

**CLEAN-UP  
March 24**

FLORENCE – The rescheduled Florence City-Wide Clean-up Event is this Saturday, March 24 from 8am-12. This was originally set for March 10 but was postponed due to weather.

Everyone will meet at the McFarland Park at 8am for gloves, litter-grabbers, vests, trash bags, and breakfast in preparation to help pickup littered streets!

You may also register a group or business to pick-up a designated area.

Sponsors include the mayor's office, Waste Connections, Inc, PALS, Florence Gas & Water, Rosie's Cantina, McDonald's, Lamar Outdoor, Courier Journal, Charter Media, and 102.7 KISS FM.

Call 256-760-6495 or email recycle@Florenceal.org. Details are available at florenceal.org.

**Put the Flu Behind Us**

BARTON—This flu season is already one of the worst on record. As the flu season winds down, you don't want to contract it through carelessness.

Essity in Barton (formerly SCA) reminds us that frequent handwashing is the single most important means of preventing the spread of germs.

Stay healthy by washing your hands thoroughly and often!

**How to wash your hands:**

- 1 – Wash your hands with lukewarm water and soap
- 2 – Scrub all sides, fingertips, fingernails and between your fingers- don't forget your thumbs
- 3 – Continue for about 20-30 seconds
- 4 – Rinse well
- 5 – Dry well with a paper towel

**When to wash your hands:**

- After blowing your nose, coughing, or sneezing
- Before and after preparing food and eating
- After using the restroom
- After touching a pet or handling its food
- Before and after caring for a sick person and treating a wound
- After touching garbage

For more information, visit HygieneCounts.com

See SHORTS... on Page 2



Ray Miller Buick-GMC  
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Volume 134 Number 19

March 21, 2018

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Northwest Alabama and beyond

**A Leg to Stand On**



Dr. Ajit Naidu is surrounded by a few of his staff people from left: Lorie McBrayer, RN; Sheena Fellie, Medical Asst; Sarah Ellis, Ultra Sound Tech; Kim Hunt, RN; Peggy Daniel, RN. Courtesy photo

**Naidu's Breakthrough Work Relieves Leg Pain**

by Patsy Glenn  
for the Courier Journal

Did you know you don't have to have heart problems to need a heart doctor? Heart doctors are also trained to treat problem veins and arteries of the legs. That's one of the important things you learn when Dr. Ajit Naidu of Shoals Cardiovascular Center becomes your cardiologist.

It makes sense, too. Most vein and artery leg problems are related to blood

circulation, a specialty of cardiologists. And this Chicago-raised doctor has the only comprehensive vein clinic in the area; the only facility for PAD and PVD patients with an in-house Cath Lab.

Two of Dr. Naidu's patients recently talked about his amazing treatment of their leg problems. Jannett Mathis of Loretto, Tennessee is proud to share that she's 79 and has reared five children. Her leg pain had reached the

See A LEG TO STAND ON on Page 6

Courier Journal Perma-Note

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SEE OUR AD INSIDE!

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**Patterson Named Citizen of the Year**



Patterson

SHOALS—Last week's Annual Meeting and Celebration for the Shoals Chamber of Commerce featured NBC's Today show correspondent and a best-selling author, Jenna Bush Hager. The daughter of former President, George W. Bush, is not into politics. Her passion is working with and teaching inner city and impoverished youth and their parents. Her presentation spoke to that. It was entitled, "Making a Difference: How the Power of Compassion Changes Lives."

Additionally, there were some words from outgoing Chamber Chairman, Greg Carnes, and Chair-Elect,

See CITIZEN.. on Page 13



**Goodman is Blue Ribbon Art Finalist**

CHEROKEE—Ysabella Goodman, an 8th grade student at Cherokee High School, was honored as a Youth Art Achievement Blue Ribbon Finalist during a March 11 ceremony at the Huntsville Museum of Art. The Youth Art Achievement exhibit is sponsored by the Alabama State Council on the Arts. Over 300 art works from middle

and high schools in Blount, Cherokee, Cleburne, Colbert, Cullman, DeKalb, Etowah, Franklin, Jackson, Lauderdale, Lawrence, Limestone, Madison, Marion, Marshall, Morgan, St. Clair and Winston counties were submitted for judging.

See RIBBON... on Page 13

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- Adopt-a-Friend
- Medicare Minute
- Dave Ramsey
- Cat & Kids
- Computer Skeptic



- Unsung Heroes
- Hocus Focus
- Savvy Senior



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- Web Poll
- Outdoors Alabama

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**Shorts...**

**Continued from Page 1**  
**Shoals Spark Winners**

FLORENCE - Ten presenters recently vied for almost \$3,000 in prize money at the Shoals Spark competition on the UNA campus. The participants were gleaned from thirty who submitted ideas and divided into two categories - Elementary / Middle School students and High School students. The presenters were introduced by Dr. Carmen Burkhalter, Dean of UNA's College of Arts and Sciences.

Shoals Spark is an idea competition for students living in the Shoals. It was created to foster innovation and entrepreneurship in our community's young people to generate unique ideas about how to make the Shoals a very cool place to live and work.

In the High School category, first place went to Red Bay High School Robotics team. Second place went to Red Bay High School Wee Care team, and third place went to **Tamia Jackson** of the Muscle Shoals Career Academy. Runners up were **Gage Isbell** from Colbert County High School and **Nathan Pegram** from the Muscle Shoals Career Academy.

In the Elementary / Middle School category, first place went to the team

of **Josh Banister, Will Phillips, Riley Davis, and Whit Martens**. Second place went to **Lindsey Conner** and third place to the team of **Joe Don Anderson and Anthony Rutherford**, all from Muscle Shoals Middle School. Runners up were **McKenna Crisler** of Leighton Elementary and the team of **Gage Sherrill and Dillon Edwards** of Muscle Shoals Middle School.

The annual competition is sponsored by Listerhill Credit Union, the University of North Alabama, Shoals Shift, and the Shoals Chamber of Commerce. The event was partially funded by a grant from the Appalachian Regional Commission. This event was created to identify those in our area who are on the path to becoming leaders in digital technology.

**17 Phi Theta Kappa Awards**

MUSCLE SHOALS -- Northwest-Shoals Community College's Phil Campbell Campus and Shoals Campus recently received 17 awards at the 2018 Phi Theta Kappa Alabama Regional Convention at Enterprise State Community College in Enterprise, Alabama.

Chapters were recognized with the following awards:

- SHOALS CAMPUS**
- Competitive Edge Award
  - Distinguished Administrator Award - **Crystal Reed**
  - Distinguished Chapter Advisor(s) Award - **Jacque Jefferys** and **Desiree South**
  - Distinguished Chapter Advisor Team Award - **Jacque Jefferys** and **Desiree South**
  - Distinguished Chapter Member Award - **Cyntonia Carroll**
  - Distinguished Chapter Officer - **Tuesday Richey**
  - Five-Star Chapter Award
  - Reach Award (for increasing membership)

See SHORTS... on Page 5

**JR. LAWSON TREE SERVICE-** \$100 off with this ad! Tree trimming, stump grinding, removal. Licensed/ bonded, free estimates, 256-856-7028

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**CARPENTER BEE TRAPS** BE prepared. Protect your home, decks and sheds. \$15 each. Also bluebird houses. 931-724-4971.

**TWO AXLE 14X6 TRAILER**, excellent condition, very straight, four new tires, has spare tire and tire rack, \$850 OBO. 256-577-1066

**FORD: PICKUP, 1969 \$1,800**, short wheel base, V8, 3-speed stick, rough, straight, complete, running when parked, \$1,800 cash. Owner 256-355-2760

**WE BUY ESTATES, ANTIQUES**, and Collectibles. No amount too big or small! Call 256-762-0966

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

**Home to Home**  
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**Now Accepting Consignors**  
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**April 13 - 28**  
 Mon.-Sat. 10am-6pm • Sun. 1-5pm

**NEW LOCATION** 1660 Wilson Dam Rd. Muscle Shoals (former Watson Furniture Bldg.)

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Shoals Primary Care Women's Center and Susan Bentley WHNP-BC present

**A Morning For Women**

**April 13 • 9am-12pm**  
 Free Registration 8:30-9am  
 Park Place Conference Center  
 500 N. Montgomery Ave. • Sheffield

Presentations:  
 • Hormone Update • Natural Weight Loss  
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Ad valid March 21-27

<b>FAMILY PACK ASSORTED Pork Chops</b> 1.69 LB.	<b>BEST CHOICE Powdered or Brown Sugar</b> 2 LB. BAG 4/\$5	<b>FRESH Chicken Tenders</b> 1.99 LB.
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<b>12 PACK 12 OZ. CANS Coca-Cola Products</b> 3/\$9	<b>PILLSBURY - CINNAMON OR Crescent Rolls</b> 8-13.9 OZ. 2/\$5	<b>WHOLE WINGS</b> 1.99 LB.
<b>GREEN Bell Peppers</b> EA. 2/\$1	<b>IDAHO Baking Potatoes</b> LB. 69¢	<b>DAWN FRESH - MUSHROOM Steak Sauce</b> 6 OZ. 49¢



**FORD: MUSTANG GT, 1996** convertible, 84K actual miles, \$4,250. 256-702-8861

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**BLACK METAL 3-PIECE BISTRO** set. \$75. See at corner of Well and Lafayette St. NE, Old Decatur.

**PLUS SIZE WOMEN'S DRESSES**, 2/3pc, 2x-3x. Like new. Assorted styles. \$5-\$10ea. 256-347-0549.

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



**KIA: OPTIMA, 2015 GDI**, metallic silver, excellent condition, 18,500 miles, \$14,250. 256-945-7847 or 803-272-6528, Madison.

**DODGE: JOURNEY SXT, 2014** \$10,996. 116k. Cloth, 3rd seat. Financing available. Call Tony 931-213-1386 or 256-764-3351.

**FARM FRESH FREE RANGE EGGS:** \$2 per dozen. Delivery possible with minimum order. 256-412-9519.

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

**KIA: OPTIMA, 2015 \$10,974. LX.** 67k. Cloth, automatic. Financing available. Call Brandon 256-710-4598 or 256-764-3351.

**TIRES! TIRES! TIRES!** Call us for your tires, brakes and oil change needs. West Tire and Auto, 256-764-7899

**TOYOTA: COROLLA, 2009 \$4,500**, sedan, 4-door, white, 151,000 miles. 256-366-8417 leave voicemail message

**1993 FORD BACKHOE 655D**, 100hp, 2 wheel drive, long boom with thumb, four excavating buckets and two loading buckets. This is a solid working machine that has been maintained and serviced routinely. \$12,500 Call 256-762-1527

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**OVAL COFFEE TABLE, 125** 8-tracks, 2ea Chairs, 1930's dolly. \$20 ea item, obo. 256-353-1952.

**DODGE: CARAVAN, 2009 \$3,500**, runs good, new tires, 177,000 miles. 256-810-6985 (Florence area)

**NISSAN: MURANO, 2007 \$5,500**, SUV, 214,000 miles (highway miles), clean, new brakes, new tires, new battery, 256-762-3882 or 256-757-3618

**MILITARY ITEMS WANTED: GUNS**, knives, uniforms, etc. 256-335-7663

**KIA: OPTIMA SXL, 2013 2.0** liter, 4 cylinder, turbo. Still under factory warranty. 34,400 miles. Silver. Leather front seats heated and air. Remote start, keyless entry. Windows tinted and 85% UV film. Vehicle in Excellent condition. Garage kept. Selling for \$17,800. Carfax and blue book available. Serious inquiries only, please. Call 256-777-1313 before 6pm. (Decatur area)

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## The Lauderdale County School System

will be accepting applications from **April 2, 2018 through April 26, 2018** for the following TOPS Preschool Programs:

**Brooks Elementary School, Lauderdale County High School, and Wilson High School.**

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

Typical peers will be determined through a drawing process. The drawing will be held the first week of May, 2018. Names not drawn will be placed on a waiting list. Three-year-olds will go two days per week (Tuesdays and Thursdays), and Four-year-olds will go three days per week (Mondays, Wednesdays, and Fridays). *Applications will be available at [www.lcschools.org](http://www.lcschools.org).* All typically developing peers must go through the application process to attend the TOPS Preschool Program.

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

## LEGAL NOTICE

### STATE OF ALABAMA, COLBERT COUNTY NOTICE OF ABANDONED AND UNCLAIMED MOTOR VEHICLES

Notice is hereby given that on **April 26, 2018 at 4:00 pm**, the following motor vehicles will be sold at public auction for cash. The auction will be held at **Smitty's Wrecker Service, 212 Industrial Dr., Muscle Shoals, AL 35661**. Smitty's Wrecker Service will accept proof of ownership should anyone care to submit same, Monday through Friday between the hours of 9am and 5pm until the day of the sale. Vehicles may be viewed starting **April 24, 2018** between the hours of 9am and 5pm.

YR/MAKE/MODEL	VIN#	TAG#	COLOR	TOWED FROM LOC
2008 Suzuki Reno	KL5JD66Z18K802919	20BW653	Black	Woodward Ave.
1989 Ford Crown Victoria	2FABP74F3KX217323	1BB3375	Gray	321 W. Irvine St.
1998 Ford Taurus	1FAPF52U3WG133148	20AS447	Green	River Rd.
2007 Chevrolet HHR	3GNDA13D77S579632	N4TIG	Gray	Avalon & Cox. Blvd.
1990 Chevrolet 1500 Pickup	1GCDC14K3LZ141087	V6562C	Maroon	Jackson Hwy.
2003 Chevrolet TrailBlazer	1GNET16S036184800	33BP195	White	Hwy. 43
2003 Ford Focus	3FAFP373X3R192206		Gray	Wilson Dam Rd.
2002 Lincoln Town Car	1LNHM81W02Y616483	41DP573	Black	Muscle Shoals Police Dept.
2002 Nissan Sentra	3N1AB51D12L702642	5179AH9	Red	T & K Auto
2008 Ford F150 Pickup	1FTPW12V48FB06696	V6551C	Gray	T & K Auto
2008 Honda Civic	2HGFP15598H513189	8119ATO	White	Hillcrest Motel
2002 Ford Mustang	1FAPF40492F1933447	TN M28-96Y	White	Ashe Blvd.
Coachman 5th Wheel Camper			White	Avalon Ave.
2016 Hyundai Elantra	5NPDH4AE6GH786203	HFT169	Red	Wilson Dam
2005 Chevrolet Impala	2G1WF52E159108860	8829AV3	White	2nd St.
2008 Volvo S40	YV1MS382282377572	HDN005	Red	T & K Auto
2006 Nissan Altima	1N4AL11D16C263615	BMB500	Gray	T & K Auto
1997 Geo Metro	2C1MR229V6743359	9649AY3	Red	17th & 18th
1999 Chrysler Sebring	3C3EL45H7XT610532	BB37548	Red	Pepi Dr.
2004 KIA Spectra	KNAFE121345039551	42AW535	Blue	22790 Hwy. 157
2002 Nissan Sentra	3N1AB51DX2L705233	8942AV7	Black	Cox. Blvd.
2006 Ford Explorer	1FMEUG63E46UA59926	20AB905	Red	T & K Auto
2004 Jeep Liberty	1J4GL48K74W275767	41B21R1	Blue	Woodward Ave.

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# SALE OF ABANDONED & UNCLAIMED VEHICLES

Cars are for parts only!

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Saturday, March 24, 2018 • Sale Starts 9AM

YEAR/MAKE/MODEL	COLOR	VIN#	YEAR/MAKE/MODEL	COLOR	VIN#
2003 CADILLAC DEVILLE	BLACK	1G6KD54Y03U186441	2002 HYUNDAI ELANTRA	SILVER	KMHDN45D72U357558
2004 CADILLAC ESCALADE	WHITE	1GYEC63T94R221680	2011 JEEP PATRIOT	BLACK	1J4NT1GB4BD146482
1989 CHEVY 1500	RED	1GDCD14K0KZ233594	2015 KIA OPTIMA	WHITE	KNAGM4A76F5645203
1996 CHEVY BERETTA	RED	1G1LV1548TY177720	1998 LINCOLN CONTINENTAL	GOLD	1LNFM97V9WY643019
1997 CHEVY CAVALIER	BLACK	1G1JC1240V7162204	1999 MERCURY GRAND MARQUIS	GREEN	2MEFM74W8XX666586
2003 CHEVY CAVALIER	BLACK	1G1JC52F037241555	2006 MITSUBISHI GALANT	GRAY	4A3AB36F66E076648
2006 CHEVY UPLANDER	GRAY	1GNDV23L06D101083	2000 MITSUBISHI MIRAGE	BLUE	JA3AY26C8YU051520
2000 DODGE DAKOTA	BLUE	1B7GL2AX8YS744684	2003 NISSAN ALTIMA	GOLD	1N4AL11D63C151145
2003 FORD FOCUS	GOLD	1FAFP36393W202755	2005 NISSAN TITAN	GRAY	1N6BA06AX5N578197
2011 FORD FUSION	GRAY	3FAPDHXBR190930	2000 PONTIAC GRAND PRIX	RED	1G2WP12K0YF200870
1988 FORD PICK UP	RED/BLACK	1FTEX15H5JKA83064	2005 PONTIAC MONTANA	WHITE	1GMDV23E55D135623
2001 FORD RANGER	GOLD	1FTYR10C91TA46466	2006 SATURN VUE	BLUE	5GZCZ5345G820973
2005 FORD TAURUS	GOLD	1FAFP53U55A101043	2006 SUZUKI RENO	RED	KL5JD66Z06K376489
1994 HONDA ACCORD	GOLD	1HGCD5639RA017551	1994 TOYOTA CAMRY	GOLD	4T1SK12E6RU384689
2015 HONDA CIVIC	BLACK	19XFB2F56FE062991	2001 VOLKSWAGEN JETTA	BLACK	3WVST29M91M024309

Simpson automotive does not make any warranties (expressed or implied) as to the mechanical condition, mileage, year, make, model or related paperwork of any vehicle. Simpson Automotive has provided as much information as possible for the buyer's convenience. We will not guarantee the accuracy of that information. Seller shall have the right to reject any bid that is unreasonably low. Seller expressly reserves a right to bid and purchase at the public auction.

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**FORD: F-150, 2008 \$11,900,** 2008 King Cab, 67,000 miles, extra clean, 256-431-2845

**CEMETERY PLOT- TRI-CITIES MEMORIAL Gardens,** \$1,500 or first best offer. 256-443-4476 after 5 p.m. or on weekends.

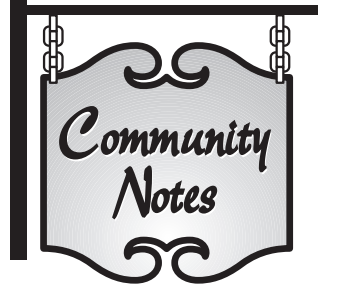
**BAD CREDIT? NEED A car?** I can help!! Financing available. Call Gabe 256-710-3407 or 256-764-3351

**SOLID OAK TABLE WITH 6 chairs,** china cabinet, \$1,200. 256-412-0702

**TOYOTA: CAMRY L, 2014 \$11,998.** 55k. Cloth, automatic. Financing available. Call Hoke 256-740-1297 or 256-764-3351.

**ASHLEY'S CLEANING SERVICE-** No job too big or too small. Residential, commercial, construction, real estate. References available. 256-633-9334.

**CREDIT PROBLEMS? NEED A car?** I can help. Financing available. Call Cody 731-925-0458 or 256-764-3351.



**Free garden supplies** to qualifying households with low-incomes living in Franklin, Colbert and Lauderdale counties. Sign up has been extended to Friday March 23. Call between 1-4pm Monday-Friday only. 256-248-1921. Sponsored by Community Action Northwest Alabama, TVA Retirees, BVI, and Southwire.

**Korean War Veterans Assoc., NW AL Chapter #2, will meet for breakfast and business** at Hampton Inn and Suite on South Court St. in Florence, Wednesday, March 21 at 8:30am. The move from Saturday meetings to Wednesday meetings is a permanent change of meeting dates at least for 2018. The March 21 meeting is a one-time change from second Wednesday to the third Wednesday. Come earlier and eat a free breakfast before we move to the meeting room. All Korean War and Korean Service vets (1950 to present) are invited. Direct any questions to Commander Robert "Bob" Hill at 256-443-6336.

**Florence/Lauderdale Tourism is encouraging local residents to plan family reunions** in Florence and the Shoals by offering Family Reunion Planning 101 on Wednesday, March 21. The free seminar will take place from 11:30am-1pm at the Visitor Center located in McFarland Park. Light refreshments will be served. Seminar attendees will learn to plan fun family reunions and how the Visit Florence, AL team can help every step of the way. In addition to event-planning services, Visit Florence, AL can also provide families with materials to encourage reunion attendance, plan special tours and other area resources needed for a successful event. The free seminar is open to the public. Seating is limited and if you need additional information or want to attend please email alison@visitflorenceal.com or call 256-740-4141.

**Hazelwood Head Start Program** at 334 Hazelwood St., Town Creek, is now taking applications for children ages 3-4 for the upcoming 2018-2019 school year. Registration will take place from 9am-1:30pm each Tuesday. Parents must bring the following items: Birth Certificate, Verification of Income for 2017 (W-2 form, Income Tax Return, Check Stub, Social Security Statement, Child Support, Unemployment, etc.) Medicaid or Insurance Card (if available), WIC, Food Stamps, College ID, Military ID, Proof of Kinship Care, IEP/IISP. Services are provided at NO COST to parents. Children with special needs and/or disabilities and Homeless families are given priority selection. Call for an appointment today at 256-685-0075.

**LifeSouth Community Blood Drives for March** - Keller Center - Monday thru Friday 9am - 5pm, 1208 South Jackson Highway, Sheffield - 256-383-3535  
ECM Center - Monday thru Friday 9am - 5pm, 205 Marengo St., Florence, 256-765-7038  
Wednesday, March 21, 7:30am - 4pm, Hackleburg High School, 189 Panther Road, Hackleburg  
Thursday, March 22, 10am - 5pm, Shoals Hospital, 201 W Avalon Avenue, Muscle Shoals  
Friday, March 23, 10am - 5pm, Shoals Outdoor Sports, 1605 Hwy 72, Tusculumbia  
Saturday, March 24, 10am - 4pm, H&R Block, 233 Avalon Ave, Muscle Shoals  
Sunday, March 25, 11am - 5pm, Dollar General, 706 Woodward Ave, Muscle Shoals  
Monday, March 26, 11am - 7pm, Walmart, 3100 Hough Road, Florence  
Tuesday, March 27, 5am - Noon, Firestone, 393 Denton Circle, Tusculumbia  
Wednesday, March 28, 2-8pm, Firestone, 393 Denton Circle, Tusculumbia

**Happenings during March at Florence Lauderdale Public Library** - For more information, call 256-764-6564, ext. 128  
Get Dirty at the Library: Garden and Landscape Pest Management - Thursday, March 22, 11:30am  
Taylor Reeder of the Alabama Cooperative Extension System will help you troubleshoot any pest problems you have in your garden or lawn.  
Get Dirty at the Library: Urban Forestry/ Tree Maintenance - Thursday, March 29, 11:30 am.  
Even seasoned gardeners are often unprepared when it comes to caring for their trees. For the final event in our Spring 2018 gardening series, Taylor Reeder of the Alabama Cooperative Extension System will talk about Urban Forestry/ Tree Maintenance.

Thank you for reading the Courier Journal!

AD VALID  
**MARCH 21-27, 2018**

HWY. 200  
CENTRAL HEIGHTS  
SAVE 3% ON SALES TAX

We Accept Food Stamps & WIC

**VALUABLE COUPON**

**Senior Citizen Coupon**

**5% Discount**

**On Total Food Bill**

**VALID MARCH 27, 2018**

FRESH PRODUCE	
<p><b>BOSTON BUTT Pork Roast</b></p> <p><b>1.39</b> LB.</p>	<p><b>VALUE PACK Split Fryer Breast</b></p> <p><b>1.39</b> LB.</p>
<p><b>WESTERN BEEF T-Bone Steak</b></p> <p><b>6.99</b> LB.</p>	<p><b>COUNTRY STYLE Pork Ribs</b></p> <p><b>1.59</b> LB.</p>
<p><b>Fresh Pork Steak</b></p> <p>lb. <b>1.69</b></p>	<p><b>BABY PEELED Carrots</b></p> <p><b>99¢</b> LB. BAG</p>
<p><b>John Morrell Hot Dogs</b></p> <p>12 oz. pkg. <b>99¢</b></p>	<p><b>SWEET JUMBO Onions</b></p> <p>LB. <b>69¢</b></p>
<p><b>Eckrich Sliced Bologna</b></p> <p>14 oz. pkg. <b>1.29</b></p>	<p><b>PIGGLY WIGGLY Butter-Me-Not Biscuits</b></p> <p><b>79¢</b> 10 CT. CAN</p>
<p><b>Cloverdale Farms Pork Sausage</b></p> <p>16 oz. roll <b>1.99</b></p>	<p><b>VAN CAMP'S Pork &amp; Beans</b></p> <p><b>75¢</b> 15 OZ. CAN</p>
<p><b>Zeigler Sliced Bacon</b></p> <p>12 oz. pkg. <b>3.49</b></p>	<p><b>PIGGLY WIGGLY Instant Light Charcoal</b></p> <p><b>3.99</b> 7 LB. BAG</p>
<p><b>Piggly Wiggly Sliced Ham or Turkey</b></p> <p>10 oz. pkg. <b>2.49</b></p>	<p><b>PIGGLY WIGGLY All Varieties Gatorade</b></p> <p><b>\$1</b> 32 OZ. BTL.</p>
<p><b>Armour Lunchables w/Drink</b></p> <p>all var. pkg. <b>1.99</b></p>	<p><b>PIGGLY WIGGLY Deluxe Mac &amp; Cheese or Shells w/Cheddar</b></p> <p><b>1.39</b> 12 OR 14 OZ. BOX</p>
<p><b>Piggly Wiggly Crescent Rolls or Cinnamon Rolls</b></p> <p>8 ct. or 8 oz. tube <b>2/\$4</b></p>	<p><b>PIGGLY WIGGLY Ice Cream or Fudge Bars</b></p> <p><b>2/\$6</b> 12 CT.</p>

MADE IN ALABAMA  
**Piknik Mayonnaise**  
30 OZ. JAR  
**1.79**

**Pepsi and All Pepsi Products**

**3/\$10** Your Choice  
12 PACK, 12 OZ. CANS

**5/\$5**  
2 LITER BTLs.

**PIGGLY WIGGLY Flour**  
5 LB. BAG **1.69**

**Corn Meal Mix**  
5 LB. BAG **1.79**

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

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

**PALMOLIVE Liquid Dish Detergent**  
52 OZ. BTL. **3.45**

**PIGGLY WIGGLY All Varieties Shredded Cheese**  
8 OZ. BAG **1.89**

**MAXWELL HOUSE Original Coffee**  
31 OZ. CAN **6.59**

**PIGGLY WIGGLY Vegetable or Canola Oil**  
48 OZ. BTL. **1.79**

**ANGEL SOFT Bathroom Tissue**  
12 ROLL PK. **4.99**

**PIGGLY WIGGLY Ice Cream**  
56 OZ. CARTON **2/\$5**

**SHUR FINE Frozen Crinkle Cut French Fries**  
2 LB. BAG **2/\$4**

**PIGGLY WIGGLY Ketchup**  
34 OZ. SQUEEZE BTL. **2/\$3**

**PIGGLY WIGGLY Crackers**  
16 OZ. BOX **1.39**

**SAUERS Mayonnaise**  
30 OZ JAR **2/\$4**





# 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 ESTATE SALE:** 109 Government Blvd., Friday & Saturday, 8am-5pm, Twin adjustable bed, like new \$1,200; Antique Mahogany full size head/foot board, small dresser with mirror, chest, mattress and box springs \$800; Antique Duncan Phyfe Sofa good condition, no stains \$150; Antique drop leaf table \$125.



**TUSCUMBIA NORTH** 605 JEFFERSON St., Saturday, 7am-untill? Furniture, glassware, dishes, comforters.

**ESTATE SALE: MARCH 23 & 24** 8 AM to 4 PM, 349 Beech Hollow Road, Killen, AL. Several sets of fine china, German beer steins, glassware, collectibles, Craftsman power and hand tools, furniture, art and prints, kitchenware, bar items, pool table, linens, grandfather clock, Christmas items, records, 8 tracks, books, collectible magazines, pipes, antique ice box, Norman Rockwell plate collection, antique sideboard. No children's items. No major appliances. Cash only (no checks, credit or debit cards). Numbers available at 7:30 AM both sale days. Please do not block driveways, mailboxes or park on lawns. No early sales.

**MUSCLE SHOALS YARD SALE:** Brookford Place (Jackson Heights) Sat., 7am-untill? Crib, changing table, stroller, toddler clothes, meat smoker, and more!

**PETERSVILLE 4170 HWY. 157** Friday and Saturday, 7 am - 5 pm, Tools, Table and Chairs, Bedroom Suit and more!

## Shorts...

### 17 Phi Theta Kappa Awards

Continued from Page 2

#### PHIL CAMPBELL CAMPUS

- Continued Excellence Award

- Distinguished Chapter Officer Team Award
- Distinguished Honors in Action Project Award
- Distinguished Honors in Action Theme Award
- Distinguished Chapter Member Award - **Leah Gunderman**
  - First Alternate, Most Distinguished Chapter Award
  - Five-Star Competitive Edge Chapter Officer Awards
  - Five-Star Chapter Award Reach Award (for increasing membership)

Both chapters will attend the Phi Theta Kappa International Convention next month in Kansas City.

Phi Theta Kappa, the International Honor Society of the Two-Year College, has recognized academic excellence in the two-year college since 1918.

### TVA Opens Comments

KNOXVILLE - The Tennessee Valley Authority kicked off a public comment period last week, seeking input on a draft Environmental Assessment that explores potential environmental and economic impacts of its proposed rate change.

The rate change would revise the structure of wholesale electric power rates to better align wholesale rates with the underlying costs to serve the 154 local power companies who serve TVA's service territory. As proposed, the standard service energy rate would be reduced. A grid access charge would be established to recover the same amount. The result would be revenue neutral for TVA.

To ensure a full range of issues are addressed, TVA invites members of the public, businesses, employees, environmental organizations, community leaders, as well as federal, state and local agencies, to comment on the proposed rate change EA, which can be viewed online at TVA's website.

The public comment period will close on April 9.

TVA welcomes the public's comments on the draft EA. Comments must be received or postmarked no later than April 9, 2018. Comments may be submitted by email or mail to Matthew Higdon at mshigdon@tva.gov or 400 West Summit Hill Drive, WT 11D, Knoxville, TN, 37902. Please note that any comments received, including names and addresses, will become part of the project administrative record and will be available for public inspection.



**JR. LAWSON TREE SERVICE-** \$100 off with this ad! Tree trimming, stump grinding, removal. Licensed/ bonded, free estimates, 256-856-7028

**PET CARE ITEMS LOTS** of items \$90 for all, leave message 256-217-0434.

**CHEVROLET: SILVERADO, 1986 \$3,795,** looks good, runs good, good tires, 350 engine, 350 transmission. 256-764-9973

**HOME IMPROVEMENT AND BUILDING:** siding, additions, garages, painting, decks, Free Estimates. 256-383-3218

**MITSUBISHI: LANCER ES, 2015 \$10,474. 39k.** Cloth, auto. Financing available. Call Cody 731-925-0458 or 256-764-3351.

**MOWING YARDS IN COLBERT** County, young man has his own mower, reasonable rates. 256-275-0245, ask for Justin.

## In Memory of Bobby Moore Scott

### 1937-2018

Bob was born on June 16th, 1937 in the Murphy Chapel community in West Lauderdale County to Robert and Eula Young Scott. Bob was the oldest of 9 kids. He passed away on February 19th, 2018 at the age of 80 years in Omaha, Nebraska. Bob was laid to rest in Manley, Nebraska. Bob served 8 years with the U.S. Air Force. Station duties included Texas, Nebraska, Florida, Michigan, and Newfoundland, Canada. After his military duties, Bob worked for Bryon and Bill Baker's construction company as a carpenter. He then worked for Peter Kiewitt of Omaha, Nebraska until he retired. Bob attended school at Kendall School, Threets, Central, and Waterloo Schools. Bob owned and restored several antique cars over the years.

Bob is survived by his wife Mary of Manley, Nebraska, son Larry and wife Brenda of Manley, daughter Trish and husband Larry Schliefert of Murdock, Nebraska, and two grandsons Greg and Josh Schliefert of Manley. Bob leaves behind four brothers: Gary Scott, David (Patsy) Scott, and Jim Scott, all of the Waterloo/Central area, and Jack Scott of Indiana. He leaves behind one sister Peggy Benson (Raymond) of Waterloo, sister-in-law Jewel Scott of Waterloo, and brother-in-law Freddie McFall of Cloverdale.

Bob was preceded in death by his parents, Robert and Eula Scott, two brothers Daniel and Steve "Yogi" Scott, sister Earline McFall, and two sisters-in-law Bobbie Scott and Joyce Scott.

**TAX REFUND, NEED A Car?** I can help!! Financing Available. Call Brandon 256-710-4598 or 256-764-3351.

**VOLKSWAGEN: BEETLE TURBO, 2012 \$11,400,** 45,810 miles, one owner, with Fender Sound, navigation, heated leather, 18" alloys. 256-764-0396

**GREEN PLANET LAWN SERVICES**  
Specializing in flower bed maintenance, shrub trimming, mulching, hand pulled weeds, complete yard mowing and clean-up. Free estimates. Call Antonio at 256-284-5590.

**BUYING ANTIQUES, COLLECTIBLES AND USABLES.** Call Wayne at 256-762-7944

**FORD: EXPLORER XLT, 2007 \$6,500,** 4x4, 3rd Row Seating, Red, 133,000 miles. Call or Text 256-710-4339 (Muscle Shoals)

**CADILLAC: ESCALADE, 2007 \$21,500.** White diamond in color. 77k. New Vogue tires on factory 22" rims. 256-394-3264

**CHEVROLET: SILVERADO 1500 LTZ.** 2015 \$31,000. 4-dr, Crewcab, 30k, loaded. White, extra clean. 256-763-4641.

### GERMAN SHEPHERD PUPPIES

Registered, full-blooded CZECH military/ police bloodline. All vet visits. Black and tan. Sheffield, AL. \$500. 256-263-7291

**COMPLETE YARD WORK: WEED eat and mow yards.** We do a good job! 256-366-2022

**SIMPLE LAWN CARE CO.** Grass cutting service. 256-702-9568

**BASEBALL CARD SHOW: SATURDAY,** April 7th, Coldwater Inn, Hwy. 72 Tusculumbia, AL. (Across from the Alabama Music Hall of Fame) 7 a.m. - 3 p.m. Free Admission.

**I BUY JUNK CARS, TRUCKS AND VANS** and repairable vehicles. Call Mike 256-702-8400

## Citywide Clean Up Event

Volunteer to Help Keep Florence Clean  
**Saturday, March 24**  
8am-Noon  
(Rescheduled from March 10 due to bad weather)

Meet us at **NEW LOCATION McFarland Park** for gloves, litter-grabbers, vests, trash bags and breakfast to help pickup littered streets!  
Register as an individual, group, or business for a designated area!

[florenceal.org](http://florenceal.org)  
256 760 6495  
[recycle@Florenceal.org](mailto:recycle@Florenceal.org)



**SPONSORS**  
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Promotional space courtesy of the Courier Journal

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By Prescription Only

# \$9<sup>99</sup>

30ct for

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## Cosopt Eye Drop Generic and Trusopt Generic Eye Drops

By Prescription Only

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per 10ml btl. or covered by your insurance

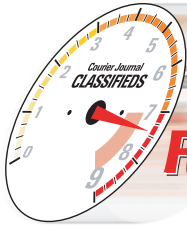
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**Barnes Health Care Pharmacy** 221 N. Court Street  
Historic Downtown Florence 256-764-3961



Courier Journal

# Classifieds



## Sell It Fast with a RED LINE AD



## TNValleyStuff.com

only \$3 additional

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

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

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

## Online

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

## Phone

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

## Fax

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

## Mail

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

## Office

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

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

\*one line is approx. 30 characters


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

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

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

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

### MAILING ADDRESS:

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

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

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

**DEADLINE: Friday 5pm**



## A Leg to Stand On

Continued from Page 1

point where she couldn't walk. "I told my primary care doctor, Patsy Burks, MD of Lawrenceburg, that I couldn't stand the pain anymore. I'd been dealing with it ten years and I fell a lot. That's when she sent me to Dr. Naidu.

"I'm grateful for his knowledge. He really cares. Praise God."

Mrs. Mathis acknowledges that she had become confined to a wheelchair for mobility outside her home, but now she's able to walk. "I had five very deep clots in my legs that no one else had been able to find. But Dr. Naidu doesn't give up."

According to Dr. Naidu, "There's just so much undue suffering. Statistically 30%-40% of the general population has leg issues." Blood flows against gravity in the legs, so there's potential for leg problems. Diabetics need to be especially aware.

Dr. Naidu is sharing his skills and knowledge with other doctors and medical personnel. He has been asked to speak at the International Vein Conference in Miami later this year. In the meantime, his 80-year-old mother, who is also an M.D., is lecturing in Belgium. She's taking a little time off from her teaching at Johns Hopkins. This is clearly a talented family.

Lucky for the Shoals Dr.

Naidu trained at the world renowned Cardiovascular Institute of the South in Homa, Louisiana. It was his experience there that led him to this area. "There's no reason a smaller area can't offer world class cardiovascular and leg care."

Patient Pat Staley, 82, arrived at the clinic angry. He suffered with restless legs that interrupted his sleep at night. His feet felt like he was walking on gel. He'd even gone to another doctor to have his veins sealed and it didn't work. "I was almost suicidal," he admits. "I was unable to walk, and I've always been active and had jobs that required a lot of walking."

Dr. Naidu placed stints in Staley's legs. That was in 2012. "I apologized to the staff," he admits. "They were all so nice." Now he said he recommends Dr. Naidu and the staff to anyone having to deal with leg pain, cramping, stinging, swelling, varicose veins, or a myriad of other problems.

The Cardiovascular Institute of the Shoals is located at 2095 Florence Blvd in Florence across from Bentley Chevrolet. They can be reached at 256-766-2310 or by going to their website at [www.shoalsheart.com](http://www.shoalsheart.com). You'll also find additional information on the Facebook page, [drnaidu](https://www.facebook.com/drnaidu)@cardiovascularshoals.com

Courier Journal

### Personnel

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Thomas V. Magazzu
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**CIRCULATION**  
John Steele

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

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**219 W. Tennessee St.**  
Florence, AL 35630  
256-764-4268  
Fax: 256-760-9618

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

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

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

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

**JOHN DEERE MOWER L115** automatic. Good condition. \$300 firm. 256-252-5853.

**CONNECTION CHRISTIAN TOURS PRESENTS:**  
**DIAMOND Hunter:**  
April 5-7. 2 nights lodging, 2 shows, 2 dinners. **Branson Spring Tour:** May 17-19. 4 shows with Samson. 256-383-3594.

**HOME IMPROVEMENT AND BUILDING:** siding, additions, garages, painting, decks, Free Estimates. 256-383-3218

**USE YOUR TAX REFUND NOW ON YOUR NEXT VEHICLE!** Call Matt 256-810-0283 or 256-764-3351.

**SOUTHERN APPEAL LAWN MAINTENANCE Services** - Lawn manicuring, landscaping, skid steer work, drainage solutions, tree and stump removal, decorative concrete. Licensed, bonded and insured. Free estimates. 256-381-2306.

**LOOK**

**GREEN THUMB LAWN CARE:** Entire Shoals area. Call Michael 615-969-8728

# C.E. POOLS

**Liner replacement, water chemistry, repair & hard to find parts are OUR SPECIALTY!**

See us on Facebook!

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**Complete Pools** starting at: **\$899**

**One Day Only! (April 7th Only)**

**YEARLY SPRING OPENING Sale! Sale! Sale!**

**DRAWING For 24' Pool along with other Givaways**

(April 7th ONLY. Installation Not Included) Must register that day. Don't have to be present to win. 1 registry per family.

- A/G Pools Discounted
- Door Prizes & Refreshments!
- Manufacturing Representatives Present

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**Turn South & Go 1 1/4 mi. Down Big Oak Rd. (Co. Rd. 107) Center Star**

**April 7th ONLY**

**\$25 Off**

**100 LB. CHLORINE**

**FREE**

**5 LB. SHOCK WITH PURCHASE OF 50 LB. TUB OF TABLETS**

**In-Ground & Above-Ground Packages also available**

**Financing Available!**

**Store Hours**  
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**Locally Owned**

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**LOVESEAT SOFA SLEEPER, EXCELLENT** condition, \$100. 256-381-2724 (Tuscumbia area)

**GMC: CANYON, 2005 \$6,000.** Has nice bed cover. Call 256-383-6551 or 256-394-7794

**VOLKSWAGEN: JETTA S, 2015** \$11,348. 41k. Cloth, automatic. Financing available. Call Hoke 256-740-1297 or 256-764-3351.

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After Bro. Franklin Graham's funeral message, covered by this world's media, no one has an excuse on this planet for going to hell. A word to the saved **2 Peter 3:10-11** "But the day of the Lord will come as a thief in the night; in the which the heavens shall pass away with a great noise, and the elements shall melt with fervent heat, the earth also and the works that are therein shall be burned up. Seeing then that all these things shall be dissolved, what manner of persons ought ye to be in all holy conversation and godliness." The saved must warn the lost. Your hands are then pure from their blood.  
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**Q** Can my attorney charge me for negotiating down my medical bills?  
*Charlotte, Tuscumbia, AL*

**A** If I understand your question, your attorney charged you an attorney's fee and then negotiated down your medical bills and charged for you that service as well.

If that is all that you hired them for then I see no reason why they cannot charge you for that service.

On the other hand, there have been law firms that would enter into a contract with a client where they charged a fee on the recovery for personal injury and an additional fee for negotiating down the bills. That is not a correct charge. The rule is that negotiating the bills is part of

the service in a personal injury case.

Remember that a first party provider (a doctor or hospital that directly provides the medical service) probably does not have to reduce their charges. There are exceptions for "not-for-profit" hospitals and other providers but basically the people who provide the service are paid for their services. Oddly enough, this is a little different because no one ever gets a price schedule to choose where they want emergency care based on price. These are prices are not fairly negotiated from the beginning.

However, a second party payor (Blue Cross Blue Shield, Medicare and other parties who pay for care) usually have to, by law, reduce their charges. I made that the law in the State of Alabama and I'm proud of it (Ex parte State Farm 118 So3d 699). Some insurance payors do not have to reduce and will not reduce. These payors are typically self-funded plans through work (ERISA) or governmental plans such as Champus or TriCare. Government employees are exempted from the provisions of ERISA because Congress did not want this anti-consumer law to apply to them.

So, no, your lawyer cannot charge you for reducing your bills in a personal injury case.

*Buckle up, drive safely and as always your referrals are appreciated! 256-764-0112*

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sin and your need for forgiveness. If you are ready to make this choice, as an affirmation of your belief, you may wish to pray a prayer like this one: *Dear God, I understand I am a sinner, but I believe Jesus died for my sins, and I now accept His gift of eternal life. Thank You for forgiving my sins. Thank You for my new life. From this day on, I choose to follow You and Your will for my life.*

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Please send resume and/or application to Sheffield Utilities, P.O. Box 580, Sheffield, Alabama 35660, Attention: HR Dept. or e-mail to [apply@sheffieldutilities.org](mailto:apply@sheffieldutilities.org). Applications and Job Descriptions can be downloaded from our website [www.sheffieldutilities.org](http://www.sheffieldutilities.org) or picked up at 300 N. Nashville Avenue, Sheffield between the hours of 8 a.m. and 5 p.m., Monday through Friday.

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IS ANTIVIRUS on a phone or tablet necessary? The quick answer: Nope. But the reason why it's not necessary is interesting.

Unlike our PCs, Android and iPhones are not "open" to the rest of the computing universe.

A normal computer (Mac or Windows) will allow you to download software from wherever you want. You have unrestricted access to everything. But the apps you download for tablets and phones have been carefully vetted for security vulnerabilities.

Many of us have seen scary "Virus alert!" notifications on our phones. Those are scams. Your phone is not infected. You



Fisher

# PHONE AND TABLET ANTIVIRUS?

by "The Computer Skeptic"

simply hit on a website that tried to trick you into buying something you don't need. Pushing the "back" button a few times or restarting your phone usually puts an end to those annoyances.

The main reason phones are not as susceptible is that phone manufacturers make it difficult for users to download apps from sources outside of Google's Play Store or Apple's App Store. If you want to download an app from outside their "sandbox," you have to dig deep into your phone's settings to disable the setting that disallows apps from

third parties.

However, phones are not perfect. Not by a long shot. All of us are aware of the pesky updates we receive from time to time on our phones. Many of you avoid installing those as long as possible because they disconnect us from the universe for a few minutes. I know how disconcerting that is but they are very important. Don't ignore them. These updates patch-up vulnerabilities that have been found.

There are some times when you do need to be careful using WiFi networks. This goes for

phones, tablets and regular computers. Doing your banking or online purchasing on a phone over your phone company's cellular network is about as secure as you can get. That data is scrambled from end to end making it nearly impossible for intruders to capture your data. Your home's WiFi is generally pretty safe, too.

However, if you are on a public WiFi network such as one at an airport or perhaps a coffee shop, you need to be careful. Sometimes these free hotspots are actually created by a scammer on his laptop sitting in an airport or coffee shop. He wants you to connect to his own wireless network to capture whatever you have on your computing device.

I have a spy program on my laptop that I've been meaning to use at a coffee shop as sort of a research project. This widely

available program would allow me to capture every keystroke you make on your phone (or computer) at a public WiFi. I could own you if I wanted. I've not gotten around to it but if you ever see me in the back corner of a coffee shop with a laptop, wearing an evil grin, you'll know what I'm up to. I've just been too lazy to go through the trouble. But someone else might not be so lazy. So be careful very careful, when you are using free public WiFi networks.

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## Celestial Thoughts

A kind-hearted woman I know, walked up to our front door one day and gave us \$400.00 to help us out during a period of illness my husband was experiencing. My husband and I were in shock at her act of love. As it turned out, our utility bill had been unusually high that month because it had been very cold. My husband had been out of work for a while and all the regular bills and medical bills were starting to pile up. It was a no-brainer where the money would go. God used our sister-in-Christ to answer one of our prayers and we were so grateful. Do something this week to serve God. He may be using YOU to answer the prayer of another child of His.

Dawn

"Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you." Luke 6:38

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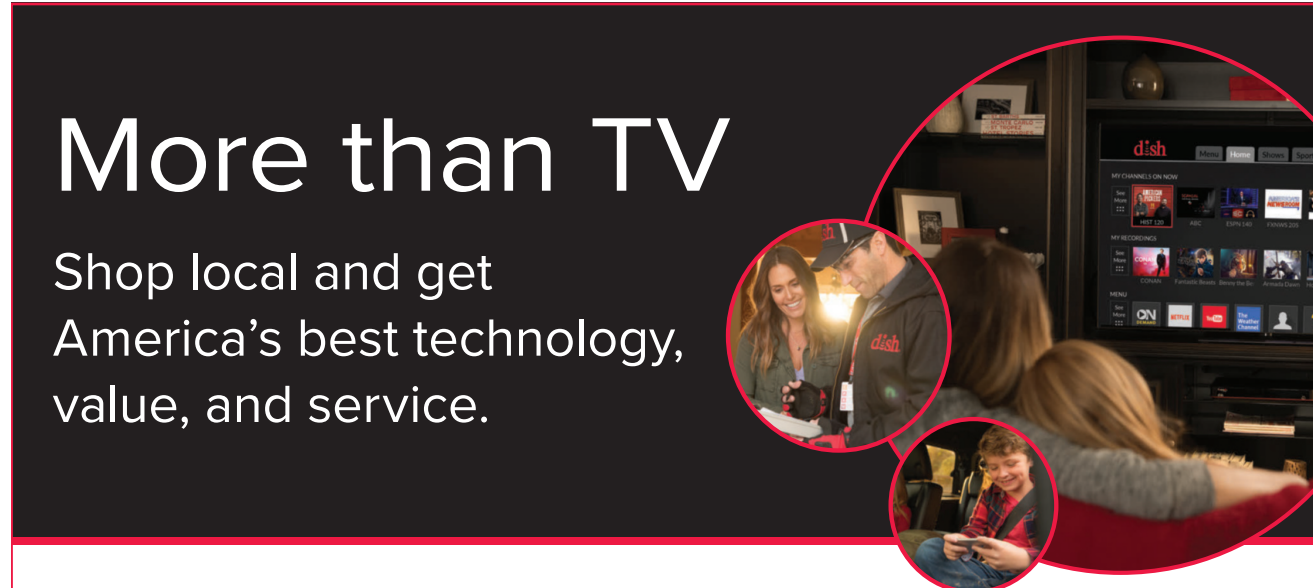
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Ysabella Goodman, right, with her blue ribbon and art teacher, Pam Burns.  
Courtesy photo



**Ribbon...**

Continued from Page 1

Ysabella's work was among 17 middle and high school students selected as Blue Ribbon finalists. Huntsville mayor, Tommy Battle, presented the awards. The works from the 17 Blue Ribbon Finalists will displayed alongside other regional-winning pieces in the Georgine Clarke Alabama Artists Gallery at the ASCA in Montgomery.

**Citizen...**

Continued from Page 1

Jan Ingles, whose term begins April 1. The Shoals Citizen of the Year was also announced. Lisa Patterson has been serving her community since she graduated from UNA in the early 80's. She was named UNA's Alumna of the year in 1993. The partner at Patterson, Prince & Associates accounting firm chaired the Shoals Chamber Board of Directors in 2001-2002, was a founding member of the Shoals Scholar Dollars Foundation, and was a key in the formation of a new Women in Business group that mentors female professionals through the chamber.

Lisa serves on the UNA President's Cabinet, the UNA College of Business Advisory Council, and is a current board member for the Shoals Entrepreneurial Center and Northwest Alabama Fellowship of Christian Athletes.

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**Commentary**

# A Constitutional Misstep at Hand

Attorney General Jeff Sessions is finally taking steps to nullify California's self-described sanctuary status. The recently-filed Department of Justice lawsuit, *United States v. State of California*, is supposed to mandate enforcement of immigration laws that are blatantly being flipped off by government officials and illegal alien sympathizers in the state. It still sounds like a simple immigration issue with the federal government on one side and the state of California on the other.

**In A Few Words**



**TOM MAGAZZU**  
Editor

As badly as I hate it, I am afraid it is deeper than that. It is about the federal government trying to strong-arm state and local governments to enforce federal law. That is in direct violation of the Constitution and 1997 Supreme Court precedent. In that case the court ruled that the federal government could not force local law officers to conduct background checks on gun purchasers in support of the Brady Handgun Violence Prevention Act.

There is no difference in that case and the fact that California officers no longer detain or investigate people for suspected immigration violations. In 1997 the court held that federal law can't compel local participation, nor can congress force state bodies to pass laws requiring participation. "The Federal

See MISSTEP... on Page 32

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## Courier Journal



# in the Shoals

March 14, 2018

# THIS WEEK

## Happening THIS WEEK



## Lovell's Southern Visions

TUSCUMBIA—The Tennessee Valley Museum of Art opens the exhibition H. R. Lovell: Southern Visions at 1pm on Sunday, March 25. The museum is located on 511 N. Water St. in Tuscumbia and admission to the opening is free.

Southern Visions will be on display through May 4. Hours are 9am-5pm, Monday-Friday and 1-3pm on Sundays. Admission is \$5 for adults and \$3 for students during the week and free on Sundays.

The exhibition will feature works on loan from the collection of Quinton Horner and the Horner family and from the artist, H. R. Lovell. Horner, who inherited his late father's collection, said much of the work has been out of the public eye for several years.

"It needs to be viewed by somebody other than just me," Horner said.

Lovell was named Tennessee's Artist-in-Residence for 2001-2003 by the Tennessee State Senate.

March 25

He is a self-taught painter who uses a photorealistic style, often depicting the South and its people with strong composition and late afternoon light with deep shadows.

"I've always been an advocate of Lovell's art," said Horner. "There were times when I would sit for an hour and stare at one painting and look at the brushstrokes and think: how does someone do this? How does he pick just the right color

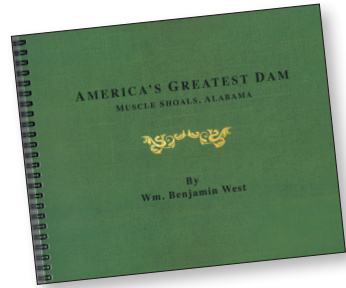
See VISIONS... on Page 23

Reprint from 1925

## Historical Society's New Book

SHOALS- The Tennessee Valley Historical Society has just released its latest publication. It is a handsome reprint of the 1925 book entitled *America's Greatest Dam* by W. Benjamin West. The book is loaded with great photos and interesting details about Wilson Dam, Wilson Steam Plant, Nitrate Plant No. 2, Nitrate Plant No. 1, and Village One.

The book's author, Ben West, was a native of



See DAM... on Page 23

**CONCERT AT THE CROSS** takes place at Highland Baptist Church at 6:30pm on March 22. It will be a night of worship and reflection led by the Highland Baptist Church Ministry of Praise Choir and Orchestra featuring the artwork of Scott Erickson and the songs of Elevation Worship, Kari Jobe, Bethel Music, Hillsong Worship, and more. Concert at the Cross is a FREE event for the community. The service will include live music, communion, and a time of prayer and giving for world missions. Attendees will receive an Easter devotional guide. Childcare will be available for children 5 and under. For more information, email info@highlandbaptist.com or call the church at 256-764-1392. www.highlandbaptist.com or https://www.facebook.com/events/574888752858613/ The church is located at 219 Simpson Street in Florence.

**EASTER EGG HUNT** takes place at Nitrate City Baptist Church, 6175 Second St., Muscle Shoals, on Saturday, March 24 from 2-4pm. There will be free food and fun activities before we begin the Easter Egg Hunt for babies to 6th grade. Come join us.

**NAMI SHOALS PRESENTS ITS BI-MONTHLY** education meeting Tuesday, March 27 at 7pm at the NAMI Shoals office, 749 Thompson Street, Suite A, in Florence. The speaker will be John Harris of Harris Elder Law. John Harris will discuss details and advantages of a Supplemental Needs Trust and will answer whether this trust could be right for your family's needs. The public is invited to attend. For directions or more information, call 256-765-2081.

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

## SOFTBALL

at UNA Sports Complex, Florence

March 24 (DH) & 25 vs. Mississippi College

Mon. Mar. 26 (DH) vs. Spring Hill



## BASEBALL

at Mike D. Lane Field, Florence

March 24 (DH) & 25 vs. Mississippi College

Tues. Mar. 27 • 5pm vs. Alabama A&M

Check www.roarlions for complete schedules

## YOUR Letters

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

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



## \$79,000... So Far

Dear Editor:

On behalf of United Cerebral Palsy of Northwest Alabama, thank you to everyone who so generously supported our recent telethon on the Valley's CW. We are so thankful to God and to this community for pledging to-date around \$79,000 to help us provide services for another year to children who are developmentally disabled. We are overwhelmed by the support we've received. Thank you to the many individuals who helped with our telethon this year. This endeavor would not be possible without the help of so many.

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

At these protests do any of these people have to go to work? ”

and services to families again this year. THANK YOU!

Alison Isbell, Executive Director  
United Cerebral Palsy of NW Alabama  
Tuscumbia

## Bullies at Any Age

Dear Editor:

We all know these people. Men (most bullies ARE male) in their 40's or 50's, old enough to know better, who get off on making fun or laughing at people they deem in their arrogant mind to be unworthy. For example, a person gets on an elevator and two guys old enough to know better look at each other, smirk, and snicker. A smart

person knows these jerks are laughing at him/her, sharing some stupid private joke! Bullies of any age apparently have not been raised right, or they have some mental or emotional defect, so they should be treated accordingly. Turning the other cheek is hard, but must be done. The one who is bullied is obviously the better person anyway, so they should take the high road. Some men never outgrow stupid, so pity for such guys is appropriate. They have earned it.

A variation of the bullying theme are these guys who stand around, give woman a numerical value 1-10, then treat woman accordingly. The women they judge on the upper end of the scale are treated nicely, given respect and

See LETTERS... on Page 30





## Tips and Resources for Older Job Seekers

Dear Savvy Senior,

What resources can you recommend to help older job seekers? I'm 60 and have been out of work for nearly a year now and need some help.

Seeking Employment

Dear Seeking,

While the U.S. job market has improved dramatically over the past few years, challenges still persist for many older workers. To help you find employment, there are job resource centers and a wide variety of online tools specifically created for older job seekers. Here's where you can find help.

### Job Centers

Depending on where you live, there are career service centers located throughout the U.S. that can help you find a job. One of the best is the American Job Center (AJC) that has around 2,500 centers nationwide. Funded by the U.S. Department of Labor's Employment and Training Administration, AJCs are free-to-use resource centers that can help you explore your career options, search for jobs, find training, write a resume, prepare for an interview and much more. To find a center near you, call 877-872-5627 or go to [CareerOneStop.org](http://CareerOneStop.org).

Some other good programs for older workers include the Senior Community Service Employment Program (SCSEP), and AARP's Back To Work 50+ program.

The SCSEP – sponsored by the Department of Labor – helps place income-eligible workers over age 55 in part-time, temporary community service positions where they can learn job skills. To learn more or locate a program in your area visit [DOLETA.gov/seniors](http://DOLETA.gov/seniors) or call 877-872-5627.

AARP's Back To Work 50+ program currently offers workshops in 19 locations around the U.S. that provide career counseling, job coaching and skills development for 50-plus job seekers. Or, if you can't attend their workshop, they also offer an excellent guide called "7 Smart Strategies for 50+ Jobseekers." To get a free copy, or see if there's a workshop in your area call 855-850-2525.

If none of the above programs are available in your area, check with your local public library or nearby community college to see if they provide career services.

### Job Search Sites

There are also a number of online job search sites that can help you connect with companies that are looking for mature, experienced workers.

Some good sites for 50 and older job seekers include: [WhatsNext.com](http://WhatsNext.com), which offers a job search site and has online assessment tools, calculators, career guides and career coaches to help you; [RetiredBrains.com](http://RetiredBrains.com) that provides information on finding temporary or seasonal jobs, as well as starting your own business, working from home, writing your resume, finding full-time work, and continuing your education; [RetirementJobs.com](http://RetirementJobs.com) that lets you post your resume and search for full-time or part-time jobs online; and [Workforce50.com](http://Workforce50.com), which has job search functions and a list of favorite age-friendly employers by industry. It also gives you the ability to sign up for job alerts.

### Work at Home

If you're interested in working at home, there are many opportunities depending on your skills, but be careful of work-at-home scams that offer big paydays without much effort.

Some popular work-at-home jobs include sales and marketing, customer service, teaching and tutoring, writing and editing, Web development and design, consulting, interpreting and medical coding just to name a few.

To find these types of jobs, a good place to start is [FlexJobs.com](http://FlexJobs.com), which filters out the job scams and lists thousands of legitimate work-at-home jobs in dozens of categories. You can gain access to their listings for \$15 for one month, \$30 for three months or \$50 for a year.

### Start a Business

If you're interested in starting a small business but could use some help getting started, the U.S. Small Business Administration offers tips, tools and free online courses that you can access at [SBA.gov](http://SBA.gov).

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit [SavvySenior.org](http://SavvySenior.org). Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.



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 by Charles Barry Townsend

**He's In The Money!**  
 In this type of puzzle you are given a word that must be changed into another word in a series of moves. During each move, you must change one letter in the previous word so as to form a new word. In our example, we changed HAVE to LEND in four moves. See if you can change the following five words in four moves.

**HAVE**  
**LAVE**  
**LANE**  
**LAND**  
**LEND**

1. FIRE to SOOT  
 2. BAKE to ROLL  
 3. LIMP to RACE  
 4. DRUM to BEAT  
 5. BULL to COWS

**Answers On Page 34**

**SEE IF YOU CAN** make this math expression correct by adding five minus signs and one plus sign between certain numbers on the left side.  
**1 2 3 4 5 6 7 8 9 = 100**

**FIND THE SEVEN WORDS PUZZLE!** In the word square at the right, we've removed six of the letters to spell out the word "PATENT." See if you can replace these letters in the squares so that you will have four three-letter words across and three four-letter words down. The time limit is 60 seconds.

T	M	O	A	F	K	A	E	M
T								A
U								O
N								M
O								L
O								O
N								E
D	I	L	A	L	T	I	N	H

**PATENT**

P	M	A	
A		L	
T	I		S
E		O	

Illustrated by David Coulson



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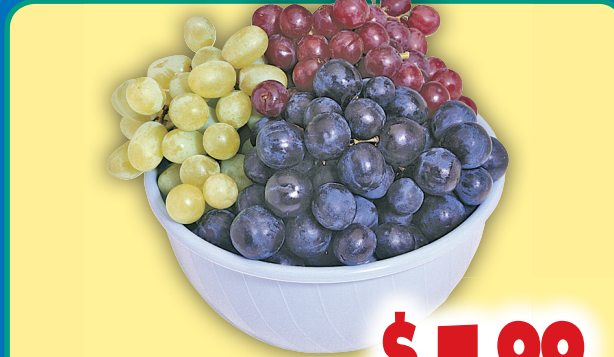
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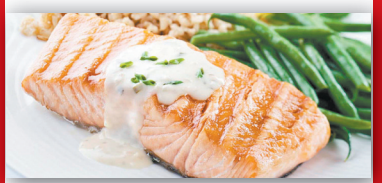
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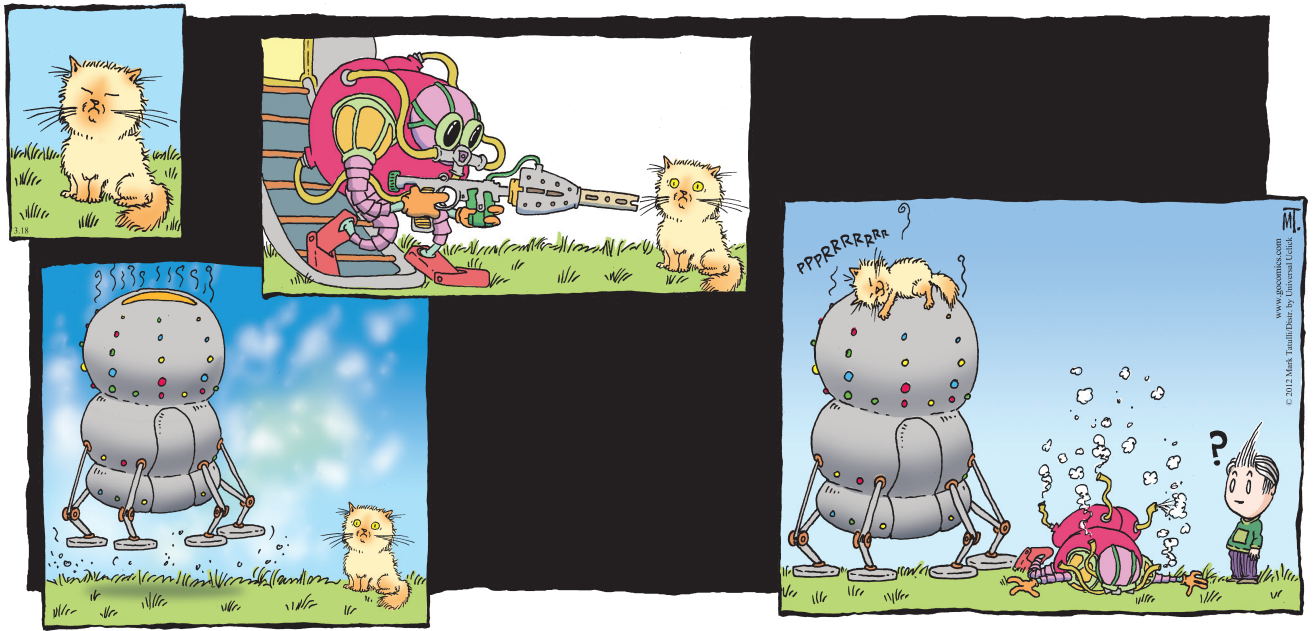
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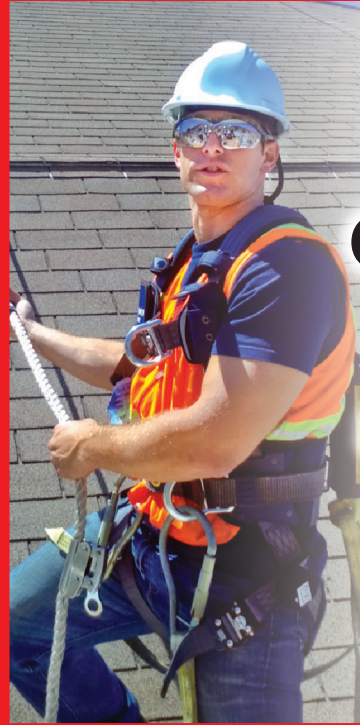
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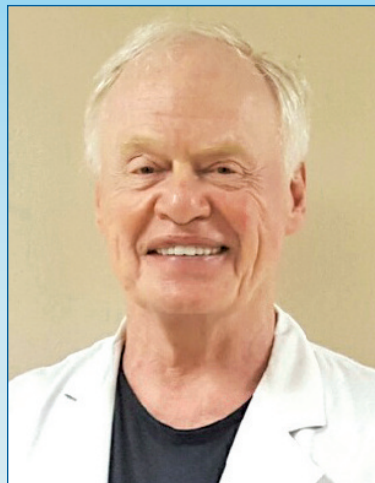
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# Dam...

Continued from Page 14

Centre, Alabama and a 1918 engineering graduate of what is now Auburn University. He came to Muscle Shoals in 1920, took many pictures, including a few from an airplane, and published his first edition that year. When Wilson Dam was completed, West published an updated edition (1925), which is the one used for the new reprint. Both editions were very well-received by readers and reviewers.

Richard Sheridan wrote the two-page foreword for the reprint. Dr. David Curott prepared the index. Other members of the publication committee were Joel Mize and Bill Clemmons. West's daughter gave permission for the reprint and provided pictures of her father which have been included in the new edition.

The book is on sale at local libraries and in Sheffield and Tusculum bookstores. It can also be purchased from Sheridan at 256-381-2298 or Mize at 256-856-0354. The release of this volume coincides with the 100th anniversary of the end of World War I and the two hundredth anniversary of the State of Alabama.

# Visions...

Continued from Page 14

and make those strokes look like rusted metal or hair?" Horner's appreciation of Lovell's work has only been deepened by his relationship with the artist.

"Harold is part of his artwork. Everything he paints has a story behind it that is personal to him," Horner said. "If he paints an old house, it's a house from someone in his family." Horner related Lovell's style to that of classic American painter, Andrew Wyeth.

"He paints in the same medium," he said. "Just like Wyeth painted the subject matters familiar to him, Harold paints subject matter that he relates to. His nostalgic paintings are reminders of simpler times."

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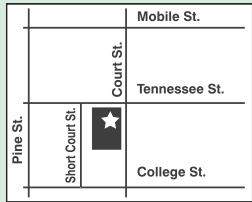
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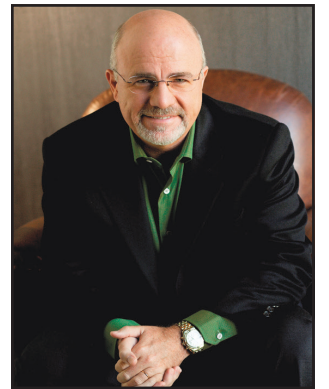
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# DAVE Says

by DAVE RAMSEY



## NOT AS BAD, BUT STILL NOT SMART

Dear Dave,  
How do you feel about check cashing companies?  
Norman

match, but I was wondering if instead I should open a high-yield CD.  
Kris

Dear Norman,  
I'm not a big fan of check cashing companies. They're not nearly as bad as payday lenders, but it still seems kind of silly to me there's even a market for this kind of thing. If you want a place to cash your checks and store your money, all you have to do is walk into a bank and open an account. I realize there's a small segment of the population that some people in financial circles like to call "the unbanked." This means that, for whatever reason, they avoid banks. That's their choice, but in the process, they leave themselves susceptible to bad deals.

Dear Kris,  
You're doing very well at a young age. Congratulations! I'm glad you're thinking about your financial future, too. But I've got a better idea. How about opening a Roth IRA with good growth stock mutual funds inside? That would be my choice. Fund it up to \$5,500 a year, and make sure the mutual funds have strong track records of at least 10 years. This investment — growing tax-free — will be superior to a non-matching 401(k) or certificate of deposit. If you want to invest even more, you could then put additional cash into the 401(k) offered by your company.

As I said, I don't feel the same way about check-cashing companies as I do about payday lenders. But it's still not a financially smart move to regularly pay a storefront operation fees just to cash your checks.

With your income and maturity, plus the proper investment strategy, you're likely to retire a very wealthy lady. Keep up the great work, Kris!  
—Dave

## HERE'S A BETTER IDEA



Dear Dave,  
I'm 27 years old, and I have no debt. In addition, I have a five-month emergency fund of \$14,000. Recently, I started a new job making \$60,000. I've been offered a 401(k) with no

\* 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 13 million listeners each week on 585 radio stations and multiple digital platforms. Follow Dave on the web at [daveramsey.com](http://daveramsey.com) and on Twitter at @DaveRamsey.

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Glass Department, floral glass vases and craft glass containers  
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Wood wall decor and finished decorative wood accessories  
Does not include furniture or unfinished craft wood

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Priced \$24.99 & Up

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Metal wall decor, functional & decorative metal accessories (Includes metal containers in our Floral & Crafts Departments)  
Does not include furniture

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Wall and table

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

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Does not include ribbon, trim or tulle sold by the yard

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Flowering and greenery  
Does not include custom designs or potted trees

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**Poetic Spirit™ by Bead Treasures®** Pendants, beads, leather and more

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Offer good for one item at regular price only. Limit one coupon per customer per day. Must present coupon at time of purchase. Offer is not valid with any other coupon, discount or previous purchase. One cut or one bolt of fabric or trim "by the yard" equals one item. Online fabric & trim discount is limited to 10 yards, single cut. Excludes Cricut® products, Gemini Machine™ Crafters Companion, Silhouette CAMEO® Machine, candy & snack products, gum & mints, helium tanks, gift cards, custom orders, labor, rentals, class fees or items labeled "Your Price". Exclusions subject to change. Cash Value 1/10¢. VALID THROUGH MARCH 24, 2018

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**NET GEAR N600 WIRELESS** Dual Band Router \$40 serious buyers leave message 256-652-8432.

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prisciliano2235@gmail.com



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This Ad Good March 21-27, 2018

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**\$6.88**

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**88¢**

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**88¢**

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**\$4.58**

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**\$2.38**

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**\$1.88**

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**BUYING BROKEN WASHERS AND** dryers. No Front Loads, 256-275-7699

**CHICKEN LITTER TRUCK** 1998 INTERNATIONAL 4900 SERIES, \$26,000. 256-740-9457

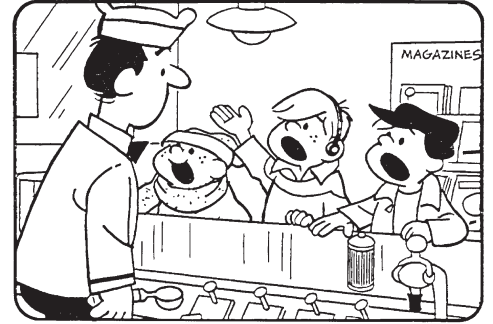


**BABY SALE! TEA CUP** Yorkie Poo. Chocolate, very tiny. \$700, cash only. 256-356-9481, 256-436-2504

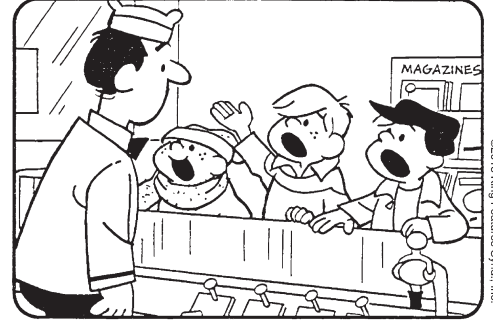
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Find at least six differences in details between panels.



Differences: 1. Cap is different, 2. Scoop is missing, 3. Light is missing, 4. Headset is missing, 5. Straw holder is missing, 6. Rack is lower.

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# UNSUNG HEROES

Volunteers impacting our community - tirelessly giving back and serving others

## Empower it Forward

Gillis Emphasizes Character, Confidence and Compassion

By Haley Walden  
for the Courier Journal

Sarah Gillis is passionate about empowering women in all stages of life.

A personal trainer and labor doula through her business, Gentle Movements, Gillis dedicates her time outside work to volunteering with both local and international organizations.

"I've been lucky enough to be surrounded by an amazing community of humans who fiercely support me and my family," Gillis says. "It's my calling and role to give back as much as possible."

Gillis volunteers on the board of *Conquering Life*, a nonprofit for women's empowerment she helped co-found in 2014, alongside Ashley Anderson, Andrea Hunt, Jessica Mangum and Brandice Senecal.

*Conquering Life* was centered around a weekend-long women's conference in Florence in 2015 and 2016.

Life participants volunteer in the Shoals area. Their recent focus has been on their two branch organizations, *C4 Shoals* and the *Help Us Help Her* Foundation.

*C4 Shoals* is a girls' empowerment organization for girls from rising fifth through seventh grade. The organization's tenets are community, character, confidence and compassion, Gillis says. *C4* is run by a volunteer board, including Gillis and co-founders Anderson and Hunt.

Each semester the girls involved in *C4* choose a major community service project as their focus. They also help serve Monday night community meals at Trinity Episcopal Church in Florence.

"We're in the process of finding a way to get involved with the women's prison system," Gillis says.

*C4's* board wants student participants to assist with packing purses for women being released from prison,



Sarah Gillis once struggled with an eating disorder. She plans on sharing details of that as part of her next project called, *Mirror, Mirror*.  
Courtesy Photo

according to Gillis.

Additionally, local volunteers like Gillis facilitate weekly activities with the girls in the program.

"We do different things every semester," Gillis says.

The girls put together scrapbooks containing takeaways from each meeting. For one project, they created a vision board of women who are powerful

so these girls can look back as a reminder of who they are, what they're doing, and why they're doing it. Making sure they're being leaders themselves.

"The next project is called *Mirror, Mirror*, and it's on your body image and knowing you're strong."

Gillis plans to share her story of struggling with an eating disorder as part of *Mirror, Mirror*.

"We focus on things these girls are going to deal with," she said. "We have a respect pledge: respect each other, follow our rules, be committed to one another, and talk well with one another. Women deal with insecurities and often aren't able to be vulnerable with one another. We want to instill in these girls at a young age that this is important."

While the weekend conference is no longer the

See EMPOWER... on 34

## Killen Time Mini-Golf is Back for Spring Break!

\*Hours March 24 - April 1  
Saturday & Sunday: 1-8pm  
Monday-Friday: To be announced

Golf Prices	18 holes	36 holes
Adults:	\$4	\$7
Child 10 & under:	\$3	\$5
Child 3 & under: FREE (with paying adult)		

On Hwy 72 • Killen  
across from Brooks H.S.  
facebook.com/KillenTimeAdventure  
\*March weather can be unpredictable - times and days of operation may be changed based on weather

## Volunteer Opportunities

Budgets are tight and needs are on the rise. Consider volunteering with these or other worthy organizations. The important thing is to find something for which you have a personal passion and then get involved...

**Rolling Riders** is a therapeutic horseback-riding program for children and young adults with disabilities. Each rider needs three volunteers to assist during the weekly session. Volunteers require only a sense of safety and desire to work with children with special needs. Nancy Squires or Dee Musselman, 256-740-8296

**The NACOLG SeniorRx Prescription Program** Volunteers needed to copy, file, do data entry and answer phones in the Florence, Haleyville and Phil Campbell offices. 800-243-5463 or Janette Sutton, 256-389-0532

**Hospice of the Shoals** is a nonprofit organization caring for terminally ill patients in their homes in Colbert, Franklin and Lauderdale counties. Volunteers needed to do errands, light housework and provide companionship to patients and their families. 256-767-6699

**Keller Hospice** is looking for Volunteers and donations for Hospice Promise Foundation. Contact Barbie Johnson, Volunteer Coordinator, 256-314-1204.

Board Members/ Directors: List a need here through email below.

Unsung Heroes is published bi-weekly as an exclusive feature in the Courier Journal



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# Letters...

## Bullies at Any Age

Continued from Page 14

kindness, even more. The women they judge on the lower end are treated like crap, or at least ignored and shunned.

Yes, this type of behavior can be labeled as bullying because these bullies are elevating themselves to the level of judging another human through their own perception.

There is a saying, "Never judge or make fun of anyone. You don't know what this person has been through or what their journey in life is all about."

Life is funny, though. Sooner or later, most bullies of any age eventually become bullied themselves by someone. It always pays to be polite. You never know. The one you bully or make fun of may be the one person placed to save your life one day.

People who are bullied usually do forgive, but they never forget!

Sherry Gordon  
Florence



## Do Some Good

Editor:

Here we go again. Trump wants to have a parade for our soldiers who put their lives on the line for the American people. You can always tell who's going to have a fit about it. They act like they do and say they hate America. They don't want anything good for American people.

If they hate it so bad over here, there are plenty of other places they can go and live like they want. I bet all these people who are dying to get into our land would trade places with them.

If Joe Biden had set up a parade, no one would have complained. They would have been right there with him.

At these protests do any of these people have to go to work? Or do they specialize in standing out on the street starting trouble all the time?

There are better ways to use your time. Why not do good things for society? I would thank you for showing us there is some good in you.

Betty Balentine  
Lexington

## Disjointed Discrimination

Editor:

We should not be surprised to hear of members of the military and civilian government employees committing immoral acts such as theft and misappropriation of funds. The basis for our law is God's law. When our courts rule that what is forbidden by God and was against the law in all our states is to be celebrated, it is only reasonable for young men and women to conclude that any forbidden behavior is all right.

Sodomy is forbidden by God and was a crime in all states and punishable under on the Uniform Code of Military Justice until just a few years ago when the article was changed.

Eric Fanning, the secretary of the Army under Obama, issued Army Directive 2016-25 (Civilian Employment Redress for Sexual Orientation and Gender Identity Discrimination). In the directive he cites the various Department of Army and Department of Defense regulations and directives on protecting the homosexuals.

However, you won't find any directives concerning discrimination against Christians in the Army. In fact, it has been acceptable in the Army and other armed forces to harass Christians and force them to hide any symbols of their faith (Bibles, posters, etc.), while sodomites must be respected. Soldiers, sailors, and airmen were not even allowed to express their disagreement with the so-called gay marriage.

There are so many holdovers from the Obama administration that this situation has not changed very much.

In his election campaign president Trump made several references to Christianity being under siege. Christianity is still under siege in our Armed Forces and will be until the holdovers from the Obama administration, which includes civilians as well as some generals and admirals, are removed.

Euell White  
Florence

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**HICKORY HILLS: 1701** MONTICELLO. Beautiful home! \$169,900, Gary, Sweetwater Realty 256-335-7402

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**FLORENCE: 3527 CLO-** VERDALE RD. Retail or office space. 1,100sq ft. \$850 rent. 256-764-3137.

**BRAND NEW APARTMENT HOMES**

**Covenant Court Apartments**  
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**FLORENCE: STUDIO** APT. NEAR UNA, nice location, skylight in living room, unfurnished, \$325. Call 256-394-6227

**FLORENCE: 510 HIGH** STREET Apt. C4. 2 bdrm, \$325 rent plus \$25 water. Appliances, central heat/air. 256-764-3137.

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

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★ ★ ★ ★  
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Lot # 104 Block A unit # 1-2 Garden of Good Shepherd. \$3,500 for both lots. Seller paying transfer fee. Call 256-436-0167

**FLORENCE: TOMBIGBEE** COURT APT. 1 and 2 bdrm. \$475/\$625 rent. Security gate, water, appliances, central heat/air. 256-764-3137.

**FLORENCE: APART-** MENT FOR RENT, near downtown, UNA. 1 bedroom, all appliances including washer and dryer furnished. No pets. 256-766-4756, 256-710-9150

**FLORENCE HOME FOR** SALE: 3 bedroom, 2 bath home on six +/- acres with creek running behind house and has a large pole barn. We also have 36 +/- acres adjoining home. Call 256-633-9770 or 256-284-0081

**291 CO. RD. 262 FOR** SALE; 3 BR 1 Bath on 3.63 acres in Cloverdale. \$43,700. CALL 580-302-3048 OR 256-810-8955.

**TOWN CREEK: APART-** MENTS IS accepting applications for 1, 2 and 3 bdrm. Rent based on income. Equal Housing Opportunity. 256-685-3360

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**TUSCUMBIA APART-** MENT: 1 OR 2 bedroom, good location, appliances and cable furnished, \$375-\$425 per month. Deposit and references required. 256-710-0968

**SHEFFIELD: 2707 E 13TH** Ave. 3 bdrm, 2 ba. Appliances, central heat/air. \$550 rent. 256-764-3137.

**TUSCUMBIA: 2 BDRM, 1** ba. New decor, appliances furnished. Central heat/air. \$475 mo. Deposit and references required. 256-710-0968.

**FOR SALE BY OWNER** Florence, 423 Rivermont Rd. 35634, 4 bdrm., 1 bath brick with Mother-in-law apartment separated from main part of the house by laundry room. Apt. has bedroom, bath, kitchen, living room and bonus room which could be a small bedroom. Covered porch, deck and covered carport on apt. Large shop in fenced in backyard. Main house has covered porch and carport. Very good neighborhood, awesome neighbors. \$140,000 OBO. 256-577-2364 Leave message or text.



**OFFICE/HOME FOR** SALE. LOCATED on Wilson Dam Rd, 1200 sq. ft., central heat/air, new roof and paint, **high traffic area!** PERFECT for law office, car lot or boutique. 256-436-8755.

**FLORENCE: RETAIL AND** OFFICE space on Hough Rd, beside Florence Mall. Rent: \$900 (1000'), \$1250 (1500'), \$1500 (2000'). Available. 256-764-3137.

**FLORENCE: 504 E IR-** VINE; A3. 1 Bdrm, \$325 rent. Appliances, window air/electric heat. 256-754-3137.

# ESTATE AUCTION

## Saturday – March 24 - 10am

Keoni Irrigation And Landscaping  
Held On Site: 3837 County Road 30, Florence, AL 35634  
Equipment – Vehicles – Personal Property



**House is Sold**

The Personal Property is From The Estate of John Kalama, Keith Medley, Attorney for the Estate.  
**The Real Estate has been sold.**  
**The Equipment and Personal Property Auction is still on schedule to begin at 10 am March 24.**

**Partial List:** ASV SR80 Turbo Loader; 2016 Dodge RAM3500 Dually, Cummins Turbo Diesel, 4-Wheel Drive, Heavy Duty, 19,000 Miles, Excellent Condition; 2007 F350 4-Wheel Drive, Reading Utility Bed, 100-Gal. Fuel Cell, 6.0 Diesel Automatic; 2000 Chevy 1500 4-Wheel Drive; 2004 F250 XLT Super Duty Power Stroke Turbo Diesel 4-Wheel Drive, 4-Door, Bullet Proofed, 113,000 Miles; 22' Goose Neck Trailer with Heavy Duty 18' Dump; 18' Heavy Duty Dump Trailer with 2-7,000 lb Axles, 10,000 Jack Stand, Beavertail, New Floor; 20' Heavy Duty Utility Trailer; 2-Wheel Utility Trailer; Harley Rake; Versatech Attachment; Bucket and Fork Attachments; Ditch Witch Trencher; Toro Dingo; Fuel Tanks; Tool Boxes; Building Material; 8' x 8' Metal Building; Shop Fans; Drill Presses; Various hp Pumps; Scrap Metal; Also an Ice Machine, Large Coolers, Patio Furniture, Restaurant Equipment, Appliances, Patio Furniture, Picnic Tables, and More!

**DIRECTIONS:** From St. Florian at Doozy's, go east on County Rd 30. Property on left.

**TERMS – Personal Property:** All items must be paid for on sale day by cash or approved check with Bank Letter of Credit. All items sell AS-IS. Couch Auction is the agent of the Seller. Seller reserves the right to refuse any and all bids. Announcements made day of sale take precedence over any printed material. Buyers with tax exemption must provide copy of Tax ID on day of sale. **NO BUYERS PREMIUM.**

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# Real Estate

**HOUSE FOR SALE: FIXER** Upper, 2031 St. Peter St., off N. Spurr St., Florence, 2 bedroom, 1 bath, Corner lot 75'x150', fenced backyard, large deck, \$29,900 as is or \$45,900 if remodeled. Call 256-757-5159



**Cat & Kids**  
by Cathy Turner

## A Pinnacle Moment

If families are the foundation of our society, then weddings are the pinnacle. This past weekend, I attended a Jewish wedding ceremony, and oh, was it beautiful and momentous. There were many things that were different, and there were many things that were the same. Familiar – a beautiful wedding party of young girls with their hair swirled into oval-shaped buns accessorized with pearls and young men friends in suits with boutonnieres. Two Doctors of Honor (well-educated matrons) and two Best men (one of whom was my son). And a bride and groom who were smiling, obviously in love, comfortable, and relishing each moment.

The bride was accompanied by her mother and father as she came down the aisle. The bride and groom circled each other representing the completion of the search for each other and the creation of a new family. (I will not attempt to explain every step and tradition of the ceremony for fear that I will not be able to convey the depth of the sweetness and purity of the occasion. But any explanations here come from the wedding booklet which gave full descriptions of the essence and symbolism of the Jewish wedding since the groom, his family and some of his friends were not of Jewish heritage.) Then the couple stepped into the chuppah canopy where they stood under the bride's grandfather's prayer shawl. The groom's grandfather had built the structure. In this sacred space, the erusin, the heart of the wedding ceremony took place. God joined them as husband and wife. They each then stomped a glass, reminding the couple of their commitment even in hard times, and that like glass, marriage should be handled with care.

The Cantor, who guided us through the erusin, blessings and prayers was the bride's cousin. She explained everything. She had a beautiful voice, and she also, at times, had a soft sway. There were moments when the bride instinctively joined in this gentle movement as she peered over her shoulder to a room filled with family and friends, who couldn't help but to smile back at her. She was soft and radiant. She was the bride. There were lots of Jewish words that I did not understand, but I felt all of it. Marriage. Family. Tradition. Love.

And the sit-down dinner at the Callanwolde Fine Arts Center in Atlanta was amazing! Dripping chandeliers and glass balls, and white linen designs flowing from the ceiling. And the dancing! It began with the Horah, you know, "Hava Nagila", raising the husband and wife and their parents in chairs, weaving in concentric circles, and honoring the new couple in the center. And after that we partied the night away to some great oldies and pop songs. My favorite party moment was doing the twist with all the grandmas and the grand aunts. Great time. Two fabulous families joining. The next day, I had a Jewish wedding hangover and I never drank a thing!

On the mantle at the center, there were wedding and 50th anniversary pictures of all of the bride's and groom's parents, grandparents, and great-grandparents. Those pictures brought tears to my eyes as I said to one of the grandmothers, "Those children come from a long line of love." The country song says, "You come from a long line of love/When times get hard we don't give up/Forever is in your heart and in your blood/We come from a long line of love." (Lyrics by Paul Longstreet)

Marriage and family are the strength and core of us. I love weddings. They remind me of how blessed I am to still be in love with my groom after all these decades. My prayer for this couple, and all couples, is that we create stable, long-lasting homes where children thrive, God reigns, and where the world is made a better place.

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

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**15 ACRES WITH A** beautiful building spot, County Road 2, Natchez Trace area. Call or text LESA SLATON, at CB Elite Properties. 256-394-1008.

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**FLORENCE: 628 E MOBILE St.**; Apt. B. 1 bdrm, \$300 rent. Appliances, window air/electric heat. 256-764-3137.

**TUSCUMBIA: COLONIAL GARDENS TOWNHOMES.** 2 bdrm, 1.5 ba. \$450 rent. Appliances, central heat/air, washer/dryer connections, pool. 256-764-3137.

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**FOR SALE: 109 GOVERNMENT** Blvd., 3 bedroom, 2 bath, 1400 sq. ft., great location, well maintained, \$136,000. 80'x100' lot. 256-577-5756

**GREENHILL, 190 MELODY LANE,** 3 bedroom, 2 bath. Large living room, appliances, central heat/air, large front and back yard on corner of dead end street, \$130,000. 256-627-6763

**THREE ACRES WOOD-ED, ADJOINING** Tuscum-bia city limits, Davis Estates. \$26,000. 256-412-0234 after 4 p.m.

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**TOWN CREEK: 1460 LOVETT St.** 2 bdrm. Appliances. \$350 rent. 256-764-3137.

**MUSCLE SHOALS: 221 MARKATE** Ave. 2 bdrm., 1 ba., central unit, appliances, NO PETS, double carport. \$600 monthly \$600 deposit 256-349-0300

**MUSCLE SHOALS: 1621 SIXTH St.**, 3 bedroom, 2 bath brick, fenced, deck, move-in ready, \$116,000. Gary, Sweetwater Realty 256-335-7402

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

**FOR RENT, 670 SANNON-ER** Ave., Very nice 3 bdrm., 2 ba. brick house. Stove, refrigerator, washer/dryer included, \$675 per month and \$300 deposit. No pets, 256-627-1674.



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**ESTATE AUCTION**  
**Saturday March 24th**  
**The Estate of Dallas & Lorene Alexander**

**REAL ESTATE AUCTION**  
**10:AM — 172 Lock Six Road, Killen, AL**  
3 Bedroom 2 Bath Mobile Home on 1.87+/- Acres. Personal Property will be sold at a different location.. see below.

**Directions for Real Estate Auction:** From Florence head east on Hwy.72 cross Shoal Creek Bridge and continue 2.3 miles, at Red Light (Killen Church of Christ) turn right onto Locke Six Road and go 1 mile to property on the left.

**Watch for the Shane Albright Auction Signs!**

**PERSONAL PROPERTY AUCTION**  
**11:AM — Pioneer Lane, Killen, AL**  
'08 Toyota RAV-4 - Furniture--Guns--45 Records--Arrow Heads--Glassware--Household items- & Much More

**Directions for Personal Property Auction:** from Florence, Al - go east on Florence Blvd. (HWY 72) across Shoal Creek Bridge, continue on Hwy. 72 for 7 miles to the Center Star Community. Turn right onto Pioneer Drive. Auction on right. In the Former "Woods Flooring Building"

**Watch for the Shane Albright Auction Signs!**

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Commentary

Misstep...

Continued from Page 14

Government's power would be augmented immeasurably and impermissibly if it were able to impress into its service -- and at no cost to itself -- the police officers of the 50 States."

One would think that national immigration laws would be supported by respective levels of society just as they have been for 200 years. There is more endearing about this generation of immigrants compared to those of the past. As an overall asset to society, they don't compare. Though they may want to argue, this generation of citizens is no more enlightened than those of previous centuries, either. Immigration laws should be willingly enforced by all rationally-thinking law enforcement agencies. However, we are still talking about California. Very little is rational along the border or within 50 miles of the coast. The feds can cover the cost and conduct the operation within the state's borders. They can even be able to get some state assistance for ICE agents, but they cannot constitutionally force it. And it's not the state's job to go further into debt doing ICE's job for it.

The proper call is for the federal court to support the state's right over the unfunded mandate of the federal government - no matter how irrational.

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Sun., March 25 • 1-6pm  
Mon.-Tues., March 26 & 27 • 10am-6pm

**PICK UP: FRIDAY, MARCH 30 • 12 noon - 6 pm.**  
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# Soap Opera Preview

**THE BOLD AND THE BEAUTIFUL**  
 Brooke worried about Ridge's underlying anger toward Bill. Det. Sanchez questioned Wyatt and Justin about Bill's shooting. Hope revealed a secret to Liam about Steffy and Bill. Wyatt's hatred of his father was palpable. Steffy and Brooke told Ridge about Bill's marriage proposal. The detective received an important clue about his case. Steffy lashed out at Hope and demanded to know her true intentions toward Liam. Carter got called in to help the Forresters. Sheila kept a close eye on Maya and Pam at Il Giardino. Justin wasn't pleased when Jarrett returned to Spencer with a request. After carefully analyzing each suspect, Det. Sanchez made an arrest. *Wait to See: A family pulls together to help exonerate one of their own.*

**DAYS OF OUR LIVES**  
 After her heartbreak, Hope sought refuge with her son, Shawn, in Hong Kong. Rafe and Kate opened up to one another. Chloe returned home to Lucas unaware that a mysterious person had followed her to Salem. Sonny had a bitter encounter with Paul and Will. Vivian gave Sonny a warning. Gabby did her best to hide herself in front of Kate. Eli supported Gabi as they mentally prepared for her trial. JJ received positive news about his new career. Stefan and Gabby arrived in Hong Kong. Hope sought legal assistance from Belle. Gabi's trial began with Lani taking the stand, which led to major fireworks. Hope spied Stefan with a mysterious woman, not realizing it was Abigail/Gabby. *Wait to See: Chad is arrested in Hong Kong.*

**GENERAL HOSPITAL**  
 Elizabeth looked for some answers and turned to Jordan for help. Franco made a confession. Jason met with Anna. Griffin took a huge risk. Kiki was grateful. Drew's instincts kicked in. Jordan made a startling discovery. Ava wondered if Nelle was taking things too far. Griffin accepted an offer from Ava. Michael was let down. Franco was uncertain of his future. Nelle grew frustrated. Carly was pleasantly surprised. Alexis rose to Finn's defense. Andre encouraged Anna to live her life. Sam wrestled with her feelings. Nelle made a bold move. Jason met with Spinelli. Andre got an earful from Sonny. Julian bumped into Alexis. *Wait to See: Sam has a moment with Jason.*

**THE YOUNG AND THE RESTLESS**  
 J.T. tried to persuade Paul to keep the faith during the investigation. Nick and Phyllis discussed Nikki's fling with Arturo. Nick worried about Victor finding out, so he asked Phyllis to please keep it a secret. Later, Nick confronted Nikki, who confessed that she and Victor had an open marriage. Mariah accused Sharon of having feelings for Nick again, but she denied it. Lily made an emotional pitch to Hilary, asking her not to coparent with Devon. Hilary remained unmoved and told Lily that she and Devon were moving forward with their plans. Paul was swayed by J.T.'s determination and agreed to let him continue his investigation of Victor. *Wait to See: Paul and Christine close in on a suspect.*  
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## Notes...

Continued from page 4

**Florence Kiwanis Club Meets** Fridays noon at Marriott Shoals Conference Center, 10 Hightower Place, Florence  
March Speakers  
March 23 - Tim Melson, Alabama State Senator - Discussion on events in Montgomery and new Ag Center.  
March 30 - Matt Pezzata, Manager, Publix Grocery Store - Discussion on changes in the Grocery Industry.

**Florence Parks & Recreation - The Club (Florence Senior Center) would like wish everyone a happy new year!**  
Joins in Motion, M,W, F 8:45am, Games 9:30-5pm each day, Social Dance Tuesday nights 6:30-9pm, Square Dance Friday 6:30-9pm, Knitting, Crochet, Games, Art Classes, BINGO. Hours Monday-Friday 8am-5pm. You are welcomed to come join us. Nutritional lunch served do those over 60 years young. Suggested donation \$1. 256-760-6642.

A grief support group entitled, "Getting Well Together" will meet at Shoney's in Muscle Shoals at 10am on the second Thursday of each month. This free support group is for anyone who would like to attend. This event is provided by Kindred Hospice of Florence. For more information, call 256-764-0873.

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## Empower...

Continued from Page 29

centerpiece of Conquering Life, it may return in the future. The organization is focused on growing C4 and establishing Help Us Help Her.

"We're in the process of launching and executing Help Us Help Her," Gillis says. "We're hoping to partner with therapist groups and send women to therapy through a scholarship program."

Gillis also serves as a volunteer on the board of One Place of the Shoals. According to the One Place website, the nonprofit organization is a collaborative family service center that provides crisis care services to victims of domestic violence, adult rape and sexual assault, child sexual and physical abuse and elder abuse.

In addition to her vocational work as a doula, Gillis will be spending three weeks in Cap-Haitien, Haiti, with MamaBaby Haiti, a nonprofit birth center and health clinic. She leaves for Haiti this month.

"I will be helping local midwives deliver babies," Gillis says. These women come from all over. They have mobile clinics, but they'll come from all over Haiti. Some of them could have to travel ten hours to make sure they have healthy deliveries."

MamaBaby is supported through volunteers and donors. The organization brings awareness to poverty through meal and nutrition programs, as well as providing prenatal vitamins for expecting mothers.

The Haitian mortality rate for laboring and postpartum mothers and small children is very high. According to MamaBaby, "One in 263 women who have a live birth die in childbirth or the immediate postpartum period, and one out of fourteen Haitian children die before the age of five. Ninety-eight percent of these deaths are preventable."

Gillis says, "We're trying to lower that mortality rate and give these women options for feeling supported" through birth and breastfeeding. The goal is to create healthy and happy environments for these mothers' babies to be born in.

Gillis is determined to inspire women inside and outside our area to do life together--the motto of Conquering Life.

"People have made my load so much lighter throughout my life," she said. "If I can make someone else's load a little lighter and be there for them, that's the reason I've been put here on this earth."

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### Getting To The Real Issue

Recently I had the opportunity to listen in on a conversation about gun violence in our schools. Without question, this is an emotional issue and we are all saddened and disturbed by these incidences that are becoming more and more frequent. This discussion was not a "think tank" for solutions, but more of an everyday conversation of concerned citizens and parents. One person gave his support to teachers being armed to better protect the students and themselves. Yet another spokesman said that we should have stricter laws for those who purchase guns. Still another argued for outlawing guns altogether.

This is not the first conversation I have heard about school security and similar issues. And there is no doubt that we would all like to see these and all acts of violence come to an end immediately. As far as the value of the above suggestions, you can make your own judgment. However, it appears to me that most of the proposals offered deal only with the symptoms and do not reach to the real problem. So what is the real problem? From my perspective, it is a morality issue. Where in this discussion are we considering the breakdown of home and family and its effects on our young people? And should there not be considerable thought given to progressively removing God from our school system over the years? (For example, the Supreme Court decisions of Engle v. Vitale and Abington School District v. Schempp). Think with me for a moment. I remember well turning on the TV on April 20, 1999 and learning of the school massacre of Columbine High School. It was not the first school shooting, but the one that brought this problem to the fore. I also recall that during the chaos the President of the United States on national television calling on all Americans to pray for the people of the Columbine tragedy, which was a good thing. However, the irony struck me then- as still does today- - that America was asked to do what effectively could not be done inside the school a few hours before! One fact is certain from Bible and secular history, which is, you cannot take God out of anything without paying a price. Solomon penned, "Righteousness exalts a nation, but sin is a reproach to any people" (Proverbs 18:34). Of course, it is easier to deal with symptoms by imposing new regulations and laws. But if we want to tackle the real issue then we will go to the Prince of Peace and follow His regulations and laws.

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## He's In The Money!

# Junior Whirl Answers

by Charles Barry Townsend Illustrated by David Coulson

Answers:  
1. FIRE, SIRE, SORE, SORT, SOOT.  
2. BAKE, BALE, BALL, BOLL, ROLL.  
3. LIMP, LAMP, LAME, LACE, RACE.  
4. DRUM, DRAM, DRAT (mild oath), BRAT, BEAT.  
5. BULL, BOLL, BOWL, BOWS, COWS.

SEE IF YOU CAN make this math expression correct by adding five minus signs and one plus sign between certain numbers on the left side.  
1 2 3 4 5 6 7 8 9 = 100  
Answer: 123 - 4 - 5 - 6 - 7 + 8 - 9 = 100

Answers: (Across): Map, ale, its, not. (Down): Main, alto, pest.

Answers: Starting with the letter "D" in the lower lefthand corner. "Don't make a mountain out of a molehill."



# Medicare Minute

## "Mail, Calls and Door Knocking"

WARNING!! If you are turning 65 over the next few months you will be inundated with mail, phone calls and sometimes people actually knocking on your door. These are just three of the ways companies market Medicare health and drug plans. Over the next couple of weeks, we will look at different marketing methods and what the companies are trying to accomplish with each.

Phone calls – Supplement companies are well known for making out bound calls to people turning 65. Once they have you on the line, they're only objective is to sell you a Medicare plan. It's perfectly ok to sign up over the phone but, if you have a problem with the plan you enrolled in, your agent may be in Florida or California and unwilling to help you. Also, if you ever fill out a request for information online, that request is immediately sent out to several agents and the phone calls will double.

Door knocking – I've never understood why anyone would buy something as important as their Medicare health plan from someone who showed up unannounced at their door. People who market door to door are usually out of town agents. They will buy the same list that direct mail companies buy and literally find your house and knock on your door. It is not a good idea to buy this way for a couple of reasons. First, are you willing to trust someone who shows up at your door with your personal information, such as Social Security number and checking account information. Secondly, it can be dangerous!! Any law enforcement person would advise you to never allow someone you don't know into your house.

The solution to this is to find a local agent that can help you. They will make sure you get the right plan and you'll be able to find them if you need them.

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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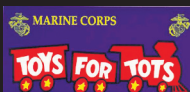
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