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CULLMAN'S MONDAY NEWSPAPER
CULLMANSENSE
COMMUNITY MATTERS

50¢
Annette Harris: Passion for the Kitchen Page 2
Rediscovering Cullman: Pasquale's Page 6
PLUS Original Comics and Puzzles, Mirroring History, Events Calendar & More Look Inside

Calm in the Bay

By: Noah Chandler
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qrne.ws/nchandler



Photos by Noah Chandler

MOBILE – What is 680 feet long, has well over 70 guns, can carry 2,500 enlisted sailors, and can peak at a maximum speed of 28 knots?

Any guesses? That's right, this is newspaper so no response is needed.

For those living in Mobile the enormous grey hulking mass of steel known as the USS ALABAMA has been peacefully docked in the bay since January 9, 1965.

"I love my job," said USS ALABAMA Memorial Park employee Marla Glass. "You never know who you will meet on any given day."

With daily crowds of 150 or more during the offseason and more than 1,500 people visiting each day during the peak season, Glass said there is never a shortage of stories.

Her personal draw towards the military helped her when it was time to begin work 8-years ago.

"I love the military and I always have," she said. "I have two sons who are enlisted in the Army, one of which is currently serving in Afghanistan, so working here helps keep me connected to all parts of service."



According to the official history of the USS ALABAMA, the SOUTH DAKOTA Class battleship (BB 60) was built in Norfolk, Virginia. The ship was commissioned in August 1942 and quickly saw action as she assisted the British Home Fleet protect convoys from England through the North Sea to Russia against German Warships.

In August of 1943 she was transferred to the Pacific Fleet. ALABAMA defended U.S. aircraft carriers with unparalleled firepower. The ships 5"/38mm, 40mm, and 20mm guns accounted for the downing of 22 Japanese planes.

As one tours the incredibly massive ship it becomes evident just how hard the men worked in order to keep free soil, free. The men who spent their days and nights crammed into small compartments, not rooms, compartments, endured a lot of hardships, including sleeping 3 high with a roof barely reaching 7 feet in height.

The ship was towed 5,600 miles to the memorial park in 1964, after being officially decommissioned in 1947, making the haul the longest non-military ton per mile tow in history.

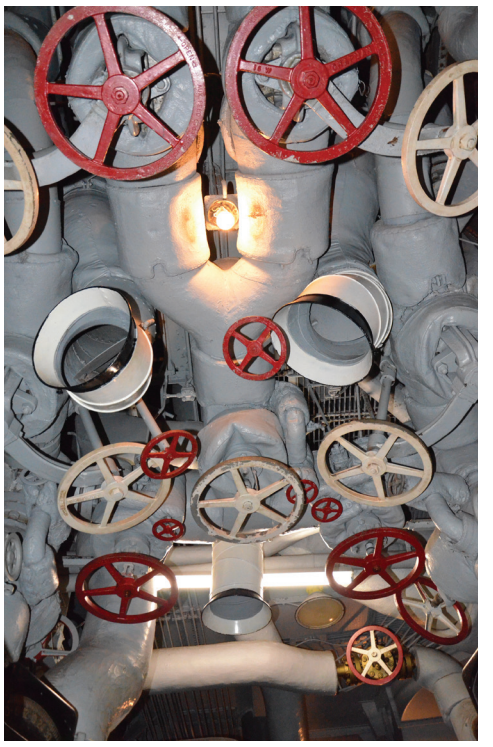
Tours of the battleship are offered daily, with the exception of Christmas Day, and there are many different levels to the tour.

For those adventurous types, squeezing down a tight spiral staircase to reach the inner workings of the massive turrets could be right down your path. If you like the sunlight, there is a tour that covers the deck.

Current renovation to several sections of the ship does not hinder the tour. Best of all, the tours are done at the individual's pace. This pace is achieved because the individual acts as their own tour guide with helpful green, yellow, and red arrows to direct the flow between the three tour paths.

If you find yourself in Mobile and are feeling a bit adventurous, have a couple of hours to devote to seeing the ship in her entirety, and would like to learn more about the history behind the ship and many planes, jets, and other important military vehicles, then the USS ALABAMA Battleship Memorial Park is a perfect fit.

For more information on the USS ALABAMA and the rest of the fleet at the memorial park, visit their website at www.ussalabama.com.



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Lifestyle

Passion for the Kitchen

Send your recipes to recipes@cullmansense.com

By: Annette Harris
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qrnews/aharris



Beef Noodle Soup

This soup is a recipe of my moms. Its not spaghetti, not chili, but kind of like something in between. She used to make this in the winter when we were younger and then for us as we grew to be adults to come eat at her house on Monday nights. She was off work on Mondays. Its one of those things you just keep going back for a little bit more, a little bit more. Enjoy this good crock-pot recipe!

Feeds 6-8 hearty eaters

- 2 –average size packs of stew meat
- 1 –two pound, 13 oz. jar of Ragu original spaghetti sauce
- 1 –packet of spaghetti seasoning mix
- 1 –16 oz. size bag of medium sized egg noodles
- 2 –28 oz. size cans of diced tomatoes
- 1 –large white or yellow onion, chopped
- 1 –teaspoon granulated garlic
- 1 –teaspoon black pepper
- 1 –teaspoon salt
- 1 –teaspoon Italian seasoning
- 1/2 –jar water (I rinse out the Ragu jar)

1. Brown stew meat in a large pan with a little oil, stirring in the chopped onions as it browns.

2. Add in spaghetti seasoning mix, garlic, pepper, salt and Italian seasoning.

3. Add the rest of the ingredients except for the egg noodles, diced tomatoes, Ragu, and water.

4. Stir together and put in a large crock-pot on high for about 4-5 hours or on low for 6-8 hours.

5. Add the egg noodles about 15 minutes before you are ready to eat.

*This is great if you can put it in the crock-pot before work and when you come home, add the noodles and ta da! Supper!

You can also cook it on the stovetop, set to low for 4-5 hours.

*Serve with crackers, garlic bread or cornbread.

Homemade Banana Pudding

I am "odd" about my banana pudding. I don't like meringue. I refer to it as "calf slobber". Sorry, its just a thing with me. I peel it off of pies, I fling it because it sticks to my fingers, I just don't like it. It's a mouth full of fluff. So, its up to you if you want to make meringue for your banana pudding. I choose not to do it.

This is pretty easy and it doesn't take much time.

- 3/4 –cup sugar
- 1/3 –cup self rising flour
- 3 –eggs, separated (use just the yolks)
- 2 –cups milk (you can use skim, but whole is better)
- 1 –teaspoon vanilla extract (imitation will do)
- 1 –large box of vanilla wafers, any brand
- 5 –ripe bananas, sliced (about 3 1/2 cups)

1. In a large bowl, layer in this order, vanilla wafers, then bananas, over and over until your bowl is half full (not half empty) and you have used about half of your bananas and vanilla wafers.

2. Mix 3/4-cup sugar and flour in a medium saucepan. Whisk in 3 egg yolks and milk. Cook mixture, uncovered, stirring constantly for 10 to 12 minutes or until thickened. Remove from heat; stir in vanilla. It will burn if you don't constantly stir it. Use a whisk.

3. Pour half of this mixture over the bowl of vanilla wafers and sliced bananas. Working quickly so the liquid mixture doesn't get too thick, layer the remaining vanilla wafers and bananas until you use them all. Pour the remaining liquid mixture over the top.

4. Refrigerate or eat hot. You can keep some cool whip handy for those that like that sort of thing.

Makes 8 servings



No(ah)-It-All: Stop Doesn't Mean Maybe

By: Noah Chandler
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Okay, so I admit it.

I have a problem with road rage.

But not just any ordinary problem with people who cut me off without a second glance; this rage has four blaring capital letters laden in white reflective paint plastered dead in the center of a red octangular sign.

That's right ladies, gentlemen I am speaking of my rage for stop signs.

The red signs infuriate me every single time I see one.

It may be important to point out that my rage is not based in hatred for the rules, regulations, and safety in which the sign clearly represents.

Rather, it falls at the heavy footed gent or lass that decides they don't need to adhere to the simple rule of, "STOP".

Our office is located in the Warehouse District, which is heavily trafficked by pedestrians, window shoppers and the occasional wayward feline or raccoon, therefore a stop sign at each of the intersections should be a given for local drivers.

Unfortunately, most seem to not see the signs.

Yeah, that's it!

They just don't see the big, red sign with large white capital letters imploring them to decelerate and apply the brakes to the fullest of their capabilities.

Over the past few weeks I have had several close calls walking across the street.

To be honest I've already been hit once by a car 16 years ago and again two years after the first, so getting hit at 30 isn't on my list at all.

Not even my bucket list.

The greatest of the rage comes when the polite and thoughtful driver curses me, honks their horn, or both all while keeping their cellphone cemented to their ear.

It really makes you feel the love, you know what I mean?

Any way, I propose a solution to the problem.

I say we take all the stop signs out and replace them with tiny square brown signs with an even lighter shade of brown for text that reads, "FLOOR IT".

I mean, some already seem to do that any way so maybe the thrill that accompanies breaking the law will die off once they are encouraged to do so.

Seriously, could it actually get any worse?

Of course it could. We have these basic rules in place to ensure us the fewest trips to the emergency room because someone decided to blow through a red light or stop sign.

Just this past Tuesday a tow truck driver did not hesitate when running a stop sign in a densely populated neighborhood.

It left myself and one other having to react quickly to make sure we weren't flattened by the hurried wreck hauler.

Imagine the headline for that one.

"Wrecker Wreaks Havoc in quiet community" or "Wreckers: This one lived up to the name"

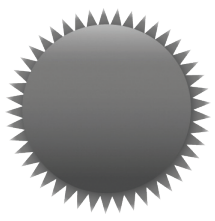
To be fair, in the past I was a lead footed driver that would occasionally blow through a stop sign or red light.

However, now that I am an admitted curmudgeon, the running of the stop signs has got to stop.

Either that or someone is going to get a special No(ah)-It-All hood ornament.

Weather

Source: NWS

Monday	Tuesday	Wednesday	Thursday
			
Hi: 56 Lo: 34	Hi: 63 Lo:45	Hi: 63 Lo: 43	Hi: 61

Monday: Sunny, with a high near **56**.
Monday Night: Mostly clear, with a low around **34**.

Tuesday: Mostly sunny, with a high near **63**.
Tuesday Night: A 20 percent chance of showers. Mostly cloudy, with a low around **45**.

Wednesday: A 30 percent chance of showers. Partly sunny, with a high near **63**.
Wednesday Night: A 20 percent chance of showers. Mostly cloudy, with a low around **43**.

Thursday: Mostly sunny, with a high near **61**.

About Us

CullmanSense is a weekly print publication based out of Cullman, Alabama. The online site, CullmanSense.com, is a six-day a week publication, which includes arrest and incident reports from Cullman City Police and the Cullman County Sheriff's Office, Obituaries, and other timely information. The site is completely free and does include stories not found in our print edition.

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Sports - Area Athlete Spotlight Special: 1,000 Point Scorers

Nina Mills: Good Hope Lady Raiders

By: Josh McBrayer
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qrnews/jmcbrayer

Welcome to the second installment of 1,000 Point Scorers. This week we are featuring Nina Mills of the Good Hope Lady Raiders.

She is part of an elite trio of female Good Hope athletes that have scored at least 1,000 points.

She is averaging 12.8 points, 2.8 rebounds, 4.2 assists and 2.1 steals per game.

She has starred at Good Hope for several years and has a chance to once again, help take the Lady Raiders deep into the State tournament and possibly to the title.

Before she hits the hardwood for the upcoming tournaments (County, Area, and possibly State) she took time to talk to CullmanSense.

Josh McBrayer: Tell our readers a little about yourself.

Nina Mills: My name is Nina Mills and I am 18 years old.

I have attended Good Hope High School since I was in first grade. I play basketball, run track, and run cross-country.

My mother teaches Spanish at Good Hope, and even though she does not know much about sports, she is very encouraging and that means a lot to me and I really appreciate it.

I also have three sisters: Mary Lauren, Melissa, and Norma.

All three are very encouraging about what I do, but are also extremely talented in what they do.

JM: Tell our readers how long you have been playing basketball and a little bit about what got you into playing basketball.

NM: I have played basketball since I was in third grade, but my sister Mary Lauren began teaching me when I was much younger.

JM: Tell our readers about your favorite sport and why.

NM: Basketball is my favorite sport because it is so much fun to play.

It is very easy for me to go to practice because I just really like to play basketball.

JM: Tell our readers a little about your greatest accomplishment in sports and why.

NM: My greatest accomplishment in sports is when I was offered a full scholarship by Coach (Jamy) Bechler from Martin Methodist College.

Playing at the next level is something I have always wanted. I could not imagine having to stop playing after this year.

JM: Tell us about your biggest inspiration in sports and why.

NM: My biggest inspiration in sports has always been my sister, Mary Lauren.

She has pushed me to tears on many occasions, but that is what a great coach does when they see potential.

She really means a lot to me and she is who I have always aspired to be like since I was a little girl.

Even though I am older now, not much has changed.

Next week we will conclude the 1,000 Point Scorers series with Kayla Tillman.

Check out http://cullmansense.com/sports for extensive sports coverage.



File photos by Tony Sisk

Top: #20 Nina Mills takes a hard defensive posture during the Raiders game against Holly Pond.

Bottom: Nina Mills of the Lady Raiders drives hard to the hole.



Cullman County Basketball Schedule

Monday, January 30

Smith DAR @ Fairview Boys & Girls

Hanceville @ St. Bernard Girls only

Tuesday, January 31

Cold Springs @ Cullman Boys & Girls

Cullman Christian @ Glen Iris Boys & Girls

Holly Pond @ Westminster Christian Boys & Girls

St. Bernard @ Vinemont Boys & Girls
West Point @ Curry Boys & Girls

Wednesday, February 1

Corner @ Hanceville Boys & Girls

Thursday, February 2

Victory Christian @ Cullman Christian Boys & Girls

Arab @ Cullman Boys & Girls

Fairview @ West Point Cold Springs Boys & Girls

Good Hope @ Randolph Boys & Girls

St. Bernard @ Winston County Girls only

Friday, February 3

Vinemont @ Cold Springs Boys & Girls

Good Hope @ Danville Boys & Girls

Hanceville @ Addison Boys & Girls

Medical Weight Loss Solutions: Opening Doors to a New You

By: Natalie Bonner
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qrnews/nbonner

The name may induce thoughts of hospital rooms and white lab coats, but au contraire, my friend. Medical Weight Loss Solutions is actually a program rooted in an all-natural approach to weight loss.

The innovative, medically approved weight loss program was specially designed by a tri-factor team of experts with the purpose of creating a foolproof plan to lose unwanted weight and maintain one's desired weight.

Bridget Chambers, a manager and counselor at the Cullman branch of Medical Weight Loss Solutions, said, "The program is customized for each individual depending on their health issues and the pounds they need to lose."

Medical Weight Loss Solutions (MDWLS) is based on a three-part program that utilizes an all-natural approach to weight loss based on individualized counselor advice and support; a real diet of fresh food that can even be implemented on the go; as well as the latest medical weight loss technology such as physician recommended appetite suppressants.

Their meal plans are built to increase metabolic rate and enhance energy, decrease body fat, prevent muscle loss and further attain glycemic control. By eating three meals a day of freshly prepared food items, people are propelling their weight loss by meeting their nutritional needs in every dish they eat.

Their effective, all-natural approach to weight loss is fueled by an extensive knowledge of nutrition. Chambers said, "I think it's important for all of us to understand nutrition no matter our age. We all need to know what fuels our bodies and what's good for us and what's not."

She explained that potential clients are given a free consultation that allows MDWLS to understand his or her medical history and to conduct a health assessment used to calculate body composition thereby concluding one's BMI and fat percentage.

See Weight Loss Page 11



Photos by Jessica Norrell



Alpha Nutrition: A Standard for Success

By: Natalie Bonner
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Locally housed in the tiny town of Cullman is a full line supplement store called Alpha Nutrition. The store offers a plethora of products but is mainly geared towards sports nutrition based products.

Most of their top selling products consist of protein, pre and post workouts, recovery supplements, weight gainers, fat burners and a full line of vitamins from A to zinc. They also offer professional nutritional advice to tailor one's diet to a specific goal as well as offer printouts of meal plans.

Clay Shockley, from Fairview, and Shea Butts, of Cullman, are the two owner partners. With a combined background that offers an extensive knowledge of the nutrition retail business and experience in fitness consulting, these guys understand how proper nutrition and physical training can yield exceptional results and change body types for the better.

"Our store offers a line of products you can't get at a chain nutrition store. When you come into Alpha Nutrition you'll find a family friendly atmosphere not a pushy sales staff," Store manager and wife to Shea, Lisa Butts, said. "We stand out in that we are here to help Cullman learn and grow into a more health-conscious community.

It's little changes that make a big difference and through our advice we aim to help anyone achieve a healthier, happier lifestyle."

While Alpha Nutrition has created a niche for itself in terms of sports nutrition and reaching out to more active people, they do believe everyone should incorporate a regular exercise routine in their daily lives. They are ready and waiting to arm anyone with the right tools to succeed in being a healthier person.

Lisa said, "[We] stay competitive with online and local business and are willing to meet online offers including shipping and taxes. When you think you can't afford to get fit, we can help!"

Storeowners Shockley and Butts thought Cullman could benefit from a more price savvy, friendly and experienced nutrition store, and thus Alpha Nutrition was created.

The store's hours are Monday through Friday 10 a.m. to 7 p.m. and Saturday from 10 a.m. to 2 p.m. While they may close their doors at night, the business is always alive on the web.

The crew utilizes social media to access their clientele. Upon perusing my own Facebook account one day, I ran across Alpha Nutrition's profile and was very impressed with the individualized attention given to interested parties.

They didn't just answer questions by users, but rather took the time out to help each interested person and address his or her specific needs.

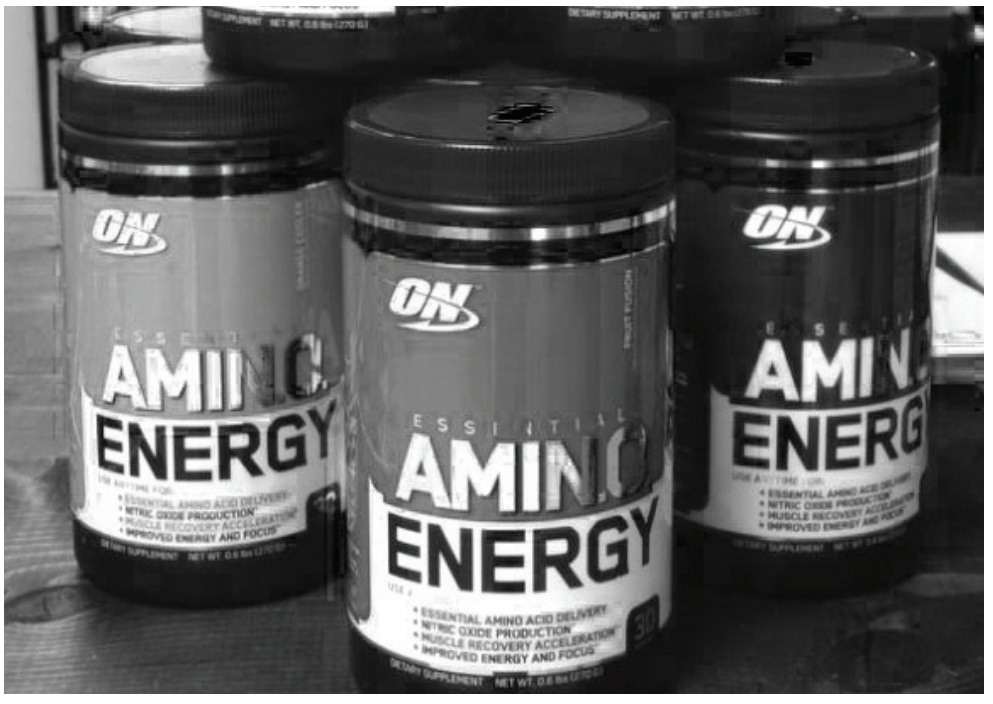
"We absolutely love the interaction online from our customers. Everyone is busy these days and can't always find time to call or run by our store for questions. Emailing us or sending a Facebook message has always been effective," Lisa said. "We make it a point to reply to everyone as quickly as we can because we know every customer is important, and we appreciate it when people ask us questions as it allows us to research more and fulfill anyone's needs."

Alpha Nutrition stands by their slogan of effectively questioning and understanding prospects, thereby not selling empty promises and statistics. In fact, this ideal is implemented when first-time customers come into the store and often leave with samples.

Lisa said, "We want our customers to be satisfied with our products so we don't push you to buy your first time in or ever. It's intimidating enough to get back into shape so we understand and always work with you and your budget to get the most for your money."

They are certainly "alpha" in many ways, with the most compelling factors obviously being their impressive caliber of customer service and standard for meeting client's specific needs.

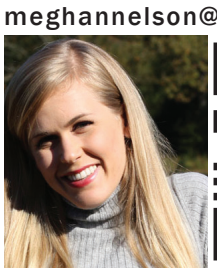
"As a small local business we want to make sure our customers wants and needs are met before a sale is made, not just push product to increase our bottom line," Lisa said.



Rediscovering Cullman

Pasquale's

By: Meghan Nelson
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qrnews/mnelson

After last week's venture into the pleasantly delicious world of rediscovering a restaurant, I felt that such an appetizing experience must, of course, be repeated. Thus, I, along with my ever-growling stomach, embarked on a culinary adventure to learn more about one of Cullman's most recognizable Italian restaurants – Pasquale's.

Though I possess several childhood memories of enjoying Pasquale's signature ham sandwiches and playing a round of PAC-man with my siblings at the back of the restaurant, in recent years, I haven't visited Pasquale's quite as often as I did when I was younger. (I am, after all, one of those overly frugal people who makes a large pot of something and eats leftovers all week.)

Due to my extended absence, I wasn't prepared for the mouthwatering aroma that I immediately encountered upon entering the restaurant. The yeasty smell of baking bread and tangy scent of fresh spaghetti sauce were enough to make me forget my budget and instantly begin planning a lunch trip for the near future.

Spotting Donna Nunnelley, who owns Pasquale's with her husband Phillip, I introduced myself and, despite my growling stomach, asked her how she and Phillip got involved with Pasquale's.

"My family has been in the [Pasquale's] business since the early 1950's," she shared. "My father-in-law opened a Pasquale's in Birmingham, and my husband owned one in Leeds."

Donna added that her father-in-law had actually helped the original owners of the Cullman Pasquale's begin their business, and when the owners decided to sell Pasquale's in 1982, Phillip decided to buy it.

Shortly after Phillip purchased the eatery, Donna began working at Pasquale's, which, she shared, is actually how the couple first met. They were later married, and as Donna said, "It's been history ever since."

During our discussion, a couple of Donna's employees began to prepare the restaurant's famous lunch buffet. Seeing the golden-crusted pizzas and tempting cinnamon rolls begin to emerge, I was curious as to what, exactly, the buffet includes.

Donna explained that Pasquale's buffet consists of several kinds of pasta, garlic bread, alfredo and spaghetti sauces, calzones, a variety of pizzas, cinnamon rolls, the salad bar, and a drink. All of



Pasquale's buffet is available for lunch every day and for dinner on Tuesdays and Thursdays.

Photos by Meghan Nelson



All of Pasquale's pizza dough is homemade at the restaurant each day.



Students from the Cullman County Child Development Center help out at Pasquale's on Tuesday through Friday mornings, before the restaurant opens for lunch.



Donna Nunnelley owns Pasquale's with her husband Phillip Nunnelley.

Rediscovering Cullman

the items – even the pizza dough – are made fresh daily, and the buffet is open every day for lunch, as well as on Tuesdays and Thursdays during dinner.

Hearing this satisfyingly cheesy list of foods, I asked Donna if the restaurant's menu differs from what is served on the buffet.

"Sometimes people may not realize it, but we have a very extensive menu," Donna responded. "Aside from the items on the buffet, our menu also includes hot sandwiches, lasagna, chef salads, ravioli, and even chicken fingers."

Although pizza is naturally the restaurant's most popular item, its hot sandwiches, which come in such varieties as ham, roast beef, and stromboli, are a close second. "I eat a [stromboli sandwich] daily," admitted Donna. "It's my favorite." Pasquale's has maintained its basic menu throughout its many years of business, with a few additions, such as that of calzones, and has also kept its reputation as a family restaurant.

Donna shared that part of the reason for their family-oriented atmosphere is due to Pasquale's close involvement with many of the local schools. For example, they deliver lunch to Cullman Christian School every Wednesday, and they participate in many fundraisers for local schools throughout the year.

Donna said that the school fundraisers, which she greatly enjoys, are usually on three specified nights of the week. "We do all of the footwork, make banners, and run ads," Donna explained. "Then, [the parents and students] only have to come in, eat, and fill out a form for their school.

We give a minimum of 10 percent of the proceeds back to the school and have a drawing for gift certificates. In addition, the class with the most participation also wins a free pizza party."

"It's good for both of us," Donna added. "It helps the schools raise money, and it helps introduce us to new people."

During the past year, Pasquale's has hosted events for Cullman City Primary School, Cullman Christian, East Elementary, West Elementary, Sacred Heart, and St. Paul's, and Donna is currently planning some activities for the county schools. Though their community involvement is impressive, the restaurant's activities don't stop with school fundraisers.

Donna shared that Pasquale's has also been working with the Cullman County Child Development Center for the past 20 years. On Tuesday through Friday mornings, students come during school hours to learn workplace skills.

They clean, vacuum, sweep, and perform other tasks around the restaurant, which gives them valuable experience and gives the restaurant some much-appreciated help.

In addition, Pasquale's donates all of its daily extra food to the women and children at Victim Services. "It thrills the kids," said Donna. The program prevents Pasquale's from having to waste any extra food, and at the same time, provides a delicious and free treat to many people.

With so many activities, Pasquale's maintains a staff of about 8 to 12 employees. The restaurant begins preparing for lunch at about 8:30 or 9:00 in the morning, which is also the time that they usually make their pizza dough.

Preparing the dough requires about 30 minutes and quite a bit of flour. A batch of dough then proofs overnight and is ready to use on the following day.

Though Donna doesn't cook as often as she has in the past, it is one of her favorite parts of the restaurant. "I love cooking...it's in my blood." Donna added that she also loves the customers and her employees, saying, "I enjoy being around people and being involved in all of [the activity]."

However, owning a business can have its challenges, as well. The restaurant is often on Donna's mind, and she and her husband strive to ensure that everything runs smoothly and everyone is happy.

Although it is sometimes difficult for Donna not to think about her business, she shared that there is certainly never a dull moment in the restaurant.

"We have a lot of out-of-towners," she said. "We advertise at Heritage Park, so we get several teams that come in to eat."

In addition to visiting teams, Pasquale's also welcomes the Cullman High School football team once a week during football season, a tradition that began in the 90s and is still continuing today. Donna shared that many of the team members return once they are grown and bring kids of their own to the restaurant.

Pasquale's even has several people bring team photographs to add to the vast collection on the walls. Donna explained that, aside from the large pieces, most of the pictures decorating the restaurant were actually given to them by customers.

Looking at the photo-filled walls of Pasquale's, I was convinced that this restaurant certainly has an abundance of community spirit.

Coupled with their delicious food and friendly atmosphere, it makes them a restaurant that customers can not only enjoy but wholeheartedly support.

Thankfully, Pasquale's plans to share its cheesy, Italian delights for many years to come.

As Donna said, "I've been blessed. I want to continue to do a good job, to bring in new people, and to take care of our existing customers."

Pasquale's is open from 10:30 a.m. until 9:00 p.m. on Tuesday through Friday and from 11 a.m. until 9 p.m. on Saturday and Sunday. They can be reached at 256-734-4599.



Pasquale's famous buffet includes several kinds of pasta, garlic bread, alfredo and spaghetti sauces, calzones, a variety of pizzas, cinnamon rolls, the salad bar, and a drink.

Mirroring History

Looking Back: Exploring Historic Cullman at 4th Street West Looking Eastward

Circa 1950s



Contributed by Cullman County Museum

2012



Photo by Jessica Norrell

Local Events Calendar

Send your Events to: calendar@cullmansense.com

Monday, January 30

Aqua Zumba Classes at CWAC

Everyone is invited to take part in the Aqua Zumba classes which are offered each Monday at Cullman Wellness & Aquatic Center beginning at 7 p.m. in the center's indoor pool.

Please call 256-775-7946 for additional information! Come start the New Year off with water exercises!

Overeaters Anonymous Gather at Grace Episcopal

Members of Overeaters Anonymous meet every Monday, at 9:30 a.m. at Grace Episcopal Church in the Carriage House located on Church premises.

Further information is available at 256-747-6218 or 256-352-1143. Everyone is invited to attend these gatherings.

GED Classes at Desperation Church

GED learning classes are held each Monday night from 5:30 p.m. to 8:30 p.m. at Desperation Church. For additional information please contact Ed Oaks at 256-737-9564 or 256-735-6811.

These classes are open to the public and everyone who wants to obtain their GED is welcome to participate.

Cornerstone Revival Ladies Prayer Meeting

A Ladies Prayer meeting is conducted each Monday night at 7 p.m. at Cornerstone Revival Center.

For additional info, call 256-796-2899. All interested women are invited to attend.

Tuesday, January 31

Emotions Anonymous Support Group Meeting

An Emotions Anonymous Support Group meets each Tuesday at noon at Grace Episcopal Church Carriage House.

Those interested are invited to attend these group sessions.

Further information is available through the Group Director's office at 256-734-3605 or 256-796-8440.

Knifty Knitters Meeting

The Knifty Knitters group meets each Tuesday at 3 p.m. at Cullman County Library.
Yarn, needles and instructions are provided free of charge and every one of all ages who are interested are invited to attend these sessions. Further info can be obtained by calling Lesia at 256-734-2720, ext. 23.

North Central Alabama Genealogical Society Meeting

Members of the North Central Alabama Genealogical Society meet every Tuesday in the basement of the Wallace State Community College Library for informal study and to help new researchers.

The meeting is from 5 p.m. to 6 p.m. and those interested are invited to this free gathering. Come learn about your 'roots'! Call Von at 256-739-2843 for more information.

Friendship Squares Square Dance Club

The local Square Dance Club, Friendship Squares, is holding beginners square dance lessons for the next three Tuesday nights beginning at 6:30 p.m. at the East Point Community Center.

Everyone who is interested in square dancing in invited and urged to come participate. For additional information, please contact Hulda and Tommy Schaefers at 256-734-3566.

Wednesday, February 1

Aqua Zumba Classes at CWAC

Everyone is invited to take part in the Aqua Zumba classes which are offered each Wednesday at Cullman Wellness & Aquatic Center beginning at 7 p.m. in the center's indoor pool.

Please call 256-775-7946 for additional information! Come start the New Year off with water exercises!

'Heart Disease Conference'

A Heart Disease seminar presented by CRMC and interventional Cardiologist Dr. Silvio Papaietro, MD. Will be hosted on Wednesday, February 1st. Dr. Papaietro will discuss heart disease in detail from prevention to diagnosis.

This is a subject which is of interest to almost everyone in today's world. Cost of the lunch and program is $5.00 for WomenFirst/SeniorChoice members, and $8.00 for all others.

Please reserve your place by calling the hospital at 256-737-2600.

Thursday, February 2

Cullman Elks Lodge Serves Lunch to the Public

Cullman Elks Lodge members open their Lunch Buffet to the general public each Thursday from 11 a.m. to 1:30 p.m., so come on up to their building which overlooks our lovely Cullman and enjoy the great culinary efforts of the Lodge members.

For only $8.00 a person, their menu varies each week and includes meats and fish, vegetables, and drinks.

Overeaters Anonymous Meeting

Overeaters Anonymous meets each Thursday evening at 4:45 p.m. in the Carriage House at Grace Episcopal Church. Everyone is invited to attend these sessions.

Further information can be obtained by calling 256-747-6218 or 256-352-1143.

There also is a group which meets on Monday mornings at 9:30 a.m. in the same place. Meetings are open to everyone interested.

'Home Grown' Gardening Workshop Series

The Gardening Workshop Series, hosted by the Alabama Cooperative Extension System, North Alabama Agriplex, and Peinhardt Living History Farm, is held on the 1st Thursday of each month from 6-8 p.m.

The schedule of events from now through May 3rd are as follows:

Starting Vegetable Transplants from Seed, February 4th

Raised Bed Gardening/Composting, March 1st

Growing Squash, Cucumbers, Melons and Giant Pumpkins, April 5th

Raising Backyard Poultry, May 3rd

All programs will be held at the new North Alabama Agriplex Education Center which joins Peinhardt Farm across from the Cullman Bowling Center on Tally Ho Street.

For more details call Rachel Dawsey at the North Alabama Agriplex at 256-297-1044 or the Cullman County Extension office at 256-737-9386.

You may preregister for individual classes for $5 each (if choosing just one) or for the entire series of five classes for $20, a savings of $5.

Friday, February 3

Swamp John's Dinner at Cold Springs High School

Cold Springs High School is the setting for a Swamp John's Dinner. The dinner will be from 4 p.m. to 7 p.m.

The $10.00 dinner plate includes drinks and desserts as well. All proceeds raised will benefit the Varsity and JV Cheerleaders.

Saturday, February 4

Farm Kids Club: Super Seeds

Come explore the amazing world of seeds. Learn the importance of seeds to farms then and now. Plant and take home your own tray of seeds to grow.

The event is $5 per child and begins at 9:00 a.m. and will last until 10:30 a.m.

This is for children kindergarten and up and their parents. To register, Call 256-297-1044 or e-mail Cullmanag@gmail.com

All programs will be held at new North Alabama Agriplex Building, located at 1714 Tallyho Drive, across from the Cullman Bowling Alley.

Farm Kids Club: Super Seeds is sponsored by North Alabama Agriplex and Peinhardt Living History Farm Foundation.

2012 Ms. Senior Cullman County Pageant

This event will be held from 2-4 p.m. at Wallace State Community College.

All Contestants are at least 60 years of age and have lived in Cullman County for the past year.

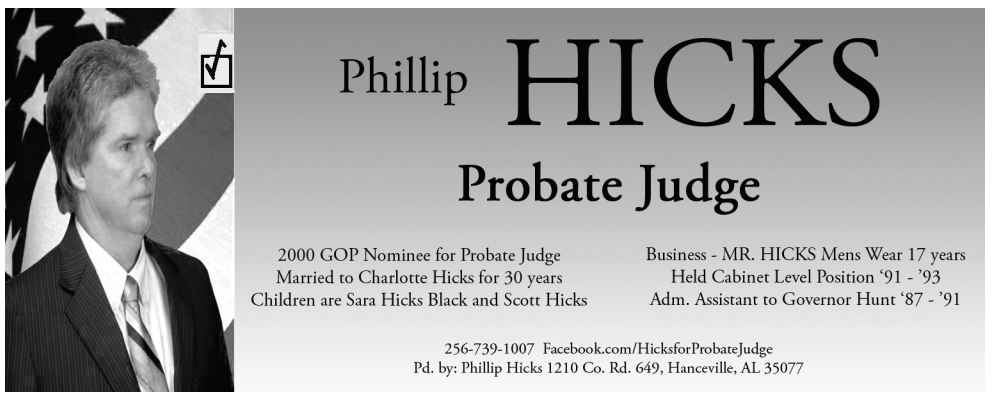
Tickets are $5 each. For more information just call 256-734-9655.

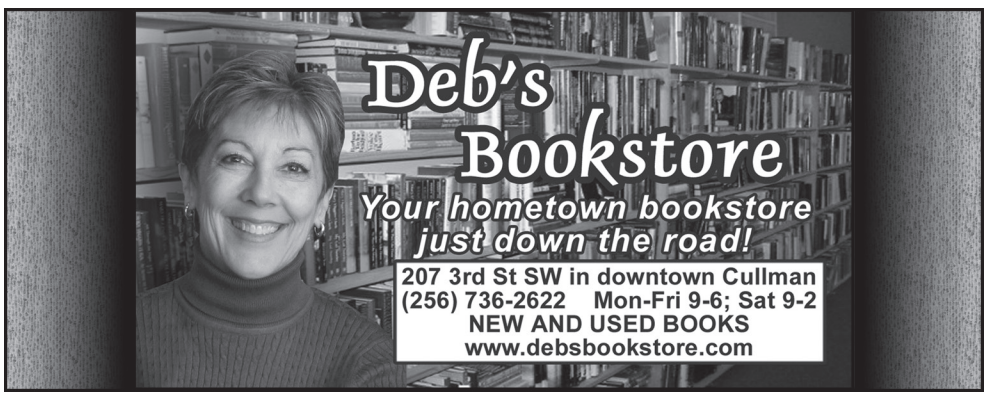
Natural Childbirth Classes

This class is for those who are considering having natural childbirth. Your education, desires and personal support network greatly influence a positive outcome.

In this class you will learn: details about stages and phases of labor, relaxation techniques & comfort measures, how your birth partner can help you during labor, physiological positions and movements for labor, about medical interventions, the role of hormones during labor & birth, and much more.

There are two class locations in the city; please call (256) 962-0975 for directions and registration. Visit http://www.birthingbeautiful.com for more.





PUZZLES AND COMICS

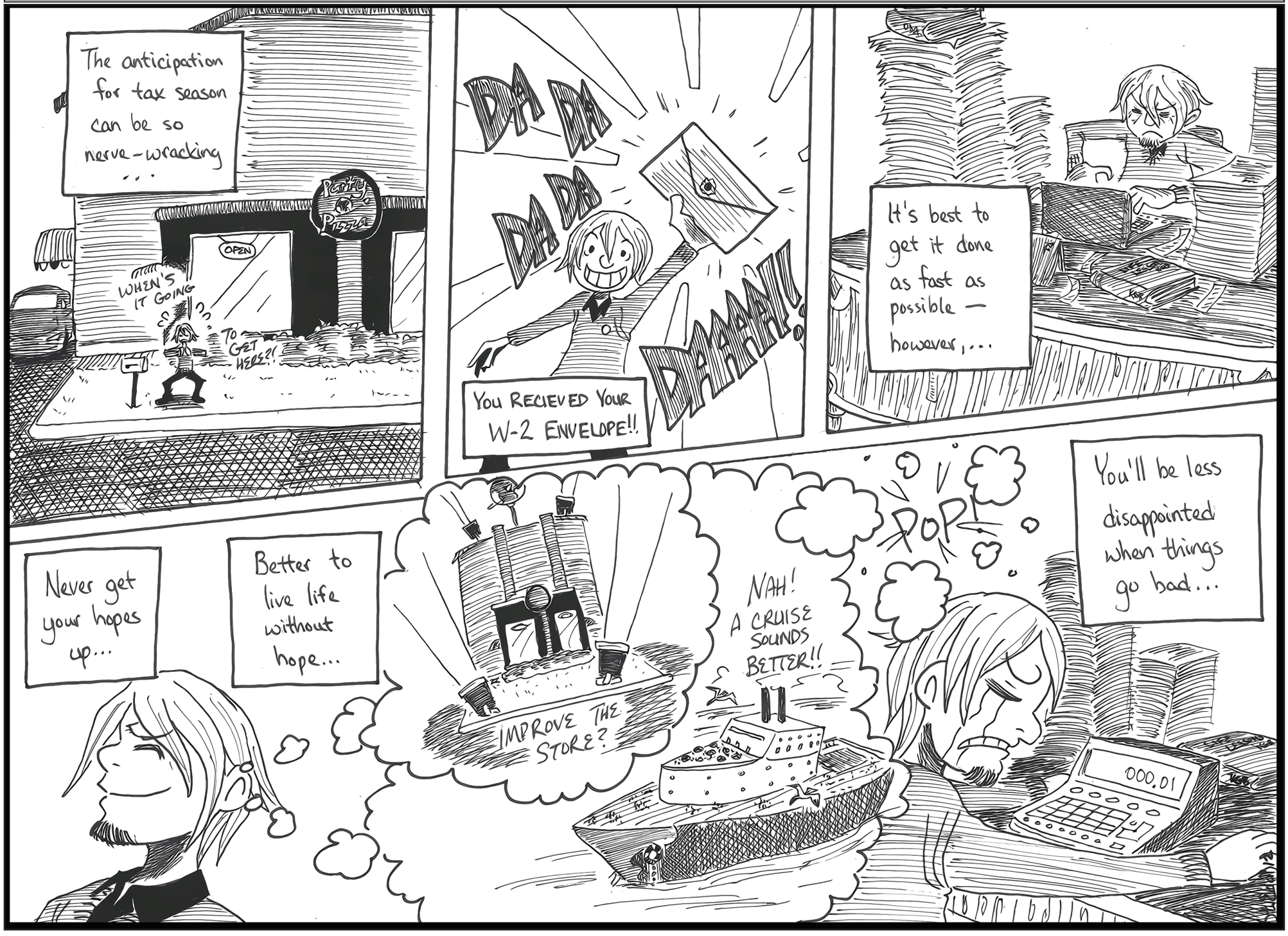
THIS WEEK'S WORD SEARCH TOPIC IS: BE HEALTHY

BY: DUSTIN ISOM

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appetite suppressants
blood sugar
carbohydrates
cholesterol
enhance energy
exercise
food guide pyramid
food journal
fresh food
fruits
glycemic control
herbs
lean protein
meal plan
metabolic rate
nutritionist
omega fatty acids
vegetables
vitamins

Comics by St. Edo Anthony Saint st.edo@cullmansense.com



Community Matters

Weight Loss - Continued

From there, an individualized plan is customized for the client should he or she enter into the program. Nutritionist Hannah Erickson customizes all clinics' programs within Alabama and Georgia, along with help from certified counselors. The counselors essentially function as the middleman between nutritionist and patient.

The extraordinary element of the program is that no exercise is mandatory in their programs. Chambers said, "You don't have to exercise, and we do guarantee [a loss of] two to five pounds averaged a week as long as you go by what your counselors are teaching and you follow your meal plan, you get that guarantee."

Weekly weigh-ins and counselor sessions are offered at least two times a week to keep patients on track in their weight loss goals. Chambers said they help folks that want to lose as little as 10 pounds and as much as 100 pounds.

Their programs benefit everyone, no matter the size, because they are based on an individual's needs.

When asked how their programs compare to a program offered by Jenny Craig or to the points method adhered to by Weight Watchers customers, Chambers had this to say:

"We teach about real food that you purchase from the grocery store. We teach our patients about lean protein, good carbohydrates, good fat and also your fruits and vegetables. We don't teach calorie counting or points counting. We teach our clients something they can follow today, tomorrow, and forever."

With MDWLS programs, you get 12 months of maintenance, which means you have a great chance of never gaining the weight back. The maintenance program is the final phase patients enter into once they have achieved their goal weight and wish to maintain their current goal weight.

Maintenance utilizes a number of methods to ensure that one keeps the weight off such as proper nutrition; appropriate food combinations; weekly meetings with counselors; and food diary journaling to name a few. Other optional items to implement are all-natural (not chemical based) appetite suppressants, protein supplements, fiber supplements, herbs and vitamins.

As daunting a task as it can seem, weight loss is a mind-body battle that must ultimately be conquered by the mind. As Medical Weight Loss Solutions co-owner, Brenda Dew, said, "You cannot change your weight until you change your mind."





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9th Annual Chili Dinner

in Hearin Hall of
First United Methodist Church

February 20th, 2012
4:30-7:00pm

Bobby Nolen's Famous Chili & Grilled Cheese
in your own handcrafted bowl







TICKETS $10

Available at:
Cullman Caring For Kids
First United Methodist Church
St. Johns Evangelical Church

Live Music & Auction

Proceeds benefit:
Cullman Caring For Kids
Food Bank

EMPTY BOWLS
of cullman county

flyer provided through Learn & Serve Alabama grant