"Gangnam Style" star helps fight Polio - p. 2

SERIES 3, ISSUE 5 MONDAY, FEBRUARY 4, 2013

CULLMAN'S MONDAY NEWSPAPER

CULLMANSENSE

$0.50 COMMUNITY MATTERS $0.50

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Empty Bowls: Improving Lives

By: Noah Chandler
noahchandler@cullmansense.com

Empty Bowls preparing for 10th year

CULLMAN – Can you really find a better deal for $10 than a bowl of Bobby Nolen's famous chili, a grilled cheese sandwich, a handcrafted bowl, great music, and fellowship all while raising money for a great cause? Well, on February 18th you'll have a chance to take part in the 10th Annual Empty Bowls, a yearly event aimed at raising funds for the city's food bank, Cullman Caring For Kids, in effort to relieve hunger across the county.

"The money raised from the Empty Bowls dinner means a lot to the CCFK Food Bank. An average of 4-6 tons of food is processed through our food bank each month and approximately 60% of the people coming to the food bank are elderly or people on a fixed income," said Empty Bowls Coordinator Tanya Shearer. "One dollar will enable the food bank to purchase seven pounds of food. So, for every $10.00 that the Food Bank receives, they can purchase 70 pounds of food. The money raised from Empty Bowls each year usually helps to run the food bank for several months."

Empty Bowls was started in 1990 by John Harton, a Michigan high school art teacher, and his students. Now, 23 years later, Empty Bowls events are held in all 50 states and also in 20 countries worldwide.

See Empty Bowls, Page 12



File Photo

Spunky delights in her newest exciting mystery!

Contributed

Holly L. Lewitas' lovable mystery-solver is back in "The Nose Sees All."

CULLMAN – Author Holly L. Lewitas has written another winner with her newest addition to the Spunky mystery series. Her new book, "The Nose Sees All: A Spunky Murder Mystery" (published by AuthorHouse) is the sequel to her first highly praised adventure, "The Nose Knows: A Spunky Mystery."

Lewitas began receiving accolades right from the get-go. One reviewer wrote, "Author Holly Lewitas is quickly amassing rave reviews for her delightful series that's drawing attention to what may be developing as a new 'dog drama' genre."

Now she has done it again – only better! "The Nose Sees All" is tale of love and crime told through the eyes of a very wise and sassy terrier-mutt named Spunky and her four tomcat buddies. After accompanying their human, Dr. Hannah Richards, to Lakeland Nursing Home, the animals find themselves caught up in a rousing escapade after a patient develops a strange and unique attachment to Spunky. Then a sudden death changes everything and the animals must find a killer and get the humans to see the truth.

With the publication of this new suspenseful, fast-moving, and often humorous second mys-

See Mystery, Page 12

Weekly Basketball Wrap-Up

By: Josh McBrayer
joshmcbrayer@cullmansense.com

It was a short week of hoops for many, with teams coming off of the Cullman County Tournament and getting ready for their area tournaments to make their first step toward a state title. Here is a breakdown of the past week's action.

Fairview vs. West Point
By: Josh McBrayer
Fairview Lady Aggies 26 vs. West Point Lady Warriors 50

The Lady Warriors of West Point set the tone early on their way to a 50-26 win over the Fairview Lady Aggies Thursday night.

A 25-2 first quarter gave West Point a comfortable lead that they would never come close to losing. Madison Rusk put up 15 of her game high 21 in the first, dominating the paint.

With the starters establishing the big lead, head coach Regina Jones had a chance to rest her starters for their first round match up against Hartselle in the 5A Region 15 Area Tournament Thursday, February 7th at 6 p.m.

The Lady Aggies look to rebound from a tough week of basketball and look for a win Monday against Vinemont and pick up some momentum as they have to travel to Oneonta to take on Locust Fork in the first round of the Class 4A Region 13 Area Tournament at 6 p.m.

Leading all scorers with 21 points was Madison Rusk, the only scorer in double figures from either team.

Fairview Aggies 52 vs. West Point Warriors 54

The rematch from the Cullman County Tournament finals proved to be a much closer contest than the first with Luke Bailey getting things going for Fairview in the first with eight

See Basketball, Page 5

ODEN: "I Want To Hear From The People" - p. 3

PRINTED LOCALLY @ PRINTING Alabama Web Press

In Brief

ALDHS Director Details Cyber Intrusion in State IT System

By: Leah Garner

Contributor

MONTGOMERY – Alabama Department of Homeland Security Director Spencer Collier on Tuesday discussed the recent cyber intrusion at the Alabama Information Services Division (ISD) and outlined action items the state is currently following as part of a coordinated response.

ISD is a part of the Alabama Department of Finance and is responsible for information technology services for the state of Alabama. The state's information technology (IT) network is deemed critical infrastructure and falls under the jurisdiction of the Alabama Department of Homeland Security (ALDHS).

After becoming suspicious of unusual activities, ISD employees self-detected that the firewall protecting the state's IT system had been breached. ISD employees subsequently notified ALDHS. Immediately, the Alabama Department of Homeland Security contacted state and federal authorities to open a criminal case. Simultaneously, Director of ISD Jack Doane activated a computer emergency response team to confirm that an intrusion had taken place and formulate a plan to respond.

As the Director of Homeland Security and newly appointed Senior Law Enforcement Advisor, Director Collier initiated a confidential inquiry into this matter to determine if criminal action had taken place, to assess the initial damage, and to determine the steps necessary to properly address the incident.

According to Director Collier, "We are currently conducting an extensive inquiry with our state and federal partners who are experts in their field regarding cyber security. We are doing everything in our power to protect the evidence, maintain the confidentiality required in a case of this nature, and to prevent future intrusions."

The Alabama Department of Finance has taken further action and has hired a leading information security company to assist in the investigation, help secure the system, and to institute tighter controls on access to eliminate the possibility of a future intrusion.

According to Jack Doane, "ISD and the computer emergency response team is working closely with the contractor on all remediation efforts. We have assembled the best team possible to preserve the evidence and to do the analysis regarding exactly what occurred. There is no way to estimate how long the forensics will take, but it could be weeks or months."

The information regarding the cyber intrusion that is confirmed and available for public knowledge is as follows:

We know that someone:
- Obtained access into the state network, and
- Used this access to examine multiple computers within the network

We have evidence that:
- At least one server containing malware was used to gain access to the systems

In response to this attack, ISD:
- Immediately activated a computer emergency response team to monitor network activity and contain the threat
- Deployed additional firewalls to monitor and control access to State systems
- Consulted with local and federal officials and State Homeland Security to assist in the investigation; a criminal investigation is on-going
- Obtained the services of a national cyber security consulting firm to help collect and analyze attack data
- Began thoroughly examining Internet-accessible applications to ensure they are not vulnerable to future attack

We are still in the process of determining the extent of the unauthorized network access and the potential impact such loss may have on the citizens of Alabama.

Any detailed release of information pertaining to the scope of intrusion or the response measures used to remediate the vulnerabilities could negatively influence the investigation.

"While we are respectful of providing critical information to the public in a timely manner, this is an ongoing criminal investigation, and releasing sensitive information could jeopardize the process and outcome of the investigation," Director Collier reiterated.

Sore throat or Strep throat?

Contributed By:

Alabama Department of Public Health

MONTGOMERY – Sore throats can have a variety of causes. Viruses, bacteria, allergens, environmental irritants (such as cigarette smoke), chronic postnasal drip, and fungi can all cause that unpleasant, scratchy, and sometimes painful condition known as a sore throat. While many sore throats will heal without treatment, some throat infections— including strep throat—may need antibiotic treatment.

How You Get Strep Throat

Strep throat is an infection in the throat and tonsils caused by group A Streptococcus bacteria (called "group A strep").

Group A strep bacteria can live in a person's nose and throat. The bacteria are spread through contact with droplets from an infected person's cough or sneeze. If you drink from the same glass or eat from the same plate as the sick person, you could also become ill.

It is also possible to get strep throat from contact with sores from group A strep skin infections.

Common Symptoms of Strep Throat
- Sore throat, usually starting quickly
- Severe pain when swallowing
- A fever (101° F or above)
- Red and swollen tonsils, sometimes with white patches or streaks of pus
- Tiny red spots (petechiae) on the soft or hard palate—the area at the back of the roof of the mouth
- Headache
- Nausea and/or vomiting
- Swollen lymph nodes in the neck
- Body aches
- Rash

Is it Strep? A Simple Test Gives Fast Results

A strep test (a quick swab of the throat) can quickly show if group A strep bacteria are causing a sore throat.

A test is needed to tell if you have strep throat; just looking at your throat is not enough to make a diagnosis.

If the test is positive, your doctor can prescribe antibiotics. If the strep test is negative, but your doctor still strongly suspects you have this infection, a culture of your throat (another sample) may be taken as another way to test for the bacteria.

Antibiotics Get You Well Fast

The strep test results will help the doctor decide if you need antibiotics. Antibiotics reduce the length of time you're sick and reduce your symptoms.

Antibiotic treatment may also prevent the spread of infection to friends and family members.

They can also prevent complications such as tonsil and sinus infections, and, although rare in the U.S., acute rheumatic fever (an inflammatory disease that can affect the heart, joints, skin, and brain).

Once treatment begins, you should start feeling better in just a day or two. Call your doctor if you don't feel better after taking antibiotics for 48 hours.

People with strep throat should stay home from work, school, or day-care until they have taken antibiotics for at least 24 hours. Be sure to finish the entire prescription, even when you start feeling better before the medicine is all gone.

Preventing Infection: Wash Those Hands

The best way to keep from getting strep throat is to wash your hands often and avoid sharing eating utensils, like forks or cups.

It is especially important for anyone with a sore throat to wash their hands often and cover coughs and sneezes. There is no vaccine to prevent strep throat.

Go Big and Dance!

By: Christopher Smith

Contributor

CULLMAN – The 17th Annual "Big Band Dance" featuring the Cullman High School Jazz Band will be held Friday, February 8, 2013 at the Cullman Civic Center. Admission to the dance, which is scheduled from 7 p.m. until 9 p.m., is $6.00 per person or $10.00 per couple. Tickets will be available for purchase at the door.

The jazz band will perform a variety of music for dancing with an emphasis on big band swing.

Glenn Miller's "In the Mood", Woody Herman's "Woodchopper's Ball", and Duke Ellington's "Satin Doll" are just a sampling of the swinging selections that will be performed at the dance. The band will also perform waltzes, Latin selections, and ballads.

As an added treat, instructors will present a free dance class for anyone interested 30 minutes prior to the start of the dance.

Complimentary refreshments will be served throughout the evening.

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"Gangnam Style" star helps fight Polio

By: Howard Chang

Rotary International

EVANSTON, Ill., – South Korean pop star Psy has joined the growing roster of public figures and celebrities participating in Rotary's "This Close" public awareness campaign for polio eradication. Psy, whose world renowned "Gangnam Style" video has become the first in the history of the internet to reach and surpass one billion YouTube views, will help Rotary achieve its goal of a polio-free world by raising his thumb and forefinger in the "this close" gesture in the ad with the tagline "we're this close to ending polio."

"I grew up in a Rotary family as my father and my late grandfather were Rotary members. My grandfather was very passionate and dedicated to Rotary," Psy said. "He had a big heart and always inspired me to help others." Psy's late grandfather had made substantial donations to The Rotary Foundation, the charity arm of Rotary International. The debut of Psy's polio eradication spot is timely as he will be featured in one of the anticipated commercials in this year's February 3rd professional football championship game.

The Rotary awareness campaign also features public figures and celebrities including Bill Gates, co-chair of the Bill & Melinda Gates Foundation, Nobel Peace Prize laureate Archbishop Emeritus Desmond Tutu, action movie star Jackie Chan, golf legend Jack Nicklaus, conservationist Jane Goodall, premier violinist Itzhak Perlman, Grammy Award winners A.R. Rahman, Angelique Kidjo, and Ziggy Marley, golfing great Jack Nicklaus, and peace advocate Queen Noor of Jordan.

Broadcast television commercials feature a mix of celebrities and non-celebrities around the world saying, "We are this close to making history. We are this close to changing the world. We are this close to ending polio—all we need is you."

In addition to the spot, Psy has also joined Rotary's innovative campaign to develop the World's Biggest Commercial to raise public awareness about polio eradication. Participants simply upload photos of themselves making the "this close" gesture with their fingers – as in, "We are this close to ending polio" – to the ever-expanding promotional spot at Rotary's End Polio Now website. Along with helping Rotary set a new Guinness World Record, every person who joins the commercial can choose to add their name to a petition urging the world's governments to provide the US $5.5 billion needed to finish the job and end polio forever.

Polio eradication has been Rotary's top priority for more than two decades. The international humanitarian service organization is a spearheading partner in the Global Polio Eradication Initiative, along with the World Health Organization, the U.S. Centers for Disease Control and Prevention, and UNICEF.

Rotary club members worldwide have contributed more than $1.2 billion and countless volunteer hours to the polio eradication effort. Great progress has been made, and the incidence of polio infection has plunged from about 350,000 cases in 1988 to 222 reported cases in 2012. More than two billion children have been immunized in 122 countries, preventing five million cases of paralysis and 250,000 pediatric deaths.

Opinion

In His Own Words - Commissioner Jeremy Oden: "I Want To Hear From The People"

By: Commissioner Jeremy Oden
Contributor

There has been a great deal said and written in recent weeks about the Public Service Commission and its review of rates charged by Alabama Power Company, Alagasco, and Mobile Gas to its ratepayers. Several columnists and editorial boards alike have repeatedly misrepresented the official public review process approved by the PSC by all 3 Commissioners less than 2 months ago. I write today to set the record straight.

At my first Commission meeting since being appointed by Governor Bentley, I voted, along with PSC Commission President Twinkle Cavanaugh and Commissioner Terry Dunn, to begin an official public review of each of the three utilities. This review would consist of a series of public meetings held over a number of months. The public meetings are designed with the goal of hearing directly from Alabamians, rather than from lawyers. And the meetings will examine a number of factors that go into the price paid by consumers. I am baffled as to why columnists and editorial board writers continue to suggest that the choice is between a formal review or no review, when we have adopted a rigorous review process, which is currently underway.

Why am I in favor of the public review process unanimously adopted by the Commission? Because I believe it will give Alabamians the best chance to be heard, without interference by lawyers and judges.

At the Commission meeting in early January, Judge John Garner, who serves as Chief Administrative Law Judge and Executive Director of the Commission, explained why the public review process adopted by the Commission is best. According to Judge Garner, a formal review process should be used as "the last resort." Judge Garner said he favored the public review process adopted because this process allows for freer participation of participants and public without restriction on open dialogue or interference by lawyers. Judge Garner also acknowledged that, if the Commission entered into a formal process, it would severely limit the ability of the Commissioners to engage in the process.

Furthermore, I would like to memorialize my defense of the Commission's employees against allegations that they have not conducted a review of utility rates in nearly 30 years. Several writers have used carefully chosen language to suggest that a review of utility rates has not occurred in over 30 years. That is false, and is a disservice to the Commission's employees, who diligently work to hold utilities accountable. In my short time as a Commissioner, I have been impressed by their expertise and work ethic. You should be proud of the employees at the Commission that serve you - I certainly am.

As I stated in the meeting, my primary interest in the official review process is to hear from our true constituents - Alabamians, not Californians. The formal process, while perhaps well intentioned, would move us immediately into a quasi-judicial proceeding with lawyers talking to lawyers. I oppose this. Furthermore, a formal review would examine only one factor that goes into price. I support a review process that will examine ALL factors that go into the price paid by Alabamians. And as I said during our most recent meeting, if it becomes apparent to me that we should consider a move to a formal process during our review, then I will support it.

Since joining the Commission, I have examined rate trends in our neighboring Southeastern states. Rates are increasing all around us, to the tune of hundreds of millions of dollars, at a time that families, already facing President Obama's tax hikes, can least afford them. Because of this, and because the exhaustive review process I support will take time, the Commission asked during the last meeting for utilities to commit that their rates will not increase in 2013 and 2014. If the utilities will live up to this request, your Commission will have the time we need for this public review process to be thorough, to allow for maximum public input, and to proceed at a deliberate pace.

It is odd to me that so many in the media and other left-leaning groups are so anxious to declare the official public review process a failure before it has even begun. Why? What do they really want? What I want is simple - an open, transparent process that gives a voice to Alabamians and ensures that Alabama consumers enjoy low-cost, reliable service from those we regulate. I am confident the process I support will yield results for the people of Alabama. Let's get started.

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

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

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17th Annual "Big Band" Dance

The jazz band will perform a variety of music for dancing with an emphasis on big band swing. Glen Miller's "In The Mood", Woody Herman's "Woodchopper's Ball", and Duke Ellington's "Satin Doll" are just a sampling of the swinging selections that will be performed at the dance. The band will also perform waltzes, Latin selections, and ballads.

Feb. 8, 2013

7 to 9 p.m.

Cullman Civic Center



Door Prizes and Refreshments

As an added treat, instructors will present a free dance class for anyone interested 30 minutes prior to the start of the dance.

$6.00 per person
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SPORTS

Field of Dreams, South Vinemont Style

By: Josh McBrayer
joshmcbrayer@cullmansense.com



"If you build it, they will come," is a famous line from the baseball movie, Field of Dreams but it can also be used to describe the vision of South Vinemont Mayor, Melba Patton.

Just like other small towns around the county, South Vinemont has a wonderful youth sports program but unlike other places, the town was missing a place to play America's Past time, baseball. That is where the Vinemont Sports Complex comes in.

"We purchased 30 acres of land for the ports complex back in 2005," said South Vinemont Mayor, the honorable Melba Patton.

The sports complex, along with the storm shelters that have already gotten some use, has been a major plan for Mayor Patton and she has worked hard to make her dream a reality.

Located almost directly across Highway 31 from the Vinemont Town Hall, the plan for the sports complex is for five baseball/softball diamonds to accommodate all of the town's needs.

The complex is well under way with the 240 parking spaces and gravel already in place and ready for use.

There will also be a three story concession stand that will serve typical ball field food to patrons and the top floors will be reserved for scoring of the ball games.

A half mile service road leads into the complex and has already been completed. Thus far there has been approximately 40,000 cubic yard of dirt to complete the road and high quality ball fields.

"We plan to open the park this spring," said Mayor Patton.

"We will open with three fields; two with lights and one without."

Sign up for Vinemont Park and Rec will be held in the Vinemont High School lunch room on Friday, February 15th and Saturday, February 16th.

Hurry in to sign up your child for park and rec baseball or softball and let them be a part of history by breaking in these wonderful fields.

WSCC Baseball Opens 2013 Season

By: Russell Moore
WSCC Contributor

Seeks to build upon last year's state runner-up finish and ACCC Northern Division co-championship

HANCEVILLE – Wallace State baseball coach Randy Putman imagines his sophomores will be motivated from February to May to eliminate the bitter feeling they experienced last season in the state tournament championship, when the Lions finished runner-up and two wins shy of earning the program's first NJCAA World Series berth since 2006.

"If losing in the championship game doesn't make them hungry, then they don't need to be playing the game. You play the game to go to the top and Grand Junction, Colo., is the top for us," said Putman, whose team is opening the 2013 season this weekend in Panama City, Fla. "We came up a little short last season, but we're excited to see what we can do this season."

Wallace State had an incredible turnaround last season, nearly doubling its win total from 2011. The Lions finished 41-17, won a share of the ACCC Northern Division and were a top seed at the state tournament in Ozark. The Lions lost in the state tournament championship game to Shelton State.

If the Lions add one step to last year's success, they'll be making plans this season to spend Memorial Day weekend in Colorado.

Wallace State has a handful of things working in its favor, including the longevity of Putman's career, its ace, Bret Marks, returning on the mound and a solid sophomore class returning, many who made significant contributions last season.

"It's been a few years now since we've experienced the thrill of winning a state title. We've worked hard to make sure our baseball program is on the way back up. It's always our goal to win a state title and it's been a few years since we've experienced that thrill. Once you've been there, it should always be your goal," said Putman, who's entering his 24th season with the Lions and is less than 40 wins shy of 900 career victories. "It's something we talk about and strive for. We won't talk about it once we start the season, but it's the in back of our mind and something you want to accomplish."

Marks was Wallace State's breakout pitcher last season and was recently recognized as the ACCC Pitcher of the Year after finishing with an 11-5 record, seven saves and a 1.74 ERA, tossing five complete games in 24 appearances. Marks recorded 90 strikeouts and issued only 19 walks in 79 innings, leading all ACCC Northern Division pitchers in wins, saves, ERA and strikeouts. He was drafted by the New York Yankees in the 22nd round last June, but decided to return to Hanceville.

"Bret Marks is a competitor. When he goes to the mound, he thinks he's the best and you've got to feel that way as a pitcher. He's got a good fastball and changeup, adds a slider, and doesn't' give in," Putman said. "Bret reminds me of former major leaguer Kevin Brown. They're almost a replica of each other."

Jacob Croft also returns to the rotation after going 4-0 with a 3.05 ERA in 11 starts last season. Freshman lefty Isaac Yarbrough, a Vinemont grad, and Lawson State transfer Wes Gillespie are projected to complement Marks and Croft in the rotation.

"We think both Yarbrough and Gillespie can be big pieces of our rotation," Putman said. "I'm also excited about our quality bullpen arms. Robby Clements, Nathan Weaver, Jeremy Melton, and Brent Reeves will be some of our main relievers."

Catcher Andrew Dennis and shortstop Nathan Vincent are back in the middle of the Wallace State lineup.

Dennis finished with a team-high .368 average last season, adding 24 RBIs, while Vincent clubbed a team-high eight homers and had 30 RBIs.

Brodie Jeffery returns to patrol center field, Sawyer Williams should see notable time at first base, and designated hitter and Tim Zurrer will spell Dennis behind the plate and earn time at designated hitter.

Third baseman Haydon Bogard, a California native, and outfielder Colt Buttram are freshmen expected to consistently contribute to the offense.

"Haydon Bogard is a very versatile player. He's probably going to end up being one of my favorite players here one day because he plays the game the way it's supposed to be played," Putman said.

One unknown aspect each season for Putman is when his freshman contributors will comfortably adjust to the collegiate level.

"Every year is a challenge because there's so much turn over in junior college. It takes some time to get freshmen to understand what it takes to be successful at this level. Between (assistant coach) Adam (Scott) and I, we're going to teach them how to be successful in this game, but the freshmen have to develop the mental toughness," Putman said.

"This game is one of peaks and valleys. When things are going good, baseball is a fun game. When things are going bad, you have to dig down deep and figure out how to handle the adversity."

Wallace State's home opener is Friday, Feb. 8 vs. Volunteer State.

Since 2009, Wallace State baseball has enjoyed a streak of its former players making their major league debuts, starting with Derek Holland debuting with the Texas Rangers and concluding with Jake Elmore earning a promotion last season with the Arizona Diamondbacks. In between were Craig Kimbrel with the Braves in 2010 and Graham Godfrey with the Oakland A's in 2011.

Godfrey and Elmore have since changed organizations, signed by the Red Sox and Astros respectively.

Wallace State baseball has won seven ACCC state championships under Putman and made six NJCAA Division I World Series appearances.

For more information about Wallace State athletics, visit wallacestate.edu.

SPORTS

Weekly Basketball Wrap-Up (from Front)

of the Aggies 16 but picked up his third foul early in the second forcing Fairview coach Greg Boatwright to sit him on the bench.

West Point had an answer inside with Sophomore Ryder Jones who only had a single field goal but was a solid 6-7 from the line.

Jordan McKenzie buried a long three at the end of the first half, knotting the score at 30 and insuring a thrilling conclusion to a well-played game.

The Warriors struggled from the floor in the third, scoring only six points, all by Wesley Smith. Fairview on the other hand, scored 13 to open up a seven point lead, the biggest through the first three quarters, heading to the final frame. Fairview continued to apply pressure to West Point in an effort to put the game away but the Warriors had a different plan. With less than three minutes left on the clock Tristian Dubberly buried a three to give West Point its first lead of the second half.

The action went back and forth and again was all tied up, this time at 52, with 30 ticks on the game clock. West Point controlled the ball looking for an open shot. With time running out, the ball found its way into the hands of Wesley Smith under the goal. He put up a shot that bounced around precariously but as the final buzzer filled Joe Shultz Gym, the shot fell and West Point won a thriller, 54-52.

West Point now looks ahead to the Class 5A Area 15 Tournament where they will travel to East Limestone to take on the Cullman Bearcats in the first round on Friday, February 8th at 7:30 p.m.

Fairview will make the trek to Oneonta to face St. Clair County in the first round of the Class 4A Area 13 Tournament.

Ryder Jones of West Point led all scorers with 15. Teammate Wesley Smith followed with 13 including the game winner.

Luke Bailey led the charge for Fairview with 14. Peter Kessler had 12 and Elijah Garrison had 11.

Holly Pond vs. Fairview
By: Josh McBrayer

HOLLY POND – The Lady Broncos continue to take care of business on their quest for a state title while the Broncos get a manner of revenge from the Cullman County Tournament. Here is all of the action from Tuesday night's game.

Holly Pond Lady Broncos 59 vs. Fairview Lady Aggies 20

Holly Pond came out firing in the first quarter of Tuesday night's match-up against the Fairview Lady Aggies. Holly Pond opened the game on a 7-0 run before a bucket by Fairview's Julia Creel. This would be the only two points Fairview would score in the quarter as Holly Pond extended the run to 12-2, finishing the first.

The second quarter was All-Senior Lexi Lynn. She shot the lights out with 12 second quarter points including a trio of threes. Holly Pond outscored Fairview 19-3 in the second and took a 31-5 lead to the locker room.

The second half did not fare much better for the Lady Aggies. Holly Pond continued their impressive shooting from the field and lockdown defense, cruising to a 59-20.

The Lady Broncos spread the ball around and thus had just two players in double figures. Meg Gambrill with 16 and Lexi Lynn with 12. All of Lynn's points came in the second.

Leading Fairview was Sarah Harper and Kennedy Trimble with four each.

Holly Pond Broncos 50 vs. Fairview Aggies 42

In a rematch of one of the best games in this past week's county tournament, the Holly Pond Broncos and the Fairview Aggies clashed in another "instant classic".

The game was just about as even as you could get through the first 16 minutes. Holly Pond would go on a small run and Fairview would answer and vice versa.

At the start of the third, Holly Pond opened up a nine point lead, the biggest of the game, thanks to a 6-0 run to start the quarter. Fairview would answer with four of their own but Holly Pond went on to outscore Fairview 12-6 in the quarter and led 37-30 heading to the final stanza.

A 7-1 run 2:57 into the fourth by Fairview, pulled the Aggies to within one. A questionable foul call at the 4:22 mark put Peter Kessler on the line where he hit one of two, deadlocking the game at 38.

With 2:26 on the clock, Vince Clingmon buried a 16 foot jumper that tickled the twine for his first two points of the game but, most importantly gave Holly Pond the two point lead.

The Aggies tied it up once again, this time on the strength of two free throws by Blake Parker, but a smooth shot by Colby Adams gave the lead back to Holly Pond. The Broncos then put the game out of reach with a fast break lay-up by Jacob Cahoon to put Holly Pond up by four with 26.5 left to play. Cahoon added four more points in less than 10 seconds to lead the Broncos to a 50-42 victory.

Holly Pond had three players with 10 or more. Austin Smith with 16, Colby Adams with 13, and Jacob Cahoon with 10 including six big points in the fourth.

Blake Parker led the charge for Fairview with 12 and he was followed by Elijah Garrison with 11.

Good Hope vs. Hanceville
by: Josh McBrayer

GOOD HOPE – Basketball homecoming was bitter sweet for the Good Hope Raiders with the girls winning big and the boys losing big.

Good Hope Lady Raiders 59 vs. Hanceville Lady Bulldogs 26

Several of the varsity girls players were on the Homecoming Court on Monday but they did not let it get in the way of their job on the basketball court.

Good Hope controlled the match-up from the opening tip by outscoring the Lady Bulldogs 16-4 in the first and 16-6 in the second to open up a commanding 32-10 lead heading to the half.

Hanceville doubled their score to 20 in the third but were again outscored by the Lady Raiders who posted 15. The fourth opened with the shot clock and although Hanceville matched Good Hope well in the fourth, they were unable to overcome the first half and lost 59-26.

Savannah Fendley and Kara Goodwin led the way for the Lady Raiders with 12 each. Kayla Tillman and Alannah Wenke were also in double figures with 10 apiece.

The lone Hanceville player in double digits was Taylor Hollingsworth with 12.

Good Hope Raiders 24 vs. Hanceville Bulldogs 51

The roles were reversed in the boys contest with the Raiders falling behind in the first half.

Good Hope and Hanceville played even in the first quarter. Stingy defense was the name of the game with Hanceville gaining a slight 6-5 lead at the end of one.

Hanceville continued to smother the Raiders with their defense. They did not allow a single second quarter point while Dont'e Reese got hot, scoring seven of the Bulldogs 16 second quarter points.

Good Hope began to see shots fall in the third thanks in part to Zac Sloan who had five of the 10 for the Raiders. Hanceville countered with Brontae Harris who scored six in the quarter.

The shot clock was once again utilized in the fourth and Hanceville coasted to a 51-24 victory.

The Bulldogs were led by Brontae Harris with 14 and Chris Harris with 10. Nine of Harris' points came in the fourth.

Zac Sloan and Andrew Cofer led the way for Good Hope with eight each.

Vinemont vs. Cold Springs
By: Josh McBrayer
Vinemont Lady Eagles 42 vs. Cold Spring Lady Eagles 67

VINEMONT – Despite good shooting from Jordan Melton and Sydney Wallace as well as a trio of threes from Savannah McAlpine, Vinemont fell to Cold Springs by 25.

However the final score is somewhat misleading and is not indicative of how tough the Vinemont Lady Eagles played the 6th ranked team in 2A, the Cold Springs Lady Eagles.

The difference in the game was the huge night that came from Cold Springs' Chloe Harbinson. She poured in a game high 20 points, including eight from the charity stripe.

Five thee point baskets in the first half, a pair each from Melton and McAlpine as well as one from Casey Westmoreland, kept Vinemont in the game. Trailing by just 10 at the half, Vinemont had an upset on their mind.

Unfortunately for Vinemont, Harbinson was determined to not let that happen. She scored nine of her 20 in the third to put Cold Springs up by 16.

The fourth played out just like the first with Cold Springs outscoring Vinemont 18-9 on their way to a 67-42 victory.

Cold Springs spread the ball around and it resulted in four players being in double digits. Chloe Harbison with her game high 20, and Karlee Perdue, Haley Freeman, and Caitlyn Hall each with 10.

Vinemont was led by Jordan Melton with 16 and Sydney Wallace with 10.

Vinemont Eagles 52 vs. Cold Springs Eagles 80

The fourth quarter was the difference in Friday night's game. Cold Springs outscored Vinemont 22-6, including an 18-1 run to open the fourth, on their way to the victory.

Anyone who follows Cullman County basketball knows what happened last time these two teams locked horns, but thanks to exceptional sportsmanship on the part of the players as well as coaches, the fans were treated to a hard but cleanly played game of basketball.

Garrett Sipe was in beast mode inside for Vinemont with a team high 15 points. He also added four rebounds and five blocked shots.

Cold Springs answered with Tristian Chambers who, after being shut out in the first, came alive in the second on his way to a game high 26.

Vinemont played Cold Springs tough in the first three quarters, having an answer for the hot shooting of Chambers, Layne Rice, and Chayse Elliott. The Vinemont Eagles were within striking distance, trailing by just 12 heading to the final frame but could not get their shots to fall in the fourth, losing the season series to Cold Springs 0-2.

Tristan Chambers had 26 leading the Cold Springs Eagles. He was followed by Layne Rice with 21 and Chayse Elliott with 17.

Garrett Sipe dominated the paint for Vinemont, scoring 15. Lance Stanley followed him with 11.

Hanceville vs. Holly Pond
By: Grant Smith

Hanceville Lady Bulldogs 10 vs. Holly Pond Lady Broncos 49

HANCEVILLE – Despite not starting their regular lineup, the Holly Pond Lady Broncos cruised to their 23rd win of the season by running past the Hanceville Lady Bulldogs 49-10 at Tom Drake Coliseum.

Holly Pond led 14-0 after one quarter thanks to balanced scoring from Lacy Malone, Lexi Lynn, and Kaitlyn Stephens.

The Lady Broncos extended their lead to 36-3 at halftime behind a pair of three pointers by Meg Gambrill, while Rachel Finley and Taylor Terry added five points each.

Holly Pond led 44-7 after three quarters and then closed the game with a 5-3 fourth quarter.

Gambrill led Holly Pond with 12 points while Finley added eight, Malone with seven, Stephens with six, and Terry five.

Hanceville was led by Taylor Hollingsworth's four.

The Lady Broncos will host their area tournament on Thursday while Hanceville will travel to Good Hope for their area tournament.

Hanceville Bulldogs 51 vs. Holly Pond Broncos 68

The Holly Pond Broncos jumped out a nine point first quarter lead and never looked back in a 68-51 over Hanceville. It was the Broncos 20th win of the season.

Gunter Morris lit the nets with seven points in the opening quarter, including a pair of three pointers.

Hanceville got five points from sophomore Brontae Harris.

Holly Pond led 29-19 at the half behind five points from Morris along with contributions from Jacob Cahoon, Colby Adams, and Blake Black.

The Broncos extended their lead after three with a 20-17 scoring margin.

Adams tossed in six while Black nailed a trey and Cahoon scored five.

Harris led the Bulldogs in the third with 11 points as the Broncos led 49-36 after three.

Hanceville out-scored Holly Pond in the final frame, 25-19 behind two treys from Harris and Keith Twitty, but it was not enough to top Holly Pond.

The Broncos will host their area tournament next Friday while Hanceville will meet Vinemont at Danville in their area tournament.

Other Scores

1-28

Cold Springs Lady Eagles 64 vs. Fairview Lady Aggies 21
Cold Springs Eagles 54 vs, Fairview Aggies 50
St. Bernard Lady Saints 35 vs. Decatur Heritage Lady Eagles 65
St. Bernard Saints 35 vs. Decatur Heritage Eagles 64

1-29

Addison Bulldogs 52 vs. St. Bernard Saints 53
West Point Lady Warriors 62 vs. Vinemont Lady Eagles 30
West Point Warriors 55 vs. Vinemont Eagles 30
Good Hope Lady Raiders 59 vs. Priceville Lady Bulldogs 48
Cold Springs Lady Eagles 49 vs. Walker Lady Vikings 35
Cold Springs Eagles 69 vs. Walker Vikings 70

1-31

Good Hope Lady Raiders 41 vs. Hayden Lady Wildcats 46
Good Hope Raiders 43 vs. Hayden Wildcats 39
Arab Lady Knights 35 vs. Cullman Lady Bearcats 32
Arab Knights 50 vs. Cullman Bearcats 48

Community Matters

Dude looks like a Lady

Local high school athletes compete to win beauty pageant crown to help the Scott Lochridge Foundation, benefit cancer patients

By: Josh McBrayer
joshmcbrayer@cullmansense.com

CULLMAN - I doubt this is what he had in mind when Areosmith's Steven Tyler belted out the lyrics to "Dude looks like a Lady" but some local high school athletes, along with one fill-in from Troy University, got all dolled-up in an attempt to win the beauty pageant crown. Oh yeah, did I mention the athletes in question were all male?

That's right, five brave souls donned wigs, make-up, and dresses in the Cullman Women-less Beauty Pageant that benefited the Scott Lochridge Foundation, a non-profit that helps cancer patients that is rooted in the Christian faith.

The pageant got underway with the first contestant,"Ineeda Man" (Luke Bailey of Fairview) who twirled his baton to Stars and Stripes Forever.

The second "lady" to hit the stage was Miss Ginga Vitus (Seth Swalve of Cullman). "She" danced to This Girl is on Fire by Alicia Keys, with a little hula hoop action thrown in to sway the judges in "her" favor.

Third was Glenn Stefani (Tyler Glenn of Cullman), who brought a posse on stage to strike a pose as "she" tackled Madonna's Vogue, through the timeless art of the lip-sync. The judges thought it was good enough for "her" to be named first runner-up.

Fourth was a late addition to the pageant. Ima B Sexy (Dylon Corelius of Troy University) was a fill in but none the less worked the judges with a lip-sync and dance routine to Walking on Sunshine by Katrina and the Waves.

Contestant five and winner of the Woman-less Beauty Pageant was Kiera Thomas (Keary Thomas of Cullman) who strutted "her" stuff to Single Ring by Beyonce. Although the performance was a hit, some may think the reason "Miss Thomas" won was because of a wardrobe malfunction reminiscent of Janet Jackson at the Super Bowl. Of course, it was said to be "accidental" but this reporter has his doubts.

The Woman-less Beauty Pageant was a hit and a fun time for all but most importantly, the money went to a great cause, The Scott Lochridge Foundation.

Mission

The mission of The Scott Lochridge Foundation is to help provide for the needs of cancer patients, while spreading The Gospel of Jesus Christ.

Company Overview

This Foundation is based on 1 Corinthians 9:24-25 which states; "Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever."This is why we have adopted the phrase "Finish The Race". As Christians we are required to finish the race God has set before us."



Photos by Jessica Norrell

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Community Matters

West Point Fair Queen Nicolette Kilgo



Miss West Point 2013 Lindsay Bradley



Photos by Jimmy "Scoop" Olson

Wealthiest Americans Pay Half the Effective Tax Rate That Poorest Pay in State and Local Taxes

Contributed by:
Institute on Taxation and Economic Policy

WASHINGTON – State tax systems take a much larger share from middle- and low-income families than from wealthy families, according to the fourth edition of "Who Pays? A Distributional Analysis of the Tax Systems in All 50 States," released today by the Institute on Taxation and Economic Policy (ITEP). Combining all of the state and local income, property, sales and excise taxes state residents pay, the average overall effective tax rates by income group nationwide are 11.1 percent for the bottom 20 percent, 9.4 percent for the middle 20 percent, and 5.6 percent for the top one percent. The report is online at www.whopays.org.

The ten states whose tax systems are tilted most heavily towards high earners (from most to least regressive) are Washington, Florida, South Dakota, Illinois, Texas, Tennessee, Arizona, Pennsylvania, Indiana, and Alabama. In these states, middle-income families pay up to three times as high a share of their income as the wealthiest families; low-income families pay up to six times as much.

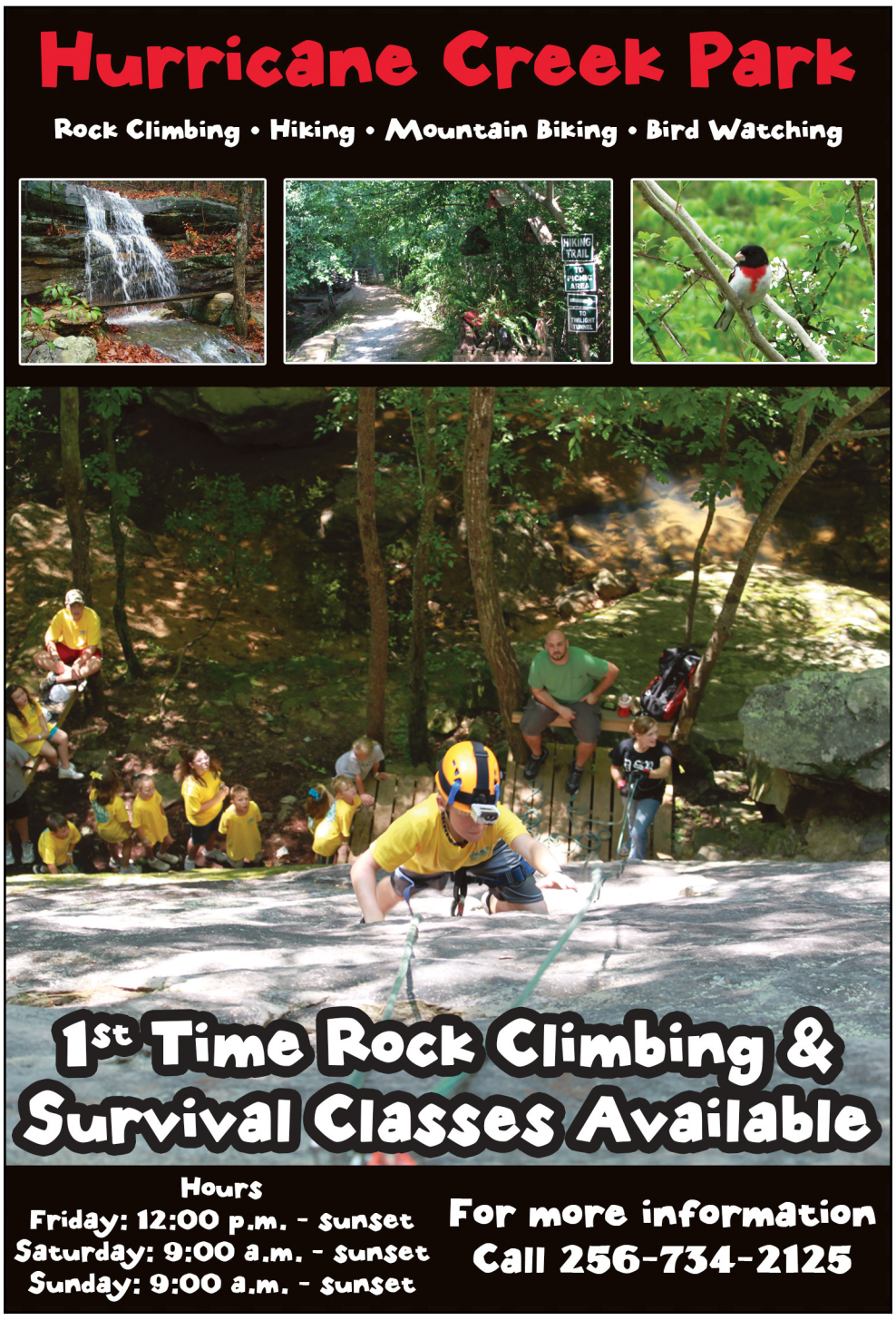
"We know that governors nationwide are promising to cut or eliminate taxes, but the question is who's going to pay for it," said Matthew Gardner , Executive Director of ITEP and an author of the study. "There's a good chance it's the so-called takers who spend so much on necessities that they pay an effective tax rate of 10 or more percent, due largely to sales and property taxes. In too many states, these are the people being asked to make up the revenues lost to income tax cuts that overwhelmingly benefit the wealthiest taxpayers." State consumption tax structures are particularly regressive, with an average 7 percent rate for the poor, a 4.6 percent rate for middle incomes, and a 0.9 percent rate for the wealthiest taxpayers nationwide.

The income tax in particular is being targeted for elimination by self-described tax reformers across the country, and "Who Pays?" shows that of the ten most regressive states, four do not have any taxes on personal income, one state applies it only to interest and dividends, and the other five have a personal income tax that is flat or virtually flat across all income groups. "Cutting the income tax and relying on sales taxes to make up the lost revenues is the surest way to make an already upside down tax system even more so," Gardner stated.

The data in "Who Pays?" also demonstrates that states commended as "low tax" are often high tax states for low- and middle- income families. The ten states with the highest taxes on the poor are Arizona, Arkansas, Florida, Hawaii, Illinois, Indiana, Pennsylvania, Rhode Island, Texas, and Washington. Noted Gardner, "When you hear people brag about their low tax state, you have to ask them, low tax for who?"

The fourth edition of "Who Pays?" measures the state and local taxes paid by different income groups in 2013 (at 2010 income levels including the impact of tax changes enacted through January 2, 2013) as shares of income for every state and the District of Columbia. The report is available online at www.whopays.org.

The Institute on Taxation and Economic Policy (ITEP) is a 501 (c) (3) non-profit, nonpartisan research organization, www.itep.org.



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 preregister 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

Deliverers Need for Cullman County Commission on Aging
If you have a wish to help others, volunteers are needed by the Cullman County Commission on Aging to deliver meals for seniors in the community, Monday through Friday. Call 256-734-1241 for additional information. Help others and it makes you feel good, too.

Cullman Caring for Kids in Need of Donations
If you are able to contribute to Cullman County's Community Food Band, the 'Caring for Kids' organization, they would be grateful. Non-perishable food items are needed, and of course cash enables them to purchase needed products to fill their empty shelves. Please call 256-739-1111 to see how to help or mail checks or money orders to Cullman Caring for Kids, P. O. Box 698, Cullman, Alabama 35056-0698. Thanks in advance for anything you can do.

'Farming 101'
The Cullman County Extension Service's program 'Farming 101' is open to all. Contact 256-297-1044 to register and for additional information. Check www.cullmancountyextension.com.

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

Cullman County Community Development Commission Meeting
All interested parties are invited to attend a Cullman County Community Development Commission meeting when they meet in the Cold Springs High School lunchroom. This event starts at 6 p.m. Additional information is available by contacting Staci Bryan, 256-347-0516.

Heart Disease Conference at CRMC
Come learn about heart disease as Interventional Cardiologist Silvio Papapietro, M.D., discusses this deadly disease in detail from prevention to diagnoses. Free blood pressure screenings will be provided during the seminar. This event starts at 10:30 a.m. with a coffee and social time, followed by lunch and the presentation from 11:30 a.m. until 1 p.m. This event takes place in POB ll on the CRMC campus, the sponsor of the learning series each month. Cost of this lunch and seminar is $5.00 for WomenFirst and SeniorChoice members and $8.00 for all others. Come enjoy seeing your friends and learn about heart disease at the same time.

'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

Cullman County Democrats Luncheon
Members of the Cullman County Democrats meet at 11:30 a.m. for their monthly meeting and luncheon. Everyone is invited to meet at Ryan's Restaurant for this event.

'Broadway Musical Songs and Dance' at WSCC
Get an early start on your Valentine's Day 'gifts' to your loved ones and bring them to see the Wallace State singers and dancers as they perform a variety of musical tunes and dances from past Broadway shows. The show starts at 7 p.m. so don't be late. This makes a fabulous evening 'date' for everyone. Tickets available at the door. Event held in the Evelyn Burrow Theatre Arts Building on the campus in Hanceville. This is a family event so bring the kids along.

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.

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

'Big Band Dance' at CHS
The 17th Annual 'Big Band Dance' featuring Cullman High School Jazz Band will take place at Cullman Civic Center. Tickets are $6.00 per person, $10.00 per couple and will be available at the door. The dance runs from 7 p.m. until 9 p.m. From 6:30 p.m. to the start of the dance at 7 p.m., there will be 'free' dance instructions for those interested. Music of the night will feature waltzes, Latin selections, ballads, 'In The Mood' and 'Satin Doll' to name a few. Everyone is invited to come support the Cullman High School musicians and enjoy a great evening of entertainment as well.

Vinemont FFA 'Bull Bash'
Vinemont FFA is sponsoring a 'Bull Bash' this weekend at the Cullman Ag Center. The event begins at 8 p.m. Advance tickets, which are available at Jack's Western Wear in Good Hope, are $10.00. If purchased at the door they will be $12.00. Children 5 and under enter FREE. Come support the Vinemont FFA organization while having a great family-fun time this weekend.

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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

"Recycled Crafts"
Cullman County Extension Service's program is "Recycled Crafts". Session is from 9 a.m. until 12 noon at the Heritage Center. Call 256-297-1044 or visit www.cullmancountyextension.com for more information.

'Sweetheart Dinner' at Stonebridge Farms
Take your 'sweetheart' to dinner - get great meal and help a great cause. Sponsored by the Cullman County Sheriff's Office, this dinner will be held from 6 p.m. until 9 p.m. at Stonebridge Farms with proceeds going toward Relay for Life! Tickets are $25.00 a person and are available at the Cullman County Sheriff's Office or from any Sheriff's Office team member (256-734-0342). Surprise your Valentine early and take part in this special evening.

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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

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Community Matters

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Reflections of History



Cullman Ice and Cold Storage Plant Photo Contributed by Cullman County Museum

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

Vote Now!

Do you favor more gun control?

Last Week's Poll:

Are you a prepper?

Yes - 86%
No - 14%

Cast your ballot at cullmansense.com/poll

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This Week in History Feb. 4 - Feb. 10

February 4th

- 1824 – J. W. Goodrich introduces rubber galoshes to public
- 1933 – German President Von Hindenburg limits freedom of the press
- 1971 – National Guard mobilized to quell rioting in Wilmington, NC
- 2012 – Florence Green, the last known veteran from World War I, dies in the United Kingdom at the age of 110

February 5th

- 1879 – Joseph Swan demonstrates light bulb using carbon glow
- 1921 – Yankees purchase 20 acres in Bronx for Yankee Stadium
- 1972 – U.S. airlines begin mandatory inspection of passengers and baggage
- 1997 – Three Swiss banks create $70 million Holocaust fund

February 6th

- 1869 – Harper's Weekly publishes first picture of Uncle Sam with chin whiskers
- 1933 – 20th Amendment goes into effect: President term begins in January not March
- 1953 – U.S. controls on wages and some consumer goods were lifted
- 1998 – Mary Kay LeTourneau, 36, former teacher, who violated probation by seeing 14 year old father of her baby, sentenced to 7 years

February 7th

- 1795 – 11th Amendment to U.S. Constitution ratified, affirms power of states
- 1914 – Charlie Chaplin debuts "The Tramp" in "Kid Auto Races at Venice"
- 1974 – Mel Brooks' "Blazing Saddles" opens in movie theaters
- 2011 – AOL purchases the liberal website, The Huffington Post, for $315 million

February 8th

- 1861 – Confederate States of America organizes in Montgomery, Alabama
- 1925 – Marcus Garvey enters federal prison in Atlanta
- 1942 – Congress advises Franklin D. Roosevelt that, Americans of Japanese descent should be locked up en masse so they wouldn't oppose the U.S. war effort
- 2012 – Europe's cold wave continues, with over 400 dead; the Danube River freezes over for 170 km

February 9th

- 1861 – Confederate Provisional Congress declares all laws under the U.S. Constitution were consistent with constitution of Confederate states
- 1941 – Nazi collaborators destroy pro-Jewish cafe Alcazar Amsterdam after Alcazar refused to hang "No Entry for Jews" signs in front of café
- 1964 – First appearance of Beatles on "Ed Sullivan Show", drawing a crowd of 73.7 million viewers
- 2012 – The U.S. Department of Defense produces new guidelines that remove restrictions on the use of women in combat

February 10th

- 1863 – P. T. Barnum stages wedding of Tom Thumb and Mercy Lavinia Warren, in New York City
- 1923 – Ink paste manufactured for first time by Standard Ink Company
- 1989 – Miami Vice's 100th episode seen on TV
- 2011 – An undersea fiber-optic cable arrives in Cuba, linking it to Venezuela. Venezuela offered to help Cuba speed its internet connection when the U.S. refused

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Community Matters

The Fitness Chronicles of Norrell - Week 7

By: Jessica Norrell
jessicanorrell@cullmansense.com

During the past week I have stepped up my workouts. I have a cardio workout that I do three times a week that I have included at the end of my article. It is chilly weeks like these that make me really enjoy being able to workout at The Wellness and Aquatics Center, though I do miss my outside running!

Next week I am going to start religiously adding in all of the super foods to my diet… not to mention staying away from the addictive sweets! Those have slowed me down for sure, but seeing my results has given me the desire to eat healthier. It has definitely been easier to make better choices in what I eat even though I have made several unhealthy decisions in the past few weeks.

If you are in the same boat as me…or a boat with even more bad decisions…don't stress. It takes time to make a lifestyle change and you will have other opportunities. The way I have to look at it is that every good decision I make, whether it be to workout or eat healthy (or not eat a half dozen red velvet cupcakes…guilty), I am a step closer to my goal.

And I really, really want that goal of looking my best and making clothes shopping a delight for me rather than deciding on what will cover and hide imperfections the best. Stick with it and don't lose hope!

The super foods I will be working into my diet are: beans, blueberries, broccoli, oats, oranges, pumpkin, wild salmon, soy, spinach, tea, tomatoes, turkey (skinless breast), walnuts, and yogurt.

I will go more in depth into these foods next week. I will add as many to these to my diet as possible but I will also include sweet potatoes. I would like to start including super food recipes I have tried and enjoyed weekly, just to make eating healthier a little sweeter.

And as promised here is more about my treadmill workout: I do it three times a week and it has really revved up my progress and burned major calories and fat. It is challenging but it has given me results I have been able to see very quickly. My resource for the workout above is blogilates.com.

Treadmill Shredmill Workout

1st Warm Up Set		
0-3:00	incline: 2	speed: 3.5 mph
3-5:00	incline: 4	speed: 4.0 mph
5-7:00	incline: 5	speed: 5.0 mph
7-8:00	incline: 2	speed: 6.0 mph
2nd Warm Up Set (same as 1st)		
8-11:00	incline: 2	speed: 3.5 mph
11-13:00	incline: 4	speed: 4.0 mph
13-15:00	incline: 5	speed: 5.0 mph
15-16:00	incline: 2	speed: 6.0 mph
3rd Set		
16-20:00	incline: 12	speed: 3.7 mph
20-21:00	incline: 15	speed: 4.0 mph
21-23:00	incline: 10	speed: 3.0 mph
4th Set		
23-27:00	incline: 12	speed: 3.7 mph
27-28:00	incline: 15	speed: 4.0 mph
28-30:00	incline: 10	speed: 3.0 mph
5th Set		
30-34:00	incline: 12	speed: 3.7 mph
34-35:00	incline: 15	speed: 4.0 mph
35-37:00	incline: 10	speed: 3.0 mph
6th Set		
37-41:00	incline: 12	speed: 3.7 mph
41-42:00	incline: 15	speed: 4.0 mph
42-44:00	incline: 10	speed: 3.0 mph
7th Sprint		
44-45:00	incline: 2	speed: 6-10 mph
Cool Down		
45-50:00	incline: 0	speed: 3-3.5 mph

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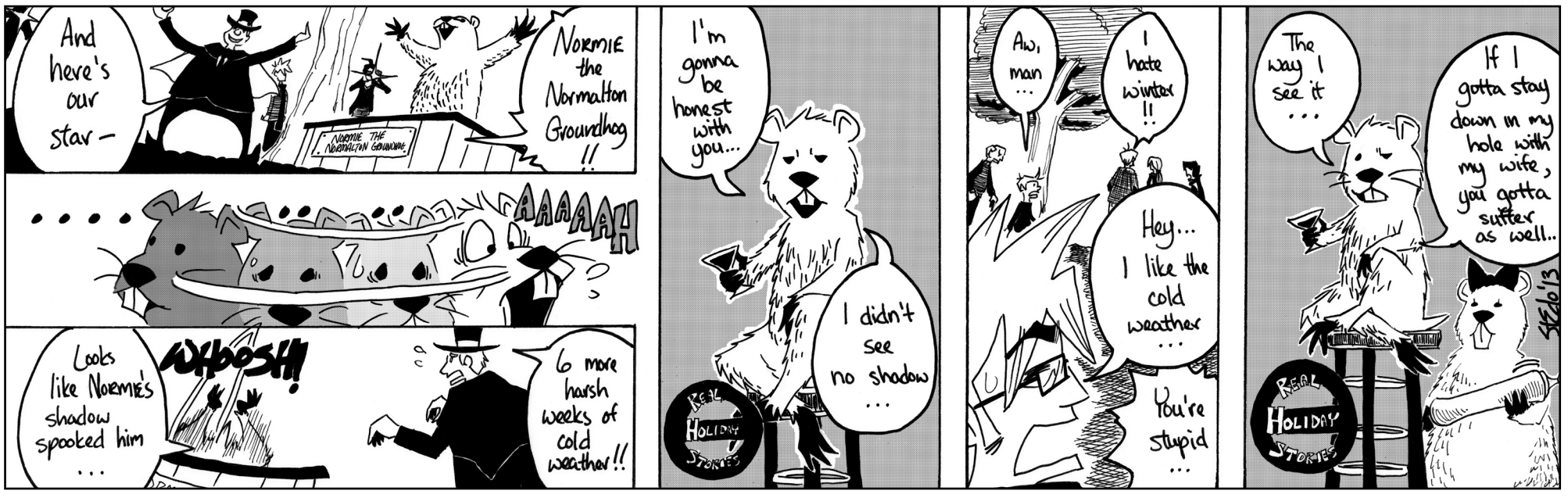
WHAT'S ON DECK AT PARKS AND REC....

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- **Learn to Ballroom Dance:** Latin & Swing Ballroom Dancing Classes will be taught at the Cullman Civic Center Feb. 7-Feb. 28 on Thursday nights. Cost is $10 per class. Call 256-734-9157 to register.
- **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. .
- **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.
- **Softball Clinic:** A softball clinic will be held Saturday, February 16, 2013 at Heritage Park to teach skills of fielding, throwing, hitting, bunting, and pitching. Cullman High School Coach Stephanie Barlow will lead the clinic. For more info, call 256-739-9931.
- **Disc Golf Tournament:** Tournament will be held Saturday, February 23. Day-of registration opens at 7:30, or you can pre-register by calling 256-739-9931. Tee-off is at 9:00am with a novice, intermediate, advanced & open category.
- **Senior Spirit Travel:** A trip to Nashville to see the Lion King will take place May 25, 2013. Cost is $175 per person. Final payment is due Feb. 22. For more info, call Angie Jochum at 256-734-4803.

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Community Matters

Legacy Recordings Honors Nina Simone, Artist of Month

By: Karen Sundell

Contributor

Activist Singer's 80th Birthday Celebrated During Black History Month

NEW YORK – Legacy Recordings, the catalog division of Sony Music Entertainment, commemorates the life and music of Nina Simone on the occasion of the singer's 80th birthday and celebrates the iconic High Priestess of Soul as the label's Artist of the Month for February 2013.

Nina Simone, who would've turned 80 on February 21, was a strong and vocal civil rights advocate who carried the message of universal rights and personal empowerment, freedom, equality, and dignity throughout her career. Whether it was political, emotional, or personal, she never failed to tell the truth through her music.

One of the most powerful and uncompromising artists of the 20th century, Nina Simone was a natural talent who developed into a virtuosic performer--an ineffable song stylist with concert hall piano skills and a transcendental on-stage presence.

Singer, songwriter, arranger, and pianist, Nina wove classical, blues, jazz, pop, rock, R&B, folk, gospel, torch songs, and world music into a body of work as eclectic as it is incomparable.

She began her career as a recording artist in 1958 with her version of "I Loves You, Porgy," from George and Ira Gershwin's "Porgy and Bess," her first U.S. chart success, and made more than 40 albums before her death, at 70, in France on April 21, 2003.

On the Legacy Recordings site, fans and collectors will find access a variety of comprehensive Nina Simone titles including: *Nina Simone - The Complete RCA Album Collection; To Be Free: The Nina Simone Story* (a four-disc set including DVD); *The Essential Nina Simone; Playlist: The Very Best of Nina Simon*, and, in time for Valentine's Day, *Nina Simone - Love Songs*, a specially-curated collection of the artist's most sensual and romantic recordings.

In 2008, Legacy Recordings released *To Be Free: The Nina Simone Story*, a deluxe four-disc (three CDs + DVD) box set that stands as the most comprehensive andwide-ranging collection of Nina Simone 's music ever compiled.

Containing 51 audio tracks – eight of them previously un-released – the collection covered her recording years from 1957 to 1993 for the Bethlehem, Colpix, Philips, RCA (for whom she cut nine LPs that are considered the pinnacle of her output), CTI, and Elektra record labels, plus another nine performances on the 23-minute documentary DVD.

" Nina Simone was one of those controversial figures American pop music puts forward from time to time," wrote Ed Ward in his liner notes for *To Be Free: The Nina Simone Story*.

"To see this African-American woman get angry about the racial situation in her country, right there on stage, was a shock to people who'd come to hear her sing 'I Loves You, Porgy.' Not that she cared; she figured that it was the artist's job to deliver the truth, and if the truth hurt, so be it."

"Of course, events wound up proving her right, but she never stopped being prickly about one thing or another. It was just part of who she was, and part of why her music has endured while that of some of her contemporaries has faded: she's still contemporary."

Newseum Opens Exhibit Featuring MLK Birmingham, Ala., Jail Cell Door

By: Jonathan Thompson

Contributor

Marks the beginning of multiyear exploration of civil rights milestones

Contributed by WASHINGTON – To celebrate the beginning of Black History Month, the Newseum recently opened "Jailed in Birmingham," a new exhibit featuring a casting of the original jail cell door behind which the Rev. Martin Luther King Jr. was confined after his April 1963 arrest for leading nonviolent protests in Birmingham, Ala.

It was in this cell that the civil rights leader penned his historic letter defending civil disobedience.

The "Letter From Birmingham Jail," written in response to a statement by a group of eight white Alabama clergymen, includes the now-famous quote, "Injustice anywhere is a threat to justice everywhere."

The door on display is a bronze casting made from the original door to King's cell in the Birmingham city jail.

The exhibit also features one of the first publications of the letter, a 1963 pamphlet published by the American Friends Service Committee, a Quaker group. The exhibit is on display in the Newseum's News Corporation News History Gallery.

This year will mark a number of milestone anniversaries of key events in U.S. history, and the Newseum will debut new exhibits to highlight them.

From March 1 to 14, a special, free exhibit will illustrate the landmark 1913 women's suffrage parade on Pennsylvania Avenue through newspaper front pages and photos of the historic event.

"Marching for Women's Rights" will be on view to the public in front of the Newseum in the museum's Today's Front Pages cases.

Later this year, the Newseum will mark the 50th anniversary of the assassination of President John F. Kennedy with two new exhibits and an original documentary chronicling the presidency, family life, and death of America's 35th president.

The Newseum will host public programs and special events about the Kennedys throughout 2013 to enhance the visitor experience. The JFK exhibits and film will be on display April 12, 2013, through Jan. 5, 2014.

About the Newseum

The Newseum — a 250,000-square-foot museum of news and history — offers visitors an experience that blends five centuries of news history with up-to-the-second technology and hands-on exhibits.

Within its seven levels of galleries and theaters, the Newseum offers a unique environment that takes museum-goers behind the scenes to experience how and why news is made.

The Newseum ranks as one of the top attractions in Washington, D.C., and more than 3 million people have visited since it opened in 2008.

For more information visit newseum.org or follow us on Facebook and Twitter.



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Community Matters

Empty Bowls (from Front)

"Our first Empty Bowls of Cullman County was held in November of 2003," said Shearer.

"All money raised from Empty Bowls events is to be given to help elevate hunger in some way. The money raised from the Cullman Empty Bowls has always benefited Cullman Caring For Kids Food Bank, our community food bank." Harton, who recently moved from Michigan to the home base for Empty Bowls, Burnesville, NC, received a bevy of mementos from Cullman's own 10 year tradition. Shearer said the items will hopefully find their final resting place inside a museum. "I recently had the wonderful privilege and opportunity to speak by phone with John Harton," she said.

"I sent him some things, about our Empty Bowls including the children's book, The Story of Empty Bowls in Our Town for the archives. Someday all the items will be donated to a University museum." To make sure there are enough handcrafted bowls, approximately 15 potters have worked tirelessly throughout the year to make 1000 bowls. Shearer said, Lynn Jetton "works very hard to coordinate everything." "We are so very grateful to all the Empty Bowls Potters, we could not do it without them. Every bowl is truly a gift of love from the potters to the people of our community," she continued.

Now with 1,000 bowls to fill someone will have to work extra hard preparing enough chili for everyone. Luckily, longtime caterer Bobby Nolen has filled the niche for each of the event's 10 years. Shearer outlined a typical day's event that Nolen encounters each year, adding that he "is our one and only Master Chef."

"On the day of Empty Bowls, he begins his 12 hour day at 7 a.m. by picking up the ground beef at a local supermarket. Then, he heads to the kitchen at St. Bernard to cook the meat and prepare the chili – this is the only place in town with the large equipment necessary to cook the huge quantity of chili," she continued.

"After the chili is ready it is transported to FUMC. Empty Bowls chili is only prepared once each year and that is why it is so special. I think Bobby's secret ingredient must be...love."

In honor of the 10th Anniversary, organizers with Empty Bowls are preparing a scrapbook from the last ten years. If anyone has a special Empty Bowls memory that they would like to share, e-mail it to: CullmanEmptyBowls@gmail.com or take it to the CCFKS Food Bank. Make sure to include your name and it will be included in the scrapbook.

"Looking back there are so many special memories especially of watching children growing up helping their parents each year. Now these same children are in high school and college and still coming back to help each year," said Shearer. "Thinking back over 10 years, one can only think of how many bowls have been made, how many gallons of chili have been made and ladled, and how many songs have been sung at Empty Bowls of Cullman County dinners."

Empty Bowls of Cullman County will be on Monday, February 18th from 4:30 p.m. until 7 p.m. at First United Methodist Church in Hearin Hall. The tickets are $10 and include a bowl of chili, a grilled cheese sandwich, a keepsake pottery bowl, a night of Southern Gospel music, fellowship, and a special night of praising God and helping other people. Music will be provided by Enell Baker, Shannon Green, The Revelations, and The Potentials. Look for Empty Bowls of Cullman County on Facebook and on the Alabama Calendar of Events.



Coming up in Walmart BFL Competition

By: Brady Bolin

Contributor

SCOTTSBORO – The 2013 Walmart BFL season continues with two tournaments on Saturday, Feb. 9. The Choo Choo division opens its season on Lake Guntersville and the Savannah River division opens on Lake Keowee.

Up to 400 boaters and co-anglers will be competing in each event for top awards up to $8,000 and $3,000 respectively.

Fisherman from around the state and surrounding areas will gather at the Waterfront Tackle & Grill at Goose Pond, located at 417 Ed Hembree Drive, Scottsboro, Ala. for the Choo Choo Division on Lake Guntersville.

When the BFL visited Lake Guntersville back in February of 2012, winter weather was still in full force.

High winds and brutally cold temperatures made the day uncomfortable for anglers and their equipment, but did little to stop the bite. Guntersville proved itself once again with 20 bags of more than 20 pounds brought to the scales, and a winning weight that exceeded the 30-pound mark. So far in 2013 bass have been biting well and big stringers are being caught on a daily basis. The bigger bass are known to stay notoriously shallow during winter months on Guntersville, and anglers should expect to be targeting the lake's banks, points, and pockets. Alabama rigs, reaction-type baits, and jigs should all be popular baits thrown during the tournament. The potential of a winning weight around 30 pounds is likely.

Mystery (from Front)

tery, plus the upcoming, soon-to-be-released third adventure, there is no doubt that the praise coming from all ages of cozy mystery and animal lovers will certainly continue.

"The Nose Sees All" by Holly L. Lewitas is available at Amazon and Barnes & Noble.

About the Author

Holly L. Lewitas is a registered nurse. She has held management positions in psychiatry, developmental disabilities, and home health care. Now a widow, she lives in Alabama, surrounded by her beloved rescued critters – the stars of all her books. Her first book, "The Nose Knows: A Spunky Mystery," was the beginning of the Spunky mystery series.

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