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Series 3, Issue 6 Monday, February 11, 2013

Cullman's Monday Newspaper

CULLMANSENSE

Community Matters

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Big Band Dance Draws Large Crowd



See Big Band Dance, Page 12

Photos by Jessica Norrell

"The Father of Cullman City Parks & Recreation"

By: Noah Chandler
noahchandler@cullmansense.com

CULLMAN — At age 90, Chester Freeman, Cullman's ambassador for a progressive parks and recreation program, passed away, leaving behind a great legacy of family-friendly events, a park which bears his name, and many plaques across the county marking a life fully lived.

Freeman began his service to the Cullman City Parks and Recreation more than 30 years ago. Among many accomplishments, Freeman served on the national parks board, was a member of the Cullman Lions Club, and was always publicly minded.

Freeman was involved in parks and recreation development in Cullman for more than 30 years. He served on the City of Cullman's parks and recreation board as well as the national board. He had also been a member of the Cullman Lions since 1955, just less than a year after the organization was chartered locally.

John Hunt, Cullman City Parks and Recreation director, recalled his first experiences while being courted by Freeman some 21 years back.

"Chester was the main reason I took the position," said Hunt. "He was always looking to push forward, making our parks department one of the best in the nation, something I too care a lot about. Whenever I had an idea, I would always take it to Chester first just to see what he

See Freeman, Page 12

Weekly Basketball Wrap-Up

By: Josh McBrayer
joshmcbrayer@cullmansense.com

Teams have been preparing for this all year. We are getting down to the part of the season where it is win or go home, so naturally there is going to be some outstanding action, hard-fought victories, and devastating losses. So, without further ado, here is all of the Area Tournament action from around the county.

St. Bernard vs. Addison
By Johnny Thorton

DECATUR – Beating a basketball team three times in one season is never easy to accomplish. The St. Bernard Saints did just that, eliminating the Addison Bulldogs by the score of 60-36 in the Class 1A, Area 14 Tournament at Decatur Heritage Christian School.

The Saints had knocked off the Bulldogs twice in the regular season by games that were decided in the final seconds. St. Bernard won 44-42 on January 10 at the Fazi-Richard Athletic Center and last Tuesday, pulled out a 54-53 victory at Addison.

Trailing 2-0, the Saints got things going with a 10-0 run. Gavin Harris landed a couple of three-pointers from the baseline and field goals by Jadavian Roland and Sean Moriarty had the Saints in control by the 4:00 mark of the first period with a 10-2 lead. The quarter ended with Wade Knight's Saints on top 16-5.

Moriarty took control of the offense in the second with three field goals and two points from the line. He had 14 by the break with the Saints holding on to a double-digit advantage, leading their area rival 28-16.

It was time for Roland to display his offense to those who watched. During the third period, Roland connected on six shots, one from downtown and headed into the final stanza with

See Basketball, Page 4

222 Interchange at Co. Rd. 222, 1 of 9 local projects identified - p. 2

PRINTED LOCALLY @ PRINTING Alabama Web Press

In Brief

Construction of Interchange at Co. Rd. 222, one of 9 local projects identified by Governor Bentley

By: Jennifer Ardis

Contributor

MONTGOMERY – Governor Robert Bentley on Monday announced the approval of 302 additional road and bridge projects, the largest number of projects announced to date under the Alabama Transportation Rehabilitation and Improvement Program (ATRIP).

With Monday's announcement, a total of 439 road and bridge projects have been announced since Governor Bentley formally unveiled his ATRIP initiative in March of 2012. ATRIP is the largest road and bridge improvement program in Alabama's history.

"Everyone benefits from ATRIP," Governor Bentley said.

"We're improving public safety by replacing old bridges and repairing and widening outdated roads. ATRIP also helps create jobs. When companies build new facilities, they look for areas with good roads and bridges. ATRIP is giving them what they need. The more companies that build and expand in Alabama, the more jobs we're able to create."

The latest projects are located in 44 counties across the state. To date, 61 of Alabama's 67 counties have received ATRIP funding for various road and bridge projects.

Governor Bentley will soon announce details of a bill that will enable Alabama's remaining six counties to participate in ATRIP. Those counties are: Fayette, Hale, Lawrence, Marengo, Wilcox, and Winston.

The governor's legislative proposal, currently under development, also will allow several other counties to expand their previous participation.

Funding for ATRIP comes through the use of GARVEE bonds. With GARVEE bonds, Alabama is able to access future federal dollars to pay for road and bridge projects that are needed immediately.

With interest rates on municipal bonds at historic lows, the use of GARVEE bonds makes strong financial sense, as the low cost of borrowing is generally lower than the rising cost of inflation on construction projects.

GARVEE bonds also allow the state to make needed improvements without raising taxes.

The 302 projects announced Monday are valued at a total of $397.78 million. Since ATRIP started, more than $613 million in projects have been approved.

Cities and counties across the state submit local project proposals for ATRIP funding.

The applications are analyzed by the Alabama Department of Transportation.

Eligible projects are reviewed by an advisory committee, which, in conjunction with Governor Bentley, makes project funding decisions. The committee consists of ALDOT Director John Cooper, Lt. Governor Kay Ivey, Senator Paul Bussman, Representative Mac McCutcheon, Agriculture Commissioner John McMillan, and retired county engineers Herb Huner and Henry Hawkins.

"As a member of the ATRIP Advisory Committee, it's gratifying to see counties and cities working together to promote progress and improve roads and bridges," Lieutenant Governor Ivey said.

"Under Governor Bentley's leadership, the approval of funding for this recent round of projects plays a vital role in the long-term economic impact of local communities and the state."

"School buses shouldn't have to detour around bad bridges, and communities shouldn't be limited in economic development by outdated roads," Senator Bussman said.

"That's why ATRIP is so beneficial. This program gives our communities the roads and bridges they need to address these concerns and improve the quality of life."

"The ATRIP committee is working to promote needed highway construction and maintenance projects throughout Alabama," Rep. McCutcheon said.

"Governor Bentley's leadership has been instrumental in improving our roads. Working with the Governor and ALDOT, the ATRIP committee will continue to approve projects that will increase safety for the public and help create more economic growth and more new jobs."

ATRIP road and bridge projects require local matching funds of 20 percent provided by either the local government or through a local public-private partnership, with the remaining 80 percent provided by GARVEE bonds.

The Governor's legislative proposal, to be outlined in greater detail soon, would help municipalities that are currently limited in their abilities to provide 20 percent matching funds for ATRIP projects.

At least one additional round of ATRIP funding is scheduled. Eligible projects not selected in previous funding rounds are once again eligible to be submitted.

The deadline for submitting applications for the next round of funding is May 31. Further information on ATRIP is available on the ALDOT web site at dot.state.al.us.

Projects Identified for Cullman County

ATRIP No.	Div.	County	Sponsor	Project Description	Local Amt	ATRIP Amt	Total Cost
22-03-03	01	CULLMAN		CR-565 Resurface and Guardrails from CR-490 to Hanceville CL	$184,407.29	$737,629.16	$922,036.45
22-03-09	01	CULLMAN	Good Hope	BR on Beech Grove Road over Bavar Creek	$227,529.14	$909,587.42	$1,137,116.56
22-03-10	01	CULLMAN		Resurface CR-747 from Blount/Cullman County Line to CR-1545	$638,693.92	$2,554,775.66	$3,193,469.58
22-03-11	01	CULLMAN		Resurface CR-1101 from Lawrence/Cullman County Line to SR-157	$249,097.00	$996,388.01	$1,245,485.01
22-03-12	01	CULLMAN		Resurface CR-1435 from Morgan/Cullman County Line to SR-157	$236,122.95	$944,491.28	$1,180,614.23
22-03-13	01	CULLMAN		Resurface CR-1223 from US-31 to CR-1242	$207,393.72	$829,574.87	$1,036,968.59
22-03-15	01	CULLMAN		Construction of Interchange @ CR-222 and I-65	$1,277,633.06	$9,192,595.25	$10,470,228.31
22-03-16	01	CULLMAN	Holly Pond	Resurface CR-698/55 from SR-91 to Holly Pond town limits	$29,000.00	$116,000.00	$145,000.00
22-03-17	01	CULLMAN	Fairview	Resurface CR-1669 from Fairview City Limits to SR-69	$47,231.70	$188,926.80	$236,158.50

Total for Cullman County – 9 Projects

Local Total – $3,097,108.78

ATRIP Total – $16,469,968.45

Total Cost – $19,567,077.23

Source of Super Bowl Power Outage Traced to Relay Device

By: Chanel Lagarde

Contributor

NEW ORLEANS – Entergy New Orleans, Inc. announced Friday that it has traced the cause of Sunday's outage to an electrical relay device.

The device was specifically installed to protect the Mercedes-Benz Superdome equipment in the event of a cable failure between the switchgear and the stadium.

While the relay functioned without issue during a number of high-profile events – including the New Orleans Bowl, the New Orleans Saints–Carolina Panthers game, and the Sugar Bowl – during Sunday's game, the relay device triggered, signaling a switch to open when it should not have, causing the partial outage.

This device has since been removed from service and new replacement equipment is being evaluated.

"While some further analysis remains, we believe we have identified and remedied the cause of the power outage and regret the interruption that occurred during what was a showcase event for the city and state," said Charles Rice, president and chief executive officer of Entergy New Orleans.

Entergy New Orleans, Inc. is an electric and gas utility serving Orleans Parish and is a subsidiary of Entergy Corporation.

The company provides electricity to more than 160,000 customers and natural gas to more than 100,000 customers in Orleans Parish.

Give us a Tweet @cullmansense

What's Online

GREENTREE CIRCLE RENAMED COOPER CIRCLE

Greentree Circle, a private street in the Greentree Apartment complex, has been officially renamed "Cooper Circle" in honor of the long-time service of Mr. James Cooper.

qrne.ws/cooper



FORUM HELD FOR DISTRICT 11 CANDIDATES

Four Republican candidates vying for the vacated position of Alabama House of Representatives District 11 participated in a public at the All-Steak Restaurant.

qrne.ws/3

SESSIONS ASKS COMMERCE DEPARTMENT TO DEFEND ALABAMA, U.S. WORKERS, AND ENFORCE PROPER "FAIR VALUE" PRICING

Sen. Sessions led a group of Senators in sending a letter to the Commerce Dept. Acting Secretary.

qrne.ws/2

In Brief

ADPH reopens areas to oyster harvesting

By: Jeff McCool
Contributor

MONTGOMERY – State Health Officer Dr. Donald E. Williamson announced recently the reopening of portions of Areas I, II, and III of Mobile Bay that were temporarily closed to the harvesting of oysters on Jan. 21, 2013. This includes Portersville Bay, Grand Bay, and Heron Bay.

The order became effective at 6 a.m., on February 7.

All public oyster reefs are managed by Alabama Department of Conservation and Natural Resources, Marine Resources Division, for harvest. Catchers are reminded to check with division for information regarding areas open for harvest.

The Alabama Department of Public Health will continue to monitor bay waters and shellfish to ensure bacteriological safety.

Maryland Delegate Reveals His Hopes for Gun Confiscation

By: Bunnie Riedel
Contributor

COLUMBIA, MD – In a December 21, 2012 e-mail, Maryland State Delegate Frank Turner wrote a constituent that "There will be many bills in January to address the problems stated above.

The real challenge is how to collect the thousands of assault weapons already in circulation..." The e-mail became public during a hearing in Howard County Maryland on February 7th as the constituent who received the e-mail testified. At first, Turner claimed that the statement was taken out of context, but when the constituent offered to read the entire e-mail to the gathering, Delegate Turner admitted that he had indeed written the e-mail.

"The national message surrounding gun legislation has been 'don't worry, we don't want to take away your guns,'" said Matthew Levine, a Howard County resident.

"But clearly, the agenda is exactly the opposite. The agenda is a gradual chipping away at the Second Amendment to eventually arrive at gun confiscation."

Delegate Turner's e-mail mirrors a 1995 interview that Senator Dianne Feinstein did with 60 minutes in which she famously stated "If I could have gotten 51 votes in the Senate of the United States, for an outright ban, picking up [every gun]... Mr. and Mrs. America, turn 'em all in."

Maryland has become the latest battleground in gun control legislation. In January, Governor Martin O'Malley introduced the most sweeping piece of anti-gun legislation in the country. On Wednesday, February 6, almost 4,000 people packed a square in Annapolis to protest SB 281 and its companion bill HB 294. After the rally, the protesters marched to the Senate building where the legislation was to be heard by the Judiciary Committee.

At one point, people were stopped from entering the building because it had reached capacity. Various gun advocates braved a chilly wind, standing in line as much as four hours to sign a sheet saying they were against the various pieces of legislation.

"It is disturbing," said Levine. "We have representatives who arbitrarily decide which of the Constitutional Amendments they will or will not uphold. That's not what our Founder's envisioned."

Below is the full text of the December 21st e-mail sent by Delegate Turner:

From: "Turner, Frank Delegate" Frank.Turner@house.state.md.us
Date: December 21, 2012, 11:07:05 AM EST
To: (email address removed)
Subject: Gun issues.....

Thank you for contacting me concerning possible legislation to help control the proliferation of gun violence.

As you may be aware, I have supported a ban on the sales of assault weapons and large capacity magazines and for instant background checks on all gun sales and for a ban on carrying concealed weapons.

There will be many bills in January to address the problems stated above. The real challenge is how to collect the thousands of assault weapons already in circulation and the need to add more state and federal funding to mental health issues.

I appreciate hearing your comments and concerns surrounding these many difficult issues that need to be addressed.

Best wishes,
Frank
Delegate Frank S. Turner
House Ways and Means Committee
Chairman, Finance Resources Subcommittee
District 13 - Howard County
Room 206, HOB
410-841-3246/301-858-3246

Send your opinion on this to news@cullmansense.com.

ALHousingSearch.org Links Renters and Landlords in Alabama

Contributed by:
The Alabama Department of Mental Health

FREE resource lets users list and search for rental housing

MONTGOMERY – A press conference was held Wednesday to announce the launch of ALHousingSearch.org, a free housing locator website that gives renters, landlords, housing professionals, and social service providers access to real-time rental housing information. The website offers landlords, including those with critically-needed affordable and special-needs housing, a place to advertise properties at no cost, while helping renters find units that fit their specific needs. Listings can include pictures, maps, and information about nearby amenities such as parks, schools, and hospitals. Features for renters include quick links to housing resources as well as rent-affordability and moving-cost calculators. Speakers at the event included Director of the Alabama Department of Economic and Community Affairs Jim Byard, Jr., Representative Patricia Todd and an esteemed group of partners from across the housing continuum. Attendees were comprised of state and local officials, representatives from housing agencies and nonprofits, property managers, real estate professionals, and more. The project was developed by Disability Rights and Resources of Alabama and Socialserve.com. It was funded by the Alabama Council on Developmental Disabilities, a division of ADMH.

"ALHousingSearch.org will be especially helpful to prospective renters whose work and family demands leave them limited time to invest in a search for housing. This fast and easy way to locate housing information and related resources not only benefits renters, but will also be a valuable asset for property owners and a vital tool for strengthening the economic health of our communities," said Byard. Rep. Todd added, "Alabama has long needed a centralized database of available affordable housing. ALHousingSearch.org provides the tools needed to find available housing throughout the state."

In addition, ALHousingSearch.org will also be an invaluable tool during times of disaster, putting current housing information at the fingertips of disaster victims. Todd said, "ALHousingSearch.org sets a stellar example for disaster preparedness with a proactive approach to identifying and listing emergency rental housing. When a crisis causes housing loss in Alabama, this resource will be in place and ready to help quickly house displaced individuals."

To search or list housing on ALHousingSearch.org, visit www.ALHousingSearch.org anytime or call the toll-free, bilingual call center at 1-877-428-8844, M-F, 8 a.m.-7 p.m. CST.

Aderholt Supports the Require a PLAN Act - Legislation would require the White House to show clear path to a balanced budget

By: Anne Marie Malecha
Contributor

Washington, D.C. — Congressman Robert Aderholt (AL-04) released the following statement in support of H.R. 444, the Require a PLAN Act, that passed today (February 6) in the House:

"This week, the White House once again missed the statutory deadline to submit their budget to Congress," said Aderholt. "With trillion dollar deficits and our economy fighting to recover and grow jobs, submitting a fiscally responsible spending plan should be one of the President's highest priorities."

"The bill that passed today would require the President to submit a budget to Congress that would balance within 10 years. Further, if the budget proposal does not balance, the President would be required to submit a supplemental budget that shows when his budget would balance. We must get our fiscal house in order and the economy moving again," continued Aderholt.

"House Republicans have done our job, we have passed sensible budget proposals that would get our economy moving again and spur job creation. I hope with the legislation passed today and the 'No Budget, No Pay Act' that passed in the House last month, our colleagues in the Senate and the White House will be willing to join the House in working to find real solutions to our nation's great fiscal challenges," concluded Aderholt.

Aderholt currently serves as Chairman of the Subcommittee on Agriculture for the powerful House Appropriations Committee, is a member of the Committee's Commerce, Justice and Science; and Homeland Security Subcommittees, and also serves on the Helsinki Commission.

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Request for Proposals - Prescribed Burning In Alabama Training Project

Contributed By:
Alabama Forestry Commission

MONTGOMERY – The Alabama Forestry Commission (AFC) is responsible for implementing the Alabama Prescribed Burning Act (Section 9-13-270,1975 Code of Alabama) and related regulations.

Part of that responsibility is to provide training for interested prescribed burn managers and continuing education for Certified Prescribed Burn Managers. Due to reductions in budgets and staffing, the AFC is requesting proposals to assist in presenting this workshop and training materials.

Persons interested in becoming a contractor for this project must submit their formal proposal in writing to the Alabama Forestry Commission at the address below by the close of business on Friday, February I5, 2013.

Proposals received after the deadline will not be considered. Please share this information with anyone you feel may be interested in bidding on this proposal. The AFC reserves the right to refuse any or all bids.

Proposals must be submitted to:
Alabama Forestry Commission
Forest Operations Division
ATTN: Dan Jackson 513 Madison Avenue
P.O. Box 302550 Montgomery, AL 36130

Tune In
youtube.com/
cullmansense

SPORTS

Good Hope's Kayla Tillman sinks 2,000 Points; enters history books

By: Josh McBrayer
joshmcbrayer@cullmansense.com

GOOD HOPE – It takes a special player to lead their team in scoring. It takes a great player to score 1,000 points along the way, but to score 2,000? Well that takes Kayla Tillman.

The senior forward has worked for Good Hope since she saw her first minutes of playing time on the varsity squad and with each and every point leading to this.

"My mom and dad told me a few days before when I had scored (28) on senior night (vs. Hayden)," said Tillman in response to the question of whether she knew she was that close to the monumental milestone.

"They said, 'I know you lost but you only need fourteen more (for 2,000)' and I was like, no way!"

Tillman would not have to wait long to sink her 2,000th point. A mere eight days later, she entered the history books against Hanceville in the first round of the 3A Area 13 Tournament at Good Hope where the girls earned the right to host.

"At the beginning of the year, you always set team goals, but this was my personal goal this year. To get 2,000."

The team goals that Tillman alluded to are nothing new for the Good Hope Lady Raiders as they made it to the BJCC last year, but lost a tough game to Andalusia in the "Final Four", a loss they look to avenge this year by bringing the state title home to Good Hope this year.

The Lady Raiders took their first step toward that goal with a win over Hanceville in which Tillman scored 14 right on the nose and finished the night with exactly 2,000 points and a silver basketball for her rapidly filling trophy case.

When asked about the three pointer that she hit to reach the milestone, Tillman said that it was even better to hit 2,000 with a three because it is "her shot."

"Just 14," Tillman said when asked how many points she scored in the victory.

As important as scoring her 2,000th point, the win was what Tillman was relishing in as Good Hope looks to go "all the way" this year and with her at the helm, there is no reason they can't.

No. 3 Wallace State softball opens season once again as a legitimate national championship contender

By: Russell Moore
WSCC Contributor

HANCEVILLE – Wallace State's third-ranked softball team begins the season today in Marianna, Fla., once again considered a legitimate national championship contender.

Wallace State, which finished third at the NJCAA Division I National Championship last season, has two sophomores ready to carry the load on the mound this season, and catcher Paige Rowland, infielder Victoria Frith, and outfielder Katie Gentle are returning to the starting lineup.

"Our sophomore pitchers are ready to show what they've got. It's going to be a strong 1-2 punch between BreeAnna Blevins and Lindsey DeFee," said Wallace State coach Jayne Clem, a 10-time ACCC coach of the year. "Offensively, we have a chance to have one our better hitting teams. We have power throughout the entire lineup."

The Lady Lions put together another stellar season in 2012, finishing 62-12 and winning the program's fifth state championship in six seasons and seventh overall. Wallace State rallied to win last season's state title, winning five games in a row from the loser's bracket. Two weeks later, the Lady Lions encountered a similar situation at the national tournament. They lost their second game in St. George, Utah, but won four straight games before being eliminated in the semis, losing in extra innings to eventual champ Chattanooga (Tenn.) State.

Wallace State, the 2008 national champs and 2009 and 2010 NJCAA runner-up, fell one win shy of playing for the national championship for the fourth time in five years.

"We had good sophomore leadership last season after losing to Faulkner State in the state tournament. It was definitely a wakeup call. It helped the team realize we get each team's best shot when we hit the field," Clem said.

"Our sophomores this season understand how good it was for them to experience the things we did last year. They are ready to win it all this season. We plan on playing in the national championship game instead of sitting and watching it."

Blevins and DeFee are next in line to become Wallace State's next dominant pitchers, continuing a string that has recently included NJCAA All-Americans Heather Parker and Kelsey Dennis.

Blevins, a former All-State performer at Alexandria High, was an important piece to last year's rotation, finishing 15-1 with a 1.43 ERA in 21 games. She recorded 93 strikeouts and tossed eight complete games.

DeFee, a Eufaula native, made seven starts and went 5-2 with a 2.79 ERA as a freshman, throwing three complete games.

"BreeAnna pitched in the nationals and state tournament for us, so she gained that valuable experience and Lindsey was a state tournament pitcher in high school every year. They're two totally different pitchers, but each knows how to step up in pressure situations," Clem said.

Rowland returns at catcher and will provide a lift in the middle of Wallace State's order. The 5-9 sophomore was an all-tournament selection last season at both the state and national tournaments and an All-ACCC/Region 22 first-team selection after hitting .312 with a team-high 13 homers and 36 RBIs.

"Paige Rowland will be a major factor again defensively and offensively. She's going to be in charge of leading the pitchers where they need to go and be a big force at the plate," Clem said.

Frith, a second-team All-Region player, returns in the middle of the diamond after stealing 19 bases and collecting 18 RBIs last season, while Gentle is back in the outfield after hitting .342 with six homers, 39 RBIs, and 17 stolen bases.

Clem believes that freshmen Kori Benson and Madeline Lee will contribute significantly to the lineup in addition to sophomore infielder Brittany Gillison. Benson was named an AHSAA Super Team Selection among all classifications last season after setting single-season school records at Oak Grove with 21 homers and 68 RBIs.

All of Wallace State's games in February are on the road and loaded with matchups against other national championship contenders, including defending champion Chattanooga (Tenn.) State, second-ranked Blinn (Texas) College, No. 10 Darton (Ga.) College, and No. 18 Iowa Western.

Wallace State hosts its annual JUCO tournament at Cullman's Heritage Park on March 1-2 and hosts Indian Hills (Ill.) CC for its home opener on March 5.

"We're going to get a gauge early on to see what we need to work on. We seem to see most of these teams again at the national tournament, so it especially gives the freshmen a chance to see what this level is about," said Clem, who enters her 14th season with a 662-165 career record. "We're going to have our work cut out for us all season long."

Weekly Basketball Wrap-Up (from Front)

the Saints leading 47-29. He nailed a trey before time expired to cool off the Bulldogs as they cut a 42-20 deficit down to 44-29 before the Roland long ranger with Kaleb Estill hitting for seven points on three field goals in the period.

As the fourth began, the Saints soared to a 55-34 margin and with less than 2:00 remaining, coach Knight pulled his main starters of Roland, Moriarty, Harris, and John Gurtiwski, giving his reserves of Jacob Grey, David Shartung, Graham Sanders, and Kehn Nuygen a chance to play on the beautiful facility at Decatur Heritage.

The Saints now get to take on Decatur Heritage in the second semifinal of this tournament Friday at 7:30 p.m. following the game between Meek and Falkville.

Roland scored 17 of his game high 25 points in the second half, finishing with 10 field goals and four of four from the line. Moriarty tossed in 22, Harris scored six from a couple of treys, Dean Smith hit four, and Gurtowski three.

St. Bernard held Addison to its lowest total in the three meetings between the two. Estill was the only Bulldog to get double figures, ending the contest with 13. Zach Anders netted nine.

Cullman Girls vs. East Limestone Girls

By Johnny Thornton

HARTSELLE – Once they were able to gain the lead, the Cullman Lady Bearcats weathered the storm in a series of East Limestone comebacks, beating the Lady Indians 54-41 in the Class 5A, Area 15 Tournament at Pettey Gymnasium.

Cullman now turns its attention to longtime rival Hartselle in the championship game Saturday at 6 p.m. Hartselle used a fourth quarter comeback in getting past West Point 51-39 to set up a showdown for the grand prize in this hotly-contested area.

The Lady Bearcats trailed 10-7 after the first period then got five to deliver points in the second period during a 17-5 run that sent them to the lead at 24-15 by the time the game had finished up playing the first half.

Then East Limestone made its first move of a comeback. The Lady Indians opened the third period with five consecutive points and trailed 24-20. Cullman came back with a 9-4 spurt and was up 33-24 when the Limestone team found a way to stay in contention.

East closed the margin to 33-30 late in the period when Cullman's Baylee Johnson scored her only three-pointer of the night. That was the final points of the third, giving Jonathan Hayes' squad a 36-30 advantage with a quarter to play.

Cullman (17-11) was able to produce eight points from the free throw line during the final 8:00 and get crucial baskets by Johnson (two) and one from Hayden Short and Blair Nall to finally turn away the Lady Indians.

The bad news was Cullman missed 10 free throws in 18 fourth quarter attempts. That would have given the Lady Bearcats plenty of breathing room instead of having to fight for their lives throughout the final stanza.

But Cullman survived and advances to "Championship Saturday." The Lady 'Cats are in an area championship for the second consecutive year under coach Hayes and playing the title game in Morgan County.

Last year the Lady 'Cats lost a tough one to Brewer. Brewer is now playing in the Northeast Regional with the Lady Patriots, a heavy favorite, to possibly win their second consecutive 5A crown.

Smith tossed in 16 for the Lady 'Cats, but didn't connect on a field goal in the second half. She was five of nine at the line and had a solid game on defensive rebounds and triggering the fast break with numerous baseball outlet passes to Johnson.

Johnson scored 13 with four field goals coming in transition to go with her lone trey and two of two from the line.

Short netted 10, Nall scored nine, Emily Tucker four, Hannah Shelton two, and Christine Skinner one.

Rachel Diamond was the top gun for East Limestone with 18 followed by Brandy Craltree with nine.

Hartselle Girls vs West Point Girls

For the first half, the Lady Warriors weathered the storm of foul problems as starters Rachel Persall and Jamie Beasley had to sit down picking up two personals in the early moments.

The Lady Warriors were down 16-14 at the half getting 10 points combined from Kari Williams and Mallory Walker to stay in the game.

Madison Rusk, an All-County performer, had only three first-half attempts and was held to just two points.

Once Persall and Beasley returned to the floor, West Point got in sync during the third

See Next Page

SPORTS

Weekly Basketball Wrap-Up (Continued)

period. A pair of old fashioned three-point plays by Rusk and two treys from Persall sent them into the lead.

With one period to go, the Lady Warriors were on the verge of upsetting the No. 1 seed, leading Hartselle 30-26.

A Free throw from Mallory Walker sent them to a 31-26 lead at the start of the fourth then the Lady Tigers went on a 7-0 run to take the lead at 33-31. Free throws from Persall tied the score at 33-33 then Hartselle finished the game with an 18-6 run.

Riley Terry had seven during the spurt along with seven from Quaneshia Burks as Hartselle improved to 16-11 with the win, ending West Point's season at 13-13.

Waller and Rusk both scored 10 in the final game of the season for the Lady Warriors with Williams and Persall hitting for eight and Taylor McManus three.

Burks topped the Hartselle scoring with 15, Alice Ann Glasgow scored 10, and Terry pushed in seven.

Cullman and Hartselle split in the regular season. The Lady 'Cats won 33-30 at Cullman in December with Hartselle pulling out a 42-36 victory at Pettey Gym Jan. 8.

Holly Pond Girls vs. Pennington Girls
By Josh McBrayer

HOLLY POND – Following a 62-30 blow-out of New Hope by Brindlee Mountain, the Lady Broncos took the floor against the Pennington Lady Tigers to determine who would face Brindlee Mountain in the finals.

Holly Pond got things going, opening up a 10 point lead via a 14-2 run in the first four minutes of the game and extending the run to 26-2, closing out the quarter.

This is a lead the lady Broncos would never come close to losing, cruising into the finals by a score of 76-24. The Lady Broncos will face the Brindlee Mountain Lady Lions Monday, February 11th at 6 p.m. for the Class 3A Area 12 crown.

Meg Gambril scored 13 of her 17 points in the first quarter

Taylor terry was also big in the quarter, scoring eight of her game-high 21 in the first.

"We just wanted to come out and play hard after our tough loss to Cullman," said Rowell about her team jumping out to a huge lead.

It looked as though Pennington had something going early in the second but after two quick time-outs called by Holly Pond coach Scott Adams, his girls settled in.

"No matter who we are playing, I always want (Holly Pond) to play hard," said Adams, "If they are playing hard I can live with a few mistakes,"

They went on a 29-0 run that ran from midway through the second quarter and the entirety of the third quarter. Holly Pond headed to the fourth a staggering 54 points.

The cushion allowed coach Adams to sit his starters and play his reserves in preparation of the championship game Monday night.

Leading the Lady Broncos was Rowell with 21, Gambril with 17, and Rachel Finley with 13.

Lela McCoy had seven for Pennington.

Fairview vs. St. Clair County
By Johnny Thornton

FAIRVIEW – An upset and a near upset highlighted the action during the Class 4A, Area 13 tournament at Joe Shults Gymnasium.

Top seed Fairview escaped the upset bid, turning back St. Clair County 66-43. It took an 18-6 run in the second quarter to give the Aggies a huge advantage in improving to 21-9 on the season.

The upset was in the opener with Oneonta stunning No. 2 seed Locust Fork. The Redskins outscored the Hornets 29-19 in the second half to break a halftime tie and head to Monday's title game vs. the Aggies with an 11-11 record.

A tight first period had the Aggies getting tested by St. Clair County. The Saints got four baskets from Joshua Hardrick and two by Markett Clark. Center Blake Parker matched their scoring by knocking down four shots including one from long distance with the Aggies taking a 17-14 lead at the end of the quarter.

Fairview allowed the Saints only three field goals in the second with the Aggies getting two baskets each by Parker, Dillon Widner, and Elijah Garrison to raise the margin to 35-20 at halftime.

Coach Greg Boatright's squad maintained their respectable lead during the third period, leading 47-31.

A 19-point fourth quarter with balanced scoring was highlighted by the Aggies in which they ran away from the Saints to set up a showdown against Oneonta with home court advantage for the Sub-Regional hanging in the balance in this championship clash.

Parker finished with 20 points to lead the Aggies with Garrison scoring 14, Peter Kessler nine, Andy Hendrix seven, Luke Bailey six, Widner, and Hunter Brewer four.

St. Clair ended the season at 8-19. The Saints got 12 points from Hardrick, 19 by Juan Montgomery and Matthew Hicks, and eight from Clark.

Oneonta held a 25-13 lead on Locust Fork late in the second period when the Hornets finished strong by 12 consecutive points scored to even the game at 25-25 at the break.

Then it was time for the Redskins to get control of the game and never surrender the lead for the rest of the night.

An 11-2 run late in the third sent the Redskins in front at 38-29. They held the Hornets to one field goal in the third quarter after Locust Fork scored 23 on them in the second.

The Redskins kept the lead at arm's length in the fourth quarter despite missing 10 free throws. They were 12 of 22 in the final period, compared to the Hornets visiting the stripe only six times, hitting four.

Holly Pond vs. Brindlee Mountain
By Josh McBrayer

HOLLY POND – Holly Pond took the court against Brindlee Mountain Friday night at Felton Easterwood Gym looking to follow New Hope into the 3A, Area 12 finals and a berth in the Sub-Regionals.

"We have told our guys for the last several weeks as the area has approached, we have got to find the easiest route to the regionals at Jacksonville State," said Holly Pond head coach Mitch.

The road could not have been much easier tonight as Holly Pond coasted to a 40 point win.

The first quarter started out with both teams going basket for basket. However, the second quarter was taken over by Austin Smith and the Holly Pond Broncos. Smith had 11 in the quarter and 18 in the half, helping Holly Pond turn their two point lead in the first, into an 18 point lead at halftime.

"He is a kid that has a lot of talent," Morris said of Smith's first half performance. "He jumps well, runs well, shoots well, and he has improved every game."

The Broncos continued to stymie Brindlee Mountain with their quick hands on defense and precision shooting on offense taking a 30 point lead to the fourth quarter.

Although still playing hard, Holly Pond was able to cruise in the fourth and milk the clock as they moved to the finals by a score of 78-38.

"It is very important," Morris said of getting to rest some of his starters. "We started playing better in the second quarter and extending our lead. We could then start subbing a little more and we didn't have to depend on three or four guys to play all of the time.

With the win, Holly Pond moves on to play New Hope in the finals, February 11th at 7:30 for the 3A Area 12 Championship and, most importantly, the right to host the sub-regionals.

Leading Holly Pond was Austin Smith with a game high 23, Colby Adams with 15, Gunter Morris 12, and Ben Wilson with 11.

For Brindlee Mountain it was Tyler Daniel with 16.

Cullman Girls vs. Hartselle Girls
By Johnny Thornton

HARTSELLE – Cullman was able to make enough plays on both ends of the floor in the fourth quarter that allowed the Lady Bearcats to steal the 5A, Area 15 championship from Hartselle Saturday night, getting past their arch rival 25-24.

It was a championship game that was evenly matched, but experienced poor execution from the offensive side. Cullman also had to deal with having forward Morgan Smith on the bench for over 12 minutes when she picked up her fourth foul at the start of the second half.

With Smith back in action, Cullman regained its poise and got some critical plays from the defensive side by Smith, Baylee Johnson, Hayden Short, and Blair Nall when the game entered crunch time.

Smith got off to a good start with seven points by the end of the first period. She scored the only three-pointer for Jonathan Hayes' team before time ran out to give Cullman an 11-8 lead.

Hartselle came into the championship game shorthanded in the backcourt. Starting guard Allie Roden was out after she suffered an ankle injury late in the third period of the Lady Tigers' 51-39 semifinal victory over West Point two nights earlier.

With 4:47 to play in the second period, Smith gambled for a steal, came up empty and committed her third foul.

She was done for the rest of the half. Despite her absence, Cullman was able to hang on to a 15-12 lead at intermission.

The Lady Bearcats had received no scoring from point guard Johnson who was unable to get shots to fall from the perimeter.

They also were insufficient from the foul line, hitting just two of seven in the half and zero for four during the second.

With Cullman in possession to start the third, a questionable call on Smith for setting a screen was whistled. Coach Hayes was left with no choice but to take his star player out of the game.

The offense struggled while Smith was a spectator. Cullman got two free throws from Oakleigh White in the third for its only points. They were only down 20-17 even with Hartselle outscoring them in the stanza, 8-2.

Smith reported to the scorer's table to start the final period and got her team going with two field goals. A basket by Christine Skinner off a foul line pass by Short was important as well as Cullman moved back in front at 23-22.

Then late in the game, Shaneal Johnson knocked down a shot and the home team was on top 24-23 with Cullman having problems attacking the very aggressive Hartselle defense.

After a rebound from Smith with less than 45 seconds remaining, the Lady 'Cats went to work. White was fouled by Melissa Paul Hill with 18 seconds remaining.

After going 0-2 at the line early in the third, she knocked down four straight. These two gave Cullman the lead at 25-24 with Hartselle working for a good shot in the final seconds.

Smith got the missed and was tied up with the possession arrow pointing to Cullman. But on the inbounds pass with 0:06 left, Johnson underthrew it toward Blair and Sarah Horner intercepted.

She fell to the floor with no travel called by the officials as Hartselle got the next possession and stopped the clock with a time-out and only three seconds to play.

They inbounded and tried to get it into the post to Quaneshia Burks. But Smith knocked it away, Short picked it up and time ran out.

The Lady Bearcats will play a Sub-Regional game Thursday at Cullman against the loser from Area 16 between Athens and Lawrence County.

Despite the foul problems, Smith was the leading scorer and the only player in double digits on either side, tossing in 13 points. White, Short, and Skinner ended the game with four apiece.

Hartselle's top performer scoring wise was Johnson with eight and Hill with seven. The Lady Tigers were allowed one free throw the entire night with that coming in the second quarter in which they missed.

That was a credit to Cullman not going over the 7-foul limit in either half even with Smith the only player for the Lady 'Cats to pick up foul personals.

Cullman is 17-10 on the season, now having the opportunity to play in front of the home crowd on Valentine's night with a trip to the Northwest Regional at Wallace State hanging in the balance.

OTHER SCORES:
Vinemont Girls 38 vs. Danville Girls 51
Vinemont Boys 52 vs. Hanceville Boys 58 (OT)
Hanceville Girls 34 vs. Good Hope Girls 53
Good Hope Boys 40 vs. Danville Boys 51
Fairview Girls 42 vs. Locust Fork Girls 48
Cold Springs Girls 64 vs. Oakman Girls 17
Cold Springs Boys 68 vs. Lamar County 55

Do you like being out in the community & have a passion for news?

We're Hiring Self-Motivated Individuals

Send your résumé to: jobs@cullmansense.com

Community Matters

A Makeover for a Good Cause

2013 Miss Cullman Area, Kelsey Richter and 2013 Miss Point Mallard, Elizabeth Wesson help raise awareness for the Children's Miracle Network

By: Noah Chandler
noahchandler@cullmansense.com

CULLMAN – Beauty pageant contestants are known for their varied talents, fashion-sense, and, of course, their beauty. But if you try to apply the old saying of "beauty is only skin deep" to 2013 Miss Point Mallard, Elizabeth Wesson and 2013 Miss Cullman Area, Kelsey Richter you would be doing both young women a huge disservice.

Recently the two pageant queens came together to help raise awareness for the Children's Miracle Network by partnering with Just For Looks Formalwear and 3B Artistry Skincare. A night of make-overs was in store for any lucky woman who came in to the Thursday night affair.

2013 Miss Point Mallard, Elizabeth Wesson said the night of giving back is just one of many ways she and other pageant winners serve their given community. She said the emphasis put on educating contestants is what makes the Miss America Pageant special.

"Miss Cullman will compete for Miss Alabama who would go on to compete for Miss America. The Miss America Pageant places a large emphasis on scholarship and is the largest provider of scholarships to women worldwide, which has helped me graduate from college debt-free," said Wesson.

A recent U.A.B. graduate, Wesson is eyeing the opportunity to return to Graduate College to pursue a degree in speech language pathology. The pursuit of yet another degree is related to Wesson's platform of Stroke Awareness and Prevention Education, which, as she says it, "has been a big part of my life in educating Alabamians across the state."

"At this point in time, there are about 20,000 people who have a condition called Aphasia, which affects people who've stroked, and the estimate is that by 2020 there will be 100,000 people who'll need speech therapy as a result of a stroke," she continued.

One of the reasons why so many in the region suffer from strokes has to do with some of our unhealthy diets. Wesson, who is visibly passionate about the issue, said something has to be done in order to prevent these unnecessary incidents.

"We are the Bible belt and we're also the stroke belt. With that soul food come some negative effects, so it's all about promoting a healthy lifestyle and preventing strokes from happening," she said.

"It is the fourth leading cause of death in the United States and is the leading cause of disabilities in adults."

Excited to discuss the ways pageantry has helped her in life, 2013 Miss Cullman Area, Kelsey Richter said the pageant "has allowed me to go on to grad school and because of the Miss Alabama organization I was given the chance."

The young woman has chosen a profession, which so many others just could not do. Richter attributes the opportunity to work with chronically ill children to her experience with Miss Alabama.

"I'm a nurse at Children's Hospital of Alabama and I work on the Cardiac Care Unit with children who have chronic congenital heart diseases," she said.

"I would have never gotten the job if it wasn't for this organization. Miss Alabama led me to my job, which in return has become my career."

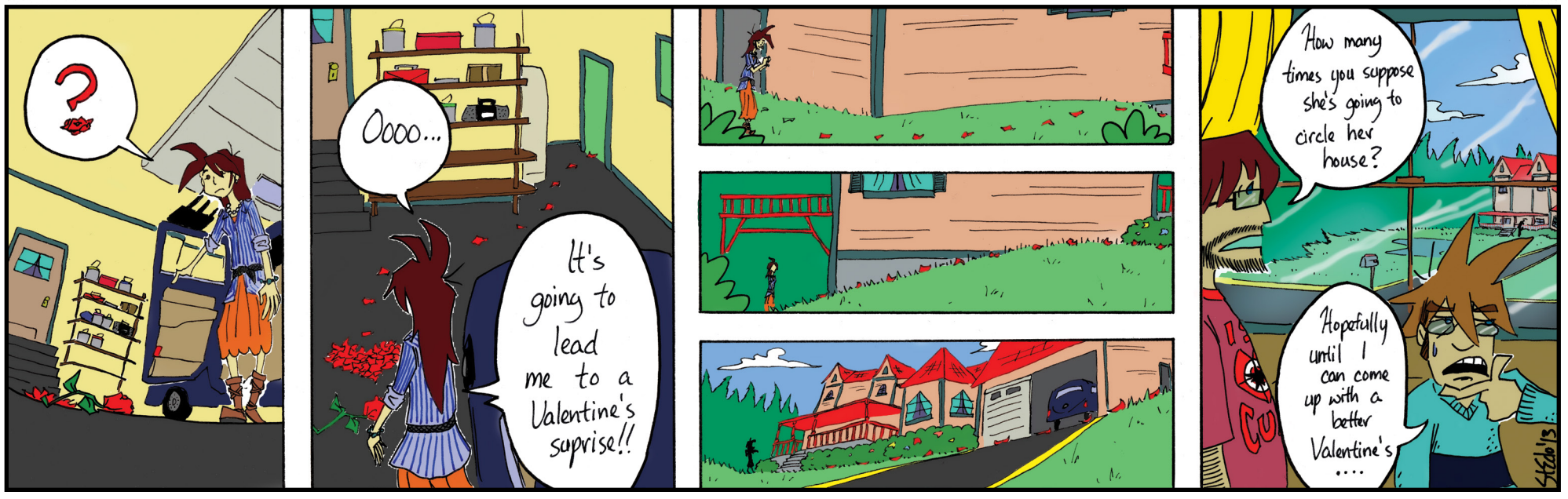




Photos by Jessica Norrell

White & Black by St. Edo

st.edo@cullmansense.com



Community Matters

Flyin' High Bull Bash: Fun for All

Rodeo fans sit shoulder to shoulder for Vinemont FFA

By: Josh McBrayer
joshmcbrayer@cullmansense.com

VINEMONT- Fun. That is what was had by all at the Flyin' High Bull Bash competition that was held at the Cullman County Agricultural Center Friday and Saturday night.

"We have been doing this competition for six years, ever since we have been in business," said Flyin' High Rodeo Bulls owner and operator Heath Rodgers.

"It is also a fund-raiser for the Vinemont FFA. They come in and work the concessions and get to keep all of the concession proceeds," said Rodgers, whose business is located in Vinemont.

Rodgers said there was great turn-out over the two nights of bull riding action and it was evident form the moment you walked in the doors of the Ag Center.

There was hardly a seat to be found, with rodeo fans sitting shoulder to shoulder, eyes glued on the brave men trying to hold-on for eight precious seconds on the back of an angry and ornery 1,500+ pound bucking bull.

The cowboys who entered the event paid their entry fee for each day. Friday and Saturday were two different competitions and top prizes payed out close to $2,000.

The action, however, was not just confined to the bull ring. Country music blared over the loud speakers, urging the crowd to dance and sing along, and in most cases, the crowd was happy to oblige.

The family-friendly event also catered to the little rodeo fans with plenty of light-up toys to purchase and also the opportunity to ride a mechanical bull, to which I must admit made me a little jealous. During intermission, the children got to come down to the bull ring, and for the first 10 children, they got to buck like a bull and the crowd voted for the winner by cheers. There was even a cutest little cowboy and cowgirl contest for prizes.

All in all, this was an amazing event that not only helped the Vinemont FFA but provided some good, wholesome fun for the entire family.

On a side note, I do not avidly follow bull riding or the rodeo, but I will say this: The bull riders from Friday and Saturday night are some of the toughest athletes I have ever seen in person. One rider was thrown from his bull and suffered a broken collarbone while another was kicked in the back of the head by a bull and was on another bull for the second round in less than 30 minutes. Whether you are a fan of the sport or not, these professionals deserve a huge amount of respect.







Elaine Willingham honored for dedicated service

By: Phyllis Whitlock
Contributor

The Cullman Ballet Society, Inc. presented Elaine Willingham with a plaque at a Tea & Silent Auction, on Sunday Dec. 2, 2012, in honor and recognition of her forty years of dedicated service to the teaching of the art of ballet to the community in Cullman, Alabama.

Elaine Willingham has dedicated her life to the teaching of the art of ballet to all who might wish to learn.

Through the art and discipline of ballet, character traits are built and nurtured, which previous students have applied to all aspects of life.

Students have gone on to use these skills through their talents in dance performance, the teaching of dance, and to enrich their lives in every possible way.

Elaine Willingham is owner and artistic director of Ballet Theatre School, 1704 Tally Ho St., Cullman, Alabama.

The Cullman Ballet Society, Inc. hosted the 2012 Assemble' Tea & Silent Auction celebrating their dancers, past, present, and future, and commending Artistic Director Elaine Willingham for her forty years of dedication to the art of ballet. The Cullman Ballet Society, Inc.'s purpose is to encourage a greater appreciation for ballet and to offer opportunities for the expression of this art in our community.

Cullman Ballet Company performs in Dance Festival

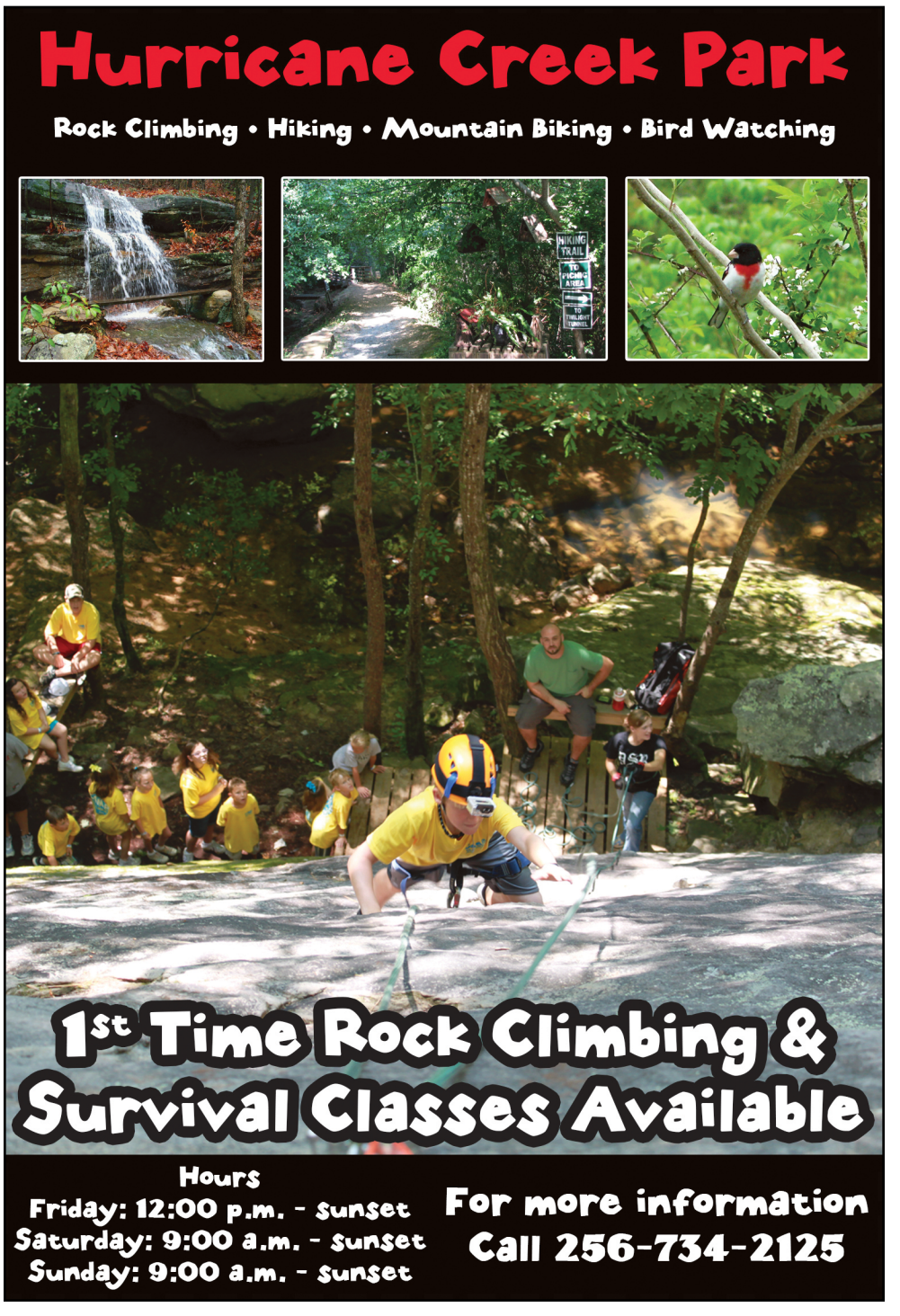
By: Brian M. Smith
Contributor

CULLMAN – Every year the Alabama Dance Council brings dancers from all over the state to participate in a festival. This year the event took place Jan. 25-27, 2013 and consisted of performances by two professional guest companies and master classes taught by guest teachers for all participants.



By audition only, local civic dance companies have the opportunity to show their talent in the "Alabama Showcase Performance" which is also presented at the Alabama School of Fine Arts.

The Cullman Ballet Company, under the directorship of Elaine Willingham, has always been selected to participate in this showcase. This year's participants include Lydia Waters, Breanna Smith, Clara Lanier, Emily Crispen, Katherine Jackson, Lauryn Tankersley, and Sarah Smith.



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

Deliverers Needed 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.

'Chocolate Tasting Extravaganza'
All those who love 'chocolate' (even sugar free) are in for a real treat as the Beta Delta Chapter of Alpha Delta Kappa Honorary Teachers Sorority sponsor a 'Chocolate Tasting Extravaganza' from 5 p.m. until 7:30 p.m. in St. Paul's School auditorium. Tickets are $5.00 in advance and at the door. Takeout orders are available, so you can bring some chocolate home to your 'sweetie'! Members of the Sorority put on this event to raise funds for their scholarship program which revolves around students who are pursuing a career in the teaching profession. Come support a great cause and enjoy the delicious flavors of all that CHOCOLATE!

Cullman Civitan Club
Cullman Civitan Club meets at 6 p.m. at Daily's Restaurant. The meal is first followed by a business session. The organization is open to all who wish to serve Cullman while at the same time making new friends and having a great time.

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.

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.

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 is 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

North Alabama Equine Wagon/Plowing Club
Anyone interested in helping organize a North Alabama Equine Wagon/Plowing Club is invited to attend a special meeting starting at 9 a.m. at Peinhardt Living History Farm. You do not need to own horses, mules, or equipment, but merely have a desire to help in the organization of this new group. Pat Peinhardt has additional information 256-734-7271.

Run, Bike, Skate, and Walkathon
Life Church will sponsor their annual Run, Bike, Skate, and Walkathon from 10 a.m. until 1 p.m. at Sportsman Lake Park as they seek to raise funds to send members from their church this summer to do relief work in Haiti. Those who take part in this event and raise $25.00 in pledges will receive a t-shirt. For further information on this event, please call 256-297-1115.

13th Annual Bownes Memorial For Kids' Sake Variety Show
Everyone is invited to attend the 13th Annual Bownes Memorial For Kids' Sake Variety Show starting at 2 p.m. with doors opening at 1:30 p.m. Held in the Betty Leeth Haynes Student Center on the campus of Wallace State Community College, this event highlights the many accomplishments of students in the Cullman area. Tickets are $5.00 in advance and $10.00 at the door. Sponsored by Cullman Regional Medical Center Foundation and additional and tickets are available through the CRMC Foundation at 256-737-2604 or 256-737-2565 or visit online at www.crmchospital.com/foundation. Come cheer your favorite youngster and see them smile!! Funds raised benefit Nursery and Pediatric Care at CRMC.

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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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!

Community Matters

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This Week in History Feb. 11 - Feb. 17

February 11th

- 1861 – U.S. House unanimously passes resolution guaranteeing noninterference with slavery in any state
- 1916 – Emma Goldman arrested for lecturing on birth control
- 1978 – China lifts a ban on Aristotle, Shakespeare, and Dickens
- 2011 – President Hosni Mubarak relinquishes power to the head of the Higher Military Council of the Egyptian Armed Forces, Mohamed Hussein Tantawi

February 12th

- 1915 – Cornerstone laid for Lincoln Memorial in Washington, D.C.
- 1950 – Senator Joe McCarthy claims to have list of 205 communist government employees
- 1997 – Fred Goldman says he will settle for a signed murder confession from O. J. Simpson in lieu of his $20.5 million judgment
- 1999 – Senate acquits President Clinton of lying under oath and obstruction of justice in the Lewinski case

February 13th

- 1633 – Italian astronomer Galileo Galilei arrived in Rome for trial before Inquisition for professing belief that earth revolves around the Sun
- 1943 – German assault on Sidi Bou Zid Tunisia, General Eisenhower visits front
- 1968 – U.S. sends 10,500 additional soldiers to Vietnam
- 2012 – The credit ratings of European Union members including Italy, Malta, Portugal, Slovakia, and Spain are downgraded by Moody's Investors Service

February 14th

- 1130 – Jewish Cardinal Pietro Pierleone elected as anti-pope Anacletus II
- 1903 – U.S. Department of Commerce and Labor forms
- 1985 – Hostage CNN reporter Jeremy Levin is released in Beirut
- 2012 – Love letters written between poets Elizabeth Barrett and Robert Browning are published online by Wellesley College and Baylor University

February 15th

- 399 – Philosopher Socrates sentenced to death
- 1932 – U.S. bobsled team member Eddie Eagan becomes only athlete to win gold in both Summer and Winter Olympics (1920 boxing gold)
- 1978 – Escaped serial killer Ted Bundy recaptured in Pensacola, Florida
- 1995 – Population of People's Republic of China hits 1.2 billion

February 16th

- 1917 – First synagogue in 425 years opens in Madrid, Spain
- 1959 – Fidel Castro named himself Cuba's premier after overthrowing Batista
- 1992 – Former silver Goodyear blimps are now painted yellow and blue
- 2012 – Anthony Shadid, a two-time Pulitzer Prize winner and the Middle East correspondent for the New York Times, dies at 43 of an acute asthma attack

February 17th

- 1691 – Thomas Neale granted British patent for American postal service
- 1897 – National Organization of Mothers forms the Parent Teacher Association
- 1969 – Bob Dylan and Johnny Cash record an album, however, it is never released
- 2008 – Kosovo declares independence from Serbia

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Community Matters

The Fitness Chronicles of Norrell - Week 8

By: Jessica Norrell
jessicanorrell@cullmansense.com

Over the last week I have started adding a list of super foods to my regular diet and have been able to work in most of them. It is easy to include them into your meals or as snacks, it just takes a bit of planning. I will also start to include recipes that I have tried and enjoyed every week to give an idea of how to incorporate these foods into your diet daily. My main focus this past week, other than adding super foods, was to make every breakfast healthy, so I will be including mostly breakfast recipes and suggestions this week.

One of the super foods I want to cover this week is pumpkin. It's not something that was in my diet before, but pumpkin is very high in fiber, low in calories, and it is loaded with disease-fighting nutrients.

Contrary to what you may think, including pumpkin into your diet isn't as hard as you might think. Canned pumpkin is actually more nutritious than fresh.

You can add it into puddings, smoothies, or baked goods. I have made a pumpkin pie smoothie that is great for breakfast or in between meals that is really delicious and easy to add into your diet a few days every week.

Sweet potatoes are another food very similar to pumpkin that you can use instead if you prefer.

Here is my recipe for the smoothie that I got from FitSugar.com:

Pumpkin Pie Smoothie

- ½ Banana
- 1/3 cup pumpkin puree
- 1/3 cup Greek yogurt
- ¾ cup almond milk
- A few shakes of pumpkin pie spice

Blend ingredients together and serve

Walnuts are another super food that can be easily added into your diet. The recommended amount is 1 ounce five times a week. I typically grab a handful between meals. Walnuts contribute to a significant reduction in the risk of developing coronary heart disease as well as diabetes, cancer, and other chronic ailments. As with many things in life moderation is key, so stick with a 1 ounce serving five days a week, because nuts can be fattening in excess. If you don't care for walnuts or perhaps are allergic to them, almonds are a great choice as well.

Oats are the last super food I will mention this week. It is recommended to have 5-7 servings a day.

A few sidekicks to oats are wheat germ and ground flaxseed that can be added to smoothies or yogurt in order to fulfill your daily servings. Oats are most noted for their ability to lower cholesterol. I like to add flaxseed to my oatmeal with cinnamon and a banana for breakfast. I can really tell a difference in my waistline (much smaller) since I started adding this to my diet.

I have also started adding a drink before every meal (3 times a day), recommended by Dr. Oz. I don't do any fad drinks or supplements, but this actually seemed legitimate and I do believe it is helping.

Here is the recipe: Combine 1 cup of grapefruit juice, 2 teaspoons of apple cider vinegar, and 1 teaspoon of honey. This helps break down fat more quickly.

This week I will change my lunches as well. My workout routine is staying the same this week (The Shredmill workout has made a huge difference). I have lost 5.5 pounds so far, which makes a huge difference for someone who is only 5'1"! Also, every pair of pants I own is huge on me now. I am very happy with my progress and am glad I have stuck with getting healthy.

So keep up the workouts and start making-over your meals, starting with breakfast! I will have pictures next week and may even brave the pool at the Cullman Wellness and Aquatics Center!

In conclusion to this week's article is a note from my 7 month old who was determined to play on my keyboard as I was typing this: "2ww2q"…which translates into words of encouragement to readers and mommy!

Keep Your Loved Ones Safe This Valentine's Day; Be sure to check your home for potential window-cord hazards

By: Alana Sorrentino
Contributor

By NEW YORK – To some people Valentine's Day is just a commercialized holiday and an excuse to eat sweets and candy until your heart is content. However, it is important to remember that it is also a time to celebrate and appreciate all those you love, especially your children. There is nothing quite like the love a parent has for their child and the desire to ensure that they are kept safe. While some safety measures are routine, there are some hidden dangers that you may be overlooking that can be dangerous for young children.

The Window Covering Safety Council (WCSC) wishes you a very Happy Valentine's Day and would like to provide a few tips to help parents practice window cord safety and continue to keep their little loved ones safe.

- Install only cordless window coverings in homes with young children. Replace window blinds, corded shades, and draperies manufactured before 2001 with today's safer products.
- Move all cribs, beds, chairs, furniture, and toys away from windows and window cords, preferably to another wall.
- Make sure cribs are properly assembled and meet current safety standards, and that crib mattresses fit snugly.
- Remove crib toys with cords, strings, and ties, which can present a strangulation hazard.
- Keep all window pull cords and inner lift cords out of the reach of children. Make sure that tasseled pull cords are short and continuous-loop cords are permanently anchored to the floor or wall. Make sure cord stops are properly installed and adjusted to limit movement of inner lift cords.
- Lock cords into position whenever horizontal blinds or shades are lowered, including when they come to rest on a windowsill.
- Support heavy furniture by using wall-angle brackets or anchors to make sure they are secure.
- Set up blockades around fireplaces, ovens, heaters, and stairs.

The Window Covering Safety Council (WCSC) is a coalition of major U.S. manufacturers, importers, and retailers of window coverings. The Council assists and supports its members in the industry's ongoing efforts to encourage the use of cordless products in homes with young children, its redesign of corded products, and to support the national ANSI/WCMA standard for the safety of corded window coverings. WCSC's activities in no way constitute an assumption of any legal duty owed by its members or any other entity. Consumers wishing to retrofit rather than replace their older window coverings can order free retrofit devices through WCSC's website at www.windowcoverings.org or its toll-free phone line at 1-800-506-4636.

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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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Opinion

No(ah)-It All: It's Always Dollars Over $ense

By: Noah Chandler
noahchandler@cullmansense.com

Over the recent months I've been asked numerous times why we at CS removed arrest and incident reports from our online site. Well, in short, those reports are merely sensational tidbits best reserved for gossip magazines (or newspapers) which generally have more gaps to fill than legitimate content to fill them.

When we first launched online in December 2010, these reports were the staple of the site. CS was the first, and for nearly a year the only site, to offer these reports online the day in which they were reported. Many of the arrests reported were of minor offense, meaning no violence towards themselves or anyone else. However, once we published the reports, those named began to face online taunting, harassment, and general disdain.

Granted, if someone does something illegal or stupid and is caught doing so, arrest them. But when it comes to media there really should be a greater reason to publish the sensational details other than the stock response of "it's all public record." Honestly, that excuse is like a parent telling their child "because I said so" and to borrow from a viral video "Ain't nobody got time for that."

What most small town newspapers won't tell you is that they rely on these gossip type tidbits to sell more papers or boost online traffic. Remember people, it always comes back to the money, so if that means your local paper must step over a few thousand residents each year in order to pad their pockets with a few extra cents then they'll do so with a smile.

That's just how it is when the dollar sign is worth more than integrity.

Now, when we were publishing these reports, I was just as at fault as any other organization which published these accounts. The only difference is now I see that these reports do more damage than public good.

One of my other gripes with reporting crimes, especially in a small town, is that if it's a slow news day – usually slow news day means reporters are too lazy to work – even the least form of crime could net you on a front page in print or online.

And really, is there anything better than seeing someone's mug shot covering two-thirds of the front page all over $40 worth of narcotics? In some outlets that's considered good reading.

While on the subject of mug shots, let me visit some of the questions posed to us about why we don't do these large "cattle" roundups. First off, roundups are merely for publicity, not actually news. For the most part whenever you see 80 people arrested in a roundup the offenses are minimal at best, with the amount of narcotics or weapons seized being valued much less than the cost of rounding them up for their close-up.

Plus, have you ever noticed how some publications in the state will only print a small percentage of the mug shots, while leaving many of the others out of the paper? Yeah, it's not done to conserve space but more so to create hype for a poorly constructed front page by listing the images which draw a more visceral response from you, the reader, than those mug shots of meek men or women.

How do I know this? Simple. I worked for institutions which heavily relied on this tactic to generate sales. Remember, those in media are generally the worst perpetrators of propaganda, mainly because they hold the dollar higher up than actual reporting.

Now while this may offend some in the law enforcement field, just know we do take offenses such as murder, attempted murder, rape, child abuse, child abduction, torture, and government fraud extremely serious.

However, I personally don't see any reason for listing a person who was picked up for not having a driver's license or failure to purchase insurance.

So before you draw your final conclusion on this issue just do me a favor and think back to all the arrest reports you've read over the years. How many of those reports stand out to you as newsworthy? My guess is not many. But then again, it's always dollars over sense.

For those who'd like to check out the City of Cullman arrest records, then I encourage you to visit the Cullman Police Department Facebook page, as they list the reports each morning, usually by 10 a.m. Besides, isn't it best to get that sort of information directly from the source?

To my knowledge the local sheriff's office has not listed any reports online but maybe it won't be too much longer before that department follows in the progressive footsteps of the city force.

About CullmanSense

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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Community Matters

Big Band Dance (from Front)

By: Noah Chandler
noahchandler@cullmansense.com

CULLMAN - For the 17th consecutive year, the Cullman High School Jazz Band hosted its annual Big Band Dance at the Cullman Civic Center, drawing in a large crowd of both older and younger residents, each equally enthusiastic about the nostalgic dance tunes.

CHS Assistant Band Director Adam McDowell said the annual event is one of the many fundraisers put on each year by the band itself. While still a fundraiser, McDowell said the event is more of a way for the band to give back to the community which supports it.

"I know we had a great turnout tonight, but I'm not sure of the exact number compared to previous years, but I can tell there are a lot of people in attendance," said McDowell. "While this isn't our main fundraiser, which is actually in the fall, this is more of our way of giving back to the community.

Music featured included waltzes, Latin selections, ballads such as 'In The Mood' and 'Satin Doll', along with many other eclectic tunes. McDowell said the mixture of traditional songs help bring back memories for some while creating new ones for others.

"It is set around Valentine's Day just to get couples together for a good time of dancing with some of the traditional dance music that most people don't hear today, especially the younger generation," he said.

Of course the night could not have taken place without the hard work of the band.

"It's a great group to be around," he said. "All of the students are absolutely fantastic."

The great attitudes of the students, and band directors, have a direct link with the level they all receive from the faculty, student body, and others throughout the school system.

"Our booster organization definitely gives us a lot of great support, along with the parents which are wonderful. At the school itself, the faculty is fantastic with helping us with whatever we need," he said. "Even all the way through the school board and Superintendent Dr. Jan Harris, we receive support from top to bottom which means the world to all of us."



Freeman (from Front)

thought."

Besides being a sounding board, Freeman offered Hunt a different aspect rarely seen by those outside the facilities.

"Chester was practically like a father to me," he recalled. "I get choked up talking about it, but Chester means a lot to me. He will be forever missed but always remembered."

Chester Freeman was born June 3, 1922 in the Brushy Pond community of Cullman County to Willis Jesse Freeman and Sarah Ethel Ponder Freeman. He came from a large family of 11 children and grew up attending the Cold Springs school system. He married Hilda Jean Wood and they had two children, Carolyn and Phil.

Chester was a veteran of World War II and came home to serve his country again by service to his community in many ways. He was active in so many organizations and on so many Boards of Directors it is impossible to name them all, but a few were the Cullman Lions Club, Cullman City Parks & Recreation, Cullman City Cemetery, Cullman Area Chamber of Commerce, and Cullman Regional Medical Center. He was also very active in his church, St. Andrew's United Methodist.

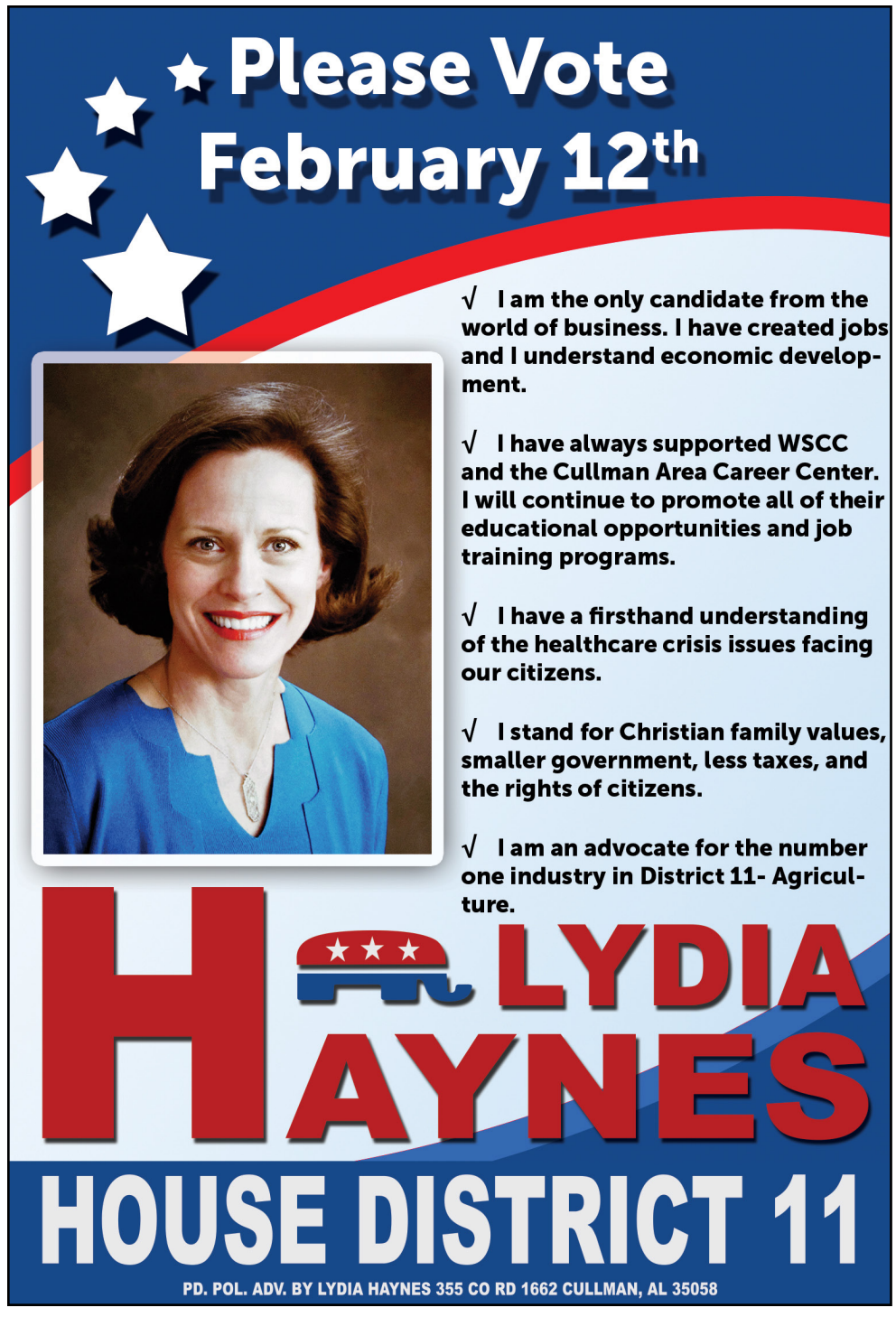
He is survived by his wife, Hilda Freeman, sister Glenda (Brady) Kilgo, son Dr. Phil (Patti) Freeman, daughter Carolyn (Dr. Bill) Peinhardt, grandchildren Clint (Anne) Peinhardt, Lanie (Jeb) Williamson, Rachel (Wesley) Dawsey, Amy Williams, Meredith (Jeff) Middlebrooks, and honorary grandson Allan (Stella) Chiunda.

His great-grandchildren are Ava and Lily Peinhardt, Drew and Lucy Williamson, May, Cy, and Miles Dawsey, Clay and Maggie Williams, and Eliza and Thomas Middlebrooks; honorary great-grandchildren, Kuda and Farai Chiunda.

The city closed the Cullman Wellness & Aquatic Center on Sunday in order to host the public viewing of Freeman.

According to Waid Harbison, Marketing Director for CP&R, nearly 10,000 residents paid their respects to the man whom most consider to be "The Father of Cullman City Parks and Recreation."





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