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A Family Day for MISSIONS

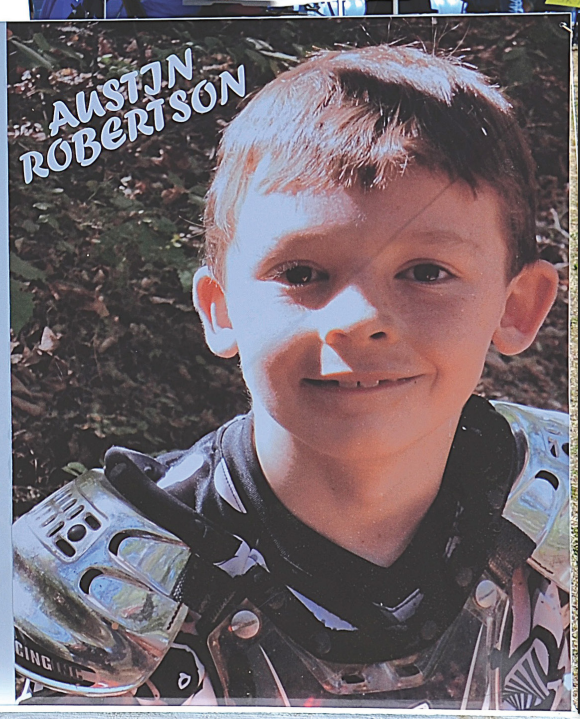


A Family Day for Missions

IN MEMORY OF AUSTIN ROBERTSON

ALL PROCEEDS WILL GO TO:

- ST.PAUL'S SCHOOL
- CULLMAN CHRISTIAN SCHOOL
- HAITI'S EDEN



Hundreds gather to honor the memory of a lost child while raising funds for area schools and charities
p. 12

iPad Labs Rollout in Cullman City Schools - p. 7

Beauty Shines in Death Valley

By: Noah Chandler
noahchandler@cullmansense.com

CULLMAN – Recently, Cullman High School graduate and Cullman native Claire-Peyton Bowman competed and placed in the Ms. Clemson Homecoming pageant, providing another shining example of the beauty, talent, and intelligence the small town has to offer.

The 22 year old is currently working towards her Bachelor of Science degree in Recreation Therapy with a minor in Health Science and Psychology at Clemson University. Bowman will be interning at Wake Forest Baptist Medical Center as a trauma intern before she applies to Physician Assistant School.

Bowman and the other women nominated for Homecoming Court each went through an interview process before competing in the Miss Homecoming pageant.

"The top ten were chosen by Clemson University faculty members based on each woman's interview, scholastic achievements, campus involvement, and poise. I was so honored to be chosen as a member of the Miss Homecoming top ten," she said. "Then the voting began."

She said the experience of being nominated to the Homecoming Pageant was "an honor alone" but once she received the nod to step onto the field at Death Valley the feeling was "incredible."

"Representing my sisters of Tri Delta, I was named 2nd on Clemson University's homecoming court," said Bowman. "Waving to friends and family from the 50 yard line in Death Valley was

See Beauty Shines - Page 12

MATHEMATICS Sacred Heart School's New Math Team Shines Brightly in Tournament - p. 3

Civic Minded

By: Jessica Norrell
jessicanorrell@cullmansense.com

Civitan Club Spaghetti dinner fills stomachs, raises funds for area charities

CULLMAN – The Cullman Civitan Club held its annual spaghetti dinner Friday in effort to raise funds for area charities. Guests to the event, which was held at St. Andrew's Church, received a warm greeting from volunteer workers as they entered the kitchen where plates of spaghetti and side dishes were being served.

Mike Doss, the second year president of the Cullman Civitan Club, said that the spaghetti dinner "is one of our major fundraisers." Fruitcake sales near Christmas as well as Vidalia onion sales between April and May are their two other substantial fundraisers.

The purpose of the Civitan Club is to aid individuals with developmental disabilities.

Doss said that the Civitan Club would "help from a social side."

"It gives them somebody that cares for them and we try to do events that help them from that standpoint," he continued.

The dinner was made possible by volunteers who love to serve their community, St. Andrew's Church for providing their facilities, and all who came out to offer their support and have a meal.

The Civitan Club was started in 1917 by a group of businessmen who wanted to help their community. Based within UAB, the Civitan Club is involved in research for autism and other types of developmental disabilities.

Doss said "it's a community re-investment; you get joy out of it."

"It's a Christ-like attitude. Do unto others and that's why we like to do things like this," he continued. "If you really want to volunteer and do a service for others it's a good organization to be with. It's almost like family."

See Civic Minded - Page 12

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In Brief

Improving Medicaid: Governor Bentley Outlines Support for Medicaid Advisory Commission Recommendations

By: Jennifer Ardis

Contributor

MONTGOMERY – Governor Robert Bentley recently visited Jackson Hospital in Montgomery to highlight his support for legislation designed to transform the Alabama Medicaid Agency into a more efficient and more affordable program for the taxpayers of Alabama.

The proposed legislation, to be introduced by Senate Health Committee Chair Greg Reed (R-Jasper) and House Health Committee Chair Jim McClendon (R-Springville), incorporates recommendations from the Alabama Medicaid Advisory Commission.

Governor Bentley established the commission in October. The Governor's goal is to improve Medicaid's financial stability while also providing high-quality patient care. The 33-member commission submitted its final report to Governor Bentley on January 30.

"We now have a chance to turn Alabama Medicaid into a program that provides better care while making more efficient use of taxpayer dollars," Governor Bentley said.

"The Alabama Medicaid Agency is also taking steps to prevent fraud and abuse of the system. Improving Medicaid is a long-term process, and the recommendations provided by the commission will help us put the proper reforms into place, which will benefit patients and taxpayers alike."

The legislation will help the Alabama Medicaid Agency end its current "fee-for-service" model in favor of regional managed care networks. The networks would then work to provide better, more efficient care for patients while also working to control costs to the state.

State Health Officer Dr. Donald Williamson, chair of the Alabama Medicaid Advisory Commission, said the legislation will need to be paired with private-sector efforts to create care networks that could contract with Medicaid to provide services to Medicaid beneficiaries. Dr. Williamson also reiterated that Medicaid is taking steps to improve fraud and abuse prevention and to shift to a payment system that rewards good outcomes and quality.

"We are providing a different Medicaid program, one that's designed locally and implemented locally by people who best understand the local healthcare needs," Dr. Donald Williamson said. "The commission appreciates the opportunity to serve the Governor and to offer our perspectives on the future of Alabama Medicaid."

The full report of the Alabama Medicaid Advisory Commission can be accessed online at: www.medicaid.alabama.gov/CONTENT/2.0_newsroom/2.2.1_Med_Adv_Commission.aspx. Select the "Final Report" option.

Statewide drug task force receives grant from Governor Bentley

By: Russell Sellers

MONTGOMERY— Gov. Robert Bentley has awarded an $85,000 grant to help combat the distribution and use of illegal drugs throughout the state.

The grant will help the Alabama Alcoholic Beverage Control Board continue its Enforcement Statewide Drug Task Force, which helps law enforcement agencies across the state conduct drug investigations.

"The use and sale of illegal drugs destroys families and damages communities," Bentley said.

"The ABC drug unit provides valuable support to the law enforcement officers who are working to keep our neighborhoods safe."

The task force participates in more than 1,000 drug investigations and undercover operations each year and helps understaffed police departments in small towns to carry out extensive drug investigations.

The Alabama Department of Economic and Community Affairs is administering the grant from funds made available by the U.S. Department of Justice. ADECA administers a wide range of programs that support law enforcement, economic development, infrastructure upgrades, recreation, energy conservation, water resource management, job training, and career development.

Bentley informed Mac Gipson, ABC administrator, that the grant had been approved.

Aderholt Supports the SKILLS Act

By: Anne Marie Malecha

Legislation will empower employers, rein in bureaucracy, and provide America's workers with a more dynamic and effective network of job training services

Washington, D.C. — Congressman Robert Aderholt (AL-04) released the following statement after the House of Representatives passed H.R. 803, the Supporting Knowledge and Investing in Lifelong Skills (SKILLS) Act:

"As our nation continues to struggle with high unemployment and record levels of debt, streamlining ineffective programs and promoting better use of taxpayer dollars is critically important," said Aderholt.

"The problem is, despite a multi-billion dollar annual taxpayer investment in federal job training programs, employers continue to struggle to find workers with skills necessary to fill in-demand jobs. Rather than helping employers and workers, our current cumbersome workforce training system is making it more difficult for workers to access important jobs skills and assistance, and fails employers who seek a highly trained workforce. The SKILLS Act is the solution. I am proud to support this legislation and hope to see its swift passage in the Senate."

The SKILLS Act eliminates and streamlines 35 ineffective and duplicative programs, including 27 identified in a 2011 report by the nonpartisan Government Accountability Office.

The proposal creates a flexible Workforce Investment Fund to serve as a single source of support for workers, employers, and job seekers.

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

For more information about Aderholt's work in Congress visit www.aderholt.house.gov.

Wallace State Healthy Campus Initiative Committee to host upcoming spring events, including a 5K Run and Fun Bike Ride

By: Kristen Holmes

WSCC Contributor

HANCEVILLE – Wallace State's Healthy Campus Initiative Committee has multiple upcoming events planned during the spring semester.

On March 19, from 10 a.m. to 12:30 p.m., the reoccurring Health Link Tent will be set up at the gazebo near the Bailey Center.

The theme is Spring Break and students will get information on how to have a safe spring break by preventing unsafe driving habits.

Students can utilize a simulator at the event, showing how the influence of substances negatively affect one's driving skills. Free food and door prizes will be given away.

From April 1-21, the committee will host a bicycling initiative, encouraging students and employees to team up and embrace a two-mile bicycling route around campus.

The Healthy Campus Committee is co-sponsoring a United 4 Health 5K Run and Fun Bike Ride, benefitting the Cullman United Way, on Sunday, April 21 from 2 to 5 p.m. at Wallace State.

The entry fee is $10 and the first 100 participants earn a free T-shirt.

Wallace State deemed this academic year as one of the Healthy Campus, and the committee decided to join this cause to promote fitness, getting healthy, and cycling on campus.

For more information, contact Cynthia Newman at cynthia.newman@wallacestate.edu or Stacey Sivley at stacey.sivley@wallacestate.edu.

During the year of the Healthy Campus, several Wallace State health science programs have sponsored the Health Link Tent to raise awareness about their roles in a fit lifestyle, both physically, and mentally.

A campus "Walk-off Challenge" was also incorporated during the fall semester with more than 30 teams participating in the two-month event.

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

CRMC's Nurse Navigator's Thank Local Students for Efforts

By: Lindsey Dossey

CRMC Contributor

CULLMAN — Cullman Regional Medical Center's Nurse Navigator's recently thanked students at Holly Pond Elementary for their help in collecting food for local cancer patients.

"Thanks to the help of Holly Pond Elementary students in Kindergarten, 1st and 2nd grades, as well as several local churches and businesses, we were able to collect enough canned goods and donations to feed six local families for three months who are all battling some form of cancer and have little or no income during this time," Nurse Navigator Rhonda Neal, RN said.

Eleven classes participated in the food drive at Holly Pond and the top classes for each grade were awarded with a pizza party.

Top honors went to Second Grader Mattie Wood for collecting the most food overall.

CRMC's Nurse Navigation Department provides expert cancer care, offers a team approach to educate and support the patient and family during their battle with cancer, and improves patient outcomes through education, support, and monitoring. The department also assists patients and families with necessary resources as needed throughout their treatment.

For more information on Nurse Navigation and other services available through CRMC, visit www.crmchospital.com or call 256-737-2600.

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What's Online

WILLIAMS' GAME-WINNING SINGLE IN NINTH HELPS WALLACE STATE BASEBALL EDGE CALHOUN IN SERIES OPENER, CROFT TOSSES THREE-HITTER IN NIGHTCAP

WSCC sophomore Sawyer Williams delivered a two-out, game-winning single in the bottom of the 9th.

qrne.ws/17

EARLY EXIT FOR VINEMONT IN HARTSELLE INVITATIONAL

Coming off of two tough losses in Friday night's pool play, the Vinemont Lady Eagle started fresh Saturday in the first round of the Hartselle Tigers Classic Invitational Softball Tournament.

qrne.ws/18

GOODWIN FANS 15 IN EXTRA INNING, COMPLETE GAME WIN

The Lady Raiders improve to 10-5 on the young season thanks to some timely hitting and the windmill arm of Cara Goodwin.

qrne.ws/19

In Brief

St. Bernard Middle School students celebrate the Blessing of St. Joseph's table

By: Joyce Nix

St. Bernard Contributor

CULLMAN – Students at St. Bernard Middle School held their annual Blessing of the St. Joseph's Table. The ceremony is normally held on the Feast of St. Joseph, March 19th, but since that falls during Spring Break this year the event was celebrated one week before.

The blessing was given by School President, Fr. Joel Martin, OSB who described St. Joseph as a righteous man.

Fr. Joel asked the students to learn from St. Joseph who lovingly accepted Mary as his wife after Mary said "yes" to God, making possible the birth of Jesus, God among us.

By imitating Joseph and Mary, the students responded to God with their own generosity by donating food items for those in need, showing God's love. Fr. Joel blessed the food offered for the poor, and also blessed the students who make God present in the lives of others.

The St. Joseph Altar or St. Joseph Table is an old tradition from Sicily. During the Middle Ages a draught threatened to bring about a severe famine. The dried out wheat stalks cracked beneath the feet of the poor farmers as they walked through their barren fields. Only a sea of dust and withered vines remained from what had once been row upon row of brightly colored fruits and vegetables.

And so the people prayed. They especially called on St. Joseph, considered their patron, to intercede for them, pleading for relief from the famine that gripped the island. At last the skies opened, sending down the life-giving water. The people rejoiced. Sometime later, to show their gratitude, they prepared a table in honor of St. Joseph; it held a special assortment of foods they had harvested, which were then distributed to the less fortunate.

Though Sicilian immigrants introduced the custom to America, the celebration is not confined to any nationality. Rather, it has become a public event which its devoted participants embrace for a host of private and personal reasons. The feast is alternately a source of petition, thanksgiving, and love.

St. Bernard students collected more than 300 canned food items which will be donated to the St. Vincent de Paul Food Bank in Cullman.



Pictured left, front to back, is Fr. Joel Martin, Miss Martha Ann Warnke, Morgan Matz, Jacob Allen, and Clint Crumbley. Pictured right, front to back, is Caitlin Norman, Zachary Phillips, Arnel Calinao, Brooke Edwards, and Hunter Looney.

Chamber Holds Ribbon Cutting for American Family Care



Felicia Fortune, MA, AFC Director of Marketing; Cindy Humphries, AFC Director of Facility Planning & Internal Consulting; Steve Blythe; K.C. Dickerson, Cullman Area COC Administration and Information Assistant; Mark Hallmark, AFC; Magan Marbut, RJ Young Company, Cullman Area COC Ambassador; William Talley, AFC Vice President of Facilities Management; Max Townson, Mayor,City of Cullman; Gwen Dwyer, AFC Vice President of Clinical Operations in North Alabama/Tennessee; Brad Ingle, AFC; Randy Johansen, AFC President; Leah Bolin, Cullman Area COC President

By: Deonne Ludwig

Chamber of Commerce Contributor

CULLMAN – In 1982, D. Bruce Irwin, M.D. opened the first American Family Care medical clinic in Hoover, Alabama in 1982. Today, there are 37 clinics with several clinics under development. By the end of 2013, we expect to have 50 clinics. The company's model of "putting the patient first" has made it an overwhelming success.

The clinics are designed, equipped, and staffed to provide accessible primary care, urgent care, minor emergency treatment, and occupational medicine. AFC uses electronic medical records and has a high-tech, high touch, digital x-ray system and on-site lab. All clinics are staffed with caring and compassionate healthcare professionals.

Most clinics are open seven days a week from 8 a.m. until 6 p.m. – "No Appointment Necessary".

AFC has clinics throughout the state of Alabama, Tennessee, and Georgia. In addition to family care/urgent care, AFC offers a Specialty Clinic (General Surgery), and WeightToLive (Weight Loss Program). In addition, U-Save Pharmacy provides convenient access to prescription medications, on-site, at many of our clinics. For more information about AFC please visit our website www.americanfamilycare.com.

CRMC Announces RN, PCA, and Unit-Secretary of the Year



By: Lindsey Dossey

CRMC Contributor

CULLMAN — Cullman Regional Medical Center recently announced RN, PCA, and Unit-Secretary of the Year Recipients.

Pictured from left to right are:

- Cheryl Bailey, CNO and Vice President of Patient Care Services
- Francine Powell, RN, 3-East
- Melissa Johnson, CPCA, Critical Care Unit
- Cindy Witcher, Unit Secretary 4-East

The recipients were selected from nominations submitted by CRMC Team Members and reviewed by an internal committee of frontline staff. For more information on CRMC, visit online at www.crmchospital.com or Find Us on Facebook.

Sacred Heart School's New Math Team Shines Brightly in Tournament

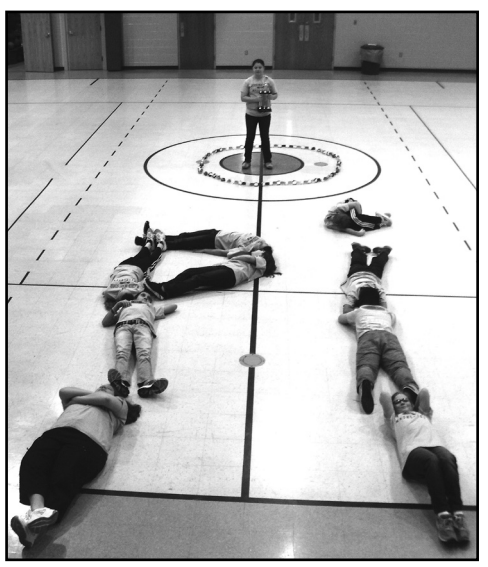
By: Barbara Ragsdale

Contributor

CULLMAN – Ten fifth and sixth graders banded together in a successful journey these past three months to unite as Sacred Heart School's newest math teams. Under the direction of new instructor Helen Gavitt Lewis who joined the faculty in January, the students took their math learning seriously, fielding the first competitive team the school has had in over ten years.

At the recent Cullman Middle School Math Tournament the fifth grade placed fourth overall in the small school division. They were limited in their ability to take part in additional tournaments due to the late start in the school year, but plans are to hit the ground running next year and make their 'mark' in the math field.

"Their hard work paid off this year and now they have a taste for what competition is like and they are ready and able to aim even higher next year", said Mrs. Lewis, herself a former student at Sacred Heart School.



Members of the 5th and 6th grade teams are pictured making the universal 'pi' math insignia.

The students are Andie Zatarain, Alison Gongre, Emma Tafazoli, T.J. Uhler, Madison Murphy, Sam Patel, Carson Holmes, Claire Sanders, Macy Whaley, and Phoebe Coccia.

Photo Contributed

How are we doing? - feedback@cullmansense.com

SPORTS

Cullman Area Claims Four Spots in the Second 2013 ASWA Poll

By: Josh McBrayer
joshmcbrayer@cullmansense.com

For the second week in a row, the Cullman Area is well represented in both the baseball and softball rankings distributed by the Alabama Sportswriter's Association.

BASEBALL

Cullman Bearcats #2 Class 5A

Class 5A is one of the most competitive baseball divisions in all of North Alabama and Cullman baseball is among the best the state has to offer.

An 8-6 record may not look like the record of a team that is sitting at #2 in their class, but looks can be deceiving.

The Cullman Bearcats have played, and beaten, some of the best competition, not only on Alabama, but in Georgia and Tennessee. They are fresh off of a 9-2 beat down of the former #2, Russell County, who dropped to #4 in Class 5A.

CLASS 5A

1. Spanish Fort (13-2)
2. Cullman (8-6)
3. Faith Academy (11-1)
4. Russell County (9-6)
5. Southside-Gadsden (7-4)
6. Hartselle (10-4)
7. Homewood (13-1)
8. Pinson Valley (11-5)
9. Demopolis (10-2)
10. Chilton County (10-5)

NOTE: West Point won the Cullman County Tournament in a convincing fashion sports a record of 8-1. They were nominated but did not crack the top 10.

Vinemont Eagles #9 Class 3A

Although the Vinemont Eagles fought hard, they were unable to defend their 2102 Cullman County Championship, but they still hold on to the #9 spot in Class 3A.

CLASS 3A

1. W.S. Neal (7-0)
2. Mars Hill Bible (10-5)
3. Deshler (14-4)
4. Piedmont (5-3)
5. Thorsby (9-1)
6. Montevallo (10-1)
7. Cleveland (9-0)
8. Opp (8-2)
9. Vinemont (8-2)
10. Plainview (7-1)

SOFTBALL

Holly Pond Lady Broncos #5 Class 3A

Following a late start, it was just a matter of time before the Holly Pond Lady Broncos found themselves in the top 10 and they debuted in a big way. Going from 1-0 with a nomination but no spot, the Lady Broncos blasted their way into the #5 spot with a 5-2-1 record over the last week.

Good Hope Lady Raiders #8 Class 3A

The Lady Raiders fell a couple of spots this week, going 2-3 over their last five games. Just like 5A in baseball, the Class 3A softball division is chocked full of talent and Good Hope is a big reason why.

CLASS 3A

1. Pisgah (4-2)
2. Glencoe (9-1)
3. American Christian (10-3)
4. Cordova (10-2-1)
5. Holly Pond (6-2-1)
6. Leeds (7-4)
7. Winfield (7-4)
8. Good Hope (9-5)
9. White Plains (6-5)
10. Opp (7-0)

Area Team Spotlight: Good Hope Lady Raiders

By: Josh McBrayer
joshmcbrayer@cullmansense.com

GOOD HOPE- What are the three keys to a good team? Number one is talent. Without talent, the team will not win many games. Number two is leadership. It is a must for a coach to have a "field general," a coach of sorts, on his/her team to give instruction on the field. Number three is chemistry. Team chemistry can mean the difference in being on the winning or losing end of a close ball game.

If you look up and down the Good Hope Lady Raiders softball team, you can check each number off your list.

Talent: I would say having one of the top prospects in the state, Cara Goodwin, in your pitching circle, as well as the stout defense from Kayla Tillman at third and Alanna Henke at first, qualifies as talent.

Leadership: No one calls a better game or positions her outfield from behind the plate than senior catcher Darcie Wilson.

Chemistry: Having played together for longer than most can remember, the Good Hope Lady Raiders know each other's playing style inside and out.

"There are a lot of teams with this combination," you might say. Well then, what makes Good Hope the powerhouse in 3A softball? F-U-N-D-A-M-E-N-T-A-L-S.

"We have to cut down on mistakes," head coach John Harris was overheard saying at practice Wednesday. "We have committed almost half as many errors already (14 games) as we did all of last year."

Although the Lady Raiders have booted the ball more often that coach Harris would like, this is still a team that prides itself on playing solid defense and that leads to championships.

The solid defense in the infield is anchored at the corners by Tillman and Henke, but Good Hope also sports a "revolving door "of sorts up the middle with a plethora of players able to man second and shortstop; a valuable commodity to any coach.

The Lady Raider's also field a very good catching group in the outfield.

"We have four capable girls for the three (outfield) positions," said Harris.

This is another nice "problem" to face as a coach. Bailie Andrews, Kacy Thomas, Savannah Fendly, and Elise Whitworth are all interchangeable in the outfield and are very handy with a bat as well.

Another aspect of Good Hope's game that puts them in an elite category is bunting the ball.

"There is no one on this team that I want to bunt for a hit when I put on the bunt sign." Harris said during practice.

"Your job is to get the bunt down and not hang the runner out to dry."

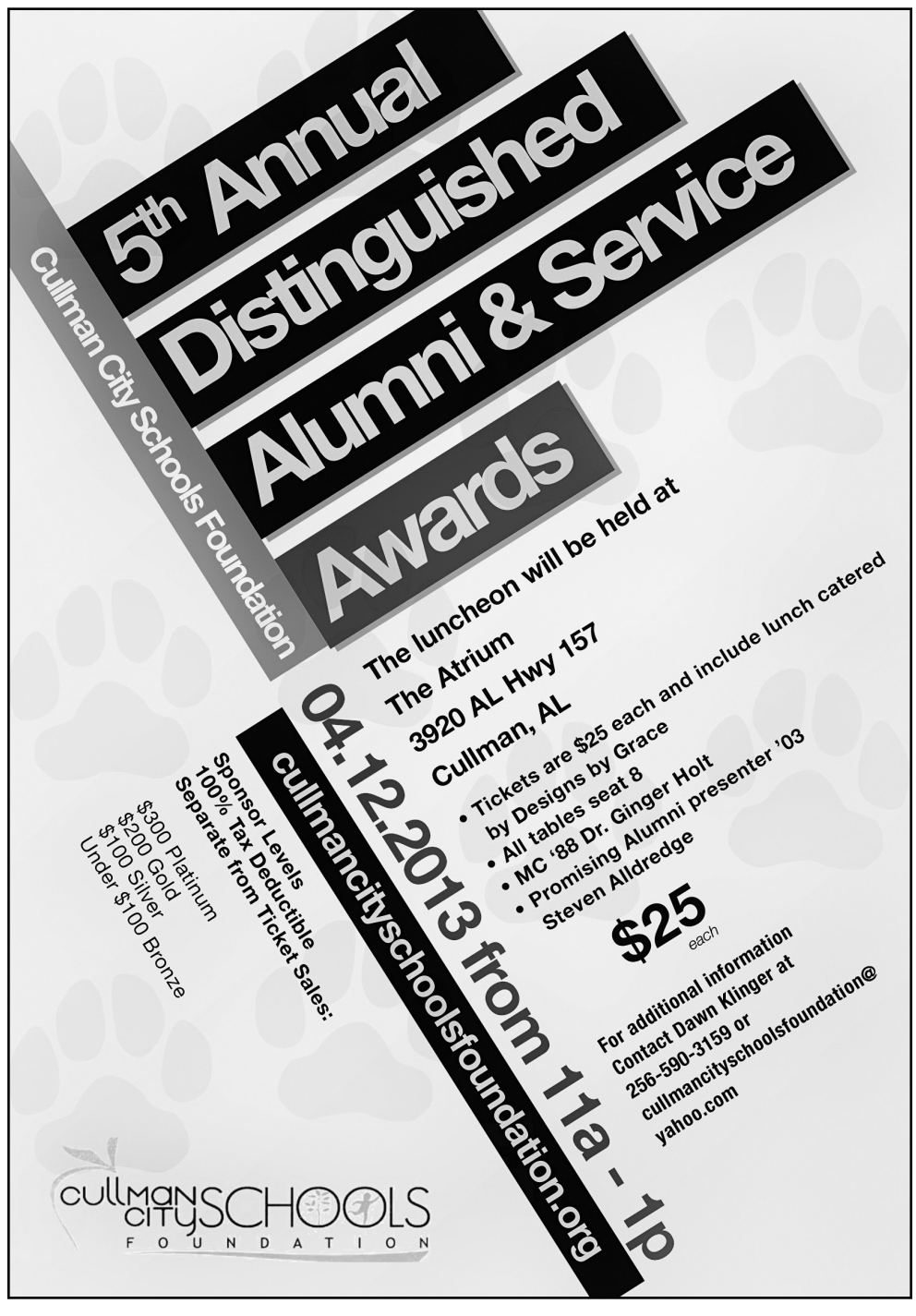
This goes for everyone on the team, no matter skill level.

From the young player who is brought in to just bunt, to the veteran hitter, like Tillman who sports a .390 average, everyone in the Lady Raiders lineup can execute.

This is a rare skill to possess for a team who hits the ball at a .290 clip.

From top to bottom, every Lady Raiders can handle her own in the batter's box.

Combine this with the strength of their defense and Good Hope looks ready to de-throne the back to back Cullman County Softball Champion Holly Pond Lady Broncos and make a run at the 3A State Softball title.







Community Matters

Financial Finesse: Charitable Giving Through Life Insurance

By: Jason W. Zinsmeister,
Financial Contributor

Most people could not write a check today for $100,000 to their chosen charity. But through life insurance, it can cost you very little to be very generous. Life insurance enables you to make a substantial future gift by making small premium payments over time.

The advantages of using life insurance as the instrument to fund a charitable giving plan include:

- You may qualify for income, gift, and estate tax deductions.
- The gift is given without disrupting other assets reserved for your family.
- Death benefits are paid promptly to the charity.
- Gifts of life insurance do not increase estate liquidity needs.
- The policy's growing cash value also may be borrowed by the charitable institution for special needs.

The federal government has structured income, gift, and estate tax laws to encourage you to share your assets with charitable organizations. The tax benefits you may receive include lower:

- Income tax liability
- Gift tax liability
- Estate tax liability

Options for funding charitable donations through life insurance

There are two common options to consider when making charitable donations through life insurance. Choose the one that best meets your needs.

- **Option 1** – Name a charitable beneficiary to receive all or a portion of the proceeds of a policy you already own or purchase a new policy, naming a favorite charity as beneficiary. In either case, you own the policy and you pay premiums. You cannot deduct the premium payments, but you maintain control of the policy (should you decide to change the beneficiary at some point).
- **Option 2** – Donate policy dividends*, if any, from cash values to a favorite charity, or make cash donations to the charity for the purpose of purchasing life insurance. This provides you with a current income tax deduction, while the charity pays the premiums and maintains ownership of the policy.

Estate planning needs

If you have more sophisticated estate planning needs, charitable giving may be a necessary and valuable component of a comprehensive estate plan.

In this case, life insurance in combination with various estate planning instruments can provide you with current income tax deductions and may generate income for you and your family.

If you are interested in making a charitable gift through life insurance, or if you have complicated estate planning needs, consult your insurance representative and tax advisor or attorney for further information.

No matter how you look at it, charitable giving through life insurance is a win-win situation. Your generous support of charitable organizations will help fulfill their missions while providing you with financial benefits.

**Dividends are not guaranteed.*

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Movie Review: *House at the End of the Street*

By: Josh McBrayer
joshmcbrayer@cullmansense.com

This week, 20th Century Fox has provided CullmanSense with a Blu-Ray copy of their newest edge of your seat thriller, *House at the End of the Street*.

The film stars Jennifer Lawrence (*The Hunger Games*, *X-Men: First Class*) and Elisabeth Shue (*Adventures in Babysitting, Back to the Future II and III*), and Max Thieriot (*Jumper, The Pacifier*) as a mother and daughter who move to an upscale neighborhood in the remote countryside after Dr. Cassidy (Shue) gets a divorce from Elissa's (Lawrence) father. Elissa falls for Ryan (Thieriot) who has a disturbing past.

The house they move into is, for all intents and purposes, perfect until Dr. Cassidy tells her daughter that the only reason they are able to afford the rent on the house is because the adjacent house happens to be the scene of a brutal double murder where a little girl, Carrie Anne (Eva Link) killed her parents with a hammer.

As Dr. Cassidy and Elissa settle in for their first night in the new house, they notice a light on at the house, which they thought was abandoned, where the murders occurred.

The next day at a neighborhood barbecue, Dr. Cassidy asks her neighbors about the light and the snooty Mary Jacobson (Krista Bridges) reveals that Ryan, the brother of Carrie Anne, was away when the murders occurred, and after the crime moved back into the house. She casually makes the comment that the neighborhood should just burn the house down, whether Ryan was inside or not, because it is driving down property values.

Jacobson's seemingly goody-two-shoes son, Tyler (Nolan Gerard Funk), asks Elissa to a fundraiser for starving children which turns out to be a keg party. He tries to get Elissa to have sex with him, getting forceful. Elissa tells him no and shoves herself away from him, leaving the party.

As she is walking home, five miles away, Ryan is on his way home and offers her a ride. She lies about where she lives, but Ryan catches her in the lie. After she turns down the ride, it starts to rain heavily. She gives in and takes the ride from Ryan who is waiting just a few feet down the road.

During the ride home, Elissa bluntly asks Ryan about his family. He tells her that he was living with his grandmother when the murder happened and he moved back to the house with his grandmother after she had taken ill.

Now that she has passed away, he is fixing up the house to sell it. Elissa feels comfortable around Ryan and continues to see him, despite her mother's strong objections to them being alone because she is afraid Elissa will end up getting pregnant at a young age just as she had with Elissa.

Elissa starts to fall in love with Ryan, but she thinks at times he feels very distant. What she does not know is Ryan is harboring a huge secret that he has never told anyone.

To find out the chilling conclusion to this well-made thriller, pick up a copy of *House at the End of the Street* from 20th Century Fox.

Starring:

- Jennifer Lawrence as Elissa
- Max Thieriot as Ryan
- Elisabeth Shue as Dr. Sara Cassidy
- Nolan Gerard Funk as Tyler
- Eva Link as Carrie Anne

The movie is rated PG-13 for violence, mild language, and some sexual situations.

Overall on a scale from one to ten, I would give this film a solid six. It was a good thriller worth watching with nice plot twists and acting from the lead characters.

Being a fan of Jennifer Lawrence from *X-Men: First Class and Hunger Games*, it is nice to see her take on different roles that those she has previously portrayed.

cpr&
cullman city parks & recreation

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

www.cullmanrecreation.org
256-734-9157

- **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.
- **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.
- **2013 Flashlight Easter Egg Hunt:** After many years of holding this event, the annual Easter Egg Hunt will not be held this year due to the amount of other Easter Egg hunting opportunities around the community.
- **CGCA Jamboree:** The Gymnastics & Cheer Academy will hold its Spring Jamboree showcasing its Cheer teams on Friday March 22, and its Gymnastics teams on Saturday, March 23. The event will be held at the Cullman Civic Center. For more information, call 256-739-5567.
- **Dog Obedience Class:** Classes held on Tuesdays, beginning March 26. $65 for 6 week session; puppy class held at 6pm and adult at 7pm. Call 256-734-9157.
- **Nia Dance Fitness Classes:** Includes yoga stretching, anti-aging tips, and more with instructor Ann Caretti. Class is held Tuesdays at 9:00am at the Cullman Civic Center. Call 256-531-4429 for more details.
- **Oil Painting and Acrylic Classes:** Classes are held Mondays from 6:30-9:30pm at the Cullman Art Guild with instructor Delancey Gardner. Class is $20 per month, call 256-734-9157 for details.
- **Camp Cullman Summer Camp Registration:** Registration will open on April 1 for Camp Cullman. Ages 12 & under can register at the Cullman Wellness & Aquatic Center.
- **Lifeguard Certification Classes:** Held at the Cullman Wellness & Aquatic Center April 1-18. Call 256-775-7946(SWIM) for more details.

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Community Matters

Celebrating Miracles

By: Noah Chandler
noahchandler@cullmansense.com

CULLMAN – Participants in the Therapeutic Recreation Program, which is operated through the Cullman Parks & Recreation and the Autism Networking Group, united at Field of Miracles this weekend to share in some baseball, face painting, and a bit of talent show action to help usher in Spring.

"This is just our way of giving back to those participants in our Therapeutic Recreation Program; an event that everyone loves," said Waid Harbison, CPR Marketing Director.

Chester Freeman Park was the location of the celebration, a place named for the visionary behind the incorporated Field of Miracles. Harbison said that it's a great location for participants of the program to unite, not only because of the familiarity with the facility but also the staff which takes pride in the work needed to ensure a successful event.

"This is a great place because they can play baseball, dance, and just have a fun time," he said. "Our staff has put a lot into this event, with all the planning and manning of each station, but they are having a good time as well, which really does mean a lot."

There were only a handful of Miracle Fields scattered about the United States when Freeman sat on the National Recreation & Parks Association board of directors. Now, according to Harbison, the landscape of parks systems across the country is being changed to be better accommodate and integrate those with special needs with those not afflicted.

"There were only about two or three before we built ours in 2003. Chester wanted to see the interaction between all children – whether special needs or not – he wanted everyone to feel like it was just another day in the park," he said. "He led the effort to get the Miracle Field incorporated with other baseball fields, which is something that is being copied and repeated throughout the United States, but we set the precedence in Cullman."



St. John & Associates Rebuilt

By: Erika Mead
Contributor

CULLMAN – When the EF4 tornado tore through downtown Cullman in April, 2011, the house where St. John & Associates had been for almost 20 years was lost.

That structure has since been replaced by a new 4000 square foot office building, constructed at the same location on First Avenue.

The new building features many historic and industrial details combined with modern green construction.

The building is a distinguishing feature of Cullman's downtown restoration.

St. John & Associates is a Civil Engineering consulting firm, founded in 1991, providing design and planning for roadways, building sites, parks, utilities, and waste management facilities as well as environmental permitting throughout Alabama, Mississippi, Tennessee, and Georgia.



(Left to Right): Cindy Mallard, Joyce Hardeman-Chamber Ambassador/Comfort Care Hospice, Kevin Duclos, Ashley Lackey-Chamber Ambassador/ATN, Brett Burton-Octane Coffee, Lindsay Fuller-SJA, Jack Keller, Jr.-SJA, Jesse Partington-SJA, Dale Bright-SJA, Abby Bright, Judge Don Hardeman, Christie Bright, Brenda Blue, Ben Harrison, Mark Froelich, Steve Griffith, Leah Bolin, Mayor Max Townson, Tony Mallard-Mallard Construction, Rick Fullmer, Jenny Folsom, Richard Carnaggio, architect-Cohen-Carnaggio-Reynolds, Christy Turner, Liz St. John, Johnny Cook, Bill St. John, Mark Bussman, Brenda Horn, Gaynor St. John, Cayce Cherry, Todd Hardman, Judge Rusty Turner, Sammie Danford, Zeb Little, Mrs. Jack Keller, Sr., Trent Lowry, Jack Keller, Sr. Chasity Robertson-Chamber Ambassador/EvaBank, Billy Faulk, Fess St. John, Mark Bolin, Ernie Reddick, Dawn Cook, Roy Williams, Kolby Lawrence, David Moore-Chamber Ambassador/Servpro of Cullman/Blount Counties, T.J. Hagan.

Community Matters

iPad Labs Rollout in Cullman City Schools

By: Noah Chandler
noahchandler@cullmansense.com

CULLMAN – With the medium of print dying off, many teachers have been searching for a new way of inspiring students to learn while balancing the use of new technology in the classroom.

Over the coming weeks students at the five wings of the Cullman City School system will begin a new leg of their educational journey by being offered the experience of learning through a touchscreen experience in the form of an iPad.

"It is important for us to provide a 21st century education for all of our students. It is our desire to have classrooms that mirror the real world," said CCS Superintendent Dr. Jan Harris. "We continue to look for innovative ways to encourage the learning process in a manner that is appealing to our students."

A total of 280 iPads will be distributed throughout the school district, with each school receiving two complete sets of iPads. Dr. Harris said the school system received a grant through the Appalachian Regional Commission for $100,000. There was a match of equal value required in the amount of $100,000 setting the total value at $200,000.

Nathan Anderson, CCS Technology Coordinator, said the worldwide standard has been set and instituting the touchscreen devices inside the Cullman City School's system will only lead to greater opportunities for the students.

"Learning environments across the world are seeing a strong surge of mobile tablet technology, and we feel it is imperative to discover its place in our schools," said Anderson.

"iPads take the students' educational experience beyond the classroom. With a few taps of the finger, the student can be on a virtual field trip of the White House or flying over the Eiffel Tower in Paris. Second, it's a Media Center that fits in your hands. Kids can read books, newspapers, blogs, wikis, and magazines; or watch videos of current events through major news networks; or listen to the latest educational podcast from 'Stuff you missed in history class'."

Vicki Parker, 5th grade Science teacher at West Elementary, was one of the first teachers to receive an iPad lab. Parker said while most of the students have not used a touchscreen device before, each have been eagerly awaiting the launch of the program.

"It's the latest technology and it's very engaging for students. They are very interested because it is something they are not used to using," said Parker.

"Some of the students have experience with iPads but most do not, so we are looking forward to trying them out."

Fellow WES colleague, 6th grade English teacher Vanessa Rakestraw was the school's second recipient of a lab. Rakestraw's student, Gabby Walker enjoyed the opportunity to use an iPad in class, saying "it will be a lot better of an experience than a regular computer."

> "It is important for us to provide a 21st century education for all of our students. It is our desire to have classrooms that mirror the real world."

Classmate Kennedy Witcher is an avid iPad user. She has been using the touchscreen device for a while and she credits the device to her newfound love of reading.

"I'm going to be completely honest, I don't really like to read but I read a book on my iPad in just one day and it was a pretty long book," said Witcher. "iPads are bigger, so you can read easier on them, plus it's a fun way of reading."

Stevie Gardner echoed his classmate's sentiments and added that the iPad is "better because you can read multiple books and take tests on them."

While the sensation of the touchscreen device is still new to many, Dr. Harris knows that with each passing day today's technology could soon be tomorrow's rubbish.

She said this is why it is important to continue to strive for excellence using the best technology at the system's disposal.

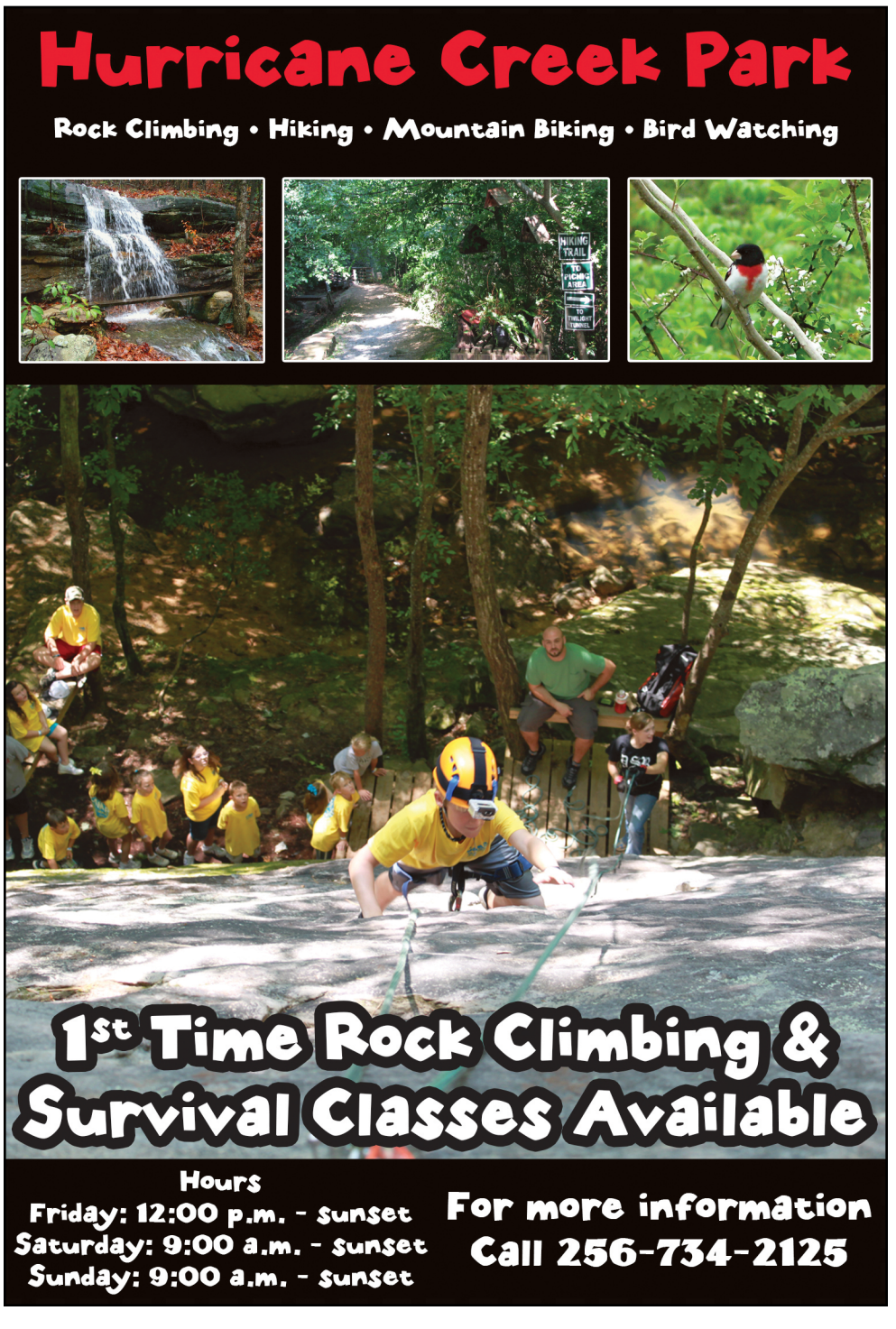
"Technology integration is a fluid process; it is constantly changing as evidenced by the commercials we view. It seems as soon as we acquire a new device, the improved, latest version of the device is advertised," said Harris.

"We must not be stagnant. We must be intentional in our quest to learn and improve our teaching methods as new research and equipment become available."









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.

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 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!

Alicia Williamson Garcia to speak at Lenten Service
Lenten services at St. John's Evangelical Protestant Church will feature guest speaker Alicia Williamson Garcia, co-founder of Women in Worship Conference Ministries. Everyone is invited to attend this event which will start at 6:30 p.m. in Christ Hall across from the Church.

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

Festhalle Market Platz Farmers' Orientation Meeting
All those interested in being part of the upcoming Farmers' Market at the Festhalle Platz are invited to attend an orientation meeting at 6 p.m. at the Cullman County Extension office. The 2013 Market Season opens on April 2. The proposed Market time schedule for the coming season is set as Tuesdays, Thursdays and Saturdays from 8 a.m. until 2 p.m. on those days. If you wish to reserve a space or find out any additional information please call 256-590-2003 or 256-734-9157, ext. 18. You may also e-mail jsimms@cullmancity.org or visit the Festhalle link at www.cullmancity.org. Come be part of this exciting spring, summer and fall selling season!

Buffet Lunch at Elks Lodge
Come eat lunch at the Cullman Elks Lodge - they open their buffet to the general public and for $8.00 you get fried chicken, ribs, biscuits & gravy, mashed potatoes, green beans, slaw, and drink

Chapter 2212 Military Order of the Purple Heart Meeting
Chapter 2212 of the Military Order of the Purple Heart will meet each month on the third Thursday beginning at 6 p.m. at the home of John Gissell, located at 240 County Road 1285 in Vinemont, 35179. Covered dish dinner begins at 6 p.m. followed by the business session of the meeting. All recipients of the Purple Heart service medal are invited to attend. Please call 256-734-9637 for more information.

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

'Fourth Friday' Chamber of Commerce Luncheon at The All Steak
Keynote speaker for the Chamber of Commerce's 'Fourth Friday' luncheon will be Sammy Lee from the Bass Hall of Fame. The event, sponsored by the Chamber's Tourism Committee and American Proteins is open to all. Lunch is $10.00 each Chamber member and $20.00 for 'future' Chamber members. Reservations are required so please contact the Chamber by calling 256-734-0454 or register online at www.cullmanchamber.org. There also is an e-mail address info@cullmanchamber.org. Come learn more about this exciting new attraction which is coming to Cullman County.

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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

CP&R annual Yard Sale & Craft Fair
Cullman Park and Recreation is sponsoring its annual Yard Sale/Craft Fair at Heritage Park. Tables are $10.00 each with each space being 15 x 15. Please contact 256-739-9931 for additional information.

Human Exploitation Seminar
A seminar on "Human Exploitation' will be offered by West Cullman Baptist Association from 10 a.m. until 2 p.m. This event takes place at the Association's office, located at 601 Cleveland Avenue SW. To register please call Iva Rodgers at 256-462-3521 or Vicki Nix at 256-734-7383. Please register by March 20. Fee for the seminar is $5.00 (includes lunch) and each attendee is asked to bring regular size hygiene items (soap, toothbrush/paste, combs, etc.) which will be used for the Well House in Birmingham which is a place of hope for those in need. Come to the seminar and learn of the horrors and what you can do to help folks in these types' situations.

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!

Are you feeling the 2013 tax increase?

Last Week's Poll:

Are you in favor of a militia?

Yes - 60%
No - 40%

Cast your ballot at cullmansense.com/poll

Reflections of History



The Green House — Photo Contributed by Cullman County Museum

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

Visit us online at CullmanSense.com

Tips to Avoid New Scams Targeting Seniors

(StatePoint) While we are all taught to use good manners when answering the telephone, not everyone who calls you necessarily has good intentions.

According to the U.S. Department of Homeland Security, a recent spate of lottery scams or advance fee frauds originating in Jamaica are targeting seniors and other Americans by telephone.

While the Jamaican and U.S. governments have teamed to tighten laws and combat the problem, it's important to guard against becoming the next victim.

Knowing the difference between legitimate telemarketers and scammers is crucial. Protect yourself by taking the following precautions:

- Never pay money to collect supposed sweepstakes winnings. Legitimate operations won't require you to pay to collect winnings. It's against U.S. law to play foreign lotteries. If you get a call saying you've won one, it's probably a scam.
- Never wire money to anyone you don't know.
- Ignore unsolicited calls from anyone, even charities and companies with whom you already do business. You have no way to confirm the caller is legitimate. Even caller ID can be faked. When in doubt, just hang up.
- Place your telephone number on the National Do Not Call Registry. It's fast and free. Visit www.DoNotCall.gov or add your number to the registry by calling 888-382-1222 from the phone you wish to register.
- Check unfamiliar area codes before returning calls. Be aware that there are many three digit area codes that connect callers to international telephone numbers.
- If you don't make international calls, ask your telephone provider to block incoming and outgoing international calls.
- Never provide anyone with personal information, such as bank accounts, pin numbers or Social Security numbers.
- Prevent criminals from accessing your money.



Konstantin Sutyagin - Fotolia.com

Contact your bank, brokerages, as well as the Social Security Administration to add a password to your accounts.

- If callers insist on speaking with you, tell them you'll call them directly. Don't take a number offered by a potential fraudster. You're safer looking up the number independently.
- Scammers often create false deadlines. If you feel pressured, hang up. You've spent a lifetime earning your money. You deserve time to choose how to spend it.
- Help others from falling victim to scammers by warning friends and family. If you've received a call, mail or e-mail you think might be from a scammer, report it to the Federal Trade Commission by calling at 877-FTC-HELP (877-382-4357) or contact local authorities.

"The Jamaican Government is resolved to successfully combat this scourge. We have put in place both legislative and operational measures that will ensure that persons who prey on vulnerable seniors are held accountable," said. Jamaica's Minister of National Security, Peter Bunting, who is working with U.S. officials to stop new Jamaican lottery scams.

You don't have to live in fear to avoid being a victim.

By becoming informed of the latest tactics used by scammers to defraud consumers, you can protect yourself and your finances.

Studying Music Can Help Students in School

(StatePoint) From higher test scores, to enhanced coordination, to improved time management skills, the benefits of music education are numerous, say experts. Unfortunately, many school music programs nationwide are facing cutbacks.

Parents can help budding musicians learn outside a traditional classroom by investing in properly-sized, quality instruments that are suited for learning.

If you're shopping for a keyboard for your child, opt for a lightweight, portable model that reproduces the touch feeling and sound quality of a piano. For example, Casio's new Privia PX-150 model has a duet mode particularly ideal for teaching. More information can be found at www.CasioMusicGear.com.

While practice makes perfect, be sure to keep musical study enjoyable for children. They'll be more likely to stick with it.

This Week in History Mar. 18 - Mar. 24

March 18th

- 1850 – Henry Wells and William Fargo forms American Express in Buffalo
- 1931 – First electric shavers go on sale in U.S. from Schick
- 1970 – NFL selects Wilson as official football and scoreboard as official time
- 1995 – Michael Jordan announces he is ending his 17 month NBA retirement officials

March 19th

- 1883 – Jan Matzeliger invents first machine to manufacture entire shoes
- 1918 – Congress authorizes time zones and approves daylight saving time
- 1968 – Howard University students seize administration building
- 2011 – The Tibetan Parliament-in-exile rejects the 14th Dalai Lama's submitted resignation as Head of State of the Central Tibetan Administration

March 20th

- 1816 – U.S. Supreme Court affirms its right to review state court decisions
- 1968 – Lyndon Baines Johnson signs a bill removing gold backing from U.S. paper money
- 1984 – Senate rejects amendment to permit spoken prayer in public schools
- 2012 – The movie 'John Carter' becomes one of the biggest losses in film history; Disney takes a $200 million write-down on the film

March 21st

- 1890 – Austrian Jewish communities are defined by law
- 1935 – Persia officially renamed Iran
- 1963 – Alcatraz federal penitentiary in San Francisco Bay closed
- 2011 – The first full face transplant is performed by surgeons at the Brigham and Women's Hospital in Boston, Massachusetts

March 22nd

- 1903 – Niagara Falls runs out of water because of a drought
- 1965 – U.S. confirms its troops used chemical warfare against the Vietcong
- 1981 – First class postage raised to 18 cents from 15 cents
- 2011 – In South Dakota, Governor Dennis Daugaard signs an abortion bill that requires women to undertake counseling and wait 72 hours, the longest period in the U.S.

March 23rd

- 1806 – Lewis and Clark reach Pacific coast
- 1917 – Tornadoes kill 211 over 4 days in Midwest U.S.
- 1972 – Evel Knievel breaks 93 bones after successfully clearing 35 cars
- 2012 – Pope Benedict XVI says Cuba needs to find ways to move away from Communism, and that he will help them find a peaceful way to make the transition

March 24th

- 1880 – Tobacco Growers' Mutual Insurance Company incorporates in Connecticut
- 1947 – Congress proposes two-term limitation on the presidency
- 1986 – U.S. and Libya clash in Gulf of Sidra
- 2012 – China announces its plan to phase-out the practice of taking and selling organs from executed prisoners

Community Matters

The Fitness Chronicles of Norrell - Week 13

By: Jessica Norrell
jessicanorrell@cullmansense.com

With the pleasant change in weather this past week I was inspired to get outside and hit the trails or take my boy for a run in his jogging stroller. When the weather is accommodating, getting outside can be a fun alternative to break up the gym routine. Not only is trail running an enjoyable form of exercise for me, it is great training for my 5K in April! The run I will be doing is the Panther Run in Springville, Ala., which is an adventurous 5K, riddled with obstacles including ropes, barrels, tires, rocks, woods, water, and lots of mud. The run also benefits those less fortunate through World Vision.

5K runs can be a fun for beginners to advanced runners and it is a healthy activity to add to your down time.

Not only do many of the 5Ks encourage you or your group to come in costume or offer a fun theme like the Color Run, Warrior Dash, or Spartan Run, but they also benefit a good cause. Several give you the choice to run solo or with a group, so don't worry if you aren't quite the fastest runner out there. These events are meant to be a fun experience!

There are a number of ways, whatever your current fitness level, to train for a 5K. The one I will be tackling includes obstacles and hills along the way, so I will definitely be doing some strength training so I can get past them all!

My workouts will consist of running intervals on the treadmill or trail running as well as using a mud run boot camp program from Tough Mudder.

You can choose your current level of fitness to get the workout program suited to you. I am going to be doing the intermediate (Maybe Mudder) routine, 3-5 days a week.

If you want to train for a mud/obstacle run, the workout I will be using can be found here: qrne.ws/mudder.

Being that this is my first 5K, I welcome any tips or advice! One of my runner friends, who has conquered many 5Ks and longer runs, sent an article to me with helpful suggestions.

The article is *How to Run a Mud Run: The Beginner's Guide to Getting Muddy* on theruniverse.com.

Here are a few of the tips from Lisa Roehm-Gensel:

- **Run with friends.** Most mud runs have a team option. Often, the team must start and end at the same time in order to be counted. In my opinion, this is the way to go. Why go out there and try to run super fast for a time when you can giggle and get muddy with your friends? Part of the fun is coming up with a clever team name and costumes.
- **Wear a costume.** Don't miss out on the added fun!
- **Tie your shoes nice and tight.** Some people might tell you to use duct tape. Don't. My first mud run provided duct tape at the starting line, so we assumed it was the best thing to do. All of us ended up ripping it off by the end of the race. It works well for a while and then the end starts peeling off and dragging or flopping about. Very annoying. Yes, sometimes mud can pull your shoe right off, but not often.
- **Wear socks that go at least to your ankles.** I wore low cut no-show socks for my first mud run. They ended up underneath my foot at the bottom of my shoe. Since I had used the old duct tape trick and it was before I peeled off in a sticky mess, I couldn't stop and adjust my sock. It just annoyed me the entire race.
- **Wear old shoes.** You won't want to wear them again. I just use some old running shoes that I don't wear any more. Luckily, with as much running as I do, I have plenty of old shoes. Some races have a special place to leave the shoes for donation. If you don't have old shoes, don't worry…they will come clean. I know plenty of people who throw them in the washer or hose them off. A couple of my friends hose their shoes off and save them for the next mud run.
- **Be willing to throw away any item of clothing that you wear.** I have been able to wash just about anything from these races, but you never know. Sometimes it is more trouble to get them clean.
- **Bring a garbage sack (or two) to bring your muddy stuff home.** For the stuff that you don't want to throw away, you will want something to carry them home in. Your clothes will be muddy and wet.
- **Wear tight fitting clothing.** Baggy or ill-fitting clothing will drag you down. Pants or shorts that are too big will fall down. This is not the time for those comfy fleece sweats.
- **Bring a waterproof camera.** The photo ops are great. I have always bought a disposable waterproof camera and had it developed afterwards.
- **Duck walk instead of crawl.** During the race, if you are small enough, go through tunnels etc. on your feet instead of your knees. Those obstacles are usually corrugated metal or they have gravel and they can be murder on your knees. No matter what, these obstacles are awkward and difficult to get through. Try to make it out as unscathed as possible.
- **Bring a change of clothes.** You do not want to ride home in your muddy clothing.
- **Have fun!** Isn't that the reason to do these races? Go into the race ready for anything and embrace the fun.



So this is what I had to work with while typing my article this week…he tried to take over my keyboard.

Legal Advertisement

The City of Cullman's Alcohol Review Committee will hold a Public Hearing on Thursday, March 21st, 2013 at 5:00 p.m., in the Auditorium of City Hall, located at 204 Second Avenue NE. Comments will be received on the proposed approval for the sale of alcohol in the City of Cullman by the following applicants:

Cullman Area Chamber of Commerce	301 Second Avenue SW	Special Events Alcohol License
Top of the Town catered by "Designs by Grace"	316 Second Avenue SW	Special Events Alcohol License

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

Cullman City Parks & Recreation's Flashlight Easter Egg Hunt will not be held this year due to hosting the event for many years and the amount of other egg hunting opportunities availble.

cullman city parks & recreation

In lieu of this event, we will be offering various other programs to meet the needs of our community. Visit www.cullmanrecreation.org for all our events & programs.

Community Matters

Champions Sought for Nationwide Cancer Prevention Study in Cullman

By: Mallory Hill

American Cancer Society seeks residents interested in fighting back against cancer

CULLMAN – What if you could prevent even one family member from hearing the words, "You have cancer"? The American Cancer Society is seeking cancer fighters in the Cullman area who are interested in helping to spread the word about the importance of participating in Cancer Prevention Study-3 (CPS-3), a historic nationwide study to help researchers better understand the genetic, environmental, and lifestyle factors that cause or prevent cancer.

A Volunteer Interest Meeting and Community Champion Training will take place on April 3 at Cullman Regional Medical center beginning at noon. The event will begin with registration at 11:45 a.m. CPS-3 champions will receive all the information they need to help educate and recruit community members to enroll in CPS-3 this coming July.

"This is a once-in-a-generation opportunity for Americans to participate in lifesaving cancer research," said Kristen Taylor, American Cancer Society Health Initiatives Representative. "We are excited to offer this opportunity for area residents to make an appointment and enroll in the study at their convenience on July 30.

"While the American Cancer Society has been conducting these types of studies for decades, their world-class research department can only study new and emerging cancer risks if members of the community are willing to become involved," added Alison Shirley, American Cancer Society Health Initiatives Representative.

Anyone who is interested in becoming a champion is welcome to do so – there are no specific age or other eligibility requirements.

There are, however, eligibility considerations for those who wish to enroll in the study. Men and women who are willing to commit to the study must be between the ages of 30 and 65 and never have been diagnosed with cancer. The study will enroll a diverse population of 300,000 people across the United States.

To enroll, individuals provide a waist measurement, give a small blood sample, and complete a comprehensive survey online or at the enrollment site. Over the course of the study, participants will be asked to fill out follow-up surveys every few years.

"Many individuals diagnosed with cancer struggle to answer the question, 'What caused my cancer?' In many cases, we don't know the answer," said Taylor. "CPS-3 will help us better understand what factors cause cancer, and once we know that, we can be better equipped to prevent cancer." Whether you are a cancer survivor, caregiver, or are interested in honoring a friend or loved one who has battled cancer, you are invited to serve as a CPS-3 champion.

For more information about the Volunteer Interest Meeting and Community Champion Training, please contact Kristen Taylor at 205-558-7861 or via e-mail at kristen.f.taylor@cancer.org or Alison Shirley at 205-930-8884 or via e-mail at Alison.shirley@cancer.org. For more information about CPS-3 or to enroll, visit cps3cullman.org or call toll-free 1-888-604-5888.

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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

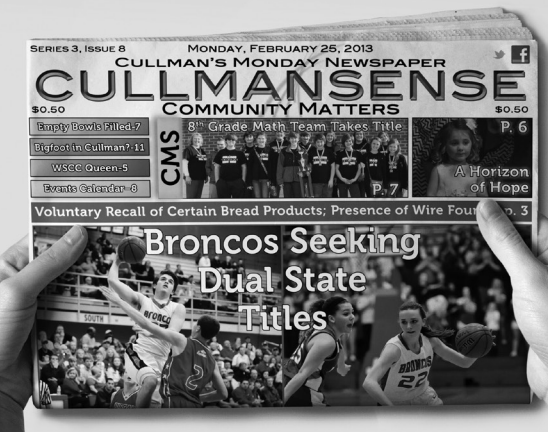
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THANK YOU FOR ALL YOUR DONATION'S BIG OR SMALL EVERY DONATION HELPS!

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Community Matters

A Family Day of Missions

By: Josh McBrayer
joshmcbrayer@cullmansense.com

VINEMONT- Three days short of two years ago, a little boy by the name of Austin Robertson, had a tragic accident in the family home.

His dream was to fly a banner around the world, telling others about the word of Jesus Christ.

To honor Austin, his family decided to make his dream of telling everyone of Our Lord a reality. This dream is what fuels the feet behind 'A Family Day for Missions'.

A 5K & 10K Run and Fun Mile Walk, along with inflatables for children, plane rides, and a drawing for a Tandem Sky Dive were held at one of Austin's favorite locations; the Cullman Municipal Airport in Vinemont.

"We felt compelled to raise money for his dream," said his mother Angie. "His father was involved in the Haiti Relief Effort after the earthquakes and I think that is what inspired (Austin) to say the things he did."

Three different groups were on hand for the cause: Saint Paul's Lutheran, where Austin was a student; Haiti's Eden, the charity that the Robertson's church, West Point First Baptist, is involved in; and Cullman Christian School, where Austin's oldest brother attends.

"It is a fund-raiser for these three groups," Robertson said, "and they are allowing us to fly Austin's banner because of what they do every day."

The money was split between the three groups based on where the entrants signed up. The prices were $25 for the 5K, $30 for the 10K, $5 for the children's inflatables and the Fun Mile Walk, and plane rides $25 each.









Civic Minded (from Front)

If you would like to get involved with the Civitan Club you can go to Cullman Civitan on Facebook or their website, civitan.com, to help make a difference in your community or beyond.







Beauty Shines (from Front)

an incredible feeling. I am grateful that I was able to share that experience with my parents."

One of the biggest rewards Bowman walked away with that evening was her knowing that she had just added an extremely valuable memory to her collection of great experiences at Clemson, remarking "being a part of homecoming court only adds to my Clemson experience."

She said that the most beneficial part of her becoming a member of the Clemson family is knowing that she is viewed as an individual and not just a number listed on a call sheet. The unity, comradery, and support she receives from her fellow classmates have shaped Bowman into the woman she proudly displays today.

"Clemson is a huge part of who I am today and who I will grow up to be. I will forever be an advocate for Clemson University," she said. "I am blessed to be a member of Clemson University's 2012 Homecoming Court. My time in Tigertown is coming to an end but my blood will forever run orange. Go (Clemson) Tigers!"

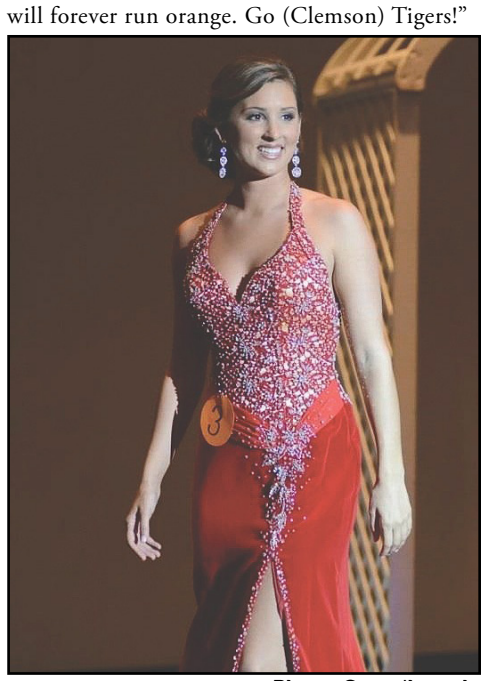
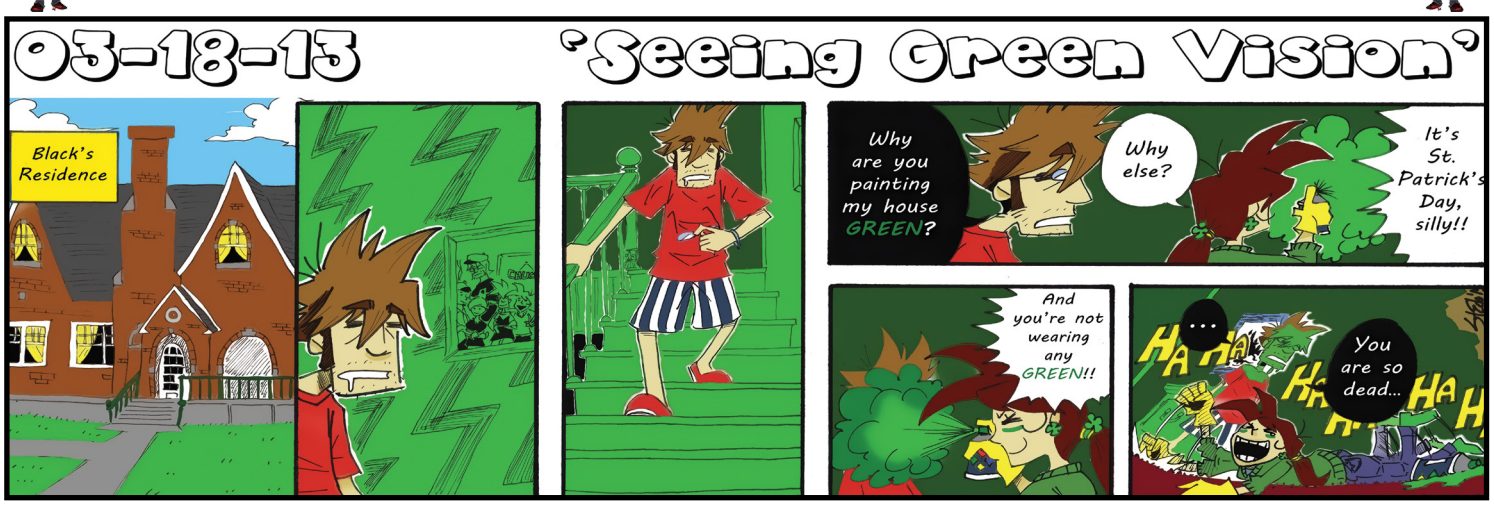


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