What can I do?

Delores, Florence, AL

You could write your own Will but I would not advise giving it a try. I had a case 15 or 20 years ago where a school teacher who had taught in Florence for 40 years wrote her own Will. She was careful enough to have the required number of witnesses but she named a bank as a co-executor of the Will. She did not relieve her executors of the duty to provide a bond. Her errors cost the family about \$9,000.00.

In Alabama a Will must be witnessed by two people. The witnesses must actually see the actual signing, or the person making the Will (the testator) must acknowledge that they signed the Will and that the signature on the page is their signature. The best practice in making a Will is to not only have two witnesses but to also have a notary public notarize the Will. This makes the Will a "self-proving" Will. That means that you do not have to find the witnesses (often years later) to prove the signature.

A Will should dispose of all of a person's property and therefore language such as "I hereby give, devise, and bequeath to _____, all of my estate, of whatever kind and character and wheresoever situated, of which I die seized and possessed of or to which I may be entitled or which I may have the power to dispose of at the time of my death, to be _____ absolutely, forever, provided however that _____ survives me."

A Will should name a trusted and responsible person to execute the terms of the Will. A Will should also name an alternate person to execute the terms of the Will.

A Will should also relieve the trusted executor of the duty of purchasing a bond.

In a month or so I am going to start going to various charitable events where I will offer to provide a Will or a legal consultation in exchange for a small donation to a local charity such as a volunteer fire department or other community assistance program. McCutcheon & Hamner bought a motor home for that purpose.

Delores, if you are concerned about your need for a Will, call our office and we will see if we can't help you.

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

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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FREE TERRIER PUPPIES! 256-483-3675 Russellville

Get Directions From A Professional



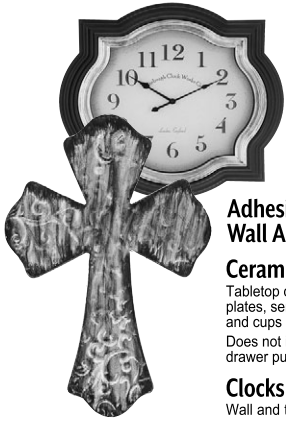
Turning 65? Retiring?
Under 65 and Disabled? Losing Employer Insurance?
65 and a Veteran? On a Limited Income?

Call Anah Whitehead Fowler 256-412-9716
afowler1@humana.com

HOME DECOR 50% OFF

Categories Listed

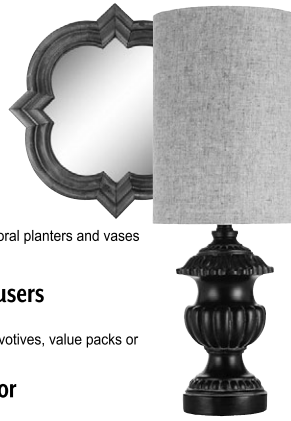
Does not include Seasonal Department



Adhesive Vinyl Wall Art
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Tabletop decor, salt & pepper, plates, serving dishes, pitchers and cups
Does not include decorative drawer pulls
Clocks
Wall and table

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Fall and Christmas items are not included in Home Decor sale.

FALL HOME & PARTY DECOR, FLORAL AND CRAFTS

Arrangements, bushes, wreaths, garlands, swags, stems, picks and ribbon
40% OFF
Does not include fall fabrics, floral custom designs or candy

CHRISTMAS DECOR

40% OFF
Does not include fabric, needle art, candy, light sets, light accessories or Scotch™ tape

CHRISTMAS TREES

40% OFF
12 in - 12 ft

CHRISTMAS FLORAL

Arrangements, bushes, wreaths, garlands, swags, stems, picks and ribbon
40% OFF
Does not include custom designs

CHRISTMAS CRAFTS

40% OFF
All items labeled Make It Christmas™ and Christmas by Bead Treasures®

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Sylvania® Mini Light Set 100 Count **4.99**
Sylvania® Multi-Function Light Set 150 Count, 16 Function **12.99**
All-Purpose Light Clips 100 Count **4.99**
Sylvania® Net-Style Lights 150 Count **9.99**
Sylvania® Icicle Light Set 300 Count **12.99**
Sylvania® Light Set 25 Count, C-9 **9.99**

FLORAL 50% OFF

Most Categories Listed
Does not include Seasonal Department or items labeled "floral accents"
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4 ft - 8 ft
30% OFF
THE MARKED PRICE™
Floral Stems
Floral and greenery stems
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Does not include feathers
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ALWAYS **30% OFF**
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I Love This Yarn!™ Acrylic yarn, solids, stripes, ombres and metallics 5 & 7 oz. **3.66**
Does not include overdyed
Poly-fil® 100% Polyester Fiberfill with Stuffing Tool 12 oz **3.99**
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Counted, baby, children's, latch hook, stamped and Christmas



FRAMES 50% OFF

Categories Listed

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Photo Frames
Always 50% off the marked price*
Our entire selection of basic & fashion tabletop frames and wooden photo storage
Posters
Always 50% off the marked price*
Custom Frames
Always 50% off the marked price*
Applies to frame only



CRAFTS 30% OFF

Categories Listed

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Always 30% off the marked price*
Youth & adult t-shirts, sweatshirts, infant & toddler t-shirts, creepers and dresses
Unfinished Craft Wood
Priced \$5.99 & Up
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Crayola® Products
Pre-Cut Stained Glass
Single sheets only
Children's Crafts
by Playside Creations®

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by the Paper Studio™
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Scrapbook Papers
Packs, Pads, Single Sheets & Page Kits
Over 1300 styles
Does not include Art Department
Scrapbook Ribbon & Fibers
by the Paper Studio™
Over 300 styles
Ribbon Trends™
The Paperie Shoppe™
by the Paper Studio™
Rolled paper, paper ribbon and gallery art
Rubber Stamps & Sets
Over 900 styles
Clear and cling stamps
Planner and Planner Accessories
Create 365™, Carpe Diem™, Webster's Pages and Heidi Swap®
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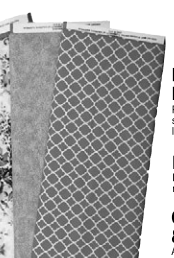
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BOOKS WANTED, LIKE "THE History of Colbert County" by Heritage Printing. 256-577-1871.

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TOYOTA: CAMRY, 2016 \$17,458. SE Cloth, auto, power, 19k. Financing available call Eric 256-577-8449 or 256-764-3351.

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FORD: EXPLORER, LIMITED 2015 \$26,786. Leather, 51k Financing available Call Eric 256-577-8449 or 256-764-3351

CSA CAPTAIN JOHN MITCHELL'S descendants will meet Aug. 19th, 10:45 a.m., at Killen Church of Christ annex. Bring covered dish. Historian Ron Petus will speak.

CHEVROLET: CORVETTE, 1977 ORIGINAL car, all matching numbers, 60K miles, \$14,500; **Chevrolet Malibu Chevelle 1967,** matching numbers, very nice, 61K miles, \$19,500. 256-443-7510

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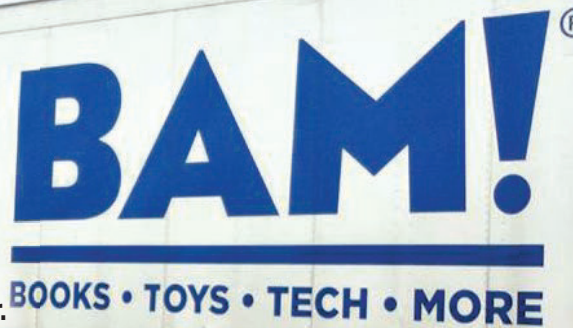
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Listerhill Raises \$9,500 for American Cancer Society's Relay For Life

MUSCLE SHOALS — Listerhill Credit Union once again emphasized its tag line, "It's All About We" as the cooperative raised and donated nearly \$9,500 to the American Cancer Society's Relay for Life during the spring. The donation served both Shoals and Columbia, TNe area relays.

Excluding sponsorships, employees and members, raised almost \$6,500 through numerous events.

"Listerhill has been a leader in raising money towards the fight against cancer for many years," said Heath Butler, marketing specialist for Listerhill Credit Union. "It's great seeing our employees and members join together to help make a difference in our community."

The most popular fundraiser featured a gumbo cook-off between Clay Morgan, Chief of Staff



Pictured from L-R are: Listerhill employees Emily Stricklin and Alana Ellis, Relay for Life Community Manager Anna Duncan, and Heath Butler of Listerhill. Courtesy photo - LCU

Operations, and Kristen Mashburn, Chief of Staff Retail. After sampling employees voted for their favorite by placing money in the corresponding donation jar. The losing gumbo chef agreed to have a bucket of cold water poured over them. While both gumbos

were delicious, Mashburn received the bucket of cold water.

"I still think mine was better," Mashburn said jokingly. "But I'm glad to help contribute towards the cause. We look forward to continuing our support of Relay for years to come."

Shorts...

Continued from Page 1

Distinguished Young Women

FLORENCE— The annual Northwest Alabama Distinguished Young Women Scholarship Program was held recently at Norton Auditorium on the UNA campus.

Twenty-eight young women from Colbert, Franklin, and Lauderdale counties competed in scholastics, interview, fitness, talent and self-expression categories. One participant from each county was selected to represent her county at the state program in January.

Colbert County's 2018 Distinguished Young Woman is Megan Cook.

She also won the fitness, and talent categories. Katelyn Burrow won the scholastics category and Isabella Thompson won the self-expression category.

Valerie Hutcheson was named 2nd Alternate, and Komal Kaur was awarded 1st Alternate. Franklin County's 2018 Distinguished Young Woman is Alison Bryant.

Alison also won the fitness, talent, self-expression, and scholastics categories. Brianna Wood was named 2nd Alternate, and Cecelia McLemore was awarded 1st Alternate.

Lauderdale County's 2018 Distinguished Young Woman is Lindsey Killen. Lindsey also won the fitness and talent categories. Emma Griffin won the scholastics category. McKinley Morris won the self-expression category, and was awarded 1st Alternate. Sydney White was awarded 2nd Alternate.

Valerie Hutcheson was also awarded the Distinguished Young Women Spirit Award, and Catherine Lambright won the Be Your Best Self Essay Contest. For more information on scholarship opportunities for young women in this area, please contact Susan Hargett at 256-710-9239, or Beth Hammock at 256-668-0045.

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with Dr. Barco

Opioid Addiction: A State of Emergency

Very recently, a presidential commission investigating the opioid addiction crisis has asked President Donald Trump to declare this crisis a national emergency. As a physician practicing medicine in a state considered one of the major opioid abuse epicenters of the country, I can understand the sentiment. Opioids, for those who don't know, consist of substances ranging from prescription pain medicine (hydrocodone, oxycodone, fentanyl, morphine to name a few) to heroin. Some of them, namely prescription pain medicines, can be beneficial for the relief of severe pain under the right circumstances. Indeed, several conditions associated with severe and debilitating pain can be significantly helped by these medicines and provide a patient with a better quality of life. Somewhere along the way, however, things got out of control. The widespread prescribing of these substances, as well as individuals obtaining them illegally from friends, family and dealers, has resulted in a great number of people developing dependence on these substances and some even transitioning to heroin use. This, in turn, has resulted in an epidemic of overdose deaths.

When we think of opioid addiction, many of us imagine a disheveled person living on the streets shooting up substances like heroin. While that certainly occurs and is part of our opiate problem, the crisis goes much deeper than that. Well-dressed, well-mannered individuals working 9-5 jobs, attending church on Sundays and paying taxes also struggle with addiction. These two ends of the spectrum, and everybody in between, are not immune to this problem. This affects teachers, farmers, housewives, politicians, lawyers and yes, even physicians. We tend to look down on addiction as simply a condition where the person just lacks the willpower and discipline to stop using. The reality is that addiction to substances like opioids should be viewed as a chronic illness

in the same manner as diabetes, high blood pressure and depression. Opioid addiction essentially rewires your brain in such a way that the craving for these substances can be an enduring fact of life. Many, with proper support, can overcome it, although most will tell you that the craving never completely goes away. Others unfortunately do not overcome it. A great many lose the battle, the price being their lives.

As a community and a society, we need to stop thinking about opioid addiction as somebody else's problem. This affects all of us as either directly or indirectly. We lose family members and friends constantly to overdose. Fatalities have occurred on the roads due to impaired driving while on opioids. Businesses are in crisis because they have trouble finding employees that don't show up to work under the influence of opioids. Children get taken away from parents who are unable to care for them because of their struggle with addiction. Significant medical resources are constantly mobilized to deal with the aftermath of overdoses. This crisis affects all aspects of society and unfortunately the resources to battle this problem are scarce. Only with the engagement of our citizens as well as our political, religious, law enforcement and medical community can we take back our loved ones from the throes of addiction. There is no easy solution to this problem, partly because every case of addiction is different and molded by different circumstances. But if we commit our time, intellect and resources as a community, we can rescue these victims one person at a time.

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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Guest Opinion-Editorial

Why Is Congress Exempt from Obama-Care and Not You?

The President recently tweeted, "If ObamaCare is hurting people, and it is, why shouldn't it hurt the insurance companies and why should Congress not be paying what the public pays?" Donald Trump wants to remove privileged taxpayer subsidies to members of Congress, their staffs, and insurance companies, at least until they pass something on healthcare.

On November 8, 2013 each member of Congress, with little media coverage, chose whether they and their staffs accepted the Obama exemption. This would exempt them from having to live under the Patient Protection and Affordable Care Act as did their constituents. They could go elsewhere, costing more, and be subsidized by the taxpayer. And the exemption was made easy to accept. If lawmakers didn't act, staffers were exempted by default. Did your two U.S. Senators and member of the House of Representatives choose to exempt themselves from ObamaCare while still pushing it on you?

Most Americans were not supportive of ObamaCare when it was signed into law March 23, 2010. Seven years later, most

See EXEMPT?... on Page 15

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Harold Pease, Ph.D
Expert on US Constitution: History and Political Science
Instructor at Taft College

Courier Journal

THIS WEEK

in the *Shoals*
August 16, 2017

Happening
THIS WEEK

Solar Eclipse Celebration

ONCE IN A LIFETIME AT SPRING PARK IN TUSCUMBIA

By Dennis Sherer
Colbert County Tourism

Monday afternoons in late summer are typically a slow time at Spring Park in Tuscumbia, but that will not be the case on August 21. That is when a huge crowd will gather to celebrate a near total solar eclipse. A solar eclipse celebration at Spring Park will be from 12:30-2:30pm on Monday, August 21. The eclipse is expected to reach its peak in the Shoals at 1:28pm. Admission is free.

The eclipse will cause the skies to darken significantly and temperatures to cool in north Alabama as the moon passes between the earth and the sun. Although the Shoals is not in the path of totality, ninety-five percent of the sun over Colbert County will be obscured at the peak of the eclipse. It

will be dark enough in north Alabama for street lights to automatically turn on and for planets and stars to become visible in the sky.

"It's going to be a once-in-a-lifetime event to see the skies become that dark during the middle of the day," said Joel Kendrick, Tuscumbia's director of Parks and Recreation. "We are going to celebrate it in a big way at Spring Park."

The last solar eclipse of this magnitude that was visible coast-to-coast in the United States occurred in June of 1918.

As the sky begins to darken on the day of the eclipse, the dancing waters and light show at the park will begin to play songs related to the sun, darkness, and eclipses. There also

August 21

See SOLAR... on Page 27

CYPRESS CREEK INDOOR RANGE will host a free public service event: Run, Hide, Fight: Civilian Response to Active Shooters/Intruders on August 21 at 6pm. According to statistics from the federal government, active shooter incidents have increased dramatically since 2000. The number of victims injured or killed has also increased. There are three things you could do that make a difference: Run. Hide. Fight. This two-hour seminar will provide valuable information free to the public. Space is limited. To reserve your seat, go to www.cypresscreekrange.com/training and follow the instructions to register, or call 256-275-7586.

Event Renamed in Memory of its Founder

Steve Littrell Memorial Swinging for a Cure Golf Tournament

FLORENCE—A golf tournament hosted by First Metro Bank, previously known as Swingin' for a Cure, has profound meaning for those fortunate enough to have worked with tournament founder and First Metro Bank Senior Vice President, Steve Littrell. After battling pulmonary fibrosis for



several years, Littrell passed away on August 1 of this year. First Metro Bank directors, officers, and employees unanimously agreed the tournament should receive a new name

August 18

See LITRELL... on Page 16

SONS OF CONFEDERATE VETERANS, Edward A. O'Neal Camp No. 478 Meeting, the 3rd Thursday of the month, August 17, at 6:30pm at Pope's Tavern Museum, 203 Hermitage Drive, Florence. Guest Speaker: Ronald Pettus (local retired history teacher & author) has recently completed this book researched for 10 years and will give the program on it about Co. I, 9th AL Infantry Regiment C.S.A. organized in Center Star. Books will be available. Public is invited. 256-764-4945

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

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His Large Stockpile

Editor:
Is the USA technologically advanced enough to wipe out every missile site and weapons stockpile in North Korea all at once?

Paul Sabatino
Florence

It's Murkier Than Ever

Editor:
The election process for US Senator to replace Jeff Sessions has many asking if we are getting our money's worth from Alabama's representatives in Washington. We want them to consider national interests, but we also expect them to look out for Alabama's concerns and needs.
Senators from some other states

The USDA reported 8,675 farmers markets in the country in 2016, up from 2,863 in 2000...



dependent on Medicaid and dealing with opioid crises leveraged their votes for the failed Trumpcare with billions of dollars in additional help. Medicaid cuts would have devastating consequences for Alabama because the state refused federal help to expand it. However, our senators did not protest or try to soften the negative impact as some of their colleagues did.
Perhaps they are too immersed in the

Washington swamp, which contrary to the Trump campaign promise is murkier than ever. Official filings published by the Senate show that lobbying outlays rose by 3% from the first half of 2016 to the same period this year. We can assume that money was not aimed at improving the well-being of average Alabamians.

Over 40 US House members formed a bipartisan Problem-Solving Caucus to help stabilize health care markets, undertake tax reform, and move forward with infrastructure improvements that would bring real economic benefits to many in our state. Our northern Alabama reps appear uninterested in joining such efforts. Rather, they prefer uncompromising partisan positions on repealing the ACA, building a wall, cutting taxes for the wealthy, etc. Yet, we continue to elect and pay them.

Dan Waterman
Killen

See LETTERS... on Page 22

Guest Op-Ed

Exempt?

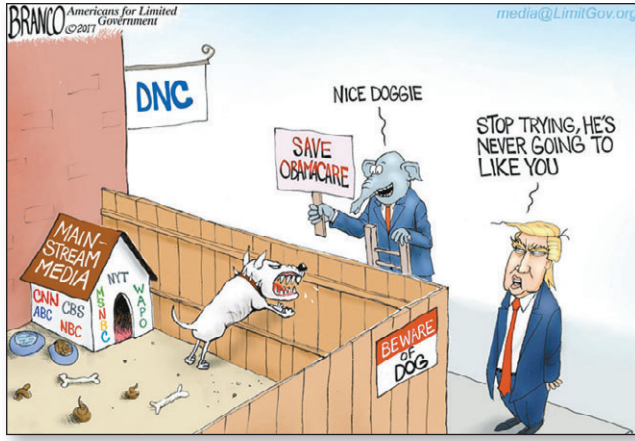
Continued from Page 14

would vote against the bill in light of its history of rate increases and higher deductibles, although President Barack Obama promised otherwise. And most have not been able to keep their doctors or providers. Big business and unions opted out of it as fast as they could when possible.

In what appeared aimed to mute congressional opposition to the forced healthcare law, Obama allowed Congress to opt out, leaving only the American people enslaved by the legislation they created. Last week Congress did not repeal ObamaCare in part because they would lose their ability to choose other plans because of the subsidies. Trump wants them to lose their privileged status.

At first some members of Congress convincingly denied that they had received an exemption. However, Senator David Vitter published the Obamacare language next to the Obama exemption. The first read in part, "If the employee purchases a qualified health plan through the Exchange, the employee will lose the employer contribution (if any) to any health benefits plan offered by the employer and that all or a portion of such contribution may be excludable from income for Federal income tax purposes" (See Section 1512, number 3). The second, the Obama Congressional exemption, coming through the Office of Personnel Management, page six, read in part, "The revisions adopted here have no impact on the availability to Member of Congress and Congressional Staff of the contribution established in 5 USC 8906" (Alex Pappas, "Republican accuses fellow lawmakers of 'lying' about Obamacare exemption," 9/19/2013). Since the federal government was their employer, they would not lose the subsidy as would others by not accepting Obamacare.

Obama, who had no constitutional authority to make law, unilaterally changed the law in 2013 and voided otherwise mandatory congressional participation. This was presumably to grease the skids for members of



Congress accepting what in any other setting would be called a bribe. They defined their employees as "official" or "not official" to determine whether staff members had to enter the exchanges. Because the exception was not part of the original law and came about thereafter by executive change, Trump can nullify by the same power.

The hypocrisy of forcing the people to live under what they themselves will not is beyond description and the height of political corruption. If the president is going to lead us into socialized medicine then he must accept it for himself. If the Supreme Court is going to rule it constitutional, they too must live under it. This should be the litmus test for the reelection of every U.S. Senator and member of the House of Representatives for the next several years to flush out of office those who exempt themselves from the laws that they make for others. All members of Congress made this decision on November 8, 2013. Did they choose to live above the law? If so, corruption has never been so clear and stark.

Most House Republicans opted to submit themselves and their staffs to the exemption of the law because they despised the law and played virtually no role in its inception. However, Senate Democrats who voted for it appeared hypocritical when they too supported the exemption. We believe that no exemptions should be made for anyone who works in government. How will they govern correctly if they have immunized themselves from the pain they cause others?

We support Senator Rand Paul's Constitutional Amendment designed to require our government to live under the same laws that they make for us. They are not our masters, but our servants.

Insurance companies have been given huge subsidies,

taken primarily from the middle class, to entice them to keep prices lower for those with lower incomes. If these are cut this week, as Trump threatens, ObamaCare may collapse even more quickly. Trump and Republicans may be blamed, so cut them gradually beginning now. However, there is no sympathy for members of Congress and their staffs—cut them immediately and insurance subsidies 5 or 10% per month until ended. More insurance companies, thus more options and lower prices, will develop quickly as has always been the case under the free market.

Dr. Harold W. Pease is a syndicated columnist and an expert on the United States Constitution. He has dedicated his career to studying the writings of the Founding Fathers and applying that knowledge to current events. He has taught history and political science from this perspective for over 30 years at Taft College. To read more of his weekly articles, please visit www.LibertyUnderFire.org.

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Don Miller

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Littrell...

Continued from Page 14

to honor Steve and his legacy of dedication to charity and service. For this reason, the tournament has been renamed the Steve Littrell Memorial Swingin' for a Cure Golf Tournament.

Upon receiving the diagnosis several years ago, Steve's co-workers approached him requesting tournament proceeds benefit the Pulmonary Fibrosis Foundation in his honor. While he was incredibly moved by the gesture, Steve declined and instead requested the proceeds from all future tournaments benefit the Cystic Fibrosis Foundation. CF is a lung disease very similar to pulmonary fibrosis, and it typically affects children. Steve couldn't bear the thought of any child suffering the same symptoms he experienced each day.

The Steve Littrell Memorial Swingin' for a Cure Tournament takes place Friday, August 18 at the Blackberry Trail Golf Course in Florence. The 2017 tournament honorees are three local young men who are currently fighting cystic fibrosis: Tate Pierce, John David Moreland, and Cooper Weathers. Entry for a four-person team is \$320, hole sponsorships are \$100, and all donations are welcomed. Beginning on Monday, August 21, limited quantities of Steve Littrell Memorial Swingin' for a Cure Tournament t-shirts will be available for purchase at the Lexington First Metro Bank location. Cost will be \$12 per shirt. All proceeds from the tournament and t-shirt sales will be donated to the Cystic Fibrosis Foundation in memory of Steve Littrell. For information regarding the tournament, please contact Marie Waldrop by calling 256-229-1100 or by email at mwaldrop@firstmetro.net.

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Medicare Minute

Medicare "Donut Hole"

August and September are two months we get calls on the coverage gap or "donut hole". This happens because there is a temporary limit on what your drug plan will pay while you are in the gap. The good news is not everyone will enter the coverage gap. The coverage gap begins after you and your plan have spent a certain amount on covered drugs. In 2017 once you and your plan combined have spent \$3,700 you will enter the coverage gap.

Here's the way the coverage gap works. Imagine you have a prescription that retails for \$300 per month. Your copay, hypothetically, is \$30. This means your plan would pay the rest of the cost or \$270. Medicare will track what you paid (\$30) and what your plan paid (\$270) and count the cost of the drug as \$300 for that month. Let's also say that the other prescriptions you are taking equals \$100 per month. You are now at \$400 per month. In this example you would reach the coverage gap sometime in October.

Under most plans in 2017 once you have reached the coverage gap your plan will temporarily stop paying anything on your drugs. This means you will be responsible for the entire cost of your prescriptions. The silver lining around this very dark cloud is Medicare has negotiated a discount on the drugs you use. For name brand drugs you will pay 40% of the retail price of the drug and on generic drugs you will pay 51% of the retail price.

If you are eligible for Medicare but still on employer coverage you may wonder why you have never reach the coverage gap. This is because employer coverage does not have the "donut hole". The coverage gap only applies to Medicare prescription drug plans. Also remember that Medicare drug plans can vary which means your coverage in the gap can vary.

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 885 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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Letters...

Continued from Page 14

Same Eugenic Ideologies

Editor:

The defense of Planned Parenthood by Democrats who claim to be the great protectors of the minorities is puzzling. Even more puzzling is the fact that most minorities vote for the Democrats. Planned Parenthood should be defunded. It is America's largest abortion chain and was founded by Margaret Sanger, a eugenicist who encouraged the sterilization of persons with what she considered less desirable qualities.

Planned Parenthood was built upon the roots of exterminating individuals deemed "unfit." Their clinics are strategically located in minority communities, targeting blacks and impoverished minority groups.

In a December 19, 1939 letter to Dr. Clarence Gamble, Sanger wrote, "We should hire three or four colored ministers, preferably with social-service backgrounds, and with engaging personalities. The most successful educational approach to the Negro is through a religious appeal. We don't want the word to go out that we want to exterminate the Negro population, and the minister is the man who can straighten out that idea if it ever occurs to any of their more rebellious members."

Sanger was addressing her vision for the "Negro Project," a freshly launched collaboration between the American Birth Control League and Sanger's Birth Control Clinical Research Bureau. Sanger's letter echoes the eugenic ideologies still visible within the corporate vein of Planned Parenthood today.

Sanger spoke at a Ku Klux Klan rally in Silver Lake, New Jersey in 1926. Following the invitation, Sanger described her elation after receiving multiple speaking requests from white supremacy groups. She writes of the experience on page 366 of her book, *An Autobiography*. In her writings on breeding an ideal human race, Sanger described those she considered undesirables as "...human weeds,' 'reckless breeders,' 'spawning... human beings who never should have been born.'"

Planned Parenthood is a corrupt, profit-driven corporation that serves one purpose and one purpose alone, to obtain as much blood money as it can. God knew each of us before we were formed in the womb and had a purpose for us. (Psalm 139). It certainly should be defunded.

Euell White
 Florence

See **LETTERS...** on Page 24

ON YOUR DEBT

Can Bankruptcy give you the Fresh Start you need to reach your Dreams?



B. Grant McNutt
 Managing Attorney

Every year, close to a million Americans file for bankruptcy protection and a fresh start. Lots of famous people have filed over the course of our history. Here are a few that might surprise you.

- The famous rodeo performer, Buffalo Bill, filed in 1913.
- Singer Eddie Fisher filed in 1972.
- Walt Disney, who turned cartoons into an empire, filed in 1923 and correct me if I am wrong may have started an amusement park
- Ulysses S. Grant, former general and U.S. president, filed in 1884.
- Former president Abraham Lincoln filed in 1833.
- Country singer Tammy Wynette filed in 1988.
- American author, Samuel Clemens, a.k.a. Mark Twain filed in 1894.
- Boxing champion Leon Spinks filed in 1986.
- Larry King, former CNN host, filed in 1971.
- The former governor of Texas, John Connally, filed in 1987.
- Wayne Newton, known as Mr. Las Vegas, filed in 1992.
- P.T. Barnum, creator of The Greatest Show on Earth, filed in 1871.
- Henry John Heinz, the condiment king, filed in 1873.
- Henry Ford's first company filed for bankruptcy in 1903.
- Johnny Unitas, the Hall of Fame quarterback filed for Bankruptcy protection in 1991 in order to save his home from foreclosure.
- Lawrence Taylor, the All-Pro linebacker for the New York Giants filed for Bankruptcy protection in 2009 due to back child support and to avoid foreclosure on his home.
- Gary Coleman, the actor from "Different Strokes" filed for Bankruptcy protection in 1999 due to legal battles and medical troubles.
- Jerry Lee Lewis, the music icon filed for Bankruptcy protection in 1988 due to back taxes and medical bills.
- Tom Petty, the rock star filed for Bankruptcy protection in 1979 after legal issues with his record company.
- Stanley Kirk Burrell, a/k/a M.C. Hammer, the rapper filed for Bankruptcy protection in 1996.
- Oscar Wilde, the writer filed for Bankruptcy protection in 1895 and was thus able to save his home.
- Mike Tyson, the former heavyweight champ filed for Bankruptcy protection in 2003.
- Michael Vick, the former NFL Quarterback star filed for Bankruptcy protection in 2008 while behind bars.
- Burt Reynolds, the actor filed for Bankruptcy protection in 1996 after a messy divorce from Loni Anderson along with a failed Florida restaurant chain business.
- Rembrandt, the famous painter filed for Bankruptcy protection in 1656; By the way, one of his paintings has sold for over 30 million in the past 10 years.
- Don Johnson, the "Miami Vice" actor filed for Bankruptcy protection in 2004 in order to save his Colorado ranch from foreclosure.
- Willie Nelson, the country music star filed for Bankruptcy protection in 1990 due to back IRS taxes.
- Toni Braxton, the R & B singer filed for Bankruptcy protection in 1998 and then again in 2010.
- Milton Hershey, the chocolate candy guru filed for Bankruptcy protection in 1882 after a his 1st attempt in the candy business failed and without bankruptcy protection his later attempt with the "Kiss" wouldn't have been possible; and not to mention this exhaustive list as follows:
- Detroit, Michigan - 2013; Texaco, Inc. - 1987; Regal Cinemas - 2001; Sbarro, Inc. - 2011; Reader's Digest Assn. - 2009; Mickey Rooney - 1962; Saab Automobile - 2011; Schwinn Bicycle Company - 1992; Sunbeam Corp. - 2001; Six Flags, Inc. - 2009; Delta Airlines, Inc. - 2005; Merle Haggard - 1993; FAO Schwartz Toy Stores - 2003; General Motors - 2009; Marvel Entertainment Group - 1996; Orange County, California - 1994; Paramount Studios - 1932; Pepsi Cola Company - 1923 and 1931; Planet Hollywood International - 1999 and 2001; Jefferson County, Alabama - 2011; Polaroid Corporation - 2001; US Airways - 2002; Atari - 2013 & Puerto Rico, US Territory - 2017.

This is just a small sample, but in each case, these people from all professions of life have invoked bankruptcy protection to get a fresh start. They have taken advantage of our legal right to file bankruptcy for either themselves or for their business and each one eliminated debt with their bankruptcy. Once their debt was gone, they were able to move forward with their lives and accomplish great things. If you have dreams of your own that you can't reach because you are tired, stressed and struggling with debt please call us and let's talk about it. It will be a free initial consultation and we can help you develop a plan back to financial security to take the stress and worry off your shoulders. We can help you!!

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STAN DEAN

Keeping It Simple

The humorous story that follows is one that I have cherished for a long time. I am not saying that it really happened, but then again, I am not saying that it didn't either!

A man and his wife were traveling home from a vacation when they came through a town where all the residents were having a huge yard sale. Since they were suckers for yard sales they felt compelled to stop. True to form, they found some bargains "they just couldn't live without." The problem was they had spent nearly all their cash while vacationing and only had enough left to get them home.

The man told his wife, "No problem, we'll just run down here to a local bank and get them to cash a check." She replied, "That won't work because there is no branch of our bank in this town."

Well, he should have listened - - but he didn't. So he finds a bank and goes in only to learn that they will not cash his out-of-town check. A little irritated he drives on to another bank only to discover they will not cash an out-of-town check either. Now he is very irritated and drives to yet a third bank. This time he goes in and does not ask but rudely demands that the cashier cash his check. It so happens that the cashier was having a bad morning and wasn't in "the customer is always right" mood. So, when he had made his rude demand she just leaned over the counter and slapped his jaw!

The man returned to his car (rather red-faced) and reported to his wife, "You know, honey, the banks around here will not cash an out-of-town check." Being a little put out by the whole ordeal she answered, "You knuckle-head, two other banks already told you that! Why are you just now figuring this out?" "Well, it's like this," he said, "the other two didn't explain it the way this one did!"

Why is it so hard for some to understand simple things? This guy proves that a lot of it has to do with the disposition of our mind. Too often we want things the way we think they should be.

This applies to spiritual matters, too. The way of salvation was never intended to be a difficult matter (cf. Isaiah 35:8). Yet, often it has been made complicated due to our own distorted way of thinking. Thus, the lesson for each of us should be to take the Bible *simply* for what it says - - and then *simply* obey it (Hebrews 5:9).

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Letters...

Continued from Page 22

Farmers Mkts Boost Access to Fresh Food

Editor:

There is nothing better than slicing up a ripe garden tomato fresh off the vine. However, some may not have the means to grow fresh vegetables in their backyards.

At the Center for Rural Affairs, we work with rural communities to build healthy, sustainable, local food systems. That includes supporting

farmers markets.

Farmers markets expand access to fresh, healthy food in communities that need it most. They provide affordable, competitive prices for low-income families, and many accept food vouchers.

According to the U.S. Department of Agriculture (USDA), more than 5,000 farmers markets across the country accept Supplemental Nutrition Assistance Program (SNAP) benefits, with the number of new locations increasing at an average of forty percent per year.

Vendors are reaping the benefits. According to the National Farmers Market Coalition, 362,477 SNAP households made at least one purchase at a farmer's market in 2014. That means more families are eating healthy and fresh local fruits and vegetables.

Farmer's markets also provide beginning farmers a low-cost way to enter the marketplace and grow their businesses. Small and medium existing farms can supplement their revenue by selling at markets, supporting the sustainability of family farms.

The USDA reported 8,675 markets in the country in 2016. This number is up from 2,863 in 2000. Many consumers now have the opportunity to eat food grown within a few miles of their homes. That money stays in their small towns and helps local economies.

Find your farmers market in USDA's national directory at www.ams.usda.gov and join in the celebration of the recent National Farmers Market Week, August 6-12.

Rhea Landholm
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Hensley-Graves Self Storage will hold a public sale to enforced a lien imposed on said property below, pursuant to the Alabama Self-Storage Facility Act, Alabama Code 8-15-30 to 8-15-38, **August 23, 2017 at 10:00am at 2230 Chisholm Road Florence, AL 35630**

NAME	UNIT
Michael Lowery	A06
Paporche Shaver	E20
Kay Peeden	E23

136189-1

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DAVE Says

by DAVE RAMSEY

HOME IMPROVEMENT DEBT?

Dear Dave,
I'm debt-free except for my home, and I'm considering having solar panels installed on the roof of the house. It would cost about \$27,000. I have \$80,000 in savings, but the company doing the installation will finance it all for just one percent interest. It's almost like free money. My electric bills average around \$310 a month, and I thought this would be a good way to save money in the long run. What do you think?
Michael

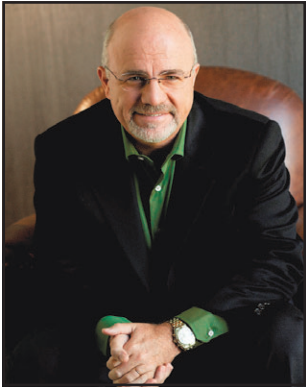
Dear Michael,
If you have to finance the project, my answer is no. My guess is the break-even analysis you're trying to give me is the sales pitch your solar panel company gave you. That's how they sell solar panels, but it doesn't justify going into debt.

You told me you have around \$80,000 in savings right now. Why not just write a check? Let me ask you a question. What if you could borrow \$10 million at one percent interest and put it in the stock market? Would you do that? Of course, not. It would be way too risky, right? Basically, we're talking about the same kind of thing. I made you feel the risk by scaling things up in my scenario. You're not feeling the risk right now because we're talking about \$27,000 instead of millions.

This move wouldn't bankrupt you, but wealthy people don't do the kind of thing you're talking about. Either pull the money out of your savings account and buy the panels, or don't buy them at all!
—Dave

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PROBLEM PLAN

Dear Dave,
I make \$48,000 a year, and I have \$35,000 in credit card debt. I owe \$25,000 on my home, and I was thinking about taking out a loan against my house to pay off the credit cards. Is this a good idea?
Mike

Dear Mike,
I would never advise anything like this, unless it's to avoid bankruptcy. Here's the problem with that kind of plan. Most people who do that kind of thing don't change their financial habits. In fact, they end up with a new mortgage and new credit card debt somewhere down the line.

You need to start building a track record of paying off debt. Cut up the credit cards, slash your spending, and start living on a tight, written, monthly budget. Prove to yourself that you're not going to take out a mortgage and turn around and run up a bunch of new credit cards.

I want to see you not take on any new debt and reduce that \$35,000 credit card bill dramatically over the next six months. If you can knock out half of it in a year, you can take care of the other half in another year or less. Then, you wouldn't need a second mortgage!
—Dave

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

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Gillian...

Continued from Page 1

gives out the award every year to the top chief in America. Gillian was hired in July 2015 and credits the work of the UNA officers for his recognition.

"It's overwhelming to get accolades. It's due to the good work that our officers do here," Gillian said.

Gillian is no stranger to campus law enforcement with twenty-three years of experience. His stops include Samford University where he served as a lieutenant, Talladega College, and the University of Pittsburgh where he served as chief of police. Gillian said the numerous years on college campuses is what drives him to keep the students safe.

"I work as if every student at the University of North Alabama is my own child," Gillian said. "I also work for an incredible university that supports the department, from the administration all the way down. It has truly been a great experience here."

This most recent award for Gillian is not the first. Gillian has been recognized with numerous educational awards, including advanced certifications through the Alabama Association of Chief's of Police and FBI-LEEDA. He is also currently on schedule to complete his doctoral degree in criminal justice and emergency management.

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MidGard Self-Storage will hold a public sale to enforce a lien imposed on said property, as described below, pursuant to the Alabama Self-Service Facility Act, Alabama Code 8-15-30 to 8-15-38, at **10:00 AM on Wednesday, August 23, 2017, located at 414 Cox Blvd, Sheffield, AL 35660.** Management reserves the right to withdraw any unit from sale. Registered or motor vehicles are sold "As Is / Parts Only," no titles or registration.

Unit #	Name	Brief Description of Items
338	ADAM BLASINGAME	Desk, Filing Cabinets, Computers, Tables
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MITSUBISHI: OUTLANDER, 2014 \$11,994. ES Cloth, auto, 67k Financing available Call Trey 256-365-7236 or 256-764-3351

Solar...

Continued from Page 14

will be activities for children and local experts to explain the mechanics of a solar eclipse and some of the folklore associated with the phenomenon.

More than 350 pair of

special solar eclipse viewing glasses will be distributed free to those gathered at the park. Souvenir T-shirts will be available for purchase at the park.

"It will be a great day to pack a picnic lunch and come to the park and watch the eclipse," Kendrick said.

According to Susann Hamlin, president and CEO of Colbert County Tourism,

the celebration is a great way for families to spend time together while watching a historic event unfold. "It's going to be a memorable event."

The park's train will operate during the eclipse event.

Hundreds of students from area schools will participate in the celebration.



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CHEVROLET: ASTRO VAN, 1997. Almost new tires. \$2,000. Phone 256-767-0059, Florence.



NISSAN: TITAN, 2008 \$11,950. 5.6 SE, nice, white, 256-394-1535

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THE BOLD AND THE BEAUTIFUL Katie told Wyatt her suspicions about Zende and Maya after seeing their intimate moment at the club the night before. Katie tried to change the subject when Wyatt brought up the chemistry he felt with her in Monaco. Ridge admitted that his actions have caused irreparable damage to his relationship with his father. Charlie realized that Sheila still had feelings for Eric. Katie sent Wyatt a text message asking him out. Steffy confronted Ridge regarding his intentions toward Quinn. *Wait to See: A determined woman vows to achieve an ambitious goal.*

DAYS OF OUR LIVES Brady was upset by a conversation he overheard between Nicole and Maggie. Gabi revealed to Chad that Abigail's marriage to Dario was for green-card purposes. Meanwhile, Jennifer and JJ waited for word on Abigail. Anjelica had trouble keeping her cohort in line. Marlena found herself in a familiar place. Abigail made it through surgery, but Kayla warned everyone she was not out of the woods yet. Chad informed Andre

that once Abigail pulled through, he intended to turn himself in to the police. Tripp was determined to make Kayla pay. Eric comforted Jennifer. *Wait to See: Gabi overhears Chad declare his love for Abigail.*

GENERAL HOSPITAL Nina was on the defensive. Nathan delivered a strong warning. Finn surprised Hayden. Avery was inconsolable. Ava took great pains to hide her appearance. Hayden was confronted by her past and felt guilty about it. Jason held vigil, and Oscar offered his support. Nelle scrutinized a gift. Valentin dealt with an intruder. Laura received a stern warning. Julian tried to raise Ava's spirits. Jason began his interrogation. Dante agreed to help Carly. Sam struggled with reality. Ava received a proposal that could change her fate. Laura had a plan. *Wait to See: Kiki makes a big impression.*

THE YOUNG AND THE RESTLESS Dina felt she didn't have a purpose anymore after the sale of her company. Neil wondered if Devon would be distracted working where Hilary lived. Sharon pressed Paul for details on the search for Crystal. Abby and Zack shared a kiss. Later, Abby admitted to her mom that she was afraid to be vulnerable after her marriage ended. Hilary accused Jordan of caring for Lily more than he wanted to admit. Paul encouraged Lauren to give Scott's relationship with Sharon a chance. Victoria got very emotional after her concussion. Ashley warned Jack to be careful not to get hurt by Nikki. *Wait to See: Cane makes a big sacrifice for his family.*

FORD: MUSTANG, 2007 GT, Red, automatic, fully loaded, new tires, excellent condition, 155k, \$9,500 OBO. 256-483-7659.

2011 SILVERADO 1500 LT Z71, 4 wheel drive, leather interior, very clean, 170,000 miles, \$17,200. 256-466-0405

ANTIQUE MAHOGANY BED-ROOM SUITE: Full-size canopy bed with mattress, double dresser with mirror, night stand, vanity/desk with stool. \$850. 256-394-1004 (Tuscumbia).

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KIA: SOUL, 2014 \$11,988. cloth, power windows/locks, 30K Financing available. Shannon 256-412-1551 or 256-764-3351

VOLKSWAGEN: PASSAT, 2012 \$11,998. 56k Financing available. Call Hoke 256-740-1297-256-764-3351

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

FREE POT-BELLIED PIG, 9 months old, Hackleburg, 205-945-6644.

FORD: MUSTANG, 2006 \$9,988. GT, cloth, auto, power, V8, 89k. Financing available. Call JD 256-577-1056 or 256-764-3351.

KING MATTRESS, FRAME, HEADBOARD, comforter, non-smoker, \$250. 256-309-9021.



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Courier Journal ADOPT A FRIEND

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

ELI is a darling six-month-old gorgeous male kitten, he has lived with other cats and is litter box trained.

THE PET OF THE WEEK SPECIAL ADOPTION FEE IS \$15 FOR DOGS & \$25 FOR CATS & INCLUDES SPAY OR NEUTER & RABIES! To learn more, contact the Colbert Shelter at 256-381-4073!

Hi everyone! I am **HAZEL** (ID A35922386) and I am amazing! I am a whippet looking mountain cur. I am a medium energy canine with lots of love to give! Please come visit me and I'm sure you will fall in love with me! **\$85 ADOPTION FEE** includes negative heartworm test, vaccines, deworming, and spay. Please stop by the shelter to meet Hazel! To learn more, contact the Florence Shelter at 256-760-6676!

Hi, I'm **CODY**. I'm a male shepherd mix. I was born August, 2016. I'm a very nice little man. I'm great with other dogs. I'm great with children. I'm up to date on my shots. I'm neutered and micro chipped. I walk well on a leash. I just love being with my humans. I would need a fenced in yard to play safely with my family. If you're interested in giving me a forever family, please call PAWS at 256-383-0690

CONNOR enjoys running, one-on-one playtime and lots of cuddling. He's a 4 year old fully vetted brindle mixed breed that loves adults, kids and other dogs. **ADOPTION IS \$50.** Call/Text REAL at 256-460-0596 after 5pm. REAL also offers pet preventive care assistance such as flea & heartworm preventions to local county residents. Contact us for more details!

This beautiful dog's name is **VICTORIA**. She is the happiest and most gentle dog around! She is a big dog with a big heart! She is 4 years old and loves to fetch her ball and play in the water. She is great with kids, dogs and cats. Crate trained and house broken. Victoria will make the perfect family pet! Fully vetted. Indoor dog only. Please contact Casa Canine at 256-762-6052 after 6pm.

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SHEFFIELD: 1508 CRESTLINE AVE. 2 bdrm. 1 ba. \$400 rent, \$200 deposit. 256-757-0369

FLORENCE: 318 S. MAIN 3 bdrm., 1 ba., Rent \$475, Deposit \$475, Window air/ Electric heat, washer/dryer connection. 256-764-3137

NORTH FLORENCE: 243 ROOSEVELT AVE., 3 bedroom, 1.5 bath, central heat/air, fenced in backyard. Good neighborhood. \$575 month, \$300 deposit. References required, credit check. NO TEXT, 256-710-1669.

SHEFFIELD: 602 STERLING BLVD. Two bdrm., one bath, central unit, appliances. No pets. \$450 monthly, \$450 deposit. 256-349-0300.

1904 N BEECHWOOD DR. Newly renovated 3/2 home in popular Beechwood subdivision. This 2,000 sq ft +/- home is situated between Mars Hill School, Florence High School, and the Riverhill School development. Deibert Park, shopping, and dining are just minutes away. \$155,900 obo. 256-483-8465, pls leave a msg.

MUSCLE SHOALS: OFFICE SPACE, \$275 per month. K&H Inc. 256-349-0000

TUSCUMBIA: FURNISHED LAKE HOUSE for rent. \$1,400 monthly, deposit, credit check, and references required. NO PETS! 256-366-0376

3 AND 4 BEDROOM houses, North Florence area, \$450-\$550. 256-412-3485, 256-412-2358

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

FOR RENT: 910 WELTON REYNOLDS CIRCLE 3 bdrm. 2 ba. Section 8 approved, \$600 monthly, \$600 deposit. 256-412-0205

FLORENCE: 2210 CLOYD BLVD. 4 bldv., 3 ba., 2,000 sq. ft. Newly remodeled. New HVAC. Fenced backyard. Convenient to shopping and park. \$144,900. Owner financing available. 256-443-2377

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HOME FOR SALE, OR Rent to Own, Muscle Shoals. Brand new kitchen with an island, brand new roof, brand new air conditioner, hardwood floors, fenced yard, carport, across from elementary school, 3 bedroom, 2 full bath, very nice. \$96,700. Email christy mex@gmail.com

FURNISHED GUEST-SUITES NIGHTLY or monthly. One or two bedrooms, all inclusive. Park Place, 256-386-5504.

SHEFFIELD: 108 WATTS BAR St. Village Landing Apartments, 1 and 2 bdrms available with free Wi-Fi, call 256-443-0789

FOR SALE: ROBBINS RIDGE, Custom built home, 4 bedroom, 3.5 bath, pool, 3.3 acres in city limits. 256-764-8982 or 256-366-3493 or 256-366-3463

FLORENCE RENTALS: 2 BEDROOMS, 1 bath, \$475 per month, this can be Brooks School District if needed.


3 BEDROOM, 1 BATH, two story home, \$550 per month. **TWO STORY, 5 BEDROOM,** 2 bath, with basement, central heat/air, two blocks from UNA, \$875 per month. Call Monty Allen at Patriot Realty 256-366-5976

BEAUTIFUL ACREAGE! HOME, HORSES and DOGS NEEDED! Three acres, 3612 Lockland Rd., Florence. Private, yet minutes from shopping. Gorgeous neighborhood, underground utilities and cable. Not in flood zone. \$69,330. Drive by or bicycle by...see a bunny rabbit. 256-762-1920 or 256-335-7668

WOW! 130 WYNCHASE DR. CUSTOM-BUILT Craftsman Style Home - 4 BR 3 1/2 BA, BONUS room/5th BR, hardwood floors, brick & stone, 3,350 sq. ft, crawl space, storm room, large fenced backyard, Muscle Shoals City School District \$352,800 - 256-275-2572

2 TO CHOOSE FROM 3 bdrm. brick home, hardwood/tile, fenced yard, nice shop in back. For Sale/owner financing possible. Info on-site 256-483-7968

Randall on Real Estate
News & Tips on the Shoals Market



Time to Detach...

Let's face it: selling a home is emotional. It's where you've lived, started a family and created countless memories. Pictures of the children playing soccer, winning baseball awards or spelling bees are on every wall and nightstand. You get it. You're emotionally attached.

When you're ready to sell your home, it's time to become "unattached". It's time to get into the mindset of selling a product, a house that other people will see as potentially their new home. It's time to consider your home as a place where a new family can create their own memories and hang their own pictures on the wall.

De-personalizing your domain can sometimes be the one of the toughest challenges emotionally, however it is one of the most critical elements of allowing your potential buyer to begin to envision themselves living there.

In my experience showing real estate to prospective buyers, one of the biggest distractions can occur when a buyer starts looking at pictures while walking through a home, especially if the buyer realizes that they know the seller. It's that critical moment when the buyer forgets seeing it and envisioning it as their home and begins to only see it as the current owner's home. They become distracted from what the home has to offer them.

When I say "Detach", I'm simply saying to remove the emotional side of it. Detach yourself emotionally. You are now putting a product on the market and you need that product to appeal to the masses. You can't let emotion affect your ability to de-personalize, allow you to get hung up on price or cause you to be unresponsive to making necessary changes to the property.

You will find selling your home to be much more pleasurable if you can remind yourself to remove the emotion. Replace the family portrait with a mirror or painting. Box up the vacation pictures and have them ready for your next home. When it's time to discuss price, look at the supporting data and remind yourself to consider only facts and not get caught up on what it's worth to you. You'll be on your way to a successful sale. -mrr

Please feel free to send your questions.

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

Questions for Mike Randall
Coldwell Banker Pinnacle Properties
2093 Florence Blvd, Florence, AL 35630

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3928 Jackson Hwy #3 (Sheffield) 2BR, 1 BA\$395
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**823 E. Tuscaloosa St (Downtown Florence) 4BR, 1BA\$39,500
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More Photos: Facebook SouthEasternProperties

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Tract 4 – 3.06 +/- acres
Tract 5 – 4.70 +/- acres w/ 512.33' waterfront
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FLORENCE: 1634 SHENENDOAH \$400 Rent, \$300 Deposit, Appliances, Window air, washer/dryer connection. 256-764-3137

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TUSCUMBIA: 3 BDRM., 1 1/2 bath home for rent, \$650 month, \$500 deposit. 256-446-9982

SHEFFIELD: 3108 12TH AVE., Three bdrm., one bath, screened patio, fenced backyard, central unit, appliances. No pets. \$600 monthly, \$600 deposit. 256-349-0300

SHEFFIELD: 2711 E. 13TH Avenue 2 Bdrm., 1 Ba. \$400 rent, \$400 deposit, appliances, window air, electric heat, exterior storage building. 256-764-3137

TUSCUMBIA: 4555 OLD MEMPHIS Pike, 4 bdrm., 2 full ba., \$700 monthly, \$350 deposit + 1st month's rent. 256-810-4067

FLORENCE: 2228 N. WOOD 2 bdrm., 1 ba., \$475 rent, \$475 Deposit, Window Air, Gas Heat, Washer/Dryer connection. 256-764-3137

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

FOR RENT: 4 BDRM. 3 ba., stove, refrigerator, dishwasher, central unit. \$800 monthly plus \$800 deposit. 256-810-0809

80 ACRES, CO. RD. 261. Some open land, some timber and creek on it. \$140,000. 256-766-4290

SHEFFIELD: 1807 6TH AVE. Two bdrm., one bath, central unit, appliances, single carport, new floors. No pets. \$450 monthly, \$450 deposit. 256-349-0300.

FLORENCE: 718 HIGH STREET 4 bdrm, 2 ba., \$550 rent, \$550 deposit, appliances, Central/Heat and Air, Washer/Dryer Connection. 256-764-3137

304 BROAD ST. BEAUTIFUL home. 3 bdrm., 1 ba. hardwood/tile, fenced yard, nice shop in back. For sale/owner financing possible. Info on-site 256-483-7968

SHEFFIELD: 1800 14TH AVENUE Apt B \$400 Rent, \$300 Deposit, Appliances, Central heat/air, washer/dryer connection. 256-764-3137

COMMERCIAL BUILDING FOR RENT: 50x75 on Hwy 72 in Elgin next to Bailey's Used Cars. 256-627-2989 or 256-229-6358

FLORENCE: 304 W. RASCH Road 3 bdrm., 1 ba. \$600 Rent, \$600 Deposit, Central heat/air, wash/dryer. 256-764-3137

118 BAILEY SPRINGS DRIVE East 3 bdrm, 2 ba, 1,730 sq. ft. Village Pines subdivision. \$144,900. Newly remodeled, New roof. Owner financing available. 256-443-2377.

FLORENCE: FOR RENT, 1 bdrm. efficiency apartment, \$500 mo., \$250 deposit, includes electricity and cable. 256-764-1799.

SHEFFIELD: 3108 12 AVE., Apt. A One bedroom, one bath, new floors, 30'X15' deck, appliances. No pets. \$300 monthly, \$300 deposit. 256-349-0300.

KILLEN: 208 HOLDEN ROAD, Apt#30 3 bdrm., 2 ba. \$475 Rent, \$300 Deposit, Appliances, Central heat/air, washer/dryer connections. 256-764-3137.

FLORENCE: 120 O'NEAL 2 bdrm., 1 ba. \$450 rent, \$450 deposit. Central heat/air, Washer/Dryer connection, exterior shop. 256-764-3137

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HOUSE FOR SALE BY Owner in Florence: Brick, 3 bdrm., 2 ba., plus In-Law Suite. Minutes from Florence High School and mall. \$130,000 256-366-9449

N. FLORENCE: 2 BDRM. HOUSE. Appliances, washer/dryer connections. \$495 - \$595 plus deposit. 256-764-3986

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OUR FLESH IS WEAK AND SOMETIMES TO SATISFY IT WE REASON FEELING AND LOGIC OVER FAITH. WE SOMETIMES THINK THAT IF THE BIBLE DOESN'T SAY SOMETHING, THEN IT MUST SAY THE OPPOSITE, AND SO WE RELY MORE ON FLESHLY COMMON SENSE THAN THE WORD OF GOD ITSELF. It's amazing to me how little church folks know about the bible and rely on someone to teach them without any personal study themselves.

You, not someone else, are responsible for your own soul. You must answer to God for yourself. Now, I know that no one in their right mind wants to go to hell. So why would you risk your soul on what someone else is telling or teaching you without checking it out yourself? Most of this nation believes in Jesus Christ, that He is God's only begotten Son, but most of this nation has not believed ON the Lord Jesus Christ as their Saviour. Ask yourself this question, "what am I depending on to save my soul?" Now answer it. Are you depending on yourself or church or rituals or God to save you? You might say "all of them". A sinner or church or rituals cannot save another sinner. In Hebrews 7:25 "Wherefore he (CHRIST) is able also to save them to the uttermost that come unto God by him, seeing he ever liveth to make intercession for them." Look in Romans 8:33b..... "It is God that justifieth." Go right to Christ Himself and see if He doesn't deliver. Would you rather believe God or someone else?

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Cat & Kids

by Cathy Turner

What Do You Feed Your Babies?

Hey y'all, my son Randall, his one year-old daughter, Mica, and I did the Street Strut in the Handy Festival this year! It was so much fun! We were strutting the streets and around the fountain with Mica in the stroller and at times with her dad tossing her about. All of the balloons on our beach umbrella made us look like we were from the movie, "Up". Just steppin' with my grandbaby - the best!!! It reminded me of this column that was first printed in 2006:

Once there was a wide-mouth frog who went around asking the animals with his mouth opened big and wide, "What do you feed your babies?" He asked the cat with his mouth widening, exaggerating every syllable, "What do you feed your babies?" "Milk." The wide-mouth frog asked the giraffe, "What do you feed your babies?" "Leaves." Finally he happened upon an alligator and with his mouth making grand motions, he inquired, "What do you feed your babies?" The alligator responded, "Wide-mouth frogs." With small pursed lips the frog said, "Oh, shoot." It's a great question. What do you feed your babies?

Last week I just so enjoyed being at the Handy festival with my family and I realized that we have been doing Handy for a long time. We won "The Most Creative Umbrella" in the Street Strut of 1991. It was my daughter's fourth birthday party. With my two year-old in a stroller and several of my friends and their 4 and 5 year-olds, we strutted the streets of downtown Florence.

I attached a beach umbrella to the stroller. The umbrella was covered with party favors. Dangling from each spoke of the umbrella were the party goodie bags. The partiers with their pointed hats blew horns and hooters as they followed the stroller as it zigged and zagged down Court Street creating a serpentine parade of our

own. We finished up by circling the fountain of Wilson Park and heading to a table that I had set up with picnic food and cake and ice cream.

Lora opened her presents with the jazz band playing, and we spent the rest of the morning playing and listening to good music. When we got home, I stopped Lora as she was running through the kitchen with excitement and asked her how she liked her party. She exclaimed with a smile all over her body, "That was the best birthday ever!"

I was reminded of that Handy moment last week as my family was listening to Mike Sheppard and Friends at the Zodiac Theater. I looked down the row several times and saw that same wide-eyed, sparkling smile of appreciation on my children as if they were watching something that was the best thing ever. They were watching old men. No offense, that's what they called themselves. One of them even told a "Depends" joke on stage. But those old men were wearing it out! Fingers flying on their instruments, sticks in a blur on vibrate, trombone, bass, guitar - they were all amazing. Mike Shepherd on drums, with his reading glasses on his swirly, smooth gray hair and his eyes closed, played solos that left my kids saying, "Shoooot!"

It is awesome to watch anyone doing something at which they excel. Last week during Handy, it was even more awesome to our children enjoy excellence. The fact that they like different genres of music and music history makes me happy. As I think about it, this appreciation for music didn't just happen. It probably started with "the best birthday ever" or even before. Music and festivities are just a part of our lifestyle.

What do you feed your babies?

Email comments or suggestions to CatnKids1@gmail.com

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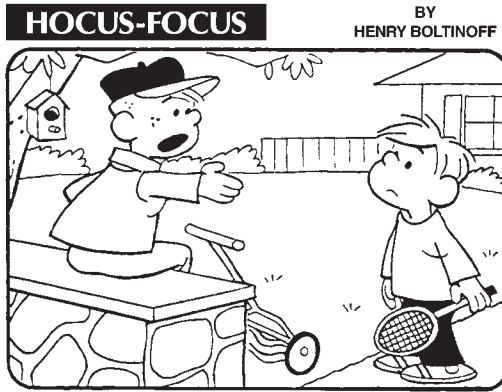
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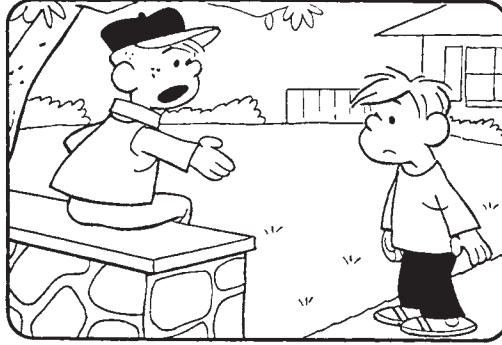


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Community Notes...

Continued from page 4

Monthly Covered Dish Luncheon and Program at the Zip City Community Center on Thursday, August 17 at 11:30 am. Please bring a covered dish. 10511 Highway 17, Florence. Everyone is welcome.

The Coffee High School Class of 1987 is having its 30 year reunion on August 25. If you have not been contacted or received correspondence, please call Brantley Holt at 256-740-6800 or email brantleyholt@yahoo.com for details.

The Zodiac Players of the Shoals Community Theatre proudly present, "Curious Savage" at the Shoals Theatre on August 17-20.

Mrs. Savage has been left ten million dollars by her husband and wants to make the best use of it, in spite of her grown-up stepchildren's efforts to get their hands on it. Knowing that the widow's wealth is now in negotiable securities, and seeing they cannot get hold of the fortune, the stepchildren commit her to a sanatorium hoping to "bring her to her senses." Lots of fun for the entire family.

The production is directed by Patty Hughes. Tickets may be purchased at the box office or on line at theshoalstheatre.org.

The Pilot Club of Florence is sponsoring a bus trip to Historic Savannah, Georgia, September 18-21. The trip will include Beaufort, St. Helena Island, Penn Center, a River Boat dinner cruise with gospel concert, and an evening music revue at the Historic Savannah Theatre. Cost: Double occupancy \$525, Single \$615, Triple \$495, Quad \$480. \$150 deposit due at booking. Balance to be paid by August 18. For more information, contact Judy Grady, 256-810-8899 or grady3rd@hotmail.com; Mary June, 256-757-0722 or 321-747-7280.

This is a fundraiser for the club. Profits go toward various charity projects.

CSA Captain John Mitchell's Descendants will meet August 19, 10:45 am, at Killen Church of Christ annex. Bring covered dish. Historian Ron Pettus will speak.

Book Talk/Signing - Florence-Lauderdale Public Library - "Surviving the System: The Life of a Foster Child" by Shameka Pointer on Saturday, August 19, 1pm Crossroads Community Outreach is presenting author Shameka Pointer discussing her book "Surviving the System: The Life of a Foster Child." Pointer was born in Decatur and grew up in Town Creek. She first came into foster care at the age of two and remained in foster care until she opted out of the system. She is now a Behavioral Youth Counselor and has a Master's in Christian Counseling. In her book, Pointer explores foster care statistics and the labels that are placed on foster kids. She also shares her story about how she overcame difficult situations to become a successful citizen. For more information, call 256-764-6564, ext. 28.

North Alabama Dance Club invites you to its..."End Of Summer" Dance Ballroom-line dances-mixers and a free dance lesson! Saturday, August 19. DJ - Mike Broadfoot, Elks Lodge, 2550 Chisholm Rd, Florence 7 - 10pm (Great music, ice water, light snacks, and fun will be provided - cokes and drinks available for purchase by Elks at the front of the building). Casual attire

Members, \$5; Guests, \$7; Driving 50 miles or more (one way)? Only \$4!

For more information, contact suzyfromal@comcast.net or any NADC, Member. www.northalabamadance.com

Book Talk/Signing - Florence-Lauderdale Public Library Sunday, August 20 at 2pm - "Determined to Survive: A Story of Survival and One Teacher's Passion to Bring That Story to Life" with co-author Amy McDonald. As a teacher and Holocaust educator McDonald will talk about her book, the story of Max Steinmetz, a Holocaust survivor who co-wrote the book with Amy.

Longshore Cycle Center will be hosting the 5th Annual Ride for Kids on Saturday, August 26. Registration opens at 9am, with kickstands up at 10am.

This year's ride should be about 45 miles and will stop by North Alabama Christian Children's Home before returning to Longshore Cycles. Free dogs and brats lunch will be provided at noon for all riders. Over \$1000 in door prizes will be awarded including jackets, helmets, and much more! The cost is \$20 per bike. All proceeds will be donated to North Alabama Christian Children's Home.

The Colbert County Historical Landmarks Foundation, Inc., will hold its quarterly membership meeting on Sunday, August 20, at 2pm, at the Roundhouse of the Tusculumbia Railway Depot on West 5th St, in Tusculumbia.

Program speaker is Robert Presley Rebman, of Decatur, AL and a native of Courtland. His program topic is "The Tusculumbia, Courtland & Decatur Railway".

Following the program, Walter Smallwood will give a tour of the Tusculumbia Depot Museum. Members and visitors can then caravan to Courtland for a tour of the Courtland Museum at the downtown square, led by Mr. Rebman.

Following the tour, all are invited to the historic McMahon Home for an "ice cream social" The house was built in 1828 at 833 Hamilton St. and is owned by Greg & Lisa Pace.

The public is invited. More info, call 256-383-4401 or 256-710-9081

Christian Women's Job Corp in Florence is a faith-based program that combines practical training, emotional healing, relationship building, and spiritual growth opportunities in classroom studies and follow-up one-on-one guidance. Offering two sessions of 15 weeks each year, CWJC is now open to enrollment. Classes are held Tuesdays, Wednesdays, and Thursdays from 8am-1pm. The program is free, with free lunch, and free childcare for children of the participants. For applications or for more information, please contact Margaret Roland today at 256-277-8668.

Cloverdale Neighborhood Watch Meeting Monday, August 21 at 7pm at the Community Center.

Florence Kiwanis Club Meets Fridays at noon at Shoals Marriott Conference Center, 10 Hightower Place, Florence.

Speakers August:
August 11 - Fran Davis - Director, City of Florence - Senior Center
August 18 - Rob Carnegie - Tourism Director, Shoals Area Chamber of Commerce
August 25 - Chief Ron Tyler - Police Chief City of Florence - Home Security & Neighborhood Watch

The following are the AUGUST 2017 American Red Cross Blood Drives for Lauderdale and Colbert counties.

Tuesday, August 22, 1-6pm, Rogers High School Band Boosters Fundraiser Blood Drive, RHS Band Room, Florence.

The 1977 graduates of Coffee and Bradshaw High Schools will have a combined 40-Year Class Reunion together with various events September 28 - 30 in Florence. For more information: Go to BHS CHS CLASS OF 77 REUNION EVENTS group page on Facebook or email bradshawcoffee77@gmail.com


\$5 Masquerade Jewelry and Accessories Sale Thursday, August 24, 7am - 6pm and Friday, August 25, 7am - pm, Shoals Hospital Front Lobby.

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OLD FASHIONED ICE CREAM OR FROZEN YOGURT
4 QUART PAIL

\$4.59

SHUR FINE INSTANT LIGHT CHARCOAL
6.2 LB. BAG

\$3.49

PILLSBURY GRANDS BISCUITS
8 CT. CAN

2/\$3

BIRDS EYE CORN ON THE COB
12 CT. PKG.

2/\$5

TOTINO'S PIZZA
9.8-10.9 OZ. PKG.

4/\$5

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All 2017 GMC Terrain SLE-2, Sierra 1500 Crew Cab with Prem Plus Pkg. & Yukon XL/SLT Models

0% APR FOR 72 MONTHS - PLUS -
\$1,500 Purchase Allowance On Terrain SLE-2 & Sierra SLT
\$1,250 Purchase Allowance On Acadia SLT
 When You Finance Through Gmc Financial



2017 GMC SIERRA 1500 CREW CAB WITH SLT PREMIUM PLUS PACKAGE

\$5,467 Purchase Cash + \$1,250 OPD + \$3,547 Supplier Discount

\$10,264 TOTAL VALUE

(Based On \$56,335 MSRP)



2017 GMC ACADIA SLT

\$4,603 Purchase Cash + \$2,320 Supplier Discount

\$6,923 BELOW MSRP

(Based On \$46,155 MSRP)

2017 GMC TERRAIN SLE-1 MSRP \$28,225

ONLY \$199* PER MONTH



2017 GMC CANYON SLE CREW CAB SHORT BOX MSRP \$31,035

ONLY \$299 PER MONTH**



* 24 Mo. /20K mile lease, W.A.C., see salesperson for details. **36 Mo. / 30K mile lease, W.A.C., see salesperson for details.

EXPERIENCE THE NEW BUICK

2017 BUICK ENCORE (NON-1SB)
15% BELOW MSRP
 \$3,883 Purchase Cash + \$1,310 Supplier Discount
\$5,193 BELOW MSRP
 On this 2017 Encore Premium
0% FOR 72 MONTHS - PLUS - PURCHASE ALLOWANCE
\$750 When You Finance Through GM Financial

2017 BUICK ENVISION PREFERRED
15% BELOW MSRP
 \$3,992 Purchase Cash + \$1,643 Supplier Discount
\$5,635 BELOW MSRP
 On this 2017 Envision Preferred
0% FOR 72 MONTHS - PLUS - PURCHASE ALLOWANCE
\$1,250 When You Finance Through GM Financial

2017 BUICK ENCLAVE LEATHER
15% BELOW MSRP
 \$4,946 Purchase Cash + \$2,284 Supplier Discount
\$7,230 BELOW MSRP
 On this 2017 Envision Preferred
0% FOR 72 MONTHS - PLUS - PURCHASE ALLOWANCE
\$1,250 When You Finance Through GM Financial

2017 BUICK ENCORE PREFERRED
ONLY \$199* PER MO.**

2017 BUICK REGAL SPORT TOURING
ONLY \$259* PER MO.**

***39 Mo. / 32,500 mile lease, W.A.C., see salesperson for details.

Best Selection of Local Trades in The Shoals!

<p>05 Ford Freestyle #2579BA, 4 Door, V6, Auto, Local Trade! \$5,788</p>	<p>03 Buick Regal #4878GC, 4 Door, Leather, V6, Nice Car! \$5,788</p>	<p>08 Buick Lucerne #6978GB, 4 Door, CXL, Leather, Nice Local Car! \$6,988</p>	<p>08 Toyota Camry #P9849A, 4 Door, Auto, Air, Local Trade! \$7,488</p>	<p>06 Ford Escape #9414GA, 4 Door, Leather, XLT, Local Trade! \$7,788</p>	<p>06 Jeep Liberty #B5517B, 4 Door, Leather, Chrome Wheels, Nice! \$8,688</p>
<p>10 Nissan Cube #1157GB, 4 Door, Auto, Air, 1 Owner, Nice! \$8,788</p>	<p>07 Chevy Envoy #G3376D, 4 Door, SLT, 4x4, Nice Local Trade! \$9,788</p>	<p>09 Toyota Camry #7515GB, 4 Door, LE, Auto, Air, Only 90K Miles! \$9,988</p>	<p>10 GMC Terrain #024GA, 4 Door, SLE, Full Power, 32 MPG Hwy! \$13,488</p>	<p>11 Hyundai Vera Cruz #6481GA, 4 Door, Auto, Air, Full Power, Only 59 Miles! \$14,788</p>	<p>11 Chevy Camaro #9761GA, 2 Door, V6, RS Pkg. Nice Local Car! \$16,688</p>
<p>11 GMC Sierra #6731GA, Reg. Cab, 5.3 V8, Tow Pkg, 1 Owner! \$16,788</p>	<p>08 Jeep Wrangler #G8914C, 4 Door, Unlimited, 4x4, Auto, Nice! \$17,688</p>	<p>14 Jeep Patriot #6282GA, 4 Door, Auto, Air, Full Pwr, Nice! \$18,988</p>	<p>14 Buick Encore #9674BA, 4 Door, Leather, Chrome Wheels, 1 Owner! \$19,888</p>	<p>13 Buick Regal GS #6443BA, 4 Door, Leather, 20 inch Wheels, Sunroof! \$22,688</p>	<p>13 Chevy Silverado #9858GA, Crew Cab, Alloy Wheels, LT Trim! \$23,488</p>
<p>16 Buick Lacross #823P, 4 Door, Leather, Sunroof, Only 18K Miles! \$25,788</p>	<p>13 Chevy Silverado #9876GC, Ext. Cab, Z71, 4x4, LT, Only 54K Miles! \$26,888</p>	<p>15 GMC Sierra #9720GA, Crew Cab, Z71, SLT, Nice! \$39,888</p>	<p>16 Chevy Silverado #G9485A, Crew Cab, LTZ, 4x4, Z71, 1 Owner! \$44,888</p>	<p>16 GMC Sierra #P3752A, Crew Cab, SLT, 4x4, Z71, Loaded! \$45,988</p>	<p>15 GMC Sierra 2500HD Denali #G7573A, Crew Cab, Duramax, Sunroof, 1 Owner! \$52,988</p>

*All prices plus tax, title & fees. Some photos for illustration purposes only.

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