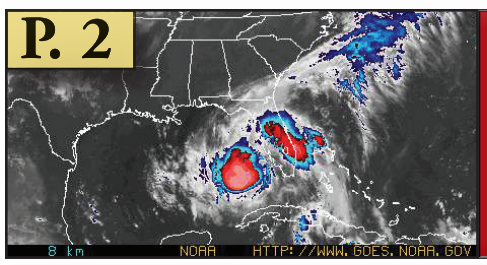
SERIES 2, ISSUE 35 MONDAY, AUGUST 27, 2012

CULLMAN'S MONDAY NEWSPAPER

CULLMANSENSE

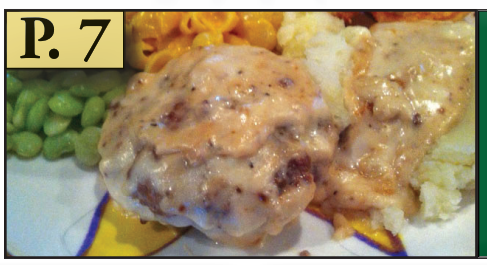
$0.50 COMMUNITY MATTERS $0.50

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Protective Measures Urged in Wake of West Nile Cases–P. 5

Football Prep In-Depth: Bulldogs, Raiders, Warriors–P. 4

Road to Recovery

By: Noah Chandler
noahchandler@cullmansense.com



qrnews/nchandler

Faith based addiction program making an impact in local communities

CULLMAN – Friends, family, law enforcement officials, and others gathered Saturday evening at the Festhalle Market Platz to celebrate life and recovery with the Real Recovery Rally.

"We do a rally once a year, which is geared more towards the youth, to raise awareness and let people know that recovery can be fun. It doesn't have to boring, it can be fun," said Real Recovery Ministry Leader Lois Gatlin.

The faith based recovery group has its basis in scripture but does adhere to a 12-step type system. The group meets once weekly and the meetings are open to anyone. The group of leaders, counselors, and helpers consist entirely from volunteers.

"Real Recovery meets every Tuesday night at Daystar. We serve a meal then we have groups and it's for any type of recovery; hurts, habits, or hang-ups, which means if you're dealing with anger, drugs, or anything, this program is like a support group for you," she said. "Just show up on Tuesday nights. We eat at 6:30 p.m. and the large group meeting begins at 7 p.m."

Breaking bread with one another is a way for everyone to interact before coming together for group sessions.

Gatlin said the Real Recovery program offers four separate smaller groups to help hone in on those specific needs; Codependency for Men, Dependency for Men, Codependency for Women, and Dependency for Women.

She said the key to the program is the motivation and commitment level of the individual.

"We have child care, our drama team 'Called Out' is made up of our youth; we have one large group meeting before we disburse into smaller groups," she said. "It is the 12-step, just with biblical principles. If they choose to get the steps, work the program, and choose their own sponsor, then the program will work. It is an individual effort but support from a group is a huge help."

The faith-based program is one that is close to Gatlin. She battled her own demons some seven years ago and now hopes she can lend a hand, an ear, and open heart to others facing similar situations.

"For 10 years I was out in addiction. My sobriety date is May 31, 2005," she said. "When God started working on me, I got clean then turned my life around. I wanted to give back what God had given me. That was freedom from addiction because I know what it is like, so that's where the heart's desire came into play."

Cullman County Sheriff Mike Rainey made his run at Sheriff on the platform of cleaning up

See Page 6



Photos by Noah Chandler

A History Setting Night

By: Johnny Thornton
Sports Correspondent

Cullman Christian School comes up short in inaugural football game

CULLMAN – History was made Friday night for Cullman Christian School as the Lions took to the gridiron for the first football game in the school's history, falling to Conecuh Springs 39-6.

The Lions have become sanctioned to participate in the sport of six-man football in the Christian Football Association. The CFA is a sister league of the Alabama Christian Education Athletic Association (ACEEA) in which Cullman Christian has been a participant in the sports of basketball, volleyball, and track and field.

Cullman Christian will play all of their home games at the Cullman City Youth Stadium, which is located across the street from West Elementary School. The school has received permission from the Cullman Parks and Recreation Department, who owns the stadium, for the Lions to play their 5-game home schedule in their inaugural season.

CCS is under the direction of Chase Cantrell. Cantrell is a 2005 graduate of Hamilton High School and got his physical education degree attending Athens State University.

With 15 players on their inaugural roster, the Lions decided to take the 6-man division instead of 8-man football because of the depth issue.

Six-man football is in its third year in Alabama. This brand of football was born in the mid-



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Photos by Noah Chandler

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Community Matters

Governor Bentley Declares State of Emergency

From the desk of Governor Robert Bentley

Issues Evacuation Orders for Parts of Mobile and Baldwin Counties Due to Expected Impact from Isaac

MONTGOMERY – Alabama Governor Robert Bentley on Sunday declared a statewide State of Emergency and issued mandatory evacuation orders ahead of Isaac's expected landfall as a hurricane along the Gulf Coast.

"I am urging everyone to take precautions now, monitor weather warnings, and be prepared for whatever Isaac may bring," Governor Bentley said. "By declaring this state of emergency, I am mobilizing the resources our communities need as the storm approaches."

"This state of emergency indicates we are drawing closer to feeling the impact of Isaac," Alabama EMA Director Art Faulkner said. "Please make preparations now for the potential impact of strong winds and heavy rains for your area."

Governor Bentley is also ordering a mandatory evacuation beginning at 8:00 Monday morning for Zones 1 and 2 in both Mobile and Baldwin Counties.

In Baldwin County: Zones 1 and 2 include all areas south of U.S. Highway 98 and areas on the Eastern Shore of Mobile Bay that are South of Interstate 10 and west of U.S. Highway 98.

Additionally, all people living in proximity to the Fish, Styx, Blackwater, and Perdido Rivers should evacuate.

Also, all people living in manufactured homes, and those living in low-lying, flood-prone areas should evacuate.

In Mobile County: Zones 1 and 2 include areas south of Interstate 10 and those areas that are north of I-10 and east of I-65 and east of U.S. 43. Also, all people living in manufactured homes, and those living in low-lying, flood-prone areas should evacuate.

By declaring a State of Emergency, Governor Bentley is directing the activation of the Alabama Emergency Operations Plan. Governor Bentley is also directing the appropriate state agencies to exercise their statutory authority to assist the communities and entities affected by the storm.

The Alabama Emergency Management Agency is also authorized to make appropriate assessments of damages following the storm and seek any necessary state and federal assistance for affected areas.

Governor Bentley is also ordering Alabama National Guard troops to be on standby in order to assist communities that may be impacted by Isaac. All key state agencies are also on alert and ready to assist. Residents along the coast and inland are all encouraged to continue to monitor changing weather conditions.

The Ready Alabama website, www.readyalabama.gov, includes helpful suggestions to help people prepare for the impact of a hurricane. Ready Alabama information is also available on Twitter by following @readyalabama. The Alabama Emergency Management Agency also has information online at www.ema.alabama.gov and on Twitter by following @AlabamaEMA.

Governor Bentley Encourages Alabamians to Prepare for Isaac

From the desk of Governor Robert Bentley

MONTGOMERY – Governor Robert Bentley on Friday encouraged all Alabamians to be prepared for the possibility of a hurricane making landfall along the Gulf Coast this week.

Latest forecast models show Tropical Storm Isaac is expected to move into the Gulf of Mexico in the coming days.

The storm is expected to strengthen into a hurricane before making landfall somewhere along the central Gulf Coast late Tuesday or early Wednesday.

"Now is the time for you and your family to make sure you have the proper supplies and plans in place," Governor Bentley said.

"Inland areas of the state could also be affected. We are keeping a watchful eye on Tropical Storm Isaac, and we encourage everyone to monitor changing weather conditions over the next several days."

Just Thursday, Governor Bentley announced the launch of the renewed Ready Alabama initiative to help people prepare ahead of natural disasters.

The Ready Alabama website, www.readyalabama.gov, includes extensive instructions and suggestions on how to prepare for events such as hurricanes. Information from Ready Alabama is also available on Twitter by following @readyalabama.

State officials joined Governor Bentley in encouraging Alabamians to keep a close watch on Isaac's development over the weekend.

"I cannot stress enough how important it is for Alabama residents to take Tropical Storm Isaac seriously," Alabama Emergency Management Agency Director Art Faulkner said. "With the uncertainties surrounding this storm, people should not wait until the last minute to be prepared."

The Alabama EMA also has additional information online at www.ema.alabama.gov and on Twitter @AlabamaEMA.

Governor Bentley and Alabama EMA officials are actively monitoring the storm's development and will issue updates as needed.

Attention Readers:

Do you have a burning question that you don't know who to ask? Do you need advice? Then submit your question for inclusion in our new advice column and get answers to life's toughest questions to advice@cullmansense.com.

CullmanSense Looks to Make History

By: Josh McBrayer
joshmcbrayer@cullmansense.com

"All teams, Home and Away"

CULLMAN – CullmanSense looks to set the standard in high school football coverage as we attempt something that has never been done in Cullman County. The high school football season kicks off August 30th at Good Hope between the Good Hope Raiders and the Holly Pond Broncos and this is where we begin putting our plan into action. Every county team: Vinemont, Good Hope, Holly Pond, Fairview, West Point, Hanceville, Cullman, and Cold Springs. Every game: both home and away, no matter the distance. This feat of bringing FIRST HAND coverage of every game from every county team has never been accomplished and we aim to be the first. We will achieve this unprecedented goal by bringing on several new sports writers this year. Here is a look at the crew.

Noah Chandler, Publisher: The man behind the idea, owner/publisher Noah Chandler will be covering a select number of games this year. For anyone who has read his stories, columns, or musings, know to expect his no non-sense attitude and his master of the art of writing to bring you the best coverage possible.

Dustin Isom, Editor & All-around Technical Guru: This is the man that runs the CullmanSense Scoreboard. The Scoreboard is an up-to-the-minute virtual scoreboard that is maintained on cullmansense.com during the football season so you can stay informed on all the happenings in Cullman County.

Jessica Norell, Photographer: As one of the best photographers in the business and proud new mother of a beautiful baby boy, Jessica is back on the sidelines this year to snap photos of some great county football action. She is an asset to the CullmanSense team and we are all glad to have her back on board.

Josh McBrayer, Sports Editor: This wonderful job I love was attained by happenstance. Noah approached me about conducting a freelance interview. He wanted a piece from a fan's perspective. Being a good friend of his, he knew I was a huge sports fan and thought I would be right for the job. Everything else is, as they say, history. I am here to make sure EVERY high school team gets the coverage they deserve, not just a select few teams.

The "Flash Man" Johnny Thornton, Sports Correspondent: Back with us for a second year is Cullman County Hall of Fame sports reporter, Johnny Thornton. Anyone who follows Cullman County sports should recognize one of the most respected names, and voices, of Cullman County sports, that is unless you have been living under a rock for the last decade or four. Thornton brings his wealth of knowledge to the pages of CullmanSense once again.

Gary McGriff, Sports Correspondent: Our Fairview correspondent is back for another year with the CS family. Gary is well versed in the goings on in the sports world and if there is one thing he knows it is head coach George Redding and the Fairview Aggies. Excellent coverage is what Gary will bring to your computer every Friday night and again on Monday mornings.

Howard Cole, Sports Correspondent: The CS go to guy for Holly Pond action is Howard Cole. He will be bringing you the action from "The Pond" and following them on the road as they look to make it to the playoffs again this year.

Michael Bryant, Sports Correspondent: The first of three newcomers this year is Michael Bryant. Although this is only his first year, he has a lot to offer in the way of sports coverage. He will be our eyes on top of the hill at Cold Springs.

Phillip Hillman, Sports Correspondent: This will be Hillman's first time to take the field for any news outlet. His main beat will be that of West Point, so all you Warrior's fans should get to know Hillman because you'll be seeing a lot of him over the coming season.

Zeke McBrayer, Sports Correspondent: Another newcomer to the field of sports writing is Zeke McBrayer. He will be a "roamer" like yours truly. A current college student, he will bring a youthful approach to the action this season.

Clay Speer, Sports Correspondent: Last but certainly not least is Clay Speer. He is a recent graduate of Vinemont High School and will be reporting on their progress throughout the season. With his inside knowledge of the program, he will bring you an unbridled look at the Vinemont Eagles.

And there you have it, the members of the history making CullmanSense crew. We all are looking forward to giving the Cullman teams the coverage they deserve and the information you crave.

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No(ah)-It-All: : Self-Censorship: The Soul Killer

By: Noah Chandler

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Random thoughts in my head are all that remains at this late hour. Nothing of real significance; more so just a mind full of ramblings is all that is left. Lately it has become more of a chore to scrape together similar thought processes to form these snarky editorials. Could it be that this guy is finally running out of things to say?

The answer to that is a simple no. However, if you posed the question, "do you feel more censored," well then you would be on the right track. The censorship is not being done at the hands of some greedy politician nor is it being done by CullmanSense co-owner Dustin Isom. It is instead coming from the head office, aka my ole brain, because the tingling in the spine has indicated that I may have said too much over the past six months or so.

We all have personal indicators that go off whenever we overstep in a conversation, whether it is a twitch in your neck, a glitch in your thought process, or just a moment of mental vacancy during the conversation. Too bad these indicators don't really pop up whenever I'm writing one of these delightfully cheery columns.

Typically whenever I am speaking on a heated topic, such as local politics, there is this little twitch that occurs just below my left shoulder which helps to navigate treacherous grounds. This indicator has been around as long as I can remember and when properly acknowledged it has saved this idiot from inserting his foot into that gaping hole, some refer to as my mouth. This twitch though is rarely present whenever it is time to write. Why? Well that's a mystery.

As a child I was told, "people know when you're flustered," and "everyone knows how to push your buttons," mainly because I would spout off whenever disrespect, or the hint of disrespect emerged. It happens when you expose your entire self to others. As an adult those same people have told me, "you're just pushing buttons for fun," and "you just take pleasure in hatred."

Seems kind of funny to me that the same self-conscious, insecure, dweeb they knew as a child is now being viewed as someone with "a platform others don't have." At first the comments didn't really register. They were easily pushed to the side with the rest of the criticisms. Once these particular types of sentiments began being shared each week amongst my peers it slowly started making some sort of sense, but then again I am just doing what my parental units taught me.

Many of you know that my sister and I did not have the best home lives growing up. When you are raised in poverty, real poverty, you are left with very few things you can control, especially when it comes to how others perceive you. There is no controlling your clothing. If handed down clothing is all you have then deal with it even if it is a decade or two out of style and stained. There is no controlling your family life. If it is chaotic, hateful, mean spirited, and vile, well then just deal with it because one day you'll have a family to scar up any way you deem fit. See the trade off?

Anyway back to the censorship. Although raised in a dysfunctional home our parental units taught us both to have our own thought processes. It was ingrained to question everything and everyone, regardless of their title, position, or subject matter. As an adult I have been somewhat removed from the thought process which opened so many doors of the years. Instead, like a complete oaf, I have tried to gauge what others expect, want, or need to hear. For that, I issue a sincere apology.

Last week it was made clear that the stint in La-La Land was over, which it most certainly is, but I didn't elaborate on that fully. Throughout the entire week the situation nagged at me, resurfacing daily to signal that self-censoring was taking place. This revelation did not come with elation. Instead it filled the heart and mind with doubt.

If this sort of basic honesty was being compromised simply due to an irrational fear regarding simple business transactions then how would I ever be able to provide real, hard hitting news? As they say the first sign of recovery is to admit there is a problem. Well everyone, I admit there has been an issue with self-censorship over the recent months, something that does not carry with it pride, but rather shame. Changes are being made within CullmanSense which in return will provide you all with better local coverage on more issues that are of concern to you.

What are these changes? Well for that answer you'll just have to stick around to see.

About Us - Call us Anytime at 256-297-1847

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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CullmanSense Weekly Weather Forecast

Source: NWS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hi: 90 Lo: 70	Hi: 89 Lo: 72	Hi: 86 Lo: 70	Hi: 84 Lo: 70	Hi: 87 Lo: 69	Hi: 86 Lo: 72	Hi: 87
Day: Sunny, with a high near **90**. Calm wind becoming east around 5 mph in the morning. **Night**: Clear, with a low around **70**. Calm wind becoming east around 5 mph.	**Day**: A 30 percent chance of showers and thunderstorms. Increasing clouds, with a high near **89**. East wind 5 to 10 mph. **Night**: A 30 percent chance of showers and thunderstorms. Mostly cloudy, with a low around **72**. East wind around 5 mph.	**Day**: A 40 percent chance of showers and thunderstorms. Mostly cloudy, with a high near **86**. **Night**: A 40 percent chance of showers and thunderstorms. Mostly cloudy, with a low around **70**. ***View our sports coverage online: qrne.ws/sports***	**Day**: A 40 percent chance of showers and thunderstorms. Mostly cloudy, with a high near **84**. **Night**: A 30 percent chance of showers and thunderstorms. Mostly cloudy, with a low around **70**. ***Follow us on Twitter: @cullmansense***	**Day**: A 30 percent chance of showers and thunderstorms. Partly sunny, with a high near **87**. **Night**: A 20 percent chance of showers and thunderstorms. Mostly cloudy, with a low around **69**. ***Like us on Facebook:*** ***facebook.com/ cullmansense***	**Day**: A 20 percent chance of showers and thunderstorms. Mostly sunny, with a high near **86**. **Night**: Mostly cloudy, with a low around **72**. ***Watch our YouTube Channel:*** ***youtube.com/ cullmansense***	**Day**: Partly sunny, with a high near **87**. **Tweet your weather pictures with** **#cullmanweather** **and you may see your photo in the next CullmanSense!** For weather updates, visit us at **cullmansense.com**.

SPORTS

Area Team Spotlight: Hanceville Bulldogs, Good Hope Raiders, West Point Warriors

By: Josh McBrayer
joshmcbrayer@cullmansense.com

Hanceville Bulldogs

Our trip to visit our local high school football teams before the season starts takes us to the campus of Hanceville where the Bulldogs went from 4-6 in 2010 to an undefeated regular season in 2011.

Head football coach Danny Miller looks to build on that success and repeat it as Region champions and hopes that his team plays their way to a State title.

Amidst the fanfare and anxiousness of getting the 2012 season underway, Coach Miller took time to answer these questions for CullmanSense.

Josh McBrayer: What do you see yourself doing to improve on last season?

Danny Miller: We need to build on the success we had last year, which was a very positive thing for our FB program, our school, and community. We may not be able to repeat that success in number of wins, but we are working to keep the program moving in the right direction.

JM: Who do you see as your toughest opponent this upcoming year?

DM: I'd have to say Fairview, they are the first one. We know they will be well prepared; Coach Redding and his staff do a good job. In our region, it will be the usual suspects, so to speak, in Hamilton, Winfield, and Cordova.

Some of the more improved teams like Good Hope, Vinemont, and Winston County will make for an even tougher region

JM: Who are you looking to lead your team this upcoming season on offense? Why? Defense? Why?

DM: Offensively, we're starting a new quarterback, Caleb Hurst. The QB is who you always look to as the leader of your offense.

I think Caleb will be what we're looking for in that position. We return several starters, Sheldon Lewis (FB) and Dakota Hurst(TE), both WRs Dontae Reese and Bronte Harris, as well as three starters on the OL Josh Mentzer, Casey Thornton, and Austin Baker.

Defensively it all starts with Sheldon [Lewis] at ILB. Torrey Green is also returning at ILB. Both our DEs return, Tyler Tankersley and Dakota Hurst, OLB Dontae Reese, and last year starter at OLB has moved to starting CB along with Bronte Harris, who started last also.

JM: How many seniors do you have on this year's team?

DM: We have six seniors.

JM: Aside from winning a State title, what are your goals for this upcoming season?

DM: To go out and compete, every day. In practice games we want them to compete every play and every day.

Hanceville straps on the pads for their first game on Friday August 31st at Fairview versus the Aggies. If you are in the area, come on by and take in the game. It is sure to be a great one.

Good Hope Raiders

GOOD HOPE – The next stop on our trip around Cullman County brings us to Good Hope to see the Raiders. Head coach Chris Moss and his team look to improve on last year's season that saw them win the first game of the season against the Holly Pond Broncos, but lose the last nine straight until the end of the year.

This year the Raiders drop from Class 4A to Class 3A and move into Region 7. I was able to catch up with coach Moss after the Jamboree game at Good Hope Thursday and here is what he had to say.

Josh McBrayer: What do you expect out of your team this year?

Chris Moss: I just expect them to work hard and give it their "all." That is what we work on [in practice]. These guys played through some pretty adverse situations as far as regions are concerned. We were out manned a lot (due to playing up in a larger class) most nights we played. I expect them to play hard and also be successful.

JM: How many starters or players that got significant playing time last year are returning?

CM: Pretty much everyone on the field except for one wide receiver and one defensive back. We have just about everyone back.

JM: Who are you counting on to lead your team offensively?

CM: It starts with the quarterback [Sebastian Fendley]. We expect big things out of him this year; also the offensive line. For us to be successful, it has to start with them.

JM: Who are you looking to lead you on the defensive side of the ball?

CM: Defensive side of the ball is the same way. We have those same guys on the defensive side of the ball as we do on the offensive side, but we are looking for a little more depth there. We are kind of thin on that side of the ball.

During the Jamboree game versus West Point, Good hope had some bright spots both on offense and defense. Coach Chris Moss looks for big things from his team this year and he has them poised and ready to play.

West Point Warriors

WEST POINT – The final stop on our tour of local teams ends at the West Point campus, home of the West Point Warriors. Former high school stand-out AJ Lamar will lead his Warriors into battle, looking for a spot in the Class 5A State playoffs.

This is a feat that has eluded the Warriors since 2008, but if the Jamboree game they played against Good Hope was any indication, they just might find themselves going to the post-season this year.

I was able to catch up with coach Lamar after the game Thursday and this is what he had to say about the upcoming season.

Josh McBrayer: What are you looking to get out of your team this year, aside from a state title?

AJ Lamar: Number one I want them to have fun. Outside of that I just want them to play hard every play and compete.If they can look themselves in the mirror every morning and know they gave it their all, that's really all you can ask our 17 and 18 year old boys.

JM: How many seniors do you have on this year's team?

AJ: We have 17 seniors on this team.

JM: How many players are back who saw a significant amount of play last year?

AJ: I would say around 25 experienced players.

JM: Who are you looking for as far as a leader in the offensive huddle?

AJ: It is going to start up front. The offensive line has got to lead the way for this team.

We run the option so you never know who is going to carry the ball. Our offensive line has got to step up.

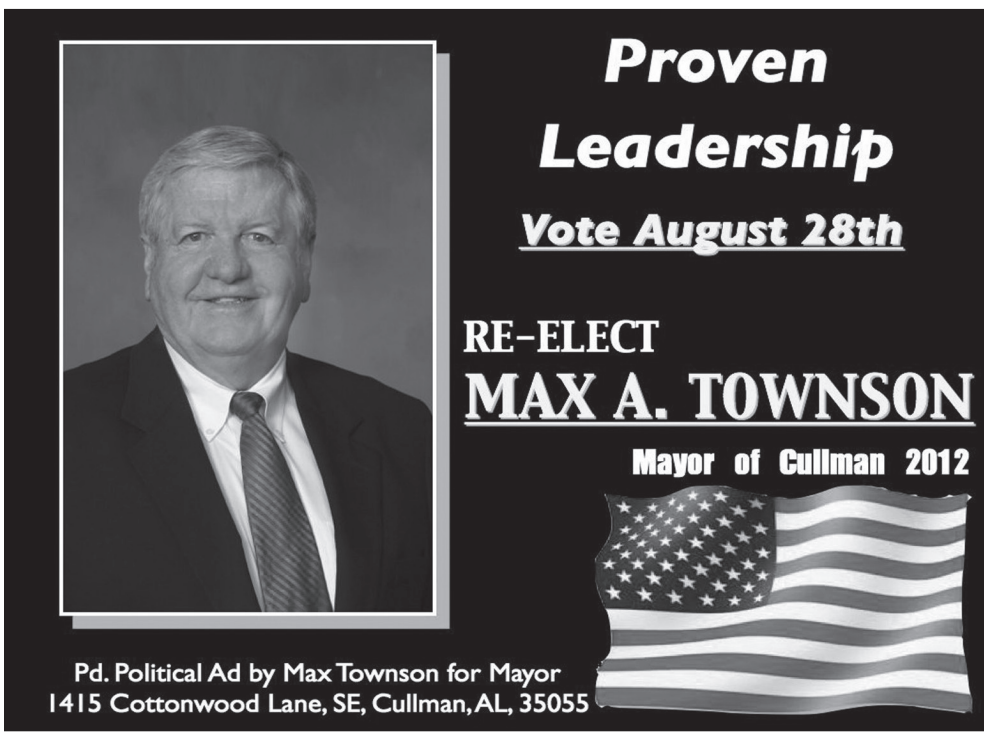
JM: How about on the defensive side?

AJ: Right now our bread and butter is going to be our inside and outside linebackers, Brandon Addison and Kristian Chappell who are both seniors.

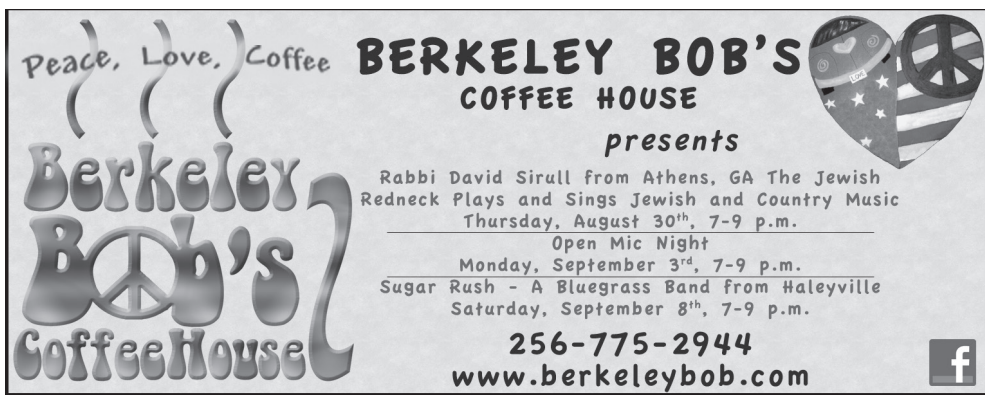
We have got to rely on them to make a lot of defensive calls and put people in the right positions.

There you have it ladies and gentlemen, every team from around the county. Hope you will come out and support your favorite team this high school football season.

Cheer on these young men who have worked so hard to get ready for the season. I know they will appreciate each and every fan in the stands. CullmanSense will be there. How about you?







In Brief

Upcoming Wallace State Continuing Education Classes

By: Kristin Holmes
Wallace State Contributor

HANCEVILLE – The Continuing Education Department at Wallace State Community College announces the following upcoming classes and information sessions:

Certified Nursing Assistant - Wallace State will offer a Certified Nursing Assistant training program for those interested in working with patients. Classes begin September 4. The fee is $790 plus expenses. To register, call (256) 352-7826.

Patient Care Assistant Information Meeting - Wallace State will offer a Patient Care Assistant training program. Patient Care Assistants work directly with patients under the supervision of a registered or licensed practical nurse. They have a variety of duties depending on the type of facility and the type of patient. These include taking vital signs, feeding, and bathing. Many people become PCA as a first step toward nursing, medicine, and other patient care careers. Classes begin September 11. The fee is $790 plus expenses. To register, call (256) 352-7826.

EMR (Emergency Medical Responder) - Wallace State Short Term Training will offer an Emergency Medical Responder entry-level course that will prepare individuals for a position in a variety of pre-hospital, industrial, and first responder settings as an employee or volunteer. The successful completion of an approved EMR course can be a pre-requisite to pursing training as a Fire Fighter and many Law Enforcement programs as well. Classes begin Tuesday, August 25. The fee is $75. To register, please call (256) 352-7826.

Yoga – Stretching and strength building in this yoga class will leave participants de-stressed and energized. This class is for anyone interested in improving balance, strength, and flexibility. This six-week class begins Monday, August 20 from 5:30 -6:30 p.m. The fee is $40. Please call (256) 352-7826 to register.

For more classes offered this fall, view the continuing and community education section of the Wallace State Fall Semester Schedule online at www.wallacestate.edu or call 256-352-8172.

CRMC to Host Community Blood Drive

By: Lindsey Dossey
CRMC Contributor

Cullman — Cullman Regional Medical Center is hosting a Community Blood Drive on Wednesday, August 29 from 7 a.m. until 3 p.m. Donations will be accepted on the LifeSouth Community Blood Center Blood Donor Bus located at the Main Entrance of the hospital (1912 AL Highway 157, Cullman, AL 35058).

Donors must be at least 17 years old (16 year-olds may donate with written parental consent), weigh at least 110 pounds, and not have donated blood within the last 56 days. There is no upper age limit to donate blood.

For more information, visit lifesouth.org or call the local LifeSouth Donor Office at (256) 736-1594.

CRMC Educates and Provides Support for Expectant Moms

By: Lindsey Dossey
CRMC Contributor

CULLMAN — Becoming a mother, whether it is for the first, second or third time is a special experience. Cullman Regional Medical Center enhances this wonderful occasion by offering programs that are helpful to all moms before, during and after pregnancy.

Here are some of the upcoming classes available at CRMC:

Prepared Childbirth Class: Saturday, September 1 – The goal of this class is to provide expectant mothers with information about the CRMC Maternity Center and information on what to expect during your stay which includes a tour of the Maternity Center. Mom's support person is encouraged to attend.

The class is held from 8 a.m. until noon in CRMC's Depot Room, in the Community Education Center in Professional Office Building 2 (POB 2). The cost is $25 per couple; $20 per couple for WomenFirst Members and FREE to Medicaid patients.

Prenatal Breastfeeding Class: Saturday, September 1 – The goal of this class is to provide mothers with practical solutions to the most common breastfeeding concerns. We will discuss breastfeeding during the first few weeks, breastfeeding products available and preparing to return to work.

The class is held from 1-3 p.m. in CRMC's Depot Room, in the Community Education Center in Professional Office Building 2 (POB 2) and follows the Prepared Childbirth Class. You are not required to attend the Childbirth Class in order to attend the Breastfeeding Class. Cost to attend the class is $10 – mom's support person is encouraged to attend.

Register online today at www.crmchospital.com/maternity or call the CRMC Maternity Services Center at (256) 737-2200.

For a complete list of community classes and seminars at CRMC, search the Online Calendar of Events at www.crmchospital.com.





Protective Measures Urged in Wake of West Nile Cases

By: Dee W. Jones, D.V.M.
ADPH Contributor

To this point no cases of West Nile Virus have surfaced in Cullman. However, the Alabama Department of Public Health is investigating cases of West Nile virus (WNV) statewide. One person in Montgomery County has died, others have experienced neurological issues, and others have had less serious illnesses.

Of the 12 confirmed human cases of West Nile virus, 9 are male and 3 are female and their ages range from 42 to 73. Six are from Montgomery County. Other counties where West Nile has been confirmed are as follows: Mobile, 3; Baldwin, 1; Jefferson, 1; and Tuscaloosa, 1. Additional suspected cases are being investigated statewide.

Approximately 1 in 5 people who are infected with WNV will develop symptoms such as fever, headache, body aches, joint pains, vomiting, diarrhea, or rash. Less than 1 percent will develop a serious neurologic illness such as encephalitis or meningitis (inflammation of the brain or surrounding tissues).

When a person is infected, early recognition and prompt supportive treatment for these illnesses can substantially lower the risk of developing severe disease. About 10 percent of people who develop neurologic infection due to WNV will die.

People over 50 years of age and those with certain medical conditions, such as cancer, diabetes, hypertension, kidney disease, and organ transplants, are at greater risk for serious illness.

Eastern Equine Encephalitis (EEE), WNV and other mosquito-borne viruses are transmitted by mosquitoes after they feed on birds.

The same mosquitoes can then infect mammals, particularly humans and horses. Like humans, horses can sometimes become seriously ill from these infections.

Effective vaccination is available for horses. In 2012, there have been 7 cases of EEE in horses, including 4 cases in horses located in Dallas County, and 1 case each in Elmore, Mobile, and Montgomery counties.

Epidemiologists point out that EEE can be more dangerous to people and other mammals than other mosquito-borne viruses, but that the same mosquito prevention measures reduce exposures to any of these diseases.

In addition, 3 cases of WNV have been confirmed in horses. One case was in a horse in Jefferson County, 1 in Mobile County and 1 in Montgomery County.

For WNV and EEE in humans, there are no commercially available medications for treatment or vaccines for prevention. People with milder illnesses typically recover on their own, although symptoms may last for several weeks.

In more severe cases, patients often need to be hospitalized to receive supportive treatment, such as intravenous fluids, pain medication, and nursing care.

Anyone who has symptoms that cause concern should contact a health care provider.

According to the Centers for Disease Control and Prevention, the best way to prevent the most common mosquito-borne diseases such as WNV and EEE is to avoid mosquito bites by following these recommendations:

- Use insect repellents when going outdoors.
- Wear long sleeves and pants during dawn and dusk.
- Install or repair screens on windows and doors. Use air conditioning, if available.
- Empty standing water from items outside homes, such as flowerpots, buckets, and children's pools.

Repellents are an important tool to assist people in protecting themselves from mosquito-borne diseases. CDC recommends the use of repellents containing active ingredients which have been registered by the U.S. Environmental Protection Agency for use as repellents applied to skin and clothing.

Products containing these active ingredients typically provide reasonably long-lasting protection.

These include the following:

- DEET
- Picaridin
- Oil of Lemon Eucalyptus or PMD, the synthesized version of oil of lemon eucalyptus
- IR3535

Insect repellents must state any age restrictions. According to the label, oil of lemon eucalyptus products should not be used on children under 3 years of age.

Parents should choose the type and concentration of repellent to be used by taking into account the amount of time a child will be outdoors, exposure to mosquitoes, and the risk of mosquito-transmitted disease in the area.

People should consult their health care provider for advice about using repellent products on children.

Sentinel chickens are used to monitor the presence of mosquito-borne disease in an area. Five sentinel chickens in Baldwin County and 3 sentinel chickens in Mobile County have tested positive for WNV this summer. WNV has also been detected in 14 wild birds in Lee County.

"With many people enjoying outdoor activities, it is important that residents take every effort to reduce their exposure to mosquitoes," Dr. Dee W. Jones, State Public Health Veterinarian, advises.

"Keep your mosquito repellent with you at all times when you are working or participating in recreational activities outdoors."

Mosquitoes that can spread these viruses to humans are commonly found in urban and suburban communities as well as rural, freshwater swamp areas.

They will breed readily in storm sewers, ditches, waste lagoons, and artificial containers around houses.

The Health Department will continue to notify local officials of test results and recommend methods of prevention.

More information is available at adph.org/epi/.

Community Matters

Road to Recovery (Continued from Front)

Cullman County from drug users and dealers, particularly those associated with meth. He said coming out to the rally is his way of showing the community that locking up an addict isn't his only priority.

"I will be honest with you. The same thing brought me here tonight that helped me make my decision to run for sheriff of Cullman County. I just don't like drug dealers," said Rainey. "They prey on our young children. They're all about the money and they don't care about anybody. I like putting them in jail."

Rainey shared a poem centered on the troubles methamphetamine can cause with those in attendance. The poem, written from a father's perspective, caught the attention of almost everyone at the rally.

"I ran across this meth poem some seven years ago and it touched my heart. Since then I'm on a campaign. I want to do everything I can do to make sure a child does not try this mess," he said.

Although the sheriff, Rainey said his attendance to the rally was one on a personal level. He said there is only one true way to recovery and it isn't found in rehabilitation centers or clinics. Rather it is found in scripture.

"What does it mean to me personally? I think that is the only way – through God," he said. "You can spend all the money you want at these rehabs and all these fancy clinics but until someone gets on their knees and asks forgiveness from God and He shows the right way, that's the only way they'll straighten up."

Chris Hancock, Real Recovery participant, said the rally was great way for the group to get out into the community to showcase itself. The hope is to show others that addiction isn't just limited to drugs but expands over a vast variety of topics and issues.

"We just want to let the community know who we are and what we are about. Real Recovery isn't just about drug addiction," said Hancock. You could have other addictions such as sex, pornography, alcohol, and many other forms and that's where we minister. We cover everything."

Hancock echoed Rainey's remarks. He said the only true way out of addiction is through God and his son, Jesus Christ.

"We are faith based, 12-step, because through Christ all things are possible," he said. "No matter where you're at, Jesus made the ultimate sacrifice. His grace and mercy covers all things. He paid the price for anything we've done today, tomorrow, or a year from now. His love is ever lasting and He is just waiting on us to come on home."













A History Setting Night (Continued from Front)

1930s in the state of Nebraska then found its way inside the state of Texas. Other states that have six-man prep football include Florida, Colorado, Montana, New Mexico, and Wyoming besides Nebraska and Texas.

The sport is played on an 80-yard field. Scoring is similar to 11-man football with a touchdown being worth six points.

Extra points consist of one point for a run or pass conversion while kicking in this division is two points. Field goals are worth four points instead of the regular three in AHSAA football.

All players on offense are eligible for pass plays. The passing game requires the ball to be thrown forward and travel one yard from the line of scrimmage.

Cullman Christian's first team consists of seniors Logan Knopp, Blake Dingler, Jaxson Murcks, junior player Will Hogue, sophomore Miles Rakestraw, freshmen Luke Barlow, Will Sieg, Jackson Holbrook, Noah Watson, Grant Wideman, Brett Perry, Greg LaBlanc, Duncan Warner, and eighth graders Houston Thrasher and Ethan Holland.

The 2012 Cullman Christian School football schedule:

Aug. 31 @ Brooklane 7 p.m.
Sept. 7 vs. Chilton 7 p.m.
Sept. 21 @ Faith Roanoke 7 p.m.
Sept. 28 vs. Lindsay Lane 7 p.m.
Oct. 5 vs. Victory-Millbrook 7 p.m.
Oct. 12 vs. Marion 7 p.m.
Oct. 19 @ Clay County 7 p.m.
Oct. 26 semifinal round of CFA playoffs
Nov. 2 CFA championship game

Cullman Christian School becomes the second program not sanctioned by the Alabama High School Athletic Association to play organized high school football.

Vinemont Christian Academy fielded the sport for several years in the mid-1980s, playing 8-man football in the Alabama Christian Athletic Conference.

Game Recap

Cullman Christian Suffers Defeat in Inaugural Football Game

CULLMAN – Kalill Perry's blazing speed was the storyline for Conecuh Springs to spoil the football debut of Cullman Christian School Friday night. Perry accounted for five touchdowns including a kickoff return to start the second half in leading the Eagles by the Lions 39-6.

Cullman Christian is taking part in the Christian Football Association, playing the sport of six-man football. With a good crowd on hand at Cullman City Youth Stadium, the Lions had their moments in regards of advancing the football, but were stymied by five turnovers, three deep in Conecuh Springs territory.

The visitors from Union Springs took four of the miscues and converted them into scoring situations.

Conecuh caught Cullman Christian out of position when the Eagles recovered an onside kick with Perry finishing the drive by scoring from 15 yards out. The Eagles failed on the conversion and led 6-0.

Senior Logan Knopp would have a good evening for the Lions. He took the kickoff 55 yards, giving CC a first down at the Conecuh 25. But a pass by Jaxson Murcks was intercepted at the Eagles' 10 and Conecuh took over from its 35.

In three plays, the Eagles extended the lead to 13-0 when Perry was loose on a 53-yard touchdown run.

Early in the second quarter, the Lions were moving the ball once again.

Luke Barlow caught a 17-yard pass from Murcks but another interception killed the opportunity for the Lions to try and get on the scoreboard.

Perry raced 75 yards to the end zone for his third score in the opening half. At intermission, the Eagles were up by the score of 19-0.

Then to start the second half, Perry took the kickoff from his five and was untouched 95 yards that broke the game open. The conversion failed and Conecuh held a 25-0 advantage.

Cullman Christian's defense forced the Eagles to give the ball up on downs early in the fourth with the Lions having possession at the Conecuh 22.

Barlow swept around right end for the first touchdown of the season as the Lions were down 32-6 with 9:50 remaining in the game.

Then Perry went back to work, finishing off a good evening for the visitors by scampering 68 yards for the TD with 3:37 left on the clock. He finished with 280 yards on 10 carries and four touchdowns to go with his 95-yard kickoff return.

Knopp led the Lions with 25 yards rushing, 49 yards receiving and well over 100 yards in kickoff returns. Murcks completed 11 of 23 passes for 156 yards, but was intercepted three times. Blake Dingler had two catches for 35 yards, two receptions for 23 yards.

Murcks also recovered a fumbled punt and ran it to the end zone for a touchdown. But under high school rules, a player cannot advance a fumbled punt.

The Lions open their road schedule next Friday by playing at Brooklane School in Hueytown.



Lifestyle

Passion for the Kitchen

Send your recipes to recipes@cullmansense.com

By: Annette Harris
annetteharris@cullmansense.com



qrne.ws/aharris

The Paint Store



You have to realize that I was the first grandchild on both sides of the family. I can imagine, now, that I am the grandmother of a child that is the first on both sides of the family and how crazy it was when I was born.

I was probably pulled both ways constantly until someone won. I can remember a time when I was raised in a paint store. It was called Cullman Paint and Wallpaper. My Nanny and Aunt Ceil owned it. They remind me of Lucy and Ethel. They did everything together, including raising me.

I remember bits and pieces about the paint store. I remember being in a playpen in the middle of the store and watched customers walk by. I probably knew half of Cullman by the time I started school and they knew me. I was a red headed little miss mischief.

I know that one of their employees, Emma (I called her Emmie), rocked me and read to me a lot. She was like one of the family. I remember pretty well sitting on the counter every morning, listening to Joe Rumore on the radio, Nanny fixing a cheese sandwich for me, and Aunt Ceil making me coffee.

My coffee was mostly sugar and milk, while theirs was the real thing, but I never knew it and I thought I was just as big as they were. I can still remember the taste of the two things together. It was the best ever!

I remember one time begging for a Dr. Pepper and finally got one. My brother Johnny was there at the time and we were chasing each other around the store. He had a Dr. Pepper too. We each had corks in the top so we wouldn't spill it. Well, we ran and ran after being told to stop a million times. Just when we were about to get a whap with a paint stick we heard a very loud POP!



We stopped dead in our tracks. I remember it clearly. Johnny's Dr. Pepper had built up pressure and the cork came out and hit the ceiling. Those were high ceilings too. The Dr. Pepper came out like an erupting volcano. It scared him to death and I remember laughing until I thought I would wet my pants.

I remember playing tug of war with a man that only had one arm. I was amazed by his artificial appendage and I guess it showed on my face.

He didn't want to scare me I guess, so he picked up a piece of rope and said, "Let's play tug of war." I remember thinking how strong that metal hand was. He let me win of course.

I guess I can say I have been "in business" for most of my life.

Aunt Ceil and Nanny were smart and creative. They had me outside helping them "paint" the front of the store. I remember thinking how my paintbrush stayed black and theirs was white. Mine only painted clear liquid while they painted white. It occupied me.

I also got teased a lot by customers about my red hair. I was called "carrot top," Lucille Ball, or any name having to do with orange or red. I finally told people my hair was purple. How do I remember these things?

I look back at it now and I had a great childhood. I was raised in a business, but learned a lot about life.

Being around people constantly taught me how you talk to people you don't know and be friendly.

Lucy and Ethel knew what they were doing! Hmmm….I wonder if "little Harris" would like some "coffee."



Photos by Annette Harris

Hamburger Steaks and Gravy

I love to make this when I have hamburger meat and don't know what to make with it and want something besides a hamburger. Delicious!

Ingredients:

- 1 pound ground chuck
- Salt
- Pepper
- 2 cups milk, divided
- 3 Tablespoons flour
- ½ cup water

Instructions:

1. From the ground chuck, form 4 patties. Salt and pepper them on both sides. In a large skillet over medium heat, cook the patties, turning occasionally, until done.
2. Remove the patties and set aside on a plate.
3. Using the grease and drippings add the flour and stir, soaking up the liquid.
4. Add in 1 cup of milk. Stir until smooth. Salt and pepper to taste.
5. When the mixture gets thicker, add the water. The gravy will brown and get thick quickly. Add in the remaining cup of milk and stir with a whisk.
6. Lower the heat and put the patties back in the skillet, covering them with gravy. Cook about 10 or 15 more minutes.

You can serve this with mashed potatoes, our favorite, noodles or rice. Feeds 4.



Sausage Balls

This is an easy snack food to make. We have it for breakfast sometimes with biscuits too.

Ingredients:

- 1 (1-pound) package ground sausage. I use hot and it's really not that hot.
- 3 cups baking mix (recommended: Bisquick)
- 2 cups grated cheddar cheese and 2 cups grated pepper jack cheese
- 1 teaspoon Tabasco

Instructions:

1. Preheat the oven to 375 degrees F.
2. Spray a baking sheet with vegetable oil cooking spray.
3. Combine all ingredients in a large bowl. Mix well with your fingers. I prefer using my KitchenAid mixer. The mixture will be very crumbly.
4. Form into 1-inch balls, squeezing the mixture so it holds together, then rolling it between the palms of your hands to form balls.
5. Place the balls on the baking sheet. Bake for 18 to 20 minutes or until golden brown.
6. To prevent sticking, move the balls with a spatula halfway through cooking.

*You can freeze these after you cook them, once they cool and get them out later on.

Reflections of History

Do you recognize this photo?

Share your story on **Twitter** with hashtag **#cullmanhistory** or call us at **256-297-1847**.

Thompson's Department Store



Photo Contributed by Cullman County Museum

THOMPSON'S DEPARTMENT STORE, CULLMAN, ALA.

living proof live 2012

SIMULCAST WITH BETH MOORE & TRAVIS COTTRELL





SEPTEMBER 15

This September 15, we invite you to be part of this global, one-day simulcast that will inspire your women to dig deep into God's Word. Beth follows the leading of the Holy Spirit to prepare a specific message for each of her events, and the simulcast is no exception.

Don't let the women of your church miss this special event!

$10/person (includes snacks, lunch and guidebook)

Call Karen in the church office and mail in payment to the church by September 7th to reserve your spot and meal. 256-734-0344

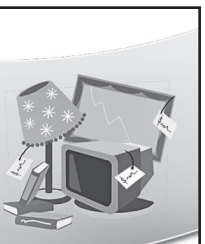
St John's

256-734-0344

register NOW!



YARD SALE



Do you want to find great deals on different items?!

FIND THEM!

Do you have items that you do not need any more?!

DONATE THEM!

Cullman Caring For Kids' annual Yard Sale will be held

Friday & Saturday

October 5th & 6th

From 7 a.m. – 4 p.m.

at the Cullman Warehouse
(behind First Baptist Church)

If you would like to make a donation, you may bring it to:

Cullman Caring For Kids

402 Arnold Street, Cullman, AL, 35055

Office: 256/739-1111.

All donations are tax deductible.

Local Events Calendar

Send your Events to: calendar@cullmansense.com

Monday, August 27th

Cullman County Public Library Storytime
Storytelling time at the main branch of the Cullman County Public Library begins at 10 a.m. with 'Traveling Tales'. Come enjoy!

Dog Obedience Training Classes
Dog obedience training classes are being offered by Cullman City Parks and Recreation Dept. for six weeks, one hour each Monday starting August 20. Fee for the classes is $50.00 and there are two time periods, one for puppies under 6 months at 6 p.m. and the second class which starts at 7 p.m. is for dogs older than 6 months and up.

Sheri Davis, who is a certified instructor, will be in charge of the classes. For further info and to register your pets please contact Ms. Davis at 256-734-4256. These classes will be each Monday night, starting August 6, and continuing for 6 weeks. Come learn how to interact with your pet so they will obey your commands.

Cullman Kiwanis Club
The Cullman Kiwanis Club invites all local men and women who are interested in taking part in community service along with great fellowship, fun, networking and learning to attend their weekly luncheon meeting at 12 noon each Monday in the All Steak's third floor banquet room. Come see what Kiwanis is all about and enjoy a great luncheon meal as well.

Bosom Buddies Support Group
Members of the Bosom Buddies Support Group meet at 6 p.m. and invite those seeking help to come to the meetings. You are not alone and can find needed information and ideas from the members of this organization. The meeting is held in the Ave Maria room in POB II on the campus of CRMC hospital. There is no cost for this meeting. Please call Mary Dyer for additional info at 256-734-8729.

Making Choices - BODYWORKS
A series of FREE sessions on healthy living will be offered. Sessions to include mindful eating to 'reading' a food. Teens to adults are welcome. There are morning classes from 10 until 11:30 a.m. and evening classes from 4 until 5:30 p.m. for your convenience. For further information please call Donna Shanklin at the County Extension Office at 256-737-9386. Classes are scheduled for each Monday at this time. Please attend first meeting or call to pre-register if you are interested in this program.

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 information 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 that 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!

Tuesday, August 28th

Cullman County Public Library Storytime
Storytelling at the main branch of Cullman County Public Library will be held at 10 a.m. with 'Labor Day Stories'.

United Way Kick-Off Campaign
The United Way starts its Kick-Off Campaign for the 2012-13 season with its luncheon today, beginning at 11 a.m. at CRMC.

Election Results during Business After Hours at TP Country Club
Current and Future members of the Cullman Area Chamber of Commerce are invited to TP Country Club for the Chamber Blitz Victory Party at 5:30 p.m. This will be followed by live music and election results. Bring your business cards and network with fellow business folks during the evening. Event open to all!

Take Off Pounds Sensibly
Anyone interested in ideas for weight loss are invited to attend the TOPS (Take Off Pounds Sensibly) group as they meet each Tuesday night at 6 p.m. at Benedictine Manor. Jeanne Latham (256-734-7146) or Ginger McMinn (256-739-3925) will share information concerning their meetings. Everyone is welcome to attend TOPS and receive encouragement from others who are interested in weight loss.

Alzheimer's Caregivers Support Group Meeting
Calling all Alzheimer's caretakers. Come join our support group as we meet at 5:30 p.m. Come see how others fare in their efforts and maybe learn something helpful for your own situation. Meetings are free and open to the public. They are held on the campus of CRMC in the Depot Room of POB II. Please call Jane Farley for additional info at 256-737-2038.

Country Dance at VFW Post 2214
Come join the Ladies' Auxiliary of VFW Post 2214 for their weekly Tuesday night country-dance and enjoy the music and fellowship!! Admission is $5.00 per person and concessions are available each dance night. Everyone is invited to this event.

Good Hope Farmers' Market
Good Hope Farmers' Market is open for the summer and filling up tables with all sorts of great tasting produce, all grown locally. Hathcock Park in Good Hope is the site and hours each Tuesday, Thursday, and Saturday are from 8 a.m. until 3 p.m. Come get some great veggies and other homegrown items to treat your family to some awesome tasting meals during these summer months. You can't beat the taste of 'fresh' from the garden!

Farmers' Market at Festhalle
The Cullman Farmers' Market at the Festhalle Market Platz is open for spring. The Market opens every Tuesday, Thursday, and Saturday from 8 a.m. until 3 p.m. Come see what our local farmers and growers have in store for you from week to week.

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.

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.

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, August 29th

Community Blood Drive
Today is the perfect day to donate blood during the Cullman Regional Medical Center's Community Blood Drive. The need is critical and you never know when you or someone you know will be in need as are folks today! The LifeSouth Blood Donor Bus will be set up in from of the hospital from 7 a.m. to 3 p.m. for donations. For additional information please call 256-736-1594.

'Kalightoscope Christmas' trip Planned for Seniors in December
The final Senior Spirit Tour event of 2012 will be their travels to Louisville, Kentucky, December 3 through 6. Final payment for those with reservations is October 19, so make your plans and get signed up for another great time traveling with this fun group of 'Seniors' who are very much 'young at heart!!' $530.00 is the cost per person in a double room.

This fee covers motor coach transportation, lodging for three nights, holiday dinner show, Christmas Village, Mega Caverns, Snow Fairy Castle attraction, Royal Breakfast, Mistletoe Marketplace, Princess Diane exhibit, Derby Playhouse, Louisville Slugger Museum, Joe Huber Farms, Corvette Car Museum, and lots more. Sounds like quite a delightful trip! Be sure to get your name in the pot so you can enjoy a magical holiday start early in December that will carry you with happy memories throughout the Christmas season!!! Please contact Angie Jochum for further info at 256-734-4803.

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.

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!

Thursday, August 30th

When Helping Hurts Community-wide Book Study
Would you like to make a lasting impact with the poor and vulnerable? The Link of Cullman County is hosting a community-wide 8-week book study of *When Helping Hurts How to Alleviate Poverty Without Hurting the Poor and Yourself* at Berkley Bob's Coffee Shop starting at 6:00 p.m. Register at info@linkingcullman.org or call Dawn Owens at 256-347-9626. Please purchase books in advance.

Good Hope Farmers' Market
Good Hope Farmers' Market is open for the summer and filling up tables with all sorts of great tasting produce, all grown locally. Hathcock Park in Good Hope is the site and hours each Tuesday, Thursday, and Saturday are from 8 a.m. until 3 p.m. Come get some great veggies and other homegrown items to treat your family to some awesome tasting meals during these summer months. You can't beat the taste of 'fresh' from the garden!

DivorceCare Support Group
Daystar Church sponsors a DivorceCare Support Group each Thursday night at 6 p.m. at the Church. Additional information is available by calling Daystar Church at 256-737-0800.

Elks Lodge Buffet Lunch
Come join the Cullman Elks Lodge members as they fire up the ovens and open their doors to the public for their weekly lunch buffet at the Lodge Home. The cost is $8.00 per person, which includes two meats and veggies, plus tea. Everyone is invited to enjoy the fellowship and delicious meals each Thursday from 11 a.m. until 1:30 p.m.

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.

Friday, August 31st

Dodge City Lions Club Cooks for Holiday
Get your holiday weekend food from the Dodge City Lions Club today and Saturday starting at 8 a.m. each day. They will be set up next to S & S Food. Butts are $25.00 and a slab of ribs go for $20.00, with all money earned going to the projects of the Lions Club. S & S Food is located at 4340 County Road 216, Hanceville, AL 35077.

Friday Night Dance at the VFW
Cullman's VFW Post 2214 invites everyone to come to their weekly Friday night dances at the VFW Hall from 7 p.m. until 10 p.m. The cost is $5.00 per person and music by the Golden Oldies and Country with the Midnight Highway Band will be filling the air. Funds raised go toward the building rental. Get your dancing shoes on and come out for a great evening of fun and entertainment tonight!

Saturday, September 1st

Cullman County Rescue Squad Live Wrestling Match
Come on out to see live wrestling with lots of wrestlers to entertain you. Bring your lawn chair and enjoy the fun. Admission is $5.00 for adults. Ages 6 and under are admitted for free. The event starts at 1:00 and bell time is at 2:00. The Rescue Squad Building is located at 1520 Sportsman Lake Road, Cullman. For more info call 256-531-6098

'Cotton and Cotton Gins'
Today's Farm Kids Club activity centers on 'Cotton and Cotton Gins'. This program is open to all children ages kindergarten and up, and they should be accompanied by an adult. The cost of this seminar is $5.00 per person and the session starts at 9 a.m. Sponsored by the North Alabama Agriplex Board and Peinhardt Living History Farm, everyone is welcome to come and take part in these special monthly events! To pre-register and for additional information, please call 256-297-1044 or e-mail Cullmanag@gmail.com.

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.

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. The Boogie Night Band provides music on Saturday nights. 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!

Sunday, September 2nd

Sweet Tater Festival
The annual Sweet Tater Festival takes place today, Sunday, September 2, and tomorrow, Monday, September 3 (Labor Day) at Dowling Memorial Park in Crane Hill. Arts and Crafts, vendors with all types of food, and of course, the star of the show, the 'sweet tater' will be available throughout these two days. (The sweet potatoes are locally grown and donated to the festival by the Cullman County Sweet Potato Growers Association.Note Sunday hours are from 1 to 4 pm only. Monday, Labor Day, will be from 8 a.m. until 3 p.m.Admission is $3.00 per person and this entrance fee includes a free hot dog.

Contact Tony at 256-531-7916 or 256-747-8635 or check out www.sweettaterfestival.com for vendor application forms. Sherry Brown also has info at 256-636-5887. Come enjoy the last holiday of the summer season and visit with all your friends and enjoy great food, crafts, etc. Check our website at www.sweettaterfestival.com.

PUZZLES, COMICS, AND JOKES

THIS WEEK'S WORD SEARCH TOPIC IS: FOOTBALL

BY: DUSTIN ISOM

Complete this week's word search for your shot at two large 2 topping pizzas from Papa John's of Cullman. Send your entry to CullmanSense, 101 1st Avenue Northeast, Suite 230, Cullman, AL 35055.

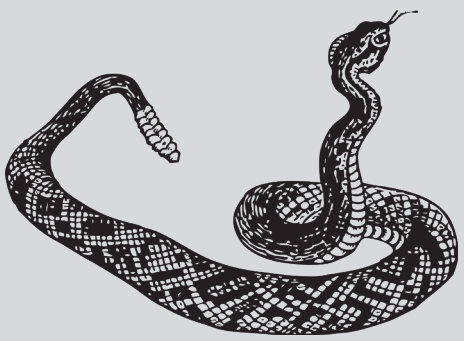
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Block	Cheerleaders	Clock	Conversion	Fans	Foul
Fumble	Guard	Half Time	Handoff	Helmet	Huddle
Incomplete	Interception	Kick	Offside	Out of Bounds	Pass
Penalty	Play	Punt	Referee	Rush	Sack
Score	Snap	Tackle	Team	Touchdown	Yard

GETTING CORNY

Send your jokes to:
jokes@cullmansense.com

1. Why was the snake sent to timeout?



2. Why was Humpty Dumpty content with being alone?



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Broadcast Yourself™
Tune in to our YouTube Channel
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1. Because he threw a hissy fit. 2. He cracked himself up.

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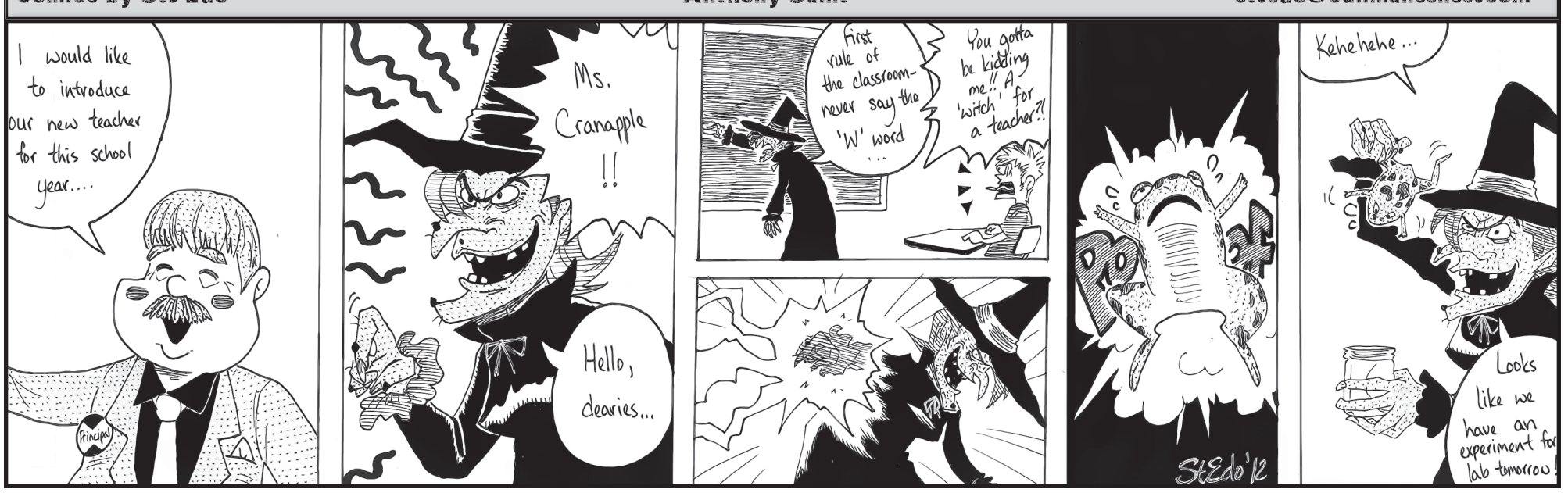
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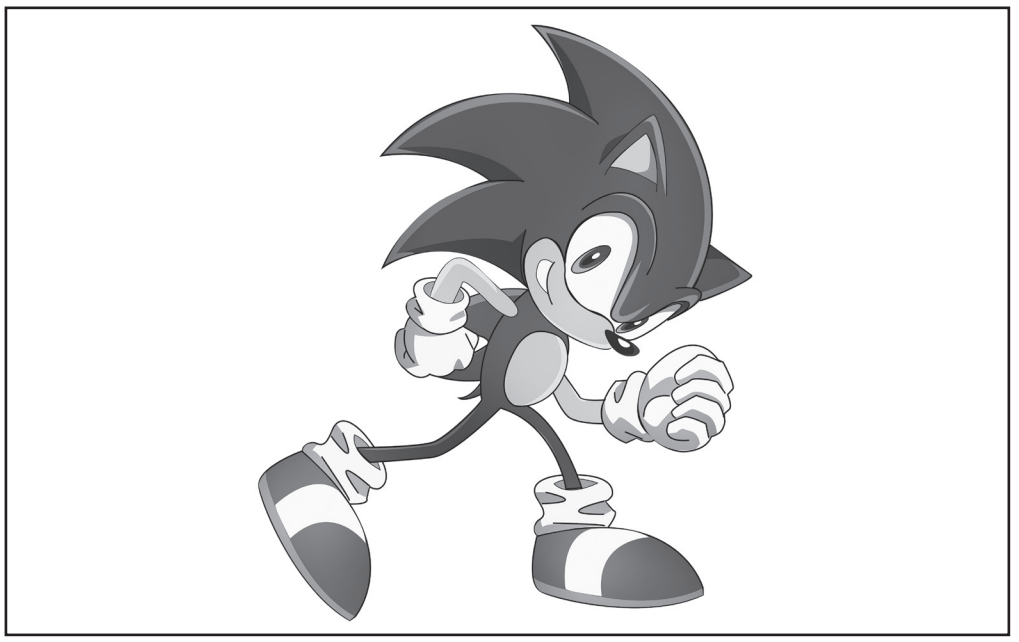
Comics by St. Edo — Anthony Saint — st.edo@cullmansense.com



Community Matters

Confessions of a Nerd: Top 5 Sega Genesis Games

By: Josh McBrayer
joshmcbrayer@cullmansense.com



In this installment of Confessions of a Nerd, I have decided to focus on the top five Sega Genesis games. When I decided to cover Sega, I did not realize how hard it was to come up with five.

Not because there were not good games on Sega Genesis, but because they were competing with Super Nintendo and this is the first instance you have of the same game title being on both systems.

With that being said, I scoured my brain trying to jog my memory of Sega Genesis exclusive games that are worth mentioning. After 30 minutes (and a massive headache) I came up with the Top 5 Sega Genesis games. Here we go.

#5 Castlevania: Bloodlines You did not think we could have a Top 5 list without me including a Castlevania game did you? The first and only Castlevania game to appear on Sega Genesis, this title was also the first to not feature a true Belmont as the main protagonist.

In this title you controlled one of two characters. One is John Morris, who is a Belmont descendant but not a true Belmont. He does, however, wield the legendary Vampire Killer whip. The other is his friend Eric Lecarde who wields the Alucard (Dracula spelled backwards) Spear. The game has a weird plot compared to other Castlevania games. It tries to follow Bram Stoker's Dracula. For this reason, it is only five on my list.

#4 X-Men: As you all know I am a sucker for a platform type game and X-Men is no different. It was a typical run, jump, and shoot (using mutant powers) game, but I also remember it being incredibly hard.

Maybe it was the clunky controls or maybe I just was not very good at this particular platform game. Either way, this game was fun and is worth playing if you have a Sega Genesis and can find a copy of the game.

#3 Golden Axe: Golden Axe combined two of my favorite genres: fantasy and dungeon crawl game play. You control three different (but the same) characters with a bone to pick with the games villain, Death Adder. A dwarf named Gilius Thinderheard who is seeking revenge for the death of his twin brother at the hands of Death Adder's henchmen.

Ax Battler (great name) is a barbarian looking to kill Death Adder in retaliation over the murder of his mother. Lastly, Tyris Flare, the playable female character in the game, is an Amazon who is seeking revenge for the death of both of her parents who were killed by, you guessed it, Death Adder. If you like hack n' slash dungeon crawls then this is he game for you.

#2 Mortal Kombat: Before you guys say anything, I know that Mortal Kombat also appeared on Super Nintendo, but the Sega Genesis version included one major difference..... BLOOD!

Unlike the Super Nintendo version, the Sega Genesis version of Mortal Kombat included true to arcade fatalities and special moves that endured fighting game fans to the Mortal Kombat series. These features were accessible by inputing the code: ABACABB.

#1 Sonic: the Hedgehog: Sega Genesis' iconic answer to Nintendo's Mario. A lighting quick blue hedgehog named Sonic. Controlling Sonic, you jump and dash through various levels battling creatures from the forest-like rabbits and squirrels that have been captured by the evil Dr. Robotnik and turned into robots and gathering rings scattered throughout the stage.

In this game you are trying to recover the Chaos Emeralds through special bonus stages that can be accessed by having 50 or more rings and jumping through a giant ring at the end of the stage. Making your way through the various stages, you have to battle Dr. Robotnik and one of his mechanical creations at the end of the third stage of each zone, before fighting him for one final time at the very end of the game.

And there it is ladies and gentlemen. The Top 5 Sega Genesis games the way I see them. If you have a comment or suggestion about this or any other list, please feel free to contact me at joshmcbrayer@cullmansense.com.

CureSearch Walk
for Children's Cancer

Join the team
Battle the Beast with Maddy & David
in our fight against Children's Cancer
at the 2nd Annual Birmingham
CureSearch Walk!



Saturday, October 6, 2012
Registration: 9 a.m.
Walk Ceremony/Walk Begins: 10 a.m.

Our team is about TWO kids that attend Hanceville Elementary
BOTH cancer survivors & BOTH fighters

There are 36 children diagnosed EACH day with cancer. In honor of 36, we are looking for 36 to join our team & now…if our team raises $20,000 David's Mom, Karen will shave her head. Hanceville's Mayor, Kenneth Nail has stepped up & said if we raise an additional $5,000 to total $25,000 raised he will shave his head, too. So now, we are looking for 36 to shave at The **Brave Shave Event** to be held in Hanceville the night before the walk.
www.curesearchwalk.org/birmingham/maddyanddavid

For more information, please contact Karen Cook at 256-962-3482
or www.curesearchwalk.org/birmingham/karencook
For more information on CureSearch
for Children's Cancer, please visit www.curesearch.org.



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