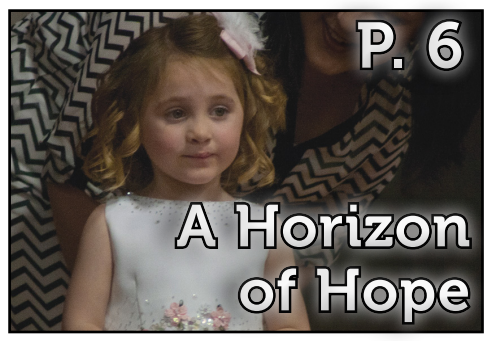
SERIES 3, ISSUE 8 MONDAY, FEBRUARY 25, 2013
CULLMAN'S MONDAY NEWSPAPER
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Empty Bowls Filled-7
Bigfoot in Cullman?-11
WSCC Queen-5
Events Calendar–8





Voluntary Recall of Certain Bread Products; Presence of Wire Found - p. 3



See Dual Titles, Page 4

Photos Courtesy Jimmy "Scoop" Olson

A Day of Resistance

By: Noah Chandler
noahchandler@cullmansense.com

Second Amendment supporters gather at Courthouse for peaceful assembly

CULLMAN – While most stayed indoors early Saturday morning, an estimated 150-250 residents and participants of the Tea Party, along with other constitutional minded organizations, gathered on the steps of the Cullman County Courthouse to show their solidarity when it comes to preventing government interference with constitutional law.

Tina Murphree, Charter Member of the Cullman County Tea Party, noticed a posting on a national Tea Party website calling for "A Day of Resistance". She was motivated by the initiative, so much so that she created an event on the group's local Facebook page urging all second amendment believers to stand up for their rights on the steps of the Cullman County Courthouse.

"We want to stand up for our second amendment rights. All of these gun laws are coming out in these different states and the President has come out and we feel like scapegoats," said Murphree. "I know people are upset over the tragedy at Sandy Hook and the different tragedies which have occurred but this is how I look at it. You can't blame everything on the guns and the law abiding people that have the guns. Had there been help for a lot of the mentally unstable folks out there, if they (government) hadn't cut all of that (funding) out, they wouldn't be having these problems as far as I'm concerned."

See Day of Resistance, Page 12

Fried Up Nicely

By: Noah Chandler
noahchandler@cullmansense.com

Annual Fish or Ham Dinner a Success

CULLMAN – There was no shortage of fresh fried catfish or freshly prepared ham at the Cullman Lions Club 42nd Annual Fish or Ham Dinner, although it wasn't always this way.

"It started out originally as something like an oyster dinner but the ability to preserve it was too difficult so they decided to change it to fish and ham," said Steve Cartee, Cullman Lions Club president.

Cars lined the streets around Cullman Middle School for most of Saturday, beginning at 10 a.m.

Cartee said the steady flow of cars would ensure a great year but he said balancing the amount of food prepared with the demand is always a challenging task.

"We want to be able to deliver a hot, well-made dinner," he said. "In order to do that we must have a lot of communication between those cooking the fish, ham, or hushpuppies, with the Leo Club who is preparing the plates, and also with the other Lions Club volunteers who are delivering the food. It takes a lot of preparation."

The Leo Club, consisting of area students, along with the Cullman Lioness Club come together to help ensure the food service side of the event processes through seamlessly.

Jerry Raley popped in for quick plate, something he is used to doing each year.

He said the determination and dedication of the Lions Club is a point everyone should know about.

"This is an important event," he said. "This organization gives a lot of money back to the community, so it's great to give them support."

For $10.00 residents received a plate with their choice of a deep fried catfish filet or ham,

See Fried Up, Page 12

321 Boy Scout Troop 321 helps Sacred Heart of Jesus - 6

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In Brief

Governor Bentley Signs the People's Trust Act

By: Jennifer Ardis

Contributor

MONTGOMERY – Governor Robert Bentley on Wednesday signed the People's Trust Act, a bill that requires the full repayment of money transferred from the Alabama Trust Fund to the state's General Fund budget.

On September 18, 2012, Alabama voters approved the transfer of $437 million from the Alabama Trust Fund – a state savings account – to the General Fund over the next three years. The transfer was necessary to maintain essential state services during a difficult economic time without raising taxes.

Governor Bentley and legislative leaders pledged to voters that the money transferred from the Alabama Trust Fund would be repaid. Governor Bentley and the Legislature are keeping that promise by making the People's Trust Act (House Bill 94) the first bill approved by both houses of the Legislature and signed by the Governor this year.

"We made a commitment to the voters that the Alabama Trust Fund would be repaid, and we are fulfilling that commitment," Governor Bentley said. "We are also working to find more savings and make government more efficient. Over the last two years, we have identified $750 million in savings. From that total, more than $528 million in savings have already been realized, and the rest of the savings will be realized in future years. Working with the Legislature, we will reach our goal of identifying a billion dollars in savings by the end of this term."

Governor Bentley was joined at Wednesday's signing by leaders from the Alabama Legislature, including sponsors of the repayment legislation.

"The Alabama Legislature and Governor Bentley are delivering on the trust that was conveyed by voters on September 18th," Lieutenant Governor Kay Ivey said. "It's not coincidental that the first bill to pass the Legislature is to repay the money that will be transferred from the Trust Fund. I applaud Senator Bryan Taylor and Representative Jay Love for introducing these bills and Senate President Pro Tem Del Marsh and House Speaker Mike Hubbard for giving these bills high priority during the first weeks of the 2013 Legislative Session."

"Republicans take our vows to the citizens of Alabama very seriously. We promised that we would repay the trust fund, and unlike decades past where Democrats made promises to taxpayers and then quickly swept them under the rug once the election was over, we kept our promise by passing this bill unanimously in the House," Speaker Hubbard said. "We prioritized our work to ensure that this was the first bill put before Governor Bentley, and we accomplished that goal."

"Before we asked voters to authorize borrowing money from the trust fund, we promised that anything borrowed would be repaid in full," Senator Marsh said. "This important legislation guarantees repayment and honors our commitment to voters. I appreciate the hard work of all senators who supported this legislation, particularly Senators Taylor, Allen, Bussman, Holtzclaw, and Sanford."

The People's Trust Act was sponsored in the House by Representative Jay Love.

"As a small business owner, I understand that people judge you not just by your words, but also by your actions, and I am proud to sponsor a bill that keeps a public commitment made to the citizens of Alabama," Representative Love said.

"This bill sets up an automatic repayment and guarantees the money will be paid back on schedule," said Senator Bryan Taylor, who was among those who sponsored repayment legislation in the Senate. "This bill will control spending from the General Fund because the Legislature can't spend the money set aside each year for repayment. The money goes back to the people's trust fund."

The People's Trust Act requires full repayment of the Alabama Trust Fund by no later than September 30, 2026. The bill also provides for minimum cumulative amounts that must be repaid at the end of each fiscal year starting with the fiscal year ending September 30, 2014.

Economic Development Alliance Issues Report

Contributed by:

Alabama Department of Commerce

MONTGOMERY – The Alabama Economic Development Alliance today presented its first formal report of the state's strategic plan to Governor Robert Bentley. The plan, called Accelerate Alabama, focuses on 11 business sectors targeted for growth in order to provide new economic opportunities for the citizens of Alabama.

Alabama Secretary of Commerce Greg Canfield said that after a year of implementation, the strategic plan has brought positive results, particularly bringing key education leaders to the table to ensure that students graduating from Alabama schools possess the knowledge and skills needed to succeed in the workforce.

Alabama State School Superintendent Tommy Bice stressed the importance of ensuring that students have the ability to apply the core academic skills they have learned to real-world situations through collaboration with their peers in problem solving.

Bice said the objectives of Plan 2020 are that all students perform at or above proficiency and show continuous improvement, succeed, graduates from high school, and graduates from college, and is career ready.

During 2012, the Alabama Community College System also took steps to align workforce services. Plans are underway for the development of a regional center concept with account managers responsible for services that are solely dedicated to existing industry.

Dr. Mark Heinrich, director of the Alabama Workforce Training System, said "earn and learn" programs such as the partnership between Mercedes-Benz and Shelton State Community College are essentially beneficial as business and industry partner with education to build successful programs.

The report says that education options for Alabama students are expanding because of these types of programs. "Shrewd students can now prepare for a career and earn college credits while earning a diploma," says the report. "More and more students also are pursuing a dual enrollment program in career technical education."

Renewal is also an important part of the plan and the report highlights the key initiatives the Alliance supported in 2012. In 2012, the Alabama Legislature committed $4 million to fund the Alabama Innovation Fund. Fifteen grants were awarded across Alabama. The Alabama Launchpad program, a program of the Economic Development Partnership of Alabama and its President Bill Taylor, continues to grow since its creation in 2006. More than 150 knowledge-based jobs have been created as a result. The annual innovation and entrepreneurship conference brings more than 150 people from university, entrepreneurial, business, and venture capital communities.

Recruitment is another priority of the Accelerate Alabama plan. The state experienced a record year with announcements from Airbus to multiple automotive expansions. The passage of Amendment 2 allowed the state to refinance bonds to increase the Capital Improvement Trust Fund for discretionary incentives for new and expanding companies. The Alabama Legislature also passed key proposals that will heighten economic development.

The state's Advantage Site program expanded to 40 sites. These sites are marketed to site consultants and other key audiences. Since the creation of the program, 11 projects have located in Alabama, invested more than $525 million in capital investment, and created more than 2,700 jobs.

The report outlines its priorities for the year 2013, including aggressive marketing in key industry sectors, branding the state to raise awareness of its competitiveness as a business location, and the continuation of research to determine the best opportunities and strategies for targeting strong growth companies.

Governor Bentley Highlights Need for Expansion of Alabama's Voluntary Pre-Kindergarten Program

By: Jennifer Ardis

Contributor

CLANTON – Governor Robert Bentley on Tuesday visited Clanton Elementary School's Pre-Kindergarten Program to highlight his support for expanding First Class, Alabama's Voluntary Pre-Kindergarten Program.

First Class is ranked number-one in the nation for quality by the National Institute for Early Education Research. However, only six percent of four-year-olds in Alabama are enrolled. Governor Bentley is proposing additional funding in the fiscal year 2014 Education Trust Fund to expand access to the voluntary program.

"This is a wise investment that will change the lives of children across the state," Governor Bentley said.

"A high-quality, voluntary pre-kindergarten program gives students a strong foundation. It improves their chances for success in K-12 school. We must give more families the option of enrolling their children in this successful voluntary program."

Currently, the Office of School Readiness is able to offer 217 First Class voluntary Pre-K classrooms. In his Education Trust Fund Budget proposal on February 6, Governor Bentley included a $12.5 million expansion for voluntary Pre-K.

This proposal is expected to add at least 125 additional voluntary Pre-K classrooms in Alabama, serving approximately 2,200 additional students. Governor Bentley would like to see additional expansion in subsequent years to give even more families the option of Pre-K enrollment.

Voluntary Pre-K programs are offered through public schools, private child care centers, Head Start programs, universities, and community-based organizations. Of the 217 First Class classrooms in Alabama, 102 are located in a non-public school setting.

House Education Budget Chairman Jay Love was among those who toured Clanton Elementary School's voluntary Pre-K program with Governor Bentley Tuesday.

"We have seen positive results among those who have participated in voluntary Pre-K. The continued investment in expanding Alabama's voluntary Pre-K program will yield huge dividends for our children in the near future," Representative Love said.

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What's Online

BENTLEY AWARDS $2.8 MILLION TO HELP LOW-INCOME RESIDENTS CUT ENERGY COSTS

A total of $218,380 was allotted to Community Action Partnership of North Alabama Inc., for Cullman, Lawrence, Marion, Morgan, Walker, and Winston counties.

qrne.ws/7

NO. 3 WSCC SOFTBALL CONTINUES DAUNTING FEB. SCHEDULE, SEEKS TO DEFEAT ADDITIONAL RANKED OPPONENTS IN PANAMA CITY, FL.

The team was perfect against its nationally-ranked counterparts.

qrne.ws/8

TANNER PREVENTS LADY EAGLES FROM WINNING THE NORTHWEST REGIONAL

Getting the advantage early in the fourth quarter didn't last long for the Cold Springs Lady Eagles in their quest to win the AHSAA Northwest Regional title Class 2A for the first time in four years

qrne.ws/9

In Brief

HIV/AIDS Division seeks nonprofit fiscal/program management agent

By: Jane Cheeks

Contributor

MONTGOMERY – With federal funding from the Health Resources and Services Administration, the Alabama Department of Public Health, Division of HIV/AIDS Prevention and Control, announces a request for proposals intended to select a nonprofit agency (nongovernmental) to provide lead agency services for the division's Ryan White Care and Service Program.

Services provided by the fiscal and program management agent will include the following:

- Invoicing
- Bill payment
- Hosting of a statewide data base (web-based Ryan White Care Ware and other program-specific data collection, management and analysis)
- Sub-grant administration
- Program monitoring support for service providers

Lead agency services are required for the period April 1, 2013, through March 31, 2014, from a nonprofit 501(c) (3) agency located in the Alabama. The sub-grant will be renewable for a second and third year until March 31, 2016.

To be eligible to bid, a nonprofit 501(c)(3) located in Alabama must also not be a provider of HIV/AIDS services receiving Ryan White funding or currently maintain a financial relationship with any provider of Ryan White, Part B services which could represent a conflict of interest.

Preference will be given to agencies serving in an existing position of fiscal agent for same or similar agencies.

No letter of intent will be required. The due date for the proposal is March 14, 2013.

For more information or questions, please contact Jane Cheeks, J.D., M.P.H., Director, at (334) 206-5364; via e-mail at jane.cheeks@adph.state.al.us; via the address HIV/AIDS Division of Prevention and Control, RSA Tower, P.O. Box 303017, Montgomery, Ala. 36130-3017; or via fax at (334) 206-5853.

To obtain a copy of the Request for Proposal, please submit an emailed or written request on your agency letterhead stationery.

St. Bernard Prep to host Half Marathon

By: Joyce Nix

St. Bernard Contributor

CULLMAN – The first-ever half-marathon race to happen in Cullman County is about to take place at St. Bernard Prep in Cullman, on the renovated and newly-created trails of St. Bernard Abbey, Saturday, March 9, at 7:30 a.m.

For the past three years Cross Country Coach William Calvert, and noted "Trail Boss" Roger Blalock, along with countless other volunteers, have recovered and restored existing trails through the Abbey's 800 acres of Treasure Forest and constructed at least five more miles, doubling the trails in size.

The Trails of St. Bernard Half-Marathon will showcase the expanded scenic trail system of St. Bernard Abbey.

Calvert said the old trails and forest roads have been improved, and the new trails will take participants into the more remote areas of the 120-year old campus.

Blalock, the volunteer "Trail Boss," has been the catalyst in improving the old trails and dozing the new ones. Along with a core group of volunteers that include St. Bernard coaches, teachers, parents, and local runners, Blalock has added about five new miles of trails to the system through the use of a small bulldozer and back-breaking work with shovels, rakes, picks, and axes.

Calvert said Roger loves the outdoors, and building trails is a passionate hobby for him. "We certainly appreciate all of Roger's hard work and dedication. He has built some beautiful scenic trails through streams with waterfalls and huge boulder rocks. "

There have been several water bars put in place to re-route water off the trails to nearby streams. "Conservation of land has been a major concern in this process," Blalock said. These trails are solid, but according to Blalock they aren't finished yet. "Because of erosion, some sections of the older trails will be totally rebuilt to preserve them. That said, these trails are in great shape, some of the best in the southeastern states."

Blalock's experience with operating heavy equipment and with engineering the building of trails has been a blessing for our program at St. Bernard. "Back in the 80s, Roger was involved in the layout and building of trails in the Bankhead Forest," Calvert said.

While running or walking the trails, one can notice the dirt which has been removed from underneath one of the huge boulders by the creek.

"We hit charcoal and feel sure that this could have been a perfect Native American home years ago," Blalock said.

"It was perfect since they loved facing south and near the water, but as the need for more dirt increased, it has been pulled from underneath the huge bluff rock."

The wooded 13.1 mile course has ten unique bridges with names like No Hands Bridge and Gear Up that span some of the stream crossings. Rustic wooden signs nailed to cedar posts with names like Lost Creek Trail, Rock Quarry, and Little Magnolia point runners and hikers in the right direction. The course of rolling hills and mostly-hardwood forest adds to the challenge but also to the beauty of the trails.

Calvert said the half-marathon route will challenge runners, but is a fair course with good footing. "It's a great course for first-time trail racers, and will be a fast course for the more experienced."

Awards will be presented to the overall male and female winners, Masters male and female winners, and grand masters male and female winners, as well as medals to the top three finishers for male and female in each age group.

Age groups are 19 & under, 20-29, 30-39, 40-49, 50-59, and 60 and over.

A pre-registration fee of $40 is due on or before 3/01/2013; the fee is $45 after 3/1/2013.

To register online go to www.raceit.com/Register?event=17275 or to register by mail, print a registration form at www.stbernardprep.com.

For more information, contact Race Directors, Roger Blalock, blalockroger@yahoo.com - 256-734-1200 or William Calvert, wcalvert@stbernardprep.com - 256-612-3028.

Voluntary Precautionary Recall of Certain Bread Products

Contributed by: FDA

SILVER SPRING, MD – BBU, Inc., the parent of the Bimbo Bakeries companies, has initiated a voluntary recall due to possible presence of flexible wire caused by a faulty screen at a third party flour mill.

This recall does not affect any products currently offered for sale in retail stores but the company, out of an abundance of caution, wants to alert consumers to check any affected products they may still have in their homes.

Recalled products are listed below with the applicable "Best By" dates and their states of distribution. The "Best By" date is printed on the front of the bag on the bread items and on a sticker on the thin style buns product.

BBU is committed to providing high-quality products, and the safety and health of our consumers is our most important priority. We are working closely with the third party flour mill to avoid this issue in the future.

Consumers who have purchased the recalled product can return the product to its place of purchase for a full refund. Consumers with questions may contact the company at 1-800-984-0989 at any time 24 hours a day.

PRODUCTS	STATES
Best By dates prior to and including Feb. 20:	
Arnold Dutch Country 100% Whole Grain	AL, FL, GA, KY, MS, NC, SC, TN, VA, WV
Earthgrains 12 Grain Natural Bread	All States
Sara Lee 12 Grain Bread Hearty & Delicious	All States

WSCC's Tech. Division hosts skills competition for high school students

By: Russell Moore

WSCC Staff Writer

HANCEVILLE – Wallace State Community College's Technical Division recently invited high school students to campus, allowing them to compete in a WSCC Invitational Skills contest and prepare for upcoming local and state events.

"We feel it's important for them to come here and see what it's like in a competitive-type setting. If it's someone's first time to compete, it can be nerve-wracking and panic sets in when you approach the finish line. The pressure is hard to explain until you experience it yourself, so we're thrilled to give them an opportunity to practice," said Wallace State's Jimmy Hodges, Dean of Applied Technologies.

Skills competitions were held at electronics, drafting, precision machining, automotive service technology, collision repair, welding, and HVACR. Schools represented were Corner High School, Earnest Pruett Center of Technology, Cullman Area Career Center, Arab High, Brewer High, Madison County Tech Center, Gadsden City High, Eden Career Tech, Marshall County Tech School, Cherokee County Tech Center, Huntsville Center for Technology, Etowah County Career Tech, Haleyville Center for Technology, Blount County Career Tech Center, Limestone County Career Tech Center, Muscle Shoals Career and Tech School, and Lawrence County Career Tech Center.

"Wallace State has a reputation for being excellent in all technical fields, and we love to have the opportunity to bring high school students here and expose them to our programs. Some of these students are from small, rural schools and may have never seen the facilities we have on campus. We hope that gives them a spark or a dream to think about coming to college here," Hodges said. "Also, this event is nice because it benefits the Wallace State and high school instructors and gives them a chance to bond and build relationships."

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

CRMC Educates and Provides Support For Expectant Moms

By: Lindsey Dossey

CRMC Contributor

CULLMAN – Becoming a mother, whether it is for the first, second, or third time is a special experience. Cullman Regional Medical Center enhances this wonderful occasion by offering programs that are helpful to all moms before, during and after pregnancy.

Here are some of the upcoming classes available at CRMC

Prepared Childbirth Class *Saturday, March 2* - The goal of this class is to provide expectant mothers with information about the CRMC Maternity Center and information on what to expect during your stay which includes a tour of the Maternity Center. Mom's support person is encouraged to attend. The class is held from 8 a.m. until noon in CRMCs Depot Room, in the Community Education Center in Professional Office Building 2 (POB 2). The cost is $25 per couple; $20 per couple for WomenFirst Members, and FREE to Medicaid patients.

Prenatal Breastfeeding Class *Saturday, March 2* - The goal of this class is to provide mothers with practical solutions to the most common breastfeeding concerns. We will discuss breastfeeding during the first few weeks, breastfeeding products available and preparing to return to work. The class is held from 1-3 pm in CRMCs Depot Room, in the Community Education Center in Professional Office Building 2 (POB 2) and follows the Prepared Childbirth Class.

You are not required to attend the Childbirth Class in order to attend the Breastfeeding Class. Cost to attend the class is $10 and mom's support person is encouraged to attend.

Register online today at www.crmchospital.com/maternity or call the CRMC Maternity Services Center at (256) 737-2200.

For a complete list of community classes and seminars at CRMC, search the Online Calendar of Events at www.crmchospital.com.

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.

SPORTS

Broncos & Lady Broncos Seeking Dual State Titles

By: Josh McBrayer
joshmcbrayer@cullmansense.com

HOLLY POND – At the start of the 2012-13 high school basketball season every team had the same dream, to win the state title and for two local teams, that dream is still alive.

The Holly Pond Broncos and the Holly Pond Lady Broncos are each just two wins away from the ultimate prize in high school sports.

It has been a long, arduous journey for each team. Overcoming injury and adversity, as well as the ups and downs associated with team sports, both the Holly Pond boys and the Holly Pond girls have proven that they have what it takes to be called champion.

As both teams are hard at work preparing for their semi-final games at BJCC, here is a look back at what it took for these two teams to stand on the threshold of greatness.

Holly Pond Lady Broncos (25-5)

The Holly Pond Lady Broncos are no stranger to success. The Lady Broncos have been one of the best teams in Class 3A since Scott Adams took over the program.

"This is my 24th to coach and I have coached a lot of sports," said Adams in a post-game interview following their win over Piedmont in the Northeast Regional Semi-Final, "but I have never had a team that loved each other and cared for each other this much."

Adams' statement could not be any more accurate, especially in light of the tragedy that the Lady Broncos had to endure, for the second straight year, an ACL tear by their star forward Lexy Malone.

Riding a four game win streak, the Lady Broncos were favored to win the Mitch Smith Yule Tide Classic held at Wallace State Community College over the Christmas break. Although Holly Pond beat Walker soundly, 52-22, it came at a price. Malone, battling in the paint, landed awkwardly after attempting a shot.

She immediately crashed to the floor and every one of the Holly Pond faithful feared the worst – another knee injury. Unfortunately they were right as Malone had torn her ACL and MCL for the second straight year, this time in the other knee.

Some teams would have been overcome by pity and a "why us" attitude but that is not what a family does.

"This team thinks of themselves as a family and we got here as a family," Adams said after the 55-39 victory over the eighth ranked Ashville Bulldogs, the victory that punched their ticket to Birmingham.

"It is amazing," said Malone of her team heading to Birmingham. "It is what we have worked so hard for."

Malone, still recovering from knee injury, has been given some playing time in Holly Pond's state title run. Adams will call a time-out and sub in Malone so she can be on the floor in the play-offs for her senior year.

Malone even drilled a three-point basket against Geraldine on the last shot that she took on her home floor.

Holly Pond will carry their unique style of aggressive post-play and lights-out perimeter shooting to the Birmingham-Jefferson Civic Center Wednesday to take on the Straughn Tigers at 3 p.m.

Holly Pond Broncos (26-5)

The Holly Pond Broncos have not had to deal with a devastating injury like the one sustained by their female counterparts, but they have had their share of ups and downs none the less.

Holly Pond started the year in the middle of the pack in Class 3A going 3-2 in their first five games but quickly proved all of the doubters wrong. They went on a tear, winning their next nine straight.

Fast forward to the Cullman County Tournament Semi-Finals.

The Holly Pond Broncos headed into the tournament the number one seed for the first time under head coach Mitch Morris and were heavily favored to win the tournament. However, this was not to be as they fell to West Point 59-41.

The loss could have been a disaster for Holly Pond, sending them into a tail-spin of losses. Instead, Holly Pond picked themselves up, dusted themselves off, and have since won nine straight including a huge 107-95 victory over Pisgah to send them to the BJCC.

The Broncos will face Southside-Selma on Wednesday at 4:30 p.m.

Make your plans to come out and support the Holly Pond boys and girls as they look to bring the state title home to Holly Pond.

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

www.cullmanrecreation.org
256-734-9157

- **Nia Dance Fitness Classes:** Includes yoga stretching and anti-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 with instructor, Ann Caretti.
- **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. Call 256-734-9157 for details.
- **Senior Spirit Travel:** Registration is now open for the Renfro Valley, KY trip. This trip will feature many musical stops, Kentucky Hall of Fame, motorcoach transportation, and several shows as well as lodging. Final payment is due March 4, 2013. Call 256-734-4803 to register.
- **Wiffle Ball League—**An adult wiffle ball league will be held at the Field of Miracles at Chester Freeman Park, for 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.
- **HUGE Community Yard Sale:** A community Yard Sale & Craft Fair will be held at Heritage Park on Saturday, March 23. 15x15 spaces are available for $10. Space is limited, call 256-739-9931 to reserve your space today.
- **Men's Spring League Softball:** Registration is open now through March 15, $375 per team. Call Heritage Park at 256-739-9931 for details.

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SPORTS

Area Athlete Spotlight - Championship Edition: Holly Pond's Lexy Malone and Taylor Terry

By: Josh McBrayer
joshmcbrayer@cullmansense.com

JACKSONVILLE – Now that the Lady Broncos have taken care of business at Jacksonville State, they have turned their eyes to Birmingham. They are just two wins away from bringing home a state championship. Lexy Malone and Taylor Terry are a big part of the reason why.

Malone is a 5'10" senior who has missed the last part of the 11-12 and 12-13 basketball seasons due to knee injuries in which she tore her ACL in back to back years, opposite knees. This has not stopped her from being a contributor both on and off the floor.

In her limited time on the floor before sustaining her injuries, Malone was a threat to score anytime she touched the ball.

A great perimeter shooter, she added the element of the three-point shot and often drew double teams, opening up a teammate.

Always looking for the assist, Malone is a very un-selfish player. Off the court, she is the Lady Broncos number one cheerleader. She gets just as excited for her teammates from the bench as she does when she is on the floor.

Terry is a 5' 10" senior forward that is just as comfortable in the paint as she is on the perimeter.

Possessing the rare quality of being able to hit the outside jumper as well as bang inside for points in the lane,

Terry is an all-around great player that can easily take over a game in the latter stages. She earned All-County and All-Regional honors and was named the MVP for the Northeast Regional Tournament.

After a huge 55-39 win over the eight ranked Ashville girls in the finals of the Northeast Regional Tournament, Malone and Terry took time to answer these questions for the Spotlight.

Josh McBrayer: What sports do you pay?
Lexy Malone: Basketball, volleyball, and softball.
Taylor Terry: Basketball and volleyball

JM: What is it about basketball that makes you love to play?
LM & TT: Competitiveness, teamwork, and team bond that you will always have.

JM: Who got you into basketball?
LM: My dad, he has always loved the game of basketball and he played basketball throughout high school.
TT: My older sisters and my brother all played basketball but Haley inspired me the most.

JM: Who is your biggest influence on the court?
LM & TT: Coach Adams because he loves the game and puts so much of his free time into it. He cares so much about all of us, not only on the court but also off the court.

JM: Who is your biggest influence off the court?
LM & TT: All of the players that have played



before us. They have paved the way in order for us to be where we are now. Also the support of our community who always cheers us on.

JM: Being seniors, do you have any words of encouragement for the younger players that will be on the varsity team next year?
LM & TT: Number One : Put God first on and off the court. Always give Him the glory. Number Two: Always put in the extra hours and always give your best effort. Number Three: Enjoy the ability God has given you because you do not get many experiences like this in your lifetime.

As I talked to Lexy and Taylor, I understoodd the time and commitment that they not only put in to make themselves better players, but better people, and most of all, better Christians.

Taylor Quick Crowned 2013 WSCC Homecoming Queen

By: Kristen Holmes
WSCC Contributor

HANCEVILLE – Taylor Quick of Cullman is Wallace State Community College's 2013 Homecoming Queen. She was crowned queen during the college's basketball games against Snead State over the weekend.

Quick, a sophomore majoring in business administration, was elected Homecoming Queen by her Wallace State peers during a two-day vote at the Student Center, which also decided the Homecoming Court.

Quick is active on campus, serving as the Student Government Association's Vice President and as a college ambassador. She was also recently inducted into Sigma Kappa Delta, the college's English Honor Society, and plans to eventually transfer to Auburn University, where she'll pursue a double major in agricultural business and agricultural communications.

Quick was crowned by 2012 Homecoming Queen Jessica Simpson.

Patton Short of Cullman, a biology major and SGA treasurer, was named first alternate. Niya Cammack, a massage therapy/PTA major from Birmingham, and Alex St. John, a Fast Track student and Dean's List member from Cullman completed the homecoming court.

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



The 2013 Homecoming Court consisted of Niya Cammack of Birmingham, Alex St. John of Cullman, 2012 Queen Jessica Simpson of Decatur, 2013 Queen Taylor Quick of Cullman, and first alternate Patton Short of Cullman.

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Community Matters

Horizon of Hope Pageant Raises Spirits and Funds

By: Jessica Norrell
jessicanorrell@cullmansense.com

WEST POINT – This year marked the 10th annual Horizon of Hope Pageant, one which was organized by team Circle of Hope in honor of Ethel Brannon.

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

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

The pageant was organized to raise funds to benefit cancer patients and honor survivors and has grown over the past few years, setting attendance and participation highs each year.

In past years a 91-year-old cancer survivor has won as well as a family of five generations participating in one pageant.

"We included all ages, from tiny babies to the oldest grandmothers. Among our first winners was a beautiful 91-year-old and because our entire reason to relay is all about survivors, we incorporated two divisions that would be for cancer survivors, only," said Blackwood.

The pageant is meant to be a fun day for all ages, participants as well as the audience. The Miss Horizon of Hope Pageant sets itself apart from others to sponsor a great cause as well as give the girls and ladies participating a day to play dress up, do hair and makeup and make memories with family and friends to honor the fighters in their family; cancer fighters that is!

This year was very successful in drawing a crowd and giving all involved a fun filled day. Blackwood was overjoyed with the response, making the 10th anniversary a bit sweeter.

"This year's pageant was the best we've done in the ten years since we began. Our total number of contestants broke our previous record with 121 competing this year," she said.

The large total of contestants couldn't have been reached without the hard work of volunteers. Blackwood said the entire Circle of Hope team is extremely appreciative.

"Circle of Hope would like to thank everyone who helped make this pageant a success including a very special thank you to our cancer survivors and to Lindsey Jones for her beautiful song. We truly believe we have the best group of contestants ever, because by entering our pageant, they have honored a victim of cancer," she said. "Their donations are helping make life better for those who are newly diagnosed and those who will be future cancer patients. Together, we can make a difference!

The winners were as follows:

0-11 Months
- Winner & most beautiful – Olivia Faith Link
- 1st Alt., photogenic & best smile – Ava Nicole Whatley
- 2nd Alt. – Kirra McDonald
- 3rd Alt. – Lucinda Robertson
- Best dressed – Stormey Clayton

12-23 Months
- Winner & most beautiful – Briley Marotz
- 1st Alt. & best dressed – Jaycie Black
- 2nd Alt. and prettiest smile – Lakeley Reese Medlock
- 3rd Alt. & photogenic – Natalie Ann Heaton

2-3 Years
- Winner, best dressed, prettiest smile & most beautiful – Brystil Grace Moser
- 1st Alt. – Lily Reese Harris
- 2nd Alt. – Karlie Hinkle
- 3rd Alt. – Lakyn Burgess
- Photogenic winner – Isabella Grace Jones

4-5 Years
- Winner, prettiest smile & most beautiful – Kenleigh Morgan
- 1st Alt. & best dressed – Laklin Shadix
- 2nd Alt. & photogenic – Isabella June Pipes
- 3rd Alt. – Ellen Dakota Harbison

6-7 Years
- Winner, photogenic, best dressed, most beautiful & prettiest smile – SiddaLee Drake
- 1st Alt. – Addyson Burgess – Also chosen as "Judges Choice"
- 2nd Alt. – Liberty Grace Shadix
- 3rd Alt. – Marli Kate Powell

8-9 Years
- Winner, photogenic, prettiest smile and most beautiful – Katie Beth Lee
- 1st Alt. & best dressed – Cheyenne Brooks
- 2nd Alt. – Kaydence Cuyle
- 3rd Alt. – Savannah Lynn

10-11 Years
- Winner, photogenic, prettiest smile, best dressed & most beautiful – Lexie Nicole Shadix
- 1st Alt. – Maci Hamby
- 2nd Alt. – Kylon Hamby
- 3rd Alt. – Savannah Wimberly
- Junior Survivors
- Winner – Lindsey Jones

12-14 Years
- Winner, photogenic, prettiest smile, best dressed & most beautiful – Madison Rushing
- Madison Rushing was also chosen as "Judges Choice"
- 1st Alt. – Alissa Dupree
- 2nd Alt. – Madison Creel
- 3rd Alt. – Brantley Rodgers

15-18 Years
- Winner, photogenic, best dressed, most beautiful – Mary Allison Newman
- 1st Alt. & prettiest smile – Haley Elizabeth Cox
- 2nd Alt. – Sydney Currington
- 3rd Alt. – Ashlyn Mullinax

19-29 Years
- Winner – Breanna Barnes

30-45 Years
- Winner, best dressed & prettiest smile – Karen Woodard
- 1st Alt. & most beautiful – Deana Wilson
- 2nd Alt.& photogenic – Stacey Dupree
- 3rd Alt. – Shiloh Dupree

46-59 Years
- Winner, most beautiful & best dressed – Mavis Martin
- 1st Alt. & prettiest smile – Nadine Woodard
- 2nd Alt. – Marie Maynard
- 3rd Alt & photogenic – Cheryl Gentry

Senior Survivors
- Winner, best dressed & most beautiful – Mary Ellen Hartness
- 1st Alt. & prettiest smile & Spirit award – Diann Bailey
- 2nd Alt. – Jeane Walker
- 3rd Alt. – Sherry Ennis

Inspiration award – Christina Branon

Photogenic – Karlie Nicole Baker

Courage Award – Melba Quick

Personality Award – Mary Alice Maynor



Boy Scout Troop 321 helps Sacred Heart of Jesus celebrate church building centennial

By: Barbara Ragsdale
Contributor

CULLMAN – Leaders and members of Boy Scout Troop and Cub Scout Pack 321 celebrated National Boy Scout Sunday by taking part in the Mass service at Sacred Heart of Jesus this past weekend.

They were Altar servers, ushers and Communion presenters, and following the service they served a pancake and sausage breakfast to the congregation in the Family Life Center.

In addition, they highlighted their scouting skills with several displays set up both in front of the Church and in the Family Life Center. A campsite complete with a cooking campfire, tents, grills, and various outdoor equipment was center stage.

The scouts also set up displays of badges, books, awards, and other memorabilia related to scouting over the past 103 years it has been in existence in America.

There were types of scouting constructed in the dining hall, as well as various types of knots and rope displays. Visitors were treated to a tour of the layout by the scouts who explained each section's importance.

There are 20 scouts in the troop and they currently are working toward their Eagle Rank, Scouting's highest. Leaders of the troop include Scoutmaster, David Schwaiger who has been in scouting for the past 45 years; Committee Chairman, Philip Presto; Chaplain, Bro. David Bryant; and other leaders including Vee Schwaiger, Charlie Youmans, Nick Lee, Luke Henderson, and Debbie Beebe. The Unit Commissioner is Mike Burnett with Paul Schwaiger serving as Charter Representative.

The newly organized Cub Scout Pack has 10 youngsters with Mark Andrews serving as Cubmaster.

Both the Troop and the Pack are sponsored by Sacred Heart of Jesus Church. Their special event was part of the Church's Centennial Celebration of the 100th year of the laying of the cornerstone of the present Church in downtown Cullman.

Community Matters

A Banner Year for Empty Bowls

By: Noah Chandler
noahchandler@cullmansense.com

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

Each year volunteers from around the area work together to help raise funds for the local food bank by showing residents what an empty bowl truly looks like.

"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.

This year was especially great as Empty Bowls served over 1000 people and raised $12,000 for the CCFK food bank. Shearer said the event would not have been such a success with the help of countless volunteers, potters and even access to several schools' facilities

"A special thank you to Bobby Nolen, Jane Ellison, Lynn Jetton, TJ Franey, Sherry Green and Craig Mann for their help in planning. In addition, thank you to all of the hundreds of volunteers including potters, musicians, kitchen helpers and students who made this night possible," said Shearer. "A special thanks to First United Methodist Church for hosting the dinner and Saint Bernard, Meek High School and the Wallace State Art Department for the use of their facilities."

Shearer added that without the continued support from the residents of Cullman County, Empty Bowls would have never gotten off the ground.

"We want to thank the people of Cullman County for their continued support and contributions to Empty Bowls each year. But most of all, we want to thank God for His blessings on this very special night in our community," she said.



CMS Math Team Finishes Ontop at Albertville Tournament

By: Susan Sellers
Contributor

ALBERTVILLE – Recently the Cullman Middle School Eighth Grade Math Team took the title at the Albertville Math Tournament, along with winning the ciphering round of the competition. The team is preparing for upcoming tournaments at Hoover High School and Greater Atlanta Christian School.



Team members include - Front Row: Collin Bentley, Caroline Andrews, Tucker Franey, Drew Fillinger 7th place, Callie Hollingsworth 5th place, Ann Carol 1st place, and Katie Harbin 2nd place.

Back row, Susan Sellers (math team coach), Ben Pruitt, Peyton McGraw, Jake Ratliff 6th place, Mitchell Seymore 3rd place, Kate Hood, Victoria Barker, and Charity Davis 9th place.

Not pictured are Carter Bowen 4th place, Brook Ledbetter 8th place, Garrison Hill, Noah Fondren, Anna Avery, Lydia Waters, Cole Gerding, and Kacie Donaldson.

SafeSitters Babysitting Training Classes offered at CRMC

By: Lindsey Dossey
CRMC Contributor

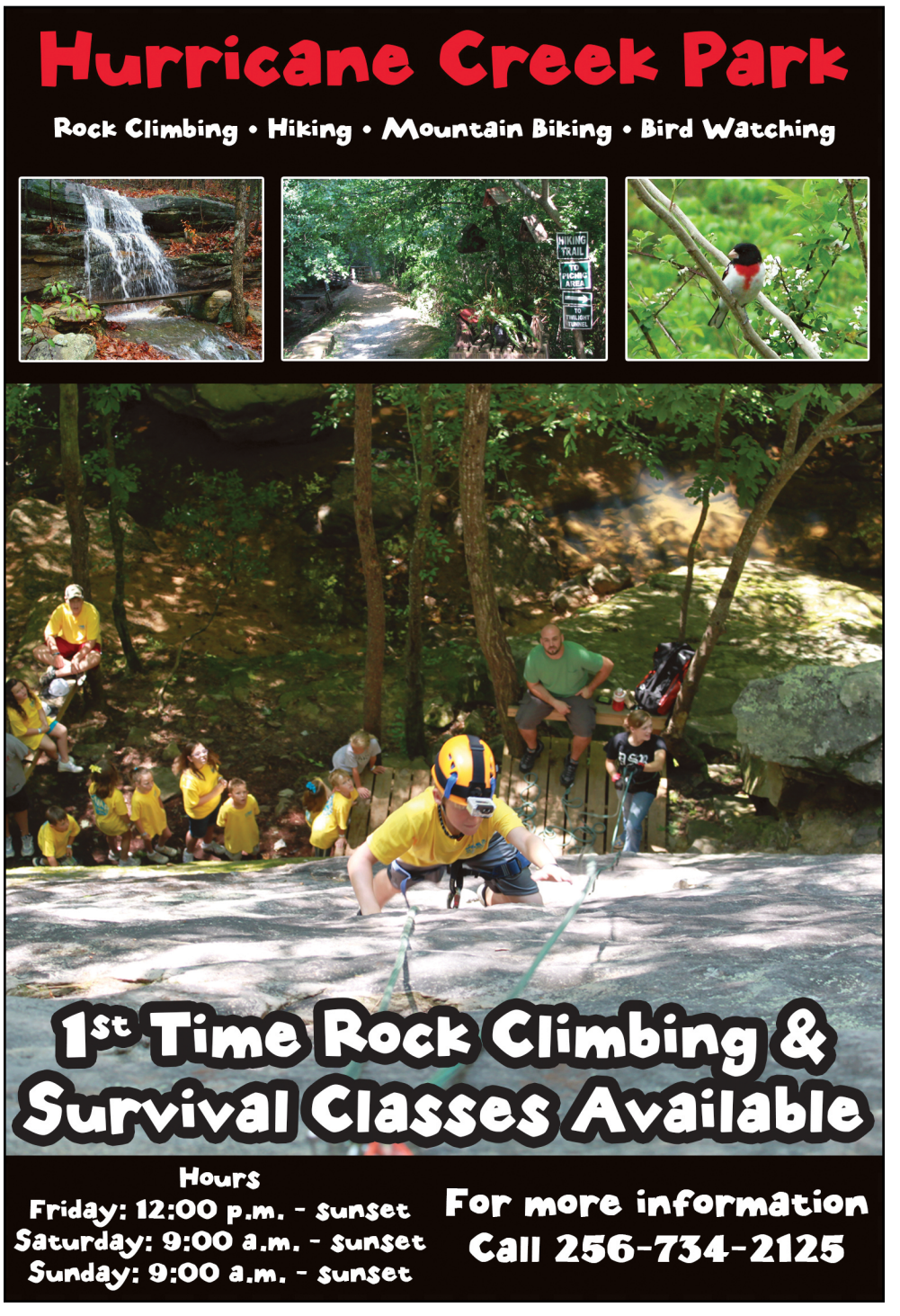
CULLMAN — Cullman Regional Medical Center is once again offering a two-day babysitting certification class for boys and girls ages 11 – 13.

This course encourages your children to become responsible sitters and supplies each of them with a SafeSitter Information & Supply Kit. Lunch and snacks are provided.

A SafeSitter Class will be offered during spring break in March: Tuesday, March 26 - Wednesday, March 27.

The class will be held in CRMC's Ave Maria Room in the Community Education Center located in Professional Office Building II (1912 Alabama Highway 157, POB 2, Cullman, AL 35058) from 8 a.m. to 3 p.m. each day. The cost for the program is $50 for children of WomenFirst members and $70 for others. To reserve your spot, register online at www.crmchospital.com or call (256) 737-2600 before March 19.

We Value Your Feedback!
feedback@cullmansense.com



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 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 Civitan Club
Members of the Cullman Civitan Club will meet at 6 p.m. for a meal followed by a business session. Gathering is at Daily's Restaurant and is open to all.

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'
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'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

Child Development Center's Dinner/Bake Sale/ Raffle Fundraiser
Everyone is invited to attend the annual fundraiser sponsored by the Child Development Center. This event is open to all and will be from 4 p.m. until 7:30 p.m. and will include a dinner of loaded jumbo potato with choice of topping of barbecue or chili along with a drink. There also will be a bake goods sale. Attendees may eat in the center or use the take-out line. Lots of items will be on display and raffle tickets are $1.00 each to win them!! All proceeds will benefit the center, so please come join in the fun, fellowship, and fundraising.

41st Annual Rotary Auction
Everyone is invited and urged to attend the 41st Annual Rotary Auction at the Cullman Civic Center. Entrance is free with viewing starting at 5 p.m. The Silent Auction part of the evening runs from 5:30 p.m. until 6:30 p.m., with the big auction starting at 6:45 p.m. Joe Hagen will serve as auctioneer for this event. The Fidelia Club will be on hand with food and beverage for the public. There will be separate drawings for a shotgun and $500.00 in cash during the night. All proceeds raised go toward community projects of the Rotary Club. Come have a great night of fun and fellowship and help a good cause at the same time

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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

Worm Farming
Farm Kid's Club program is dedicated to 'Worm Farming' and those in attendance will get their hands dirty beginning at 9 a.m. Fee of $5.00 per child, parents free. Call to register and for additional information 256-297-1044. Check website for upcoming events www.cullmancountyextension.com.

4th Annual Legacy Gala
The 4th Annual Legacy Gala which will be held at Sacred Heart Catholic School in the Family Life Center beginning at 5 p.m.. Cocktail/dinner attire. There will be a Silent Auction with entertainment by the Barflys and Dave McConnell as Sinatra. Catering for this event is by CAKE-N-EAT IT 2. Silent Auction opens at 5 p.m., with Social Hour and Silent Auction continuing until 6:30 p.m. when dinner will be served. The dance will begin at 8 p.m., with the Silent Auction ending at 9 p.m. with awarding of items. Cost for this event is $75.00 per person, $150.00 per couple. Contact the school at 256-734-4563 for tickets and additional information.

VFW Saturday Night Dance
The Veterans of Foreign Wars (VFW) Post 2214 invites everyone to their weekly Saturday night dances which begin at 7 p.m. and last until 10 p.m. The Boogie Night Band provides music on Saturday nights. Entrance fee is $5.00 for each individual. Come on out and bring your dancing shoes and enjoy an evening of great music, fun, and fellowship!

Next Monday

Cullman Kiwanis Club
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Community Matters

Vote Now!

Should teacher's be "friends" with students on Facebook or other public social networking sites?

Last Week's Poll:

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

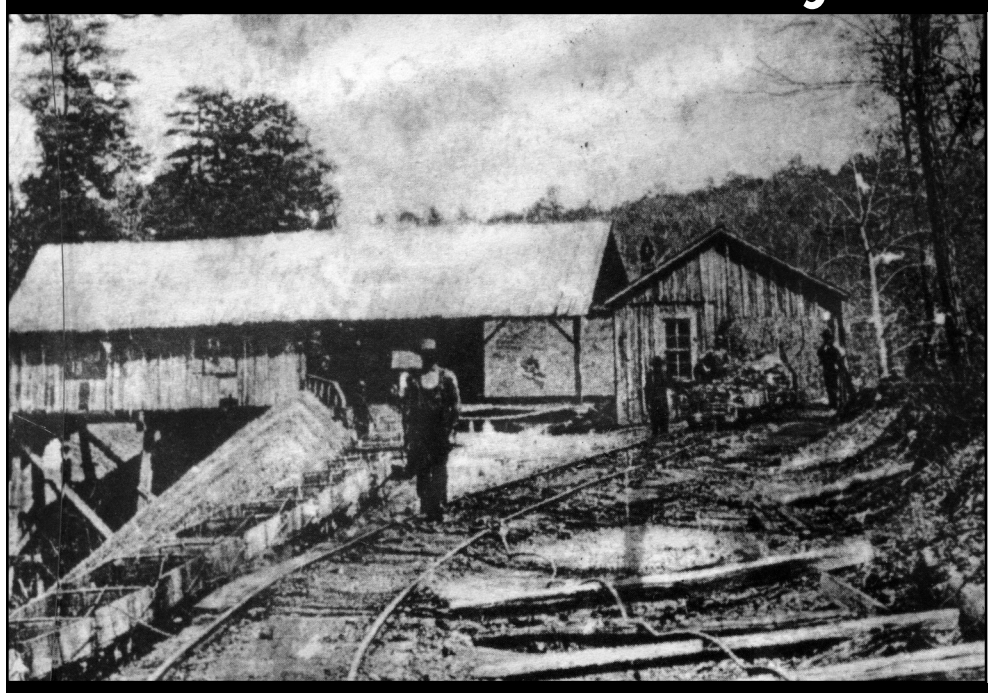
Yes - 43%
No - 57%

Cast your ballot at cullmansense.com/poll

Find us on Facebook
facebook.com/CullmanSense

Follow us On Twitter
twitter.com/CullmanSense

Reflections of History



The Tipple Stouts Mountain — Photo Contributed by Cullman County Museum

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

Follow us on Twitter - twitter.com/CullmanSense

This Week in History Feb. 25 - Mar. 3

February 25th

- 1799 – Congress passes first federal quarantine legislation
- 1913 – 16th Amendment ratified, authorizing income tax
- 1982 – Final episode of "The Lawrence Welk Show" airs
- 2011 – Researchers in Fairbanks, Alaska, discover remains of a 3-year old child from the Ice Age and named it Xaasaa Cheege Ts'eniin, 'Upper Sun River Mouth Child'

February 26th

- 1848 – Marx and Engels publish "Communist Manifesto"
- 1929 – President Calvin Coolidge establishes Grand Teton National Park
- 1962 – U.S. Supreme Court disallows race separation on public transportation
- 2011 – After winning a Liberal Party of British Columbia ballot, Canadian politician Christy Clark becomes the second woman to be Premier of British Columbia

February 27th

- 1861 – U.S. Congress authorizes 1st stamped newspaper wrappers for mailing
- 1908 – Star #46 was added to U.S. flag for Oklahoma
- 1959 – Boston Celtic Bob Cousy sets NBA record with 28 assists Boston Celtics score 173 points against Minneapolis Lakers
- 2011 – Wisconsin AFL-CIO assemble hundreds of union supporters claiming they will risk arrest to prevent police from clearing the Wisconsin State Capitol building

February 28th

- 1854 – Republican Party formally organized at Ripon, Wisconsin
- 1922 – Egypt regains independence from Britain, but British troops remain
- 1970 – Bicycles permitted to cross Golden Gate Bridge
- 2012 – IBM announces it is on the cusp of creating the world's first quantum computer

March 1st

- 1692 – Sarah Goode, Sarah Osborne, and Tituba arrest for witchcraft in Salem, Massachusetts
- 1875 – Congress passes Civil Rights Act; invalidated by Supreme Court, 1883
- 1954 – Ted Williams fractures collarbone in first game of spring training after flying 39 combat missions without injury in Korean War
- 2005 – The Supreme Court rules the death penalty unconstitutional for people who committed crimes before age 18

March 2nd

- 1807 – Congress bans slave trade effective January 1, 1808
- 1915 – Vladmir Jabotinsky forms a Jewish military force to fight in Palestine
- 1970 – Supreme Court ruled draft evaders cannot be penalized after 5 years
- 2012 – The United States space agency NASA reveals it had its security compromised by hackers 13 times in the past year

March 3rd

- 1817 – Mississippi Territory is divided into Alabama Territory and Mississippi
- 1901 – Congress creates National Bureau of Standards, in Department of Commerce
- 1972 – Sculpted figures of Jefferson Davis, Robert E Lee, and Stonewall Jackson are completed at Stone Mountain Georgia
- 2011 – The United Nations releases a report stating world food prices are at the highest in 20 years



Community Matters

The Fitness Chronicles of Norrell - Week 10

By: Jessica Norrell
jessicanorrell@cullmansense.com

I still have a little way to go to reach my goal, but it's in sight now. Honestly, it seemed out of reach just back in December. If you have the same desire to start working out and eating better or have a goal of looking good in those summer clothes you have wanted to wear, then I encourage you to stick with a workout routine and healthy diet at least two weeks to make it a habit. Seeing the results make it worth the hard work.

The super foods I will cover this week are blueberries and yogurt. These two are easy to work in your diet together and in smoothies or other foods. My source for the information on the super foods discussed in this article is *Super-Foods: Fourteen Foods That Will Change Your Life* by Steven Pratt, M.D. and Kathy Matthews.

Blueberries contain more disease fighting antioxidants than any other fruit or vegetable. It is one of the three major super foods along with salmon and spinach.

If you just add these three foods alone to your diet 2-4 times a week, the results can still be life changing.

Some of the benefits of eating blueberries include lowering your risk of cardiovascular disease, maintaining healthy skin, and reducing the visible effects of aging.

There are several recent studies that show blueberries reduce the effects or risks of many other diseases including Alzheimer's and dementia among a host of other benefits.

Aim to add 1-2 cups daily, or at least most days.



Here are some easy ways to add blueberries to your diet:

- Sprinkle berries and wheat germ in your yogurt
- Mix frozen berries into hot oatmeal
- Toss onto cold cereal
- Whip into a smoothie with yogurt, banana, ice, and soy or non-fat milk
- Or simply enjoy them fresh.

I realize that it's harder to add blueberries to your diet during the winter season and so what I usually tend to do is buy them frozen, in bulk.

But when they are in season, whether they are grown in your backyard or purchased from one of our local Farmers Markets, buy them fresh and in abundance.

When it comes to yogurt, what makes it a super food are its prebiotics and probiotics.Yogurt works synergistically to promote health and fight disease; providing health benefits including live active cultures, protein, calcium, and B vitamins.

Though many recent studies have added to the known benefits of yogurt, the most noted benefits include its anti-cancer properties, its ability to lower cholesterol, and its ability to inhibit unhealthy bacteria.

Yogurt's probiotics can help strengthen your immune system and it is its activity in the gastrointestinal tract that includes it in the super food group. A healthy digestive system is critical to good health.

The GI tract is responsible for absorbing nutrients from food and it should be healthy in order for us to receive all the benefits from the foods we consume. Try to have about 2 cups of yogurt daily.

What to look for when shopping for yogurt:

- Low-fat or nonfat varieties
- No artificial colors
- Very fresh (check the expiration date)
- Whey protein listed on the label
- Rich in live active cultures

Here is a quick, easy recipe that includes both super foods:

- 1-cup nonfat plain yogurt
- ¼ cup orange juice
- ½ cup fresh or frozen blueberries
- ½ very ripe banana

Blend all ingredients together.

This week I will be changing up my workout routine a bit. I will be doing the treadmill routine below 3-4 times a week. I realize it is a challenging and a bit long so if you have to cut down the number of times you repeat the interval that is fine.

Interval Treadmill Routine

- 1 minute at 5.0 mph
- 1 minute at 5.5 mph
- 1 minute at 6.0 mph
- 1 minute at 6.5 mph
- 1 minute at 7.0 mph
- 1 minute at 7.5 mph
- 1 minute at 8.0 mph
- 2 minutes at 4.5 mph

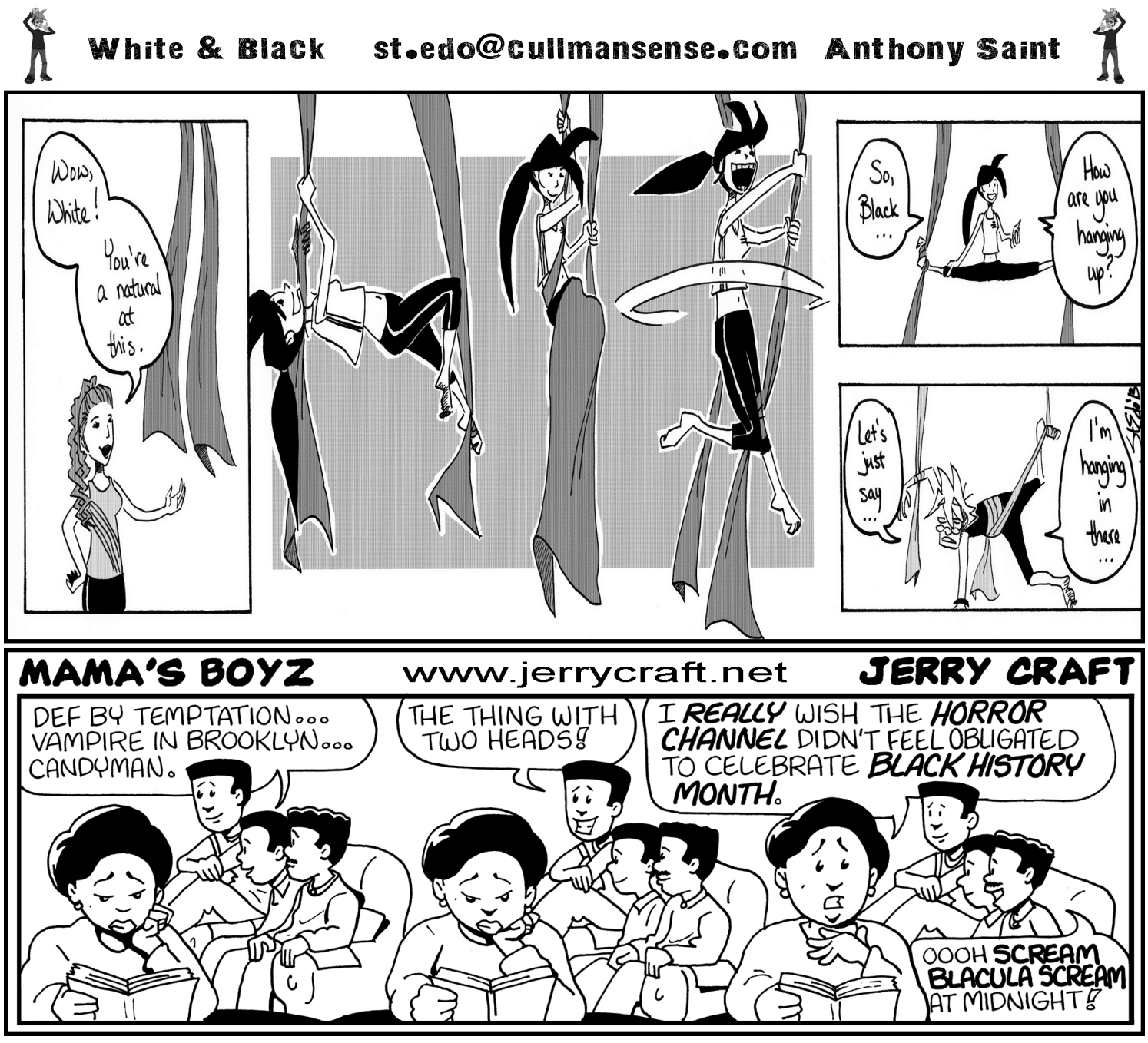
Repeat 5 times

I will continue to do the plank workout 4 days a week and try to add yoga classes (3-4 days).

The yoga class I will take is at the Cullman Wellness and Aquatics Center.

They offer a variety of classes from cycling, aerobics, and several others that are great and will really give you a boost in achieving your goal.

It is very helpful for me to follow along with a group and instructor, so if you have a hard time working out by yourself I suggest attending classes and/or using a personal trainer.



Community Matters

Are there Bigfoot in Cullman?

By: Cliff Falen

Founder APRO

Good question aye? The answer depends on who you are asking. I have talked to many people in Cullman County that are convinced that there is something in the woods that is not human, but is human-like. I have also talked to many folks that will say that anyone claiming to have seen a Bigfoot in this county is lying about it or saw someone in a costume.

Yet when looking into some of the stories that have been told, one has to stay open minded, because most of the folks who tell their story are average everyday people who can hold down jobs, raise children, attend college, and have a normal life. They are not people who are interested in embellishing their story just to look good or get attention.

It is my hope that by writing on this subject it will get more people telling about any encounters that they have had. I hope that offering an open mind to them and listening to what they are saying will enable us to develop a database of information that can eventually answer this question once and for all. So to get things started I am reporting to you my own personal sighting.

My story starts on Oct. 6th 2006 when I was camping with a group of folks for a week in Cullman County at a place that I can not disclose at this time. We were primitive camping, which in my humble opinion is much more fun than using an RV or travel trailer.

We spent a total of nine days at this campsite. During that time a number of the campers were telling me of something or someone that had been coming into our camp at night. Many of them had seen a "creature" that they had described to be like the legendary Bigfoot. Some of them became very frightened and left the camp. We started the week out with about 20 campers, but by the end of the week there were only four of us left to break camp because most of them became very frightened and left the camp.

I witnessed some of the things that the other campers did but I had not seen what they were talking about. The day of my sighting came on the very last day that we were in the camp. We were breaking camp and I was cleaning up around the camp fire. When I was finished I went to the nearby tree and leaned up against it. I was looking across a small meadow when something jumped up from behind a log on the ground.

This thing, which was on two feet, looked at me then turned and ran in the direction away from me. My sighting lasted about 10 seconds and the creature was gone. I guessed its height to be 7 to 8 feet and it appeared to be a male. The footprints that we found were 15 ½ inches long and 8 inches wide. We did make cast of many footprints that week which are hard to explain in writing, so I hope someday to show them.

The creature I saw was a very muscular being and its head seemed to sit right on its neck, which by the way was massive. It was covered with hair which I could see blowing in the wind as it ran. The hair on its head was longer than the rest of the body hair and it glistened in the midday Sun. I saw this creature on a Sunday morning at 11 a.m. I had a very good view and I have no doubt about what I saw.

I have left out many details about the events that happened during our week at the camp, but I will be writing about them soon. If you have had a sighting, or have heard things at night you can not identify and would like someone to talk to about it please contact me at 256-338-6459.

I investigate encounters like this and whomever I talk to I promise total anonymity. If you agree to your story being written about, your names will be changed and the places will remain unnamed. I hope to hear from you soon!

Confirmed: First Drilled Martian Rock Sample

Contributed by: NASA

PASADENA, Calif. – NASA's Mars rover Curiosity has relayed new images that confirm it has successfully obtained the first sample ever collected from the interior of a rock on another planet. No rover has ever drilled into a rock beyond Earth and collected a sample from its interior.

Transfer of the powdered-rock sample into an open scoop was visible for the first time in images received at NASA's Jet Propulsion Laboratory (JPL) in Pasadena, Calif.

"Seeing the powder from the drill in the scoop allows us to verify for the first time the drill collected a sample as it bore into the rock," said JPL's Scott McCloskey, drill systems engineer for Curiosity. "Many of us have been working toward this day for years. Getting final confirmation of successful drilling is incredibly gratifying. For the sampling team, this is the equivalent of the landing team going crazy after the successful touchdown."

The drill on Curiosity's robotic arm took in the powder as it bored a 2.5-inch (6.4-centimeter) hole into a target on flat Martian bedrock on Feb. 8. The rover team plans to have Curiosity sieve the sample and deliver portions of it to analytical instruments inside the rover.

The scoop now holding the precious sample is part of Curiosity's Collection and Handling for the In-Situ Martian Rock Analysis (CHIMRA) device. During the next steps of processing, the powder will be enclosed inside CHIMRA and shaken once or twice over a sieve that screens out particles larger than 0.006 inch (150 microns) across. Small portions of the sieved sample later will be delivered through inlet ports on top of the rover deck into the Chemistry and Mineralogy (CheMin) instrument and Sample Analysis at Mars (SAM) instrument.

In response to information gained during testing at JPL, the processing and delivery plan has been adjusted to reduce use of mechanical vibration. The 150-micron screen in one of the two test versions of CHIMRA became partially detached after extensive use, although it remained usable. The team has added precautions for use of Curiosity's sampling system while continuing to study the cause and ramifications of the separation. The sample comes from a fine-grained, veiny sedimentary rock called "John Klein," named in memory of a Mars Science Laboratory deputy project manager who died in 2011. The rock was selected for the first sample drilling because it may hold evidence of wet environmental conditions long ago. The rover's laboratory analysis of the powder may provide information about those conditions.

NASA's Mars Science Laboratory Project is using the Curiosity rover with its 10 science instruments to investigate whether an area within Mars' Gale Crater ever has offered an environment favorable for microbial life. JPL manages the project for NASA's Science Mission Directorate in Washington.

For more about the mission, visit: nasa.gov/msl. You can follow the mission on Facebook and Twitter at facebook.com/marscuriosity and twitter.com/marscuriosity.

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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NOTICE OF EXAMINATION - POLICE OFFICER

The City of Cullman is accepting applications for entry level Police officer exam. Duties consist of general police work. Preference will be given to current Police Reserves and Veterans Honorably Discharged.

Beginning salary for certified officers is $31,674. Beginning salary for non-certified officers is $31,544.

Employment with the City of Cullman is contingent upon a successful completion of a written exam and drug test. A physical fitness and polygraph exam may also be required. Benefits include individual health, dental, life insurances, retirement, vacation, holiday, sick leave, and uniforms.

Applications should be submitted to the Personnel Department by Tuesday, March 5, 2013 (4:00 p.m.) to be eligible for the exam.

The City of Cullman is an Equal Opportunity Employer.

Information & employment application online here:
www.cullmancity.org/jobs.htm

Community Matters

Fried Up (from Front)

with baked potato, slaw, hushpuppies, dessert, and drink.

Cartee said the Lions Club was prepared to serve 2,200 plates, hopefully netting the civic group funds to continue their service to the community.

"2,200 plates is a lot of food but it also means we would be able to do more projects within the community," he said.

For more information on the Cullman Lions Club, visit their website for additional information at www.cullmanlions.com.

For additional photos from this event, please visit www.cullmansense.com.









Sacred Heart of Jesus Catholic Church releases Lenten Schedule

By: Barbara Ragsdale

Contributor

CULLMAN – Sacred Heart of Jesus Catholic Church in Cullman welcomes all to attend any of their Lenten services which are held in preparation for Holy Week and the Easter celebration.

Masses are as scheduled:

- Monday through Friday - Morning Prayer at 6 a.m., followed by Mass at 6:30 a.m.
- On Fridays during the school year there are two morning Masses, one at 6:30 a.m. and the second one at 8 a.m. for the students of Sacred Heart School as well as parishioners.
- Saturday morning prayers are at 7:30 a.m. with Mass at 8 a.m.
- Wednesday night there is a 5:30 p.m. Mass.
- The weekend schedule of Masses includes a 5:30 p.m. vigil Mass on Saturday with 8:30 a.m. and 11 a.m. services on Sunday morning.
- Hispanic Masses are at 7:30 p.m. Wednesday, 7:30 p.m. Saturday, and at 6 p.m. Sunday.

Lenten Stations of the Cross will take place each Friday at 2:45 p.m. for the school, as well as any parishioners wishing to attend the afternoon service.

Stations will be repeated at 7 p.m. Friday nights followed by Benediction of the Holy Sacrament.

Confession time will be available from 6:15 p.m. until 7:15 p.m. on Wednesdays during Lent, as well as at 8 p.m. on Fridays following Stations, available in both Spanish and English. Regular Saturday confessional hours are from 3 p.m. until 4:30 p.m. each week.

The newly instituted Youth/Young Adult Mass will be at 4 p.m. on March 17 and will continue on the third Sunday of each month.

Eucharistic Adoration times are:

- Monday from 7:00 a.m. until 12 noon
- Tuesday from 7:00 a.m. until 7:00 p.m. (Novena of the Miraculous Medal with Rosary at 7:15 p.m.)
- Wednesday from 7:00 a.m. until 12 noon
- Thursday from 1:00 p.m. until 12 midnight
- Friday from 12 noon until 5:00 p.m.
- Saturday from 8:30 am until 2:00 p.m.

Adoration is held in the Altar Server Sacristy.

During Holy Week there will be special services scheduled and they will be posted at a later date.

Everyone is welcome to participate in any services held at Sacred Heart of Jesus or just to come spend time in the peaceful environs of the Church building.

During Lent the Knights of Columbus prepare their Fish Fry dinner in the Family Life Center from 5 p.m. to 6:45 p.m. There will be two additional suppers this year, on March 15 and March 22. Everyone is invited to attend these dinners.

For further information contact Sacred Heart of Jesus Church at 256-734-3730.

A Day of Resistance (from Front)

Joshua Guthrie of Vinemont brought his homemade sign stating "To Disarm Is to Submit to Slavery" along with his statement on a bright red shirt stating "Gods, Guns & Guts Made in America". The emblazed shirt and sign were just the first line of offense for Guthrie as he did not mince words about why he was at the rally.

"I will not bow my knee to tyranny. Obama, Feinstein, and all anti-gun people are nothing but a bunch of Nazis – I hope they hear this," said Guthrie. "Right now more than ever our rights are being threatened because we've got a Nazi dictator in the office right now. I'm not racist. I think his white half sucks too. I don't care if he's green, blue, or purple. No one will take our freedoms."

MaryLee Allen made the trip to the courthouse with her family and friends. Allen, a self-described big constitution supporter has been more than upset with the national proposed gun laws and decided that Saturday was the day to make a statement.

"We are big supporters of the second amendment and don't feel the government should interfere with taking our rights, so we're taking a stand," said Allen.

"The purpose of the second amendment was to be able to protect your families, protect your property, and defend against an oppressive government. I'm afraid at this point in time the government is trying to take away more and more of our rights and our freedoms."

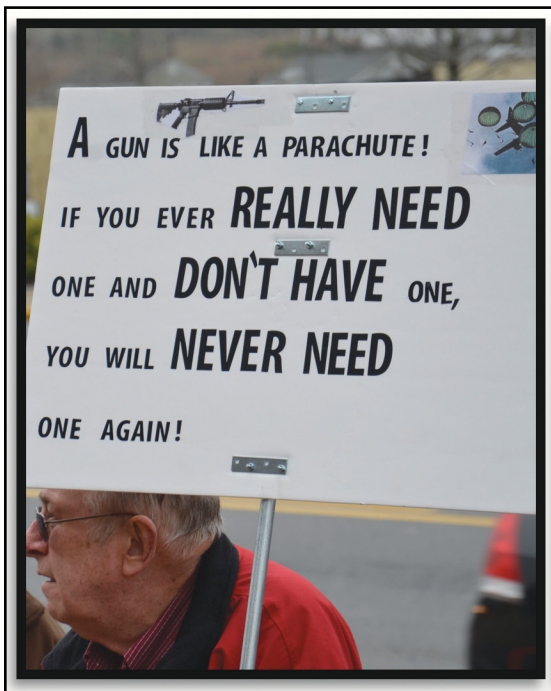
While Allen recognizes that there are lives being taken daily via gun violence, she feels it is a sounder option to target those citizens who are already exhibiting dangerous or irrational behavior. However, she warns others that giving up their guns is not the right option for a republic to continue.

"The first part of a government takeover is disarming its citizens. It's very dangerous but I'm afraid people just don't realize that," she said. "There is a problem with crime. There is a problem with mental health issues and those are the issues that need to be addressed. Leave the law-abiding citizens alone."

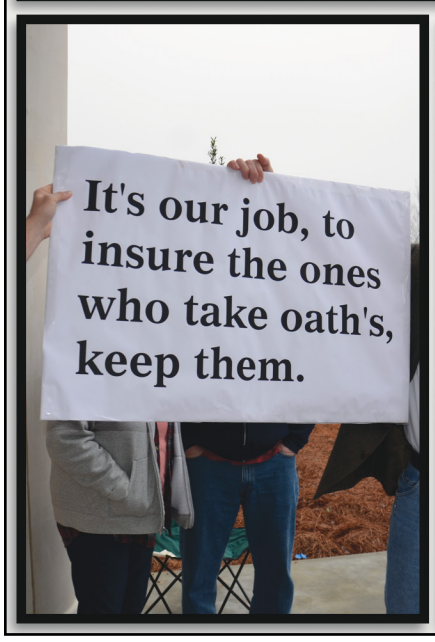
Conservative talk show personality Michael Hart spoke at the rally.

The self-described "strong Christian Conservative voice, who is not afraid of taking on the Liberal Democrats," fired up the crowd with a 23 minute speech, which can soon be found in its entirety at http://qrne.ws/10.

Attendance for the rally was between 150-250, according to two Cullman City Police Department officers, who were working the event.









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