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CULLMAN'S MONDAY NEWSPAPER
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Pray Across Alabama Sets Tone for National Day of Prayer



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Photos by Noah Chandler

Rotary Auction has another Successful Year

By: Noah Chandler
noahchandler@cullmansense.com

CULLMAN – An assortment of items lined the tables and stage at the Cullman Civic Center Friday evening as the Cullman Rotary Club held its 41st Annual Rotary Auction.

"The auction itself is the only fundraising event we do all year long," said Rotary Chair of Fundraising Michael Fuller. "Our club assists other charities in our community by giving back to them with funds we generate through the auction."

The two part auction kicked off at 5 p.m. with a viewing of the items before the silent auction began 30 minutes later. Once everyone had a chance to bid on the silent auction – which consisted of items such as gift certificates, gift baskets, U.S. Currency, and firearms, among many other items – then came the fast paced live auction.

"We had another great year of donations, which we couldn't host this auction without," said Fuller.

"I would like to thank everyone who donated, whether it was their time or an item."

Auctioneer Joe Hagen kept the event rolling with his unique brand of enticing bidders to raise their hands to help raise funds. Hagen, along with Rotarians, made sure the right items went to the highest bidder.

See Rotary Auction - Page 12

One Last Performance on the CHS Stage

By: Noah Chandler
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CULLMAN – The curtain will soon draw shut on the CHS Auditorium once the school year has finished, making way for much needed renovations and improvements. But before the final cast and crew calls are made, residents will have one last shot at seeing a well-produced play in Disney's Aladdin.

"This performance is bittersweet for students and alumni as it will be the last performance in the CHS Auditorium as we know it," said CHS Theater Director Dillon Lee in a press release. "At the end of this school year, renovations will begin to turn our aged, yet loved, stage into a state of the art performance center."

The renovations are expected to hamper or disrupt major performances for at the least the following school year.

For many students this is their last big on-stage performance.

"While CHS Fine Arts will continue to perform throughout the renovations, the size and scale of our productions will change," stated Lee. "This will also be our last opportunity to invite schools to our popular daytime shows until the renovations are complete."

One major difference audience-goers will experience is the dual acting roles for two of the most prominent roles.

"This will be the final large performance for our Juniors and Seniors. In fact, each show will be unique as we will have two CHS students portraying Jasmine – Dara Moss & Payton Palmer – and two playing the Genie – Julia Neal and Jackson Hogan," stated Lee.

"We hope to see you at CHS to say goodbye to a long held legacy and welcome a brand new legacy, as we present our most exciting, special effects filled musical yet- CHS Fine Art's unique

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FLEXIBILITY Bentley to Sign Legislation that Provides Flexibility for Alabama's Public Schools - 2

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In Brief

Aderholt Makes Statement on Sequestration

By: Anne Marie Malecha

Contributor

Washington, D.C. — Congressman Robert Aderholt (AL-04) released the following statement regarding the President's sequester, which went into effect Friday:

"Many Members of Congress would like to see a resolution to the sequester, however because of the inaction from the Senate and the President, sequestration is upon us," said Aderholt.

"These automatic, across-the-board cuts that were proposed by the White House could damage our nation's defense forces and further impact our already fragile economy."

"There is no doubt that we need to cut wasteful Washington spending, but there is a smarter way to reduce government spending than making dangerous and disproportionate cuts to our defense budget."

"The House has voted, not once, but twice to replace the President's sequester with targeted, responsible cuts that would cut waste, fraud, and abuse in the federal bureaucracy, and address the true drivers of our nation's debt. Unfortunately, the Senate didn't act on either bill."

"The President is set to meet with Congressional Leaders later today to discuss this matter. I hope they have a fruitful conversation that could lead to honest compromise and that soon a resolution can be reached that responsibly cuts federal spending," concluded Aderholt.

Aderholt currently serves as Chairman of the Subcommittee on Agriculture for the powerful House Appropriations Committee.

He is a member of the Committee's Commerce, Justice and Science; and Homeland Security Subcommittees, and also serves on the Helsinki Commission.

Alabama Will Follow Federal Filing Relief Offered to Alabama Farmers and Fishermen

By: Carla A. Snellgrove

Contributor

Montgomery — The Alabama Department of Revenue announced today that for Alabama tax filing purposes, it will follow the federal tax filing relief that is being offered to Alabama farmers and fishermen. The Internal Revenue Service recently announced that it will issue guidance in the near future to provide relief from the federal estimated tax penalty for those farmers and fishermen who are unable to file and pay their 2012 federal taxes by the March 1 deadline, due to the delayed start of the tax filing season.

Alabama will offer similar relief.

Normally, farmers and fishermen who choose not to make Alabama quarterly estimated tax payments are not subject to an estimated tax penalty if they file their Alabama annual tax returns and pay the full amount of Alabama tax due by February 28 each year.

Alabama farmers and fishermen who missed the state February 28 deadline this year will not be subject to the Alabama estimated tax penalty if they file and pay by April 15, 2013.

Alabama farmers and fishermen seeking this state relief should contact the Alabama Department of Revenue at 334-242-1000 or at www.revenue.alabama.gov, if the underestimation penalty is applied.

As for federal purposes, an Alabama taxpayer qualifies as a farmer or fisherman for tax year 2012 if at least two-thirds of the taxpayer's total gross income was from farming or fishing in either 2011 or 2012.

Farmers' Fuel Tax Refund Deadline April 1

By: Carolyn G. Blackstock

Contributor

Montgomery — The Alabama Department of Revenue (ADOR) reminds Alabama farmers that April 1, 2013, is the deadline date for filing their 2012 state fuel tax refund claims with the ADOR.

Due to recent changes in Alabama's motor fuel tax law, the 2012 refund period covers fuel purchases made between Jan. 1, 2012, through Sept. 30, 2012.

Effective Oct. 1, 2012, Alabama's motor fuel tax law no longer provides for this refund for fuel purchases made after Sept. 30, 2012 [Reference: Act 2011 565].

The 2012 refund claims are based on portions of the state excise tax paid by farmers on gasoline and "clear" motor fuel used in tractors or any auxiliary engines attached to tractors during 2012 for agricultural purposes.

The refund rate is 11 cents per gallon for gasoline and "clear" motor fuel.

The refund provision also allows Alabama farmers transporting biomass to electricity generating facilities to receive a fuel tax refund of up to $1,000.

Farmers who have previously filed refund claims with the ADOR were mailed forms early this month.

Any individual qualifying for a refund may obtain a claim form by calling 334-242-960 or writing to the following address:

Alabama Department of Revenue, Business and License Tax Division, Motor Fuels Section
Post Office Box 327540
Montgomery, AL 36132-7540

For more information on the fuel tax refund, farmers may contact the department's Motor Fuels Section at 334-242-9608, or e-mail Bonita.Calhoun@revenue.alabama.gov.

Governor Bentley to Sign Legislation that Provides Flexibility for Alabama's Public Schools

By: Jennifer Ardis

Contributor

MONTGOMERY – Governor Robert Bentley on Thursday announced he will sign the Alabama Accountability Act of 2013, a measure that will help ensure that more students have access to a high-quality education.

"This is historic education reform that will benefit students and families across the state," Governor Bentley said. "Local school systems will have the flexibility to make more decisions on behalf of their students. Families will have new options if their children are stuck in failing schools. All children, regardless of their family's income or where they live, will have the opportunity to receive a quality education."

"As promised, this bill gives school districts flexibility without infringing on the rights and responsibilities of our classroom teachers," Governor Bentley added. "This bill shows that we have confidence in our local educators to know what's best for their students."

Under the legislation (House Bill 84 – School Flexibility), school systems will be able to create flexibility plans that will be submitted for review and approval by local and state education leaders. The legislation requires public hearings and public input before any school flexibility plans are approved. As a condition of increased flexibility, school districts will be required to show improved outcomes of student achievement.

The bill creates tax credits for families with children who attend persistently low-performing schools. The credits will give those children new options by providing credits to attend a non-failing public school or a non-public school. The legislation also creates tax credits for businesses that donate to nonprofits that provide scholarships for students to attend non-failing public schools or non-public schools.

"I appreciate the hard work of the legislative leadership, the bill's sponsors, and everyone who worked together to give our schools and families greater flexibility," Governor Bentley said. "Students will benefit as a direct result of the legislation approved tonight."

Smart Tips for Your Tax Refund

(StatePoint) – Like any sudden in-flow of cash, your tax refund presents an opportunity to spend your money wisely or foolishly.

And while it would be easy to blow the cash on fleeting fun, like a shopping spree or a slew of the latest gadgets, experts say the money would be best used to pay down debt and invest in saving plans that can help you grow your nest egg.

Here are some ideas to help you make the most of your refund this tax season:

Eliminate Debt

Interest can build quickly, so consider using your tax refund to pay off a portion of your outstanding debt. Whether it be credit card debt, student loans, or a mortgage, opt to pay off the obligation with the highest interest first. Or, eliminate an entire smaller debt in full if possible. Doing so will give you a sense of accomplishment and motivate you to keep going.

You can use financial calculators online to help you calculate where your refund would be most beneficial.

Budget

Budget and plan how you will use your refund. Once you know the amount you're due to receive, spend time planning how you wish to allocate the money. Free online services like www.Mint.com can help you establish a budget for your goals. Or use personal finance desktop software, like Quicken, to help you manage the sudden cash flow.

Remember to budget in a little fun. Treating yourself to a small reward that you can afford responsibly may help you stay on track with your more serious priorities.

Invest

Consider investment options that can help you grow your wealth. A no-fee, self-directed IRA that provides predictable returns with tax advantages is a decent choice for long-term savings. Experts say that with the right investment tools, you can expect to grow your wealth substantially over time.

"The key to doubling and redoubling your money is avoiding mistakes and investing smarter," says financial advisor, Brendan Ross of Ross Asset Advisors, Inc.

More tax refund ideas and tips can be found at www.Mint.com/blog.

Just because your tax refund arrives in a big lump sum, doesn't mean it's any different than your regular income. Use the money responsibly to meet goals that matter to your future.

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What's Online

WALLACE STATE TO HOST WOMEN'S AND MEN'S ALABAMA COMMUNITY COLLEGE CONFERENCE/ NJCAA REGION XXII TOURNAMENT ON MARCH 3-9

General admission to the tournament is $7 daily or $25 for a weekly pass, with discounts available.

qrne.ws/11

CMS MATH TEAM FINISHES ON TOP AT ALBERTVILLE TOURNAMENT

Recently the CMS Eighth Grade Math Team took the title at the Albertville Math Tournament, along with winning the ciphering round of the competition.

qrne.ws/12

CRMC TO HOST STATE OF THE HOSPITAL COMMUNITY LUNCHEON

Learn more on the improvements the medical center is making to ensure patient safety and the highest quality medical care.

qrne.ws/13

In Brief

Young Artists Encouraged to Enter State Fish Art Contest

By: Kim Nix

Contributor

MONTGOMERY – Each year the Alabama Department of Conservation and Natural Resources (ADCNR) partners with Wildlife Forever to conduct the State Fish Art Contest in which students depict a state fish and write a one-page essay to compete for scholarships and other prizes. Entries must be postmarked by March 31, 2013, and mailed to Wildlife Forever, 2700 Freeway Blvd., No. 1000, Brooklyn Center, MN, 55430.

Artists can choose to depict either of Alabama's state fish: the largemouth bass or the fighting tarpon. Participants can also choose to draw state-fish from other states. In addition to the artwork, all of the artists, except those in grades 1-3, are required to write a one-page essay with facts about the fish, its natural habitat, and the importance of that habitat.

All artwork is judged by Wildlife Forever, which also handles contest details and awards prizes, such as scholarships, art supplies, and fishing gear. Art techniques may include oils, scratch-board, pointillism, chalk, pastels, charcoal, colored pencil, acrylics, dry brush, watercolor, crosshatch, lead, collage, linoleum printing, or crayon. Complete contest rules and the entry form can be found on Wildlife Forever's website at www.wildlifeforever.org/contest/enter.

Previous Alabama winners and their artwork are archived at www.outdooralabama.com, keyword "state fish art." The winners are announced May 1 of each year. In 2005, the national "Best of Show" was won by an Alabama entry, Connery Carson's pencil drawing of a bass pursuing a crayfish.

Although Wildlife Forever received several entries statewide, each of the 2012 first place winners were from the Barbara Keel Art School in Auburn, Ala.

Wildlife Forever is a non-profit organization working to preserve America's wildlife heritage through conservation education, preservation of habitat, and scientific management of fish and wildlife species. Wildlife Forever has funded conservation projects in all 50 states. To learn more, visit www.wildlifeforever.org.

The Alabama Department of Conservation and Natural Resources (ADCNR) promotes wise stewardship, management, and enjoyment of Alabama's natural resources through five divisions: Marine Police, Marine Resources, State Parks, State Lands, and Wildlife and Freshwater Fisheries. To learn more about ADCNR, visit www.outdooralabama.com.

New Treatment for Patients with Coronary Artery Disease

(StatePoint) Whether you are at-risk for developing a heart condition or you're one of the 13 million Americans who suffer from coronary artery disease, arming yourself with the facts you need to stay healthy can help.

Learn about coronary artery disease, its symptoms, and about the latest developments in treatment.

Coronary Artery Disease

Coronary artery disease is caused when plaque buildup creates blockages or narrowings in the arteries. The blockages restrict blood flow and reduce the amount of oxygen delivered to the heart, potentially putting a person at risk for a heart attack.

Common symptoms of coronary artery disease include chest pain, shortness of breath, fatigue, and overall weakness.

Simple lifestyle changes can help prevent and manage coronary artery disease. These include managing obesity and high blood pressure, living an active lifestyle, making healthy dietary choices, and stopping smoking.

Improved Treatments

Staying on top of the latest medical advances helps ensure you and loved ones secure the best treatment available.

One advancement in treatment is supported by new results from the FAME 2 Study funded by St. Jude Medical and published in the New England Journal of Medicine. The study found that use of a blood-flow measurement technology, called Fractional Flow Reserve (FFR) during treatment of stable coronary artery disease will result in better health outcomes. FFR technology offers physicians a better assessment of where blood flow blockages occur in the coronary arteries and whether treatment to open an artery narrowing, along with medication, can help lower a patient's risk of chest pain and heart attack.

From less likelihood of a patient being readmitted to the hospital for urgent care, to a reduction in health care costs, FAME 2 research demonstrates that patients who receive FFR-guided treatment experienced better outcomes than those treated with medication alone.

"The FAME 2 Study results offer further evidence that FFR should be considered the standard of care for treating patients with coronary heart disease," said Frank J. Callaghan, president of the Cardiovascular and Ablation Technologies Division at St. Jude Medical. If you believe you have coronary artery disease, consult your physician for additional information and to determine best treatment options. More information on FFR is available at: www.sjm.com/ffr-fact-sheet.

Is "Honey Boo Boo" a "Dulce De Leche?"

By: Jaime Catmull

Contributor

EL SEGUNDO, CA. – It's the time of year when beloved Girl Scout cookies go on sale, as we're reminded by the recent turmoil surrounding Alana "Honey Boo Boo" Thompson's sale of cookies on her personal Facebook site, detailed in a US Weekly staff article published last Thursday.

But Thompson is just one of the millions of Girl Scout cookie fans, all of whom could actually learn a bit about their personal money management and savings style based on their favorite cookies, according to GoBankingRates.com.

Because Girl Scout cookies are such a widely identifiable and admired product in the U.S., GoBankingRates uses the heightened attention surrounding their sale to also bring awareness to better banking skills.

GBR editor, Elyssa Kirkham, compares the individual characteristics of Girl Scout cookie fans to the varied and unique flavors of their favorite cookies, and explains how those traits translate to personal money management style.

Kirkham states, "I was a Girl Scout until I was fourteen, and selling Girls Scout Cookies was a fun way to learn business and money management skills. Now that I'm grown up, I always stock up on Do-Si-Dos – they're my favorite Girl Scout Cookies. The 'Do-Si-Dos profile' definitely fits me; I look at money as a tool to accomplish my goals and dreams, like traveling and seeing the world."

CDL Training at WSCC; Tuition Assistance Available

By: Kristen Holmes

WSCC Contributor

HANCEVILLE – Wallace State Community College in Hanceville will offer a four-week CDL Training course in March.

This course prepares individuals to drive trucks, buses, delivery vehicles, for-hire vehicles, and other commercial vehicles.

At the completion of the course, eligible candidates may sit for the Class A exam.

The class will begin on March 11 and run Monday through Thursday, from 7 a.m. until 5:30 p.m.

Tuition assistance is available by calling 256-352-8283. For course information, call 256-352-8114.

Information Sessions for Phlebotomy and Certified Nursing Assistant Programs to be held March 6

By: Kristen Holmes

WSCC Contributor

HANCEVILLE – Wallace State will host a free information session on Wednesday, March 6, at 5 p.m. for those interested in either the 10-week Phlebotomy training program or the seven-week Certified Nursing Assistant training program.

Classes begin April 2. The information session will be held in Room 116 of the Bevill Building.

For additional short-term training, community, and continuing education classes offered through Wallace State, view the Wallace State Spring Semester Schedule online at www.wallacestate.edu.

Call 256-352-8172 for more information.

Fast Track Academy Informational Meeting for Parents and Students to be held March 11

By: Kristen Holmes

WSCC Contributor

HANCEVILLE — The Wallace State Fast Track Academy will hold an informational meeting for parents and students on March 11 at 6 p.m. in the Betty Leeth Haynes Theatre at the Wallace State Student Center.

High School students entering the 11th or 12th grade in the fall of 2013 interested in learning more about Fast Track Academy are welcome.

The Fast Track Academy is a joint partnership between Wallace State and local school systems.

The Academy offers high school juniors and seniors an opportunity to simultaneously enroll in high school and college coursework on the campus of Wallace State.

The courses meet state requirements for high school graduation while also providing the general education requirements for college certificate and associate degree programs.

For more information, call 256-352-8051 or e-mail dale.palmer@wallacestate.edu.

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

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SPORTS

Holly Pond Falls One Win Short of the State Title

> "We don't have off-seasons we have long pre-seasons."

By: Josh McBrayer
joshmcbrayer@cullmansense.com

BIRMINGHAM – After a terrific run in Class 3A, the Holly Pond Lady Broncos fell to the defending state champion Lauderdale County Lady Tigers 59-41, leaving them one win short of the state title.

The Lady Broncos got off to a shaky start in their first ever appearance in the Class 3A State Championship game.

Turnovers due to a Lauderdale County press and going three for three from long range led to a 13-0 Lady Tiger run, putting Holly Pond in an early hole. However, the Lady Broncos weathered the onslaught and closed out the first on a 6-2 run. Lauderdale County led 21-13 after one quarter of play.

"We knew that Lauderdale County was going to have to play the entire game," Holly Pond coach Scott Adams said of his team's never give up attitude.

The Lady Tigers continued to apply pressure in the second. Just like in the first, the turnovers created easy points for Lauderdale County who closed the half on a 6-0 run. Holly Pond was able to avoid a huge Lauderdale County quarter by hitting some big three's to keep themselves within striking distance but still trailed 36-21 at the half.

"We came out on fire," Brant Llewellyn, head coach of the Lauderdale County Tigers, said of his team's 65% shooting performance in the first half. "The (percentage) may have been the best all year."

The halftime break did not cool off the Lady Tigers. They continued to pour in the points, outscoring Holly Pond 11-4 in the fourth, leading to a 22 point advantage heading to the final eight minutes of the 2012-13 high school basketball season.

As they have done all year, Holly Pond continued to traverse through adversity. They fought hard through the Lauderdale County defense and ignored the class-less chants of the Lauderdale County student section, but they were unable to overcome the slow start in the first.

The Lady Broncos fell one win short of the Class 3A State Title by a score of 59-41.

This marks the fifth state title for the Lady Tigers and the second time they have gone back-to-back.

The Holly Pond Broncos have had a tremendous season and created school history by making it to the championship game.

"It wouldn't surprise me if this one was in this afternoon," Adams said, gesturing, to Sophomore Meg Gambril as he responded to the question of how long his team would take off before preparing for next year. "We don't have off-seasons we have long pre-seasons."

Two Holly Pond Lady Broncos made the All-Tournament team, Meg Gambril and Taylor Terry.

"I went in knowing this would be my last game," said Senior Taylor Terry, "but it was the best way possible to go out with this group of girls and my great coaches."

Ivy Wallen of Lauderdale County led all scorers with 19. She was followed by Karlee Brown with 13 and tournament MVP Chatara Cox added 11.

Holly Pond was led by Senior Taylor Terry in her last game wearing the green and gold of Holly Pond. Rachel Finley was also in double digits with 10.

All of us here at CullmanSense would like to extend our congratulations to the Lady Broncos on a great season.



Taylor Terry's Final Game



The Holly Pond's Lady Broncos win Runner-Up for the State Title

Wal-Mart FLW Tour Continues Season at Lewis Smith Lake

By: Chad Gay
Contributor

Pre-spawn bite, spotted bass could be key to victory

JASPER– The Wal-Mart FLW Tour's second event of the 2013 season, the Wal-Mart FLW Tour on Lewis Smith Lake presented by Evinrude, will be March 7-10. Hosted by the Chamber of Commerce of Walker County, the tournament will feature a full field of the world's best bass pros and co-anglers casting for top awards of up to $125,000 cash in the Pro Division and up to $25,000 cash in the Co-angler Division.

"The fishing is going to be as good as it can get at Smith," said Twix pro Jonathan Newton of Rogersville, Ala. "There are an awful lot of big (spotted bass) and big largemouth in that lake. It's a real clear fishery and what some people may consider to be a tough place to fish. But, I think we're going to hit it at the best possible time we can.

"There's definitely going to be a pre-spawn bite," Newton added. "You may see largemouth prevail for a day or two, but not all four days. That will mix things up and let us fish differently than we have in the past when we've been there."

"The spots are going to play a big role in this tournament, but largemouth will be a factor," Newton went on to say. "In the past you really needed a good largemouth or two a day, and that's something that's very possible. There are some good largemouth to be caught, that's for sure."

Newton said Lewis Smith Lake is a predominantly clear body of water with water clarity changing the further anglers gets into the creeks.

Newton said anglers will have a variety of bait choices during the tournament but expects crankbaits and jerkbaits to be very popular among competitors. Newton added that other baits that will come into play include plastic worms as well as jigs.

Newton speculated that the winning angler will need "a little more than 15 to 16 pounds a day" to take home the championship title.

"I was fishing Lewis Smith before the off-limits period began," Newton said. "The fishing seemed pretty good to me. I didn't catch lots of fish, but the quality fish were definitely biting then."

In FLW Tour competition, anglers are also vying for valuable points in hopes of qualifying for the 2013 Forrest Wood Cup, the world championship of bass fishing. The 2013 Forrest Wood Cup will be in Shreveport, La., Aug. 15-18 on the Red River.

Anglers will take off from Smith Lake Dam Access located at 7482 Smith Lake Dam Road in Jasper, Ala., at 7 a.m. the first two days of competition.

On the last two days takeoff will be at Smith Lake Dam Access at 7:30 a.m. Thursday and Friday's weigh-ins will be held at Smith Lake Dam Access beginning at 3 p.m. Saturday and Sunday's final weigh-ins will be held at the Wal-Mart located at 1801 Highway 78 E. in Jasper beginning at 4 p.m.

Fans will be treated to the FLW Outdoors Expo at the Wal-Mart on Saturday and Sunday from noon to 4 p.m. prior to the final weigh-ins.

The Expo includes Ranger boat simulators, the opportunity to interact with professional anglers, enjoy interactive games, activities and giveaways provided by sponsors, and fans can learn more about the sport of fishing and other outdoor activities. All activities are free and open to the public.

As part of the FLW Tour's community outreach initiative, FLW Tour anglers will visit Cordova High School on March 6 from 10:40 to 11:20 a.m. to talk to students about the various aspects of science and technology that apply to the world of professional fishing.

Topics will include mathematics, biology on the water, advance sonar technology, and the business side of fishing.

Cordova seniors and the Fishing Team are encouraged to write and submit an essay (500 words or less) on the following topic: "How does science, technology, engineering, and math apply to the sport of fishing?" The deadline for the essays is March 1.

All students who submit an essay will receive an FLW hat. Members of the FLW Foundation Board of Directors will judge the essays, and two winners will be announced at the angler visit on March 6.

The two winners will each receive an autographed FLW team fishing jersey as well as a half day of fishing with an FLW pro on Lewis Smith Lake on March 10 along with a parent or guardian.

Coverage of the Lewis Smith Lake tournament will be broadcast in high-definition (HD) on NBC Sports Network when "FLW" airs April 14 from 11 a.m.-12 p.m. ET. The Emmy-nominated "FLW" is hosted by Jason Harper and is broadcast to more than 559 million households worldwide; making it the most widely distributed weekly outdoors-sports television show in the world.

For complete details and updated information visit FLWOutdoors.com. For regular updates, photos, tournament news, and more, follow us on Facebook at Facebook.com/FLWFishing and on Twitter at Twitter.com/FLWFishing.

SPORTS

Touching Base: 2013 Cullman County Baseball Tournament Begins Today

By: Josh McBrayer
joshmcbrayer@cullmansense.com

WEST POINT- With the 2012-13 high school basketball season officially over, the sports eye turns its gaze to baseball, and none too soon.

The 2013 Cullman County baseball tournament is slated for first pitch Monday, March 4th at 2 p.m.

The tournament will be held on the baseball diamond at West Point High School.

Every county squad will play on Monday except for West Point who, as the host team, has a bye.

The first game of the tournament will pit the Cold Springs Eagles against the Hanceville Bulldogs, game two will feature the Good Hope Raiders and the Vinemont Eagles, and game three sports the Aggies of Fairview against the full strength Holly Pond Broncos.

COLD SPRINGS EAGLES

Cold Springs had a tough run in the '12 tournament, exiting the tournament without a win. The blue and gold Eagles dropped their first game to West Point 15-0 in five innings and were held to just one hit that came in the last half inning. Their second loss came from the speedy Hanceville Bulldogs, 15-5.

HANCEVILLE BULLDOGS

After defeating Cold Springs, the Bulldogs fell to the Good Hope Raiders in a hotly contested 12-10 game that dropped them into the loser's bracket. Here they had to fight for their lives each and every game, and fight they did. The Bulldogs beat the Fairview Aggies 14-9 and got the best of the Good Hope Raiders in a rematch, 9-6 before going down to the West Point Warriors by a 7-1 score, falling one game short of playing for the county title.

GOOD HOPE RAIDERS

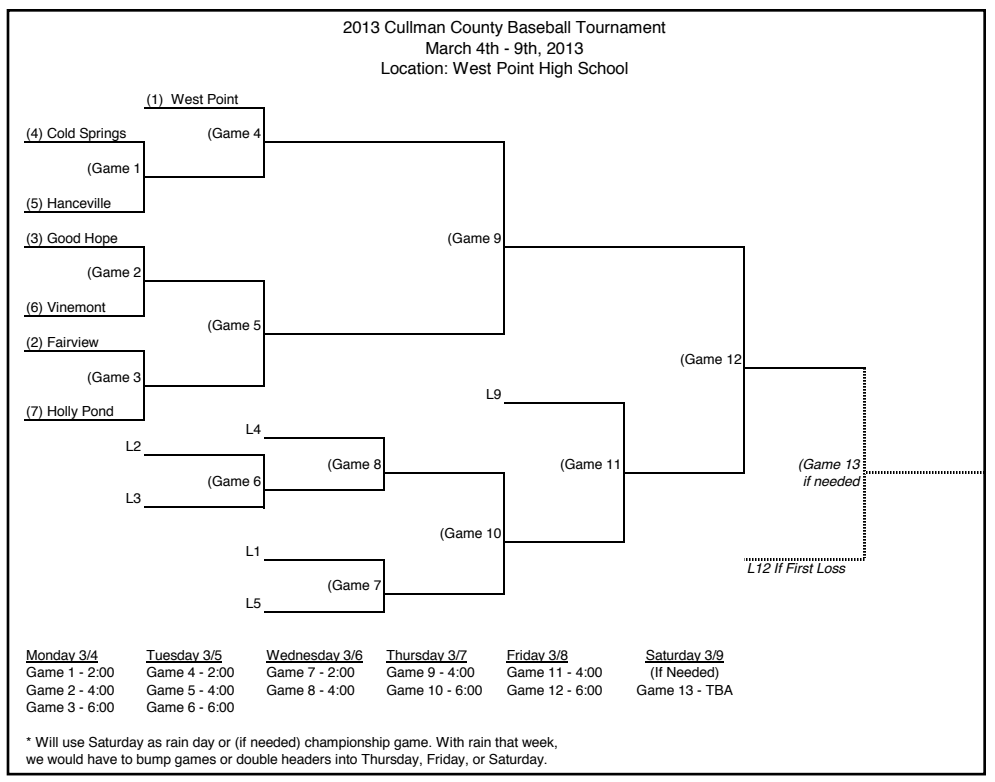
The Good Hope Raiders got off to a great start in last year's tournament, winning a close 12-10 game against Hanceville. They were not so lucky in the next game when they ran into a brick wall in the form of West Point. Falling 14-3 to the Warriors sent Good Hope to the loser's bracket where they won their next game 11-1 over Holly Pond before coming up short 9-6 in a rematch against Hanceville.

VINEMONT EAGLES

The Vinemont Eagles were the hosts of last year's tournament and were crowned the county champions, moving through the winner's bracket without losing a single game. They defeated Fairview 7-1, West point 4-3, and West Point again in the championship game 11-6.

FAIRVIEW AGGIES

The Aggies won their first game of the 2012 tournament 4-3 but went on to lose the next two against Vinemont 7-1 and Hanceville 14-9, bowing out of the tournament on day three.



HOLLY POND BRONCOS

The Holly Pond Broncos shared a similar fate as the Cold Springs Eagles, playing just two games in last year's tournament. A 4-3 loss to Fairview and an 11-1 defeat at the hands of Good Hope

WEST POINT

This year's host team, West Point handled every team that they faced last year except for the Vinemont Eagles. The Warriors fell to the Eagles twice, having to settle for runner-up. This is no doubt in the back of the minds of the West Point players as they look to go all the way this year.

A Bama Fan's Collectible Day

By: Josh McBrayer
joshmcbrayer@cullmansense.com

DECATUR – University of Alabama fans were treated to a wonderful time Friday as two former Alabama Crimson Tide players, both members of the 2012 BCS National Championship team, were on hand to meet fans and sign autographs at University Collectables in Decatur.

Although this is not the first signing for University Collectables, having college turned NFL stars like Terrance "Mount" Cody, Julio Jones, and Trent Richardson at their Huntsville location, this is the first time they have held a signing in Decatur.

"This is something we love to do for the fans," said store manager Charity Ashby with a huge, inviting smile on her face as she welcomed patrons of the store.

Sitting at a table in the front of the store, greeting fans and signing autographs were former Alabama stars Damion Square and Chance Wormack. Square, a three-time National Champion at the University of Alabama, is going to be a huge pass rusher in the NFL from the defensive end position and Wormack is touted as a top 10 pick by many reputable sites including NFL.com, CBS.com and ESPN.com.

Autographs were $25 each, but that is a small price to pay for these two future NFL stars.

"(University Collectables) doesn't make any money off the signings" said Ashby.

Although there was not as big of a turnout as some signings in the past, plenty of Crimson and White fans showed up and paid the $25 for the chance to meet two of the players that have helped make Alabama the most dominate team in all of college football.

The next signing will be Saturday, March 8th at the Huntsville location of University Collectables and will feature two more stars from this year's BCS Champion Alabama Crimson Tide.

Jeremy Shelley

To say Jeremy Shelley is cool under pressure would be an understatement. When the game is on the line and a field goal wins it, Shelley is who you want taking the kick. He was nothing but solid for the Crimson Tide. He finished his career 166 of 169 on PAT's setting a Alabama career record. He was a perfect 63 of 63 in 2012 setting an Alabama single season record. He finished 44 of 55 on field goals including five in the BSC Championship game against the LSU Tigers setting a BCS Bowl record.

Carson Tinker

Vital to any kicking game is not only the kicker and the holder but the long snapper as well. That is where Carson Tinker excels. Tinker helped seal many games for the Crimson Tide with his nearly flawless execution at his position. The 2013 Senior Bowl invitee will be a solid pick for anyone who is in need of a long snapper in the upcoming NFL Draft.

The signing will be at University Collectables located in the Madison Square Mall on University Drive on Saturday. Just as the Decatur signing, the signature will be $25 each. The signing will be held from 1 p.m. To 5 p.m.



Photos by Jessica Norrell

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Community Matters

Elementary Students Give Yet another Rousing Performance

By: Noah Chandler
noahchandler@cullmansense.com

CULLMAN – Oh what so ever would you do if you the monkeys snatched your clover leaving you all alone, completely without any Whos?

On Friday, over 100 students crammed the stage and risers at East Elementary to display their twist on *Seussical the Musical*, Jr. Cindy Pass, EES Media Specialist, said the students worked hard to share the tale of Horton and the Whos, which was clearly evident in their performance.

"This is our fun play," said Pass. "This is the production everyone wants to be in, so we open the cast up to anyone who wants to participate and this year we had 137 students perform."

Pass said in recent years the production has grown in numbers from a mere 76 just a couple years back to the large number represented Friday.

EES Principal David Wiggins sat through the entire production with a grin reaching from ear to ear. He said with each performance the students gain more confidence which carries over to the classroom.

"We have a tremendous student body who loves to perform," said Wiggins. "Of course, we also have an amazing group of teachers who inspire these students daily, so you have to pass the credit on to them."

For the students leading the way in *Seussical*, the desire to shine on stage has been with them for quite a while, including fourth grader Chas NeSmith. NeSmith portrayed the title character of Horton, a lonely elephant looking for friends.

"Horton is just a great character and I just like that he is fighting for his Whos in that small speck of dust and he won't back down," said NeSmith.

For sixth grader Matthew Smith, who portrayed JoJo in *Seussical*, the stage has a special allure. Smith said that, "from the first time I was in a play I knew I wanted to be on the stage and be an actor."

"Being sassy" was the best part of portraying Mayzie, according to sixth grader Kayla Watts. Watts said the best part of being on stage "is being able to be funny."

One student was able to relive a few moments of her past as she was cast for a charachter which she shared a pet name with as a young child. Lilli Watson – who portrayed Gertrude said that "when I was little my dad would always call me Gertrude so this is just like getting back into that role."

"This has been a wonderful experience and I look forward to performing more in middle school and high school," she said.

Bailey Swann is a veteran of the EES stage, as she has been performing since the second grade, amassing a total of six productions under her young belt. The sixth grade Swann said her casting as The Sour Kangaroo "was a good fit," she said. "Mrs. Pass knows me and I'm always edgy and the Sour Kangaroo is a perfect character."

Cameron Baumgartner donned the famous oversized white andred striped hat and bowtie as he took the stage as the Cat in the Hat. Baumgartner, who is in sixth grade, has performed in a total of eight performances, splitting his time on stage equally between church and school.

"It's just been a real, fun time because Mrs. Pass is such a good director," said Baumgartner.

For a host of photos, log onto cullmansense.com



Photos by Jessica Norrell

Gourds Galore

By: Jessica Norrell
jessicanorrell@cullmansense.com

CULLMAN – The Alabama Gourd Society was at the North Alabama Agriplex Farm Kid's Club near Peinhardt Farms this past Saturday. Several children with their parents and grandparents in tow were gathered at the Great Gourds exhibit.

Here the interested gourd seekers first received an education on the history of gourds from Hagar who also showed them a large variety of his favorite gourds as well as a few of their functional and decorative uses.

Hagar actively involved the children in the discussion by asking questions which were eagerly met with raised hands and a number of interesting answers. After learning a little history and different growing methods the group was presented with different ways that the gourds could be used as decorative purposes ranging from Christmas ornaments to bowls, baskets, ornate animals, birdhouses, and much more.

Finally, after being introduced to a few of the many beautiful decorative possibilities, the children were able to craft their own decorative gourds for Easter which they thoroughly enjoyed. At the end of the day the children were all given a bag of gourd seeds and instructions on when to plant them so that they could have the opportunity to grow their own for this summer.

The Alabama Gourd Society endorses the culture and crafting of gourds as well as provides educational services to its members and the general public.

Katie Westmoreland, a creative member of the Alabama Gourd Society who was present at Saturday's event, attended her first show in 2008 and said she "caught the gourd bug and hasn't come down since."

"I am always looking for new ideas. These gourd shows and exhibits are a great place to find them and develop creativity," she said.

Cullman now has a gourd patch that meets at Trinity Baptist Church, located at 1701 Childhaven Road. If you are interested in learning to craft gourds send an e-mail to cullmngourdpatch@aol.com (Note: there is no "a" in Cullman in the e-mail address) or you can visit www.alabamagourdsociety.org. If you are looking for a new hobby or just something fun to learn for yourself or friends, then consider joining the Alabama Gourd Society. Its a fun and affordable opportunity for crafting and you can enter your work in a competition if you have a knack for it.

The Farm Kid's Club is a fun and educational opportunity that children and their families can enjoy. If you would like to register, call Rachel at 256-297-1044 or e-mail cullmanag@gmail.com.

Upcoming 2013 Farm Kid's Club (All Programs from 9:00 a.m.-10:30 p.m.)

- Saturday, April 6th: Cattle Farming
- Saturday, May 4th: Storytelling
- Saturday, June 1st: Natural Dyeing and Spinning
- Saturday, July 13th: Bees and Honey
- Saturday, August 3rd: Ice Cream Social with Old Time Games
- Saturday, September 7th: Rodeo/Horses
- Saturday, October 5th: Worm Farming
- Saturday, November 2nd: Apples
- Saturday, December 7th: Holiday Crafts

The North Alabama Agriplex Heritage Center is located at 1714 Talley Ho Street SW in Cullman across from the Cullman Bowling Center.

- **What**: Farm Kid's Club explores different agriculture related topics through hands-on activities like seeing animals, tasting food, crafting, and more.
- **For Who**: Children 5 and up with an adult.
- **How much**: $5 per child, $10 max for families, adults free.



CRMC Employees Wear Blue to Kick Colon Cancer in the Rear

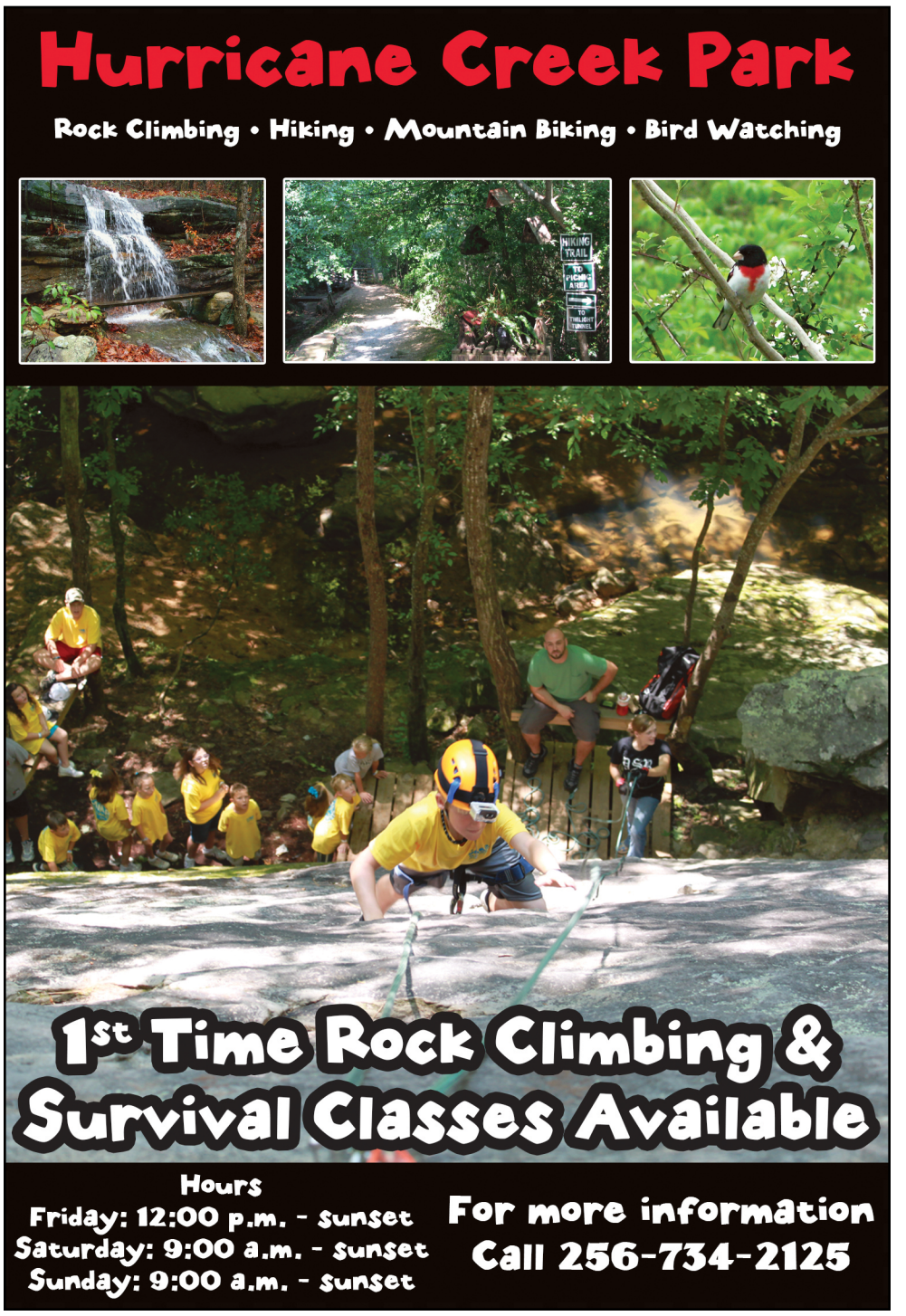
By: Lindsey Dossey
CRMC Contributor

CULLMAN – One in 20 people will be diagnosed with colon cancer. It could be a parent, a friend, or a co-worker…it could be you. It's a scary statistic and it's one of the reasons why Cullman Regional Medical Center hosted a Dress in Blue Day™ event where employees wore blue to help bring greater awareness to colon cancer, a disease that can be prevented through screening. The event took place to coincide with the Colon Cancer Alliance's (CCA) National Dress in Blue Day program activities to help commemorate March as National Colorectal Cancer Awareness Month.

"We wanted to make a difference in the lives of our employees, their families, and their friends. Our company-wide Dress in Blue Day event encouraged employees to talk to family and friends about colon cancer and the importance of being screened. By bringing greater awareness to this disease, we will save lives," said Dewight Davis, Division Director of Surgical Services and Endoscopy at CRMC. "We wanted to do our part by helping the Colon Cancer Alliance create a future free of colon cancer."



By wearing blue and talking about colon cancer, CRMC Employees hope to raise awareness and save lives.



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!

Weekly Jam Session at Senior Center
There is a new 'fun' event added to the ongoing programs at the Donald E. Green Senior Center. From 1 p.m. until 5 p.m., there will be 'Jam Sessions' offered under the guidance of Don and Barbara Whitehead. Everyone is invited to bring your instruments and join in the playing or just sit and relax and enjoy the music. These musical gatherings are FREE so come on down and bring your friends.

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 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!

Girls & Boys Club at Spirit Life
Spirit Life Church will host a Girls & Boys Club meeting for those 12 and under every Wednesday beginning at 7 p.m. at the church. All are welcome. Please call the church for further info 256-739-3326.

'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

AARP Senior Citizen Driving Class
An official AARP 6 hour 'refresher' driving class for senior citizens who are 55 years old and older will be hosted at the Senior Center in the Cullman County Commission on Aging office at Sportsman Lake Road. This course, which is $12.00 for AARP members, $14.00 for non-members, will be offered from 1 p.m. until 4 p.m. An additional class will be held on Friday, March 8, from 1 p.m. until 4 p.m. This informative 'refresher' driving class reviews safety measures and driving tactics which can help seniors avoid accidents. Sometimes auto insurance companies give a discount once a senior citizen has completed the course. There is no written test during the course, merely education and discussion. Bob Hawley is contact person for this event 256-739-2170. Or you can call the Senior Center at 256-734-1241. Tell your friends and take advantage of this great opportunity.

'Swamp John's' Dinner to benefit the Harmony Youth League
Everyone is invited to attend a 'Swamp John's' fundraiser dinner which seeks to raise money for the Harmony Youth League. The dinner, sponsored by Harmony School, will run from 4 p.m. until 7 p.m. with menu to include choice of fish, chicken, or shrimp, french fries, slaw, dessert, and drink. Tickets are $10.00 each and may be purchased at the door or at the school. This event will be held at Dowling Park. Come support a great cause and enjoy a special meal as well.

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

Straitway Quartet Benefit Concert for Jimmy Brown
A benefit concert for Jimmy Brown who is a heart patient and has large medical expenses will be held at Daystar Church in Good Hope tonight, starting at 7 p.m. Those appearing include the Straitway Quartet and some of the Senior Ms. Alabama representatives. Come enjoy a good evening of music and help raise funds for Jimmy Brown. This is a free event but a love offering will be taken up for Mr. Brown.

Refuge Church Yard Sale
An indoor yard sale in the Life Center behind Refuge Church which is open to all to rent tables for $10.00 each of the two days. If you have items you'd like to 'get rid of', now's the time. Contact Patricia at 256-796-7070 to reserve a table for the sale. Please call after 4 p.m. but before 8 p.m.

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Friday Night Dance at the VFW
Cullman's VFW Post 2214 invites everyone to come to their weekly Friday night dances at the VFW Hall from 7 p.m. until 10 p.m. The cost is $5.00 per person and music by the Golden Oldies and Country with the Midnight Highway Band will be filling the air. Funds raised go toward the building rental. Get your dancing shoes on and come out for a great evening of fun and entertainment tonight!

Saturday

The Trails of St. Bernard
Come join other runners or to cheer on your favorite runner at St. Bernard Preparatory School. The rolling trail and pasture road course starts at the Soccer Stadium Ticket Booth, with winners for overall Male and Female; Masters Male and Female winners; Grandmasters Male & Female; Medals to top three finishers for Male & Female in each age group; with long sleeve shirt for ALL runners. Age categories are 19 and under; 20-29; 30-39; 40-49; 50-59; and 60 and older. Race day registration and packet pick-up begin at 6:30 a.m. at the Stadium Ticket Booth. Please contact Roger Blalock at 256-734-1200 or William Calvert at 256-612-3058 or e-mail blalockroger@yahoo.com or wcalvert@stbernardprep.com. Come take part in this springtime morning run.

First Source for Women Archery Tournament
First Source for Women is sponsoring an Archery Tournament at the Cullman Archery Field on Golf Course Road starting at 8 a.m. The Archery field is located next to Cullman Golf Course Driving Range. There will be raffles and prizes, t-shirts, special shoots, and top shooters' prizes. The entrance fee is $15.00 per shooter and $25.00 for the whole family. There is a $12.00 fee for students. Concessions will be available during the day for purchase. For additional info 256-352-5683 or e-mail firstsosurceforwomen@yahoo.com.

Join the Movement to Create a World Free of MS
Come join the Cullman Walkers 'Join the Movement to Create A World Free of MS' walk today that begins at 10 a.m. at Heritage Park. Check-in starts at 8 a.m. at the park and the event will proceed regardless of weather. The local Cullman Walk MS features several walking options: a one mile, a two mile and a three mile walk. This event gathers members of the Cullman community who have an interest in supporting research into this disease and helps those with MS to move forward in their lives. All funds raised will support Alabamians living with this affliction. The day also will include refreshments, awards, and entertainment following the walks. Please check out www.walkMS.org or call 800-FIGHT-MS.

Kallaways's Kloset Spring & Summer Children's Fashion Show
Stony Lonesome Cafe and Fabric Expressions are sponsoring a special event in the Dodge City Town Hall from 2 p.m. until 4 p.m. The two businesses are presenting 'Kallaways's Kloset Spring & Summer Children's Fashion Show'. In addition there will be other arts and crafts on display including Posh Dots, Lisa's Creative Cups, Mary Kay by Connie, woodworks, and other tables showcasing artistic talent. Refreshments will be served and everyone is invited to attend this springtime event. Additional information is available by calling 256-287-9990.

A Tribute to Elvis
'A Tribute to Elvis' concert will be held tonight starting at 7 p.m. at Cullman Civic Center featuring two award winning tribute artists, Bobby Hollis and Jeff Barnes. $15.00 tickets bring you into the life and music of one of America's most beloved entertainers, Elvis Presley, the King of Rock and Roll. Come spend a musical evening reliving songs of the past as 'Elvis' comes to Cullman once again.

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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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.

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Community Matters

Vote Now!

Do you support or oppose a "junk" food ban?

Last Week's Poll:

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

Yes - 20%
No - 80%

Cast your ballot at cullmansense.com/poll

Reflections of History



Unidentified Barbershop — Photo Contributed by Cullman County Museum

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

Follow us on Twitter - twitter.com/CullmanSense

Financial Finesse: Attract Key Employees with Fringe Benefits

By: Jason W. Zinsmeister,
Financial Contributor

Fringe benefits are important to key employees. Here are some of the most popular benefits that will help you recruit and retain key employees:

- **Salary Continuation**: Provides key people with additional income after their regular salary ends at retirement, disability, or death.
- **Split Dollar**: A creative way for employers and employees to fund life insurance. The company pays all or part of the premiums for life insurance. The premiums are recovered from the death benefit or cash value in the future, and the balance goes to the named beneficiary.
- **Executive Bonus program funded with life insurance**: The business, the executive, or both pay the premium on a key employee's life policy. The bonused amount is deducted by the business as a normal business expense and reported on the employee's W-2. The employee owns the policy and reports the premium as taxable income. The employee's cost is only the tax on the bonus, which may also be bonused, so the employee's out of pocket cost is zero. The employee owns the policy and holds all rights to cash values, policy loans, and withdrawals.
- **Deferred Compensation program funded with life insurance**: Deferred compensation delays payment of a portion of a highly paid person's income, thus avoiding current income taxes their deferral accumulates until retirement. It can also provide funds in case of early death or disability.

For more information about this and other financial topics, contact me.

Jason W.Zinsmeister is a Financial Representative of Principal National Life Insurance Company and Principal Life Insurance Company and a Registered Representative of Princor Financial Services Corporation. Securities offered through Princor Financial Services Corporation, 800/247-1737, member SIPC. Principal National (except in New York) and Principal Life are issuing insurance companies of the Principal Financial Group. Principal National, Principal Life and Princor® are members of the Principal Financial Group®, Des Moines, IA 50392. Jason can be reached at 256-297-1099.

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Website: www.bassfishinghof.com

This Week in History Mar. 4 - Mar. 10

March 4th
- 1793 – Washington's second inauguration, shortest speech at just 133 words
- 1861 – Confederate States adopt "Stars and Bars" flag
- 1968 – Martin Luther King, Jr. announces plans for Poor People's Campaign
- 2011 – The U.S. Government Accountability Office (GAO) states it could save $5.5 billion in 30 years if dollar bills are replaced with coins

March 5th
- 1836 – Samuel Colt manufactures first pistol, 34-caliber "Texas" model
- 1922 – "Nosferatu" premieres in Berlin
- 1982 – Russian spacecraft Venera 14 lands and sends back data from Venus
- 2012 – The U.S. requests New Zealand extradite Kim Dotcom and three of his MegaUpload associates, forcing them to face charges for breaching copyright

March 6th
- 1836 – 3,000 Mexicans beat 182 Texans at the Alamo, after 13 day fight
- 1899 – Aspirin patented by Felix Hoffmann
- 1991 – Following Iraq's capitulation in the Persian Gulf conflict, President Bush told Congress that "aggression is defeated. The war is over"
- 1998 – First time the British flag is flown over Buckingham Palace

March 7th
- 1908 – Cincinnati Mayor Mark Breith stood before city council and announces that, "women are not physically fit to operate automobiles"
- 1965 – Alabama state troopers and 600 black protestors clash in Selma
- 1981 – First homicide at Disneyland, 18 year old is stabbed to death
- 2012 – The largest solar flare in five years, occurring March 6, 2012, nears the Earth, threatening to disrupt airline flights, GPS systems, and power grids

March 8th
- 1838 – U.S. Mint in New Orleans begins operation producing dimes
- 1930 – Mahatma Gandhi starts civil disobedience in India
- 1971 – Radio Hanoi broadcasts Jimi Hendrix's "Star Spangled Banner"
- 1991 – Planeloads of U.S. troops arrive home from the Persian Gulf, Iraq hands over 40 foreign journalists and 2 American soldiers it captured

March 9th
- 1562 – Kissing in public banned in Naples, which was punishable by death
- 1933 – Congress is called into special session by FDR, and began its "100 days"
- 1964 - First Ford Mustang produced
- 1986 – NASA announces searchers found remains of Challenger astronauts

March 10th
- 1862 – U.S. issues first paper money in denominations of $5, $10, $20, $50, $100, $500, and $1000
- 1893 – New Mexico State University cancels its first graduation ceremony after its only graduate Sam Steele was robbed and killed the night before
- 1975 – Dog spectacles patented in England
- 2011 – Lawmakers successfully pass the vote to remove nearly all collective bargaining from Wisconsin state employees

Community Matters

The Fitness Chronicles of Norrell - Week 11

By: Jessica Norrell
jessicanorrell@cullmansense.com

This week my workouts will consist of intense cardio routines as well as light strength training. I am going to alternate treadmill workouts six days this week to blast off a few extra pounds and see what results I can get.

The workouts I will alternate are the ones I posted last week, 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, and 2 minutes at 4.5 mph. Repeat this 5 times with the Shredmill workout that I posted in week 7.

The Cullman Wellness and Aquatics Center offers a variety of classes you can take for cardio if you want an alternative to the treadmill as well as childcare! I am definitely loving the indoor workouts during this frigid weather.

I am also entering my first 5K and am really excited about it! I have come a long way just from December and can run longer and faster than I have ever been able to. I encourage anyone else trying to get in shape to stick with it! I will be posting more results next week.

One of my favorite super foods and the one I will discuss this week is wild salmon. Wild salmon contains omega-3 fatty acids, which are deficient in the diet of most Americans. Dr. Evan Cameron of the Linus Pauling Institute states, "Our epidemic of heart disease and cancer may be the result of a fish oil deficiency so enormous we fail to recognize it."

Without a sufficient amount of omega-3 fatty acids the body builds poorly constructed cell membranes that are not capable of optimizing health which increases your risk for a host of health problems including stroke, heart attack, age-related macular degeneration, autoimmune disorders, attention deficit disorders, and even depression, as well as many more ailments.

On the flip side, the benefits of omega-3 fatty acids are that they reduce risk of coronary artery disease, control hypertension, aid in cancer prevention and age-related macular degeneration, mitigate autoimmune diseases, and relieve a host of mental health problems, not to mention weight loss and smoother skin.

The key is to add these essential fatty acids to your diet but make sure it is the recommended amount because balance is important, too much can have negative effects.

Roughly 2-4 servings a week, or 1.6 grams for men and 1.1 grams for women daily, are recommended according to the Food and Nutrition Board of Medicine.

The bottom line is that it is important to add wild salmon or some of its cold-water sidekicks to your diet. If fresh wild salmon isn't available then frozen or canned is an acceptable substitute. Just make sure you try to buy salmon or tuna packed in spring water.

Sidekicks: Alaskan halibut, canned albacore tuna, sardines, herring, trout, sea bass, oysters, and clams Serving suggestion: Two to four times a week

To get a healthy amount of omega-3 and omega-6 essential fatty acids in your diet:

- Use omega-3 enriched eggs
- Cook with canola rather than safflower oil.
- Eat soy nuts and walnuts
- Sprinkle wheat germ on cereal and yogurt
- Eat wild salmon or its sidekicks 2-4 times a week.
- Use ground flaxseed in muffins, breads, and pancakes.
- Avoid processed and refined foods whenever possible.

Again my resource for the wild salmon is *SuperFoods Rx: Fourteen Foods that Will Change your Life* by Steven Pratt, M.D. and Kathy Matthews.

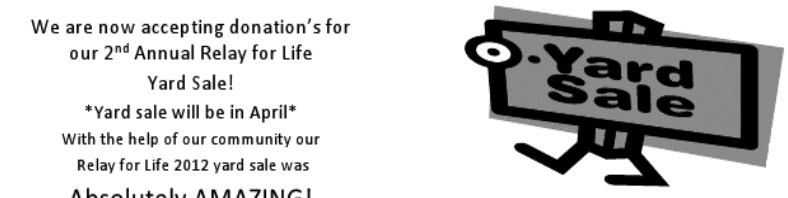
Cullman County Sheriff's Office

Relay for Life 2013

Yard Sale

We are now accepting donation's for our 2nd Annual Relay for Life Yard Sale!
Yard sale will be in April
With the help of our community our Relay for Life 2012 yard sale was
Absolutely AMAZING!

GOAL for 2013
BIGGER!



If you have items you would like to donate:
PLEASE HELP
Drop them off at the Cullman County Sheriff's Office Monday thru Friday 8a.m. to 4p.m.
Drop-off deadline April 15th

Contact Jamie or Michelle at 256-734-0342 if you need further information.



Tax receipts will be available upon request.

THANK YOU FOR ALL YOUR DONATION'S
BIG OR SMALL
EVERY DONATION HELPS!



White & Black st.edo@cullmansense.com Anthony Saint

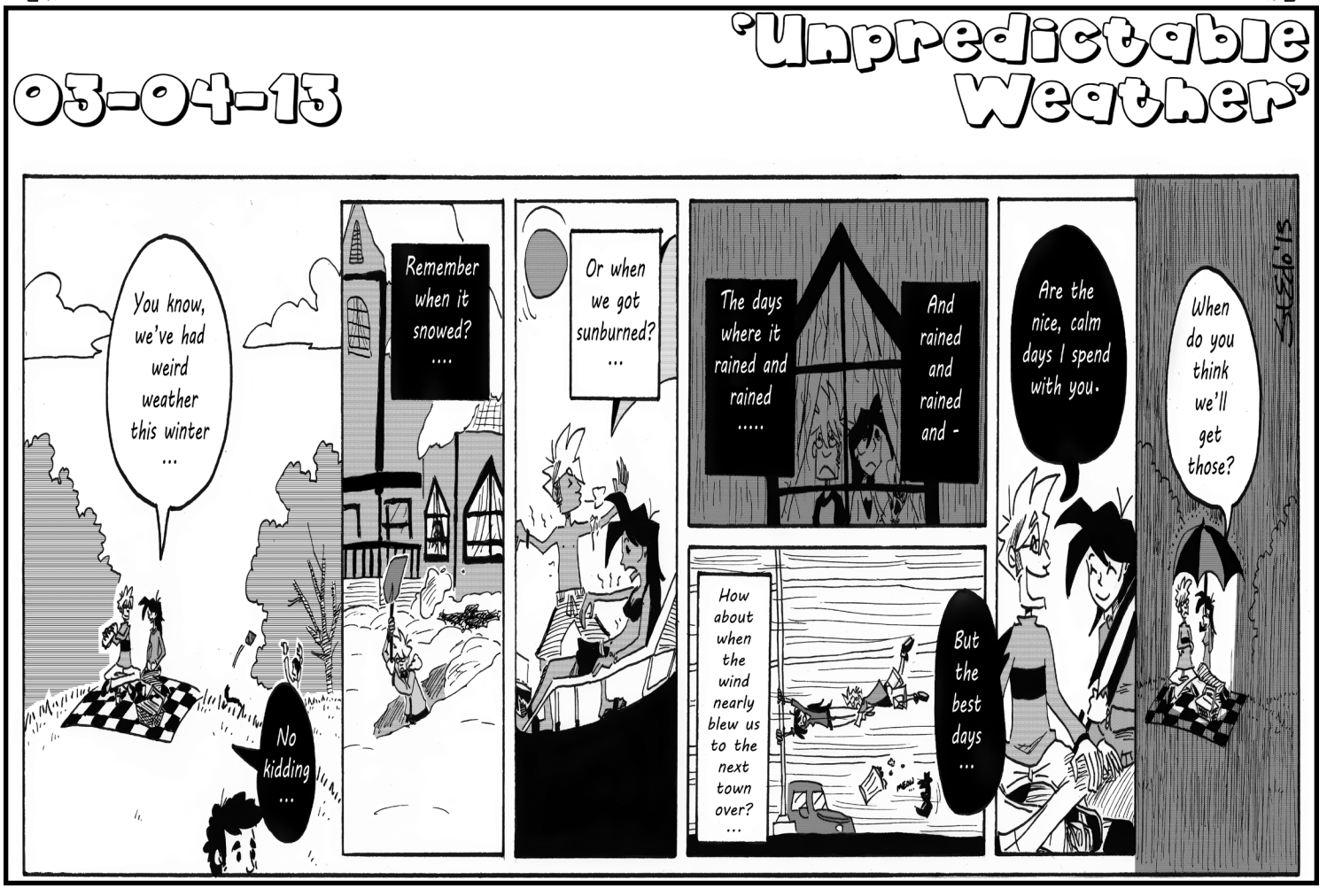


cullman city parks & recreation

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

www.cullmanrecreation.org
256-734-9157

- **Nia Dance Fitness Classes:** Includes yoga stretching and 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.

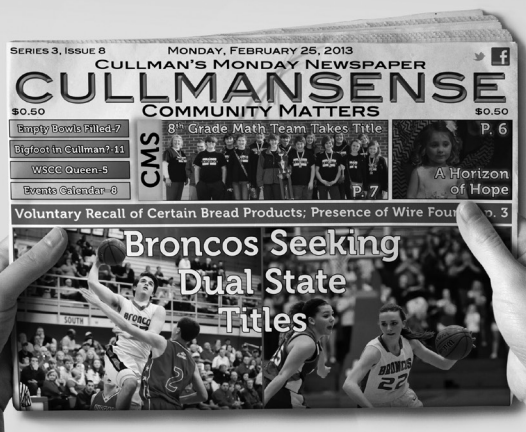




Opinion

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

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Community Matters

Pray Across Alabama Sets Tone for National Day of Prayer

By: Noah Chandler
noahchandler@cullmansense.com

CULLMAN – Prayer. Such a simple notion, but one which fails so many, according to Dr. Rick Lance, is the subject of a two month rally aimed at getting Christians back on track with praying.

Lance, whom serves as executive director of the State Board of Missions and treasurer of the Alabama Baptist Convention, brought hope to many residents Thursday as he returned to First Baptist Church for Pray Across Alabama.

"Among the Baptist faith family, we have been burden for some time about the need for prayer. We have allowed it to slip away from our lives in terms of an emphasis," said Lance.

"We have determined that on an off-political year – when there's not an election as there was last year and will be next year at the state level – we wanted to have an off-political, very prayer focused kind of gathering on the courthouse steps."

The statewide prayer initiative is helping to set the tone for the upcoming National Day of Prayer, which is to be held on May 2. Lance, along with several other pastors, will travel across Alabama promoting prayer to anyone who will listen. "We are going to every county in the state, about 75 different venues because we have 67 counties and some have multiple locations they call courthouses. This will extend over a period of 60-70 days. May 2 is the National Day of Prayer," he said. "Today was very good. I can't judge crowds as well as I use to, but I would estimate somewhere around 200 people came out today."

For more on the Pray Across Alabama rally held at First Baptist Church, visit cullmansense.com for an audio version of the day's event.

Rotary Auction (from Front)

On hand to make sure all those in attendance stayed fed, were the members of The Fidelia Club. Jeanenne Skinner, Fidelia Club Secretary, said the group has been attending the auction for the past 30+ years.

"This is really our only fundraiser, besides donations, that we do each year," said Skinner. "We try to provide cold weather food, such as soups and chili, which everyone seems to enjoy."

The official tally for the event has yet to be tabulated, but once it is reached it will be posted on cullmansense.com.

One Last Performance (from Front)

take on Disney's Aladdin," said Agnew.

Daytime performances:
Thursday, March 14 at 9:30 a.m. & 12:30 p.m.
Friday, March 15 at 9:30 a.m. & 12:30 p.m.

Nighttime shows:
Thursday, March 14 at 7 p.m. – $10 Adult Admission and $5 for students/children
Friday, March 15 at 7 p.m.

There will be no Saturday show.

Seating is still available for daytime performances – $2 per student ticket.

Please book with Joshua Agnew (josh.agnew@cullmancats.net) or come to our night shows.



Baseball on a Global Scale

By: Josh McBrayer
joshmcbrayer@cullmansense.com

After a four year break, the World Baseball Classic (WBC) is back! With the dis-continuation of baseball as an Olympic sport, this is the premier baseball tournament that pits the greatest players in the world against each other for a true World Champion.

In 2006 and again in 2009, Japan showed the world why they are widely considered one of the powerhouse countries in terms of baseball talent, by winning the first two installments of the World Baseball Classic.

Former Boston Red Sox and current Cleveland Indians pitcher, Daisuke "Dice-K" Matsuzaka has won the MVP Award for Japan in both WBC tournaments.

This year's World Baseball Classic will field teams from Australia, Canada, China, Chinese-Taipei, Cuba, The Dominican Republic, Italy, Japan, Mexico, The Netherlands, Puerto Rico, South Korea, the United States, and Venezuela, who are all appearing for the third time in the WBC.

Panama and South Africa will be making their second appearance and will be joined by newcomers Brazil and Spain for the first time in WBC history.

Aside from Japan and Korea, neither of which will sport a Major League player on their roster for the 2013 World Baseball Classic, the roster's read like a who's who of the MLB All-Star Game.

Names like Joey Votto playing for Canada, Adrian Gonzales suiting up for Mexico, Triple Crown winner Miguel Cabrera, and "The Panda" Pablo Sandoval representing Venezuela and Hanley Ramirez, Jose Reyes, and Robinson Cano all playing for their home country of The Dominican Republic.

Not to be outdone, the United States has a roster loaded with talent. The USA roster has combined for an amazing 9,798 hits, 5,148 runs batted in (RBI), 1,379 home runs, and 961 stolen bases.

Mark Teixeria (Yankees) will play first base, Brandon Phillips (Reds) will man second base, Jimmy Rollins (Phillies) will clog the hole at shortstop, David Wright (Mets) will be at the "hot corner" of third base, Joe Mauer (Twins) will cover the backstop as the USA catcher, and Ryan Braun (Brewers), Adam Jones (Orioles), and Giancarlo Stanton (Marlins) will patrol the outfield grass.

With a powerhouse line-up like this, the United States has to be considered a favorite going into Pool D play at Chase Field in Phoenix, AZ on Friday, March 8th.

On a local note, two former Wallace State Lions will be representing the United States as well as our community in the World Baseball Classic. Derek Holland (Rangers) and 2010 Rookie of the Year, Craig Kimbrel (Braves) will be on the talent-laden USA pitching staff.

Check worldbaseballclassic.com for times and dates for all of the WBC action.

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