SERIES 3, ISSUE 7 MONDAY, FEBRUARY 18, 2013
CULLMAN'S MONDAY NEWSPAPER

CULLMANSENSE

COMMUNITY MATTERS

$0.50 $0.50

Ash Wednesday-3
Reflections of History-9
Fitness Chronicles-10
Events Calendar–8

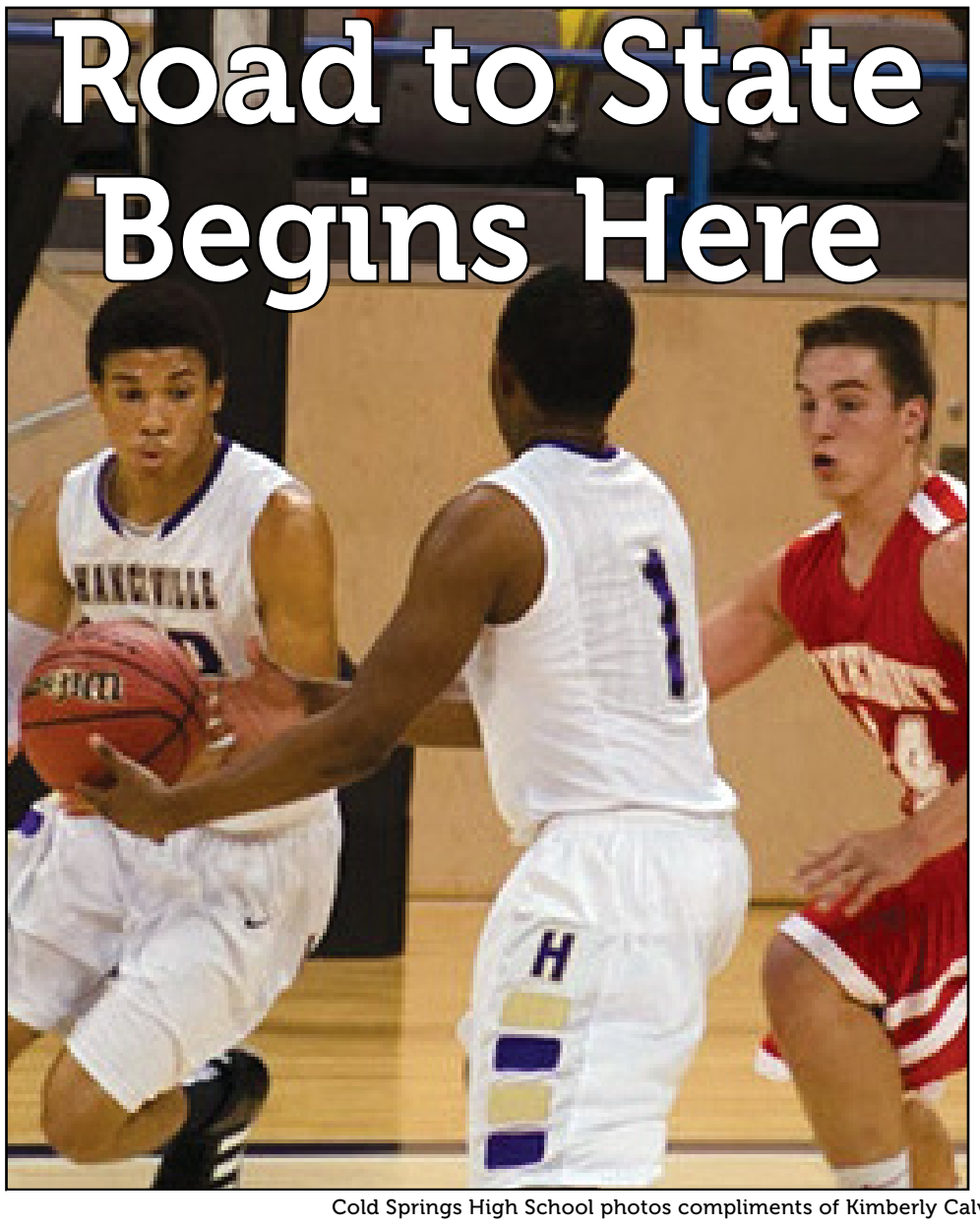




Bentley awards $2.8M to help low-income residents cut energy costs - p. 3



Road to State Begins Here









See Road to State, Page 4

Cold Springs High School photos compliments of Kimberly Calvert and Daphne Rice; Holly Pond High School photos compliments of Jimmy "Scoop" Olson; Hanceville High School photo by Noah Chandler

Empty Bowls Filling Up

By: Noah Chandler
noahchandler@cullmansense.com

CULLMAN – Once again the time has come to gather at Hearin Hall to help raise funds, and spirits, for those families in need through the Empty Bowls initiative.

A yearly event aimed at raising funds for Cullman Caring For Kids, the city's food bank, Empty Bowls has moved into its 10th year of helping to alleviate hunger across the county by offering an unique spin on philanthropy.

"The money raised from the Empty Bowls dinner means a lot to the CCFK Food Bank," 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.

An average of 4-6 tons of food is processed through the CCFK food bank each month. Shearer approximates roughly 60% of those seeking aide are elderly or residents which live on a fixed income. She added that, "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.

"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

See Empty Bowls, Page 11

Season shapes up; County baseball schedules released

By: Josh McBrayer
joshmcbrayer@cullmansense.com

The Cullman Bearcats are poised to bring home their fourth 5A State title as they get set to open the 2013 campaign. They look to accomplish their ultimate goal on the strength of great pitching, station to station baseball, and some power thrown in for good measure.

Another team in Class 5A hoping to add a state championship to their trophy case is the West Point Warriors. Under the tutelage of young head coach Trai Meadows, the Warriors hope to use a group of electric arms to dominate their opponents.

Class 4A is led by the Fairview Aggies. Three-sport stand-out, Luke Bailey hopes to help the Aggies improve on last year's season which, despite the record, saw Fairview make marked improvements each and every time they stepped on the diamond.

The Class 3A fight for the title is going to be a fierce competition with four county teams bunched together and prepared to do what it takes to bring home the trophy. Last year's Cullman County Baseball Champions, the Vinemont Eagles, lost some key players in the off-season but they have a group of young guys willing and ready to assume leadership roles and fill the void left by graduating seniors. Holly Pond, although short a few players due to the on-going basketball tournaments, will field a strong group of players and will have their ranks bolstered even more when the Broncos finish the basketball season.

Hanceville is still in the midst of basketball action but that will not stop the 'Dawgs from

See Baseball, Page 5

$19.5 BN Alabama Exports Hit New Record - p. 2

PRINTED LOCALLY @ PRINTING Alabama Web Press

In Brief

Alabama Exports Hit New Record at $19.5 Billion

By: Jennifer Ardis

Contributor

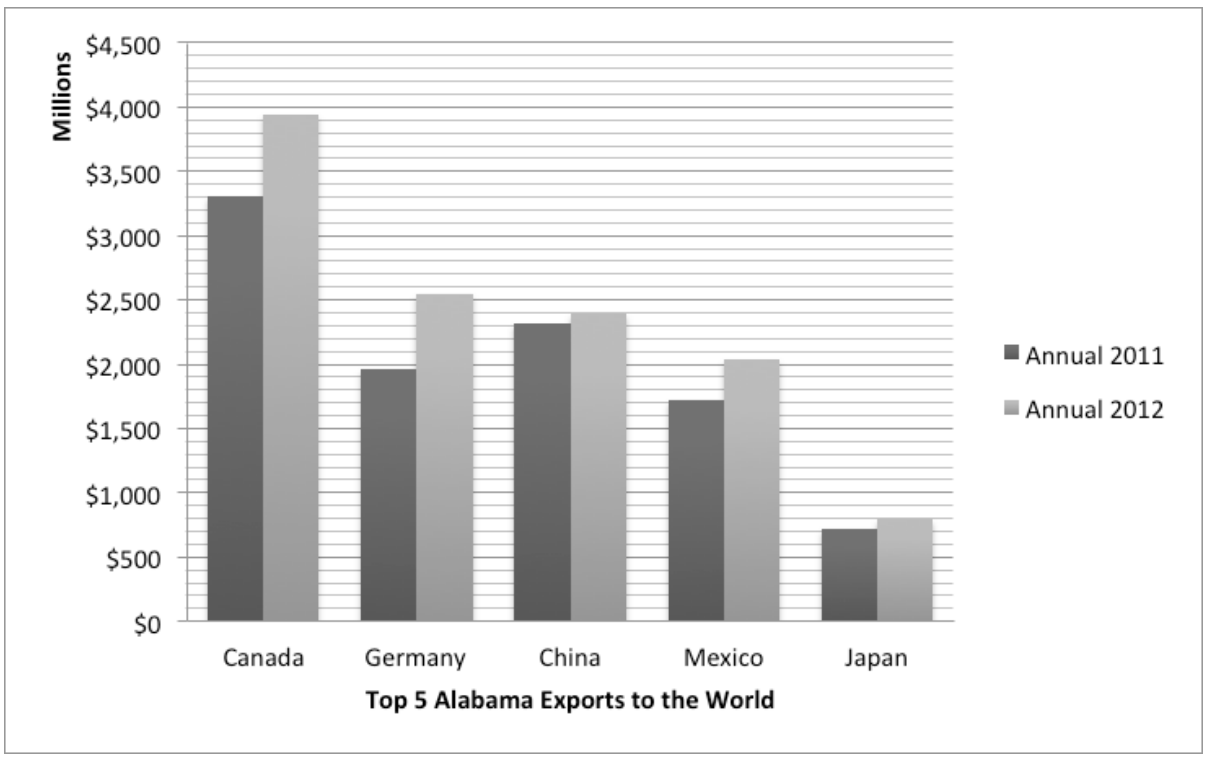
MONTGOMERY – Governor Robert Bentley on Monday announced that Alabama exports closed out calendar year 2012 at a record-breaking total of $19.5 billion in the value of goods exported, an increase of 9.36 percent from the 2011 total.

The State moved to 22nd in the nation for total dollar exports during 2012 while ranking 25th in 2011. "This shows that Alabama's economy is continuing to improve, and we are making gains in exporting to countries all over the world," Governor Bentley said. "The products made in Alabama are second to none. We have a world-class workforce. And the rest of the world is taking notice."

"Exports help us create and sustain more jobs," Governor Bentley added. "That's why exporting is a critical component of Accelerate Alabama, our long-term economic development plan."

Alabama companies shipped to 188 countries last year with the top five destination markets of Canada ($3.9 billion), Germany ($2.5 billion), China ($2.4 billion), Mexico ($2 billion), and Japan ($795 million).

Canada and Mexico, our North American Free Trade Agreement (NAFTA) partners, accounted for some $5.96 billion or 31 percent of Alabama's total exports.



Goods shipped to Germany increased over 30 percent, from $1.9 billion to more than $2.5 billion between 2011 and 2012.

Exports to China showed a growth of 3.5 percent, growing from $2.3 billion to $2.4 billion.

The state's largest merchandise export category is transportation equipment, which experienced a 27 percent growth from 2011 to 2012 – rising from $6 billion to $7.65 billion. Thirty percent of transportation equipment exports were vehicles being shipped to more than 80 countries totaling over $5.8 billion in foreign sales.

Also in the top five of exports in 2012 were chemicals ($2.6 billion), minerals/ores ($1.8 billion), primary metals ($1.4 billion), and machinery ($1 billion).

Alabama Secretary of Commerce Greg Canfield said total receipts for Alabama's top ten export sectors reached $17.5 billion, or 90 percent of total exports. "Seeing Alabama exports increase 59% from 2009 to 2012 is one of the most encouraging and impressive numbers we have witnessed in exports," Canfield said. "Demand for Alabama-made goods throughout the world is surging, and we will continue to support our companies in these endeavors."

Grand Pointe Pharmacy Now Open

By: Erika Mead

Contributor

CULLMAN – The Cullman Area Chamber of Commerce recently held a ribbon cutting for Grand Pointe Pharmacy on January 29th. Grand Pointe Pharmacy is built on Angie Veal RPH's Grandparent's land that was purchased on July 13th, 1905. The pharmacy is named in recognition of her grandparents.

The memories that they have of their grandparent's home are life time keepsakes and they want to be your "Hometown Pharmacy" that can help you with all your healthcare needs. They accept all major Prescription Insurance Cards and have a drive-thru service to conveniently drop-off and pick-up prescriptions.

The Pharmacy provides a full line of over-the-counter medications as well as a Coffee & Gift Shop. They are conveniently located North of the Hwy. 31 and 157 intersection, next to Northwood Subdivision.

For more information, please contact them at 256-737-1330 or visit them at 2045 2nd AVE NW, Cullman, AL 35058.



Front Row (Left to Right): Jock Leonard-Leonard Design; Austin Hall-President, Nearen Construction; Shana Shedd-Nearen Construction; Margie Veal; Kelvin Veal-Owner; Mayor Max Townson; Angie Veal-Owner/Pharmacist; Christy Bannister-employee; Amy Kilpatrick-employee; Regan Earl-employee; Melissa Henderson – Chamber Ambassador/Merchants Bank of Alabama; Shelly Smith-Chamber Ambassador/Peoples Bank of Alabama

2nd Row (Left to Right): Mark Odom-McKesson Drugs; Sharon Smith-Nearen Construction; Rick Fulmer-Director of building, planning & zoning, city of Cullman; Geneva Duke; Jeb Williamson-Williamson CPA

3rd Row (Left to Right): Ben Shaver-Nearen Construction; Dale Bright-St. Johns & Associates; John Riley-Cullman Savings Bank; Todd McLeroy-McLeroy law firm; Alan Wood-Cullman Savings Bank; Jeremy Hopper-9 yards landscaping

Below Chiropractic Center Ribbon Cutting



Left to right – Shelly Smith - Chamber Ambassador/Peoples Bank of Alabama, Melissa Henderson – Chamber Ambassador/Merchants Bank of Alabama, Fabian Holland, Jonathan Owens, Dale Greer – Cullman Economic Development Authority, Dr. David Below, Mayor Max Townson, Dr. Jeffrey Cole, Hilson Cole (little boy), Dr. Julie Below, Sheila Simmons, Pippa Abernathy (short sleeves), Lauren Mills, Dr. Candy Hamrick, Sue O'Neil, Chris Cheatham

What's Online

FIELD OF DREAMS, SOUTH VINEMONT STYLE

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.

qrne.ws/4



CULLMAN BALLET COMPANY PERFORMS IN DANCE FESTIVAL

Every year the Alabama Dance Council brings dancers from all over the state to participate in a festival, and like every year the Cullman Ballet Company participated.

qrne.ws/5

GOLDEN EAGLES RALLY IN FOURTH TO END CULLMAN LADY BEARCAT'S SEASON

It was the Athens' guards who hurt the Cullman Lady Bearcats with fourth quarter scoring, not the Golden Eagles' 6'2" center Alliyah Smith.

qrne.ws/6

In Brief

New Report Analyzes Alabama's Small Businesses

By: Brad Howard

Contributor

WASHINGTON – Small businesses significantly impact Alabama's economy, employing 768,302 workers in 2010 with most of the employment coming from firms with 20 – 499 employees, according to a new state-by-state report released by the U.S. Small Business Administration (SBA) Office of Advocacy.

The *Small Business Profile for the States and Territories*, an annual analysis of each state's small businesses, also finds that self-employment in Alabama improved over the last decade, while minority self-employment saw the largest growth.

All in all, Alabama's 393,768 small businesses represent 96.9 percent of all employers, and they employ 49.0 percent of the private-sector labor force. Nationwide, there are 27.8 million small businesses representing 99.7 percent of all employers and employing nearly half – 49.1 percent – of the private-sector labor force.

"Like many states across the nation, small businesses are helping to strengthen the economy in Alabama," said Dr. Winslow Sargeant, Chief Counsel for Advocacy. "Most of the country's small businesses continue to be very small, having fewer than 20 employees, but they paint a big picture of a recovering America. Advocacy's analysis gives us a clear understanding of just how important small businesses are in Alabama."

Alabama's small business profile contains detailed information about the number and type of businesses in the state, business owner demographics, industrial makeup, business turnover, and income and finance. Most data are also presented in comparison with similar data over time.

Each state's small business profile can be read or downloaded by visiting the Office of Advocacy's website at www.sba.gov/advocacy/848.

Highlights of the Alabama small business profile include:

Overall Economy

Alabama's economy was strong in 2011, with real gross state product increasing 1.7 percent and private-sector employment increasing 0.2 percent.

The state's unemployment rate decreased by 0.5 percent in 2011.

During the midst of the economic recession, the employment situation from 2007-2010 was weak, and small businesses in Alabama had a net job loss.

Small Businesses

Small businesses in Alabama employed 768,302 workers in 2010, with most of the employment coming from firms with 20 – 499 employees.

Most of the state's small businesses are very small as 80.9 percent of all businesses have no employees, and most employers have fewer than 20 employees.

In 2011, the number of opening establishments was lower than closing establishments, resulting in a positive change in net employment.

Self-Employment

Self-employment in Alabama improved over the last decade by 16.3 percent.

Minority self-employment saw the largest growth in Alabama over the last decade.

Bentley awards $2.8 million to help low-income residents cut energy costs

By: Larry Childers

Contributor

MONTGOMERY— Gov. Robert Bentley has awarded $2.8 million to help Alabama's low-income and elderly residents reduce their utility bills by making their homes more energy efficient.

The Alabama Weatherization Assistance Program gives priority to those with disabilities, the elderly, and low-income households with children. Homes that qualify for assistance are modified to improve both energy efficiency and safety.

"High home energy bills can present a difficult challenge for Alabamians with very limited resources," Bentley said. "The goal of our weatherization program is to make energy costs more manageable for our most vulnerable residents, especially the elderly and disabled."

For each home qualifying for weatherization services, an energy audit is conducted to determine the most cost-efficient measures. Common improvements include installing extra insulation in the attic, walls, and floor; sealing air leaks around doors and windows; repairs or tune-ups for air conditioning and heating units; and replacing incandescent light bulbs with high-efficiency compact fluorescents. In addition to lowering energy bills, improvements can reduce the risk of fire and other hazards.

The Alabama Department of Economic and Community Affairs administers the program from funds made available by the U.S. Department of Energy.

Bentley awarded the grants to 16 community agencies across the state that administer the program at the local level and receive applications from individuals who wish to be considered for assistance.

Below is the portion of the list pertaining to Cullman of each amount awarded, the name of the recipient agency, counties served, and telephone number:

- $218,380 to Community Action Partnership of North Alabama Inc. (Cullman, Lawrence, Marion, Morgan, Walker and Winston) 256-355-7843

Ash Wednesday celebrated at St. Bernard

By: Joyce Nix

Contributor

CULLMAN – On Ash Wednesday, the St. Bernard school and monastic communities gathered in the Abbey Church to initiate the beginning of the Lenten season.

Abbot Cletus Meagher, OSB was the main celebrant and delivered the homily.

He emphasized that these next forty days were a time of preparation for the great feast of Easter and encouraged everyone present to use this time well.

As part of the ceremony, everyone came forward after the homily to receive ashes placed on the forehead as a reminder of this penitential season.



Siohbian Russell receives ashes on her forehead as a reminder of this penitential season from Rt. Rev. Cletus Meagher, OSB at St. Bernard Abbey in Cullman.

St. Bernard Middle School Catholic Schools Week

By: Joyce Nix

Contributor

Students at St. Bernard Middle School celebrated Catholic Schools Week with fun fashions and academic pride.

Arriving at school dressed in the theme of the day, students competed with classmates in academic bees to include religion, spelling, math, science, and social studies.



Winners of the academic bees: L-R: Olivia Tafazoli (Religion, Spelling), Cailin O'Donnell (Math), Hunter Looney (Science), and Jalen Lee (Social Studies).

Scholarship Auditions

The Cullman Ballet Society is pleased to announce that applications for the 2013 Cullman Ballet Society Scholarship Auditions are now available for pick up at the Cullman Ballet Theatre School, 1704 Talley Ho Street, Cullman, AL 35055.

Scholarships are awarded for the summer study of ballet. Eligible female dancers must be 13 years of age by June 1st, and have been on pointe' for 2 years. Male dancers must be 12 years of age by June 1st and have had at least 2 years of ballet training. All dancers must be residents of Cullman County or enrolled in Cullman County ballet classes. Completed applications are due by Friday, March 4, 2013

Auditions will be held at the Cullman Ballet Theatre School, Studio 1, on Saturday, March 16, 2013. Dancers need to arrive by 12:00 p.m. to sign in and be finished by 2:45 p.m. For more information, please call Marcia Blocher at (256) 339-6586. The Cullman Ballet Society Scholarship Committee.

Topps Kicks off the Return of Baseball with World's Largest Baseball Card



By: Andrew Testa

Contributor

MLB All-Star Prince Fielder and Florida Little Leaguers Unveil 90 × 60 ft Topps

NEW YORK, N.Y.— Spring training kicked off in Lakeland, Fla. with the Topps Company, one of the leading manufacturers and marketers of sports trading cards, creating the World's Largest Baseball Card to celebrate the return of baseball nationwide and the new 2013 Topps Baseball Series 1 cards.

Detroit Tigers first baseman Prince Fielder and nearly 100 youth baseball players from Lakeland City Baseball unveiled the largest card ever created. Measuring nearly 90 ft. tall and 60 ft. wide, this massive baseball card depicts the image of Fielder, who appears on the cover of the Topps 2013 Series 1 box.

"It is truly an honor and a thrill for me to be featured not only on the 2013 Topps Series 1 box, but also on the largest baseball card the world has ever seen," said Fielder. "Baseball is back."

The grand reveal of this giant card took place at Peterson Park, a youth baseball field just a few miles south of where Fielder's Tigers teammates will hold their first workout of Spring Training for the 2013 season.

"Spring Training is one of the most exciting times for baseball fans, as it marks the official start of a brand new baseball season," said Marc Stephens, Marketing Manager for the Topps company. "We are excited to kick off the season and celebrate the launch of our new 2013 Series with Lakeland City Baseball, Prince, and baseball fans everywhere."

2013 Topps Baseball Series 1 features the excitement of limited-edition autograph and memorabilia cards that recognize chases and achievements of the greatest players from baseball's past and present, and is available now at Walmart, Target, Kmart, Toys R Us, Modell's, The Sports Authority, Shopko, Meijer, and nearly all hobby stores.

Tune In

youtube.com/
cullmansense

$cholar$hip Jump$tart

Elementary ~ Middle School
High School ~ College Transition

"We Make College Cost Less"

256-736-5969 • www.n2college.com

SPORTS

Road to State Begins Here

By: Josh McBrayer
joshmcbrayer@cullmansense.com

For most teams around the county, it was a fantastic season but one that fell short of their ultimate goal of a state championship but for five teams, that goal is very much alive. The Cold Springs Lady Eagles and Eagles, the Holly Pond Lady Broncos and Broncos and the Hanceville Bulldogs have all advanced and are one step closer to Birmingham and a state title. Here is all of the action from around the county.

Cold Springs Lady Eagles vs. Fultondale Lady Wildcats
By Josh McBrayer

COLD SPRINGS – The Cold Springs Lady Eagles were in action Thursday night against the Fultondale Lady Wildcats for the right to advance to the Regional Tournament at Wallace State Community College on Tuesday at 3 p.m.

The Lady Eagles came out on fire with a 13-2 dominating run just over three minutes into the game. Cold Springs finished the quarter outscoring the Lady Wildcats 7-3 for a 20-5 score after one.

It took just 87 seconds for the Lady Eagles to add eight more to their lead on the strength of two Karlee Purdue three's and a Haley Freeman lay-up, forcing a Fultondale time-out. Great shooting by the starters allowed Cold Springs head coach Tammy West to sub in her entire bench.

Some would think the scoring would slow but it was just the opposite. Keegan Johnson was deadly accurate from three point land, burying two trifectas in the quarter. Katrina Hubbard of Fultondale was the offensive star for the Lady Wildcats in the second. She scored 10 in the quarter but her team still trailed 45-18 at the half.

Cold Springs had a wonderful night shooting and continued the onslaught in the second half. The Lady Eagles advanced to Wallace State by a score of 82-25.

Every Lady Eagle had at least four points in the game. Hayden West led the charge with 13 followed by Caitlyn Hall with 12 and Chloe Harbinson with 10. Bailey West and Keegan Johnson each had nine, Emme Willoughby eight,Karlee Purdue and McKinley Davis six, Haley Freeman five and Rilee White four.

Katrina Hubbard led Fultondale and all scorers with 14. Jakayla Pollard had seven and Chelsa Howard four.

Hanceville Bulldogs vs. Hamilton Aggies
By Johnny Thornton

HANCEVILLE – Survive and advance is the best way Hanceville coach Daniel Wakefield can look at his Bulldogs' 55-50 victory Friday night over Hamilton in the Alabama High School Class 3A Northwest Sub-Regional playoff.

The Bulldogs were able to avoid the Aggies pulling off an upset when Hamilton rallied from 15 points down with 4:30 to play in the game. Hamilton had a chance to win the game in regulation after Hanceville missed an attempt. But the Aggies were unable to break the tie and the battle went into an extra four minutes.

After Hamilton took the lead on free throws from Jesse Box at the start of the extra period, the Bulldogs' Keith Twitty scored his only field goal, this one worth three points. Hanceville moved in front 49-48 and never trailed the rest of the night.

The Bulldogs' 16th victory of the season was secured when Brontae Harris converted twice from the line with 4.5 seconds remaining. It allowed him to finish with a game high 27 points and extend Hanceville's season for at least one more game.

Hanceville was led in the first quarter by forward Chris Smith who scored five times from around the bucket and the Bulldogs led 16-10. The halftime score was 26-16 with Smith having a dozen by the break and Harris following up with nine.

After a 3-pointer by Harris to open the third period gave Hanceville a 29-16 lead, Hamilton scored the next 11 points and closed to 29-27. The Bulldogs went for a period of 6:00 without scoring until Dante Reese broke the drought with a field goal with a minute to go.

Hanceville carried a 35-29 lead into a wild fourth stanza.

A 9-0 run lifted Hanceville to a 44-29 lead. After Hamilton got a three from point guard Mitch Stults, the Bulldogs scored one more time in regulation. The Aggies never stopped playing and tied the game at 46-46 with 53 seconds showing when center John Langley scored on a put back, was fouled and made the free throw.

When the game went into overtime, Hanceville got the go-ahead basket on Twitty's only three-pointer of the night. Harris was four of four from the line in the OT and Smith added a field goal to cap off a wild celebration when the Hanceville student body stormed the floor following the game.

Harris ripped the cords for 27 points, scoring 18 in the second half. Smith collected 18 points, Twitty scored three, Matt Burns three and Reese and Austin Baker two.

Hamilton ended the season at 16-12. The Aggies were led by 17 from Stults and 15 by Langley. Hanceville has a semifinal assignment with Madison Academy Thursday at 7:30 p.m. at Wallace State. The Mustangs advanced to the regional by defeating Deshler 73-66.

This will be the Bulldogs' second appearance to the Northwest Regional under Wakefield.

Holly Pond Broncos vs. Geraldine Bulldogs
By Josh McBrayer

HOLLY POND – A blow-out, a nail-biter and a fairy-tale ending for a senior was in store for the games taking place at Felton Easterwood Gymnasium Friday night as the Lady Broncos and the Broncos both advanced to the Northwest Regionals at Jacksonville State.

Holly Pond Lady Broncos vs. Geraldine Lady Bulldogs

In a great played first quarter, Holly Pond exploded for 18 points that included a 10-2 run to close out the first and giving the Lady Broncos the early 11 point advantage, 18-7.

The Lady Broncos kept the hot hand and continued to press the ball up the floor. Meg Gambrill was was perfect from three point land going two for two while, despite some questionable foul calls, Holly Pond held Geraldine to just a single field goal and seven points total in the quarter. With the blanket-like defense and high powered offense, Holly Pond took a 35-14 lead to the halfway break.

Aside from missing three lay-ups, Holly Pond had another good offensive quarter. The Lady Broncos went four for four from three point range, helping push the lead to 24 with a quarter left between Holly Pond and a trip to Jacksonville State.

The Lady Broncos slowed things down in the fourth, looking to eat some clock while looking for the wide open shot. Holly Pond held a 30 point lead with three minutes left when they Lady Broncos cleared their bench and gave the younger players some time on the floor. The subs played as hard as the starters and finished out a well-played game with a Holly Pond victory. The game ended like a fairy-tale for one Holly Pond player, senior Lexi Malone who, surgically repaired knee and all, drilled a three pointer with her last shot on the court that she has called home for the last two years. Holly Pond advances to Jacksonville State University and the Northwest Regional Tournament vs. the Peidmont Lady Bulldogs by a score of 67-39. The game will be played at 9:00 am on Thursday, February 21st.

Leading the Lady Broncos was Taylor Terry with a game high 18. Meg Gambrill and Natasha Holcombe each had 13 and Rachel Finley added 10. Geraldine's Logan Rogers was the only player in double figures with 14.

Holly Pond Broncos vs. Geraldine Bulldogs

From the opening tip, the match-up between Holly Pond and Geraldine had all the signs of an instant classic.

Holly Pond opened things up with a 9-1 run but Geraldine closed the gap very quickly on the strength of the three. Christian Upton was lights out, burying a pair of three's from the right wing and Josh Gilbert added a trifecta from the left corner, however Holly Pond was able to cling to a two point lead at the end of one.

The second was just as fast. Upton again hit a pair of three's while Levi Guffey got in on the action hitting a pair of three's himself. Holly Pond answered with a host of broncos including Colby Adams and Austin Smith who both hi big shots in the quarter. The halftime score was 36-36, insuring a wild finish to a great game.

The third was a spectacular quarter. The play was dead even until a very questional double foul resulted in Holly Pond's Gunter Morris getting hit with a technical foul. Geraldine tied the game with one free throw but could not convert the ensuing possession. Two trips down the floor later, big man Carter Hays hit a three from the top of the key to give Holly Pond a three point lead. The teams swapped baskets at the end of the quarter, giving the Broncos a three point lead heading to the fourth.

It took all 32 minutes to decide the winner and like most nail biters, it came down to a free throw battle that was won by the Broncos. Holly Pond was five of seven from the line down the stretch and it proved to be a big factor in the ballgame as Holly Pond went on to win 72-64 and advance to the Northwest Regional Tournament at Jacksonville State to take on the winner of the Glencoe/Weaver match-up. The game will be played Thursday, February 21st at 10:30.

Colby Adams had the hot hand for Holly Pond, scoring 20. Gunter Morris scored 16 before fouling out midway through the fourth. Austin Smith added 12, most of them coming in the paint. Christian Upton was on fire from three point range scoring a game high 26 in the loss. Levi Guffey followed him with 14.

Fairview Aggies vs. Butler Rebels
By Grant Smith

FAIRVIEW - The Butler Rebels got a last second shot from point guard C.J. Mastin as time was winding down to end the Aggies dream of a trip to Wallace State for the Northwest Regional tournament.

The game was a defensive struggle throughout however, the Rebels shot out to a 14-4 lead after one quarter and 19-8 at halftime.

Fairview had shooting problems in the first half by shooting 18 percent in the first sixteen minutes.

The Aggies found their shooting touch in the second half while scratching and clawing back into the game giving them a shot at the comeback win. Butler led 14-4 after one behind eight points from center Robert Steele while Terrion Hobson contributed four. The Aggies got a field goal from Blake Parker and two free throws from Luke Bailey for their first quarter points.

The second quarter was a carbon copy of the first as Butler spread the floor while looking to find the open man cutting to the basket. They outscored Fairview 5-4 to take a 19-8 at the half.

The Aggies picked up in the second half as Bailey nailed a pair of treys while Andy Hendrix and Peter Kessler knocked down one a piece.

Ultimately, the game came down to whoever had the ball last and that was the Rebels as Mastin hit the game winner with time winding down. Bailey's desperation heave at the buzzer hit the top of the backboard, closing the book on the Aggies season.

Hendrix led Fairview with 11 points, including three treys while Paker and Bailey finished their careers with 10 points each. Kessler added three while Ethan Widner added two.

K.J. Gosa led Butler with 10 points with Steele, Rico Harris and Hobson added eight each.

OTHER SCORES
Cold Springs Eagles 61 vs. Altamont Knights 58

JEB WILLIAMSON, CPA, LLC
Full Service Tax Preparation
Ask us about NetClient Tax Portals
www.jwilliamsoncpa.com
418 1st Avenue SE, Cullman • 256-734-7393

BURCHELL INSURANCE AGENCY
Martha Burchell, Agent
Nationwide
On Your Side
Auto • Home • Life • Commercial
No one will ever perform a better human service to secure the needs of others
200 2nd Ave. SE • Cullman, AL 35055 • Phone: 256-737-7450 • burchem@nationwide.com



SPORTS

County baseball schedules released (from Front)

taking a bite out of the competition each time they take the field. Last but not least of the 3A teams is the Good Hope Raiders. Head coach Mitch Witcher is entering another season as the skipper for Good Hope and his teams have improved each and every year.

The lone 2A county team from Cullman County is the Cold Springs Eagles. The Eagles have had some tough seasons recently but look to get things headed in the right direction while waiting to get their team to full strength after basketball season concludes.

Below are the schedules for each county team, according to maxpreps.com.

COLD SPRINGS
2-18 Addison 4 p.m. – St. Bernard 6 p.m.
2-26 @ Meek 4:30 p.m.
2-28 @ Holly Pond 6:00 p.m.
3-05 @ St. Bernard 4:30 p.m.
3-07 St. Bernard 4 p.m.
3-12 @ Vinemont 4 p.m. – 6 p.m.
3-14 @ Addison 4:30 p.m. – 6:30 p.m.
3-16 @ Hanceville 10 a.m.
3-19 Vinemont 4 p.m.
3-21 Addison 4 p.m. – 6 p.m.
3-25 @ Oakman 4:30 p.m.
3-26 @ Oakman 4:30 p.m.
4-01 Lamar County 4:30 p.m.
4-02 @ Lamar County 4:30 p.m.
4-05 Meek 4 p.m.
4-12 Good Hope 5:30 p.m.

CULLMAN
2-18 Oxford 1:30 p.m. – Pelham 6:30 p.m.
2-23 @ Southside 1:30 p.m. – 6:30 p.m.
3-01 Grayson 5:30 p.m.
3-05 @ Grissom 6:30 p.m.
3-08 Muscle Shoals 4:30 p.m. – 6:30 p.m.
3-09 Russel County 11 a.m.
3-14 @ Southside 4:30 p.m. – 6:30 p.m.
3-21 East Limestone 4:30 p.m. – 6:30 p.m.
3-23 Huntsville 10 a.m.
3-25 @ Hoover 2 p.m.
3-26 North Ridge 11:30 a.m. (@ Hoover)
3-27 Central 7 p.m. (@ Hoover)
4-01 @ Muscle Shoals 4:30 p.m.
4-02 West Point 4:30 p.m. – 6:30 p.m.
4-04 @ West Point 4:30 p.m. – 6:30 p.m.
4-06 @ Bartlette (TN) 12:30 p.m.
4-09@ Hartselle 4:30 p.m. – 6:30 p.m.
4-11 Hartselle 4:30 p.m. – 6:30 p.m.
4-13 @ Lincoln County (@ Fayetville,TN) TBA
4-16 @ Sparkman 4:30 p.m. – 7 p.m.

FAIRVIEW
2-18 @ Danville 4 p.m.
2-19 Falkville 4:30 p.m.
2-21 @ Brewer 4 p.m.
2-22 Decatur Heritage 4:30 p.m. – Athens Bible 6:30 p.m.
2-25 @ Hanceville 4 p.m. – 6 p.m.
2-26 Elkmont 4:30 p.m.
3-01 @ Arab 4:30-6:30 p.m.
3-09 @ Holly Pond 10 a.m. – Vinemont 12 p.m. (@ Holly Pond)
3-11 @ Brindlee Mountain 4:30 p.m.
3-12 @ Hayden 4:30 p.m.
3-15 @ Pennington 2:30 p.m. – West End 4:30 p.m. (@ Pennington)
3-18 Locust Fork 4:30 p.m.
3-21 @ Kate Duncan Smith DAR 6:30 p.m.
3-22 @ Good Hope 4 p.m.
3-28 Holly Pond 5 p.m. – 7 p.m.
4-01 Oneonta 4:30 p.m.
4-02 @ Oneonta 4:30 p.m. – 6:30 p.m.
4-05 Hayden 4:30 p.m.
4-08 @ St. Clair County 4:30 p.m.
4-09 St. Clair County
4-12 Hanceville 6 p.m.
4-13 West Morgan 12 p.m. – @ Falkville 2 p.m. (@ Falkville)
4-16 Brindlee Mountain 4:30 p.m.

GOOD HOPE
2-18 Addison 4 p.m. – 6 p.m.
2-21 Corner 6 p.m.
2-26 Holy Pond 4 p.m. – 6 p.m.
3-01 @ Falkville 4:30 p.m.
3-12 @ Pennington 4 p.m. – 6 p.m.
3-19 @ Douglas 4:30-6:30pm
3-22 Fairview 4 p.m.
3-23 Fultondale 2 p.m. – @ Corner 4 p.m. (@ Corner)
3-25 Danville 4 p.m. – 6 p.m.
3-27 @ Danville 4 p.m.
4-02 @ Hanceville 6 p.m.
4-04 Hanceville 4 p.m. – 6 p.m.
4-09 @ Vinemont 4 p.m. – 6 p.m.
4-11 Vinemont 4 p.m.
4-12 Cold Springs 5:30 p.m.
4-15 Corner 4:30 p.m.

HOLLY POND
2-18 @ Sumiton Christian 4 p.m. – @ Cleveland 6 p.m. (@ Cleveland)
2-19 @ Appalachian 4 p.m. (@ Pennington)
2-21 @ West End 4 p.m.
2-23 @ West End 12 p.m. – @ Douglas 2 p.m. (@ Cleveland)
2-26 @ Good Hope 4 p.m. – 6 p.m.
2-28 St. Bernard 4 p.m. – Cold Springs 6 p.m.
3-02 Susan Moore 10 a.m. – Winston County 2 p.m.
3-09 Fairview 10 a.m. – Vinemont 2 p.m.
3-12 @ Hanceville 4 p.m. – 6 p.m.
3-14 @ St Bernard 4 p.m.
3-16 @ Ashville 12 p.m. – @ St. Clair County 2 p.m. (@ St. Clair County)
3-19 @ Brindlee Mountain 4:30 p.m.
3-21 Brindlee Mountain 4:30 p.m. – 6:30 p.m.
3-23 Hanceville 10 a.m. – Falkville 2 p.m.
3-26 Winston County 2 p.m.
3-28 @ Fairview 5 p.m. – 7 p.m.
3-30 Danville 10 a.m. – St. Clair County 2 p.m.
4-02 Pennington 4:30 p.m.
4-04 @ Pennington 4:30 p.m. – 6:30 p.m.
4-06 @ Falkville 10 a.m. – @ Brewer 12 p.m. (@ Falkville)
4-09 @ New Hope 4:30 p.m.
4-11 New Hope 4:30 p.m. – 6:30 p.m.

VINEMONT
2-22 @ Ramsey 7 p.m.
2-23 @ Ramsey 12 p.m. – 2 p.m. (Rickwood Field)
2-26 Pennington 4 p.m. – 7 p.m.
2-28 @ Pennington 4 p.m.
3-02 @ Brindlee Mountain 11 a.m. – @ Skyline 1 p.m. (@ Brindlee Mountain)
3-04 @ West Point 4 p.m.
3-05 @ West Point
3-09 @ Fairview 12 p.m. – @ Holly Pond 2 p.m.
3-12 Cold Springs 4 p.m.
3-15 @ Cordova 4 p.m.
3-16 Cordova 11 a.m. – Brindlee Mountain 1:30 p.m.
3-19 @ Cold Springs 4 p.m.
3-21 @ Meek 4:30 p.m. – 7 p.m.
3-26 @ Hanceville 4 p.m. – 6 p.m.
3-27 Hanceville 2 p.m.
4-02 @ Danville 4 p.m.
4-04 Danville 4 p.m.
4-09 Good Hope 4 p.m. – 6 p.m.
4-11 @ Good Hope 4 p.m.
4-15 Meek 4:30 p.m. – 6:30 p.m.

WEST POINT
2-18 @ Walker 4:30 p.m. – 6:30 p.m.
2-23 Parker 11 a.m. – 1 p.m.
2-28 @ Curry 6:35 p.m.
3-01 @ Curry 4:30 p.m.
3-02 @ Parker 11 a.m. – 1:15 p.m.
3-04 Vinemont 4 p.m.
3-05 Vinemont 4 p.m.
3-12 Curry 4:30 p.m.
3-16 Decatur 10 a.m. – 12 p.m.
3-19 @ Hartselle 4:30 p.m. – 6:30 p.m.
3-21 Hartselle 4:30 p.m. – 6:30 p.m.
3-22 Walker 4 p.m. – 6 p.m.
3-23 Priceville 11 a.m. – 1 p.m.
4-01 @ Lawrence County 4 p.m. – 6 p.m.
4-02 @ Cullman 4:30 p.m. – 6:30 p.m.
4-04 Cullman 4:30 p.m. – 6:30 p.m.
4-08 Lawrence County 4 p.m. – 6 p.m.
4-09 East Limestone 4:30 p.m. – 6:30 p.m.
4-13 @ Pleasant Grove 11 a.m. – 2 p.m.

NOTE: Check cullmansense.com in the coming days for an updated baseball schedule from Hanceville

Cullman County invades the Regionals

By: Josh McBrayer
joshmcbrayer@cullmansense.com

CULLMAN – With area tournaments wrapped up, only five county teams still remain in the race for a regional title. Both the boys and girls squads from Holly Pond and Cold Springs, along with the boys from Hanceville have each advanced to the Northwest Regionals.

While Cold Springs and Hanceville remain close to home, playing their games at the Tom Drake Coliseum on the campus of Wallace State Community College, Holly Pond will be taking to the hardwood at Jacksonville State.

CullmanSense has followed each team throughout their regular season and will bring you all of the action from the Regional Tournament. Here is a breakdown of each team:

Class 2A

Cold Springs Lady Eagles (21-7)

The Lady Eagles have been on fire as of late, winning six of their last seven games on their way to an appearance in the Northwest Regionals. They will take on the Red Bay Lady Tigers (18-3) at 3 p.m Tuesday at Wallace State.

Cold Springs Eagles (16-10)

The Cold Springs Eagles have had their ups and downs this season and have had to deal with some key injuries, but it seems there was someone different each and every night to step up and be a leader. This is why Cold Springs is in the position they are in, gunning for a state title. The Eagles will face the Hatton Hornets (11-9) at Wallace on Tuesday, February 19th at 4:30 p.m.

Class 3A

Holly Pond Lady Broncos (23-5)

The Lady Broncos find themselves in familiar territory, making the regional tournament for the second straight year and three out of the last four. The sharp-shooting Lady Broncos face the Peidmont Lady Bulldogs (24-4) at 9 a.m. in Thursday, February 21st on the campus of Jacksonville State.

Holly Pond Broncos (24-5)

Holly Pond is just about as hot as a team can get. They have won their last three games by a combined 68 points including a 40 point blow-out of Brindle Mountain. The Broncos will travel to Jacksonville State to take on the Weaver Bearcats (22-9) at 10:30 a.m. Thursday, February 21st.

Hanceville Bulldogs (16-12)

Hanceville has had an up and down season, but they are riding a three-game win streak that has them playing at Wallace Thursday, February 21st at 7:30 p.m. vs. the Madison Academy Mustangs (19-12).

Area Athlete Spotlight: Holly Pond's Cody Jones

By: Josh McBrayer
joshmcbrayer@cullmansense.com

The Spotlight returns to Holly Pond this week and finds Cody Jones. A gym rat in every sense of the word, Jones is constantly working to improve his game.

Not a starter yet, he is earmarked for a starting position next year.

Fresh off of a gym shooting session, Jones took time out of his schedule, filled with school and preparing for the upcoming regional tournament at Jacksonville State, to answer these questions for the Spotlight.

Josh McBrayer: Tell our readers a little bit about yourself.

Cody Jones: My name is Cody Jones. I am in 10th grade and I am 16 years old. My priorities are GOD, Family, and Basketball. (GFB)

JM: What sports/positions do you play?

CJ: I only play basketball. I mainly play Point Guard and my secondary position is Shooting Guard.

JM: How long have you played basketball?

CJ: I have played basketball for 11 years (since I was 5).

JM: Who is your greatest influence on the basketball court?

CJ: My Dad, I take a lot of his advice and guidance while playing. He has never missed a game.

JM: Who is your biggest influence off the court?

CJ: My mom and my Grandparents, they teach me to keep a good attitude and to play the game for the right reasons.

JM: What do you hope to accomplish on the basketball court while at Holly Pond?

CJ: I hope to win multiple County Championships and a State Championship. I also want to help our team grow as a whole and have excellent team chemistry.

There is no doubt Jones is a team player. Although a prolific shooter, especially from the three point range, Jones always looks for the open man before contemplating a shot.

@CullmanSense
Give us a Tweet

Community Matters

The Heart and Soul in Sports, the FCA Fundraising Dinner

John Mark Stallings Memorial Scholarship presented, Gene Stallings speaks on his involvement in organization

By: Josh McBrayer
joshmcbrayer@cullmansense.com

CULLMAN- "The heart and soul in sports" is the slogan of the Fellowship of Christian Athletes, but to the FCA, this is not just a slogan but a mission statement that every FCA member lives their life by.

There are over 6,500 "huddles" in schools across the United States, including a huddle in every school in Cullman County.

"This is our (Vinemont) first year," said multi-sport athlete Katie Speer, an FCA student-athlete from Vinemont High School. "Sara McAlpine and I went to an FCA conference and when we came back, we started the huddle at Vinemont."

Along with the FCA contingent from Vinemont, there were FCA athletes from all over the county including West Point, Cullman, and Holly Pond as well as Wallace State athletes. The student-athletes acted as servers bringing the food (provided by Baumhower's) to the table for the guests of the fund raising event.

The keynote speaker of the night was none other than former University of Alabama head football coach, Gene Stallings. Coach Stallings was the reason the FCA was started at the University of Alabama and it, to this day, is the longest continuously operating FCA chapter in the United States.

"We are extremely blessed to have coach Stallings with us," said FCA Area Director Ken Burnette.

"It is hard to explain, until you hear him, what a heart this man has. He has a mind for football but he has a heart for people. It is just a blessing to have him in Cullman County.

As patrons found their seats and were served their meals, Burnette took the stage to emcee the 2nd Annual FCA Fund Raiser Banquet. Things were kicked off by a presentation of the John Mark Stallings Memorial Scholarship by the Cullman County Bama Chapter.

John Mark Stallings was the the third of five children of coach Stallings and his wife Ruth Ann and he was born with Downs Syndrome. John Mark passed away in 2008.

Along with the John Mark Memorial Scholarship, the special needs field at Field of Miracles is also named for him.

"It is absolutely fabulous," coach Stallings remarked when asked about the special needs field being named after John Mark during an interview with CullmanSense.

"You're talking about a child with Downs Syndrome who had a hard time counting to ten and he has things named after him. It is a big deal," coach Stallings said with a wide smile across his face.

Through various, powerful videos, Burnette displayed the Fellowship of Christian Athletes and how they strive each and every day to do the right thing and serve the Lord.

After the video presentations, representatives from Cullman, Vinemont, and West Point were on hand to share their favorite bible verses and what the FCA means to them.

Next up was a special guest, Tanya Crevier, who showcased her basketball handling tricks. She will be part of the FCA Sports Power Camp in July. The camp will not only help athletes in their favorite sport but will also teach them the powerful word of God.

Burnette once again took the stage, this time to introduce coach Gene Stallings. Coach Stallings talked of his days at Texas A&M and Alabama but never made his speech about football.

Everything coach Stallings mentioned about his illustrious career always came back to the FCA and how it helped him and so many others.

"I am building a hospital in Haiti," said the coach. "Do you know why? Because it is the right thing to do."

He spoke of how money can help you help others, but money is not the way to the Lord.

"Money can't get you into Heaven," he said, "but it can sure keep you out."

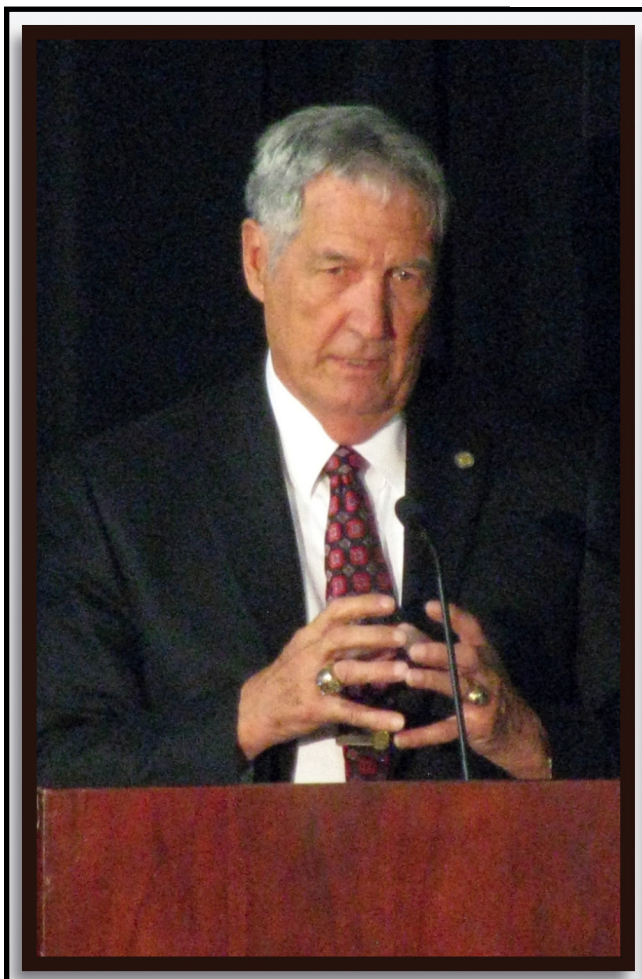
The thing that really caught this sports editor's attention were some statistics coach Stallings spoke of :

"The average man spends 40 hours a week working, 50 hours a week sleeping, and 9 hours a week getting ready to go out, but only spends 2.5 minutes a day with his children."

This was a fact that stunned most people in attendance and why we need the Fellowship of Christian Athletes now more than ever.

We need the men and women in our schools, spreading the word of God and showing our future world leaders the way to become the men and women the world needs.

"The average man spends 40 hours a week working, 50 hours a week sleeping, and 9 hours a week getting ready to go out, but only spends 2.5 minutes a day with his children."







Community Matters

For Kids' Sake Variety Show

Benefits nursery and pediatric care at CRMC; Provides fun for everyone

By: Jessica Norrell
jessicanorrell@cullmansense.com

The 13th For Kids' Sake Variety Show was held at the Wallace State Student Center auditorium Saturday, February 16th. In December the For Kids' Sake talent show held auditions and chose the talent that would participate in the show. There were 27 acts in the this year that ranged from vocal to dance performances.

The For Kids' Sake Variety Show was started in 1993 by Dr. Eugene Bownes, a well-liked pediatrician in Cullman. Dr. Bownes recognized the talent of many of his patients and felt that their talents should be shared with the community, which gave way to the variety show.

Ever since the performance of their first show featuring 19 performers, each year the raised proceeds have benefitted nursery and pediatric care at Cullman Regional Medical Center. The variety show gives local children the opportunity to help other children with their talents and to raise funds for their benefit.

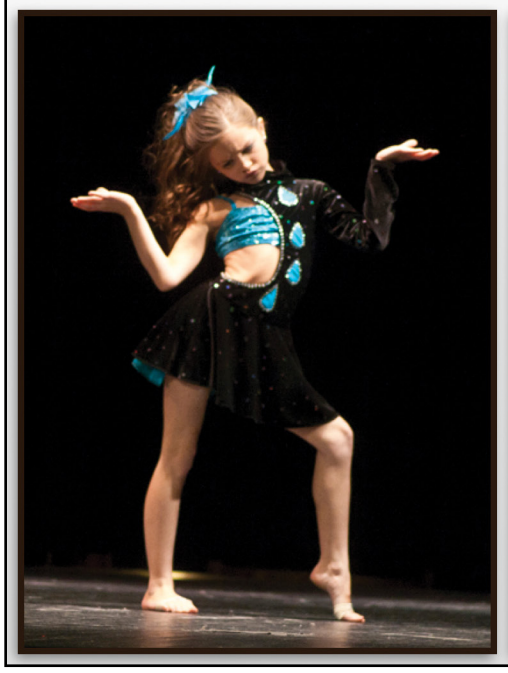
The variety show is managed by The Cullman Regional Medical Center Foundation, a non-profit organization.

Since its inception the variety show has raised over $100,000 in funds for the nursery and pediatric unit allowing the Foundation to purchase specialized nursery and pediatric equipment.

The For Kids' Sake Variety Show provides an excellent opportunity to showcase the talent of the local youth as well as provide crucial funding to a great cause. The CRMC Foundation recognizes the support from event guests, volunteers, sponsors, and performers.

Extensive planning, practicing, and volunteer hours are put into the show each year and these efforts are clearly visible through the continued success of the show as it continues to grow and make a positive impact in the community.

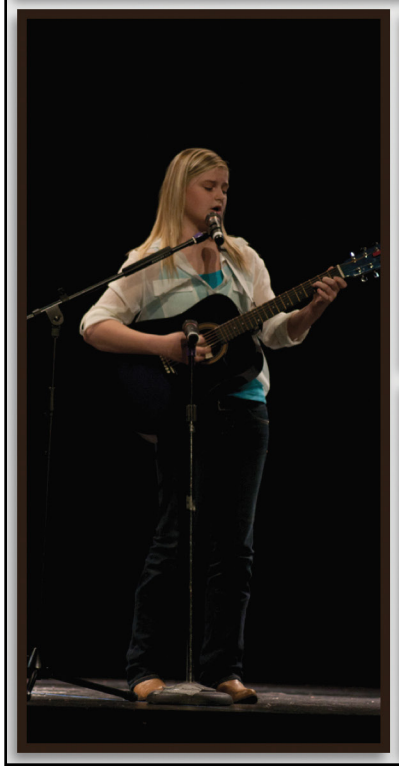
The For Kids' Sake Variety Show is a unique opportunity for the youth in Cullman to express and grow themselves as well as an entertaining display for guests to enjoy; all while helping the community. All the sponsors, volunteers, and performers are greatly appreciated for their hard work, kindness, and contribution to the variety show.













Hurricane Creek Park
Rock Climbing • Hiking • Mountain Biking • Bird Watching
1st Time Rock Climbing & Survival Classes Available
Hours
Friday: 12:00 p.m. - sunset
Saturday: 9:00 a.m. - sunset
Sunday: 9:00 a.m. - sunset
For more information
Call 256-734-2125

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.

County School Board Meeting
A meeting of members of the Cullman County Board of Education for work a session will begin at 5:30 p.m., followed by the regular meeting.

'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 are 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.

Cullman County Extension Service's 'Farming 101'
Cullman County Extension Service's 'Farming 101' is will be held from 6 p.m. until 8 p.m. Call 256-297-1044 to register or for more information. Check out website www.cullmancountyextension.com.

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.

Cullman Iris & Daylily Society
Members of the Cullman Iris & Daylily Society will gather for their dinner/business session and they invite those interested in this subject to come as well. They meet at the Angler Seafood House. The evening's guest speaker will talk about thinning and transplanting irises in gardens. He is the owner of Rocky Top Gardens which is located near Murfreesboro, Tennessee, and his name is Phil Williams. Please come and learn about these beautiful flowers and how to make them really 'bloom'!

Rug Crafting with Radonna Workshop
Those interested in learning how to make 'old timey rugs' are invited to participate in the Rug Crafting Workshop sponsored by the Cullman County Extension Agency. This event will be held from 6 p.m. until 8 p.m. at the North Alabama Heritage Center. Cost for this learning seminar is $10.00 per person and all supplies will be furnished. Those attending the event will complete a small trivet to take home - this might be the start to your own throw rug or floor rug. Registration is required for this seminar - please call the Extension Agency at 256-737-9386 by February 20. Come learn some new type of homemaking techniques!

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

'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!

Worship in Song
Baldwin Church of Christ will be hosting an evening of singing praises to God. The Church is sponsoring 'Worship in Song' starting at 7 p.m. Everyone is welcome. Baldwin Church of Christ is located about 1.8 miles WEST of Interstate 65 on Highway 278 West.

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

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!

Miss Horizon of Hope
The Circle of Hope Relay for Life Team sponsors its fundraising "Miss Horizon of Hope' pageant. This event will be held in the gym of West Point School starting at 10 a.m. and is open for girls and women from birth to 100. There are two special divisions for cancer survivors. All proceeds go to benefit the American Cancer Society's battle against cancer. Come cheer on your favorite contestants.

42nd Fish and Ham Dinner
The Cullman Lions Club is sponsoring their annual 42nd Fish and Ham Dinner from 11 a.m. until 6 p.m. Diners may eat in the Cullman Middle School Cafeteria or take advantage of the 'drive-thru' take out line which will be available on the North side of the cafeteria. For only $10.00 a plate, your meal will consist of catfish filet or ham, with baked potato, slaw, hushpuppies, dessert, and drink. Advance tickets are available from any Cullman Lion or Lioness Club member. You also may purchase tickets at the following businesses Brandin' Iron Restaurant, Business Solutions of Cullman, Cullman Veterinary Hospital, Doug Doggett Jewelers, East Side Barber Shop, Ed White Jewelers, Peek Auto Parts, Ponder Wrecker Service, Rennards Gallery, and The Rental Place. Come support the Cullman Lions Club as they prepare their always delicious food and help them earn funds for their many civic projects they undertake each year. Check their website for additional information at www.cullmanlions.com.

3rd Annual Little Black Dress Bash
The doors open at TP Country Club at 6:30 p.m. for the start of the 3rd Annual Little Black Dress Bash sponsored by Wallace State Community College Alumni Association. This exciting event includes specialty food and beverages, silent auction, appetizers, and dinner prepared by Chef Chris Asklen, with music provided by a DJ and other entertainment until midnight. Single tickets are $75.00 or reserved tables for parties of 4, 6, or 8 also are available. For additional information please call 256-352-7808 or check www.wallacealumni.org.

Next 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 are 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!

Community Matters

Vote Now!

With officers now patrolling schools, should school buses be the next stop for law enforcement protection?

Last Week's Poll:

Are people inherently good?

Yes - 25%
No - 75%

Cast your ballot at cullmansense.com/poll

Reflections of History



Unidentified Railcar — Photo Contributed by Cullman County Museum

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

Legal Advertisement

The Cullman City Council will hold a Public Hearing on Tuesday, February 19th, 2013 at 5:00 p.m., in the Auditorium of City Hall, located at 204 Second Avenue NE. Comments will be received on the proposed zoning approval for the sale of alcohol in the City of Cullman by the following applicants:

Grant & Grzesick LLC (Catoma Package)	100 County Road 1435	Package Store Alcohol License
Johnson's Package Store	6074A AL Highway 157	Package Store Alcohol License



Follow us on Twitter - twitter.com/CullmanSense

This Week in History Feb. 18 - Feb. 24

February 18th

- 1885 – Mark Twain's "Adventures of Huckleberry Finn," published
- 1930 – U.S. astronomer Clyde Tombaugh discovers Pluto
- 1986 – San Antonio's Alvin Robertson scores NBA 2nd quadruple double-20 points, 11 rebounds, 10 assists, and 10 steals against Phoenix
- 2012 – Pope Benedict XVI announces seven new saints – including American saint Kateri Tekakwitha - and appoints 22 new cardinals

February 19th

- 1842 – Medieval Iconoclastic Controversy ends as a council in Constantinople formally reinstated the veneration of icons in the churches
- 1859 – Dan Sickles is acquitted of murder on grounds of temporary insanity; the first time this defense is successfully used
- 1963 – U.S.S.R. informs John F. Kennedy it's withdrawing several thousand troops from Cuba
- 1997 – FCC makes available 311 for non-emergency calls and 711 for hearing or speech-impaired emergency calls

February 20th

- 1809 – Supreme Court rules federal government power greater than any state
- 1929 – American Samoa organizes as territory of U.S.
- 1953 – U.S. Court of Appeals rules that Organized Baseball is a sport and not a business, affirming the 25-year-old Supreme Court ruling
- 2012 – Scientists regenerated specimens from Silene stenophylla, a 31,800 year old piece of fruit, substantially surpassing previous records for the oldest plant regenerated

February 21st

- 1795 – Freedom of worship established in France under constitution
- 1931 – Alka Seltzer introduced
- 1979 - Two Iowa girls High School basketball teams play 4 scoreless quarters game was won 4-2 in 4th overtime period
- 2010 – The Chinese Ministry of Commerce announced foreign direct investment into China has risen for the sixth consecutive month, up $8.3 billion year-on-year

February 22nd

- 1774 – English House of Lords rules authors do not have perpetual copyright
- 1865 – Tennessee adopts a new constitution abolishing slavery
- 1989 – U.K. physicist Stephen Hawking calls Star Wars a "deliberate fraud"

February 23rd

- 1870 – Mississippi is readmitted to U.S.
- 1947 – General Eisenhower opens drive to raise $170M in aid for European Jews
- 1974 – Patty Hearst, daughter of publisher Randolph Hearst, kidnapped by SLA
- 1997 – NBC TV shows "Schindler's List," completely uncensored, 65 million watch

February 24th

- 1868 – First U.S. parade with floats; Mardi Gras in Mobile, Alabama
- 1925 – Thermite explosive first used to break up ice jam in Waddington, New York
- 1979 – Highest price ever paid for a pig, $42,500, Stamford, Texas
- 2010 – Tengzhong's bid to purchase Hummer from General Motors is rejected by the Ministry of Commerce of the People's Republic of China

Community Matters

The Fitness Chronicles of Norrell - Week 9

By: Jessica Norrell
jessicanorrell@cullmansense.com

I have been working on adding super foods to my diet for the past three weeks and will add one that is considered one of the top super foods today. I have mostly replaced my breakfasts and snacks but have started with lunches as well. Even just adding certain healthy side items to meals, for example switching macaroni and cheese or mashed potatoes for a baked sweet potato, makes a difference. Valentine's week brought a lot of temptation and deliciously bad foods it seems, so I will be catching up this week.

I want to first cover adding spinach to your diet. This is an incredibly important super food. A few leafy green runner-ups are kale, collards, Swiss chard, mustard greens, turnip greens, bok choy, and romaine lettuce.

Spinach contains more health benefits than almost any other food. Spinach and other dark leafy greens are associated with lowering the risk of several diseases such as cancer.

Side Plank



Lie on your left side with your knees straight. Prop your body up on your left elbow and forearm, feet stacked. Raise your hips until your body forms a straight line from your ankles to your shoulders. Hold this position for 30 seconds (or longer if you can), bracing your abs and breathing deeply for the duration of the exercise.

Plank



Start to get into a pushup position, but bend your elbows and rest your weight on your forearms instead of your hands. Your body should form a straight line from your shoulders to your ankles. Brace your core as if you were about to be punched in the gut. Hold this position for 30 seconds while breathing deeply.

Plank with Leg Lift



Get into plank position on your forearms with your abs in tight. Engage your glutes to lift and hold one foot a few inches off the floor, foot flexed. Do 10 lifts on one side, and then switch legs.

Victoria's Secret supermodel, Alessandra Ambrosio attributed a high consumption of leafy greens and lean protein in her diet as a way to get runway ready after her baby.

I will definitely take tips from her to work off my remaining baby tummy (okay…so maybe it is mainly a love for sweets tummy more than anything)!

One of the great things about spinach is that it has multiple benefits, whether cooked or raw. It is best to incorporate both forms.

I would like to reinforce that I am using the *SuperFoods: Fourteen Foods That Will Change Your Life* book by Steven Pratt, M.D. and Kathy Matthews for tips and nutrition research to back up what I am talking about. These are a few tips they give to work spinach into your diet:

- Layer cooked spinach or other greens on a dish such as lasagna or a casserole (one that is semi-healthy at least)
- Steam spinach and serve with fresh lemon juice and grated Parmesan cheese.
- Add a handful of spinach leaves to soups.
- Dress leftover greens with balsamic vinegar dressing and sprinkle with sesame seeds.
- Add chopped greens to an omelet along with chives, tomato, bell peppers, and onion.
- Shred various greens along with romaine lettuce into various dishes such as burritos or wraps.

You don't really need specific recipes to be able to incorporate spinach into your current diet. Just add to what you enjoy and try to add 1 cup cooked or 2 cups raw for most days. Kale is a great green as well and is a bit cheaper a lot of times.

A breakfast smoothie I enjoy is actually packed with greens. You can customize it to your taste but it is a quick and easy way to get your serving of greens: 1 banana, 2 handfuls of Strawberries, 2 handfuls of blueberries, 2 large handfuls of kale (sounds scary, I know) a scoop of your choice of protein powder if you want a little sweetness, and about a cup of almond milk. Just blend everything together. I use frozen fruits and add a bit (about a tablespoon of flaxseed) for extra benefits.

This week I will be adding a plank routine to my workout. Planks are one of the best abdominal exercises and are preferred over crunches especially after having a baby.

I will do a basic workout this week and add an advanced one next week (I still do 2-3 mile intervals about 5 days a week as well). Following is the ab workout (my source is on Shape.com, *Abs Workout: The Secret Formula for a Flat Stomach*):

"Here are some of my favorite plank variations. Start with the first four, holding each exercise for 30 seconds (work up to 1-minute holds). Do each plank variation once and then repeat the entire series 2 more times (3 times total). When you feel comfortable with the first four planks, advance to incorporate the next three (No. 5-7), holding each one for 30-60 seconds. For a killer core workout, combine all seven into one routine."

Side Plank with Leg Lift



Start in side plank position with your left elbow below your shoulder, feet stacked. Keep your core braced as you lift your right (top) leg as high as you can while maintaining proper form. Flex your foot and point your toes slightly down. Lower your leg and repeat until you've completed 10 reps. Switch legs and do 10 reps on the other side.

Tweet Us
twitter.com/cullmansense

Like Us
facebook.com/cullmansense

Watch Us
youtube.com/cullmansense

E-mail Us
feedback@cullmansense

White & Black by St. Edo

st.edo@cullmansense.com



Community Matters

Empty Bowls Filling Up (from Front)

money raised from the Cullman Empty Bowls has always benefited Cullman Caring For Kids Food Bank, our community food bank."

To make sure there are enough handcrafted bowls, approximately 15 potters have worked tirelessly throughout the year to make 1,000 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."

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, please 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.

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.

CULLMAN CITY PARKS & RECREATION

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

www.cullmanrecreation.org
256-734-9157

- **Nia Dance Fitness Classes:** Includes yoga stretching and aging tips; class held at the Civic Center. Tuesdays from Feb. 19-April 2. $50 fee, 10% goes to Children's Hunger Fund. Classes are held at 9:00am.
- **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.
- **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.
- **Wiffle Ball League**—An adult waffle ball league will be held at the Field of Miracles at Chester Freeman Park, ages 15 and up. Teams can register for $100 for the 8 game season, 6 players on a team co-ed. Call Heritage Park at 256-739-9931 to register.
- **Cullman Golf Course Tip & Tuck**– Tournament will be held Saturday, February 23 at the Cullman Golf Course. For registration information and tee times, contact Ches Harris at 256-739-2386.

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.

Twitter: @cullmansense
Facebook.com/cullmansense

Noah Chandler
Publisher
noahchandler@cullmansense.com

Lindsey Dossey
Contributor
health@cullmansense.com

Watch us on YouTube
youtube.com/cullmansense

Kristen Holmes
Contributor
education@cullmansense.com

Dustin Isom
Editor
dustinisom@cullmansense.com

Kassey Laney
Advertising
klaney@cullmansense.com

Josh McBrayer
Sports Editor
joshmcbrayer@cullmansense.com

Jessica Norrell
Photographer
jessicanorrell@cullmansense.com

Subscriptions
thecullmanpaper.com

News Tips & Comments
256-297-1TIP

Fax
256-261-2439

Calendar Listings
calendar@cullmansense.com

Sports Tips
sports@cullmansense.com

Obituaries*
obituaries@cullmansense.com

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

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

Visit Us Online
CullmanSense.com

Find us on Facebook
facebook.com/CullmanSense

Follow us On Twitter
twitter.com/CullmanSense

THE CULLMAN AREA CHAMBER OF COMMERCE CORDIALLY INVITES YOU TO ATTEND THE

70th EST 1943

Annual Meeting and Gala

WHEN: February 21, 2013
Doors open at 6:00PM

WHERE: The Atrium at Greenleaf
3920 AL Hwy 157
Cullman, Alabama

Sponsored by: Charter Business

RSVP
*Black-Tie Optional

Enclosed is our payment in the amount of $_____for:

____Individual ticket(s) ____Bronze Table(s) SOLD OUT ____Silver Table(s) ____Gold Table(s)

Payment: ☒Check or ☒Visa ☒MasterCard ☒American Express

Card Number _____

Name on Card _____Expiration Date_____

NAME:_____COMPANY:_____

ADDRESS:_____

Please return this form with payment by FEBRUARY 16, 2013 to:
Cullman Area Chamber of Commerce, PO Box 1104, Cullman, AL 35056-1104

Reserved Tables featuring:

Gold Table – $500
Reserved priority seating for 8
Sponsorship/logo recognition in program
Sponsorship/logo recognition in Chamber newsletter

Silver Table – $400
Reserved seating for 8
Company recognition in program

Bronze Table – $300
Reserved seating for 8 SOLD OUT

Individual Tickets
$30 per person

EvaBank
Member FDIC
NMLS#414640

More Loans & Fewer Excuses!

Let your Tax Return help You & Your Family purchase a home or complete a remodel!!

Manufactured Homes - Construction - Commercial
Conventional - USDA - FHA - VA

HOME Sweet HOME

Give us a call or go online to get started today

Cherokee Office: 256-255-2000
157 Office: 256-737-1655
www.evabank.com

EQUAL HOUSING LENDER

Community Matters

It's About the Love

By: Noah Chandler
noahchandler@cullmansense.com

Therapeutic Recreation Program marks one-year anniversary with Valentine's Day Dance

CULLMAN – Valentine's Day was made a bit more special for participants in the Therapeutic Recreation Program, as the Cullman Civic Center opened its doors for "A Night in Paris", complete with hand-baked desserts, French countryside motifs, and a 30-foot replica of the Eiffel Tower.

Just over a year ago, Hollie Gutierrez was brought into the Cullman City Parks & Recreation system with one objective; to make a worthwhile, well received program for those residents not capable of participating in the many programs offered by the parks department.

A short time later, Guiterrez was off and running with the communities first Therapeutic Recreation Program. She and the many families whom benefit from the program have been busy scorching up the bowling lanes, enjoying weekly trips to the Wellness & Aquatic Center, and on occasion, cutting the rug at a dance party.

Waid Harbison, Marketing Director for Cullman City Parks & Recreation, said since the program's inception earlier in the year there has been a huge reaction from the community.

"The program started last year around this time, and as a matter of fact the Valentine's Day dance was the program's first real event," said Harbison. "Since then Hollie has done an amazing job organizing trips to the bowling alley each Tuesday, swimming each Monday, and of course in planning and preparing for (tonight's) Valentine's Day dance."

John Hunt, CPR Director, whom attended the dance with his wife, said there couldn't be a better way to spend Valentine's Day.

"If you look around at the faces of all those here tonight, you can see why this program is so important," said Hunt. "Hollie has done an amazing job over the past year and I continue to look for great things from this program."

Therapeutic Recreation uses recreational activities, leisure, and play to enhance the quality of life for individuals with physical, mental, social, or emotional limitation or abilities. The program targets more than play and uses the power of recreation and leisure activities to support the rehabilitation process and promote overall wellness. Activities are targeted at educating, teaching, playing, and participating in a number of meaningful experiences.

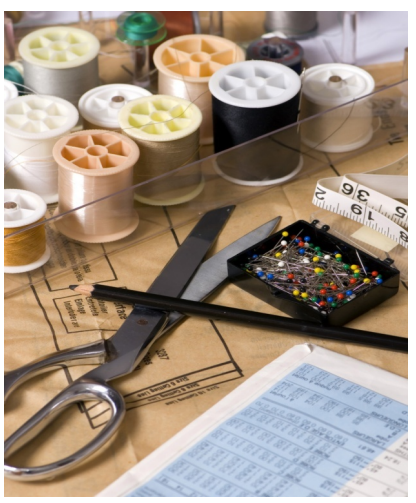
For more information on Therapeutic Recreation contact Hollie Gutierrez, Therapeutic Recreation Coordinator, at 256-734-9157 ext. 13 or by e-mail at hgutierrez@cullmanrecreation.org.





Have you ever wanted to learn how to do something crafty? Well now is your chance!

Buy a chance to win a crafting class with **Susie Ayers**. You get to choose between sewing, crocheting, and card or décor making with a Cricut. If you are interested in learning something else let me know and we can try. I guarantee you will leave the class with a craft that you made with your own hands. All proceeds go to Relay for Life.



$1 per chance or

$5 for 6 chances.

Contact Susie at extension 256-736-5507 ext 7222 or email sayers@cpc-pc.com.

All proceeds benefit Cullman Primary Care Multi-Specialty Group's Relay For Life Team!

Windsor Powder Coating & Sandblasting

10231 Hwy 31 South
Hanceville, AL 35077
E-mail: windsori@hiwaay.net

Chris Windsor
Kyle Windsor
Patrick Allred

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

10th Annual
Chili Dinner
in Hearin Hall of
First United Methodist Church - Cullman, AL
February 18th, 2013
4:30pm-7:00pm
Celebrating 10 years of people helping people.



TICKETS $10
Available at:
Cullman Caring For Kids
First United Methodist Church
St. Johns Evangelical Church

Silent Auction & Live Music
The Revalations
The Potentials
Enell Baker
Shannon Green

EMPTY BOWLS
of cullman county
Proceeds benefit Cullman Caring For Kids Food Bank