

NOTICE OF MORTGAGE FORECLOSURE SALE

ALABAMA, JEFFERSON COUNTY... Default having been made in the payment of the indebtedness secured by...

MORTGAGE FORECLOSURE SALE

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FORECLOSURE NOTICE

Default having been made in the payment of the indebtedness described in...

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NOTICE TO CREDITORS

In the matter of the Estate of... NOTICE TO CREDITORS

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Five Ways Baby Boomers Can Stay Active



(StatePoint) While it's difficult to encapsulate the moods of tens of millions of people born between 1946 and 1964, one thing has often been said about boomers -- they share a determination to stay forever young.

Next to improving diet and shunning tobacco, nothing a person does increases life expectancy more than exercising, according to the National Institute on Aging. As such, many boomers are busy with their quest for immortality on the bike paths and exercise mats of America.

While exercise is great for body and mind, it doesn't come without risk. And an injury can derail a routine quickly.

Here are five ways boomers can ensure they're staying safe and having fun with exercise:

- Know your limitations: Don't increase the intensity of physical activity too quickly, especially if you have existing cardiovascular, joint or muscle problems that could be aggravated as a result.

Work with a licensed trainer at first, who can assess your strength, flexibility, balance and endurance, and create a custom workout program accordingly.

- Try something new: New activities can keep you motivated and help you avoid over-working particular joints and muscles. Consider something totally different, such as pickleball, a fast-paced court sport combining elements of tennis, badminton and table tennis.

- Take control: Whether gardening, golfing or dancing, it's inevitable that physical activity will create occasional muscle pain, stiffness, swelling and bruising. Pain can be immobilizing and depressing, so managing it is important.

"Avoid medications that mask pain coming from strained or damaged tissues," says Jyl Steinback, author of "Superfoods: Cook Your Way to Health," and executive director of ShapeUpUS.org. "Instead, consider a homeopathic medicine, such as Arnica Gel, that works naturally with the body to help it heal and won't interfere with other medications you're taking. I bring it with me whenever I exercise."

Unscented and non-greasy, the gel is quickly absorbed by the skin. More information about natural muscle pain treatment can be found at www.Arnica.com.

- Spice rack resources: Turmeric, ginger and cayenne pepper all have anti-inflammatory properties, as well as many other health benefits. Stick to your good-for-you, energy-boosting diet by giving your bland foods a low-calorie kick with spices, roots and herbs.

- Boost your metabolism: As we age, our metabolism slows down. Avoid compounding this with stress or fatty, heavy meals. To maintain a healthy weight and avoid insulin spikes or hypoglycemia, try eating small, balanced meals six times a day, rather than three big ones. Eating at the same time each day in a relaxed and convivial atmosphere speeds up digestion and makes energy more readily available.

- Recharge at night: You'll need your shut eye with your new active lifestyle. Luckily, exercise can contribute to longer, deeper sleep, helping replenish and rebuild every cell in the body. This goes beyond beauty sleep. Great sleep can aid longevity.

Don't let potential aches and pains stop you from exercising regularly. The sooner you start moving, the better you'll look and feel. With a few tricks, you can exercise more safely and pain-free.



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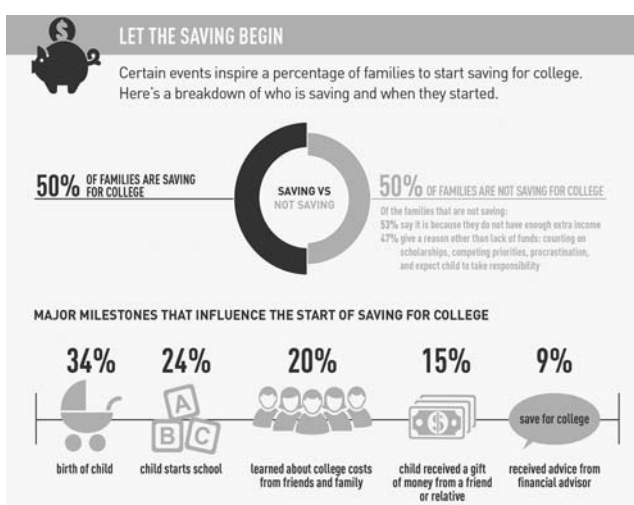
Are You Saving Enough for Your Child's College Education?

(StatePoint) In a world full of noise -- from everything from city traffic and lawnmowers to hairdryers and earbuds on personal music devices -- hearing problems are a growing issue. Chief among these problems is tinnitus, a medical condition affecting 50 million Americans.

Tinnitus is the sensation of hearing sound when no external sound is present, and is most commonly caused by exposure to loud noises. Typically, those suffering describe it as "ringing ears," though others describe it as hissing, buzzing, whistling or chirping. For some, it's a minor annoyance. For others, it can be debilitating, causing hearing loss, sleep disruption, changes in cognitive ability, anxiety and depression.

With this in mind, Starkey Hearing Technologies is helping educate about tinnitus and related hearing issues. If you're concerned you may have tinnitus, consult a hearing professional to discuss treatment options. To learn more, visit www.TinnitusHearing.com.

These days, the good news is that new treatment options, such as innovative sound therapy solutions, can offer relief to soothe those ringing ears.



Finding an online connection for patients with rare blood cancer, Myelofibrosis

((BPT) - When faced with a serious diagnosis such as cancer, many people immediately begin searching for information about their condition. Some go to the library to find published resources about studies, treatments and possible cures; some ask their doctors for additional resources; and many use the Internet to find information that may help answer their questions.

But with less common cancers such as myelofibrosis - a life-threatening blood cancer only affecting 16,000 to 18,500 people in the United States - it's not always easy to find the answers. And it may be even more difficult for those affected to connect with the support and resources they need.

Myelofibrosis is one of several potentially life-threatening diseases called myeloproliferative neoplasms, or MPNs. National nonprofit cancer support organization CancerCare, along with a number of other nonprofit organizations, is a member of the MPN Coalition, which has created Myelofibrosisawareness.org. This free online resource provides extensive information about the disease, available treatments, a Symptom Tracking Calendar, clinical studies and counseling and support group information.

MPN Awareness Day is Sept. 12. Spreading awareness of rare diseases like myelofibrosis helps to create new resources for people affected, as well as promote the need for funding to help further the progress of research for the disease.

A person diagnosed with myelofibrosis is either over- or under-producing blood cells in the bone marrow. People are traditionally diagnosed between the ages of 50 to 80. Symptoms, which can significantly impact daily living, may include abdominal pain, fatigue, fever, night sweats, bone or muscle pain, easy bruising or bleeding, pain under the left ribs, an early feeling of fullness, itchiness, weight loss and shortness of breath.

Because patients differ greatly in the symptoms they experience, a doctor will determine the best treatment plan. Treatments remain limited for this disease and include one Food and Drug Administration-approved drug, as well as options such as blood transfusions, radiation therapy and other medications.

To learn more, visit myelofibrosisawareness.org.

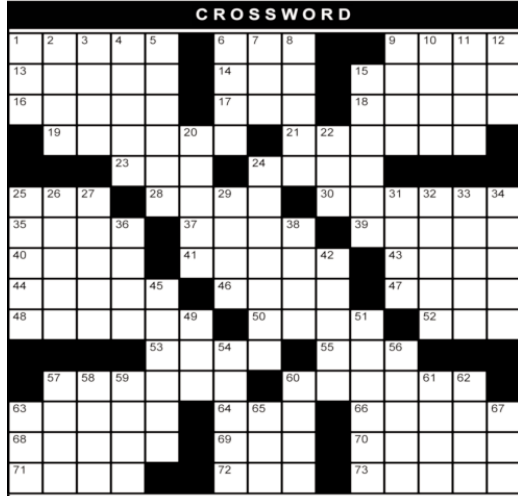


CROSSWORD / Fun

THEME: KIDS' TV
ACROSS

1. Heavy, hanging instrument, pl.
6. Amiss
9. Lazy one who ___ around
13. Extra
14. Hair goo
15. IRS threat
16. Famous for his fables
17. Grassland
18. Spring bloom
19. *Kids' ___ Awards
21. *Carly Shay's web show
23. Ides mo.
24. Worry excessively
25. *Blue from Blues Clues
28. For sitting
30. Mars' satellite
35. Adjoin
37. Pretentiously artistic
39. Churchill/Roosevelt/Stalin meeting site
40. Easy run
41. Fiesta fare
43. Chemistry Nobelist Otto ___
44. *Smurf leader and Berenstain Bear dad
46. Hindu serpent deity
47. Like hand-me-downs
48. Prairie and Cape Cod in architecture, e.g.
50. Like tightrope walker's rope
52. Yoda: "Do. Or do not. There is no ___."
53. Adds to, often used with "out"
55. Was ahead
57. *New York City nanny
60. *Nick ___
63. Blood carrier
64. Greek R
66. Not fitting
68. Sign up again
69. Charged item
70. 4:1, e.g.
71. Ball of yarn
72. One of Bo Peep's flock
73. Not slouching

- DOWN
1. Sets policy for Federal procurement



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2. Crude group?
3. Funny poet Ogden
4. Subsequently a husband
5. Reddish-brown colors and old photos made in this color
6. Eyeball
7. ATM extra
8. Pizazz
9. Litigant
10. *Singing choice
11. *Like a Smurf
12. *Porky or Petunia's home
15. Lack of enthusiasm
20. Zagreb native
22. Large edible mushroom
24. VIPs
25. Explores by touch
26. Lusitania's destroyer
27. *T.U.F.F. agent
29. *Kukla and Ollie's partner
31. Hawaiian island
32. It comes from past?
33. Not the same one
34. *Underwater squirrel
36. Bluish green
38. Hatha or bikram, e.g.
42. ___ Ste. Marie
45. Lever and fulcrum toy
49. Downhill equipment
51. Staying power?
54. Bone-chilling
56. Iraqi money
57. Actor ___ McHale
58. European sea eagle
59. Cook slowly
60. First rate
61. U.K. art museum
62. Larger-than-life
63. Bow shape
65. To what extent, amount or degree
67. *"Sesame Street" watcher

Solution below

The Facts About Your Dental Health and Pregnancy

(StatePoint) Many moms-to-be receive advice from well-meaning friends and relatives. Yet there seem to be myths about taking care of teeth and gums -- if dental health is even mentioned at all.

While pregnancy comes with many responsibilities, oral hygiene should be a top priority to ensure both mother and child are set up for healthy habits that will last a lifetime.

What to Expect

Hormonal changes can lead to an increased risk of gum disease (gingivitis) throughout pregnancy. Some women may develop "pregnancy tumors," painless bumps on their gums, most often during their second trimester. In addition to flossing once daily and brushing twice daily, work closely with your dentist throughout pregnancy to flag issues before they become problematic.

"Delaying necessary treatment for dental problems could result in significant risk to you and your baby," said Dr. Maria Lopez Howell, DDS, spokesperson for the American Dental Association (ADA). "It's worth your time to visit the dentist even if you don't think you have dental problems."

According to national experts in women's health, public health and dental health, a new consensus statement based on scientific evidence reaffirms that preventive oral care, including the use of dental X-rays, pain medication and local anesthesia for dental procedures, is safe throughout pregnancy.

"Don't put dental care on the back burner, as the complications could far outweigh potential risks. Make it part of your health and wellness visits during pregnancy," Dr. Howell said.

Post-pregnancy, maintaining good dental health habits are critical for everyone in the family. Evidence suggests that most infants and young children "catch" the germs that cause cavities from their parents or caregivers. Refrain from sharing utensils or attempting to "clean" a pacifier by putting it in your own mouth, as these types of activities may transfer cavity-causing germs.

Take Baby Steps to Better Dental Health

Together with the ADA, the American College of Obstetricians and Gynecologists (ACOG), the National Maternal and Child Oral Health Resource Center at Georgetown University (OHRC) and the Health Resources and Services Administration (HRSA), recommend following a few simple steps to help maintain a healthy mouth during pregnancy:

- Get dental health treatment, as recommended by your dentist, before delivery. Schedule an appointment with your dentist if your last dental visit was more than six months ago. The use of dental X-rays, pain medication and local anesthesia for dental procedures is safe throughout pregnancy.
- If you experience "morning sickness," rinse your mouth with a teaspoon of baking soda in a cup of water to prevent stomach acid from harming your teeth.
- Drink water throughout the day that contains the recommended amount of fluoride to help to keep you hydrated and prevent tooth decay.
- Avoid foods that are high in added sugar and drink water or milk instead of juice, fruit-flavored drinks or soda.

More advice from the American Dental Association about dental health during pregnancy is available at www.MouthHealthy.org.



Get smart about buying insurance

(BPT) - For most Americans, insurance coverage is a necessity. While coverage can be confusing and expensive to obtain, its solace is undeniable in the event of a car crash, emergency surgery or if your home has been damaged in a storm.

From home and health to auto, life, disability and more, it's important to be smart about how you buy coverage to limit costs, purchase the right coverage and avoid redundancies.

The best place to start is on your state's official government website, says FindLaw.com, the nation's leading website for free legal information. There you will find a list of licensed insurers so you can be assured that you're dealing with a legitimate company.

"Work with a reputable insurance agent who represents a financially sound, highly-rated company," advises Ed Susolik, an attorney who specializes in insurance law at Callahan & Blaine in Santa Ana, Calif. "As is often the case, you get what you pay for. You don't want to add to a tragedy by discovering that you're underinsured or that the policy you've purchased from a little-known company is fraught with loopholes."

Here are some additional tips from FindLaw.com on purchasing insurance coverage:

Follow the law. Check the laws of your state. You may be required to carry certain types of insurance, such as liability insurance to operate a car, motorcycle or boat. This also applies on the federal level, for example, with the passage of the Affordable Care Act, all Americans will be required to carry health insurance as of 2014.

Read your policy. Many Americans don't read their insurance policies and hastily sign contracts without considering the implications. For example, if your health insurance covers 90 percent of all medical bills and you require significant medical attention, the 10 percent for which you're responsible could add up. If you have trouble understanding what a policy proposal covers, don't hesitate to slow down and ask your agent for clarification or get a quote from a different company. Remember: you're buying insurance to ease, and not trouble, your state of mind.

Plan for major milestones. Major events will trigger the need to purchase insurance or increase your existing coverage. With the birth of a first child, parents should consider purchasing term life insurance. It offers a benefit to a spouse and child to cover living expenses if one parent dies before the child reaches adulthood.

Inspect your home insurance. Carefully review your home insurance policy. Are you insured for your home's market value or replacement value? The replacement value is the cost of rebuilding your house, while the market value is based on an appraisal of its value in relationship to surrounding homes. Your agent should be willing to work with you to sculpt the policy that meets your needs.

Consider flood insurance. Standard homeowners insurance typically does not include flood insurance. First, determine the level of risk for flooding in your area. There are a few options online, including the Federal Emergency Management Agency's website (www.fema.gov), where you can search your address and assess flooding risk. Your insurance agent also should have access to this information and can explore your options with you.

Add an umbrella policy. It's not a bad idea to purchase an umbrella liability policy to provide additional coverage above and beyond your homeowner's insurance. This helps in situations where you could be at fault for accidents, such as your dog biting a mail carrier or a tree in your yard falling onto a neighbor's car.

Research renter's insurance. Apartments can be burglarized or damaged like any other property. If you rent, consider purchasing renter's insurance to cover assets such as computers, furniture and other significant items.

Inventory your belongings. Take photos or videos, with audio descriptions, of your property so you and the insurance company have an accurate record of your belongings in the event of a fire or other accident. Capture your home, prized possessions and high-value items such as cars, boats, jewelry and collections. Store the files on a portable hard drive in a secure and safe location, such as a safe deposit box.

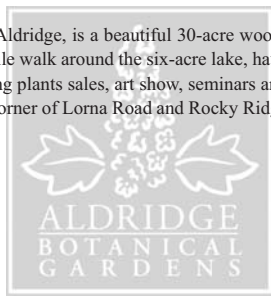
To learn more about insurance and the law, visit FindLaw.com.



Aldridge Botanical Gardens, the former estate of Eddie and Kay Aldridge, is a beautiful 30-acre woodland garden showcasing hydrangeas and native plants. Enjoy a half-mile walk around the six-acre lake, have a picnic or attend the many events hosted throughout the year, including plants sales, art show, seminars and Arts Alfresco concerts. Aldridge Botanical Gardens is located on the corner of Lorna Road and Rocky Ridge Ranch Road in Hoover.

Event Calendar

Summer Camp
Mon-Friday June 9:00 a.m. to 12:00 p.m.



Solution, *THEME: KIDS' TV*

G	O	N	G	S	O	F	F	S	I	T	S	
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