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CULLMAN'S MONDAY NEWSPAPER

CULLMANSENSE

COMMUNITY MATTERS

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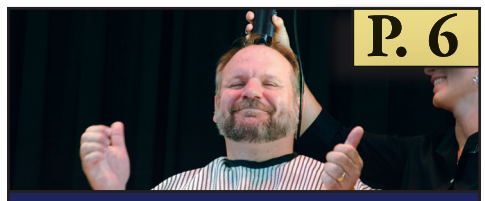
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Nothing Sweeter than a Sweet Potato

By: Noah Chandler
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qrnews/nchandler



Photo by Jessica Norrell

CRANE HILL – Just over 16 years back the community of Crane Hill was devastated when vandals set fire to Dowling School. The community, stripped of its school, pulled together through the adversity and every year on Labor Day Weekend residents come together for the Sweet Tater Festival.

What started out as a way to raise funds for the then burnt down school has evolved into a way to help vitalize Dowling Memorial Park, situated directly in the heart of Crane Hill.

This standing monument not only marks the darkest chapter in the community's history but also its greatest triumph over adversity.

Despite brief rain storms a steady stream of participants quickly filled the designated parking areas on both Sunday and Monday, making this festival one of the highest attended since its inception.

Attendees were treated to an assortment of music, including a Willie Nelson impersonator and and several gospel acts. While taking in the tunes, patrons explored the park that was filled with vendors that were offering up customized jewelry, woodworks, cold drinks, and a variety of food including fried Oreos, funnel cakes, kettle corn, and fried peaches.

Children enjoyed playing in the bouncy house and sliding down the oversized inflatable slide setup on the grounds as well as interacting with the animals in the miniature petting zoo and riding the motorized rotating swing.

Tony Leonardi, President Dowling Memorial Park Association, said he was pleased with the two-day draw.

"The Sweet Tater Fest has been going on for 16 years and every year it gets bigger and bigger," said Leonardi.

"We use all the funds to help maintain the park. It put a roof on the lunchroom, provided walking trails and helps with all the upkeep."

It takes roughly three months to prepare for the festival. Leonardi said a small, yet experienced group has been working the festival since its creation.

He said without the volunteers, such as the local fire department, it would be a near impossible task.

"You would be amazed how few people work the festival. We have about 30 people helping out, including the Fire Department who has helped with traffic," he said.

Leonardi said that The Cullman County Sweet Potato Association provides the sweet potatoes each year.

For more on The Sweet Tater Festival, visit CullmanSense.com for an extensive photo gallery and video.

A Long Journey

By: Josh McBrayer
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qrnews/jmcbrayer

COLD SPRINGS – Thirty-five. Thirty-five is a significant number for the Cold Springs Eagles. For thirty-five games, the Eagles had been on the losing end of a football game. They played their hearts out, but could not get over the hurdle. Well, on Friday August 31st new coach but familiar face Rodney Elliott led his Cold Springs Eagles on the field for the second time as the Eagles head coach, but the first time since 2005.

The old saying is "third time is the charm" but for coach Elliott, entering his fifth year total as the head coach of Cold Springs, it was lucky number five as the Cold Springs Eagles clipped the wings of the visiting Decatur Heritage Eagles by a 36-6 score. It had been 245 [regular season] days since Cold Springs had last tasted victory. The whole team relished in the win by rolling the field house in a celebratory fashion. This may be the first win for Cold Springs but anyone who knows the determination of the Cold Springs squad knows that they will play to make sure this is not the last victory.

With a long weekend thanks to Labor Day, I was able to catch coach Elliott before he and his team hit the field in preparation for their next match-up against Sulligent and here is what he had to say about the journey of the Cold Springs Eagle football team.



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Photos by Zeke McBrayer

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Community Matters

A Night of Reflection, Remembrance & Hope
Life Inspiration Awards Uplifted Many

By: Noah Chandler
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CULLMAN – Now in its thirteenth year, the annual Life Inspiration Awards event has been a beacon of hope for those who are currently battling cancer, those families who may have lost a loved one to the disease or for those who have claim the ultimate victory over the indiscriminate killer. This year's event would prove to be no exception as 16 individuals were recognized for their fight against cancer, including the Commitment to the Cause Award.

"We started the Life Inspiration Awards as an opportunity to honor the people who have been an inspiration either as a cancer survivor, a caregiver or a healthcare professional," said Dr. Nancy Horton, Life Inspiration Awards Committee Chair. "We just felt that Cullman County has been so effective with Relay for Life, people work so hard, and this is a way to give back to them."

The first portion of the night's event was reserved for keynote speaker, Dr. Warner Huh, whom discussed his American Cancer Society funded research. Huh, a recipient of roughly a $700,000 grant has produced research which has led to further research, garnering grants upwards of $10 million.

"If you look history, through the years many of the diseases that used to be fatal are no longer fatal because they are treatable because of the research that has been done. They cannot do the research unless there is funding and that's where there is a constant battle to raise money for cancer research," she said.

American Cancer Society funded researchers are making tomorrow's breakthroughs in the fight against cancer. Dr. Warner Huh, gynecologic cancer surgeon at the University of Alabama at Birmingham Comprehensive Cancer Center and one of nine researchers funded by the American Cancer Society in Alabama, is working on a new human papillomavirus (HPV) vaccine.

"HPV, a very common virus, is the leading cause of almost all cervical cancer cases. Currently, two vaccines are available to the public. But they don't protect against all forms of the virus," said Huh. "The next generation vaccine will. It could potentially eliminate the need for expensive screening programs and address the known gap in coverage of the other two vaccines."

Currently, Dr. Huh plans on opening the phase one clinical trial of his new vaccine in the first quarter of 2013. He will serve as the principal investigator, and the vaccine will solely be tested at the University of Alabama at Birmingham. Dr. Huh says the vaccine may also have an impact on all HPV related malignancies including vaginal, vulvar, anal and head and neck cancers.

"Cullman County is probably one of the highest, if not the highest, at one point in time it was the highest incidents of cancer in the state and in the whole southeast," said Horton. "I'm sure what that reason is, I don't think anyone knows why Cullman County is so high, but we have such a high incidents and until cancer is totally whipped out we have to try to keep fighting.

The evening closed with recognition of all the survivors, caregivers and healthcare professionals whom were honored in earlier years. Once the 12 candles were lit, one for each year, event emcee Gary Cornelius then announced this year's honorees. Dr. Horton presented each of the recipients with a plaque, to which they were all accompanied with a hearty round of applause from the large crowd.

One such recipient was Michael Hall. A survivor of testicular cancer Hall understands firsthand the importance donations made to the ACS through benefits such as Relay for Life, have helped him live a longer life.

"It's defiantly the hardest award I've ever earned, that's for sure," he said after receiving his Life Inspiration Award," said Hall. "Cancer sucks for everybody; it's just what you do with it once you have it. How you handle it, how you spread awareness but most important is to help find a cure."

Although a survivor himself, a family member very close to him passed away just days before his own diagnosis. His belief in God helped keep Hall going but his faith that God had a purpose for him helped drive him along. He encourages everyone who is battling, whether it is a caregiver, patient, family member or survivor, to keep their faith in God.

"It was 2007 when my mom passed away, I was 29. My mom died June 5 from pancreatic cancer and June 7, two days later, they told me I had cancer," said Hall. "No matter how hard it is it is God's timing. We don't leave here until God is ready for us to. If we are here it is for a reason. So keep up your head and keep up the fight."

Recipients of the 2012 Life Inspiration Awards are as follows:

- **Cancer Survivor Awards** – Diann Bailey, Donna Barnett, Debbie Brown, Edith Calvert, Brenda Chambers, Sandra Chambers, Christina David, and Michael Hall.
- **Caregiver Awards** - Danny Brown, Tommy Barnett, and Pam Couch.
- **Survivor/Caregiver Award** – Nola Hicks, whom recently lost her husband to the disease. Hicks is currently undergoing her own battle.
- **Healthcare Professional Award** – Lisa Ellard, Jennifer Johns, and Rhonda Neal.
- **The Commitment to the Cause Award** – Gidgett Overton.









Photos by Jessica Norrell

No(ah)-It-All: : Phrases Which Make Me Shudder

By: Noah Chandler

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First thing first, I appreciate my mom and my dad. We had a jacked up life, and I do rail on them from time to time, but in all honesty I wouldn't change a thing about my upbringing. That's a quick shout out to the young woman who emailed me last week. I really do appreciate your comments and you're right about having some pent up bitterness. It is being worked out slowly, so thank you for the kind words of encouragement.

Now back to the subject at hand. Eh, comments that are made by others that I just cannot understand. The biggest is "I'm so proud of you." Honestly, what does this mean? Seriously, ever since childhood this phrase has been tossed around by teachers, friends, relatives, and by the parental units – it's okay because my mom understands the quirkiness that is this nerd and appreciates the odd title – but to this day the reasoning behind it has never clicked.

Sometimes people would just say they were proud simply because I finished mowing their lawn. I never knew that completing a chore was something that garnered pride or respect, but oh well. Other times teachers would say it because I didn't speak for half the day. Okay, that one actually makes sense.

Overall though, what does it mean? Oh, and when someone tells you their disappointed in you. What's up with that whole thought process? My apologies for being ignorant, but when exactly did it become protocol to live up to others expectations? Better yet, why would anyone have expectations of others, especially when it comes to issues that have no bearing on their own life?

Back a few weeks ago, an individual emailed in letting me know how disappointed they were with a column which they felt was directed at them. First off, people's names, sex, occupation, and any other identifiable information are left out simply out of respect. That is a practice which is understood perfectly by many. However, if it struck a nerve then apparently the person wasn't too proud of their self. Secondly, why would some random person out of a collective close to 100,000 residents have an impact on my thought process? Yeah, it didn't sway the ole brain a bit and I'll stand beside that column, along with every word that's been written throughout my career.

Another phrase that just grinds away is "I love you." Not sure exactly what that means either. Just know that when someone says it to me it isn't processed but just regurgitated back out. It really is like playing verbal Pong. I love you truly is the cud of phrases. You hear it all the time, on every primetime show, cartoons, and an absurd amount of other places inside of our media, but no one has a clear definition.

As a child, when one of the parents would come in at the end of evening to give their goodnight sentiments they would always finish with "I love you" to which I replied, "Love you, too?" Never really knowing what exactly it meant but it felt like it was something they needed to hear so I played along. To this day the emotion or statement has never been fully understood and most likely it won't ever be.

A few friends believe that being in a relationship would help solve this problem of grasping the concept of love. But if you can't understand the emotion with your family, how can you realistically understand it with a random stranger. That sort of logic is skewed because why would someone who has a real grasp on the concept of love be willing to take part in a life with an individual who doesn't get it. Sorry, but that logic just doesn't click here.

Some of you may think that I am just trying to convince myself that this life is meant to be lived alone. Truth be told it would be nice to understand the idea and all the emotions which come with it. However, it just isn't in the deck of cards. All that is in this guy's future are Marie Callender's frozen dinners, late night fourth meals, and sweet bakery items, which doesn't sound half bad.

Honestly, it does not offend me anymore to hear any of the phrases. I'm actually trying to make a consciousness effort to understand these emotions and thought processes because shuddering cannot be good when practiced over a long period of time. Besides, I'm older, not-so wise, and ready to explore these phrases some more. Who knows, I may actually understand one of them down the line.

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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Obituaries must be sent from the funeral home either by e-mail or fax.
This online service is free, just request it from your funeral home of choice.

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CullmanSense Weekly Weather Forecast

Source: NWS

Tuesday



Hi: 90
Lo: 72

Day: A 50 percent chance of showers and thunderstorms. Partly sunny, with a high near **90**. Calm wind becoming northwest around 5 m.p.h. in the afternoon.

Night: A slight chance of showers before 1a.m. Areas of fog after 1a.m. Otherwise, partly cloudy, with a low around **72**. Calm wind. Chance of precipitation is 20%.

Wednesday



Hi: 89
Lo: 72

Day: A 30 percent chance of showers and thunderstorms.

Partly sunny, with a high near **89**. Calm wind becoming north around 5 m.p.h.

Night: A 20 percent chance of showers and thunderstorms.

Partly cloudy, with a low around **72**. Calm wind.

Thursday



Hi: 91
Lo: 71

Day: A 20 percent chance of showers and thunderstorms. Mostly sunny, with a high near **91**.

Night: Partly cloudy, with a low around **71**.

View our sports coverage online: qrne.ws/sports

Friday



Hi: 91
Lo: 69

Day: A 20 percent chance of showers and thunderstorms. Mostly sunny, with a high near **91**.

Night: A 30 percent chance of showers and thunderstorms. Mostly cloudy, with a low around **69**.

Follow us on Twitter: @cullmansense

Saturday



Hi: 86
Lo: 61

Day: A 30 percent chance of showers and thunderstorms. Mostly cloudy, with a high near **86**.

Night: A 30 percent chance of showers and thunderstorms. Mostly cloudy, with a low around **61**.

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Sunday



Hi: 81
Lo: 60

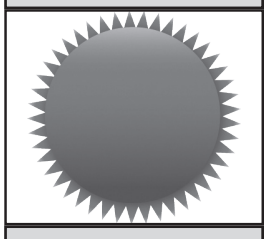
Day: A 20 percent chance of showers and thunderstorms. Mostly sunny, with a high near **81**.

Night: Partly cloudy, with a low around **60**.

Watch our YouTube Channel:

youtube.com/cullmansense

Monday



Hi: 83

Day: Sunny, with a high near **83**.

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

CullmanSense Week One High School Football Roundup

By: Josh McBrayer
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The first week of high school football has concluded and within it was a season's worth of action. For anyone who missed any of the stellar playmanship Thursday or Friday, you have come to the right place. Along with CullmanSense's unprecedented live online scoreboard and coverage of every game, home or away, every Friday night, we will also bring you a recap so you can catch up on anything you missed under the lights on Friday night.

Brewer at West Point
Covered by Phillip Hillman

WEST POINT – When you have one back run for 40+ yards in a game it is nice. If you have two it is great. When you have six, that's right, I said six, go for 40+ yards, including Freshman Colby Smith who had 55 yards, then it is just a good day to be a coach. That had to be the feeling West Point head coach AJ Lamar was feeling as he watched his team run their way to a 43-22 victory over the visiting Brewer Patriots.

West Point collected 402 yards of offense, 352 of it on the ground. West Point quarterback Bryant Farley had an amazing 143 yards rushing with two touchdowns. He only went to the air three times but he made them count, going 2-3 with two touchdowns to Wesley Smith and Jordan McKenzie. On the defensive side of the ball, West Point looked just as dominate. Wesley Waters broke through the line and blocked a Brewer punt. Tristan Dubberly picked off an errant Patriot pass and Senior Brandon Addison stuffed a 4th and inches run attempt.

All of the Brewer Patriot offense came on the strength of two players. Weston Pritchett hooked up with Brandon Deberry twice including a 70 yard strike. Deberry also had an 18 yard touchdown scamper.

"We just need to fine tune both our offense and defense and not turn the ball over," West Point head coach AJ Lamar said after the impressive win.

West Point stays at home next week to open up Regional play against the Athens Golden Eagles. Brewer gets their first home game against Regional opponent, the Boaz Pirates.

Good Hope Raiders at Holly Pond Broncos (Thursday)
Covered by Josh McBrayer

HOLLY POND – In the first match-up of the season, Good Hope had up's and down's against Holly Pond. "We have things we need to improve on," said head coach Chris Moss, following the Good Hope victory.

The one thing that seemed to be firing on all cylinders was the run game as Good Hope racked up 114 yards on 20 rushes, and that was just in the first half, on their way to a 37-6 victory over the Holly Pond Broncos. Quarterback Sebastian Fendley had a huge game with 106 yards of the 344 total mark by the Raiders. "We felt like we could run the ball and we wanted to get [Fendley] involved in the running game," said coach Moss.

Not only did they get him involved, but he seemed to be the "workhorse" accounting for two of the three offensive touchdowns on the night with runs of 16 and 44 yards. Jerrod Mc-Clure had the other score on the offensive side of the ball with a nine yard run that capped of a 70 yard touchdown drive.

The defense also did a great job getting pressure in the Holly Pond backfield. This resulted in sacks by Austin Barrett and Eathan Cofer. Tyler Speakman intercepted a pass and took it 22 yards for the score. Kendall Duke scooped up a fumble and scored as well, returning it 20 yards.

Holly Pond played the whole game with intensity, but could not overcome the early 20-0 halftime deficit. Michael Ford scored the lone Holly Pond touchdown from 10 yards out.

Holly Pond stays at home to play Brindlee Mountain and Good Hope is again on the road, traveling to Hanceville for the week two matchups.

Walker at Cullman
Covered by Johnny Thornton

CULLMAN – The Bearcats scored first and the Bearcats scored last as a huge 4th quarter put the game out of reach for the Walker Pirates as Cullman dropped the Pirates 42-14 in their season opener.

Although Cullman blew the game open with an explosive offensive 4th quarter, it was the defense that got them on the board early. The Bearcat's put early pressure on Walker's quarterback, resulting in a sack in the end zone causing the ball to pop loose. An alert Lucas McMinn smothered the fumble for a touchdown and an early Bearcat lead.

Likewise, the first Walker touchdown came from great defense. Pirate defensive back Quadrekas Key snatched a Bearcat pass out of the air and took it 65 yards the other way for a pick six. The PAT was good and the game was knotted 7-7. A one yard touchdown run by Alex Martin, set up by a 38 yard run by quarterback Zack Crocker, gave Cullman the 14-7 advantage going into the locker room at halftime.

Out of the halftime break, Walker again would tie the game, this time on a 35 touchdown strike from Blake Wilks to Key. The game stood at 14 all but unfortunately for Walker this was the last time they would score.

After the long Pirate TD pass, Cullman exploded for 28 points in the fourth quarter. Crocker hit Wesley Hendrix for a 34 yard touchdown and Troy Forrest a series later capping a 64 yard drive. Garrett Crider carried the ball 32 times for 143 yards, found the end zone with four minutes left when he carried it in from 15 yards out. Cullman ended their scoring just like they began it, with a fumble recovered for a touchdown when Gable scooped up the loose ball and ran it in from 40 yards out, capping a 28 4th quarter.

Cullman heads to East Limestone to take on the Indians in regional play. Walker has their first home game, hosting Moody in the start of regional play for them as well.

Hanceville at Fairview
Covered by Michael Bryant

HANCEVILLE – The Bulldogs looked to continue their regular season win streak that saw hem go 10-0 last season but the Fairview Aggies had other ideas.

The Fairview Aggie defense held the Bulldogs to a pedestrian 30 yards in the first half alone. "Defensively (Fairview) has stepped it up", Hanceville Head Coach Danny Miller said after witnessing his opponents clamp down on his team time and time again. Fairview Head Coach George Redding Jr. was pleased. "(I'm) extremely pleased with the intensity level. Extremely proud of our defense", he said.

Aggie standout quarterback, Luke Bailey, wasted no time in getting the scoring started as he hit a wide open Dexton Gregory who carried the ball in from 73 yards out and the first touchdown of the night.

Completing two passes for 31 yards and rushing for another 9, Bailey led his team down the field where running back Marco Rodriguez, coming off of a season ending injury and looking to make up for lost time, and boy did he ever, punched it in for a touchdown. This was not the only TD of the night for the returning Rodriguez as he crossed the goal line twice more to complete the touchdown tri-fect-a, on the way to a 32-0 Aggie win over the defending Class 3A-Region 5 champion Hanceville Bulldogs.

Fairview travels to Douglas while Hanceville stays at home to take on the Good Hope Raiders. Both are region games.

Brindlee Mountain at Vinemont
Covered by Clay Speer

VINEMONT – During all the summer workouts and two-a-days, Vinemont's football team focused on one simple phrase "Time to Change." Well they succeeded Friday with a 26-7 victory over the very strong, very physical Brindlee Mountain football team. With the help of extremely good blocking from Vinemont's offensive line, wide receivers Ty Jones and Tyler Boland racked up some impressive yards. The duo gained over 400 yards that set the tone for 586 total yards of offensive put up by the Eagles.

Vinemont's defense proved a tough one as the very strong, athletic, offense of Brindlee Mountain tried to impose their will, but Vinemont was up to the task, holding Brindlee Mountain to just 150 yards of offense. The defense was led by the middle linebacker Colby Durham who had several tackles for losses and led the defensive side of the ball.

"Penalties and Turnovers," Vinemont head coach Alan Scott said when asked what the Eagles needed to work on for next week's regional match-up. Vinemont had almost 90 yards in penalties but was able to overcome the first game miscues and start their season off on the right foot.

Vinemont travels to Danville to open regional play and Brindlee Mountain makes another trip to Cullman County, this time to face the Holly Pond Broncos in a regional clash.

Decatur Heritage at Cold Springs
Covered by Josh McBrayer

BREMEN – The Eagles from Cold Springs looked like a brand new team under the second time Cold Springs head coach. He believes in his team and that determination showed through his players as the scored early and often and played solid defense throughout the game.

Cold Springs got the scoring started on their very first possession. They took a short Decatur Heritage kickoff to the 43 yard line and set up shop there. Six plays later they founds the end zone, thanks in part to the running ability of their running back Caleb Ellison who amassed 48 yards on the opening drive including a 36 yard touchdown run. Jayden Watson then ran it in for the two point conversion making the score 8-0 early in the first. This was the only scoring drive of the quarter as Cold Springs and Decatur Heritage swapped possessions for the rest of the quarter.

Much like the first quarter, Cold Springs scored on their first possession of the second quarter, this time marching the ball 80 yards 6 plays with the aid of an off sides penalty. Quarterback Logan Campbell ran it in from 29 yards out and also ran in the conversion that was good for another two points making the score 16-0. After trading the ball back and forth, the home Eagles found themselves in business once more. They took the ball 50 yards for the touchdown. The drive was capped off by a 38 yard touchdown strike from Campbell to Ellison and Cold Springs took a 22-0 advantage into the locker room. According to Alabama High School Football Historical Society (ahsfhs.org), this is the first time in 17 games the Cold Springs Eagles eclipsed the 20 point mark in a game.

After scoring 22 first half points, Cold Springs could have had a letdown coming out of the locker room for the second half but they came out just as fired up as they started. The Decatur Heritage Eagles got the ball to start the third quarter and looked as if they were going to score. They marched the ball straight into Cold Springs territory, down to the 11 yard line but here is where the Eagle defense showed what they were made of.

The defense overcame a costly late hit penalty and forced Decatur Heritage back with two holding penalties but the biggest play was forcing an incomplete pass on 4th and 12, getting the ball back on downs. The offense then went back to work, chewing up huge chunks of yardage on the ground, finishing with an 11 yard touchdown run by Campbell. Watson had 43 yards on the drive along with Caleb Ellison who added 18. Cold Springs found themselves up 29-0 at the end of three quarters. Just 12 short minutes from the victory.

Decatur Heritage started the final frame with the ball but only advanced it 11 yards and was forced to punt. Campbell was back to field the punt. The ball bounced over his head and he fielded it at the 15 yard line, found a seam and took it to the house for an 85 yard punt return for a touchdown. The PAT was good and Cold Springs led the game 36-0. This marks the first time since 2007, the Eagles have scored over 30 points in a game.

Next week The Sulligent Blue Devils come to Cold Springs to take on the Eagles and Decatur Heritage travels to take on the Phillips Bear Creek Bears.

There you have it. A collection of snippets, quotes, and highlights of games that were featured around the county. I just want o take this opportunity to thank my crew for the great job they did in the first week of the high school football season.

Although I am the one that put this review together, it is my guys on the sidelines that enable us to bring you the in-depth coverage you have come to expect from CullmanSense. As always if you can't wait to read about a game, visit us at cullmansense.com every Friday for up to the minute scores and write-ups on the games you care about.

In Brief

Hoops Plus Recruiting Showcase

By: Russell Moore
Wallace State Contributor

HANCEVILLE – Wallace State women's basketball will host a Hoops Plus Recruiting Showcase for the North Alabama area on Saturday, September 22 at Tom Drake Coliseum from 10 a.m. to 4 p.m.

The showcase event is open for any girl in grades 9-12 with the desire to play college basketball, showcase their basketball skills, and compete against top-level talent.

Various college coaches in the region will be invited to attend and evaluate future prospects.

Check-in is at 9 a.m. and games begin at 10 a.m. Games will feature two 20:00 halves, and players are guaranteed three games.

WSCC players will serve as coaches, and teams will be selected after check-in. Wallace State women's basketball, coached by Ron Burdette, is home to six ACCC/Region 22 championships.

To register for the event, please visit www.HoopsPlus.org/Showcase.html.

CRMC's ONE Rehab & Sports Medicine Offers Friday Night Injury Clinic

By: Lindsey Dossey
CRMC Contributor

CULLMAN — ONE Sports Medicine of Cullman Regional Medical Center opens the Friday Night Injury Clinic again this football season.

Starting at 9 p.m. in CRMC's Medical Day Hospital, athletes can see the staff of Sports Medicine Specialists, Orthopedic Surgeons, Athletic Trainers, and Physical Therapists.

The clinic provides an assessment and treatment for injuries sustained during games.

Appointments are not necessary and the wait time is minimal. The clinic begins on Friday, August 31 and will run through the regular high school football season.

ONE Sports Medicine Certified Athletic Trainers, Donna Chamblee, Scott Lochridge, and Matthew Griffin are proud to provide exclusive athletic healthcare to the following schools — Cullman, Fairview, and West Point; however the Friday Night Injury Clinic is open to athletes from all area schools.

Call Cullman Regional Medical Center (256) 737-2000 or visit us online at www.crmchospital.com for more information on the Friday Night Injury Clinic or to find out more about the services offered by ONE SportsMedicine.



NEW EVENT FOR 2012 OKTOBERFEST



Inaugural Cullman Charity Bed Race

October 13, 2012
(In front of the Depot)

Presented by: Cullman Community Lions Club

For more information contact Lion Ron Seybold (256) 531-6075

Alabama Department of Public Health Issues 2012 Fish Consumption Advisories

By:John Guarisco, Ph.D.
ADPH Contributor

MONTGOMERY- Concern about protecting the public from possible exposure to mercury from eating fish led to the issuance of several new fish consumption advisories for bodies of water in Alabama.

The quality of water, based upon the levels of contaminants in fish from the waters in Alabama, generally continues improvements made in recent years.

The Alabama Department of Public Health (ADPH) annually updates fish consumption advisories based on data collected the preceding fall by the Alabama Department of Environmental Management (ADEM).

ADEM collected samples of specific fish species for analysis from various waterbodies throughout the state during the fall of 2011. ADPH assessed the analytical results to determine whether any of the tested contaminants in the fish may give rise to potential human health effects.

Fish consumption advisories are issued for specific waterbodies and specific species taken from those areas. In reservoirs, advisories apply to waters as far as a boat can be taken upstream in a tributary, that is, to full pool elevations.

Beginning with the 2007 advisories, ADPH adopted a contaminant level for mercury in fish that would protect those who might consider eating more than one fish meal per week.

The new U.S. Environmental Protection Agency standards are four times more protective than Food and Drug Administration levels previously used. After the lower, more protective limit was adopted in 2007, an increasing number of waterbodies around the state received advisories for mercury in fish as they were tested.

Newly issued advisories will be represented as the safe number of meals of that species of fish that can be eaten in a given period of time, such as meals per week, meals per month or no consumption. A meal portion consists of 6 ounces of cooked fish or 8 ounces of raw fish.

All advisories previously issued using FDA guidelines remain in effect for this year (2012) and other advisories have been updated to reflect the EPA consumption levels for mercury-contaminated fish.

Please note that a "no consumption" advisory for perfluoralkyl sufonate or PFOS has been recommended for the Baker's Creek embayment of Wheeler Reservoir. PFOS is an emerging contaminant whose human toxicity is not well understood, nor has it been classified as a carcinogen.

However, PFOS is readily absorbed by the digestive system and accumulates in serum, kidney and liver. It is poorly metabolized and can stay in the body for a long time. Animal testing has indicated potential adverse systemic effects stemming from exposure.

Additional information about PFOS can be found at www.epa.gov/fedfac/pdf/emerging_contaminants_pfos_pfoa.pdf. Future testing will determine if the advisory needs to be extended beyond the current location.

Fish were analyzed for up to 30 different materials or types of materials, including contaminants in the water (PCBs, including dioxins), pesticides (endosulfan I and II, hexachlorobenzene, chlordane, lindane, dieldrin, endrin, DDT and its breakdown products and congeners, heptachlors, Mirex, chlorpyriphos, and toxaphene), and heavy metals (arsenic, cadmium, mercury and selenium) to which the fish may have been exposed.In addition, fish were examined for body appearance, lipid content, age, and weight.

Fish are good indicators of the health of a waterbody. Some contaminants could bioaccumulate in fish. The contaminant could enter the food supply through either crustaceans or bottom feeding fish in a given area.

These species would be eaten by larger or more aggressive species, thereby transferring the contaminant from the species consumed to the larger species.

The advice contained in this release and complete listings of the posted fish consumption advisories (www.adph.org) are offered as guidance to individuals who wish to eat fish they catch from various waterbodies throughout the state.

No regulations ban the consumption of any of the fish caught within the state, nor is there a risk of an acute toxic episode that could result from consuming any of the fish containing the contaminants for which the state has conducted analyses.

A fish consumption advisory can be issued for one or more specific species of fish within a waterbody or an advisory can be extended to include all fish species within that waterbody. When excess levels of a contaminant are found in a specific species of fish, an advisory is issued for that specific species.

For example, if an advisory had been issued for largemouth bass and not for channel catfish, it would be advised that individuals should not eat largemouth bass, but consumption of channel catfish is permissible without endangering health.

When excess levels of a contaminant are found in multiple fish species sampled from a specific waterbody, a No Consumption Advisory is issued.

Consumption of any fish from a specific waterbody under a No Consumption Advisory may place the consumer at risk for harm from the contaminant.

If a particular species is not listed in the advisory, it is prudent to assume that similar species with similar feeding habits should be consumed with caution.

In previous years' advisories, the term "Limited Consumption" was used. The intent of a Limited Consumption Advisory was for women of childbearing age, pregnant women, and children (less than 15 years of age) to refrain from consumption of any fish indicated under this advisory. All other individuals should limit their consumption of the particular species to one meal per month.

These criteria are still being used, but in this advisory the term Limited Consumption has been removed and replaced with specific columns for each groups. This is the only change that has been made, and was done in an effort to increase readability of the advisory.

Community Matters

"We're Here, You're Bald"

By: Noah Chandler
noahchandler@cullmansense.com

EES Students Shave Principals Head Following Perfect Scores

CULLMAN – What type of incentive would your employer have to offer in order for you to perform your given job for the year, flawlessly? A monetary bonus? What about a trip to the mountains, or perhaps even a company car. Well, for the students of East Elementary there isn't a need for an exotic trip or a cold hard cash, but what the children did get inspired to do still has one faculty member rubbing his head.

"I'm not nervous or embarrassed by this. I'm proud. It's not every day that you get to say, 'Wow, look what you did', now let me show you how proud how I am," said East Elementary School Principal David Wiggins just a few minutes after being shaved.



There was a noticeable difference around campus last year once he laid down the proposal of shaving his head. In the past he and others at the school have tried different tactics or incentives to help push the students towards that perfect level. Lucky for him, they found one.

"They do an incredible job every year, not just with behavior and character but with state testing. We're always close to breaking through that threshold of perfection," he said. "We've tried pizza parties, Pepsi parties, Popsicle parties, but I had to figure out something that really lets them know that I believe in you."

The fifth grade students, now in sixth grade, scored in the 100 percentile on the Alabama Reading and Mathematics Test Plus (ARMT+), while the fourth grade class nearly achieved perfection with a 99 percentile in both Reading and Mathematics respectively.

"It helped congeal that class mentality of togetherness. This became a common cause. 'We are here' was the common theme throughout all grade levels," he said. "They worked very hard to achieve this goal. For these students to achieve perfection on this test was nothing short of phenomenal."

Scott Waldrep, of East Side Barbershop, was asked personally by Wiggins to come to the school to help "trim up" whatever hair might be left. Of course with three eager teachers, five excited students, and an auditorium full of enthusiastic school children, it didn't take very long for the principal to lose his hair.

"We at East Side Barbershop first got to know him [Wiggins] when he started coming in about seven years ago," said Waldrep. "I was honored that he came into the shop and asked me to do this. This was a great way to motivate the kids and I'm just glad I could be a part."

Dr. Jan Harris, Cullman City Schools Superintendent, was on hand to watch one of her own take a bold step in encouraging students. She said the lengths Wiggins is willing to go to in order to help all of his students is on such a level of caring that truly inspires her.

"I've never seen a principal more loved than Mr. Wiggins by children. It's inspiring that he is willing to go the extra mile to make school fun and rewarding for them," said Harris. "As he said, this is not about him but about their performance on the test. This is just icing on the cake for them to celebrate their outstanding student performance. For that I applaud his efforts and I am so proud of our students."

One of the five students selected to shave the head and beard of Mr. Wiggins, Madie Bates, confirmed Dr. Harris's assessment of the love he has garnered from the students at EES. Following the shaving, Bates stated, "I think he is the best principal ever," while classmate Blake Lambert said he "really wanted to try my best because I wanted to shave him."

In fact, Lambert and Bates did achieve their goal of perfect scores on the ARMT+, along with classmates, Kyleigh Robinson, Colton Smith, and Garrett Evans who all helped shave off the beard and hair of their beloved principal. Evans said honoring his [Wiggins] promise was just as satisfying as scoring high on the test.

"It was very exciting because we expected it. Sometimes teachers promise things but don't follow through, not all of them but some," said Evans. "So when we achieved the goal we were all excited to know Mr. Wiggins was going to let us shave his head. It was a great incentive."

For more photos and a video of the head shaving, visit cullmansense.com and look under the Education tab.



A Long Journey (Continued from Front)

Josh McBrayer: With all of the trials and tribulations of the 35 game losing streak, what did you say and did you do to get your team to believe that all of your hard work would pay off in a win?

Rodney Elliott: Our football team was hungry to win. I didn't have any magic words to help them win. They came to practice and worked hard preparing to win. When you work hard and give honest effort there is a reward for that. Hard work produces confidence and with confidence comes success These players deserve all the credit for the work done and the win they experienced Friday night. I couldn't be more proud of their effort.

JM: What were the major areas that you and your team worked on in the off-season?

RE: The most important thing that these players had to learn was that hard work produces success. We don't always see success the way we want to, but hard work is the one character trait that will follow them their whole life. They have learned that when your brain says "I am working as hard as I can" you can always find more energy to work even harder. Push yourself and your teammates even harder. But it takes special players to be willing to work harder than you are used to and we have several special players on this team.

JM: Who did you look to this off-season, to take on a leadership role and be your eyes and ears on the field?

RE: There were several players that spent countless hours working. One in particular is Nicholas Speer. It is unfortunate that he had an injury the first week of practice, but his willingness to win helped as much as any player that made a tackle or block Friday night. Nicholas is a great kid and leader who is still having a big role on this team. His leadership for this team cannot be replaced. He is a True Eagle.

JM: How was the atmosphere in the locker room before your team stepped on the field for the first snap of the 2012 season?

RE: There was an excitement in the air. I felt that our players were confident and ready to play. I believe in these players and they believe in each other. They were hungry to win and more than ready to show people they could.

JM: When you went up 21-0, did you have a feeling that this was the game, that this was when you were going to start a winning streak at Cold Springs?

RE: I was just trying to make sure we stayed focused. These players haven't had a 21 point lead before and I didn't know for sure how they would handle it because it was something they haven't dealt with before. The other thing I was thinking was not to blow it...[with a laugh] I lost a game to Oakman a few years back with a 21 point lead in the 4th with 8 minutes left. So that was going through my head the whole time. But these players were not going to be denied and they deserve all the credit for the victory.

JM: What was the atmosphere like in the field house after the game?

RE: I have never experienced a moment like that. The joy I saw on the players, parents, student body, and fans face's was something I can't describe. I know some people will say it is just one win or its just football but it is was a great moment in time. At that moment it wasn't about the win, it was about the joy and jubilation our players experienced. At the end of the day, it was a night that made people proud to be an Eagle. I am so proud of our players for giving us a moment to remember.

JM: How excited were the players when they got to roll the oak trees in front of the school, ala Toomer's Corner in Auburn?

RE: It was a great scene and night to experience. Once again it was about the joy not the win, of course the win is what brought the joy. The smiles and genuine care for each other is what it was all about. Eagle Pride was everywhere.

JM: What do you plan on doing to make football a winning tradition at Cold Springs?

RE: We will continue to expect to win every night and work to get the results we want in practice. We don't know what results will come our way but the honest effort is what makes it all worth while. Go Eagles and May God Bless.







The joy for the senior players Jayden Watson, Justin Jones, Vince Stewart, Nicholas Speer, Terry Campbell, and Micheal Gilliland getting that first win had to be a special moment and that is what high school athletics is all about.

Winning starts a trend and now that the Cold Springs Eagles know what it feels like, you can bet they are hungry for more wins.

Rest assured, head coach Rodney Elliott will have his team ready to do just that.

Lifestyle

Passion for the Kitchen

Send your recipes to recipes@cullmansense.com

By: Annette Harris
annetteharris@cullmansense.com



qrne.ws/aharris

Papa and Granny



Last week I wrote about growing up in the paint store with Aunt Ceil and Nanny. I never thought about why Johnny, my brother, and I never stayed together during these times.

I guess we fought too much or were just too much to handle together. It could also be that both sides of the family wanted a grandchild to play with, so they split us up.

Johnny stayed at Papa and Granny's house when our parents worked and I stayed at Aunt Ceil and Nanny's house.

I loved staying with Aunt Ceil and Nanny, but I also wanted to stay with Papa and Granny too. Sometimes we did get to stay together, but rarely did we swap places.

Papa and Granny were my mom's parents. Granny was studying to be a teacher. She always worked at a kindergarten, school, church, or some place where children were.

I can remember seeing schoolbooks all over her dining room table. I don't know how she was ever able to study with us around.

I was 12 when she graduated from Samford University. She had worked hard to get to that point, raised 3 children, worked, kept a clean house, cooked wonderful food, and helped raise 5 grandchildren. She became a teacher and enjoyed every minute.

Granny was a fantastic teacher. All the parents requested her for their child. Papa used to go help her sometimes and have a snack with the children.

They loved him as much as they loved her. He was always building something for her classroom or for one of us.

I remember one of the times I got to stay at their house. Papa would go out in his workshop and I loved watching him. He was very particular about his work.

I remember watching his hands and how he could hammer a nail perfectly without it bending over. He didn't have fancy tools, but just what he needed. He built all kinds of furniture, toys, and shelves…you name it.



Photos by Annette Harris

He painted everything green for some reason. I think he must have found a huge vat of it on sale or something.

We used to play outside under a huge tree in the dirt. For some reason grass would not grow there. I guess because the roots were so big, but that was the best dirt place to play, ever.

They always had cats at their house. Papa acted like he didn't like them, but they loved him and I know he really did like them. They would sit all over him if he ever sat down

Papa wasn't still for a minute. He was always rigging up something or making something neat. I remember one time he rigged up an 8-track tape player, the kind that went in your car, in a box in the house and ran speakers all through the house so they could listen to music.

I thought that was the neatest thing there was. They loved Elvis, all kinds of gospel music, and music from the Grand Ole Opry. Papa could do anything in my eyes.

Granny was always busy with laundry and dishes and cooking. She kept a very clean house. I wasn't very interested in those types of things, so I always followed Papa around, wherever he went.

Every Saturday Papa washed and waxed his car. He took care of everything he owned. We would go out and I would help him soap up the car and scrub it good.

The wax was my favorite part. I couldn't wait for it to turn white so I could rub it off and see how it would shine.

I learned great life lessons from Aunt Ceil, Nanny, Papa, and Granny that I will never forget. Life was a lot more simple back then…at least for a kid. I had good influences.

I only hope I have been able to influence our kids in the ways I learned. I know now how important grandparents are and you can be sure I'm going to do my best now that I am one.

Easy Corn Casserole

This is the easiest corn casserole ever. It tastes like you really know what you are doing too. Try it. You'll like it.

Ingredients:
1/2 cup butter, melted
2 eggs, beaten
1 (8.5 ounce) package dry corn bread mix
1 (15 ounce) can whole kernel corn, drained
1 (14.75 ounce) can creamed corn
1 cup sour cream

Instructions:
1. Preheat oven to 350 degrees F (175 degrees C) and then lightly grease a 9x13 inch-baking dish.
2. In a medium bowl, combine butter, eggs, corn bread mix, whole and creamed corn, and sour cream. Spoon mixture into prepared dish.
3. Bake for 45 minutes in the preheated oven, or until the top is golden brown.



Crockpot Chicken

Your family is tired of sandwiches and leftovers.

This is something you can put in the crockpot, go to work, and when you get home, it's done!

Ingredients:
- 1 whole chicken cut in half
- Salt and pepper
- BBQ sauce

Instructions:
1. Put the chicken into the crockpot.
2. Salt and pepper the chicken to taste.
3. Pour a bottle of your favorite BBQ sauce on top of the chicken.
4. Put the crockpot on medium heat. Let it cook about 5 hours.
5. Remove the chicken from the crock-pot, debone, and shred.

It's great for sandwiches and salads.

Reflections of History

Do you recognize this photo?

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

Walter Martin - at Professor Felter's School



Photo Contributed by Cullman County Museum

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

Tuesday, September 4th

Cullman County Public Library Storytime
Storytelling time at 10 a.m. at Cullman County Public Library, main branch 'Tail Wagging Tales - a Meet and Read with Cinnamon.'

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.

Knit 1, Read 2
The Knit 1, Read 2 group meets every Tuesday at the Cullman County Public Library, Main Branch, at 3 p.m. This group welcomes all newcomers.

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, September 5th

'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, September 6th

Signup Now for CRMC's Foundation's Hole-in-One Golf Extravaganza
Now is the time to sign up for the upcoming CRMC's Foundation's Hole-in-One Golf Extravaganza which will be held at TP Country Club on September 10. There is a $500.00 entry fee per team or $125.00 individual person entry fee. All funds raised will go toward CRMC's 'Refresh-a-Room Capital Campaign'. Grab your favorite golfing buddies and get signed up now for a play date on September 10. Lunch served at noon and a golfing afternoon follows. For further information about this event and to sign up please call CRMC Foundation office, 256-737-2565.

Vendors, Sponsors & Volunteers Signup for 3rd Annual Mud Creek Arts & Crafts Festival
Vendors, sponsors and volunteers are being given the opportunity to sign up now for the upcoming 3rd Annual Mud Creek Arts & Crafts Festival which will take place in downtown Hanceville on October 20th. Hosted by the Hanceville Business Council from 9 a.m. to 2 p.m. on Saturday, October 20th, they have listed events planned for the day so everyone will know what a great event it will be. Sign up for your special spot now! This is an admission FREE event featuring arts and crafts vendors, a sidewalk art show, a judged art show, entertainment, kids activities, an historical walking tour of homes, churches, and buildings in Hanceville, and a German style lunch with much more planned! Proceeds raised during the day will go toward Hanceville schools. Cullman Area Chamber of Commerce's Erika M. Mead is helping coordinate this event and she can be reached at 256-734-0454 or EMead@CullmanChamber.org. Sign up now for a great day to spotlight your 'arty' works or to help volunteer for this fabulous family Fall 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!

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, September 7th

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 8th

Pancake Breakfast at Anon Baptist Church
Come one, come all and enjoy a Saturday morning Pancake Breakfast at Anon Baptist Church this morning from 7 a.m. until 10:30 a.m. No dishes to wash and delicious food all ready for you to eat! They also plan a 'Silent Auction' for the morning's activities. Money raised benefits the Church's building fund.

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!

Farm-City Day
Cullman's Festhalle Market Platz will host its annual Farm-City Day today with attention paid to the local agricultural programs in Cullman County. Various groups and organizations which promote local agriculture will be available to explain their part in this side of Cullman's 'industry'. Special treats for the children, prize drawings and free refreshments will be part of this special day at the Festhalle. Be sure to bring your family for a great time in downtown Cullman! The Master Gardeners of Cullman County will be set up to answer questions you may have concerning your yards and gardens, and they also will be accepting soil samples for testing.

Monday, September 10th

Cullman County Public Library Storytime
Storytelling at the main branch of Cullman County Public Library will be held at 10 a.m.

21st annual CRMC Foundation's Million Dollar Hole-in-One Golf Extravaganza
Golf teams step on the Terri Pines Country Club Golf Course to take part in the 21st annual CRMC Foundation's Million Dollar Hole-in-One Golf Extravaganza. This annual event is one of the Foundation's primary fundraisers and this year should be no exception. Registration is scheduled for 11:30 a.m. followed by lunch at noon. Then the golfing begins! There will be a helicopter ball drop at 12:55 p.m. and the golf teams will begin their afternoon with a shotgun start at 1 p.m. Those interested in entering the event can contact CRMC Foundation by calling 256-737-2565 or through e-mail crmcfoundation@crmchospital.com. There is a $500.00 per team fee or $125.00 for each player. All monies raised will benefit the hospital's 'Refresh-a-Room Capital Campaign'. Come out this afternoon and cheer on your favorite golfing team

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!

Looking Ahead

Sunday, September 16th
Dave Ramsey's Financial Peace University begins at Grace Episcopal Church from 5:30 p.m. until 7:00 p.m. in the Parish Hall. Come to the first class which is a free preview to learn more about this 9-week course, a biblically based curriculum that teaches people how to handle money. Child care will be available. For more information or to sign up go to daveramsey.com/findaclass and search near Cullman and select Grace.

PUZZLES, COMICS, AND JOKES

THIS WEEK'S WORD SEARCH TOPIC IS: COFFEE

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.

V C A E U A E B F D I E V N B I M Y N L R W X T T E B Z G V V
L A J D H M B R O K G Y M T A J M C Y C L B V Z P J H G F U L
L F N D E C A F P F T Z A D M T X A B E O I T Q S Z A F X A L
H F W T P W I M N G Z E Q N C S Y P V K J H G Q G T Z K T P M
S E E F F O C P O H F Z P L B A H P V C U C J H S D O P T Q F
E I R W R Q P Q E M R D S V U O S U M A D G N I T K G E P W O
S N X F H O G S T U O R Q E Y R P C S I Y T R V H R P T K T M
V E W O R D P A B G T U O E R K D I B G A A V Y P I O T S U M
C E L J D R G R W Y H T Z H E R S N B P B B E E F C F A X D R
W F M A E H N M Q B E C B U H A P O Y B E E R B I J O L S E K
S C N S Q B B N U F R A Q B M D J U W H I C E N I R J E X T A
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B L O R D L S N B O Z G M N O Y L D F J D E C O J K P C P K Z
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B U T J U I K S R K P A I G K K A P F T S B I X F P C A V Y Y
H Y Y N K X P B U V F M B M S Z H Z I J B H K G B W Z R P O L
Z D B G I B F W P B Q A Y W M B L B M U T A S K Y I T J R V L

Barista	Beans	Caffeine	Cappucino	Coffee	Creamer
Dark Roast	Decaf	Espresso	French Press	Frother	Grinder
Latte	Light Roast	Medium Roast	Mug	Percolate	Sugar

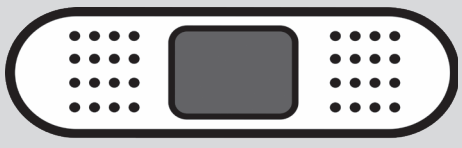
GETTING CORNY

Send your jokes to:
jokes@cullmansense.com

1. Why did the town halt upon arrival of the espresso?



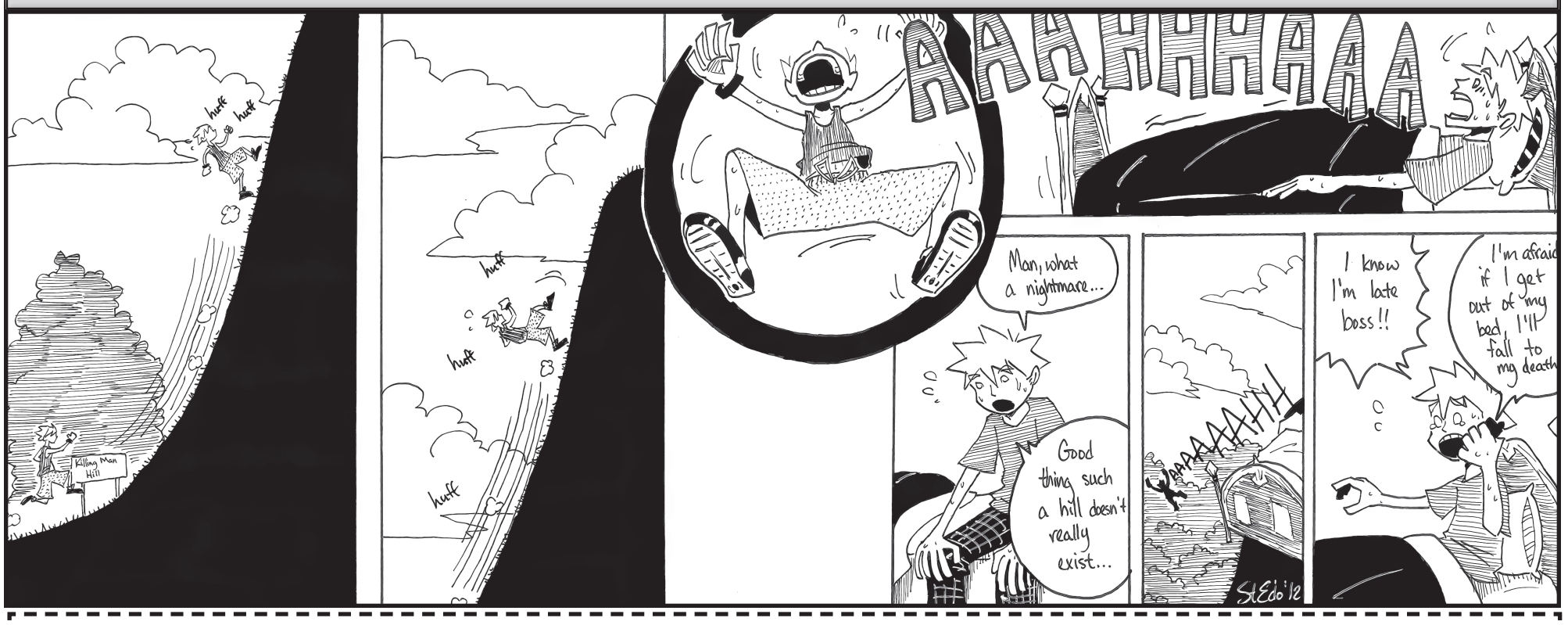
2. Why did the lathargic dog never get hurt?



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1. He was highly e-steam-ed. 2. He was permanently heeled.

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



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Community Matters

Fast Asleep

By: Noah Chandler
noahchandler@cullmansense.com

Cullman Community Lions Club looks for success with Unusual Fundraiser

CULLMAN – Old favorites such as German music, beer tents, walking tours, brats galore, and much, much more are all in store for this year's Oktoberfest Celebration. However one event being displayed for the first time has some thinking that staying in bed may be the best idea.

"I had always heard bed races were a lot of fun so I began researching them on the internet," said Cullman Community Lions Club Event Chairman Ron Seybold.

"We decided to sponsor this bed race as a fundraiser because it is an event that the entire family will be able to attend and enjoy and there is no charge for the spectators. We hope to make this an annual event," he said.

This year's race will be held Saturday, October 13 at Depot Park. Seybold is excited that the CCLC are able to offer up this new and entertaining event. A total of five participants will make up each team, with four pushers and one rider.

"The race will be held on the street between the depot building and Depot Park. The beds will be going down and back on the once block section of the street with an interesting event at the mid-way point," he said. "Our schedule is for beds to be on display from 9 a.m. until 11 a.m., with the Parade of Beds at 11:30 a.m., and they will start at noon."

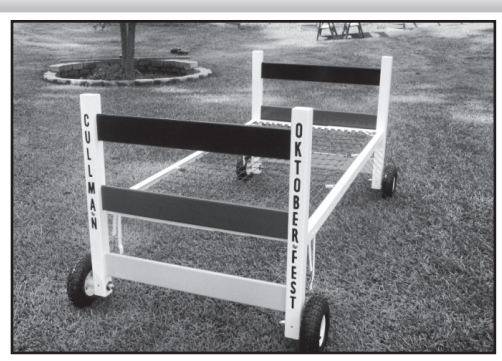
The CCLC is a new organization which was chartered in January 2011 to allow more diversity into the club. Seybold said the funds raised during the event will help to further community projects that will be sponsored by the group.

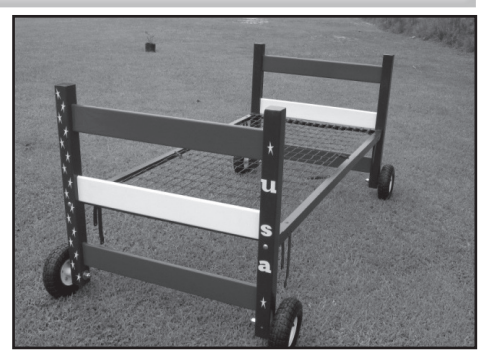
"The funds raised from sponsors and participant fees will be used locally for our club's programs on education and treatment of diabetes with a special focus on juvenile diabetes," he said.

"We chartered in January 2011 to afford women the opportunity to become Lions and serve their community just like the male Lions."

Bed Race Rules & Regulations

- Each team will pay an entry fee of $100.00 and will consist of 5 members (4 pushers and 1 rider).
- Each participant (guardian if under age 18) must sign a release and liability waiver.
- Participants must be at least 14 years old.
- The bed must be beyond the finish line and completely halted before being released by the pushers.
- The rider must sit or lay flat on the bed. No standing will be allowed. The rider must be on the bed as long as the bed is in motion and may not help at any time in the propulsion of the bed. If the rider falls off, the bed must come to a complete stop until the rider is back on.
- The bed may be an existing bed, or one made especially for the race. The bed must mimic a "real" bed and have both a headboard and footboard. Twin size beds are recommended. Minimum size is 34"x71".
- Bed must have a minimum of four wheels, so situated to make the bed stable and safe. Wheels may be fixed or swivel. There is no type or size limit on wheels.
- Bed must have no means of mechanical propulsion, only human power. No steering or breaking devices are allowed.
- Beds must include a manufactured mattress and/or box spring. No cribs, toddler, child sized, or day beds allowed.
- All beds must be made with a sheet and/or blanket and a standard size pillow.
- Team name must be displayed on the bed and securely fastened.
- Beds may be equipped with "push bars" on each of the four corners not to exceed 14" in length. Beds may not be pulled, only pushed from the sides or back.
- All beds will be inspected for compliance with the rules before being allowed to enter a race. Beds that do not pass inspection will have an opportunity for correction. If a correction cannot or is not made, the team will be disqualified with no refund of registration fee.
- The bed and/or team members cannot cross the centerline of the racecourse. Team members cannot interfere with their opponents in any way during the race.
- All team captains MUST attend the prerace meeting. NO EXCEPTIONS!
- All participants will conduct themselves according to the highest standards of sportsmanship-particularly with regard to other competitors. Abusive language or gestures may be grounds for disqualification.





Awards

Participants are encouraged to decorate the bed, and the team members, in any theme appropriate for a family audiences i.e. Oktoberfest, autumn, or sports theme.

Each bed will be judged during a "Parade of Beds" prior to the race. Prizes will be awarded for:

- Best Bed Design
- Best Decorated Bed
- Best Team Costumes
- Best Team Spirit

Spectators are encouraged to cast votes for the "People's Choice Award" for a $1.00 donation per vote. Prizes will be given after the race.

Safety

Your safety is very important to us. Please wear good running shoes or boots along with suitable attire for the weather conditions.

Safety gear such as knee and/or elbow pads are encouraged. Riders are encouraged to wear helmets.

Race Info

One of the most fun parts of a bed race is building your own bed and putting it to use.

However, the Cullman Community Lions Club will provide beds for use by teams not having a bed of their own, for a $25.00 charge.

Two teams will race per heat with the winner advancing to the next round until a "Bed Race Champion" is determined. Team pairings will be random as determined by the Cullman Charity Bed Race Committee and will be announced the day of the race.

Teams will compete for cash prizes for 1st, 2nd, and 3rd place finishes. Prize amount will be determined by number of entries.

Proceeds will be used for the local charitable services provided by the Cullman Community Lions Club.





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