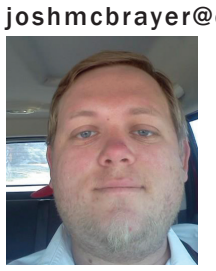
Series 2, Issue 8 Monday, February 20, 2012
Cullman's Monday Newspaper
CullmanSense
Community Matters

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A Vision for the Court

By: Josh McBrayer
joshmcbrayer@cullmansense.com



qrnews/jmcbrayer



Photos by Tony Sisk

Fairview's Anna Mangum goes hard for a rebound against the Holly Pond Lady Broncos.

The CullmanSense Spotlight shone brightly on Fairview this week finding basketball star, Anna Mangum.

She lead the Lady Aggies in both offensive and defensive rebounds while passing first and shooting second on the offensive side of the ball, unselfishly giving her teammates numerous opportunities to score. She also led the Lady Aggies in blocked shots, something she enjoys doing.

Anna took time out of her busy schedule as a high school senior, to answer these questions for Spotlight.

Josh McBrayer: Tell our readers a little about yourself.

Anna Mangum: My name is Anna Elizabeth Mangum and I have lived in the Fairview community all of my life. I just celebrated my 18th birthday and am a senior at Fairview High School.

I have played or participated in several sports since I was in elementary school. These sports include basketball, volleyball, softball, and track.

After graduation I will be attending Wallace State Community College where I plan to concentrate on my basic studies in preparation to seeking a Bachelor's degree in Physical Therapy followed by a Master's Degree as a Physician's Assistant.

I am also looking forward to continuing my athletic career as I become a member of the WSCC Lady Lions Volleyball team.

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

AM: I began playing basketball when I was in the 3rd grade. I played on a team with the Fairview Youth Basketball Association. I remember being excited about getting to play basketball that year. I had been to practices and games with my older sister, Kacie for a couple of years and knew that I would really enjoy playing this sport. I had been playing softball for a couple of years by this time, but I struggled at this sport due to vision problems.

When I was 5, doctors told me that I was legally blind. They told my parents that my vision would improve over time, if we followed their plan. When asked if I wanted to try basketball, I was excited, because I thought that basketball might offer me more opportunities to succeed.

With my vision issues, I was not very good at shooting the ball, so my dad began to work with me on rebounding.

My dad spent a lot of time with me before and after practice teaching me how to box out, jump, and grab a rebound. I soon discovered that even with poor vision, I could score, if I worked to get offensive rebounds and put the ball back up.

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

AM: Even though I am very excited about playing volleyball at WSCC, in my heart my favorite sport has always been basketball.

This is the sport that I have played the longest, but I also like it because it is a fast paced contact sport.

See Page 4





Left: Lady Aggies' Mangum calls for the ball deep in the post during Fairview's game against Arab. Right: #13 Mangum fights to get the ball away from the opposing player.

PRINTED LOCALLY @ PRINTING Alabama Web Press

Lifestyle

Passion for the Kitchen

Send your recipes to recipes@cullmansense.com

By: Annette Harris
annetteharris@cullmansense.com



qrnews/aharris

Chicken Fettuccini Alfredo

I usually take a recipe and do my own thing to it. I have done that to this because it sounded good to me.

See what you think.

Ingredients:

- 4 chicken breasts, boiled, cooled, deboned and cut into bite size pieces
- 1 pint heavy cream
- 1 stick of butter
- 2 tablespoons cream cheese
- ½ - 3/4 cups Parmesan cheese
- 1 teaspoon garlic powder
- 1 (12 oz.) pack of fettuccini noodles

Directions:

1. Boil fettuccini noodles as directed on package.
2. In a saucepan combine butter, heavy cream, and cream cheese.
3. Simmer this until all is melted and mixed well. Add the Parmesan cheese and garlic powder.
4. Simmer this for 15-20 minutes on low. I add a little pepper and salt. Keep stirring because this is rich and you don't want it to burn.
5. After the sauce is done, toss in the chicken and stir.
6. Pour over fettuccini noodles.

Serve with garlic bread.

Snickers Pie

*This recipe makes 2 pies

Don't worry about dieting if you are going to eat this. You just don't even need to think about it.

I don't even like nuts mixed in things I eat and I like this. That's pretty impressive!

Ingredients:

- 2 unbaked pie crusts
- 2 cups peanuts, divided (use 1 cup per pie)
- 1 cup caramel topping, (check the ice cream section) divided (use ½ cup per pie)
- 1 (12 oz.) package semi-sweet chocolate chips
- 1 (14 oz.) can sweetened condensed milk
- 1 pound cream cheese, softened
- 3 eggs
- 1 cup granulated sugar
- 1 teaspoon vanilla

Directions:

1. Put the peanuts directly on the bottom of each pie crust, then pour the caramel topping over nuts.
2. Make a chocolate sauce by melting the chocolate chips and condensed milk together, slowly in microwave; pour ½ cup of the chocolate mixture over the caramel of each pie.
3. Next, make a quick cheesecake by mixing the cream cheese, eggs, sugar and vanilla together until smooth.
4. Pour half of this over the chocolate sauce.
5. Bake the pies at 350 degrees for about 50 minutes or until set. Let cool for one hour and top with remaining chocolate sauce if desired and why wouldn't you?

This pie is VERY RICH, so cut into small slabs…um, servings. Serve at room temperature; refrigerate any leftovers.

You won't have to worry about that last part because there won't be any leftovers.

*I am not responsible if you gain 10 pounds.

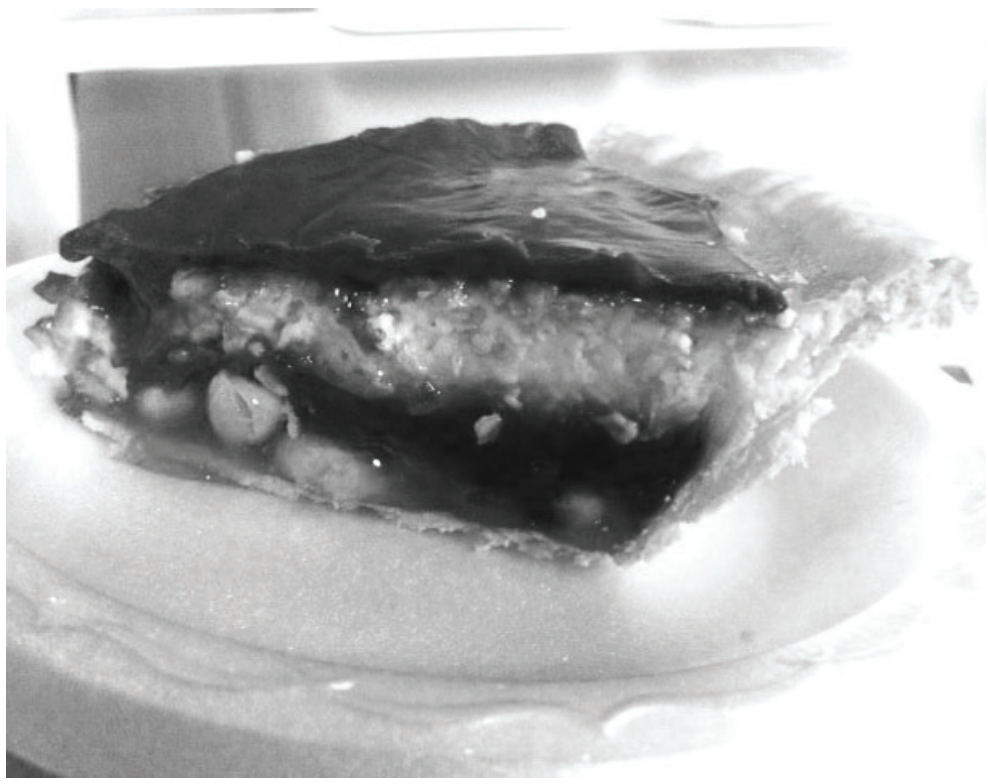




Photo by Annette Harris



No(ah)-It-All: The Cost of Doing Business

By: Noah Chandler
noahchandler@cullmansense.com

Like all businesses and industries, we in all forms of media whether it be radio, television, or print are facing bleak times. If it isn't piracy, it is copyright infringement or intellectual property theft. Or worst of all it is because our economy seems to be more content curling up to the nearest burning remnants of a thriving industry instead of rebounding, giving the people a needed boost.

I too am not immune to this hard turn, but luckily a mixture of street education and book learning, as my dad would always would say, has allowed me a different perspective on all things associated with struggle.

As a youngster I saw my dad playing snooker, hitting the backroom poker games or pulling Coke bottles for distance. These shady games and schemes were not seen as bad to the teenager version of yours truly, so as soon as high school ended I found myself chalking the felt.

Over a six-year period I learned a lot of lessons, the most of important of which was to know when to pull up when it was realized there was no winning. The interesting part is that I learned this over a decade back, but yet it still has never set in.

As mentioned a few weeks back, we at CS are going through some changes, including some to crew and content. Over the next few weeks you will continue to find new features and sections as we refine the product that so many have asked for.

The master genius that is Dustin Isom has been hard at work on a few new features that will be available on our website, www.cullmansense.com, over the coming weeks and months. I can personally attest that nothing like this has been done in our area, so you know it has to be good.

Josh McBrayer and Tony Sisk are continuing to look into the local sports stories that encourage the interviewee to be more involved than your typical dry sports stories, so hopefully the content will be personal. The aim is to provide quality information while keeping it quaintly Cullman County and these two sports reporters have done a great job thus far.

Over in the pagination and creative department, Jessica Norrell is keeping the thoughts flowing; therefore you know the result will be several new sections that will hopefully encourage more community interaction and participation.

Now we have lost a couple of fine folks over the recent weeks, but I know they will continue to do great things for the residents of Cullman. I personally wish them all the best.

Wes Smith is returning with a vengeance as he will attack the entertainment scene inside of Cullman and surrounding areas. Trust me, the coverage is about to be stepped up in this department and several others, so welcome back to Wes. Although you never left.

Natalie Bonner will also be returning in March after she successfully completes a difficult exam. In fact it is so difficult that I can't remember the name. Nat, we look forward to having your witty pieces back in the rotation.

As for me, well life couldn't be doing any better. Usually that would be said with a smirk, but this time I actually mean it! Everyday holds a new struggle, but the perseverance I learned in those pool halls watching my dad is finally coming in handy.

When you get knocked down you can either lay down or stand up. So if you remember what I said about pulling up when you know you can't win? Well it doesn't apply here or anytime in life. After years of pessimism I finally get it. There can never be a positive result when the driving factor is a negative influence. Be sure to grab your copy of CullmanSense from one of our many distribution points and watch as we continue to grow!

Weather

Source: NWS

Monday	Tuesday	Wednesday	Thursday
Hi: 56 Lo: 35	Hi: 63 Lo:48	Hi: 67 Lo: 47	Hi: 60

Monday: Sunny, with a high near **56**.
Monday Night: Partly cloudy, with a low around **35**.
Tuesday: Partly sunny, with a high near **63**.
Tuesday Night: Mostly cloudy, with a low around **48**.

Wednesday: A 20 percent chance of showers. Partly sunny, with a high near **67**.
Wednesday Night: A 50 percent chance of showers. Mostly cloudy, with a low around **47**.
Thursday: A 40 percent chance of showers. Mostly sunny, with a high near **60**.

Check **CullmanSense.com** for the latest weather updates.

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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

Vision - Continued

It is also a sport where every member of the team has a part to play. Some players are good at handling the ball, some are good at shooting, but my part has always been that of "trash-collector".

I'm the one that is supposed to be under the goal, when one of my teammates shoots the ball. By doing my job, I can help them shoot with more confidence.

My teammates know that as long as they put up a good shot, I will be working hard under the goal to pull a rebound, if the shot happens to not go in.

Although, at 5' 10" I am considered a small post player, I really love playing this position.

Like all the other positions on the team, this position is extremely important on both offense and defense. As I said before, on offense I am the "trash-collector", but on defense I am the one who tries to make sure no one on the other team gets an easy shot under the goal.

Even though I am a little smaller than other post players, I have the ability to jump pretty high. My vertical leap is around 22".

Many bigger opponents think that they can shoot over me, but they find out its not so easy. One of my greatest thrills is when I block a shot.

JM: Talk a little about your greatest accomplishment in sports, why and what it means to you.

AM: It may sound a little strange, but I feel that one of my greatest accomplishments in sports was when I overcame an ACL tear.

The summer before my junior year, I tore my ACL as well as my lateral and medial meniscus at team camp. Even though I had surgery the next week, with a six month recovery time, I knew that I was going to miss volleyball and part of basketball season the coming year.

After a brief cry, I determined that I would work hard to recover as soon as possible. I started therapy about two weeks after surgery.

Therapy was twice a week and in the beginning it was excruciating. Bending my knee hurt, but lifting weights with it was terrible. Eventually my leg grew stronger and therapy became easier.

Although I did miss all of volleyball season that year, I returned to basketball right before Christmas. Even though my playing time was limited, I was happy to just be back on the court playing with my team.

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

AM: My biggest inspiration in sports would have to be my parents, David and Cheryl Mangum.

Even though I often wasn't the "star-athlete", my dad worked with me developing the skills that are needed to play the game. He also taught me determination and that is a major reason I am the athlete I am today. My dad taught me to "never quit working".

My mom is also an inspiration to me because she has been there with me through everything. She and my dad were always there to cheer me on.

My mom always encouraged me to never settle, but to keep working to get better. For the past few years, my mom has also been my basketball coach. While having your mom as a coach can be hard at times, I wouldn't have wanted it any other way.

As a coach, mom always encourages every player to play their hardest for their team and to do their job, whatever that job might be, do it and do it the best you can.

My parents are the ones who introduced me to sports. They put a lot of time, knowledge and money in to bringing out my best qualities. Qualities not only of an athlete, but that make me a better person also.

I cannot thank them enough for asking me that one question when I was seven..."So do you want to play.....?"

Cheryl Mangum is the head basketball coach for the Fairview Lady Aggies and is also the mother of Anna Mangum. She had a few words to say about Anna and her Lady Aggies as a team.

Anna loves to go up and fake a jumper, then when she draws the defense in, dump the ball to a waiting teammate for the easy bucket.

Anna is my daughter, so I am a little biased in my opinions of her work ethic etc., but I will talk about these qualities as they apply to the team.

Anna is just one of four seniors that were on my team this season. This group of seniors will be greatly missed.

As a group, I have never had players that would work harder, in both practices and games. They set a high standard for themselves and their teammates.

Although we did not have what most would call a successful season, these girls had a desire to get better every game, which required that we get better every practice.

I know that the underclassmen on my team have been shown an example of what it takes to be a leader on a team. Annie Holcomb, Sabrina Russell, Marlah Stancil, and Anna Mangum, four young ladies that have left a positive mark on Fairview Lady Aggie Basketball.
Their contributions to this program will not be soon forgotten. I am grateful to have been allowed to be a part of their athletic career.

Anna Mangum is one of those rare players that come along ever so often that look to make their teammates the stars and always think of the team as a whole. Seemingly never looking for the spotlight, Anna has quietly made herself one of the best defenders in all of Cullman County.





Top: Mangum holds off two Lady Broncos.
Bottom: Mangum calmly waits to take a free-throw.

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SPORTS

Take Me Out to the Ballgame

By: Josh McBrayer
joshmcbrayer@cullmansense.com

As Mother Nature finally loosens her icy grip, grass is being cut and fields manicured. I am not speaking of lawns and farms, I am talking baseball.

This time of the year holds a special meaning for me, as I am not a fan of baseball but a FAN-atic.

I love all sports, but baseball is my true passion.

While pitchers and catchers reported to spring training in Florida (Grapefruit League) and Arizona (Cactus League) this past week, position players received an additional week to make their appearances.

This harkens my mind back to last year and how things will not be the same.

Two perennial all-star and superstar sluggers found a new home.

Albert Pujols brings his 445 career home runs and .328 lifetime batting average with him to the Los Angeles Angels of Anaheim of the American League West.

He is departing the city of St. Louis and the Cardinals, the only team he has played for since breaking into the majors in 2001.

Another hard slugging first baseman from the National League makes the jump to the American League.

Prince Fielder, son of former Detroit Tiger great, Cecil Fielder, joins his father's old ball club.

The Tigers are thankful to have him and look poised to make another run at the American Central Division title, a feat they accomplished for the first time in 2011.

The Cleveland Indians came to terms on a trade with the Atlanta Braves for pitcher Derek Lowe to try and bolster their rotation.

The Marlins of the National League East now have the namesake of Miami and not Florida.

With a new name and new uniforms, come new faces. Most notably Jose Reyes joins the Marlins, leaving the New York Mets who happen to be, not only in the same league, but same division.

This should make for some interesting match-ups during the season as they are scheduled play one another 18 times during the regular season.

The Marlins also added Mark Buehrle who is a member of the "perfect game club."

National League east front runner for the last few years has been the Philadelphia Phillies and they just keep getting stronger with the acquisition of "fireball" throwing closer Jonathan Papelbon and former Chicago White Sox outfielder, Juan Pierre.

While it seems every team looks like it has made major changes some, as of this article, have not made any big moves to date; most notably the Atlanta Braves.

They lost shortstop Alex Gonzales to free agency, but with 10 year veteran Jack Wilson at the Major League level and prospects at shortstop like Tyler Pastornicky waiting in the wings, the Braves were not hard pressed to find a replacement.

Other big name players chose to stay at "home" and re-sign with their current clubs such as "Big Papi" David Ortiz of Boston, Grady Sizemore of Cleveland, Jimmy Rollins of Philadelphia, and Kerry Wood of the Chicago Cubs.

With all of the uncertainty surrounding sports of this day and age, one thing is clear: This is going to be a fantastic season. So grab you some peanuts and Cracker Jacks and get ready to root, root, root for the home team because baseball season is almost here!

For more sports coverage, visit:
cullmansense.com/sports





CULLMAN HIGH SCHOOL THEATRE PRESENTS:
A RED CARPET MOVIE PREMIERE EVENT

Joan: Maiden, Martyr, Warrior, Witch

The First Ever CHS Theatre Film
Please Join Us....
for a truly unique event as we give our cast and crew the red carpet treatment.

When? Friday, Feb. 24th & Saturday, Feb. 25th at 7pm
Where? Cullman High School Auditorium
$5 for Students **$8 for Adults**

CHS Theatre takes a look at the short, miraculous life of Joan of Arc. See how a peasant girl becomes a national hero and eventual Saint in the documentary style drama. Adapted and directed by theatre director Dillon Lee, the film investigates four distinct periods in Joan's life. Her youth as a simple French peasant is explored through the eyes of Joan the Maiden (Lacy Trelles). As a teenager, Joan the Martyr (Sadie Freeman) comes to terms with her greater purpose and destiny. Joan the Warrior (Julia Neal) has been given command of an army at the age of sixteen. Finally, Joan the Witch (Erica Harris) must deal with her imprisonment at the hands of the English and the Inquisition. The film is based on historical records, the monologue *Joan of Arc in the Autumn* by Don Nigro and the legendary play *Saint Joan* by George Bernard Shaw. Shot on location throughout Alabama including locations in Cullman County, Tannehill State Park, and Montgomery, AL.

Starring



Lacy Trelles *Sadie Freeman* *Julia Neal* *Erica Harris*

Also starring ***Keillian Carpenter, Antonio Cipollari, Jessica Lewis, Ben Tankersley, Dillon Spicer, Jay Terry, Erin Bodiford, Jeremy Odom, Joshua Barksdale, Leah Bales, and many, many more***

Student Cinematographer ***Jordan Johnson***
2nd Unit Student Cinematographers ***Will Mitchell A.J. Huey Peyton Willhite***
Associate Producers ***Becca Donnelly, Paige Schooley, Halie Horsley, Keillian Carpenter & Noah Carpenter***

Director ***Dillon Lee*** **Lead Cinematographer** ***Karen Lee***
Additional Cinematographer ***Candace Corbin A.J. Roach***
Art Director ***Karen Lee*** **Site Manager** ***Wesley Smith***

Formal Attire is Encouraged but NOT required.

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www.bit.ly/maiden2

PG-13
For violence & serious subject matter

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Local Artist Profile

Nine Lashes: A Passion for Christ

By: Natalie Bonner
nataliebonner@cullmansense.com



qrnews/nbonner



Blurry edges give way to a mossy recollection of nature tinged with greyish blue skies and olive branches. Nine raised areas set in an arrow pattern protrude from the cover photograph, assigning the graphics a painful welt-like appearance.

The symbolism present on the CD cover is certainly not lost on the devoted fans of the Christian rock band, Nine Lashes.

The musically merited group from Birmingham is signed to the independent record label, Tooth & Nail Records, based out of Seattle, Washington. Representing the likes of Anberlin, Underoath and Family Force 5, Tooth & Nail is an elite label to be signed with on any front.

Nine Lashes' line-up consists of Jeremy Dunn (vocals), Noah Terrell (drums), Jared Lankford (bass), Adam Jefferson (guitar), and Jonathan Jefferson (guitar.) The group's heavily anticipated debut album entitled "World We View" premiered on February 14th.

The album features 11 original tracks, with moving melodies such as "Afterglow," an emotional number dedicated to the late father of the Jefferson brothers; "Our Darkest Day," a powerful mix enhanced by Ryan Clark's presence of Demon Hunter; and their top single thus far, "Anthem of the Lonely," which the band feels most accurately portrays their message and sound.

The introductory single, "Anthem of the Lonely," has held its number one spot on the Christian Rock Charts for the past two weeks and has been in the top five for the past six weeks.

The song's message is one of hope and healing brought on by change. The song was inspired by Dunn's decision to give his life over to Christ.

Nine Lashes' growing success appears to be limitless. Having played various festivals and venues all over the U.S. (including the local Cullman event "Youthquake,") Dunn reveals, "I think our latest show in Cullman has been the most memorable for me. We were overwhelmed with how many people showed up, and it was truly humbling."

The self-described casual, laid back group likes to cut up and joke around, but their focus is not deterred. Their passion lies in Jesus Christ. The band's name stems from the whip called cat of nine tails used on Christ before his crucifixion.

When asked how the group handles difficult experiences such as resistance or opposition, vocalist Jeremy Dunn said, "Through all the reactions, we just try to stay true to ourselves."

Their unwavering dedication and devotion to Christ is especially evident when Dunn elaborates with a realistic perspective on the band's new age appeal to the oldest story ever told:

"[For] The One who made everything in the entire universe, designed quantum physics and gravity, and made stars you could fit millions of earths into, He loves us more intensely than any of us have ever seen, and we turned our back on Him. Then He sent His only son to take our punishment for us. And now everyone who accepts this gift will live forever. . .What more appeal could you add?"

A memorable moment displaying God's divinity that has stuck with the melodic musicians occurred on their way to a show once. With their transportation funds nearly exhausted, they began to stress over how they were going to make it to their next destination. The band had just parked their car to put an address into their GPS when a man suddenly pulled up and said to them, "You're in my way."

Surprised and unsure, Nine Lashes didn't know what to think, but the man quickly assured them he was kidding. He then parked his vehicle and asked them how their gas gauge looked.

They replied that it was on 'E.' The man hopped into their car, told them to drive to a local gas station, and filled their tank up.

Dunn explains, "It was then that we were reminded that our God is looking out for us."

Dunn dubbed getting signed to Tooth & Nail Records as a "God thing" in an interview with BREATHEcast.com. Their album's goal is to promote a message of hope and healing through understanding and faith.

The album's name, "World We View," illustrates one's perspective of the world around him or her. Inspired by faith and solidified by experience, Christians understand the new worldview given to them once a relationship is established with their Creator.

In Dunn's interview with BREATHEcast.com, he explains the album's incentive aided by its riveting aesthetics:

"What if you could only see 2 feet in front of your face? Do you think your perception of the things around you would be accurate and true? The truth is, we are all born blind. And until we call on Jesus Christ, our worldview is blurry and distorted. The only way to see things exactly as they are is to view them through the eyes of God. The only way to do that is to know who He is. He wrote a book once. You should read it. Your life depends on it."

Nine Lashes is promoting their passion for Christ via a musical mission. Pick up their album to discover inspirational lyrics, relatable rock, life experience and a message about hope and healing.

Nine Lashes Tour Schedule *For more information visit facebook.com/ninelashes*

Date	Venue	Location
Feb 22	Rocketown	Nashville, TN
Feb 23	St. Clair Co High	Lowndesboro, AL
Feb 24	Northwood Baptist	North Charleston, SC
Feb 25	Murray Hill Theatre & Cafe	Jacksonville, FL
Feb 26	Jannus Landing	St Petersburg, FL
Mar 02	Atlanta High School	Atlanta, TX
Mar 08	The Church of Acts	Corpus Christi, TX
Mar 09	The Door	Dallas, TX
Mar 11	ORU Mabee Center	Tulsa, OK
Mar 15	Valley Bible Fellowship	Las Vegas, NV
Mar 16	Packinghouse	Redlands, CA
Mar 17	Castles and Coasters	Phoenix, AZ
Mar 18	The Sunshine Theater	Albuquerque, NM
Mar 19	Open Gate Church	El Paso, TX
Mar 21	The Cotillion Ballroom	Wichita, KS
Mar 22	180 Youth Center	Briarcliff, AR
Mar 24	Auer Performance Hall	Fort Wayne, IN
Apr 06	Majestic Valley Arena	Kalispell, MT
Jun 29	King's Fest	Doswell, VA
Jun 30	SpiritSong	Lakeview, OH
Aug 04	Soul Festival	Gilford, NH
Sep 08	Rochester City Park	Los Angeles, CA

Community Matters

Tree City Dedication Set for Thursday

INFORMATION PROVIDED BY: CITY OF CULLMAN

A special Tree City Dedication ceremony will be held at 10 a.m. on February 23rd marking Cullman as a Tree City.

Each year for a little more than 20 years Cullman has been designated an official Tree City, receiving a flag and other items signifying Cullman's wealth of trees.

There will be an official flag raising in front of City Hall, with the Mayor and other city/Tree Commission/Forestry Service officials at the ceremony.

Tree Giveaway
Thursday, February 23, 2012
8:30 a.m. until 2:00 p.m. (or until all tree seedlings are gone)

Two locations: Festhalle Market Platz in Cullman & the Hanceville Recreation Center (old armory) in Hanceville.

Trees are free to all Cullman County citizens and are to be planted on private property, and were grown in the Southeast so they should be well-suited for our community.

Tree species to be given away include:

- Black Gum
- Beauty Berry
- Shumard Oak
- Cherry Bark Oak
- Nutall Oak
- Sawtooth Oak
- Overcup Oak
- Green Ash
- Crepe Myrtle
- Red Bud
- Chinese Elm
- Bald Cypress
- Japanese Maple
- Chickasaw Plum
- Oak Leaf Hydrangea
- River Birch
- Crabapple
- Long Leaf Pines
- Flowering Dogwood
- Northern Red Oak
-

Close to 10,000 trees will be made available. A combined pool of trees through Alabama Tree Recovery Program (the program is explained in this link http://www.forestry.alabama.gov/TreeRecoveryCampaign.aspx), which were grown in Tennessee, with the trees that the Arbor Day Foundation/Forestry Commission normally sell, which are grown at Wallace State Community College.

Rotary Club Tree Grant

Two Grants totaling $6,250 whose purpose is to purchase large trees (not small seedlings) to be planted on public property. The goal is to eventually have one tree planted for each Rotarian.

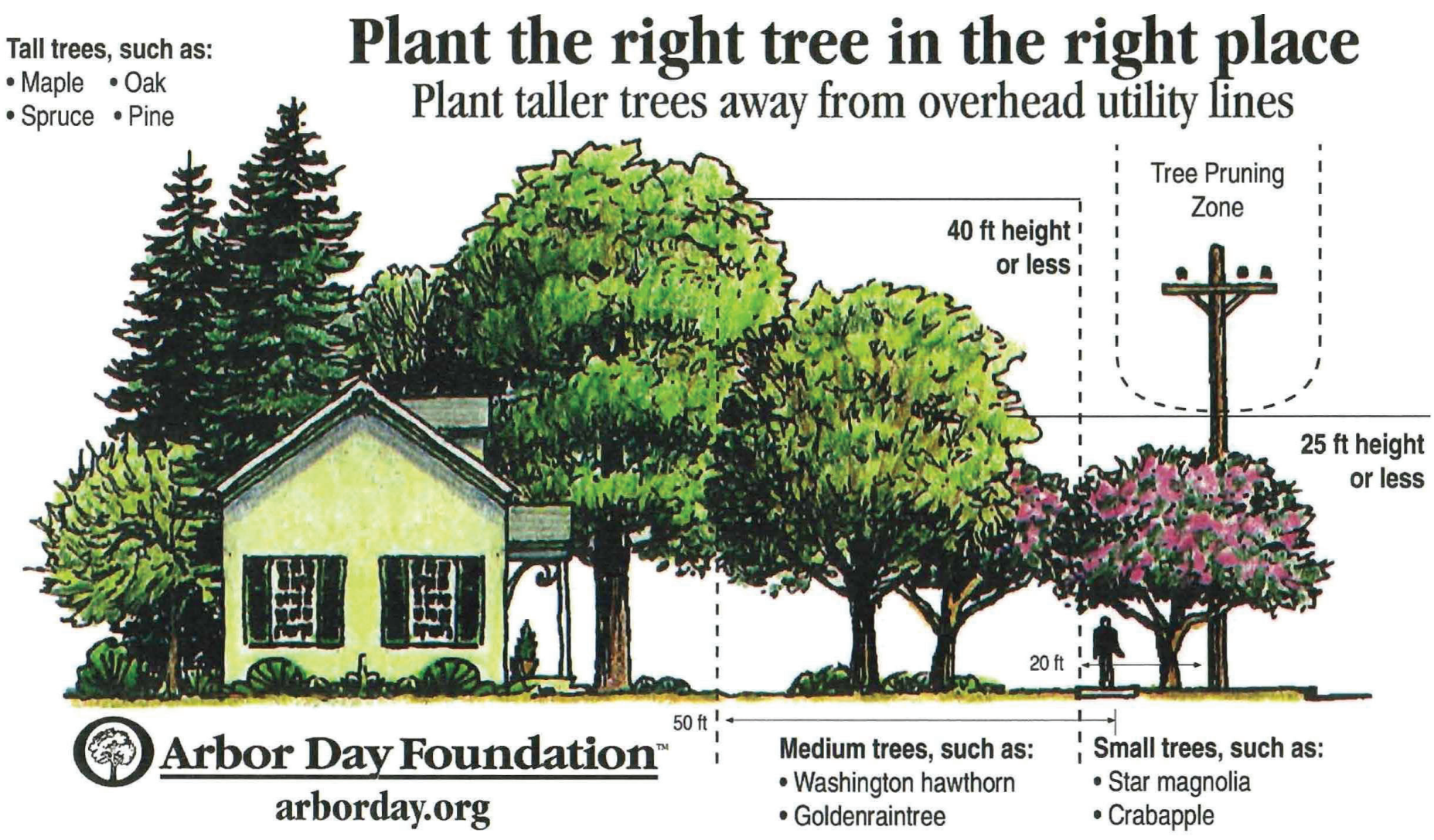
One special large tree will be planted in honor of Bill Buettner, a Rotarian for 50 years with 45 years of perfect attendance. The location and type of tree are yet to be determined, but once decided upon will be made public.

Also local winners of the Arbor Day Poster Contest will be presented with a $25 check from Mayor Max Townson.



Photo contributed by: Leanne West

Rotarian Lisa Eckenrod addressing members of the Cullman Tree Commission on Valentine's Day, along with Everett Weir (Chairman), member Nona Moon, and member Jenny Folsom.

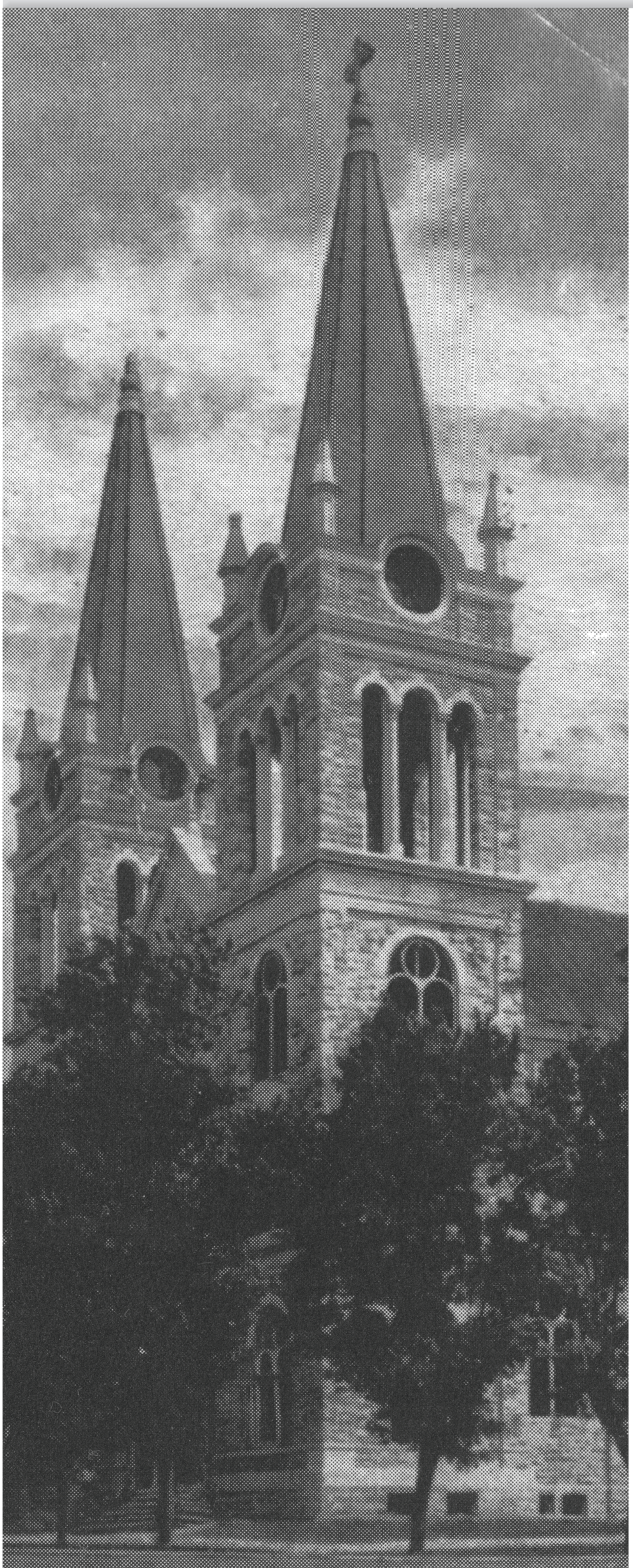


Tree Planting Information Illustration compliments of the Arbor Day Foundation

Mirroring History

Looking Back at:
Sacred Heart Church

Sacred Heart Church was established soon after the city of Cullman was founded. Services were held in a small log church for around 30 years. The current Catholic Church cost around $100,000 to build and was dedicated in 1915. The church just recently underwent repairs after surviving the April 27, 2011 tornadoes.



Contributed from *Cullman: A History in Postcards*



Photo by Jessica Norrell

Local Events Calendar

Send your Events to: calendar@cullmansense.com

Monday, February 20th

9th Annual Empty Bowls of Cullman
First United Methodist Church will host the 9th annual 'Empty Bowls of Cullman' chili dinner, an event supported by numerous folks throughout the year.

This event raises funds for Cullman Caring for Kids Food Bank and each year the project has grown more and more! Tickets are $10.00 per person, which includes a handcrafted bowl filled with Bobby Nolen's famous chili, along with a grilled cheese sandwich. The evening will include live music, auctions and fun and fellowship with many friends from the community.

Lew Sterrett with Sermon On The Mount
"Life Lessons from a Horse Whisperer Capturing the Heart Mentoring" will be presented at the Cullman County Ag. Center on Monday, Feb. 20th at 6:30 p.m. and Wednesday, Feb. 22nd at 6:30 p.m. Admission is free. For more information go to www.sermononthemount.org

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.

Bosom Buddies Support Group Meeting
Those affected by breast cancer are invited to attend the Bosom Buddies Support Group meeting, beginning at 6 p.m. The group will meet in the Cullman Regional Medical Center's Ave Maria Room in POB II located at CRMC. Additional information may be obtained by contacting Mary Dyer at 256-734-8729.

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.

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!

Tuesday, February 21st

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, extension 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.

Wednesday, February 22nd

Lew Sterrett with Sermon On The Mount
"Life Lessons from a Horse Whisperer Capturing the Heart Mentoring" will be presented at the Cullman County Ag. Center on Wednesday, Feb. 22nd at 6:30 p.m. Admission is free. For more information go to www.sermononthemount.org

Free Tax Services for Area Seniors
Area seniors can take advantage of free help in preparing their tax returns during the month of February by contacting the Cullman County Commission on Aging which is located at Sportsman's Lake Park and by calling 256-734-1241 for additional information.

Free Community Meal at Living Waters Ministries
A free community meal is offered each Wednesday night at Living Water Ministries beginning at 5 p.m. Living Water is located in the East Park Plaza on the left side of Highway 278 just past the entrance to St. Bernard Monastery. Everyone is welcome to attend these Wednesday night gatherings. Further information can be obtained by calling James Moore, 256-338-9145. Donations also are gratefully accepted.

Ladies' Auxiliary VFW Dance at Post 2214
The Ladies' Auxiliary of VFW Post 2214 invites the community to their weekly Tuesday night dances at the VFW Post building. The country line dance starts at 7 p.m. each Tuesday night, with admission only $5.00 per person. Concessions are available and all proceeds benefit the Auxiliary's local projects.

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!

Thursday, February 23rd

State-of-the-Hospital Address at CRMC
Jim Weidner, President/CEO of Cullman Regional Medical Center will present his annual 'State-of-the-Hospital' address at the Business Leaders Luncheon.
Doors open at 11:30 a.m. and reservations are requested to be made by February 20. Please respond to amy.linton@crmchospital.com or call 256-737-2600 to reserve your place.

This event will take place in the Col. Cullmann Room at CRMC in POB II. Come see what our local hospital and doctors and nursing and support staff are doing to help the local community.

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.

2011-12 Cullman Chamber of Commerce Annual Meeting
The Chamber's Annual Meeting Dinner, scheduled for February 23 will celebrate the past year's accomplishments under Rickey Krep's leadership and kick-off the new year of programs and activities under 2012-13 Chamber Chair Charles NeSmith's leadership. This year's program will feature the presentations of the annual Emma Marie Eddleman Citizen of the Year Award and the Lucile Galin Public Service Award and a keynote address. The event will be held at the Cullman Civic Center with doors opening at 6 p.m. and the program beginning at 6:30 p.m. For more information, or to make a reservation, please contact the Chamber at info@cullmanchamber.org or by telephone at 256-734-0454. A limited number of tickets for $25 per person and corporate tables remain, so please reserve your table early.

Friday, February 24th

"State of the Community" Luncheon
The Chamber's Governmental Affairs Committee will host its annual "State of the Community" luncheon meeting on Friday, February 24. The luncheon meeting, sponsored by Cullman Electric Cooperative, will be held in the third floor banquet rooms at the All Steak Restaurant. Doors will open at 11:30 a.m. to allow members to network before the program begins at 11:50 a.m.

In addition to great networking, Mayors from Baileyton, Colony, Dodge City, Fairview, Garden City, Good Hope, Hanceville, Holly Pond, South Vinemont & West Point have been invited to share their plans and vision for their communities in 2012.

The cost, which includes lunch, is $10 per person for Chamber members and $20 per person for "Future" members. For more information, or to make a reservation, please contact the Chamber at info@cullmanchamber.org or by telephone at 256-734-0454.

Revival at God's Refinery Church
God's Refinery Church (former First Christian Church, Disciples of Christ location) will host a three day Revival starting at 6 p.m. The revival will continue with a second 6 p.m. service on Saturday at the Church. Pastor Scott Sessions will lead the Revival and everyone is invited to attend. The Revival will conclude on Sunday morning during the 10 a.m. Church Worship Service.

Saturday, February 25th

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.

Revival at God's Refinery Church
God's Refinery Church (former First Christian Church, Disciples of Christ location) will host a three day Revival starting at 6 p.m. Pastor Scott Sessions will lead the Revival and everyone is invited to attend. The Revival will conclude on Sunday morning during the 10 a.m. Church Worship Service.

VFW Saturday Night Dance
The Veterans of Foreign Wars (VFW) Post 2214 invites everyone to their weekly Saturday night dances which begin at 7 p.m. and last until 10 p.m. Music on Saturday nights is provided by the Boogie Night Band. Entrance fee is $5.00 for each individual. Come on out and bring your dancing shoes and enjoy an evening of great music, fun and fellowship!

2nd Annual Little Black Dress Charity Bash at Terri Pines Country Club
The 2nd Annual Little Black Dress Charity Bash sponsored by Wallace State Community College Alumni Association is scheduled to begin at 7 p.m. at Terri Pines Country Club. The evening features complimentary wine, beer and appetizers until 8:30 p.m. The event also showcases a silent auction with numerous specialty items, as well as a fashion show featuring Spring clothing. DJ entertainment by Kozmic Sound until the midnight hour! Single tickets and group tables will be available for purchase until January 20, 2012 or until all tables are full.

Further information can be obtained by contacting Suzanne Harbin at 256-352-8144 or suzanne.harbin@wallacestate.edu.

PUZZLES AND COMICS

THIS WEEK'S WORD SEARCH TOPIC IS: FAST FOOD

BY: DUSTIN ISOM

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additives burger burrito calories carbs cheap
coffee combo cookies drive-thru fries greasy
meal-in-a-bag nachos napkins pizza processed salt
shake soda sugar supersize tacos tea

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

Living on a Budget

How to Avoid the Tasty Temptation of Fast Food

By: Meghan Nelson
meghannelson@cullmansense.com



qrnews/mnelson

We have all been repeatedly informed by multiple studies that fast food is generally not the best culinary choice for consumption.

It's common knowledge that many fast foods items are full of fat, preservatives, and other unsavory components, but what we don't often hear about is the effect that a regular fast food regimen has on our wallets.

Though each delicious, fry-laden stop seems to be inexpensive on its own, if a couple eats fast food three times a week, they've likely spent around $30, which equates to $120 a month.

If you, like I, feel that such an amount is better spent on something a bit more substantial than a meal in a bag (or a box), then here are a few simple strategies that will help you avoid – or at least minimize – those annoyingly awesome fast food stops.

My first line of defense against the towering golden arches is to time my errands with care.

Unless absolutely necessary, I plan to do my shopping, banking, and other trips during any time of the day except mealtime.

This is because, despite all of my considerable willpower, a five-for-five deal is considerably more potent when my stomach is growling at painfully regular intervals.

However, if I've just polished off a hearty lunch at home, I find that I am much more resistant to that tempting, taco-loaded bell.

Another tactic that my husband and I employ is to only pay with cash for those fast food indulgences that we simply cannot resist.

Similar to many people these days, we rarely carry cash, relying primarily on the ever-present debit card to fund our purchases.

Therefore, when we're craving a multi-layered hamburger delight, we generally require that we first find enough actual cash to fund said hamburger.

After raiding our sofa, searching through all of the crevices in our truck, and checking the washing machine for loose change, we usually find enough money for a small snack and sometimes even a full meal.

Even with the best intentions, these strategies still sometimes leave me pulling into that ominous drive-thru line and planning exactly which combo would best satisfy my gnawing hunger.

At these times, a good defense is to try to recall through the haze of waffle fries and grilled meat just how unhealthy fast food can be.

Though it doesn't always work, remembering the unwanted effects that fast food can have on your waistline can often bolster enough resistance for you to put your car into drive and head past the take-out window (albeit with a sorrowful glance goodbye).

Once you've successfully avoided buying that number five combo, it's important to have a satisfying replacement.

After all, if you forgo the call of fast food only to come home to a boring bowl of Ramen or an unsatisfying tuna sandwich, your good intentions probably won't last very long.

Try to find some meal items that are enjoyable replacements for fast food rather than those that feel more like a punishment.

If you can look forward to enjoying a meal at home almost as much as you look forward to chowing down on that greasy bag of goodness, then you're much more likely to make a long-term change.

Though I admit that these strategies are not always foolproof (after all, there are times when you just gotta' have a beefy, cheese-filled, rolled-up, crunchy, south-of-the-border delight), they are quite effective on a general basis.

So, the next time you find yourself with the urge to pick up a piping hot bag of quick treats, try these tactics first and see if your wallet (and your waist) benefit.



Special *Thanks* to our distributors:

- 278 Quick Stop
- 278 Chevron
- Bethel Exxon & Deli
- Berkeley Bob's Coffee House
- Berlin Plaza and Quick Stop
- Blockbuster Video
- Catoma Mart
- Catoma Package
- Chevron-Hanceville
- College Tire
- Deb's Bookstore
- Dodge City Fuel Center
- Dodge City Shell
- Joe's Freeway Exxon
- Five Points Grocery
- Fallalary
- Graves' BP
- Grumpy's Italian Grill
- Holly Pond Supermarket Chevron
- Iron Skillet
- Jet Pep-Vinemont
- Johnny's Bar-B-Q
- Rumors Deli
- Shell Mart South
- Shop Around the Corner
- The Shops at 3rd St Promenade
- Specialty Wellness Store
- Touch of German
- Vinemont Super Saver
- V&W Food Mart
- West Point Superette

2nd Annual

'Crowns for a CURE Pageant'



Saturday, March 17th, 2012
Hosted by the Merchants Bank Relay for Life Team
Located at Cullman 1st Baptist Church
In the ROC (gymnasium)
Entry fee: $35.00
Miss Photogenic fee: $5.00
You can pick up an application at any Merchants Bank location

Admission is $3.00
Kids 6 & under get in free!
0 – 9 years begins at 10:00am
Survivors' Honorary Walk begins at 12:00pm
10 - 23 begins at 1:00pm
For more information contact us at rfl@merchantsbankal.com

All proceeds to benefit the American Cancer Society!

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