Fairview: Champions of Cullman County Basketball-p.4

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CULLMAN'S MONDAY NEWSPAPER

CULLMANSENSE

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A Delicious Lesson Plan

By: Noah Chandler
noahchandler@cullmansense.com



CULLMAN – Recently 13 students attending St. Paul's Lutheran School made the trip across town to the neighborhood Papa John's to get some hands on learning experience while studying the letter "P".

"It's fun. It's good and it's awesome" said Pre-K 4 student Carson Page while gazing at his freshly cooked cheese pizza.

The pizza making experience is one the school has taken advantage of in the past. Stephanie Ferrell, Pre-K 4 teacher, has brought her students in recent years, following in the footsteps of a former colleague.

"The past kindergarten teacher used this hands on method for her health unit, so I figured it would be a great lesson plan for our language section while studying the letter P," said Ferrell. "I thought with pizza and pepperoni what better place than Papa John's."

The lesson does stop with learning all words associated with P.

"During the month of January we focus on our cooking units so this trip ties in with both units," said Ferrell. "It shows them how to cook things, how the process works, because a lot of them don't understand how their food is prepared."

Caitlin Shannon, Papa John's Store Manager, said the hands on experience are one the company has been offering up for years.

See Delicious, Page 12

"Hope on the Horizon"

By: Noah Chandler
noahchandler@cullmansense.com

CULLMAN – The phrase "beauty is only skin deep" is one which has been tossed around for ages. Where the true origin of the common placed saying hails is unknown, but what is made perfectly clear each year in February is the beauty which shines on stage during the Miss Horizon of Hope pageant, benefiting the American Cancer Society's Relay for Life initiative.

Elaine Blackwood is joined with her sisters, friends, and relatives to bring joy to so many across Cullman County and surrounding areas with an uplifting style of beauty pageant.

"Miss Horizon of Hope is a pageant with a purpose. We ask that our contestants enter the pageant in 'honor of' or in 'memory of' someone who has had to face cancer," said Blackwood.

"Because of this, each girl is a true winner whether she has the highest score or not and even though we do have beautiful crowns and trophies to award, our ultimate goal is to find a cure—because there is, 'Hope on the Horizon'."

The team behind this centrally hope focused pageant formed in 2004 under the name Salon 1205, which on paper was a business team but in reality was family driven.

"Circle of Hope just seemed to describe our mission," she said.

"We are a family team who came together to make a difference in the fight against cancer after losing both of our parents and many other close friends and family members to this horrible disease. Our passion for 'Relay' is fueled by our hope for a cure."

See Hope, Page 12

Same places, familiar faces

By: Josh McBrayer
joshmcbrayer@cullmansense.com

HANCEVILLE - A tradition during the Cullman County High School basketball tournament has been the announcement of the All-County coaches football team from the previous season.

It continued on Thursday night during halftime of the girls semifinal between Good Hope and Cold Springs at Wallace State's Tom Drake Coliseum.

The 1st team was introduced to the audience with the team being selected by the seven head football coaches, Rod Elliott of Cold Springs, George Redding of Fairview, Chris Moss of Good Hope, Danny Miller of Hanceville, Nate Ayers of Holly Pond, Alan Scott of Vinemont, and A.J. Lamar of West Point.

Here is the 2012 All-Cullman County coaches football team:

1st team offense:
QB Bryant Farley - West Point
RB Tate Duckett - West Point
RB Caleb Ellison - Cold Springs
RB Jarod McClure - Good Hope
WR Dexton Gregory - Fairview
WR Jordan McKenzie - West Point
WR Carter Hays - Holly Pond
WR Ethan Widner - Fairview
OL Casey Thornton - Hanceville
OL Jake Roberts - Fairview
OL Paul Quattlebaum - West Point
OL Chandler Nelson - West Point
OL Marcus Clark - Vinemont
OL Mason Lindsey - Vinemont
OL Riley Howse - Fairview

1st team defense:
DL Jared Hyde - Holly Pond
DL Josh Grigsby - Good Hope

See Same Places, Page 12

DAMAGED West Point Football Practice Field Vandalized-p.5

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In Brief

Governor Bentley Details Law Enforcement Efficiency Plans, Upcoming Legislation

By: Jennifer Ardis
Contributor

MONTGOMERY – Governor Robert Bentley on Tuesday announced comprehensive plans to further streamline and better coordinate state-level law enforcement services, a move that will lead to stronger public safety and greater government efficiency.

Currently, more than 20 state-level agencies and departments have various law enforcement functions. By improving coordination between those agencies, the Governor's plans will help minimize redundancies in administrative functions and focus more resources on strengthening the law enforcement services delivered to the public.

"The end result will be improved public safety," Governor Bentley said.

"By reducing duplications in administrative functions, we can save taxpayer dollars while putting more law enforcement on the road. In outlining these plans, I have worked closely with law enforcement officials over a period of several months. It's important that we continue to rely on the expertise of these law enforcement professionals who understand the needs of each agency."

A large portion of the Governor's plans can move forward immediately by executive order. Governor Bentley also plans to further his efficiency efforts through upcoming legislation that is currently being finalized.

Executive Order:

Governor Bentley's executive order, signed Tuesday and effective immediately, will allow state-level law enforcement agencies to build upon recent efforts to improve coordination. Specifically, the executive order creates the position of Senior Law Enforcement Advisor. Alabama Department of Homeland Security Director Spencer Collier will serve in this position.

Responsibilities of the Senior Law Enforcement Advisor will include:

- Emphasizing the placement of more law enforcement officers in the field while minimizing administrative redundancies within each agency
- Providing efficiencies through common purchasing, consolidation of law enforcement fleet maintenance, and a unified communication infrastructure
- Establishing and maintaining a database of available state law enforcement resources and services in a manner that will minimize duplications of activities and better coordinate training
- Serving as the primary point of contact for the Governor regarding state law enforcement issues

The Senior Law Enforcement Advisor will ensure greater coordination by working closely with the leadership of all state agencies providing law enforcement or public safety functions, including but not limited to:

- The Alabama Department of Public Safety
- The Alabama Alcoholic Beverage Control Board
- The Alabama Department of Conservation and Natural Resources
- The Alabama Department of Homeland Security
- The Alabama Department of Insurance / State Fire Marshal

"We want to make law enforcement even more effective for the citizens. One directive I'm giving Spencer Collier is this: Every law enforcement officer, no matter what agency, when that officer encounters a problem, the officer will own that problem until the issue is resolved," Governor Bentley said. "Even if it's just to stay with someone on the side of the road until further help arrives, I want to make sure all officers from all agencies increase their coordination in serving the public together."

Upcoming Legislation:

Governor Bentley also announced Tuesday that legislation aimed at further streamlining state-level law enforcement is currently being finalized and will be submitted to the Alabama Legislature during the 2013 Regular Session.

The legislation will call for absorbing the law enforcement functions of the Alabama Public Service Commission, the Uniformed Division of the Alabama Department of Revenue, and certain functions of the Law Enforcement Unit of the Alabama Department of Transportation into the Highway Patrol Division of the Department of Public Safety.

Legislation will also call for absorbing the Investigative and Enforcement Unit of the Alabama Department of Agriculture and Industries and the Enforcement Division of the Alabama Forestry Commission into the Alabama Department of Conservation and Natural Resources.

This will help farmers and landowners by further protecting land and resources. Upcoming legislation will also call for absorbing the Alabama Criminal Justice Information Center into the Alabama Department of Public Safety.

In Summary:

"These plans represent the best approach to improving efficiency in public safety," Governor Bentley said. "We are taking a rational and reasonable approach that will provide significant savings while increasing and supporting law enforcement officers in the field."

In the months since Governor Bentley established the Integrated State Law Enforcement Task Force, state agencies have already coordinated services in new and beneficial ways. For example, the Department of Public Safety worked with Alcoholic Beverage Control Board Enforcement Agents in a Labor Day Traffic Blitz that resulted in a much more visible law enforcement presence. This serves as a strong example of how agencies can efficiently coordinate their efforts in a way that improves public safety.

"Under the direction of Governor Bentley, state law enforcement agencies have already made great strides in streamlining and coordinating operations, and the plans announced today will ensure that continues," said Spencer Collier, Director of the Alabama Department of Homeland Security and Senior Law Enforcement Advisor.

"I am committed to the Governor's mission of increasing efficiency, and I look forward to serving Governor Bentley as Senior Law Enforcement Advisor."

"I applaud Governor Bentley for bringing together people with a wealth of experience in law enforcement to enact these plans for greater efficiency," said Colonel Hugh McCall, director of the Alabama Department of Public Safety. "We stand united with our state-level law enforcement partners. By building upon our cooperation with each agency, we will strengthen the services we provide to the public."

"I appreciate how Governor Bentley has listened to the input of law enforcement and has considered the individual needs of each agency, and the public we serve, in developing his plans," said Gunter Guy, Commissioner of the Alabama Department of Conservation and Natural Resources.

"We share Governor Bentley's vision for improved coordination and improved public safety in Alabama."

Full text of the order is available here: http://governor.alabama.gov/news/news_detail.aspx?ID=7501

CRMC Foundation's 13th Bownes Memorial For Kid's Sake Variety Show

By: Lindsey Dossey
CRMC Contributor

CULLMAN — The Cullman Regional Medical Center Foundation proudly announces the 13th Bownes Memorial For Kids' Sake Variety Show at 2 p.m. on Saturday, February 16 in the Wallace State Community College Betty Leeth Haynes Student Center.

"We hope the community will join us for this treasured Cullman tradition that celebrates the talented young performers from our area," Director of the CRMC Foundation Maria Stanford said.

More than 50 local youth will showcase their unique talents in an entertaining program of music enthusiasts, and all proceeds will benefit nursery and pediatric care at CRMC. This popular event has raised more than $100,000 for the care of local infant and pediatric patients since its inception in 1993.

Program direction and event support for the 2013 Variety Show is provided by a variety of individuals, the community, and members of the CRMC Service Guild, a local organization of volunteers who assist CRMC and its Foundation in fundraising for our community hospital. Additionally, pediatric and nursery department employees will greet guests and performers on this special night.

The doors open at 1:30 p.m., and entertainment begins at 2 p.m. This year's emcees are Shirley Quattlebaum, Event Chair and Rachel Persall, Ms. Cullman County Fair.

Admission to the For Kids' Sake Variety Show is $5 in advance and $10 at the door. Purchase tickets in advance from any performer or from the CRMC Foundation Office, located on the first floor of CRMC Professional Office Building I near Subway or online at www.crmchospital.com/foundation/FKS.

For more information, contact the CRMC Foundation at 256-737-2604, 256-737-2565, or visit online at www.crmchospital.com/foundation.



Mother Publishes Story of Her Daughter's Battle Against Cancer

Contributed

Author Rebecca Rozelle Burt returns with a nonfiction work which traces a journey that transformed her life and may also transform the lives of others.

ANNISTON, Ala. From Rebecca Rozelle Burt, author of *Facing Bulls*—a powerful fiction about death, grief and coping—comes *I Had a Daughter*, a newly-published, evocative work of non-fiction, that tackles the same life-changing themes as her novel.

Burt recounts in raw detail the story of her 13-month journey with her daughter, Rozelle Burt Lentjes, as she battled a lethal form of cancer. It is a remarkable story that deals with relationships and suffering, courage and perseverance, humility and grace, faith and love.

I Had A Daughter is a memoir as well as a spiritual diary. Written by a mother who becomes a primary caregiver for her beloved 46-year-old daughter, the book is composed of a chronological narrative interspersed with pertinent e-mails, inner monologues, and medical data.

No component of the author's experience is omitted. The author does, however, recognize her limitations.

"I tell Rozelle's story only as I could perceive it within the space allowed to those we love, the borders of our private inner worlds. I admit to the subjectivity of my perceptions and memories," Burt writes.

The book allows readers to experience from the inside what the author calls "cancer world." Including details of their medical journey, Burt reveals the complications and frustrations involved in finding the right doctors and the best treatment. She describes how the best doctors relate to the patient and not just the disease. She also emphasizes the necessity of informed patient participation in the process of treatment.

Ultimately the story becomes a spiritual diary. During bad times and good, the author is surprised by changes and discoveries in her understanding of what life brings.

This book will provide insights for any reader who has faced adversity and survived. It will also be of interest to anyone who has wondered about the mysterious ways in which we incorporate suffering and loss into our lives without falling into despair.

About the Author

Rebecca Rozelle Burt was born and grew up in Talladega, Alabama. She attended Auburn University, married, and later graduated from the University of Alabama at Huntsville.

When her two children were young, she earned an MA degree from Jacksonville State University. After teaching English in junior high and high schools in various northeastern Alabama locations, she spent the last several years of her career in the English Department of Jacksonville State University.

She is the author of a novel, *Facing Bulls*, published in 2010 and is currently working on another novel, *Because I Live Here*, and editing *Recollections: My Folks and Fields*, her late father's cultural history of life in rural Clay County, Alabama. She lives in Anniston, Alabama, with her husband, Mack. They share their home with Woodrow the Wonder Dog, a border collie mix rescued from a local shelter.

Opinion

No(ah)-It All: The Denim Compromise

By: Noah Chandler
noahchandler@cullmansense.com

Back in June I went down the slope of clothing and whether or not it truly makes the man. Well, seven months later the conclusion drawn then still stands firm today. They don't make the man; they do, however, make some men feel more comfortable with whom they're trying to be.

While I appreciate a tailored suit, the craftsmanship behind the clothes, the odds of catching me in one more than twice a year is highly unlikely.

This guy is comfortable – or shall we say more on my level – when dressed down in loose fighting jeans or khakis, a t-shirt, hoodie, and worn out sneakers.

It may not be the most professional attire but then again I've never read an article written by a suit or a pair of argyle socks, so I'll be sticking with the so-called slacker look for now. You may wonder why this subject is being rehashed, and you'd have good reasoning to question, but the consequences of being oneself can be harsh. Let me explain.

For the longest time different friends and acquaintances would conduct business with me but during the meetings they would sometimes have this "hmmm" look on their face.

I knew they were staring at comically printed shirt but it didn't really affect business a lot. Nevertheless it was something that had me intrigued.

So I did what any rational person would do; change up their whole style.

One of the funny consequences of trying something new is the response it generates. After writing the first column I went out, bought a couple pairs of dress slacks, a few ties, a pair of bulky dress shoes, and of course some long sleeve button ups.

Now, it's certain I'll get some type of discouragement from friends for putting this out on the table but it is okay.

This guy can't live fraudulently, so paying lip service – or in this case eye service – just isn't an option regardless of the cost.

After changing up, the style stunned onlookers issued out statements ranging from the inconsiderate "this is what you look like when you bathe" to the trying to be considerate "you look like a professional now." Inside the little voice was screaming "This is what selling out sounds like. Hope you enjoy it."

Indeed the new change was not enjoyable. The first day was nearly unbearable. The wonderful tie felt as if it was constraining breathing – or so it felt – the irritating socks kept pulling out delightful leg hair, but the pants…they were alright. However, instead of taking the clothes back to the retail purgatory they came from, I instead elected to push forward with the change in look.

Over a period of a few weeks it seemed as if the new, sophisticated look was going to win out. But just when I thought the old Pink Floyd hat had seen its final day, the fear of losing my identity won over the thought process. Out were the slacks and in were the jeans.

See, a pair of jeans are the compromise because I truly despise the feel of denim. Not knocking others for loving denim, just stating that the crinkling sound mixed with the mild static charge build up is almost too much to stomach.

However, the loathing of denim does not even register on the uncomfortable chart when compared to a tie, so there you have The Denim Compromise, as odd as it is.

2013 Coca-Cola Meet the Players

By: Josh McBrayer
joshmcbrayer@cullmansense.com

MOBILE- This is my second year to cover the Senior Bowl for CullmanSense and the second time I have taken off the tie, left the credentials in the car, and entered the Coca-Cola Meet the Players event not as a sports editor but as a huge fan of college football.

For anyone who knows me they know I have been collecting autographs all my life but have been a serious collector, amassing well over 500, for the better part of five years. None the less, I was a bit overwhelmed last year as I had never been to an autograph signing on the magnitude of the Coca-Cola Meet the Players and therefore, unprepared.

This year I came "armed and ready" with tons of photos and *Sports Illustrated* magazines, some for friends, to try and get signed. The signings were broken up into two sessions, 1 ½ hours each, with different players in each group so I had a "game plan" before arriving.

As I walked into the Mobile Convention Center at 2 p.m., the signing started at 3 p.m, I was shocked at the multitude of fans already in attendance. As it was last year, the Alabama line was backed out the door with fans hoping to meet their favorite Crimson Tide players. An added bonus this year, thanks to Under Armor, was a table set up from 2 p.m. to 3:30 p.m. that featured former Alabama stand-out and current Buffalo Bills star Marcell Dareus signing for fans as they waited for the Senior Bowl players to arrive. After obtaining two signatures from Dareus, one for my son and one for the office, I moved on to wait in the Big 10/MAC/Notre Dame/Sunbelt line for a chance to meet Notre Dame's Braxton Cave and Michigan's Denard Robinson who had the second longest line after Alabama. At three the line started to move and I slowly made my way to the signing table. 35 minutes later I reached the player field table and was able to obtain Eric Fisher (Central Michigan), Michael Buchannan (Illinois), Zac Dysert (Miami-OH), Kawann Short (Perdue), and Braxton Cave all on a Senior Bowl logo photo as well as signed cards that the players provide. I was also able to snag Braxton Cave on a *Sports Illustrated* as well as Denard Robison on a *Sports Illustrated*, the two reasons I chose this line first.

With less than an hour left for group one, I made my way over to the SEC East line and with time winding down I finally made it to the table where I was able to get Sanders Commings (Georgia), Cornelius Washington (Georgia), and Larry Warford (Kentucky) all on the Senior Bowl logo photo. The reason I chose the line was for Georgia's Tavarres King and Florida's Mike Gillisee who I got on their own individual photos.

With just minutes left I rushed to the Auburn/SEC West line in hopes of getting Philip Lutzencurchen (Auburn) but I was too late, as the groups changed, but with a stroke of good luck, Lutzencurchen walked right by my heading to the exit and was kind enough to sign my photo, which made my day. Tyler Wilson was in group two of the Auburn/SEC West line so I decided to stay where I was. The line moved rather quickly and I was able to get my logo photo signed by Lavar Edwards (LSU) and Josh Boyd (Mississippi State) as well as a photo of Tyler Wilson (Arkansas) and, the main goal, a photo that my boss had taken the day before of Tyler Wilson, Landry Jones (Oklahoma), and EJ Manuel (Florida State), the three South quarterbacks, signed by Wilson. As I was standing in line, a Georgia fan who I had met in the SEC East line, got me a photo signed by Bacarri Rambo and brought it to me.

Trying to complete the QB photo I headed to another extremely long line, FCS/D-II/Big 12. The line moved painfully slow but I eventually made it to the front and got Kyle Juszczyk (Harvard), Chris Harper (Kansas St), Brandon Williams (Missouri Southern), Quinn Sharp (Oklahoma State), Robert Alford (Southeast Louisiana), Alex Okafor (Texas), Joe Madsen (West Virginia), and BW Webb (William & Mary) all on the logo photo. I was also able to obtain an Alex Okafor signed photo for a friend and Landry Jones on a photo, *Sports Illustrated* and, most importantly, the quarterback trio photo. Needing just EJ Manuel (Florida State) to finish the photo, I hopped in the ACC/WAC line in hopes of making it to Manuel before he had to leave. The line moved relativity fast but as I reached the table the player handlers were telling the players that they needed to go. Luckily, Manuel was accommodating to the fans and stayed over the allotted time. I was able to get him to sign a photo AND the trio photo, completing one of the coolest autographed pieces I have ever put together.

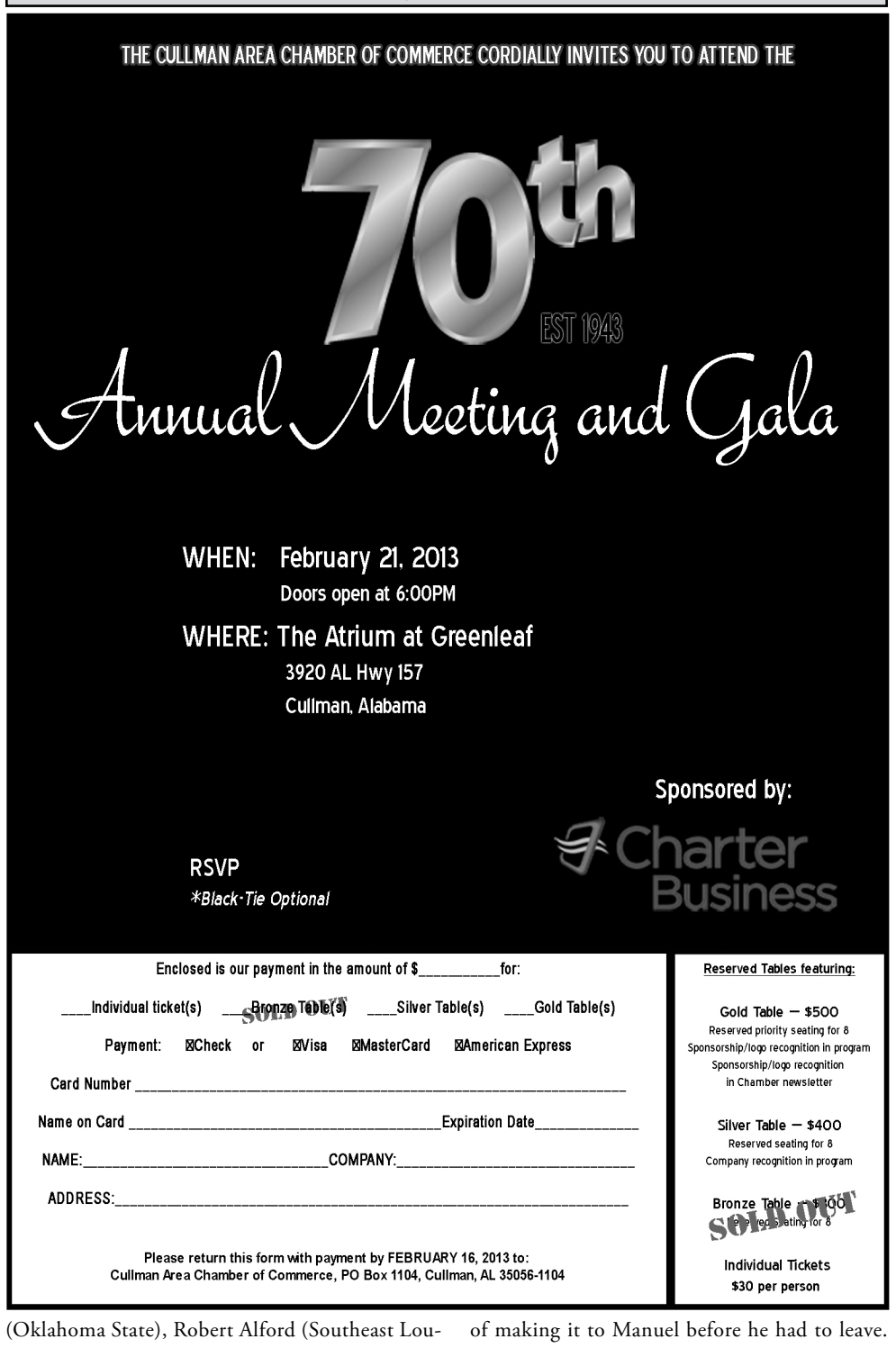
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Twitter: @cullmansense Facebook.com/ cullmansense	Noah Chandler Publisher noahchandler@ cullmansense.com	Lindsey Dossey Contributor health@ cullmansense.com
Watch us on YouTube youtube.com/ cullmansense	Kristen Holmes Contributor education@ cullmansense.com	Dustin Isom Editor dustinisom@ cullmansense.com
Kassey Laney Advertising klaney@ cullmansense.com	Josh McBrayer Sports Editor joshmcbrayer@ cullmansense.com	Jessica Norrell Photographer jessicanorrell@ cullmansense.com
Subscriptions thecullmanpaper. com	News Tips & Comments 256-297-1TIP	Fax 256-261-2439
Calendar Listings calendar@ cullmansense.com	Sports Tips sports@ cullmansense.com	Obituaries* obituaries@ cullmansense.com

CullmanSense is located at 101 1st Avenue Northeast, Suite 230, Cullman, Alabama 35055
For past issues, e-mail cullmansense@cullmansense.com or call 256-297-1847

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This online service is free, just request it from your funeral home of choice.



SPORTS

Fairview: Champions of Cullman County Basketball

By: Johnny Thornton
Sports Correspondent

HANCEVILLE - Fairview took West Point's physical play from its guards and also showed tough defense as well. Being able to withstand the pressure the Warriors applied from their backcourt of Josh Looney, Jordan McKenzie, Kris Keller, and Tristan Dubberly, Fairview prevented a second consecutive title run by the Warriors, beating the ball club Saturday night in the Cullman County championship by the score of 52-37.

West Point won the first half of this battle by leading at the half 20-14. The physical play of the Warriors' defense allowed Fairview only four field goals in 18 attempts.

The Warriors got 10 shots to go down in 23 tries, but neither was able to show a good stroke from 3-point range with the Warriors 0-4 and the Aggies 0-5.

But in the third period, the game changed. Elijah Garrison converted three shots for Fairview with the Aggies seven of 14 for the quarter. The Aggies shut down the Warriors, not letting them get off a three-point shot and kept them with two field goals made in just seven attempts.

A 16-4 run sent the Aggies to the lead at 30-24. The offense continued to get more productive for Greg Boatright's team once the contest moved well into the final quarter.

What propelled the Aggies to their first title since 2011 was visiting the foul line, especially center Blake Parker. Parker was 10 for 10 in the game, hitting four of four in the final period. In the fourth, the Aggies were 12 of 14 and finished the game with 20 of 23 made free throws.

Parker also stood out on the defensive side with 12 rebounds while his visits to the foul line sent the Warriors into foul difficulty.

The second half was a 38-17 margin for the Aggies as they held the Warriors to five of 24 from the field in this span. The Warriors did score three times from long range, but they came late when the game was already in a comfort zone for the Aggies.

West Point, who shot well in two previous wins at the Coliseum vs. Cold Springs and Holly Pond from the line, was two for seven. The legs became weary as the Warriors couldn't maintain the advantage they had worked hard at by halftime.

Parker helped the Aggies extend their winning streak to seven games with their 19th victory of the season by scoring 16 points, claiming 15 rebounds, and three blocks. Garrison got 14, Luke Bailey eight, Andy Hendrix nine, and Peter Kessler five.

Dubberly hit 11 for the Warriors who are 17-8 on the season. Their 3-game winning streak was stopped as was a 5-game winning streak at the Coliseum under coach Randy Jones.

Kris Keller scored nine, Nick Nuss six, Wesley Smith, McKenzie and Looney three each, and Ryder Jones two.

Boys All-Tournament team:
Alex Cofer - Good Hope
Elijah Garrison - Fairview
Luke Bailey - Fairview
Wesley Smith - West Point
Josh Looney - West Point
Blake Parker - Fairview
Brontae Harris - Hanceville
Austin Smith - Holly Pond
Chayse Elliott - Cold Springs
Zack Sloan - Good Hope

Coaches All-County team:
Lance Stanley - Vinemont
Alex Cofer - Good Hope
Brontae Harris - Hanceville
Wesley Smith - West Point
Chayse Elliott - Cold Springs
Tristan Chambers - Cold Springs
Layne Rice - Cold Springs
Gunter Morris - Holly Pond
Colby Adams - Holly Pond
Blake Parker - Fairview
Kris Keller - West Point
Luke Bailey - Fairview
Chris Smith – Hanceville

Eli Thomas Memorial Scholarship winners:
Logan Wallace - Vinemont
Sheldon Lewis – Hanceville

Joe Shults Award winner:
Chayse Elliott - Cold Springs



Photos Contributed

West Point takes down Vinemont in JV Championship Game

By: Johnny Thornton
Sports Correspondent

HANCEVILLE - An impressive season for the West Point Warriors in junior varsity hoops ended Saturday with a 51-37 victory over the No. 1 seed Vinemont Eagles.

Second seed West Point was ahead of Vinemont by only a 29-25 margin early in the third period when the Warriors put the game out of reach.

They finished the quarter on an 8-2 run to build a 37-27 lead.

Then, in the fourth period, the advantage continued to extend with the No. 1 team in this division unable to come back, suffering only their second loss in 17 games.

The victory for West Point ran its record to an impressive 23-2 mark.

Levi Laney was the answer the Warriors needed during the second half. Laney scored 17 of his game high 19 points in the final 14 minutes with 10 coming during the third quarter run.

He started the game missing his first four free shots then made his last four.

Will Wrenn delivered 10 to the winners along with six rebounds and two assists, Bryant Farley connected on four of five shots to finish with eight points, Trent Campbell got six, Riley Voce five, and Zack Tilley three. Austin Hedgecock had 13, getting six points in the final quarter for the Eagles. Trey Waldrep and Tyler Tucker scored six, Trey Tucker four, Hunter Rollins and Austin Mosley finished with three, and Bo Wright one.

JV Boys All-Tournament team:
Will Wrenn - West Point
Matt Cahoon - Holly Pond
Dylan Smith - Fairview
Austin Mosley - Vinemont
Hunter Rollins - Vinemont
Chance Hill - Fairview
Levi Laney - West Point
Nathan Duke - Holly Pond

West Point Claims the Freshman County Championship

By: Johnny Thornton
Sports Correspondent

HANCEVILLE – Tanner Rusk led a balanced scoring attack with 11 points as the West Point Warriors took home the title in the freshmen division of the Cullman County Saturday afternoon, defeating Fairview 42-20.

Rusk scored 11 points for the champions on four field goals and three of five from the line. He carried the Warriors in the first period with seven points on two field goals and three of three from the line with West Point taking a 9-4 lead.

Fairview kept the game close thanks to Austin Fletcher getting a couple of second period shots to fall and free throws from Noah Walker and a basket by Austin Harris as they were down at the half 17-14.

The game turned the Warriors' way with a 13-4 run in the third thanks to Ethan Barnette hitting three of three attempts.

Justin O'Neil added three from the line that allowed West Point to take a 29-18 lead into the fourth. Fairview managed two free throws in the final period with West Point putting the game out of reach as Jordan Skinner landed a three-pointer as time expired to complete the 42-20 victory.

Rusk was tops for the Warriors with 11, O'Neil scored nine, Barnette and Kobe Smith six each, Skinner three, and Brady Kent and Drew Jenkins two apiece.

Fairview was guided by Fletcher with six, Harris five, Walker and Caleb Chambers four, and Ethan Waddell one.

Freshman All-Tournament team:
Tanner Rusk - West Point
Kobe Smith - West Point
Michael Lambert - Holly Pond
Austin Feltcher - Fairview
Justin O'Neil - West Point

Be sure to check out our photo galleries from the games at cullmansense.com.

SPORTS

Baily West leads Cold Springs to JV win over Holly Pond Broncos

By: Johnny Thornton
Sports Correspondent

HANCEVILLE – There's no doubt Cold Springs coach Tammy West is proud of her junior varsity team for its performance in winning the Cullman County championship Saturday afternoon over Holly Pond 45-38 at Tom Drake Coliseum.

West is also expressing a great deal of pride in the play of her daughter, Bailey West. West stood out with 14 points, especially at the foul line as she was 10 of 15.

She knocked down her first attempts from the line and was six of eight at the stripe when the game went to halftime with Cold Springs leading 27-12.

Thanks to an 11-5 advantage in the third period, Cold Springs seemed to have the game under control with a 38-17 advantage.

However, the Lady Broncos made a run in the final period behind the scoring of Bailey Shedd. Shedd, a reserve, delivered nine fourth period points on four of five shooting and one of three from the line.

But the Lady Eagles were able to hold the Lady Broncos in check enough that time ran out and Cold Springs improved to 11-1 on the season, beating Holly Pond for the second time in three games.

Following the 14 points from West, Emme Willoughby scored 12, Kaleigh Merring seven, Rilee White eight, Hannah Watson three, and Josie Stanley one.

Holly Pond fell to 14-4. Leading the Lady Broncos was Ruth Horton with 13, Shedd 11, Abby Gambrill seven, Melissa Clingman four, Taylor Tankersley two, and Adair Gillian one.

JV Girls All-Tournament team:
Ruth Horton - Holly Pond
Daeshia Smith - West Point
Kaylee Maddox - Good Hope
Rilee White - Cold Springs
Emme Willoughby - Cold Springs
Abby Gambrill - Holly Pond
Sydney Phares - Good Hope
Bailey West - Cold Springs

Fourth Quarter Comeback sends Lady Broncos to County Title

By: Johnny Thornton
Sports Correspondent

HANCEVILLE - Slowed up early in the game due to back spasms, Holly Pond forward Natasha Holcombe came through when her team needed her.

In the fourth quarter, Holcombe was three of four from the field, made a couple of key 3-point shots and helped her team come back to win the Cullman County championship game, getting past Good Hope 47-42 Saturday night.

It was the first time Holly Pond had took home the county title since 1997. They had been the brides maid in four of the five previous championship games.

The victory by Scott Adams' squad ended the run of the Lady Raiders who had defeated them in the 2011 and 2012 championships.

Holcombe said she had suffered the back injury in Thursday's 64-44 semifinal win over West Point. It affected her as she took only one field goal attempt and had one rebound in limited playing time through the first three quarters.

While she was dealing with her injury, her teammate Taylor Terry ripped the cords for 13 points through the third period.

She had nine by the break with Holly Pond holding on to a 22-14 halftime lead, allowing Good Hope only six made field goals in the first half on 20 attempts.

But the Lady Raiders corrected their shooting woes in the third period thanks to a 15-5 run. They were five of eight in the stanza, going three of five from long range and climbed into the lead at 29-27.

Early in the fourth, Good Hope moved out to a 33-29 lead as Cara Goodwin scored on a short range jumper.

Then Holcombe came back on to the floor and contributed to the offense the way her teammates felt she could despite not being 100 percent.

The Lady Bronco defense clamped down on the Lady Raiders down the stretch, forcing several turnovers with Good Hope unable to hit some free throws as well.

Rachel Finley was three of four at the line in the fourth and a couple from Taylor Rowell wrapped up the Lady Broncos' 21st victory against three defeats.

Terry's 17 points was the key thanks to seven of 13 from the floor and two of four at the line. Meg Gambrill scored 10 followed by Holcombe with nine, Finley six, and Rowell and Lexi Lynn two.

Kayla Tillman had her second straight 16-point performance at the Coliseum for Good Hope. She was three of eight from long range, had seven rebounds, and blocked four shots.

Goodwin tossed in 11, Kaitlyn Bishop six, Kacy Thomas four, Darcie Wilson three, and Kami Calvert two.

Girls All-Tournament team:
Kennedy Trimble - Fairview
Madison Rusk - West Point
Chloe Harbison - Cold Sprin
Kayla Tillman - Good Hope
Savanna Fendley - Good Hope
Cara Goodwin - Good Hope
Taylor Terry - Holly Pond
Meg Gambrill - Holly Pond
Natasha Holcombe - Holly Pond

Coaches All-County team:
Jordan Melton - Vinemont
Chloe Harbison - Cold Spring
Haley Freeman - Cold Spring
Caitlyn Hall - Cold Springs
Rachel Persall - West Point
Madison Rusk - West Point
Kayla Tillman - Good Hope
Darcie Wilson - Good Hope
Taylor Terry - Holly Pond
Meg Gambrill - Holly Pond
Natasha Holcombe - Holly Pond

Charlotte Cummings Memorial Scholarship winner:
Lexi Malone - Holly Pond

Bill Shelton Award winner:
Rachel Persall - West Point

Damage is temporary, community is forever

By: Josh McBrayer
joshmcbrayer@cullmansense.com

WEST POINT – Last Thursday night was rough for the West Point football team. Not from practice or a hard-fought game, but from vandalism of the their football practice field.

"It was doughnuts from end to end," said West Point principal Heith Yearwood of the damage.

"The extent of the damage will not be known until we turn on the 25 sprinkler heads on the field. They have been winterized so we cannot turn them on right now."

Although the damage is unknown monetary wise, Mr. Yearwood said that because of the heavy rains topped with the snow, the field was very muddy and sustained considerable damage.

Upon learning of the vandalism, West Point High School offered a $500 reward that was quickly matched by the West Point Quarterback Club, bumping the reward to $1,000, for information leading to the individual or individuals responsible for the vandalism.

"Tips came in very quickly," Yearwood said. "The individuals responsible were apprehended very quickly."

Four West Point students were responsible for the damage. One of the perpetrators is 18 years of age and the other three are minors.

It may take months to fully repair the practice field, but thanks to the diligence of the West Point community, those causing the damage will be held accountable.

Wallace State softball ranked third in NJCAA preseason poll

By: Russell Moore
WSCC Contributor

HANCEVILLE – Wallace State softball is ranked third in the National Junior College Athletic Association (NJCAA) preseason poll, released Thursday afternoon, after the Lady Lions finished third in the nation last season.

Wallace State softball is accustomed to being mentioned among the elite junior college programs under coach Jayne Clem. The Lady Lions were NJCAA national champions in 2008 and have since been national runner-up twice, along with the third-place finish last season, when they amassed a 60-12 record.

Wallace State has won five of the last six Alabama Community College Conference (ACCC)/Region 22 tournament championships, seven overall, and averaged 61 wins per season since 2008. Clem has compiled a 662-165 record during 13 seasons in Hanceville, being named ACCC Coach of the Year 10 times.

The Lady Lions open the regular season Feb. 8 at Marianna, Fla. Key returners this season are outfielder Katie Gentle, infielder Victoria Frith, catcher Paige Rowland, and pitchers Lindsey DeFee and BreeAnna Blevins.

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Community Matters

Big "Wheels" are turning at the BJCC

42nd Annual World of Wheels Custom Auto Show comes to Birmingham-Jefferson Civic Center February 8th - 11th with fun for the whole family

By: Josh McBrayer
joshmcbrayer@cullmansense.com

BIRMINGHAM – February 8th is just days away and do you know what that means? It means that its time for the 42nd Annual O'Reily Auto Parts World of Wheels Custom Auto Show.

From February 8th to 11th (Friday thru Sunday) the Birmingham-Jefferson Civic Center will be packed full of gear-heads, automobile enthusiasts, and anyone looking to have a good time.

As they do each and every year, Sonny and Deborah McLean along with their top notch staff, put together the best auto show not only in the South, but in the whole country and this year is no exception.

Fans will have a chance to meet "Mountain Man" from the hit A&E show *Duck Dynasty*, Danielle from another A&E hit show *American Pickers*, and Bryan Fuller who is the former co-host of *Two Guys Garage*.

Fuller will also have his newest creation, "Thunder Taker", a 1960 tricked out Cadillac hearse. Danielle, Laura, and Nadia, the World of Wheels pin-up girls, will be on hand as well as the "Master of the Fine Line" Von Hot Rod who will be available to pinstripe items for the public.

World of Wheels is a family friendly atmosphere with plenty of activities for the little ones in your family.

They can come meet Victoria Justice from Nickleodeon's hit *Victorious*.

Also available for photo will be Spongebob Squarepants.

He will be walking throughout the crowd taking photos with the kids.

As an added bonus, the first 200 kids through the gates each day will receive a free Hot Wheels that they can then race on the Hot Wheels track.

Celebrities:

1. Darth Vader and the 501st Legion will be "using the Force" as they make their way around the BJCC "Red Rain", Alabama's Sandtrooper squadron.
2. Mountain Man from A&E's "Duck Dynasty" - Appearing all 3 days
3. Danielle from History's "American Pickers" - Appearing Friday
4. Victoria Justice from Nickelodeon's "Victorious" - Appearing Saturday

Please visit www.worldofwheels.net for more information on celebrity appearances..

The meet and greet with the celebrities is a nice addition each year, however, the whole of the show is of course the automobiles.

The BJCC will be wall-to-wall automobiles with some of the best builders in the country showing off their creations.

From classics that take you back to yesteryear to the muscle of today's mean machines, there is something to wet everyone's appetite.

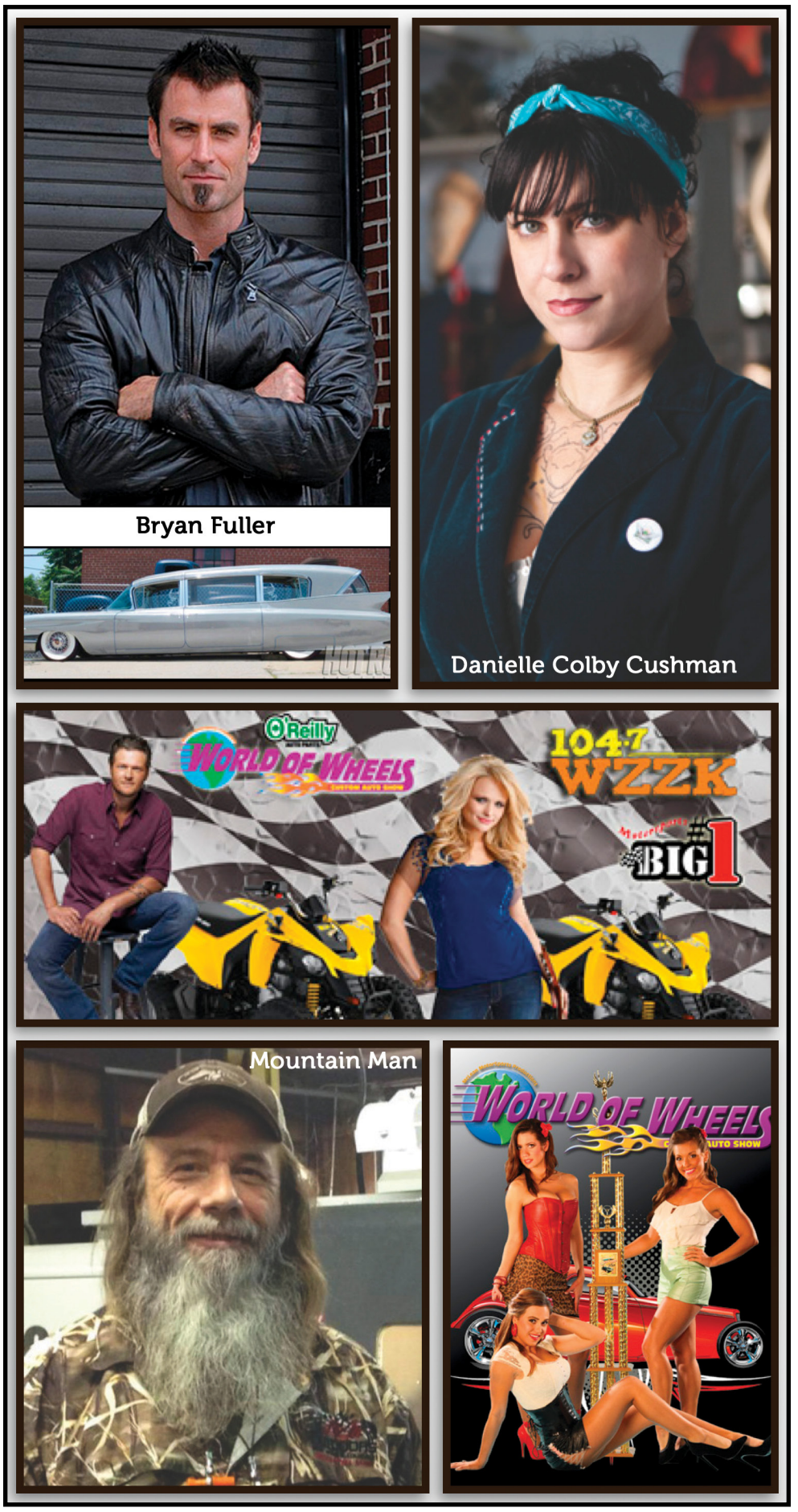
If you like custom autos, you do not want to miss the 42nd Annual World of Wheels.

Also happening during the World of Wheels:

- Bryan Fuller: Custom car builder & former host of Speed Channel's "Two Guys Garage" - Appearing all weekend
- Von Hot Rod: Internationally known West Coast Pinstriper and "Master of the Fine Line", Hot Rod will be at the show pin striping items for the public all weekend.
- 2013 World of Wheels Pin-Up Girls - Appearing all weekend
- Register to WIN "His" & "Hers" Can AM 250 ATV's Signed by Blake Shelton and Miranda Lambert! One lucky winner will win both, all brought to you by Big #1 Motorsports, 104.7 WZZK, & the O'Reilly Auto Parts World of Wheels.



Von Hot Rod



Images Contributed

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Chris Windsor
Kyle Windsor
Patrick Allred

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

Missoula Children's Theatre presents *The Wizard of Oz*

Organization helps children realize their potential and passion in the performance arts

By: Natalie Bonner

Contributor

CULLMAN – The melodic words reverberate throughout the auditorium: "My home is in my heart. My heart is in my home," Dorothy chants. This is the timeless tale of *The Wizard of Oz*, Cullman style.

At home in the vast expansion of the Cullman Civic Center are the talented children of our city and counties participating in the annual tradition of Missoula Children's Theatre International Tour, set to perform the beloved classic we all watched in Technicolor television many years ago.

The MCT tour group is a traveling trailblazer with an edgy entrepreneurial spirit. They travel anywhere and everywhere helping children realize their potential and passion in the performance arts through a weeklong theatrical boot camp of auditions, casting, rehearsal, and performance.

The employees average a working total of 40 out of 52 weeks in a year out on the road. 2013 will see them off to all 50 states and 17 different countries, enabling them to work with 65,000 children.

James Scotland and Dan Watson both serve in the same capacity as either the MCT Tour Director or on-location actor since the two swap roles each week. The change-up keeps it fresh and interesting as the pair travel all over the world. Certainly maintaining some sense of "home" with life on the road is somewhat challenging but is not without its rewards.

Scotland said, "I'm constantly thinking about home, but discovering new places every week. Each week is a new experience for us."

Scotland confirms that the interesting structure of MCT is a prime opportunity for new college graduates who have an invested interest in theatre and enjoy traveling, teaching, and performing, while experiencing a vast amount of culture exposure.

Watson, who has been with the company for three years, said, "Cullman's kids are some of the most well behaved and easy to work with. By mid-week, they were ready to perform."

Out of 118 auditions, only 60 performers were chosen for roles in *The Wizard of Oz*. Such high stakes for snagging a coveted role is only the beginning for these young actors. Following their selection, the real work begins as they learn their parts and prepare to perform in less than one week.

"It's very tough to do in a week, but our directors are tough, too. We cumulatively rehearsed about 20 hours a week, that is four hours a day," Nicholas Bolin said, whose layered acting performance as the professor/wizard proved to be a double dose of duty and achievement for this talented young man to accomplish in so little time.

The colorful and winsome characters portrayed by our town's creatively inclined younger generation kept the audience captivated as they shared their journey of following the yellow brick road.

Cullman Chamber of Commerce President, Leah Bolin, whose two young sons were core performers in the play, agrees that the collaboration between Cullman and MCT was a most beneficial experience: "Missoula Children's Theatre has been coming to Cullman to showcase our talent for quite some time and it's a great chance to prove that while small, our town has many opportunities available for people to do great things."

Bolin's youngest son, Thomas, whose comedic portrayal of the cowardly lion definitely earned some laughs from the crowd, explained how his character's desire for courage wasn't too far from his own goal. "Courage is needed in everyday activities. It takes a lot of courage to get out there [on stage] and focus with so many people in the room."

The talented troupe of actors ranging in ages from elementary to high school most certainly poured their hearts into their performances earning multiple praises of admiration and even a standing ovation by play's end.

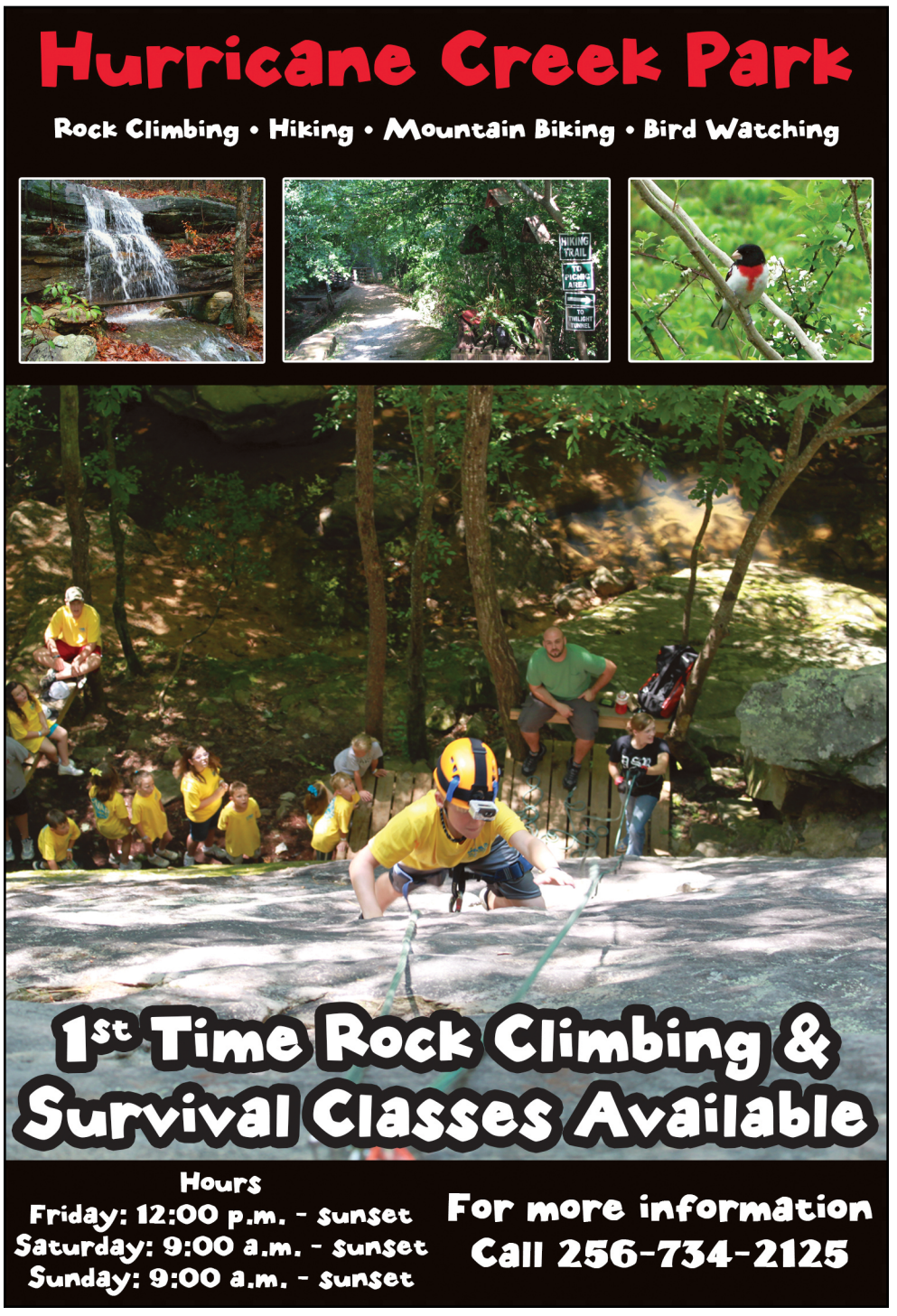
For these young actors, there is no such thing as having too big of dreams in this small town when you are presented with the opportunity to work with a renowned group such as Missoula Children's Theatre.

Watson stated, "The best part is after the show when you see the look of success on each child's face. That is the most rewarding part."





Photos by Jessica Norrell



Community Calendar

Submit your event to calendar@cullmansense.com

Monday

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.

'Senior Spirit'
'Senior Spirit' is a program sponsored by Cullman Parks & Recreation and its many activities take place at the Donald E. Green Senior Center. All activities are FREE. There is a 'Fitness for Life' class year-round centered around stretching and walking to help boost your energy. These classes are offered each Monday, Wednesday and Friday at various times 8 a.m.; 9:15 a.m.; 1:00 p.m.; and 2 p.m. (walking only). Tuesday has two classes, one at 8 a.m. with the stretching and walking; and a 4 p.m. walking only class. Everyone 50 and older is invited to join in the fun, fellowship and fitness!

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

United Way Annual Meeting
The United Way Annual Meeting will be held at Cullman Church of Christ from 11:30 a.m. until 1 p.m.

Multiple Sclerosis Walk Kickoff
There will be a kickoff meeting to plan for the upcoming Multiple Sclerosis Walk (in March) from 5:30 p.m. to 7:30 p.m. and all who wish to help with this event. Please come to the Col. Cullmann Room in POB ll. Dr. Christopher LaGanke will be guest speaker, with door prizes and refreshments during the evening. RSVP to Brandy Harm at 256-777-3628 for additional information or check brandy.harm@nmss.org.

Genealogy meeting
There is a free Genealogy meeting each Tuesday in the library basement at Wallace State College. This workshop runs from 5 p.m. until 8 p.m. and is to help new researchers and for informal study. Please call Von for additional information at 256-739-2843.

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.

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.

Wednesday

'Senior Spirit'
'Senior Spirit' is a program sponsored by Cullman Parks & Recreation and its many activities take place at the Donald E. Green Senior Center. All activities are FREE. There is a 'Fitness for Life' class year-round centered around stretching and walking to help boost your energy. These classes are offered each Monday, Wednesday and Friday at various times 8 a.m.; 9:15 a.m.; 1:00 p.m.; and 2 p.m. (walking only). Tuesday has two classes, one at 8 a.m. with the stretching and walking; and a 4 p.m. walking only class. Everyone 50 and older is invited to join in the fun, fellowship and fitness!

'Divorce Care for Kids'
A 'Divorce Care for Kids' program to help youths from 6 to 12 years of age is available to help youths whose family is going through, or has gone through, divorce. This FREE program takes place each Wednesday night at 7 p.m. at the Church. All workbooks and materials are included and presented to each attendee in class. Additional info is available by calling the Church at 256-737-0800 or check out Daystar Children's Ministry website at www.kidspowercompany.org.

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

Overeaters Anonymous Meeting
Members of Cullman's Overeaters Anonymous will gather at 4:45 p.m. and they invite others interested to come check out their group. They meet weekly, both on Thursday evenings at 4:45 p.m. and/or on Monday mornings at 9:30 a.m. These meetings are conducted at the Carriage House of Grace Episcopal Church. Folks are invited to attend either one of the group meetings, depending on your free time.

'American Values' Luncheon
Dennis Borwick and Ron Seybold will be honored during the 'American Values' luncheon hosted by the Boy Scouts of America Greater Alabama Council at TP Country Club. This annual event will begin at 11:30 a.m. with keynote speaker an Eagle Scout himself, Alabama State Treasurer Young Boozer. There is limited seating for this event, with seats at $100.00, and tables of eight for $500.00. All proceeds benefit boy scouting programs. Those interested in attending can call Robin Lambert at 256-775-6642. E-mail is also available, scoutcullman@gmail.com.

New Vision Support Group
There is a New Vision Support Group which will meet at 10 a.m. and everyone interested in this subject is welcome to attend. The program is at Hilltop Community Center. Additional information available by calling Linda Estes, 256-739-4653.

Friday

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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

'Seed Starting' at Farm Kid's Club
Farm Kid's Club program 'Seed Starting' will be held from 9 a.m. until 10:30 a.m. Parents need to attend with their children (parents are free). Children's fee is $5.00 each. Classes are offered at the North Alabama Agriplex Heritage Center. For further information and to register please call 256-297-1044 or visit cullmancountyextension.com.

Benefit Dinner at St. Bernard
The St. Bernard Booster Club will host its annual Drawdown/Benefit Dinner with money raised going toward helping fund the athletic programs offered at St. Bernard Prep School. The event starts at 6 p.m. in the Fazi-Richard Athletic Center on the campus. A total of 450 tickets have been available to the public for purchase. A donation of $100.00 per couple entitles the ticket holder to dinner and the opportunity to win more than $12,900.00 in cash and prizes. There also will be a silent auction. Tickets may be obtained at the school or by contacting Buster Ros at 256-347-1320 or Mark Pudles at 256-507-1748. Please visit St. Bernard on the web at www.stbernardprep.com or follow us daily on Facebook and Twitter www.facebook.com/stbernardprep.

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!

Next Monday

Cullman Kiwanis Club
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Community Matters

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Reflections of History



G. Scott Leeth Store — Photo Contributed by Cullman County Museum

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Are you a prepper?

Last Week's Poll:

Are you tired of reality TV?

Yes - 86%
No - 14%

Cast your ballot at cullmansense.com/poll

This Week in History Jan. 28 - Feb. 3

January 28th

- 1915 – U.S. President Wilson refuses to prohibit immigration of illiterates
- 1972 – Oral Roberts' Eddie Woods grabs 30 rebounds for second consecutive game
- 1998 – Michelangelo, "Christ and the Woman of Samaria," sold for $7.4 million
- 2011 – Responding to anti-government protests in Egypt, the government cuts off access to the internet, cell phones, and imposes a curfew

January 29th

- 1834 – President Jackson orders first use of U.S. troops to suppress a labor dispute
- 1929 – Seeing Eye Guide Dog Organization forms
- 1979 – President Carter commuted Patricia Hearst's 7 year sentence to 2 years
- 2011 – A 450 year-old painting by Titian of the Madonna and Child sets a record at Sotheby's, selling for $16.9 million

January 30th

- 1894 – Pneumatic hammer patented by Charles King of Detroit
- 1933 – "Lone Ranger" begins a 21-year run on ABC radio
- 1962 – Two members of Flying Wallendas' high-wire act killed when their 7-person pyramid collapsed during a performance in Detroit
- 2005 – Parliamentary elections in Iraq, the first since 1958

January 31st

- 1863 – First black Civil War regiment, South Carolina Volunteers, mustered into U.S. army
- 1934 – Franklin D. Roosevelt devalues dollar in relation to gold at $35 per ounce
- 1970 – Grateful Dead members busted on LSD charges
- 2012 – Following the Fukushima Daiichi nuclear disaster, the Cabinet of Japan approves a bill placing a 40-year cap on the life of nuclear reactors

February 1st

- 1887 – Harvey Wilcox of Kansas subdivides 120 acres he owned in Southern California and starts selling it off as a real estate development which is now known as Hollywood
- 1933 – Dutch bishops forbid membership in non-Catholic unions
- 1960 – Four students stage first civil rights sit-in, at a Greensboro, North Carolina Woolworth
- 2004 – At least 250 Muslim pilgrims crushed to death during the annual stoning of Satan ritual in the Mena Valley, Saudi Arabia

February 2nd

- 1848 – Treaty of Guadalupe Hidalgo ends Mexican War; U.S. acquires Texas, California, New Mexico, and Arizona for $15 million
- 1892 – Longest boxing match under modern rules; 77 rounds in Nameoki, Illinois between Harry Sharpe and Frank Crosby
- 1987 – Philippines adopts constitution
- 2012 – A serious cold snap across Europe causes 110 deaths

February 3rd

- 1913 – 16th Amendment, federal income tax, ratified
- 1962 – President Kennedy bans all trade with Cuba except for food and drugs
- 1982 – John Sharples of England finishes 371 hours of disco dancing
- 2011 – The U.N. Food and Agriculture Organization reports that world food prices have reached a record high



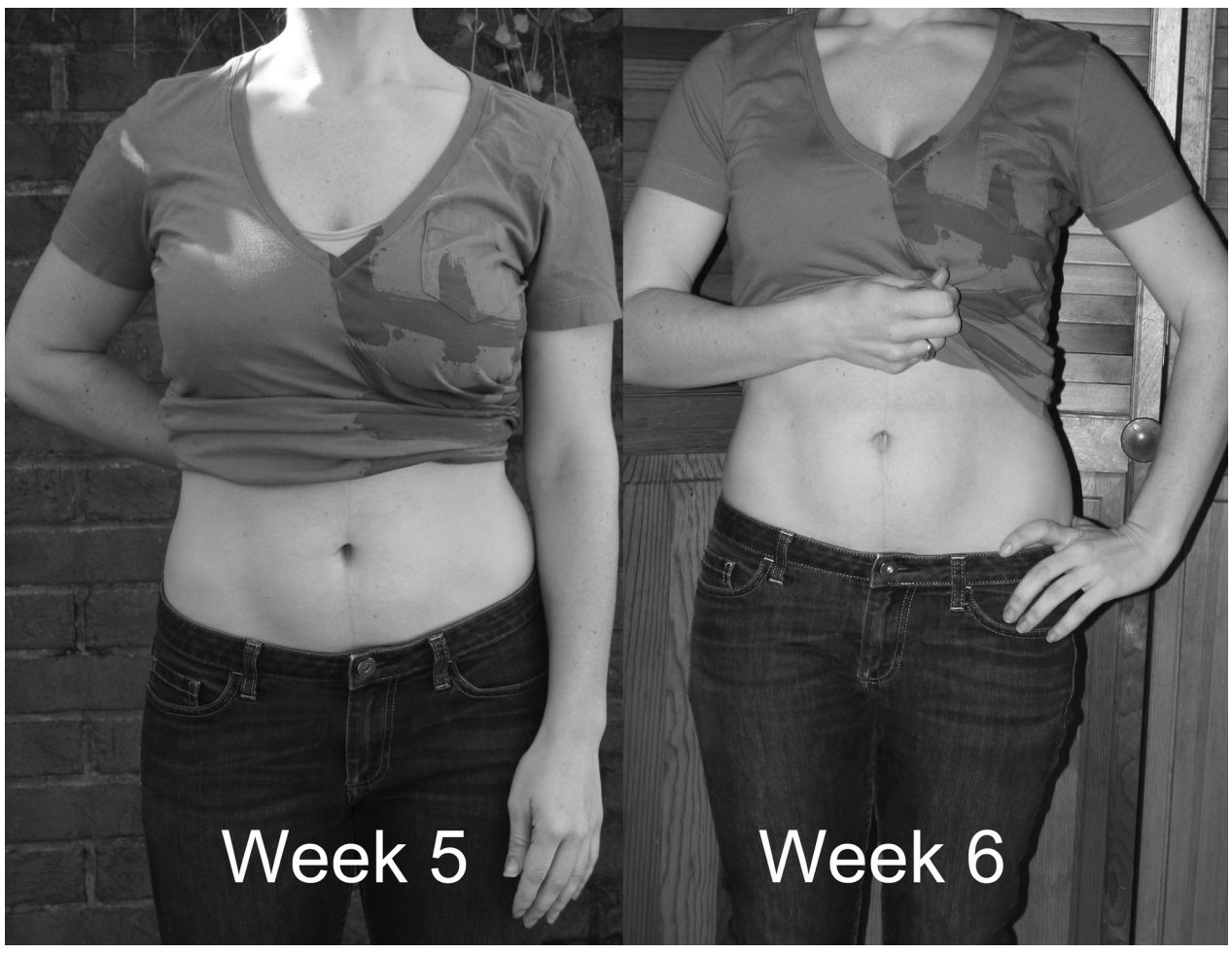
Community Matters

The Fitness Chronicles of Norrell - Week 6

By: Jessica Norrell
jessicanorrell@cullmansense.com

After battling sickness the week before last, I have recovered and have been to the gym almost every day this past week! Working out has become an enjoyable part of my daily (5-6 days a week anyway) routine, which is something I never thought I would say! If you are just starting workouts,

I encourage you to stick with it (I know it is tough at first). If I can make it a habit, most people can… I have almost no will power.



This week I really want to stress the importance of working out properly. This includes warming up, stretching, and what to eat before and after a workout. Working out properly is helpful in preventing injury but it also yields better results! It has really made a huge difference for me.

I want to reinforce that it is a good idea to do at least 30 minutes of light cardio or 20 minutes vigorous cardio, 4-5 days a week. Also make sure to warm up for 5-10 minutes, stretch, and do a 5-10 minute cool down to help prevent injuries and reduce muscle soreness. Do not stretch before warming up! You want your muscles to be warm before you stretch.

Another important part of working out is staying hydrated before, after, and during your workout. You should drink about 8 ounces, 20 minutes prior to working out, 8 ounces every 10-20 minutes while working out, and 16 ounces after your workout.

Fueling your body before and after a workout is incredibly vital as well (a step I used to ignore). According to Nora Tobin on Shape.com the best pre-workout foods contains some form of complex carbohydrate and a protein. These are a few of her snack suggestions (I typically go with the banana):

- Brown rice (1/2 cup) with black beans (1/2 cup)
- Small sweet potato with steamed or lightly salted broccoli in olive oil (1 cup)
- Banana with almond butter (2 tablespoons)
- Multi-grain crackers (10) with hummus (3 tablespoons)
- Oatmeal (1/2 cup) with berries (1 cup), sweetened with stevia or agave
- Apple and walnuts (1/4 cup)

According to the Journal of the International Society of Sports Medicine, consuming protein and a little carbohydrate is best immediately after exercise. Here are the foods I eat after my training sessions to help speed up recovery, maximize exercise benefits, and help maintain lean muscle to aid in weight loss.

- Protein shake made with half of a banana, one scoop of protein powder, almond milk, and hemp seeds (excellent protein source)
- Salad with roasted chickpeas (1/2 cup), light olive oil and vinegar
- Sautéed or steamed vegetables (1 cup) with non-GMO tofu (1/2 cup)
- Quinoa bowl (1 cup) with black berries (1 cup) and pecans (1/4 cup)
- Multi-grain bread (2 slices) with raw peanut butter (2 tablespoons) and agave nectar

My resource for the before and after workout snack information is on Shape.com, *The Best Foods to Eat Before and After Your Workout: How to use the power of nutrition for optimal results* by Nora Tobin.

I have been using her exact suggestions and my workouts have really improved. I highly recommend reading her articles but especially the portion I used. I didn't want to re-word much because everything she states is valid so please note my source!

Finally, one of the most important aspects of working out is doing your exercises properly! Not only do you get the full benefits of the motion but you prevent injury.

I have really enjoyed working out at the Cullman Wellness and Aquatics Center because the trainers are available to make sure you are doing your exercises properly. I highly recommend getting a trainer to at least go over a few exercises with you personally to make sure you are doing them correctly. That step alone has really made my results show faster!

I encourage you to add these steps to your current routine. They will really make a difference in how you look and feel. Next week I add my most hated exercise: abdominals. See you next week!

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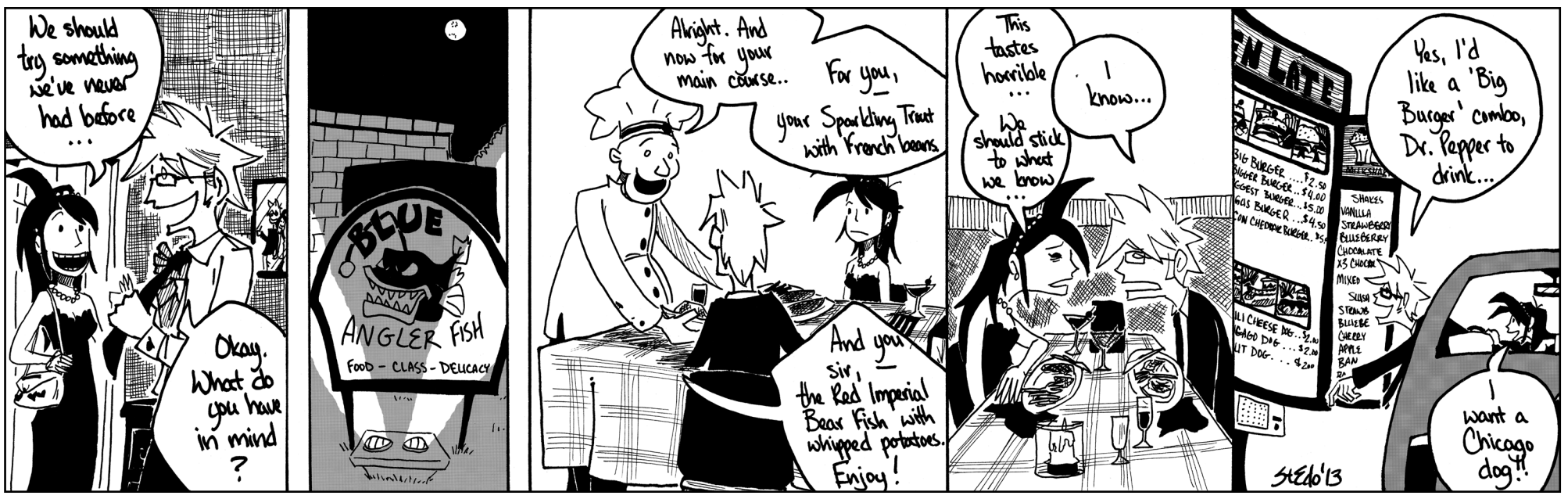
- **Missoula Children's Theater:** Auditions for the *Wizard of Oz* will be held Monday, January 21 for ages K-12 grade. The show will be performed at 2:00pm and 6:00pm & the public is encouraged to attend on Saturday, January 26. Actors will practice daily after school.
- **Miracle League Basketball Registration** Open January 1-January 30 at the Cullman Civic Center. Games will be played in February and March at Ingle Park. Price is $30 which include jersey. For more information call 256-739-9931.
- **Youth Baseball & Softball Registration** January 15-February 15 at the Cullman Civic Center. Cost is $75 and includes hat & jersey. Ages 4-16, boys & girls. For more information, call 256-739-9931.
- **Flag Football Registration**: January 15-February 15, $450 per team. Ages 15 & up may play. Register at Heritage park or call 256-739-9931 for details.
- **Archery Classes Beginning:** Spring archery classes will begin January 14 at the Cullman Civic Center. Classes will also meet at the Cullman Archery Park with instructor Anthony Parker. For more details, call 256-734-9157.
- **Yoga Classes**: Stay fit and relax with yoga held at the Civic Center every Tuesday night at 6:00pm with Fabian Holland. Six classes for $40 or $30 for seniors.
- **Start Your New Year Right!** Memberships to the Cullman Wellness & Aquatic Center are available starting at just $35 a month. Call 256-775-7946 for details.

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Community Matters

Winter Weather Safety Tips

Information Courtesy NWS - Birmingham

BIRMINGHAM – With the winter season bringing warmer than average temperatures many have forgotten that it is still January.

Residents living in Cullman County were reminded of the winter time season just a couple weeks back with some of the surrounding communities netting upwards of 4" of snow.

Keep ahead of winter weather by listening to the latest weather warnings and bulletins on NOAA Weather Radio, local radio, or television.

Be alert to changing conditions and avoid unnecessary travel. Also, make sure you check and stock your home/business emergency kit.

For your home…Plan ahead!

- Check battery powered equipment, and stock extra batteries for flashlights and a portable television or radio. Also, check emergency cooking facilities.
- Check your food and stock an extra supply. Your supplies should include food that requires no cooking or refrigeration in case of power failures. Consider high energy foods such as dried fruit or candy. Don't forget prescription medicines, first aid supplies, and other specialty items.
- Check your supply of heating fuel, but prevent fire hazards due to overheated coal or oil-burning stoves, fireplaces, heaters, or furnaces.
- Stay indoors during storms and cold snaps. Elderly persons, children, and those in bad health may be especially susceptible to cold weather. Avoid overexertion, especially if shoveling snow.
- Dress to fit the season. Loose, layered clothing will keep your warm, and a hat and mittens will protect your extremities.
- Winterize your home by caulking around openings, installing storm windows, and adding insulation.
- Don't forget your pets or livestock. Move animals to sheltered areas. For pets, bring them indoors or provide some form of heat. Provide fresh water since many pets die from dehydration in winter storms.

In your vehicle…be prepared!

- Get your car winterized before the storm season begins. Maintain a checklist of the preparation required.
- Carry a winter storm car kit, especially if you plan cross country travel or anticipate travel in northern states. Items to consider include a mobile phone and charger, blankets or sleeping bags, flashlights and batteries, a first aid kit, non-perishable foods, extra clothing, window scraper, water, road maps, a small shovel, and kitty litter or sand for traction.
- If the storm exceeds or even tests your driving limitations, seek available shelter immediately. Plan your travel and select primary and alternate routes. Check the latest weather information before departing, and drive carefully and defensively. Avoid traveling alone, and be sure someone knows your travel plans and route of travel.

CullmanSense's Movie Review: *Dredd*

Presented by Blockbuster

By: Josh McBrayer
joshmcbrayer@cullmansense.com

Another cult classic that got a makeover, *Dredd* (*Judge Dredd*), is the film for this week's Bloc'.

Ma-Ma controls her part of Mega City One with extreme violence and a reckless abandon for human life. She kills anyone who gets in her way including the pimp that cut her face and turned her into a psychotic killer.

She introduces a new drug to Mega City One called Slo-Mo that tricks your brain into thinking time is moving at 1% normal speed.

Dredd, a respected but harsh and no nonsense Judge, is in charge of training a rookie by the name of Anderson.

Anderson did not qualify to be a Judge but she is a mutant with psychic powers that the Judges at the Hall of Justice think would be a great asset to a Judge.

Dredd thinks Anderson should not be given a second chance after failing the Academy entrance exam but takes on the task of Anderson's training anyway.

It is a complex story with many twists and an extreme amount of violent content. On a scale of 1 (mild) to 10 (extreme), here is my assessment on the films contents.

Sexual Situations 6 – Brief (3 or 4 seconds) blurry sex scene, some sexual innuendo, and the main villian is a former prostitute.

Violence 10 – Many bloody deaths on the film including three drug dealers being skinned alive, and many slow motion scenes of people getting shot.

Language 8.5 – Various, colorful and numerous uses of the "F-word" along with other scattered profanities.

Overall I would give this film a 7 out of 10. I am not normally a fan of science fiction but I did enjoy this film.

It was much grittier than the 1995 version and was more of an action movie than a running joke.

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February 9, 2013

Stonebridge Farms

6p.m. - 9p.m.

$25.00 per person

Proceeds to benefit Relay for Life

Tickets available at:

Cullman County Sheriff's Office or Contact a Sheriff's Office team member (256)734-0342

Community Matters

Delicious (from Front)

"This is a program we've been doing for quite a while," said Shannon. "It's a great way to show children the process it takes to make their pizza. Plus, the parents and teachers are able to work hands on with the children, which makes the experience that much more memorable for everyone."

Of course, parents and grandparents who made the trip were not left out of the mix. Everyone walked out with their own specialty made small pizza.

"This is my first time to come in and make a pizza. It was wonderful and exciting," said Amy Page, mother of Carson. "I never knew there were so many steps to making a pizza."

Any school class, church group, or children's organization are welcome to bring their group out, but with proper notification first.

"We ask that you do call to the store to set up an appropriate day and time to bring your class or group," said Shannon.

"We don't have an age limit on school children, so that mean's any child from kindergarten through seniors is welcome to come out for a pizza making experience."

If you are interested in scheduling a time for your class or group, please contact Caitlin Shannon at 256-775-7272.



Same Places (from Front)

DL Austin Richard - Cold Springs
DL Brandon Addison - West Point
DL Charles Tatro - Hanceville
DL Austin Barnett - Good Hope
LB Torey Green - Hanceville
LB Christian Chappell - West Point
LB Alex Cofer - Good Hope
LB Trey Guthrey - Vinemont
LB CJ Waters - Fairview
DB Chris Whitehead - Holly Pond
DB Bryant Powers - Fairview
DB Logan Campbell - Cold Springs
DB Brontae Harris - Hanceville
DB Trent Shoemaker - Fairview
PK Tyler Smith - West Point
P Caleb Hurst - Hanceville
Ath Tyler Boland - Vinemont

MVP: Ty Jones - Vinemont
OFFENSIVE MVP: Luke Bailey - Fairview
DEFENSIVE MVP: Sheldon Lewis - Hanceville
COACH OF THE YEAR: Alan Scott - Vinemont

2nd team offense:
QB Duncan Hopper - Vinemont
RB Marco Rodriguez - Fairview
RB Kobe Smith - West Point
RB Carlos Chacon - Hanceville
WR Wesley Smith - West Point
WR Chris Raper - Good Hope
WR Jake Chandler - Fairview
WR Will Wrenn - West Point
OL Collin Day - Cold Springs
OL Blake Melton - Vinemont
OL Riley Hancock - Good Hope
OL Daniel Moss - Good Hope
OL Josh Mentzer - Hanceville
OL Austin Baker - Hanceville

2nd team defense:
DL Trent Campbell - West Point
DL Ryder Jones - West Point
DL Logan Wallace - Vinemont
DL Devin Taylor - Fairview
DL Tyler Tankersley - Hanceville
LB Jacob Cox - Holly Pond
LB Kendall Duke - Good Hope
LB Christian Seals - Fairview
LB Sam Wood - Fairview
LB Justin Bryan - Fairview
DB TJ Steele - Vinemont
DB Tarrant White - Holly Pond
DB Dalton Harbison - Vinemont
Ath Tristan Dubberly - West Point

Honorable mention:
Cold Springs - Zac Ellison, Vince Stewart, Austin Moore, Riley Garmon
Fairview - Austin Earwood, Cody Ashley, Bailey Strong, Tyler Echols, Ben Weaver
Good Hope - Zach Witcher, Ryan Dill, Jonathan Grigsby, Austin Crumbley, Lee Whisenant
Hanceville - Kody Smith, Heath Dunn, Kolby Smith, Dontae Reese, Garrett Masters
Holly Pond - Austin Hoffman, Ben Wilson, Richard Herara, Jacob Jones
Vinemont - Austin Blair, Blane Black, Josh Chambers, Taylor Evans, Kyle Weems
West Point - Aaron Griggs, Zach Tilley, Kyle Butler, Delton Cooke, Lance Ray

Hope (from Front)

Most of our team members are relatives. Janet Laney is the team captain with sisters, Elaine Blackwood, Rita Wallace, and Shelia Moore. Also on the team is Heather Sinyard, Amber Thornton, Karrie Dyson, Casey Rodgers, Blake West, Mark Moore, Darla West, Debbie Blackwood, Tammy Riddle, Melinda Dutton, Lisa Willingham, and Tammy Lackey.

"In 2003, following the loss of our mother, Ethel Brannon, we felt we had to do something to fight back and we began developing ideas for fund-raisers. A few years earlier another team had put together a pageant for Relay but since they no longer had a team, we decided to do it. However, we wanted a pageant with a "twist"—something different," she said.

"So, we included all ages, from tiny babies to the oldest grandmothers. Among our first winners was a beautiful 91 year old and because our entire reason to relay is all about survivors, we incorporated two divisions that would be for cancer survivors, only. They, of course, would enter at no cost."

This year's pageant will be our 10th for Circle of Hope and will be held on Saturday, February 23rd in the gymnasium at West Point High School. The pageant will begin at 10 a.m.

"We have early registration until February 16th, which allows contestants to receive discounts but we will accept entries up until pageant day. There are no specific requirements except being a girl as we do not have any little boy groups," she said.

"We have 13 different age groups and then our two survivor groups for a total of 15."

Age Categories are:
Babies-11 months
12-23 months
2-3 years
4-5 years
6-7 years
8-9 years
10-11 years
12-14 years
15-18 years
19-29 years
30-45 years
46-59 years
60-up

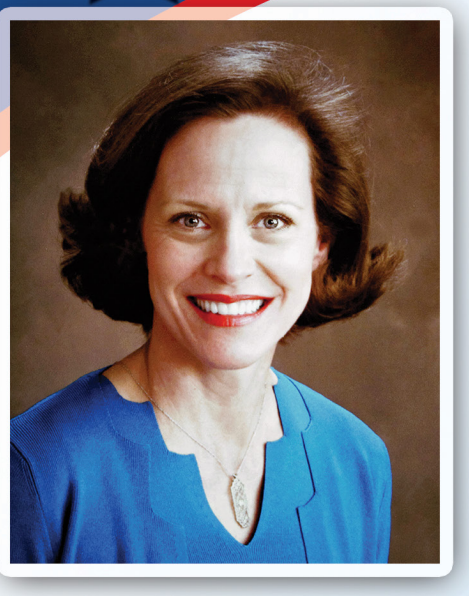
Survivors:
16-under Survivors
17-up Survivors

"We want to extend our sincere thanks to each girl that has ever been a contestant in one of our pageants," she said.

For more information, e-mail Elaine Blackwood at eblackwood45@yahoo.com.

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√ I am an advocate for the number one industry in District 11- Agriculture.

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