Victory! Cullman Advances in State Playoffs p. 4

Series 2, Issue 47 Monday, November 19, 2012

Cullman's Monday Newspaper

CULLMANSENSE

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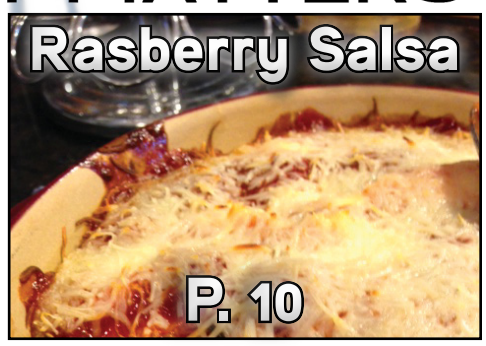
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The Sound of the Stage

By: Micheal Bryant
michealbryant@cullmansense.com

Students perform *The Sound of Music* over the weekend

CULLMAN – The East Elementary Musical Theater Group was started about five years ago, due to support from Cullman City School Superintendent Dr. Jan Harris, as well as EES Principal David Wiggins. Every year the group puts on a fall musical that draws from a classical musical that was a success on Broadway.

"I want to introduce children to the classics of musical theater," said Cindy Pass who is not only the Library Media Specialist at East Elementary, but also the Director of the Musical Theater Program. "We do a rotation, and when all of those children move up, we start all over again so new kids coming in get a chance to be in them."

This is the programs seventh year of performing theatrical productions of musicals and Broadway plays. This past weekend the program put on their production of "The Sound of Music."

"This was our first one six years ago and it was one of our most popular plays. Our director recycled it out and it is done with assistance from the first year cast members who come over from the high school and help out every afternoon for months to help them with this play. It's just one of our ways to expand the experience for learning outside the classroom," said David

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Photos by Jessica Norrell

Striding Towards A Cure

By: Micheal Bryant
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Cullman Community Lions Club Diabetes Stride Walk

CULLMAN – In honor of Diabetes Awareness Month, the Cullman Community Lions Club held a Diabetes Stride walk this past Saturday to help raise awareness and to help those who are stricken with the disease. Gloria Williams, who is the President of the Cullman Community Lions Club, said her club had two goals in mind.

"We set out to uncover people with diabetes, because you don't know who has it," said Williams. "There are a lot of people who go unde-

See Striding, Page 7



Photos by Noah Chandler

"Not only the farmer, but it takes the city..."

By: Micheal Bryant
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Farm-City Banquet well received by all in attendance

CULLMAN – This past week the Farm-City Committee held their annual Farm-City Banquet. This showing displayed some of Cullman County's best when it comes to the local farming and industrial businesses both of which ranked number one respectively in Cullman.

"Farm-City week is for us to remember what it takes to get food and other products we buy," said Cherri Haney who is the Chairman of the Farm-City Committee. "Let's take milk for instance. That farmer has to take the cow and milk it, and then it has to be pasteurized, it goes to a plant to do that, then bottled and shipped back out to the stores so we can consume it. So it takes not only the farmer, but it takes the city people with their technology and industry to make that milk be there for you. A lot of people think they just go to the grocery store and buy it with their food, but it came from the farm to begin with. The clothes you have on mostly started with cotton in the field. It's very important that we remember it takes everybody and that's what Farm-City week is all about."

The event was one of the largest ever and saw thirty-five sponsors this year. Food was catered by the All Steak restaurant, including their famous orange rolls.

"It went excellent," said Haney. "I was very pleased. There was great community involvement."

The special guest speaker for the night was Mike Royer, who Haney said was "wonderful," and who is the meteorologist for the NBC Birmingham affiliate, Channel 13.

"I really enjoyed him and I think everyone

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Celebrating One Year in Print – p. 11

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In Brief

AL DHS Stresses Safety Tips for the Holiday Travel Season

By: Leah Garner
Contributor

MONTGOMERY – The Alabama Department of Homeland Security reiterates the message from the Transportation Security Administration (TSA) today highlighting security procedures ahead of the busy holiday travel period and reminds travelers about the steps they can take to be prepared for airport security.

Over the past year, TSA has implemented a number of new risk-based security measures that enhance the passenger experience at airports across the country.

TSA has implemented TSA Pre ™, an expedited prescreening initiative for known travelers and active duty service members at select airports, and modified procedures for screening passengers 12 and under, 75 and older and airline crewmembers to reduce, although not eliminate, the need for a pat-down.

Holiday Travel Tips:

- Remember 3–1–1 for carry-on luggage for non-exempt liquids: 3 ounce bottle or less for all liquids, gels and aerosols; placed in a 1 quart-sized, clear, plastic, zip-top bag to hold all small bottles; 1 bag per passenger.
- Do not travel with wrapped packages. In order to determine if the contents of a package are a threat, a security officer may need to unwrap and inspect the item.
- TSA allows small snow globes in carry-on luggage when packed in a passenger's plastic 3-1-1 bag. Snow globes that appear to contain less than 3.4 ounces (approximately tennis-ball size) will be permitted if the entire snow globe, including the base, is able to fit in the same one clear, plastic, quart-sized, re-sealable bag as a passenger's other liquids.
- Food items such as pies and cakes are permitted, but may require further inspection. If travelers are not sure if a food item is considered a liquid or gel it is best to pack the item in checked baggage or ship it to a destination in advance.

For more travel tips or information on what passengers can and cannot bring through security, go to http://www.tsa.gov/traveler-information or http://www.tsa.gov/traveler-information/my-tsa-mobile-application to use the MyTSA mobile app.

To contact TSA Cares, a helpline designed to assist travelers with disabilities and medical conditions, call 1-855-787-2227.

AL DHS also reminds the public of its "See Something, Say Something" campaign in regards to suspicious activity reporting during the holiday travel season.

Law enforcement relies upon citizens to report suspicious activity to deter and disrupt terrorism or other criminal activities.

For more information on what activity is deemed suspicious, go to the Alabama Fusion Center website, fusion.alabama.gov under the "Public Awareness" tab or http://fusion.alabama.gov/Public-Awareness.aspx

St. Bernard Middle School Sponsors Food Drive

By: Joyce Nix
St. Bernard Contributor

CULLMAN – During the month of November, students at St. Bernard Middle School in Cullman are remembering those who are in need. This holiday season members of the middle school donated enough food to provide delicious Thanksgiving dinners for six families.

Martha Ann Warnke, who has spent her life in classroom education, spearheaded the food drive and made the necessary arrangements for the distribution of the food through the St. Vincent DePaul organization at Sacred Heart Church in Cullman.

Each year students are given a list of what was needed to make a perfect Thanksgiving dinner. Some donate money which was used to purchase turkey, hams, and baking hens.

"We were extremely pleased with our response. The students and their families were so kind to contribute to the food drive," Miss Warnke said.

Principal William Calvert said this is a tradition for the Middle School.

"This is a tradition which we have carried since the Middle School was opened. Miss Warnke does a great job organizing the project, and of course our students are always ready to lend a helping hand."

Retired Teachers' Day Proclaimed

By: Leanne West
Contributor

CULLMAN – Cullman's retired educators were recognized with a proclamation signed by Cullman Mayor Max A. Townson during National Education Week. National Education Week is November 11-17, 2012. The proclamation issued by Mayor Townson proclaimed November 13, 2012, "Retired Teachers' Day" in the City of Cullman.

In 1990, the Alabama State Legislature passed Senate Joint Resolution 82 (Act No. 90-183) establishing the Tuesday of American Education Week each year as "Retired Teachers' Day.

Each year, this date is also recognized in the City of Cullman as a day to demonstrate honor and appreciation for their work. "It's very important to thank our retired educators for their service to our community," said Mayor Townson.

"We have our retired educators to thank for equipping us with the education we needed to help us realize our dreams. I encourage all of our citizens to take this opportunity to pay tribute to our retired educators."

Education is the foundation of our society. Retired educators have served long careers and have displayed a commitment to their students and a dedication to their profession. They are deserving of praise and recognition for their devotion to the field of education and their service to our community.

Retired educators continue to contribute to the communities in Cullman County. CERA (Cullman Education Retirees Association) has made monetary contributions to the Cullman County and City Schools Foundations. Over $200,000 was contributed to local schools and other organizations through volunteers' time and other donations.

On hand to receive the proclamation from Mayor Townson were Bobbie Pope, Gail Wood, JoAnne Minnitt, Donald E. Green, Jean Holt, and Linda Walker.

"I tell all of the school children who come through my office that 'education makes dreams come true,'" stated Mayor Townson.

"All educators deserve our honor and respect. We have our retired educators to thank for where we are now. And the future of our community, our state, and our nation depends on our current educators equipping our young people with the knowledge to succeed."



L–R: Bobbie Pope, Gail Wood, JoAnne Minnitt, Mayor Townson, Donald E. Green, Jean Holt, Linda Walker

Cullman County Sheriff's Office Special Needs Rodeo

By: Deputy David Dover
Contributor

CULLMAN – Cullman County Sheriff Mike Rainey and the Cullman County Sheriff's Office will host a mini-rodeo for Special Needs Children of Cullman County on Thursday, December 6, 2012 from 9 a.m. until 11 a.m. at the Cullman County Agricultural Center, located at 17645 U.S. Hwy. 31 N. Cullman, Alabama.

Children from area schools and Special Needs Learning Centers will be bussed to the Ag Center and treated with snacks, a hay-ride, a stick-horse race, and performers from the Lone Star Rodeo Company, a professional Rodeo show that will perform for the Cullman County Sheriff's Office Jimmy Arrington Memorial Rodeo on both Friday and Saturday Nights December 7th and 8th at the Center.

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CullmanSense.com

Great Clips Grand Opening

By: Erika Mead
Contributor

CULLMAN – The Cullman Area Chamber of Commerce recently held a ribbon cutting for Great Clips on November 7th. Great Clips is the #1 salon brand in North American. This was achieved through relentless focus on three key customer areas: Comfort, Freedom, and Connection. All haircuts are only $2.99 during their Grand Opening Sale.

Come visit their salon, see their amazing staff, and relax in the Great Clips experience. Their hours are Monday – Friday 8 a.m. until 9 p.m., Saturday 8 a.m. until 8 p.m., and Sunday from 10 a.m. until 6 p.m. Visit them in the new Willkommen Shopping Center at 1839 Patriots Way SW, Cullman, AL 35055 or call 256-734-6900 for more information.

Therapeutic Recreation Fall Festival Fun for All

By: Micheal Bryant
michealbryant@cullmansense.com

CULLMAN – This past Saturday, Cullman City Park and Recreation held the first annual Therapeutic Recreation Fall Festival at the Cullman Wellness and Aquatic Center.

"It is a fall event to have the therapeutic participants come together to dance and just to have fun," said Hollie Gutierrez who is with the Cullman City Park and Recreation Therapeutic Program. "We're dancing, we're playing ball, we're eating, we're having an arts and craft which Candle Garden has come to do, and it's just a time to fellowship with the parents and children."

The event was catered by Stone Bridge Farms and featured delicious snacks such as chicken fingers and chips and dip. The people in attendance and their families seemed to be having a good time.

"I came to enjoy the festival," said Greg Owen who has autism.

"This is our first fall event, because we just started in February so we're in our first year," said Gutierrez. "I came up with the event with the autism society. We partner a lot together so we try to have something to do once a month. It's a support group that supports the parents and the kids come to socialize."

With the success of the Therapeutic Recreation Fall Festival, Hollie Gutierrez is hoping for even a bigger turnout at their next event.

"December 17th we'll be having a Christmas one at the Cullman Civic Center," said Gutierrez. "We'll have wagon rides and a lot of different things going on so we encourage people to come out who has a special needs child or family member to come hang out with us and it's free."

Peace, Love, Coffee
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No(ah)-It-All: : A New Way to Enjoy Local News

By: Noah Chandler
noahchandler@cullmansense.com

On Monday the fine folks at Alabama Web Press printed the 53rd edition of CullmanSense. Yeah, that's right we are at our one year anniversary already. I know this makes many of you quite happy to know we're not going anywhere and to celebrate this sweet day Dustin Isom and I are proud to announce the launch of two new ways to snag a copy of CS print.

First is the expansion of our home delivery service to include all areas of Cullman County, as well as offering shipping via the USPS to any home inside the United States. We've had requests for a several months regarding this specific issue, so readers outside Cullman get ready because a copy of CS is coming your way.

Now the cost of the print edition at our newsstands is 50 cents an issue and this will remain the case for the foreseeable future. For those subscribers who would like home delivery and are living inside of Cullman County the cost for a year of Monday delivery is $50, tax included. If you would like your paper delivered via the USPS the cost will increase to $70 per year, tax included.

The second branch of this tree is the introduction of CS Digital. CS Digital allows you to purchase a single copy of the paper in a digital format, which can be viewed on any device – smart phone, tablet, computer – from any location. This way you can stay up with the happenings in and around Cullman County even if you're not in Cullman County.

Dustin has worked on this particular format for quite a while now, constantly tinkering with different aspects of the purchasing model, making for a brief, secure yet easy interaction. I can attest to this fact simply because I am easily confused with online forms. When he was finished designing the model all I was given was a link, no instructions, and I was actually able to navigate it without confusion. Bravo Dustin for yet another easy to operate yet aesthetically pleasing in-house creation, a point that seems to be unique to CS.

Now for the pricing of this digital format; an entire year's subscription is just $26, tax included. Indeed you will receive over 50 issues a year for less than what it costs for two people to dine out.

Who else is going to provide actual, in-depth community news coverage, place it into a neatly packaged format then offer it up for a nominal fee? That's right, only CS. Of course each issue will be able to be purchased individually for the newsstands price, so choose whichever option works best for you.

Since we are feeling all warm and fuzzy, we are offering a combination package for print and digital editions. If you purchase a print subscription – whether it is for 3 months, 6 months or a year – you will also receive a subscription to CS Digital for free. Yeah, we're good like that.

Personally, Dustin and I both believe that if you're buying a home delivery you should be offered the opportunity to view the same content in a digital format. Why? Because double billing you is nothing short of a charlatan act.

Now some of you may go, "Ah, but if we buy the digital version why do we not get print for free?" Well that's a simple question to answer. Because the cost of printing the paper then delivering it far exceeds the minimal amount charged for CS Digital. Check it out today at thecullmanpaper.com.

Business Beat: Kutting Edge Kollectibles

By: Noah Chandler
noahchandler@cullmansense.com

What is Business Beat? Well, this new section provides small businesses the opportunity to tell their stories first hand, explaining why they chose a given profession, what keeps them going, and in some cases how their faith provided them the boost needed to succeed. To kickoff this new section is Ben Barnard, the 37-year-old owner of Kutting Edge Kollectibles.

Here is his story:

My name is Ben Barnard; I'm 37 years old and the owner of Kutting Edge Kollectibles. I've been in business for eight years and I want to tell you how I got started. Eight years ago I lost my job. I couldn't find a job and didn't know what I was going to do.

One of my friends had been trying to get a business license selling items at the Cullman Flea Market, just to "make ends meet." I didn't want to go to a flea market and sell anything. I didn't think I'd be able to make it.

Finally, I went. I tried it for one week. I really didn't make much money at all, so I went home kind of discouraged. My stepfather at the time asked med, "Did you make enough money for rent?" I replied, "Yes." He then asked, "Did you make enough money for gas to get you home?" I answered, "Yes." Then he said, "What are you complaining about?"

So with only one booth and open two days a week, I continued to go back, selling any old pocket knives that I had laying around my house. I continued to go in 'faith', trying to make some kind of money to survive.

As time progressed, I began building a clientele out of nothing but my drive and ambition. Once I had my business license, a few new doorways opened allowing me to sell new and different products which were more desirable for customers. All while doing this, in the back of my mind, I envisioned having my own store one day.

That way, when someone came through my doors I would know they were in my store, to visit my store, to see my store, and not to just visit or see the flea market. I'm not cursing the flea market because it was a blessing for me.

During the eight years that I was trying to figure out where I wanted to be, I had to make sure everything would line up, to step out into my own place. Three years ago, I actually looked at the store a couple doors down and had a chance to rent it. But it was just not the right time to move. The owner of the building gave me encouragement, but still I knew the time wasn't right.

Now, three years later, I again spoke with the same owner and began to feel that this was the place I was praying about. There was even a scripture in the window, Mark 11:24; "Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours." My family started praying, believing with me.

I was reading my Bible one morning, praying about it, and petitioned God for an answer or a sign. I prayed to God – looking at a light bulb in my shop – if it is meant for me to move this light bulb will go out and that will be my sign that I can step forward with business, moving to the new store.

Well, you can probably guess what happened. I was waiting on customers and while talking to them the light bulb went out. That was my sign!

So now after eight years my dream has come true and I am now able to sell antiques, hand-made swords, 400 different brands of knives, movie props, autographed memorabilia, sports related items, old school toys, Halloween and most any type of party costume. I also do consignments.

With taking in consignment items it makes the store change every days, so you will never know what you're doing.

Legal Advertisement

The Cullman City Council will hold a Public Hearing on November 20th, 2012 at 4:00 pm, in the Auditorium of City Hall, located at 204 Second Avenue NE. Comments will be received on the proposed zoning approval for the sale of alcohol in the City of Cullman by the following applicant:

Walgreens #15205	444 Second Avenue NW	Beer and Wine Off-Premises Alcohol License

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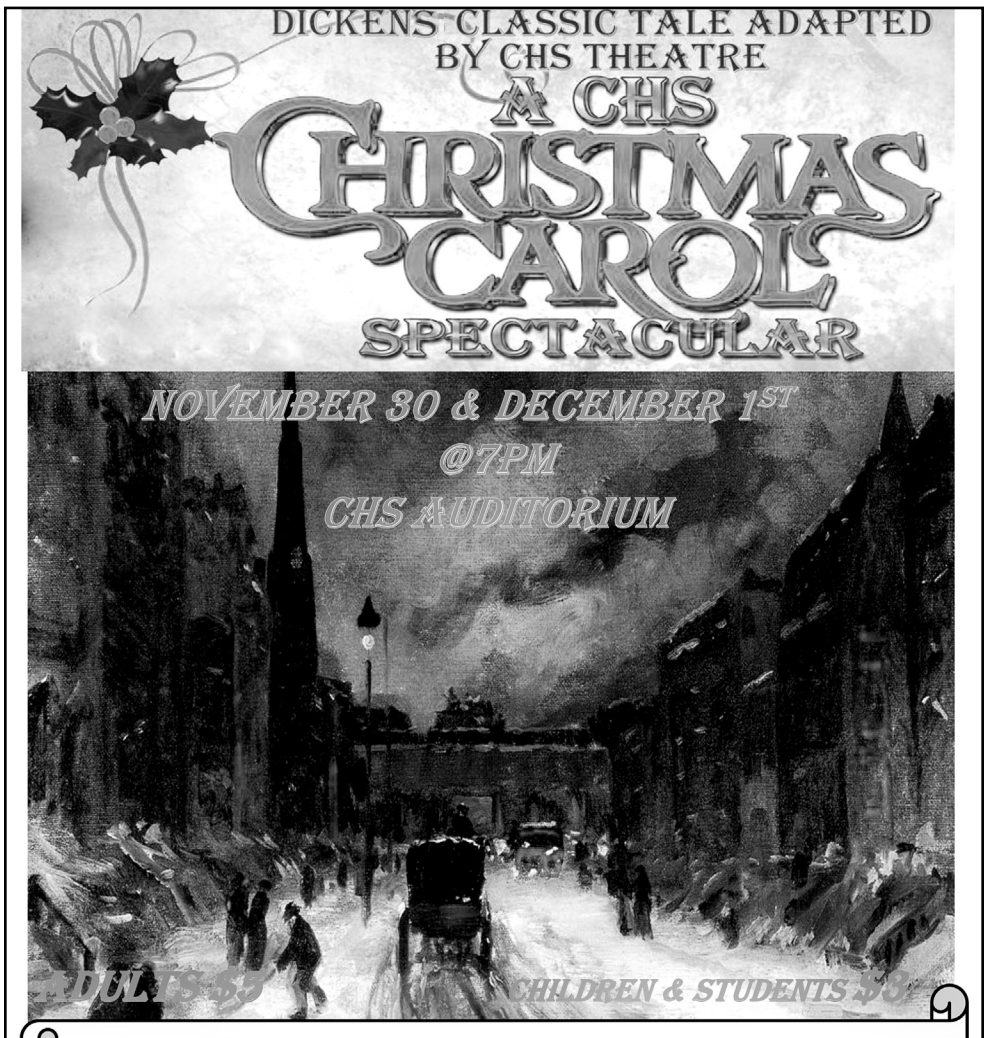
CullmanSense is a weekly print publication based out of Cullman, Alabama. The online site, CullmanSense.com, is a six-day a week publication, which includes arrest and incident reports from Cullman City Police and the Cullman County Sheriff's Office, Obituaries, and other timely information. The site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

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SPORTS

Twice As Nice; Cullman downs Walker 30-0

By: Josh McBrayer
joshmcbrayer@cullmansense.com

JASPER - 12 weeks ago, Walker visited Cullman to take on the Bearcats in the first game of the 2012 high school football regular season. Cullman won the opening contest thanks to some stellar defense in the fourth quarter that blew open a very close ballgame.

Fast forward 2 weeks and these same two teams would lock horns again. This time at Walker and, instead of being the first game, it would be the last game for one of the teams. In the second round of the "win or go home" state playoffs, it was Cullman's defense once again that proved the deciding factor in a 30-0 romp of the Walker Vikings.

The Vikings won the toss and elected to receive, eager to get on the scoreboard first. A scoreboard that showed the 42-14 score from the last tie the two teams met. It was meant to fire up Walker but it was Cullman who came out with intensity, forcing a three and out to start the game.

Sticking to what brought them to the "dance," Cullman went to the air on first and ten with Zac Crocker hitting Houston Turner for a big 21 yard pick up. Crocker found Turner again on the next play for eight and Garrett Crider rushed for three and a first down to the 50, but here the drive stalled and the Bearcats were forced to punt.

Led by Senior Tyler Phillips and Junior Michael Bridges, Walker quickly moved the ball on the ground.

A big 31 yard completion from Bryant Atkins to Kevin Clay put the Vikings in Cullman territory and just outside the red zone.

With their backs against the wall and in danger of giving up the first points in the game, the Bearcats stepped up again and only gave up four yards in four plays forcing a turnover on downs.

The turnover on downs fired up the Cullman offense and, led by the arm of Crocker, marched the ball down the field. Poised at the Walker 17, Crocker turned and handed the ball to Crider who bull rushed his way into the end zone for the first score of the night. The Vikings blocked the PAT but Cullman held the 6-0 lead.

Punts on the next three possessions, two by Walker and one by the 'Cats, gave the ball back to Cullman with little time left on the clock before half.

The lack of time did not phase Cullman as they took the ball 57 yards for the score thanks to some great running by Crider and a 32 yard pitch and catch from Crocker to Jones. The drive was capped by an 11 yard TD pass from Crocker to Turner. With 26 ticks left before half Cullman held a 13-0 advantage.

The Bearcats received the ball first in the second half looking to effectively end the chance for a Viking comeback. They did just that.

The ground game once again got Cullman in the end zone but on this drive it was the legs of Drew Johnson who rushed for 43 yards on four carried during the game changing drive. Alex Martin busted through the defensive line from the one to score the third Cullman touchdown and make the score 20-0.

The Bearcats came up big on the next Walker possession when Michael Turner jumped the route and intercepted the Viking pass. Cullman would parlay the turnover into points via the leg of Senior place kicker Chris Grey who drilled a 21 yard field goal to put Cullman on top 23-0.

Crider also came up big in the drive, not on the ground, but showing off his receiving skills when he laid out and made a spectacular one-handed grab for 17 yards that put Cullman in position for the score.

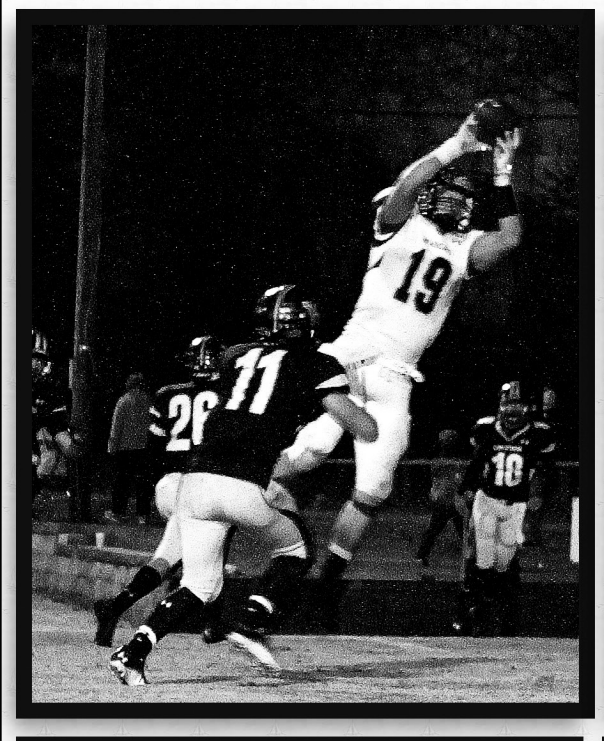
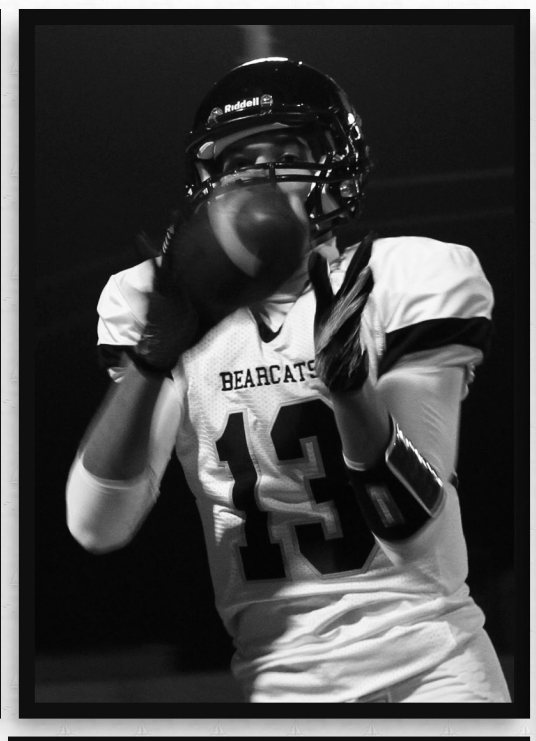
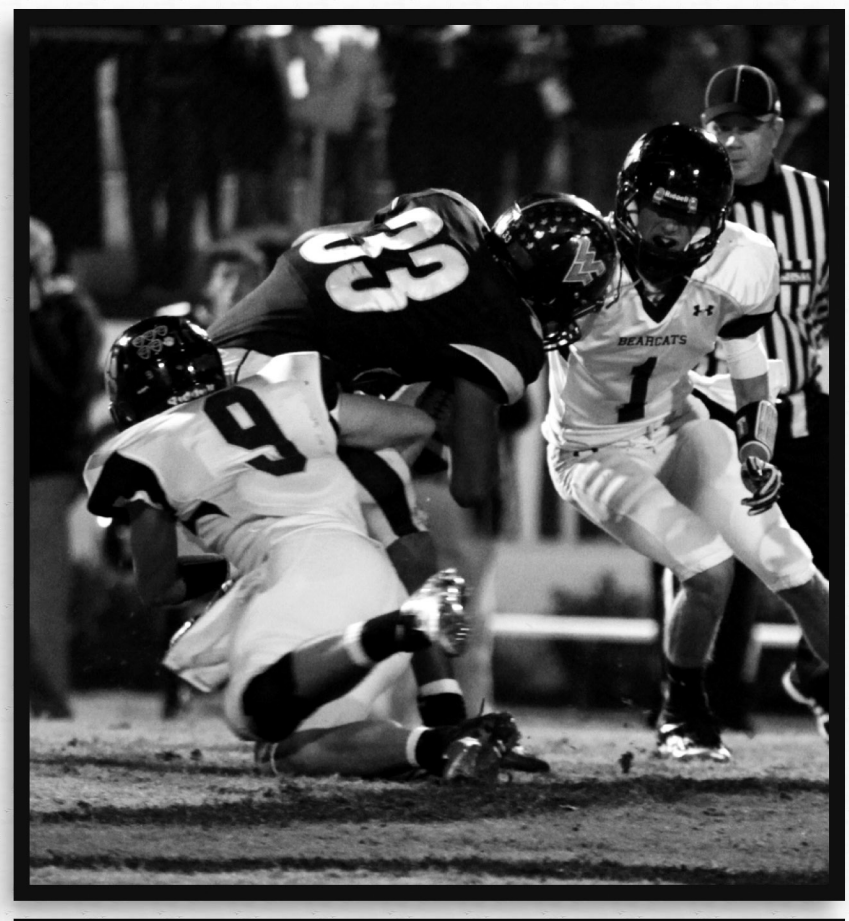
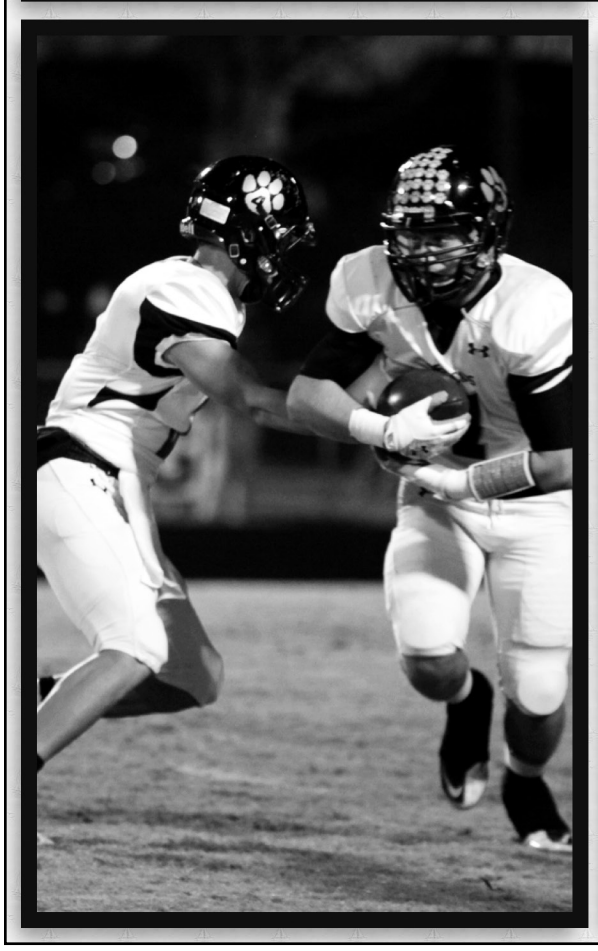
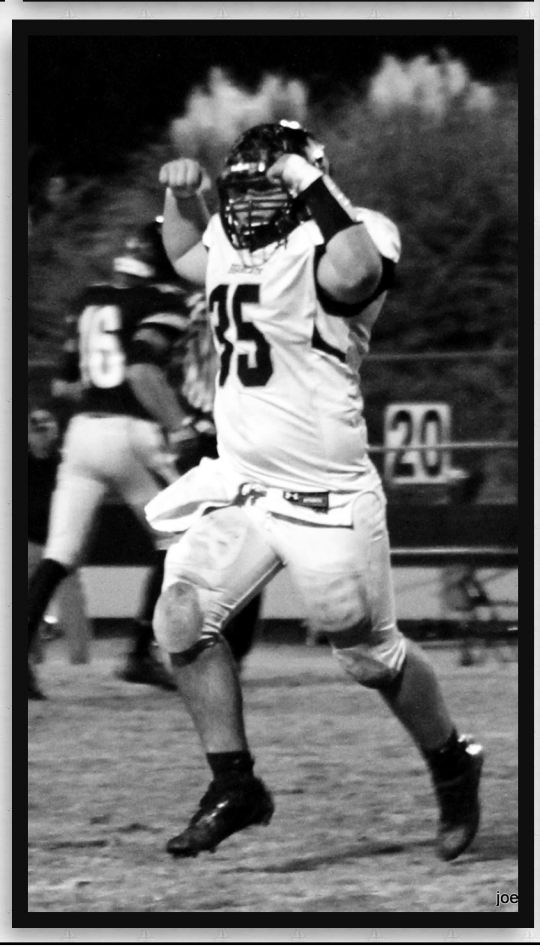
Walker would have their best drive of the night on the next possession. Atkins hit Clay for 18 yards and 15 more yards were tacked on at the end of the play for a Cullman face mask. The Vikings pushed the ball into the Cullman red zone early in the fourth quarter but once again turned the ball over after failing to convert a fourth down attempt.

Cullman was unable to move the ball and had to punt the ball back to the Vikings. Unfortunately for the Vikings, they had the ball for just one play thanks to Skinner who picked off his second pass of the night, but this one he returned 45 yards all the way for the touchdown. Cullman went up 30-0 and that is where the score remained when the scoreboard hit triple zero.

In a classy gesture by Cullman head coach Mark Britton, he sent his players and coaching staff to the locker room immediately after the game went final (due in part to a skirmish toward the end of the game) but he himself stayed on the field to congratulate the Walker players and coaches on a terrific 2012 season. A great show of respect from the Cullman coaching legend.

Cullman now heads to McCalla, AL to face the McAdory, the Alma Matter of Auburn legend Bo Jackson.

The Yellow Jackets have outscored their opponents 331 to 138. They have played some tough opponents this year and have beaten some good teams but they have not faced a team form Cullman County. They will have a slug-fest on their hands when the Cullman Bearcats come knocking!


Photos by Joe McElroy

Community Matters

Cold Springs gets "Charged" Up

By: Josh McBrayer
joshmcbrayer@cullmansense.com

COLD SPRINGS - The normally quiet tranquility of the Cold Springs High School library was broken Wednesday morning and for good reason. The whole basketball team was in the library to watch one of their teammates, stand-out senior Chayse Elliott, sign his scholarship offer to play basketball for head coach Lennie Acuff and the University of Alabama-Huntsville Chargers.

"I love all of the coaches," said Elliott in reference to Coach Lennie Acuff, Coach David Ivey, and Coach Butch Chase during a post-signing interview with CullmanSense.

Chayse has been in the gym or on a basketball court since he was old enough to handle a ball.

"My dad put me in the gym when I was four years old. He has put in a lot of hard work with me in the gym. He really instilled the love of basketball in me."

According to Elliott, he has never tried to model his game on the court after any current or former NBA player. He just goes out and plays the game the only way he knows how; a style that, to quote the legendary wrestler Jerry "The King" Lawler, can only be described as "controlled frenzy".

"I have never looked up to any NBA star like LeBron James, I just go play. My dad has always been my biggest inspiration. It was never like 'I want to be like that player,' I have always just wanted to be like my dad."

Although Elliott is a basketball player at heart, he was seen this year patrolling the sideline of each and every Cold Springs football game.

He was there to lend words of encouragement and moral support to his classmates and friends, but most importantly he was there to return the support that his father, who happens to be the head football coach, has given to him over the years.

Chayse's father, Rodney Elliott, led Cold Springs to their first win in three and a half years and their first three win season since 2006.

"When my dad decided to coach again, I wanted to play for him," Elliott said when asked about his desire to play football. "I played for him growing up but never in high school. I wanted to play for him but, you know, football is way different than basketball so it was fine with me getting to be on the sideline and encouraging all of the guys."

All of the hard work Chayse, as well as his family, has put into perfecting his game has really paid off. He had offers from Army, William and Mary, and Lipscomb just to name a few but chose UAH because he felt that is where he belonged.

"I didn't want to get off to some Division I college and not like what I was doing and want to come home. UAH was where I fit in the best. All of the guys are about like me. I fit in really well."

When asked about playing as a true freshman he said that everyone has an opportunity to play, you just have to work hard and prove yourself. Elliott said if he was in the top eight or ten (of the team) he would get minutes on the floor his freshman year.

"I will get a chance to play if I go in and work hard and do what I am supposed to do." said Elliott.

I have had the pleasure of watching Chayse Elliott play basketball his junior and now his senior year.

If it is hard work and dedication combined with a great work ethic that gets you minutes at UAH, Elliott will be spending a lot of time on the floor.

Saint Bernard Swim Team Off to a Great Start

By: Joyce Nix
St. Bernard Contributor

CULLMAN – The Saint Bernard Swim Team has had a fantastic beginning, grabbing two first place wins, numerous other places, as well as personal best times in the Cullman High School Invitational Swim Meet recently held at the Cullman Wellness and Aquatic Center in Cullman.

One of the first place finishes was earned by Sean Moriarty, who competed with nineteen others for the Men's 100-Yard Freestyle with a final time of 54.17. With thirty-five competitors, Saint Bernard team members did well in the Men's 50-Yard Freestyle—Sean Moriarty took second place with a time of 24.16, and John Paul Stolz placed ninth with a time of 25.59. Stolz also grabbed a fourth place in the Men's 100-Yard Breaststroke with a time of 1:17.95.

Saint Bernard's other first place win was produced by Bennett Glasscock who had a final time of 55.87 in a pool of ten competitors in the Men's 100-Yard Butterfly.

Although swimming exhibition, the Saints 200 Yard Freestyle Relay finished 1st out of 8 High Schools represented in the meet with a time of 1:39.40. They also finished fourth in the 200 Yard Medley Relay with a time of 1:54.27. Relay swimmers were: JP Stolz, Nate Giffin, Sean Moriarty, and Bennett Glasscock.

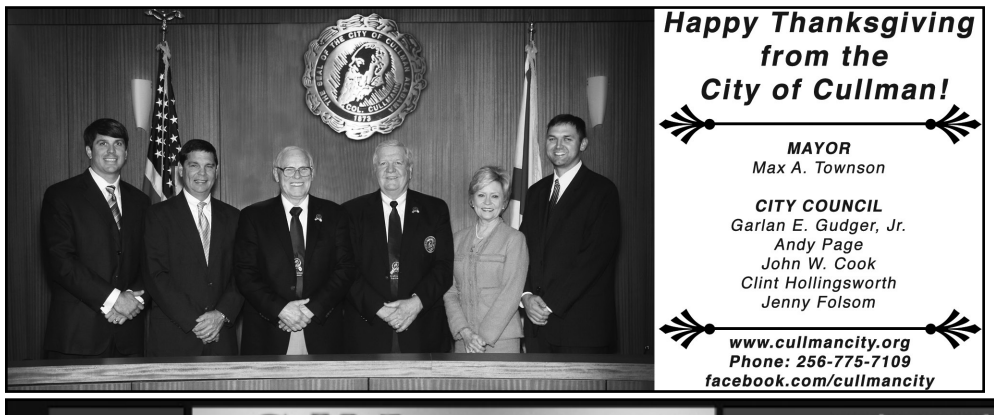
The ladies of the Saint Bernard team also had a great showing. Sarah Peel took a fourth place out of ten competitors in the Women's 200-Yard IM with a final time of 2:29.10. She also claimed the fifth place position of nineteen participants in the Women's 100-Yard Breaststroke with a final time of 1:17.11.

Torey Badar finished with a respectable sixteenth of forty-three, with a final time of 31.50 in the Women's 50-Yard Freestyle; she took fifteenth place of twenty-four swimmers in the Women's 100-Yard Freestyle with a personal best time of 1:14.19.

The Saint Bernard Swim Team is growing in popularity and talent under the direction of Coach Carson Glasscock. The Saints will travel to Chattanooga, TN on November 17 to participate in the McCallie Invitational Swim Meet. For a complete schedule visit www.stbernardprep.com.



St. Bernard Swim Team Standing left to right: Bennett Glasscock, Torey Badar, JP Stolz, Sarah Peel, Nate Giffin, and Sean Moriarty







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Community Matters

Arts & Crafts Show Helps Local Band

By: Micheal Bryant
michealbryant@cullmansense.com



Photos by Noah Chandler

CULLMAN – Great eats, handmade trinkets, and arts and crafts all lining numerous tables? Those are the familiar sights one sees each year at the annual Vinemont Arts and Crafts Show, which was held this past Saturday at the Cullman Civic Center.

"The Vinemont Arts and Crafts show is our biggest fundraiser of the year," said Eric Newman, who is the President of the Vinemont Band Boosters.

"It helps us pay for our instruments and anything else we need as far as travel goes, and this year we are going to Disney which we have booths to help set up for that. It's just a lot of work and a lot of fun, because we enjoy it."

Newman is in his first year of overseeing the show, and is proud of what it represents and what it brought to the table this year.

"This has been going on thirty years," said Newman, "and it's been a pretty good experience. I helped with it last year, but this is my first year as the president to be involved. It has always been two days, and we've always served the homemade soup which has always been a big draw for people. We have a gift wrapping table for donations and we have a raffle for a thousand dollars.

But it isn't just handmade soup and money that people of Cullman came to see. It was the arts and crafts that were on display and for sell. The vendors selling liked the turnout.

"It looks like there's going to be more people here. I did well", said Mary Sue Goodly who was representing Crafty Ladies Designs. "I sell bread and we did really well. I have crochet doilies and baby blankets, and all kinds of bread. I've been with them for about twenty years. It's been a good experience."

The event spanned both Friday and Saturday, and saw vendors set up at their tables from as early as nine o'clock in the morning, to as late as nine o'clock Friday night.

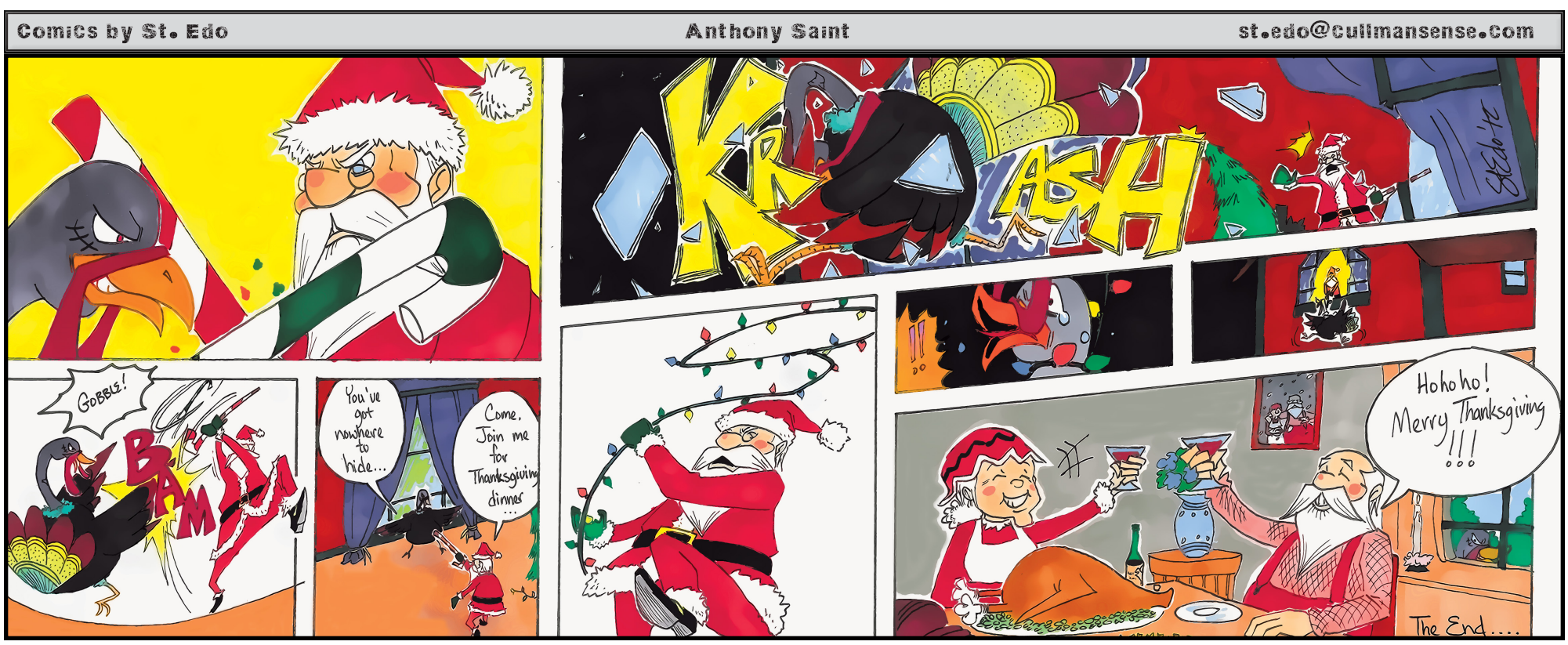
"We were here all day yesterday and today," said Suzanne Metcalf who owns Suzanne's Handmade Jewelry in Athens.

"I'm from (North Alabama) and this is my second year doing the event. I make handmade jewelry. Everything you see out here is handmade by me. I'm a one person shop and I do custom orders for people. Whatever team people want me to do I will do that as well and I do them for any occasion. It benefits the local schools and I try to spread out as far as I can, and to me this is local. Forty-five minutes away (from Athens) to me is local and I like to support the schools and the events they put on."

All in all the event, like it is every year was a success with the people in attendance.

"They have a lot of good looking products and there are a lot of good booths out here today", said Matt Wooden who was there with his family.

"The wife likes to shop and she comes every year. We've been coming for about twelve years, and we enjoy it every year."



Community Matters

Striding Towards A Cure (Continued from Front)

tected and we're trying to raise awareness. We want people to come out and we're going to try to help them learn about it. The other side of awareness is we would love to have enough so we seek enough people out because of the clinic, Camp Seale-Harris, and we want to have some of those in this area so parents and children can learn how to take care of themselves and their children. We know it's hard to deal with it, and that's our goal, so people in Cullman County don't have to deal with the disease alone. It doesn't matter who is here, we just want them to come out."

The event attracted about a hundred people who all came to walk either for themselves or for a loved one, including Lisa Coleman who was looking forward to the event.

"I have diabetes and I was glad to see they were doing this," said Coleman. "I'm certainly glad they are seeing the need to help with this important disease. I am here walking for myself, but there were so many people that I know that have diabetes, and I heard on the news that Alabama is ranked real high. It doesn't' look like it is getting better, it's getting worse, especially for the younger children."

Gloria Williams knows the task the Lions Club has set out to accomplish is not going to be easy.

"We're not going to solve the problem in one day, but we'll have more people aware of it," said Williams, "and the response has been positive. We have Leos from the county schools that will help raise money for their area. The young people seem to have a positive vibe when helping people."

One of those young people was Wyatt Etcherman who was participating with his school's Leo Club.

"It's important to sponsor the diabetics, and this walk shows people that others do care about them," said Etcherman.

"This is my first year in Leo Club. I got involved after I saw their flyer and saw that they do a lot of things for a good cause, and I saw my brother, who was in it last year, was having so much fun with community service so I decided to join. We go to nursing homes and feed them, and we try to help out with the community by cleaning up and do things like helping with this walk."

While the response from the community was enough to be excited about, the Cullman Community Lions Club brought in some experts to help. One of those was Rhonda McDavid who is with the South-Eastern Diabetes Services and helps with Camp Seale-Harris.

"The goal (for the Cullman Community Lions Club walk) is to be a resource for people in the community who are living with diabetes or are interested in preventing diabetes," said McDavid.

"We have been a long term partner with the club to provide services for children living with diabetes, because it can be difficult for anybody, but especially a child and we want them to learn about our camping programs that help children with diabetes."

McDavid said the organization is excited to host the walk so they can better inform others about diabetes, what they can do, and how they can live well with it.

Camp Seale-Harris was founded in 1949 on the concept that the best way for a child to learn about diabetes and deal with it is with their friends in a safe and fun environment. She said the overnight camp experience is offered twice a year, once in the spring then again in the summer.

"We provide support groups and resources for families that have a child with diabetes," she said. We try to teach them that they aren't alone. When you come to Camp Seale-Harris you see that. You make friendships that will last a lifetime."

With the success of the first Stride Walk, Gloria Williams is pleased where she sees the Club's progress as well as the community's response to it.

"I'm very excited," said Williams. "We have a good turnout, young and old. We're putting shirts and pins on everyone and thanking them for coming out. It's a great day. I am very pleased with the turnout. This is excellent and we're real proud. All of my Lions' club members are here and are all very excited."

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Hanceville, AL 35077
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Chris Windsor
Kyle Windsor
Patrick Allred

Office: 256-737-9272
Cell: 256-338-2242







Reflections of History

Do you have an old photo?
E-mail us at **history@cullmansense.com.**

Inside of Steiflemeyers

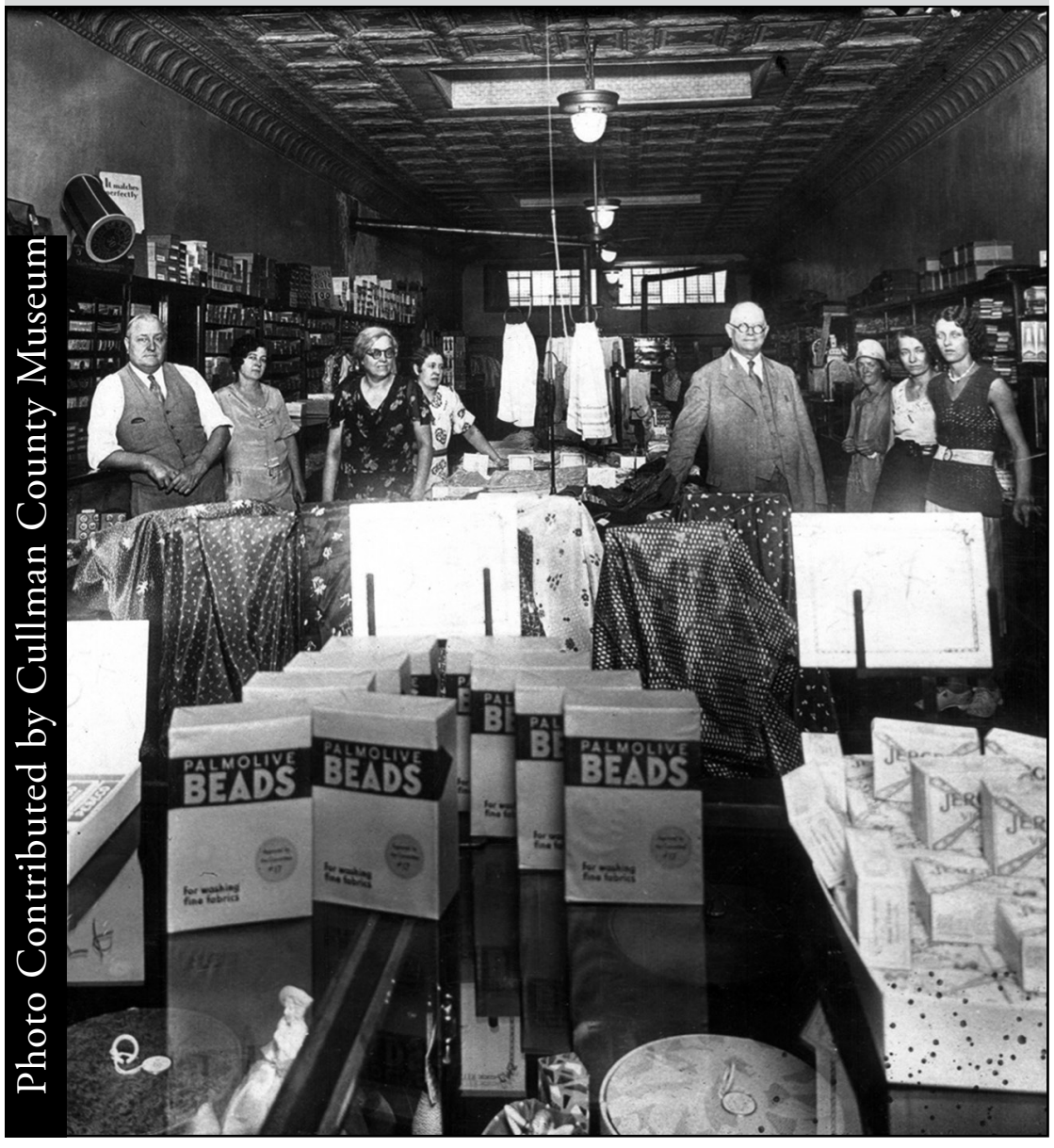


Photo Contributed by Cullman County Museum

This Week in History Nov. 19 - Nov. 25

November 19th
- 1620 – Mayflower reaches Cape Cod and explores the coast
- 1863 – Lincoln delivers his address in Gettysburg; "Four score and seven years..."
- 2011 – Part of the Prompt Global Strike program, a U.S. hypersonic weapon system undergoes a successful test, proving capable of striking targets 2,300 miles away in under 30 minutes

November 20th
- 1873 – Rival cities of Buda and Pest unite to form the capital of Hungary
- 1945 – 24 Nazi leaders put on trial at Nuremberg, Germany
- 1949 – Jewish population of Israel reaches 1,000,000
- 1984 – McDonald's made its 50 billionth hamburger

November 21st
- 1871 – The first human cannonball, Emilio Onra, is shot
- 1906 – China prohibits opium trade
- 1959 – Jack Benny (violin) and Richard Nixon (piano) play their famed duet
- 1974 – Freedom of Information Act passed by Congress over President Ford's veto

November 22nd
- 1919 – Labor conference committee in U.S. urges 8-hour work day and 48-hour week
- 1934 – "Santa Claus Is Comin' to Town" 1st heard on Eddie Cantor's show
- 2005 – Xbox 360 video game is released by Microsoft

November 23rd
- 1897 – Pencil sharpener patented by J L Love
- 1979 – Pink Floyd's "The Wall" released, sells 6 million copies in 2 weeks
- 2011 – The U.S. declares it will no longer observe the 1990 Treaty on Conventional Armed Forces in Europe

November 24th
- 1859 – Charles Darwin publishes "On the Origin of Species"
- 1871 – National Rifle Association organized in New York City
- 1966 – 400 die of respiratory failure and heart attack in killer New York City smog
- 1995 – Ireland votes to end 70-year-old ban on divorce by a vote of 50.28% to 49.72%

November 25th
- 1922 – Archaeologist Howard Carter enters King Tut's tomb
- 1949 – "Rudolph, the Red-Nosed Reindeer" appears on music chart
- 1976 – The Band's farewell concert at SF's Winterland Ballroom
- 1792 – Farmer's Almanac first published

Dear Valued Members:

In an effort to improve your facility, Cullman Wellness & Aquatic Center will be **closing Thanksgiving Day, November 22, 2012 and will re-open on Monday, November 26, 2012.**
We are aware of the inconvenience; however, we know the cleanliness, improvements, and updates will make you even more proud to be a CWAC member.
We appreciate your understanding throughout this process.

Cullman Wellness & Aquatics



Jump into

EvaBank

this summer and get the loan you need to make your home a Vacation!

Come see us for a Refinance or Purchase

157 Cherokee Ave. Eva
256-737-1655 256-255-2000 256-796-2201

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Local Events Calendar

Send your Events to: calendar@cullmansense.com

Monday, November 19th

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.

'Masters of Motown'
The 'Motor City Sounds' from the 50's and 60's come to Cullman as the 'Masters of Motown' perform during the second of 5 scheduled Community Concert Association events for 2012-2013. Everyone is invited to come as tickets also are available at the door. Don't miss out on this great event.

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, November 20th

Bownes Memorial For Kids Sake Variety Show Auditions
Kids ages 4 through 20 are invited to audition for the 2013 Bownes Memorial For Kids Sake Variety Show beginning at 5:30 p.m. until 7:30 p.m. Auditions will be held in the Col. Cullmann Room on the campus of CRMC in POB ll. Individuals will have 2 minutes to perform, while groups of two or more will have 3.5 minutes. Cost is $30.00 for a single entertainer and $60.00 for groups. The date of the actual show is February 16, 2013. Come showcase your talent during this audition and you may well be the winning entertainer in February! For additional information about this event please contact the CRMC Foundation office at 256-737-2565.

Cullman City School Board Meeting
The next regularly scheduled meeting of the Cullman City School Board will be begin at 6 p.m. in the Board Room of the main office. The start of the meeting will include the reconstitution of the Board.

Alzheimer's and Dementia Support Group for Caregivers Meeting
A new support group to help Alzheimer's and Dementia Caregivers is being organized by Westminster Assisted Living and Memory Care and Omega Hospice. This first meeting will begin at 10 a.m. at Westminster. Monthly meetings will take place each month on the second Tuesday. Additional information available by calling Suzy Prymmer of Westminster Assisted Living and Memory Care at 256-255-0361.

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.

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.

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, November 21st

Thanksgiving Dinner at Duck River Baptist Church
Free Thanksgiving Dinner at Duck River Baptist Church beginning at 4:30 p.m. For more information, please contact Kathy Howard at 256-338-6376 or Teresa Reid at 256-507-1191.

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, November 22nd

Thanksgiving Day

Thanksgiving Meal at Cullman First Baptist Church
Members of Cullman First Baptist Church will be serving Thanksgiving meals starting at 11 a.m. in the church's Fellowship Hall. Those unable to get to the Church may have their meals delivered by contacting the Church BY noon on, Wednesday, November 21. Please call the Church office at 256-734-5632 to obtain delivered meals. Messages left after noon on Wednesday will not be received in time and meals will not be delivered! Anyone is welcome to volunteer for delivering plates, providing food or helping at the church during the day. Contact Grover Reeves at 256-739-1088 to volunteer. Come spend the day in service to others and in thanksgiving for all the benefits we have received! This event is sponsored by Cullman area churches and the Cullman Ministerial Association.

Friday, November 23rd

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, November 24th

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!

Monday, November 26th

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.

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Looking Ahead

Pilot Club Raffle for Charity: Alabama-Auburn Game Tickets
Raffle tickets are, 1 for $5 or 5 for $20 for 2 tickets to the game on November 24, at Bryant-Denny Stadium in Tuscaloosa with seats in the South Upper, Section SS-11, Row 20, Seats 21 & 22. Winner will be announced on Monday, November 12. Tickets will be sold by Pilot members and during Christmas in Cullman on 1st Avenue East, Saturday, November 10, 9 a.m. – 4 p.m., Stiefelmeyer Building, and Sunday, November 11, 1 p.m. – 4 p.m., Warehouse District. For ticket information call Ann Fox, 256-962-0910. Proceeds will benefit the local Pilot Club projects and activities focused on brain related disorders.

Pilot Club Pecan Sale for Charity
Pilot members through November and December are selling Alabama Priester Pecans. This year's crop and fresh selections available include, pecan halves, pecan pieces, chocolate covered pecan halves, honey glazed pecan halves, and cinnamon-sugar pecan halves. $12 for 1 pound bag. For more information call Peggy Day, 256-734-6049. Proceeds will benefit local pilot club projects and activities focused on brain related disorders.



Community Matters

Passion for the Kitchen

Send your recipes to recipes@cullmansense.com

By: Annette Harris
annetteharris@cullmansense.com



qrnews/aharris

An Entrepreneur at Heart

I was always busy as a kid, either building something, trying to invent something, selling something, etc. I don't know why I did the things I did, but I guess back then you found ways to keep yourself busy. It wasn't hard. You just had to use that little thing between your ears called your brain. My wheels were always spinning.

I remember one time getting this great idea to make some money. I don't know why I thought of this, but I involved my brother Johnny. I'm sure he was thrilled. He went along with me on it though. We had a barn… in town…with a horse, in town. I thought it would be a great idea to shovel out the barn, bag up the findings, and sell it. We would be RICH!

I knew nothing about fertilizer or how to grow anything; just that I'm sure this must be the best fertilizer in all the land and that would be my sales pitch.

Somehow I got a store to donate some brown paper bags…I'm sure it was just my cute little red head and freckle face, but I got the bags and we were off to start my great idea.

We shoveled the manure into a wagon and got the bathroom scale. The brown paper bags were filled with 5 pounds each of the horse manure until the wagon was empty. When we were done, I priced each bag $1.50. Perfect! We were ready for door-to-door selling. I wasn't allowed to go very far around the neighborhood. We went to every door where we could get someone to answer it. Every bag was sold.

I remember one man telling me that was really expensive for a bag of horse manure and that he had never heard of growing anything using that. He was a hard sale. He was kind of grouchy too. Either way, I convinced him that everything he had would grow better if he just used what I had in that bag.

Finally he bought one. I was pretty proud of myself. By the end of that day we had sold all the bags of manure and had pocketed about $10.00. I'm sure I had a great way for Johnny and I to spend it too. I bet he didn't see a dime of it.

Another time I remember Johnny and I wanting some candy. We weren't supposed to have candy because our teeth would rot out if we ate it. Still, the yearning for candy was there and we had no money to buy any. The 7-11 was 4 blocks from our house.

We weren't supposed to go up there, but no one was at home and we could safely go up there, get candy that we weren't supposed to have, eat it, and be back home before anyone noticed.

Back then there were no cell phones so you weren't checking in every 5 minutes with someone. The dilemma we now faced was trying to find money to buy candy with. In those years you could turn in soft drink bottles for 2 or 3 cents each, maybe 5 cents.

We scoured the neighborhood for bottles. There were a few at home and we found some alongside the road on our way to the store. We had no doubt we would have enough money for candy. We had collected enough by the time we got to the store to buy a small haul for the two of us.

We chose carefully. I remember a few of the things we got were the candy cigarettes, which we thought made us look cool as we pretended to be adults. One of my all time favorites was the sugar straws. We bought a big fat one each and headed home. We ate the sugary goodness all the way home and when that stuff wore off…we crashed! Wow! When you aren't used to sugar like that, it hits you hard.

It was worth every bottle we picked up. We got rid of all the evidence and after all we helped clean up the earth, right?

Raspberry Salsa Dip

With all the holidays coming up, I thought you would like this little treat. It's fast and delicious! People will think you got all fancy.

*The Raspberry Salsa can be bought online or you might find a specialty gift store, etc. that has it.

Ingredients:

- 1 can black beans drained and rinsed



- 8 oz cream cheese (cut thin)
- 1 small chopped red onion
- 1 jar of Robert Rothschild Raspberry Salsa
- 8 oz of Monterey Jack cheese grated

Instructions:

1. Place black beans in bottom of pie plate, top with slices of cream cheese and chopped red onion.
2. Spread salsa on top and sprinkle with Monterey Jack cheese.
3. Bake at 325 for about 20 minutes until bubbly.

Serve with Scoops or other chip of choice.

Top 5 Thanksgiving Day Movies



MICHEAL AT THE MOVIES

By: Micheal Bryant
michealbryant@cullmansense.com

For those of you who may be living under a rock, and if you are, you should really consider relocating, this week brings us the annual holiday of Thanksgiving. It's a day where we celebrate the three F's: food, football, and family. Well this week I'm going to also be celebrating the, what are in my opinion, the top five Thanksgiving Day movies. This wasn't a list that was easy to make, because there are not many movies that are considered Thanksgiving movies, but there are some, and here is my top five.

5. Pieces of April (2003)

This is not a widely known film, but is one I highly recommend. The movie stars Katie Holmes as the titular character. This movie helped supplant Holmes as a serious actress before she ruined it by becoming a tabloid hot topic after marrying Tom Cruise. In it, she plays a girl who is preparing for her family to come visit her for Thanksgiving, and she plans to prepare everything from the turkey to the cranberry sauce all by herself. It's a humorous little movie that I think should be a staple of the holiday.

4. Son-in-Law (1993)

For the younger readers of CullmanSense, a time when people uttered Pauly Shore and funny in the same sentence is not remembered, but back in the early nineties that was exactly what people said. Shore built his career playing the same character (nicknamed the Weasel) in his films. In "Son-in-Law" Shore played a college student who meets a new co-ed on her first day of school. When the holiday season rolls around, he doesn't have a place to go home to, so she lets him come to her place which turns out to be a farm. This is one of those fish out of water films that will give you a few laughs if you're looking for that.

3. Pocahontas (1995)

I don't have to tell you what the movie of "Pocahontas" is about, because since 1995 it has become a staple for any childhood. This is a film you can watch with the entire family, and is suitable for ages one to a hundred and one.

2. A Charlie Brown Thanksgiving (1973)

Same as "Pocahontas," "A Charlie Brown Thanksgiving" is a staple of the holiday. Normally shown on CBS, it is the only film on this list that you don't have to search out and pay money to see, as you can just snuggle up on the couch with your family and watch it after enjoying your turkey and watching the Lions lose yet again.

1. Planes, Trains, and Automobiles (1987)

I know, how could I have this film over "A Charlie Brown Christmas" or "Pocahontas"? Easy, because it is the best Thanksgiving Day movie ever created. It stars two of the greatest comedic minds, Steven Martin and John Candy, in their prime, and they play perfectly off of each other, and it is one of those rare movies that actually work in making you believe that these two people who don't exactly see eye to eye can end up having a common bond in the end as they struggle to get home to their families for the holiday.

Well there you have it, my list for best Thanksgiving Day movies. Do you agree? Disagree? Let me know, by sending me an e-mail. Also this is your last week to vote for what movie I see this weekend to review. "Rise of the Guardians" or "Life of Pi". Voice your choice using the same e-mail.

Healthy Living: Cold & Flu Prevention Tips

By: Micheal Bryant
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CULLMAN – Middle November brings about a lot of happy times. Thanksgiving, Christmas shopping, and time off of work and school, but it also brings something that no one wants to deal with and that is flu season. That is why the pharmacist, Stephen Skinner, at Living Well Natural Store held a seminar to promote how to deal with these germs and bacteria through natural supplements.

"I'm not a doctor. I'm just here to help you make your own decisions," said Skinner. "You can either act now or wait, and (waiting) can cost more and cause you more trouble."

The first thing Stephen Skinner suggests we do is to wash our hands as often as possible, or use hand sanitizer, but natural sanitizer, not antibacterial soap, because germs become resistant to man-made chemicals.

"None of the name brand items work. Germs just laugh at them," he said.

These man-made chemicals have also been linked to causing cancer. However, bacteria does not become immune to natural oils, so Stephen Skinner suggests using Dr. Bronner's rub or antibacterial coconut oil on your hands, as well as using Nose Xlear nasal spray.

Skinner also suggests using these natural oils with a humidifier.

"Viruses love cold, dry air and dry cracked skin," said Skinner.

To do this, Skinner says to sprinkle a few drops of essential oil on a tissue or small cloth and place in front of the escaping steam. You should also avoid putting the oil directly into your humidifier, as it will only float on top of the water instead of dispersing with the water vapor. If you do not have a humidifier you can pour hot water into a bowl and add a few drops of essential oil. You should then lower your face a few inches over the bowl and cover your head and the bowl with a towel. In this position, breathe deeply and slowly.

The other steps you should taking during this time of year are to eat well, exercise, rest, and avoid too much alcohol, stress, sun, and sugar. "The way you grow bacteria in a lab is with sugar," said Skinner on why the last one should be avoided instead of overly consumed.

Hippocrates said, "Let thy food be thy medicine", and Skinner subscribes to this philosophy. He says some healthy items to eat during flu and cold season are yogurt, kefir, berries, fruits, and vegetables, and says we should stand by chicken noodle soup because of the health effects it has on our systems.

But it isn't just healthy foods we should be taking into our bodies, as numerous vitamins and supplements should also be ingested for us to stay in tip top shape. Skinner suggests whole food multi-vitamins, extra vitamin C & D, Chlorella, Olive Leaf Extract (three to four times a day), probiotics, and Zinc if needed.

"Zinc works better for the immune system," said Skinner.

Another thing people should do is avoid stress. Skinner warns that work, family, and other daily routines aren't the only thing that can cause stress, and in fact some healthy things can as well.

"A lot of people will get sick because of exercise when getting back into it. Exercise can cause stress," Skinner said.

When it comes to our children, there are many things that parents can do to help prevent them from coming down with the flu in addition to the remedies for the adults.

"A lot of times it's the food allergies that make kids sick," said Skinner. One thing he recommends is giving your children D-Hist Jr. "I give it to my kids every day."

In addition to medicine and hand-sanitizing, another thing Stephen Skinner suggests is to clean with Dr. Bronner's rub and avoid household chemicals such as Clorox and Lysol because these items contain chemicals that can cause asthma.

"It's a mind, body, and spirit thing. You have to work on all three of those (in order to be healthy)."

JUST FOR FUN

Video Game Review: Batman Arkham City

Presented by Blockbuster

By: Josh McBrayer
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This week we are going to take an inside look at one of the best games ever based on a super hero. I am, of course, talking about the "World's Greatest Detective" Batman.

As a rule I usually try to steer clear of video games based on movies because they are usually thrown together to coincide with the movie's release and they are nothing but a steaming pile of clunky controls, sub-par graphics and horrible stories. Batman, one of my favorite super heroes, is no different but the "Arkham" games are.

Arkham City is the much anticipated follow up to the hugely successful Arkham Asylum which sold over two million copies in its first month. It also holds the record for the highest rated game ever based on a super hero according to Guinness Book of World Records. Arkham City took all of the fantastic aspects of Arkham Asylum, including Joker's condition after he injected himself with Venom – the substance used to create super villain Bane – and used them to create an even better game.

Arkham is the name of an Asylum in Gotham City that houses the criminally insane. Arkham City, however, is the brainchild of former asylum warden turned mayor Quincy Sharp. He has convinced the higher ups wanted to "wall off" the slums of Gotham City, let would inevitably lead to the criminals policing themselves. As expected each super criminal set up shop in their own area of Arkham City, among these villains are Viktor Fries AKA Mr. Freeze, Edward Enigma AKA The Riddler, Oswald Cobblepot AKA The Penguin and of course the iconic Batman villain, The Joker.

Just like in the first game, you start in the first person perspective (non-playable) as the general plot is unveiled. It starts with Bruce Wayne, the billionaire alter ego of Batman, being incarcerated in Arkham City. Once you gain control of Wayne the game shifts into a third person format, which is used for theraminder of the game. The only exception comes when you are searching for clues in the game's detective mode. You are immediately attacked by low level thugs looking to make a name for themselves while taking out their jealousy on billionaire Wayne. After you escape from the thugs, you find yourself on a rooftop standing by a strange looking capsule that has just fallen out of the sky. What's in the capsule? The Batsuit! You learn early in the game Wayne purposely had himself incarcerated in Arkham City to uncover the mystery behind Protocol 10.

As Batman you make your way through the city rescuing inmates who were sent to the lawless surroundings by Sharp because they knew too much about his agenda of Protocol 10. You also get to do battle with the super villains of the Batman Universe. Outside of the main storyline, there are tons of puzzles to solve and trophies to find. You track serial killer Victor Zsasz by answering phone calls within a time limit he sets. You are able to trace his phone call that will lead you to live victims he has strategically place around the city. There are also Riddler trophies hidden around the city that you can collect as well as riddles to crack.

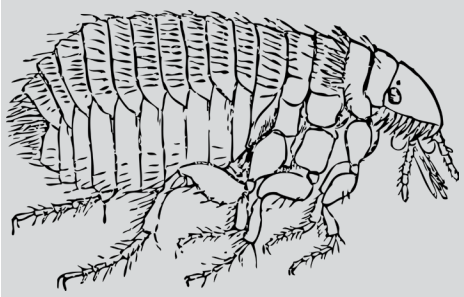
Depending on the console you have, you have access to other Batman characters you can play as in outside missions just for fun.

All in all, this is one of the best games on the market for the beat 'em up genre. It is THE BEST game based on a super hero license and a must play for any fan of Batman or DC Comics.

GETTING CORNY

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What did the flea say to the dog during a telemarketing call?



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Community Matters

The Sound of the Stage (Continued from Front)

Wiggins. We're not just academics, but also the fine arts. Doing this once again, it's even bigger. The backdrops were professionally made, and I'm glad Mrs. Pass redid this one, because this has been my personal favorite."

Cindy Pass says she has noticed the difference doing the same production a second time around.

"I think it's hugely different because the children in this play have actually been in Bye Bye Birdie and some of them have had three shows before us and have grown as actors and actresses," said Pass. "They now know what to expect, and the quality has improved immensely. It improves because the kids have more experience."

The show was a hit over its two day run and parents in attendance agreed.

"It was amazing," said Erin Miner, whose son Jackson was in the play. "Mrs. Pass is amazing. She puts in so much hard work. This is Jackson's second play and he is able to do something like this, because in Cullman there isn't much to do theatrical wise, and he loves it. I can't say enough about Mrs. Pass, and I thought it was a wonderful production and we are looking forward to three more years of working with her."

Jackson, who played Kurt, said his love for theater came at a very early age.

"When I was in primary we put on a small show, and I liked that," said Jackson Miner. "Then when I came here they said there were auditions for plays and it reminded me of kindergarten, and after I tried out I loved it. I like being with the other people in the cast and just having fun with the play."

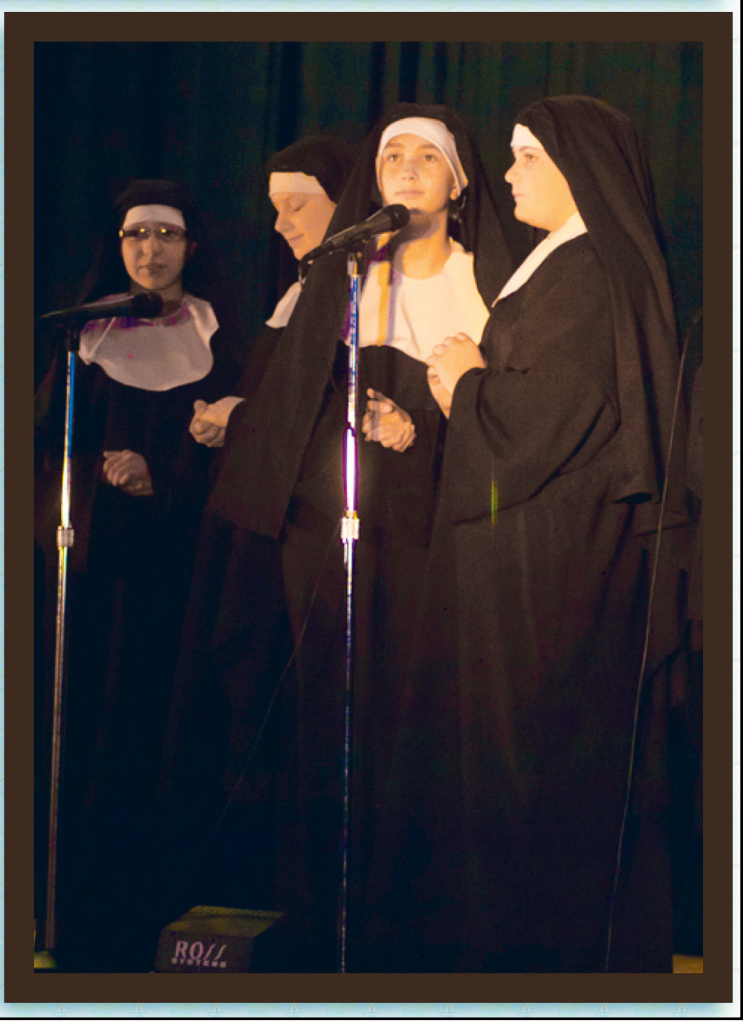
Although "The Sound of Music" was a huge success, Pass is already looking forward to their spring production. "Every other spring we do Seussical Jr., which is adapted from Seussical the Musical. It's performed on March 2nd on Dr. Seuss' birthday," said Pass.

As with all plays at EES the production was done mostly by the students, including the stage manager and crew. "The only outside help is the high school students that come back to help," said Pass. "It's an in-house adventure and these are all children from grades two through six in every play."

The community of Cullman can't wait to see what the Musical Theater Group brings to the stage next.







"Not only the farmer, but it takes the city..." (Continued from Front)

seemed to as well," said Haney.

"I'm glad Cherri invited me here tonight," said Royer, who had to drive close to ninety miles an hour to make the event. "There are four months out of the year you can't take a day off in broadcasting: May, July, November, and February."

Royer expressed his love for the community of Cullman, and said he would love to be able to live in the area. Royer talked about his life and offered some insightful anecdotes.

"I felt the Lord was moving me from Channel Six to Thirteen," Royer said on his change of employer. "It was the same time that Thirteen offered me more money."

The meteorologist said while he loves his work, his most important job is raising his two boys, Jack and Will, and teaching them about the small town life he grew up with.

"I tell people about my drug problem growing up," said Royer. "(My parents) drug me to church on Sunday mornings, Sunday nights, and Wednesday evening."

Royer also talked about growing up on the farm, and why he continues to own a farm to this day.

"My father said not to judge a farm based on what it looks like when you get it," said Royer. "He also taught me to never quit. My father never quit."

To end his night, Royer talked about what he likes about his job, and especially being able to go out and interview individuals in his community.

"I like to be around folks who know we didn't do well, but know tomorrow we will do better," said Royer, "(and) I'm trying to move from (being a) success to (being a person of) significance."

After Mike Royer said his goodbyes, the Farm-City community handed out numerous awards to children in attendance.

"The youth rewards are always my favorite" said Haney, who has also been on the Farm-City Committee for almost five years.

"I love when they do the poster of the year contest and the student of the year contests. Those are very important, because teaching children these values and how a farm and city can work together to partner, because we're partners in this together. It says that their parents are teaching them well that this is part of what we do, teach children the importance of being involved, and the commitment it takes for someone to do something like this, because it takes a lot of time, a lot of hours, for a child to make those posters. Those youth awards, those children are getting points, and it is community service they do. It teaches the children great values and what it's like to be an upstanding citizen."

After the children returned to their seats, the Farm-City Committee then honored the 2012 Cullman Farm-City Family.

This year the honor was bestowed to Phillip and Nancy Garrison.

"We will cherish this for the rest of our lives," said Phillip Garrison. "You don't realize how much your family offers you until you get older."

To close out the event, the 2013 City Family was announced and honored.

This year that was Doctor Tom and Judy Williamson.

"This is unbelievable," said Tom Williamson. "There could not be a more important award for me. Thank you so much."

Haney says Farm-City has been going on for fifty-six years, not only nationally, but Cullman County's has been going on for about that long as well. She credits the community for its success.

"I think it's the people's values," said Haney. "I grew up in Cullman and I was taught values about what a community is, and going to church and to me that is very important."

The winners of the awards follows:

Poster Contest Kindergarten through Third Grade:

- 1st Place: Carter Gay - 3rd Grade East Elementary
- 2nd Place: Carson Smith – 2nd Grade Good Hope Primary
- 3rd Place: Abigail Kusz – 3rd Grade Holly Pond Elementary

Poster Contest Fourth through Sixth Grade:

- 1st Place: Chandan Makwana – 5th Grade St. Paul's
- 2nd Place: Sunshine Hoffman – 5th Grade West Point Intermediate
- 3rd Place: Kelly Grace Pickett – 5th Grade Hanceville Elementary

Youth Awards:

Outstanding FCCLA Member: Laney Hembree, West Point High School

Outstanding 4-H Member: Josh Arnold, Cullman Area Christian Academy

Outstanding FFA Member

- Courtney Walker, West Point High School

Farm-City Video Awards:

- 9th-12th Grade: Austin Hammons, Cullman High School