Series 3, Issue 12 Monday, March 25, 2013
Cullman's Monday Newspaper
CULLMANSENSE
$0.50 Community Matters $0.50

Twisting, Tumbling, Tucking, and Rolling



Cullman Gymnastics & Cheer Academy Showcase Talents at Annual Jamboree - p. 12

Rock the South Garners More Success at State Level - p. 12

Alabama's Unemployment Rate Now at 6.9%; Cullman at 6.8%

By: Jennifer Ardis

MONTGOMERY – Governor Robert Bentley recently announced Alabama's preliminary unemployment rate for January 2013 is 6.9 percent, marking the second month the state's unemployment rate is below 7% when factoring in revised figures from December.



"The long-term trend in Alabama's unemployment rate is encouraging news," Governor Bentley said. "We have seen a steady decline in unemployment over time. Dozens of industries are choosing to build and expand in Alabama, and the result is more people are going back to work. There is still much work left to be done, however, until Alabama reaches full employment, and our efforts to recruit more jobs will continue."

January's rate represents 148,724 unemployed persons, compared to 145,613 in December and 158,040 in January 2012.

The rate is up slightly from December 2012's revised rate of 6.8%. December 2012's preliminary rate was originally announced as 7.1%. January 2012's revised rate was 7.3%. "This is certainly a positive trend," Alabama Department of Labor Commissioner Tom Surtees said. "However, we still have more than 140,000 Alabamians who want to work, and we have to remain focused on helping them find and keep a job."

See Unemployment - Page 2

Bass Fishing Hall of Fame Quickly Becoming a Reality - p. 7

SouthSounds' Previews Lineup for Upcoming Festival

By: Noah Chandler
noahchandler@cullmansense.com

CULLMAN – Sounds from the sweet melodic acoustic set of Callooh! Callay!, followed by the floor shaking set of the Vintage Cowboys could be heard Saturday night at The Local Standard, as the creators of SouthSounds Music Festival invaded Cullman to showcase two great southern groups.

Festival founders Chris Skoda and Emily Hayes didn't waste any time getting the ball rolling for the hastily pieced together showcase. Hayes, a former Cullman resident, was glad to be back home playing host to native Cullman band, Vintage Cowboys and

"I lived in Cullman on and off while I was growing up and it is very cool for me to see these guys (Vintage Cowboys) doing what they love and being so well received. To borrow my

See SouthSounds' - Page 12

Fr. Mitchell Pacwa, S.J., Featured Speaker for Altar Society 'Scripture Luncheon'

By: Barbara Ragsdale

CULLMAN – Sacred Heart Altar Society presents their 16th Annual 'Scripture Luncheon' on Saturday, April 6, in the Family Life Center of Sacred Heart of Jesus Catholic Church in Cullman. This year, in honor of the Centennial Celebration of the laying of the cornerstone of the historic Church, they are pleased to announce that Fr. Mitchell Pacwa, S.J., world renowned lecturer, will be guest speaker for the event.

Fr. Pacwa, author and lecturer, perhaps is best known for his appearances on the Eternal Word Television Network where he currently hosts two television programs – "Threshold of Hope" and "EWTN LIVE", and as the weekly host of EWTN Radio "OPEN LINE" program.

See Scripture Luncheon - Page 3

Stations of the Cross

Sacred Heart Students Inspired by Jesus - p. 4

Spotlight

West Point Warriors, Lady Warriors - 5

Sports.....4
Calendar.....8
Weekly Poll..9
Comics.....10

PRINTED LOCALLY @ PRINTING Alabama Web Press

In Brief

Alabama's Unemployment Rate Now at 6.9%; Cullman at 6.8% (from Front)

Additionally, revisions conducted by the Bureau of Labor Statistics, a division of the U.S. Department of Labor, indicate that 10 months of 2012 actually had lower unemployment rates than were initially reported. August and October 2012 both saw decreases of a full percentage point. The preliminary rate for August was 8.5%, which was revised to 7.5%, and October's preliminary rate was 8.1%, which was revised to 7.1%.

"The revisions point to conclusions that we've been advocating for a while," Surtees said. "We have seen a pattern of lower initial unemployment compensation claims, increased numbers of active job orders on our jobs database, and fewer companies are reporting layoffs. These factors all contribute to a better employment picture in the state."

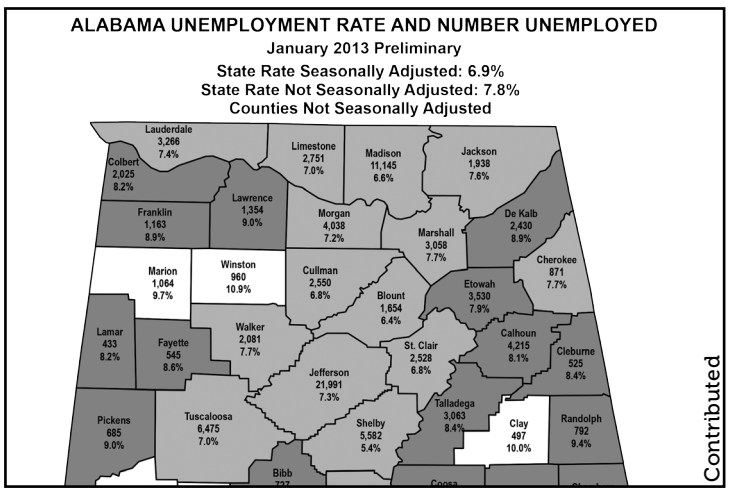
Initial unemployment compensation claims remain below 2009 levels. In January, initial claims numbered 34,560, compared to 61,033 in 2009. In 2008, the figure was 35,766.

Active job orders placed by employers on the state's online jobs database www.joblink.alabama.gov numbered 15,253, which remain at an all-time high.

Counties with the lowest unemployment rates are: Shelby County at 5.4%, Blount County at 6.4%, and Madison County at 6.6%.

Counties with the highest unemployment rates are: Wilcox County at 17.4%, Lowndes County at 14.5%, and Bullock, Perry, and Dallas Counties at 13.9%.

February's unemployment rate will be released on Friday, March 29, 2013.



Contributed

Construction Training and Certifications Offered Free of Charge, Funded by the U.S. Department of Labor and American Recovery and Reinvestment Act

By: Kristen Holmes

WSCC Contributor

HANCEVILLE – Thanks to a grant from the U.S. Department of Labor and the American Recovery and Reinvestment Act, Wallace State Community College in Hanceville will provide certification opportunities for men and women in the construction field through the National Center for Construction Education and Research (NCCER).

Starting on April 1, anyone with the desire to earn certification in a wide range of construction skills can do so for free, saving themselves or their employer the $750 to $2,500 it would normally cost for training.

There are no educational requirements. A high school diploma or GED is preferred, but is not necessary.

The only requirement is mandatory attendance to the first three classes on April 1, 3, and 8 where participants will learn core fundamentals regarding safety, reading blueprints, and other basic information necessary for completing training.

From then on, separate one-day certification classes will be offered.

Each day ends with testing for certification on the topic covered. Participants can choose to attend any or all of the individual certification courses.

The individual courses and dates include:

- April 10: NCCER Site Layout certification (Core 1)
- April 15: NCCER Concrete Reinforcing Materials and Forms certification (Core 2)
- April 17: NCCER Handling and Placing Concrete certification (Core 3)
- April 22: NCCER Introductory to Masonry certification
- April 24: NCCER Floor Systems certification
- April 29: NCCER Wall and Ceiling Framing I certification
- May 1: NCCER Wall and Ceiling Framing II certification
- May 6: NCCER Roof Framing I certification
- May 8: NCCER: Roof Framing II certification
- May 13: NCCER Roofing Applications certification
- May 15: NCCER Exterior Finishing Certification
- May 20 NCCER Basic Stair Layout certification
- May 22: NCCER Electrical Safety certification
- May 29: NCCER Residential Electrical Services certification
- June 3: NCCER Introduction to HVAC certification
- June 5: NCCER Introduction to Drain, Waste and Vent Systems certification
- June 10: NCCER Plastic Pipe and Fittings certification
- June 12: NCCER Copper Pipe and Fittings Certification

Classes on June 17, 19, and 24 will be determined based on the need of individuals to complete certifications if any absences occurred.

Wallace State will provide the books and tools for use during the classes as well as cover the cost of the certification exams. Classes will be offered on Mondays and Wednesdays from 8 a.m. to 2 p.m. for the written certifications.

On Tuesdays and Thursdays during this time period a hands-on lab will be offered for additional practical certifications related to the classroom topics covered.

These classes will prove beneficial to both employers who are looking for certified employees without having to pay for their training.

Plus, the certification will give them a head start since NCCER is likely to become the OSHA certifying agency for the construction industry and is already highly regarded in the field.

For more information about these classes, call Drafting/Design instructor Kristi Bain at 256-352-8165 or Construction Training instructor Rick Nail at 256-352-8226.

U.S. Forest Service Opens Recreation Sites in Alabama's National Forests

By: Tammy Truett

Montgomery – With warmer days fast approaching, outdoor enthusiasts will have many opportunities to escape to nature in Alabama's four national forests - Bankhead, Talladega, Tuskegee, and Conecuh.

The U.S. Forest Service's recreation season is beginning in the national forests with site enhancements and a change in program delivery.

Plan ahead and visit the website www.fs.usda.gov/alabama or contact a Forest Service district office for directions, recreation activities, safety tips, fee waiver dates, and recreation user fee amounts.

"We are preparing for another busy recreation season because many people are staying in Alabama to vacation," said Steve Lohr, Forest Supervisor for the National Forests in Alabama.

"There's a lot to do in Alabama, and we have a team of recreation specialists and volunteers who are dedicated to making sure visitors enjoy their time in our national forests," Lohr said.

The Forest Service manages 27 recreation sites and more than 363 miles of trails throughout the Alabama's national forests.

The public can enjoy group picnic shelters, developed campgrounds, fishing ponds, sandy-white beaches, and numerous trails designated for hiking, horse-back riding, mountain biking, and off-road vehicles.

Last year, approximately 1.3 million recreation visitor days took place with the Forest collecting approximately $431,242 in recreation user fees that were applied directly back to the sites.

According to Joe Nicholson, recreation unit leader, the public can expect to see upgrades to wilderness area parking lots, trail maintenance on various horse and off-highway vehicle trails, gravel on camping pads, upgrades to a shooting range, plus more.

One change in program delivery will be on the Bankhead National Forest that now has two facilities managed by private concessionaires.

The American Land and Leisure is the new concessionaire for Clear Creek and Corinth Recreation Areas in northwest Alabama.

They charge for their services as any private company does, so their fees will be different than other recreation sites.

Visitors should also be aware that they will not honor America the Beautiful Passes for day-use fees.

The concessionaire will operate Clear Creek and Corinth's parking lots, campgrounds, boat ramps and much more on behalf of the Forest Service.

Some campsites will require reservations; so please call 1-877-444-6777 or reserve on-line at www.reserveamerica.com.

If you have questions about Clear Creek and Corinth Recreation Areas, please call (205) 384-4792.

The partnership with American Land and Leisure will assist the Forest Service in managing the Bankhead's most popular recreation sites – Clear Creek and Corinth.

"We are pleased to work with American Land and Leisure who will continue to provide a quality recreation experience," said Nicholson, Forest Service recreation unit leader.

"Unlike the other recreation sites, Clear Creek and Corinth will receive a percentage of proceeds from the recreation fees," said Nicholson.

The "America the Beautiful Pass" Program is a suite of annual and lifetime passes that provide U.S. citizens and visitors an affordable and convenient way to access Federal recreation lands.

The five passes – Annual, Military, Senior Access, and Volunteer provide a discount to card holders to sites except for Clear Creek and Corinth Recreation Areas in the Bankhead National Forest.

The passports can also be used at other federal recreation sites.

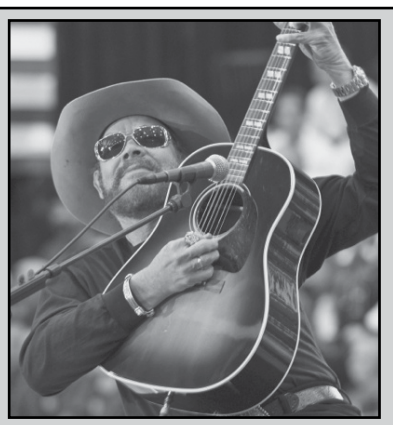
For information about recreation sites, contact your nearest Forest Service district office or the central office in Montgomery at 334-832-3370; Bankhead District in Double Springs 205-489-5111, Conecuh District in Andalusia 334-222-2555, Shoal Creek District in Heflin 256-463-2272, Talladega District in Talladega 256-362-2909, Oakmulgee District in Centreville 205-926-9765, and the Tuskegee District in Tuskegee 334-727-2652.

What's Online

HANK WILLIAMS, JR. AND GREGG ALLMAN TO HEADLINE ROCK THE SOUTH MUSIC FESTIVAL

Just weeks after announcing Scotty McCreery to the all-star lineup of the Rock the South Music Festival, Premier Productions was at it again Wednesday."

qrne.ws/20



BEAUTY SHINES IN DEATH VALLEY

Recently, Cullman High School graduate and Cullman native Claire-Peyton Bowman competed and placed in the Ms. Clemson Homecoming pageant.

qrne.ws/21

ADPH INVESTIGATES ALLEGATIONS

The ADPH is conducting an ongoing investigation into whether an unlicensed abortion/reproductive health center is being operated in Birmingham.

qrne.ws/22

In Brief

Cullman Regional Medical Center Pediatric Unit Receives Gifts from Local School Children

By: Amy Linton

CRMC Contributor

CULLMAN – The Pediatric Closet at Cullman Regional Medical Center just got a little more full thanks to the generosity of a local schoolteacher and her students.

Candy Thomas, a fourth grade teacher at St. Paul's Lutheran School, wanted her students to participate in a Donations Drive coinciding with National Lutheran Schools Week in January.

Ms. Thomas inquired about items CRMC needed and was told about the Pediatric Closet. Ms.

Thomas said her students were excited to gather items to donate for the infants and children who are hospitalized.

The children donated items such as baby bottles, disposable sippy cups, blankets, socks, stuffed animals, books, coloring books, crayons, and toys.



Shown receiving the gifts from St. Paul's Lutheran School on behalf of the CRMC Pediatric Unit, left to right: Sandy Harbison, Charge Nurse; Donna Mann, RN; Kayla Lancaster, CPCA; Pam Taylor, RN; Roberta Bradley, CPCA.

Sacred Heart Students inspired by Jesus, Stations of the Cross

By: Barbara Ragsdale

CULLMAN – Sacred Heart School students gather every two weeks to celebrate the Rosary of the Blessed Mother. Each time different grades bring to life various stories in the Bible and the New Testament. Recently as they celebrated the fifth Sorrowful Mystery, the Crucifixion and death of Jesus, students reenacted the last moments of His life on the cross, surrounded by His Mother and followers as well as by His persecutors.

They placed the sign 'King of the Jews' above His head, taunted Him, decided to keep His cloak intact, offered Him sour wine and vinegar to drink and physically shook when He gave up His life and the earth trembled. "Surely this man was the Son of God", they proclaimed. Mrs. Rebecca Whited, music instructor, works with the students to prepare for their 'mini' theatrical productions, helping to enhance the students visual insight into each themed play they present.

Fr. Patrick Egan, OSB, Pastor of Sacred Heart of Jesus, comes over for each gathering to pray with the students. This time he asked them to raise their hands up high as Jesus had His when He was hanging on the cross. He wanted to impress on them how this position contracts the lungs and makes breathing difficult.

He spoke with them about Jesus' pain and suffering on that Good Friday. Fr. Patrick brought the passion of the Lord vividly to life to help them understand the reenactment of the Crucifixion they were about to see. He also reminded them that they could help around the house, do school work properly and on time, and be kind to others as a way to show the Blessed Lord their love for Him.

Sacred Heart Students Attend Weekly Lenten Stations of the Cross

Each Friday afternoon during Lent Sacred Heart School students process from the school into the adjoining Church to participate in Stations of the Cross.

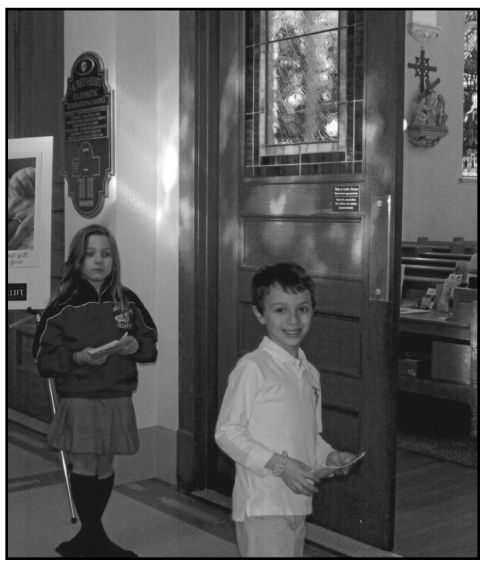
Using a book prepared especially for youth, they follow along with either Fr. Patrick Egan, OSB, their Pastor, or Fr. John O'Donnell, OSB, Associate Pastor, as they accompany Christ on His long journey from the courts of Pilot to the hill of Calvary.

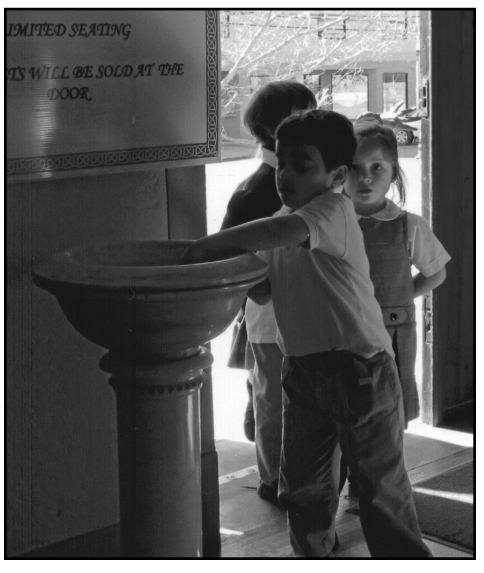
The verses of the stations are aimed at helping youth understand exactly what Jesus did for them by dying on the cross, how they can follow along on His journey and how

He always is there to support them on their own walks through life. Many adults also attend the afternoon stations, as well as the ones which take place at 7 p.m each Friday night during Lent.









Scripture Luncheon (from Front)

Fluent in twelve languages, Fr. Pacwa established 'Ignatius Productions' in 2000, a Catholic media production apostolate under the Society of Jesus, his religious order. The mission of the organization is to teach people the scriptures, educate Catholics about their Faith, and promote unity and understanding within the Mystical Body of Christ.

During his 37 years as a Jesuit priest he has taught at the high school, university, and seminary levels. His extensive travels to the Holy Land inspired him to write the "Holy Land Prayer Book" which can be used as a prayer book guide for any pilgrim visiting those sacred sites. In addition, due to his travels, he has acquired a unique understanding of the peoples and cultures of the Middle East.

Fr. Pacwa, a bestselling Catholic author, wrote one of the most highly recommended books by the Vatican on the New Age Movement called "Catholics and the New Age: How Good People Are Being Drawn into Jungian Psychology, the Enneagram and the Age of Aquarius". His two newest releases include "The Eucharist: A Bible Study for Catholics" (2013) and "The Year of Faith: A Bible Study for Catholics" (2012) with Our Sunday Visitor.

Fr. Pacwa has the privilege of being bi-ritual, meaning he also celebrates the Maronite Mass of the Eastern Catholic Church. His website highlights more about his ministry: www.fathermitchpacwa.org.

Tickets for the 'Scripture Luncheon' are $20.00 per person and are available by calling: Diane Harwood at 205-701-1969 or Marie Klun at 814-590-9916. Tickets are LIMITED and no tickets will be sold at the door!

This year's Scripture Luncheon theme is 'Treasures of God's Mercy', and, as usual, tables will be decorated according to the individual scripture verses chosen by the table host. The event will open with a 'Social Hour' at 10:30 am followed by lunch and Fr. Pacwa's talk. Everyone is invited to attend this special gathering hosted by the women of Sacred Heart of Jesus Altar Society. Those who wish to attend are encouraged to obtain their tickets as soon as possible.

Strait Way Quartet to Perform at CRMC; Proceeds to benefit Relay for Life

By: Lindsey Dossey

CRMC Contributor

CULLMAN – Cullman Regional Medical Center's Third Floor Relay for Life Team is hosting the Strait Way Quartet on Friday, April 26, 2013. Strait Way Quartet is an up-and-coming male quartet from Cullman who combines energy, talent, and enthusiasm with a desire to minister to others.

Strait Way Quartet is quickly established themselves as a true traditional southern gospel quartet. It is the goal of Strait Way Quartet to carry on the grand tradition that is Southern Gospel Music, and do it in a way that respects those who have carried this gospel torch before them. Learn more about the Strait Way Quartet online at www.strait-wayquartet.com.

The concert will be held in CRMC's Colonel Cullmann Room, located in the Community Education Center in Professional Office Building II — 1912 Alabama Highway 157, POB II, Cullman, Alabama 35058. Tickets are $8 in advance and $10 at the door, children under the age of 8 get in free. For more information about tickets call (256) 737-2373.

SPORTS

Wallace State's inaugural BASS Fishing Club underway, set for group's second competition at Smith Lake

By: Russell Moore

WSCC Contributor

HANCEVILLE – When Wallace State freshman Ethan Flack has spare time, he can normally be found with a rod and reel in his hand. Flack, 19, has been an avid angler his entire life and decided this semester to use his passion to benefit other anglers at Wallace State.

Flack has been instrumental in helping form the inaugural Wallace State BASS Fishing Club, which competed for the first time in late February at Guntersville and plans to fish again as a group at Lewis Smith Lake, beginning Friday morning.

"I knew some of the bigger universities have fishing clubs, so I thought it would be neat if Wallace State could start one. I researched how to be able to start a fishing club, found an advisor to sponsor the group, and now we've gained a lot of interest," said Flack, the WSCC BASS fishing club president.

"All of the guys who have joined the club love to fish. We're excited about being able to fish in bass tournaments and for us to do it as Wallace State students. We want to get the Wallace State name out there."

At Guntersville, Wallace State had 10 anglers compete, launching off five boats, and had successful results. Flack and J.R. Sapp earned the best finish for Wallace State, reeling in five fish weighing 26 pounds, 1 ounce. Logan Shaddix and Ethan Rose caught two fish weighing 9 pounds, 14 ounces and Jorden Tuten and Bryant Quattlebaum collected a pair of fish weighing in at 7 pounds, 12 ounces. Catching one fish apiece were the duos of Sam McCombs and Seth Newell and Greg Dean and Colton Henderson.

Flack senses the current Wallace State BASS Fishing Club will grow more comfortable as a unit as they compete in additional tournaments.

"We are all going to take pride in fishing for Wallace State. We hope it's a club that continues to grow," Flack added.

The primary purpose of the Wallace State BASS Fishing Club is to encourage camaraderie, sportsmanship, integrity, conservation, and development of the skills and knowledge needed to be successful anglers by competing with other schools in FLW National Guard College Fishing tournaments and other fishing tournaments on a local and regional basis.

In order to compete for Wallace State, one must be a full-time student. Those interested in the club can call 256-352-8154.

Wallace State faculty club sponsors are Joe Hendrix, Jeremy Smith, and Brian Hall.
For more information about Wallace State, visit wallacestate.edu.



J.R. Sapp, left, and Ethan Flack after inaugural competition

Karen Hoppa Receives Contract Extension Through 2017 Season

By: Dan Froehlich

AUBURN – With seven straight NCAA Tournament berths and two consecutive SEC Tournament Championship Game appearances currently on her resume, Auburn Head Soccer Coach Karen Hoppa has received a five-year extension to her contract, keeping her at Auburn through the 2017 season.

"I am very grateful to (Athletics Director) Jay Jacobs, (Senior Women's Administrator) Meredith Jenkins, and Auburn University for extending my contract," Hoppa said.

"While we take great pride in what we have accomplished here during my tenure, we know there is more work to do and I will work tirelessly to take this program to the next level. I am blessed to work at such a wonderful institution, and I look forward to the next five years! War Eagle!"

"Karen and the soccer program have always been great representatives of Auburn athletically, academically, and in the community, and we are appreciative of her hard work and dedication. We look forward to continued success from Karen and team in the years to come," Auburn Athletics Director Jay Jacobs said.

Hoppa came to Auburn prior to the 1999 season and has guided the program to a 164-111-24 (.587) mark during her 14 seasons.

She is also now 228-155-33 (.588) in 20 years as a Division I head coach and is currently 35th among the winningest active coaches by victories.

Hoppa's teams have continued to be one of the top programs in the league, winning the SEC Western Division seven times and advancing to the NCAA Tournament 11 out of her 14 years at the helm.

Auburn has also advanced to the SEC Tournament 12 consecutive times, the third-longest active streak in the conference.

Off the field Hoppa's teams are just as successful as it was recently awarded a NSCAA Team Academic Award for the ninth straight season for the team's 3.12 cumulative GPA. It also placed 12 student-athletes on the 2012 Fall SEC Academic Honor Roll.

Through the years she has seen a trio of players earn CoSIDA Academic All-America recognition in Katy Frierson (2011), Jenn Johnson (2007 & 2008), and Erin Hinson (2003), while Frierson was named the NSCAA Scholar-Athlete of the Year in 2010.

Hoppa is the dean of the SEC West and has the second-highest win total at a single SEC school by any current coach in the league.

Since the start of the 2001 season, two years after her arrival at Auburn, she has guided the program to 12 10-win seasons and an astounding 46-15-4 (.738) mark against SEC West teams.

Auburn finished the 2012 season with a 13-11-1, 7-6-0 SEC mark and advanced to the NCAA Tournament Second Round.

For Auburn soccer updates, follow on twitter @AU_Soccer

Ups and Downs in latest AWSA rankings

By: Josh McBrayer

joshmcbrayer@cullmansense.com

The third installment of the Alabama Sportswriter's Association baseball and softball rankings saw the Cullman Bearcats fall two spots from #2 last week to #4 this week following a doubleheader loss to Southside (3-2 and 9-1), while the Vinemont Eagles stayed put at #9 in 3A. The Lady Broncos exit the rankings in 3A and Good Hope holds tight to the #8 spot.

BASEBALL

Cullman Bearcats #4 Class 5A

The Bearcats are heading into the teeth of their area schedule, playing four games with Hartselle and four games with West Point, that will likely decide the seeding in the area tournament.

CLASS 5A

1. Spanish Fort (16-2)
2. Faith Academy (18-1)
3. Southside-Gadsden (11-4)
4. Cullman (10-8)
5. Russell County (14-6)
6. Hartselle (17-6)
7. Homewood (13-1)
8. Demopolis (11-3)
9. Chilton County (12-6)
10. Etowah (11-5)

Vinemont Eagles #9 Class 3A

Chad Shannon's Vinemont Eagles sit at #9 in the latest ASWA polls. The Eagles have gone 3-2 over their last five games which was good enough for the Eagles to hold on to the #9 spot for the second consecutive week.

CLASS 3A

1. W.S. Neal (10-0)
2. Mars Hill Bible (13-7)
3. Deshler (16-7)
4. Thorsby (18-2)
5. Montevallo (14-2)
6. Plainview (12-1)
7. Cleveland (11-4)
8. Opp (10-2)
9. Vinemont (11-4)
10. Trinity (10-4)

SOFTBALL

Good Hope Lady Raiders #8 Class 3A

Despite going 3-0 over the last seven days, the Lady Raiders stay at #8. This is Good Hope's third straight appearance on the top 10 and the second in a row in the eighth spot.

CLASS 3A

1. Pisgah (11-2)
2. Glencoe (13-3)
3. American Christian (12-5)
4. Winfield (10-4)
5. White Plains (13-5)
6. Leeds (8-5)
7. Cordova (10-4-1)
8. Good Hope (12-5)
9. Opp (10-0)
10. Madison Academy (15-5)

NOTE: Holly Pond drops from the #5 spot, all the way out of the poll after losing five straight games.



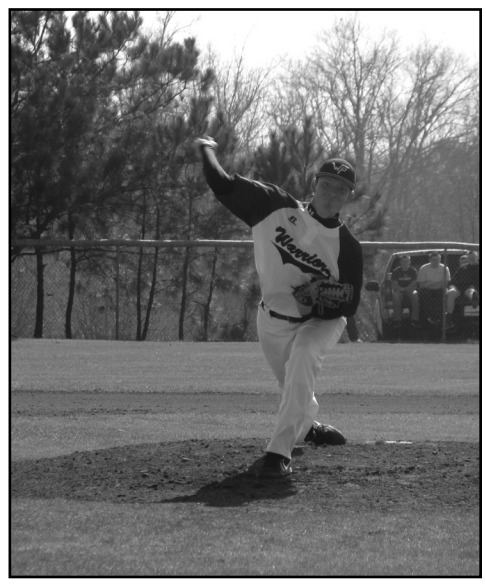


SPORTS

Area Team Spotlight: West Point Warriors, Lady Warriors

By: Josh McBrayer
joshmcbrayer@cullmansense.com





WEST POINT – The spring sports season is well under way across Cullman. With the county baseball tournament, won by the West Point Warriors, completed and the softball tournament right around the corner, both West Point squads are gearing up for a run at the 5A State title that awaits in Montgomery.

West Point Warriors

The West Point Warriors are coached by Trai Meadows and he is assisted by former MLB pitcher, Steve Woodard. Meadows is in his second full year as head coach of the Warriors and is building one of the best programs in all of 5A.

Leading the way for Meadows on the mound is Wallace State signee, Wesley Waters. The 6'1", 190 lb. Senior is averaging over 12 strikeouts a game with his well above average fastball and his wicked breaking pitches that leave batters speechless in the batter's box.

"One word," Meadows said when asked about Waters' season on the mound thus far, "amazing."

Sophomore Ryder Jones is a solid number two on the mound. Contrary to Waters who overpowers hitters, Jones uses command to move the ball left, right, up, and down in the strike zone to keep the hitters guessing.

As solid as the Warriors are on the bump, they are just as accomplished at the plate. Waters and Ryder, along with catcher Wesley Smith, all hit for power.

The trio use the entire field, going gap to gap and are very capable of launching a home run anytime they step in the batter's box.

Tate Duckett is a speedster who can turn a sacrifice bunt into a single or stretch a single to a double with ease. Duckett also has a green light to swipe a bag anytime he is on base.

Coming off of an undefeated run through the double elimination Cullman County Tournament, the Warriors are entering the heart of Area play. Key games include four games with the Hartselle Tigers and four games with the Cullman Bearcats.

The road to Montgomery runs straight through West Point.

West Point Lady Warriors

Just across the gravel walkway from the baseball diamond, the softball field is home to the West Point Lady Warriors.

The ladies have had a tough go of the season thus far, going 4-7, but that is no indication of the heart and determination of the Lady Warriors.

"We have played the top teams in their divisions," said Lady Warriors head coach Kevin Sullins, "We have had a good season so far even if our record does not indicate it."

West Point's number one on the mound is Karley Beck. Mixing speeds and heights, Beck never lets hitters get comfortable at bat.

Soon to be Wallace State Lady Lion, Courtney Walker, is the big bopper on the team. The coaching staff is comfortable with the bat in her hand and the game on the line. Looking to pick up RBI's every time she steps in, she gets the most out of every swing.

"(Walker) is hitting .400 with one home run," Sullins said.

"She hits for average AND power."

While the Lady Warriors may currently be under .500, look for West Point to make a second half run and get right back in the hunt for the county title.

Baseball & Softball Scoring Wrap-up

By: Josh McBrayer
joshmcbrayer@cullmansense.com

3-19

BASEBALL
Cold Springs 1 vs. Vinemont **4**
Douglas 6 vs. Good Hope **7**
Brindlee Mountain vs. Holly Pond **N/A**
East Limestone 1 vs. Cullman **4**
East Limestone 0 vs. Cullman **12**

SOFTBALL
Vinemont 0 vs. Danville 1
West Point vs. Cold Springs **N/A**
Hanceville 0 vs. Good Hope **12**
Guntersville vs. Holly Pond **N/A**
Locust Fork vs. Fairview **N/A**

3-21

BASEBALL
Meek 1 vs. Vinemont **17**
Meek **5** vs. Vinemont 4
Holly Pond vs. Brindle Mountain **N/A**
Cullman 4 vs. East Limestone **5**
Cullman **13** vs. East Limestone 0
West Point 1 vs. Hartselle **3**
West Point 1 vs. Hartselle **12**

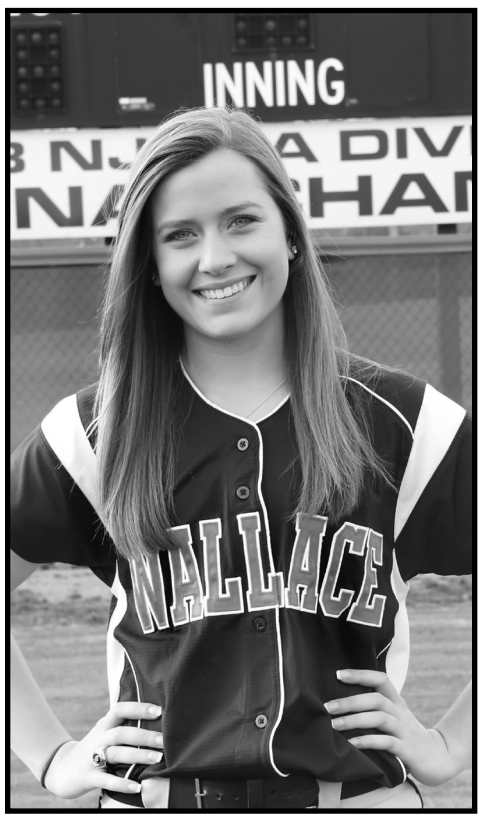
SOFTBALL
Fairview vs. Hanceville **N/A**
Good Hope **7** vs. Vinemont 0
West Point vs. Hartselle **N/A**
Holly Pond vs. Brindlee Mountain **N/A**

3-22

BASEBALL
Gardendale 4 vs. Cullman 2
Oak Grove 0 vs. **Cullman 2**
Priceville 0 vs. **Good Hope 17**
Addison 0 vs. **Good Hope 16**

WSCC softball OF Katie Gentle named OC NJCAA Player of the Week

By: Russell Moore
WSCC Contributor



HANCEVILLE – Wallace State sophomore outfielder Katie Gentle has been named the OC National Junior College Athletic Association (NJCAA) Player of the Week for her impressive work during a March 11-17 stretch.

Gentle hit .667 (14 for 21) last week with six doubles, a homer, 10 RBIs, 10 runs scored, and four stolen bases, lifting the No. 10 Lions to wins in six of seven games at the ACCC Crossover tournament in Montgomery.

The Hartselle graduate has put together a stellar sophomore season thus far, hitting a whopping .507 with four homers, 24 RBIs, and 17 stolen bases.

As a freshman, Gentle hit .342 with six homers and 39 RBIs as the Lady Lions won their fifth state tournament championship in six seasons and finished third in the nation.

Wallace State, the 2008 national champion, travels to Alabama Southern on Saturday.

The Lady Lions (23-6) return home April 9 to play Gadsden State.

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!

Make a Difference! DONATE

Tax receipts will be available upon request.



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.

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

How are we doing?
feedback@cullmansense.com

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

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



Community Matters

WSCC's Nursing Department hosts more than 1,000 first graders during "Let's Pretend Hospital" week

By: Kristen Holmes

WSCC Contributor

HANCEVILLE – Wallace State Community College's Nursing Department hosted its sixth annual "Let's Pretend Hospital" last week, hosting more than 1,000 first graders from Cullman County. Nursing students used the popular project to teach children the importance of healthy eating, washing one's hands to prevent infections, and critical safety procedures. Classrooms were also transformed into mock X-ray, operating, and emergency rooms, and the Wallace State nursing students shared time performing skits as nurses, doctors, technicians, or emergency room patients, among other roles.

Wallace State began participating in "Let's Pretend Hospital" in 2008 and uses the project each year to help the first graders become less hesitant about visiting a hospital, teaching important lessons in a laid-back and entertaining manner. It also serves as an educational experience for nursing students.

"Our faculty and staff view this as a part of the fulfillment of our mission, which says that we are dedicated to 'transforming the lives of patients, families, and the community.' I challenged our students to embrace fulfilling our mission, to develop teamwork, and to interact with a specific developmental age group. Our students designed 'age appropriate' interactive activities to communicate about the hospital and safety issues to these children while giving them a positive memory of the nursing profession," said Wallace State Nursing Chair Deborah Hoover. "'Let's Pretend Hospital' is always a chance for children to be exposed to a health care profession, view a community college campus located in their own county, and for them to learn as well about healthy eating, safety issues, and decrease their anxiety about the hospital."

Before she enrolled in the program, first-year Wallace State nursing student Elizabeth Dueland was aware of "Let's Pretend Hospital" because her children toured it last year as first graders.

"I told my kids it was time for it and they remembered a lot from last year. It's very rewarding to see children remember things like that. It sticks in their heads and you hope they aren't scared the next time they have to visit a hospital, whether they have to visit a hospital for themselves or for someone they know," said Dueland, a Cullman resident. "The neat thing about this project is that everyone is involved and you really see how much pride our students and instructors have in this event. We like to leave a positive impression, and we've gotten a lot of great feedback from the parents who've visited with their kids. This is like our baby and it shows the community a lot about Wallace State and the nursing program. That's even one reason I became interested in joining this program."

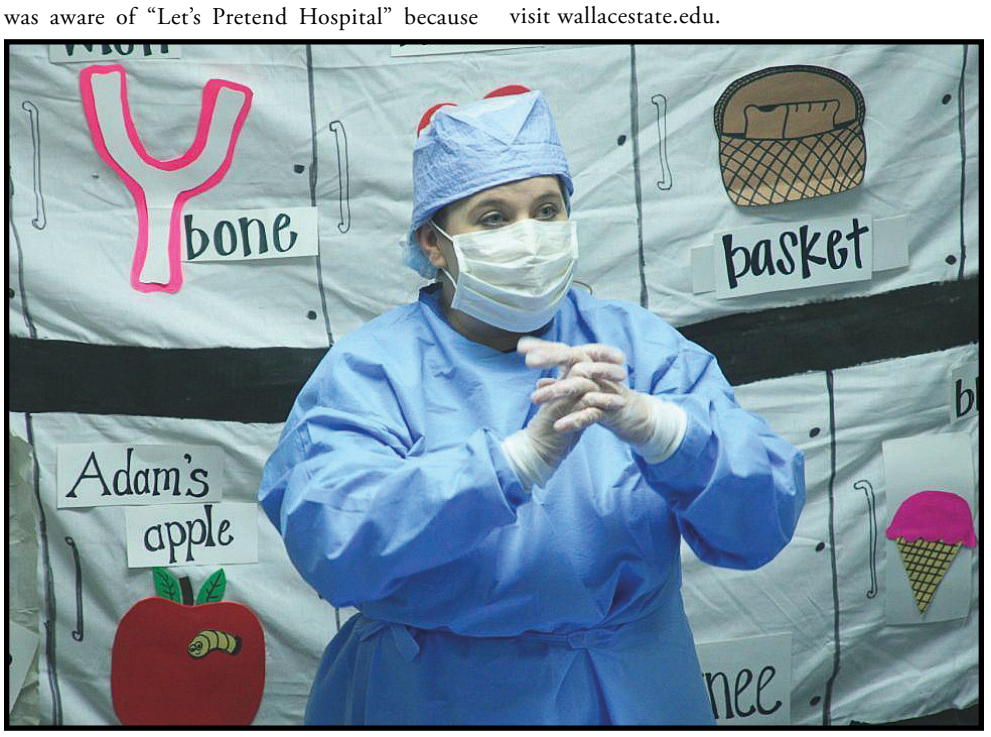
Sixteen elementary schools visited Wallace State's campus during "Let's Pretend Hospital" week, possibly marking the final time it's conducted in the Robert T. Wilson Nursing Building. Wallace State broke ground on a new School of Nursing and Center for Science building in February 2012 and it is expected to open in fall 2013.

Hoover added that the week provided a chance for the nursing students to become better acquainted with each other and the positive feedback from visitors specifically praised the group's kindness, organization, and enthusiasm.

The mission of the Wallace State Department of Nursing is to promote standards of excellence in nursing education through student-centered learning while emphasizing integrity, compassion, resourcefulness, and diversity.

The Department of Nursing will produce graduates who are dedicated and exceptional healthcare providers committed to transforming the lives of patients, families, and the community.

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



Wallace State nursing student Karla Wynn of Cullman poses as a surgeon during "Let's Pretend Hospital" and explains certain aspects to first graders from Vinemont Elementary School.



Community Matters

Bass Fishing Hall of Fame Quickly Becoming a Reality

By: Noah Chandler
noahchandler@cullmansense.com

CULLMAN – With a big smile and a bevy of jokes, Bass Fishing Hall of Fame president Sammy Lee spoke to Cullman residents recently at a Cullman Area Chamber of Commerce luncheon, sponsored by American Proteins, about the future home of the Bass Fishing Hall of Fame.

The $17 million proposed site will be located on County Road 222, on the extensive Burrow Property lot. Once Governor Robert Bentley announced plans to add an interchange on Interstate 65, it was not much long after that Lee and others with the hall of fame made their decision public to build at the proposed site.

"The interchange was a key component for this to work," said Lee. "Mac (Buttram) you did a great job getting this done."

After dishing out a few "Roll Tides" those Auburn fans in attendance were able to reverse a bit of the state rivalry ribbing from Lee as he announced plans to unite with the university's fisheries program in an effort to help expand the already world renowned program. Lee added that the benefits to hosting Auburn at the facility would hopefully spark the minds of younger residents who may one day elect to follow the streams and rivers opposed to the typical path.

"There are a lot of benefits to having Auburn at the facility," he said. "Not only will Auburn have a research facility in Cullman but it will also serve as a great learning tool for everyone."

One aspect which had many in attendance excited was the offering of a Fishing Camp. Lee boasted that the camp is a great way for children to learn the importance of proper fishing techniques, something many parents may not know.

"We have already received commitments from every major fisherman to come to the hall of fame," said Lee. "They aren't coming just to sign autographs either. They are going to talk about fishing, give out some tips, and actively interact with the kids. It's going to be a great addition."

The hall of fame is slated to open in the first quarter of 2015, which Lee admits is an audacious goal. The facility, which is projected to include a nearly 31,000-square-foot hall of fame – housing an aquarium, gift shop, and exhibit space – along with a 56,250 square-foot civic center will require a bit of funds, as the estimated total sits at $17 million. Lee said early projections show the hall of fame could be a massive tourist attraction for Cullman, and he believes it will attract more than 250,000 visitors per year.

"They told me it would take longer, so maybe I should have told them our deadline was November 2014," joked Lee. "But honestly, this is great community and there isn't a better a place to have the Bass Fishing Hall of Fame than here in Cullman County. Did you know that 4 of the 11 Bass fishing trails are within one hour of Cullman? Just another reason why this is the perfect location."

> "But honestly, this is great community and there isn't a better a place to have the Bass Fishing Hall of Fame than here in Cullman County."



Aderholt Questions Inspector General Fong on Fraud, Mismanagement, and Deficiencies at USDA

By: Anne Marie Malecha

Washington, D.C. — Congressman Robert Aderholt (AL-04), Chairman of the Agriculture, Rural Development, Food and Drug Administration and Related Agencies Subcommittee for the House Appropriations Committee, released the following statement after the United States Department of Agriculture's (USDA) Inspector General Phyllis Fong, Assistant Inspector General for Investigations Karen Ellis, and Assistant Inspector General for Audits Gil Harden testified before the Subcommittee.

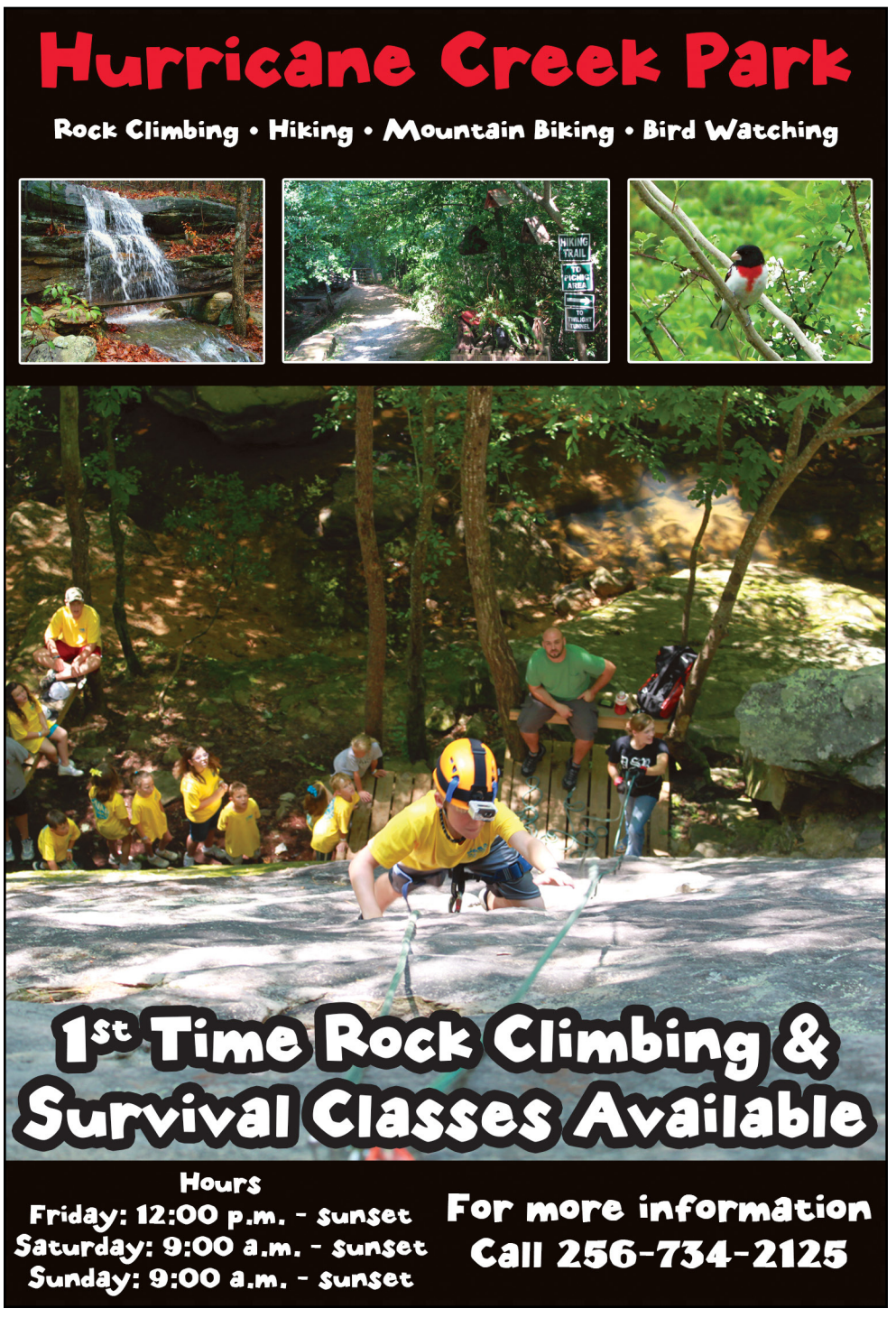
"Combating waste, fraud, and abuse of federal taxpayer dollars at USDA is no easy task, but it is a critical mission of the Office of the Inspector General (OIG)," said Aderholt. "While I appreciate that progress has been made by USDA, I remain very concerned with the high-dollar fraud happening in food and nutrition assistance programs like SNAP and WIC and USDA's longstanding challenges with information technology investments and security."

"The Food and Nutrition Service (FNS) estimates there is $800 million in federal nutrition assistance that is spent fraudulently every year. However, a recent OIG report says FNS has not established processes to estimate or identify the total amount of SNAP fraud occurring nationwide. If USDA is not even sure it can estimate the fraud happening within its nutrition programs, how can we accurately and efficiently take steps to eliminate that fraud and improve the Department's programs?"

"In this day and age, cyber threats are one of the biggest dangers our country faces. Over the past three years, Congress has made a $66 million investment through the Office of the Chief Information Officer (OCIO) to address these issues. However, a recent audit found that despite this investment, there are more than 25 OIG recommendations that have not been acted upon. While it seems the OCIO is working to minimize cyber threats, this Subcommittee believes that the Department needs to do far more to address this urgent matter. This is a matter of our nation's economic security and should not be taken lightly."

"While I am pleased to see progress is being made in reducing fraud and mismanagement of taxpayer resources, significant waste and deficiencies within USDA still remain, and in today's tough budget environment we simply cannot afford to be wasteful." 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.

Find us on Facebook
facebook.com/CullmanSense
Follow us On Twitter
twitter.com/CullmanSense



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.

Swamp John's Dinner at Duck River Baptist Church
Everyone is invited to attend a 'Swamp John's' dinner from 4 p.m. until 7 p.m. at Duck River Baptist Church. For $10.00 a plate, you can choose fish and/or chicken with all the trimmings. This fundraiser is to benefit the Circle of Fayeth Relay for Life Team. Teresa Reid, 256-507-1191 or Sherri Hilliar, 256-739-0539, can provide additional information about this event. Come support a good cause and enjoy a great meal to boot.

Dog Obedience Class
Cullman Parks & Recreation will sponsor a 7 week Dog Obedience class with Barbara Guettner as instructor from March 26 through May 7. Classes for puppies start at 6 p.m. with adult dogs classes at 7 p.m. Please contact the Civic Center for further info at 256-734-9157.

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

'Wii Bowling' at the Donald E. Green Senior Center
The entertainment for senior citizens is 'Wii Bowling' at the Donald E. Green Senior Center starting at 1 p.m. Everyone is invited. Come enjoy some exercise (but not too physical!) and fellowship with friends. They bowl every Wednesday and Friday afternoons at 1 p.m.

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

Cornerstone Word of Faith Holding Maundy-Thursday Service
Cornerstone Word of Faith, a new 'Word of Faith' church in Cullman will be holding a Maundy-Thursday service at the Cullman Civic Center at 7 p.m. Communion will be served, and anyone that confesses Jesus as Lord is welcome to receive it. Praise and worship and the message will center the cross of Christ. Prayer for the sick, with signs, wonders, and miracles will also be part of the service, because the Word says, "We shall lay hands on the sick, and they shall recover"; and this is because Jesus took the beatings and lashes, so we could be healed (1 Peter 2:24). All are welcome. For more information, call 256-777-9606.

Elks Lodge Buffet
Hamburger steak and chicken livers, along with potatoes, butter beans and corn plus a drink - all for $8.00. And the Elks Lodge folks do all the cooking and washing up and the public is welcome to join the lunch crowd - bet you'll see some of your friends there. Lunch is served from 11:30 a.m. until 1 p.m.

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

'Wii Bowling' at the Donald E. Green Senior Center
The entertainment for senior citizens is 'Wii Bowling' at the Donald E. Green Senior Center starting at 1 p.m. Everyone is invited. Come enjoy some exercise (but not too physical!) and fellowship with friends. They bowl every Wednesday and Friday afternoons at 1 p.m.

LifeSouth Blood Drive
There will be a LifeSouth Blood Drive today from 12 noon until 3 p.m. at St. Paul's Lutheran Church. Give blood and help save a life!

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

An Alert Dog for Xander Spirit NIght at Chick-Fil-A
Come join us for a Spirit Night at Chick-Fil-A in Cullman on March 30th from 4 p.m. until 7 p.m. Help us raise money for Xander's diabetic alert dog. He is 9 years old and has been struggling with Type 1 diabetes since he was 4. A Diabetic Alert Dog will let us know before his blood sugar gets into dangerous levels, including in the middle of the night. This will help him to have a happier, healthier life. Just let them know when you order that you are there to support Xander and he gets a percentage of the ticket price. And don't forget to stop by his table and wish him a Happy Birthday! Xander is being sponsored by 1boy4change.org, so a very special thanks to them.

Easter Service at DayStar
Everyone is invited to attend Saturday night Easter-themed services at DayStar Church beginning at 6 p.m.

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!

Sunday

Easter Sunrise Service at Ave Maria Grotto
Everyone is invited to attend the annual Community Easter Sunrise Service at Ave Maria Grotto. Services begin at 6:30 a.m. and conclude about an hour later at 7:30 a.m. Bring lawn chairs if you need them. Come celebrate the happiest of mornings as we gather to commemorate the Resurrection of Our Lord Jesus Christ!

Easter Sunday services at Daystar Church
There are three Easter Sunday services at Daystar Church - one is at 8 a.m., the second one is at 9:30 a.m. with the third one beginning at 11:15 a.m. Everyone is invited to come celebrate the Resurrection of Christ this glorious morning!

Easter Service at St. Paul's Lutheran Church
All are invited to attend Easter Service at St. Paul's Lutheran Church at 10:30 a.m.

Next Monday

Cullman Kiwanis Club
The Cullman Kiwanis Club invites all local men and women who are interested in taking part in community service along with great fellowship, fun, networking, and learning to attend their weekly luncheon meeting at 12 noon each Monday in the All Steak's third floor banquet room. Come see what Kiwanis is all about and enjoy a great luncheon meal as well.

'Senior Spirit'
'Senior Spirit' is a program sponsored by Cullman Parks & Recreation and its many activities take place at the Donald E. Green Senior Center. All activities are FREE. There is a 'Fitness for Life' class year-round centered around stretching and walking to help boost your energy. These classes are offered each Monday, Wednesday, and Friday at various times 8 a.m.; 9:15 a.m.; 1:00 p.m.; and 2 p.m. (walking only). Tuesday has two classes, one at 8 a.m. with the stretching and walking; and a 4 p.m. walking only class. Everyone 50 and older is invited to join in the fun, fellowship, and fitness.

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!

Looking Ahead

March 2013
Free Access to Ancestory.com at the Cullman County Museum
Let us help you search out your family history. Cullman County Museum is offering to the public, free access to Ancestory.com; available Monday, Wednesday, and Friday by appointment only. Please call 256-739-1258 for reservations. Bring your USB device/Jump Drive, paper, and pencil to save your findings.

April 2013
April Walking Tours
Each Saturday in the Month of April, the Cullman County Museum will host guided Historical Walking Tours. The tours begin at 10:00 a.m., start and end at the museum, and last about 1 hour. For more information, contact Drew or Julie at 256-739-1258. Free Admission.

May 9-11th 2013
Cullman StrawberryFest 2013
Join us at 211 2nd Ave NE, Cullman for live music, Arts and Crafts Show, Car Show, Antique Tractor Display, Great Food, and Local Produce, located at the Festhalle Market Platz, Depot Park, and the Cullman County Museum. Music Guest: Three on a String, MP4theband, The Hit Men Roy Crawford and the Cullman County Bluegrass, Mean Mary, Street Level, Round 2, and more to be announced. Free Admission. Call 256-739-1258 for more information.

Community Matters

Vote Now!

Do you believe that there is intelligent life elsewhere in the universe?

Last Week's Poll:

Are you feeling the 2013 tax increase?

Yes - 100%
No - 0%

Cast your ballot at cullmansense.com/poll

Tips to Help You Get More Sleep

(StatePoint) One of the simplest things you can do for your health is to get enough sleep, say experts. Unfortunately, many Americans have difficulty sleeping, making this seem like a simple task, but it can be anything but simple.

According to the National Sleep Foundation, the average American sleeps about six hours and 55 minutes per night during the week, and 15 percent of adults sleep less than six hours per night.

"Lack of sleep can take a significant toll on your overall health and interfere with some of your daily activities," said Dr. Michael Thorpy, director of the Sleep-Wake Disorders Center at the Montefiore Medical Center in New York.

Almost everybody has trouble sleeping now and then, but many Americans experience significant problems getting to sleep or continually wake up in the middle of the night.

Such problems may be clinical symptoms of insomnia. According to the National Sleep Foundation, if you have trouble falling asleep at night or staying asleep, or you wake up in the morning feeling unrefreshed, you may be suffering from insomnia.

Insomnia can affect people in different ways. Some sufferers have trouble initially getting to sleep, while others wake up in the middle of the night and have difficulty falling back asleep.

To help you get better sleep, Dr. Thorpy suggests these simple tips:

• Set and stick to a sleep schedule. Establish a regular bedtime and wake time.

• Set aside time at night to "wind down." Spend some quiet time before bedtime. Such activities as watching TV, using the computer or working right before bedtime, or in the bedroom, can make it harder to fall asleep.

• Avoid caffeine and alcohol before bed.

• Exercise regularly. Just don't exercise rigorously near bedtime and check with your doctor before starting an exercise regimen.

• Don't clock-watch. If you awaken in the middle of the night and stay in bed, don't lie there staring at the clock. And don't watch TV or use your laptop or cell phone, because these technologies stimulate the brain, making it tougher to fall back to sleep.

If these tips don't help, speak with your healthcare professional to help determine if you are suffering from insomnia and require treatment. More information regarding insomnia is available at the National Sleep Foundation website at www.sleepfoundation.org.

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.

cpr & 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.

Reflections of History



Unknown - September-21-1908 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

This Week in History Mar. 25 - Mar. 31

March 25th

- 31 – First Easter, according to calendar-maker Dionysius Exiguus
- 1865 – Battle of Mobile, Alabama (Spanish Fort, Fort Morgan, Fort Blakely)
- 1966 – U.S. Supreme Court rules the poll tax unconstitutional
- 2011 – The Tibetan parliament will seek the Tibetan community's opinion after the Tibetan government in-exile accepts the Dalai Lama's resignation from politics

March 26th

- 1804 – Territory of Orleans organizes in Louisiana Purchase
- 1926 – The first lip-reading tournament held in America
- 1970 – 500th nuclear explosion announced by the U.S. since 1945
- 2010 – Iran calls upon Muslims around the world to act in protest in response to Israel's plans to build in East Jerusalem

March 27th

- 1841 – First U.S. steam fire engine tested in New York City
- 1940 – Himmler orders building of Auschwitz concentration camp, at Katowice
- 1979 – Supreme Court rules, 8-1, police can't randomly stop cars
- 1997 – 39 cult members in California commit mass suicide (Hale-Bopp)

March 28th

- 1834 – Senate censures President Jackson for taking federal deposits from Bank of U.S.
- 1944 – Astrid Lindgren sprains ankle and begins writing Pippi Longstocking
- 1959 – 11 days after Tibet uprising, China dissolves Tibet's government and installs Panchen Lama
- 2010 – The BBC finds evidence of a massacre in the Democratic Republic of Congo carried out by the Lord's Resistance Army last December, in which 321 people, including children, were killed

March 29th

- 1848 – Niagara Falls stops flowing for 30 hours due to an ice jam
- 1886 – Chemist John Pemberton begins to advertise for Coca-Cola
- 1961 – 23rd Amendment ratified, allows Washington D.C. residents to vote for president
- 2011 – James Bullard, President of the Federal Reserve Bank of St. Louis calls for the Federal Reserve to limit its purchase of U.S. Treasuries because they 'feed the fire' of inflation

March 30th

- 1870 – Texas becomes last confederate state readmitted to Union
- 1932 – Amelia Earhart is first woman to fly solo cross the Atlantic
- 2011 – Peruvians reclaimed 45,000 Inca artifacts taken by Yale University from Machu Picchu over a hundred years ago, finally successful in their campaign to return of 'the dignity and pride of Peru'

March 31st

- 1808 – French created Kingdom of Westphalia orders Jews to adopt family names
- 1896 – Whitcomb Judson, Chicago, patents a hook less fastening, also known as the zipper
- 1921 – Albert Einstein lectures in New York on his new theory of relativity
- 2011 – At a meeting in Nanjing, China, U.S. Treasury Secretary Timothy Geithner says the main problem in the world's monetary system is countries that inhibit the free flow of the value of their currency

Community Matters

The Fitness Chronicles of Norrell - Week 14

By: Jessica Norrell
jessicanorrell@cullmansense.com

I want to cover sticking with your workout and good nutrition habits when traveling, because that is what I am doing this week and I tend to get off track! It doesn't hurt to indulge a little but try to make cuts whenever you can and still enjoy yourself.

It isn't always easy to stick with a workout routine when you are traveling but even a short workout is better than none. When traveling I try to find a hotel with a gym and/or pool. That makes it easier not to break from my normal routine and get behind; however, I know that it isn't always easy to find ideal facilities.

If my hotel doesn't have a gym I may bring a quick workout to do in my room.

I particularly like to print out Crossfit workouts from this site: http://crossfitnega.com/travel-workouts/ when I travel or the plank workout I included in my article a few weeks ago from Shape.com. Planks are a total body workout without the need for equipment, a great travel exercise.

A few things that are good to bring for workouts on the road for additional options as recommended by Mayo Clinic Staff are:

- Athletic shoes
- Exercise clothing
- Swimsuit
- Jump-rope
- Resistance tubing
- Tennis racket
- Music and headphones
- Exercise video or DVD

I also found a few tips on planning ahead and scoping out the surrounding area of where you are staying to make workouts on the road a bit easier to do, also suggested by the Mayo Clinic staff (these were actually quite helpful for me especially since I typically wing it in most situations in my life):

Check out the facilities

When you arrive at your destination, check out the fitness facilities at your hotel or a nearby health club — then schedule time for a travel workout. If the options seem limited, get creative:

- Check out local parks and trails. Ask the hotel staff about safe routes for walking or running.
- Use the halls. Walk up and down the hotel halls. Better yet, climb the stairs between hallway laps.
- Get wet. Swim laps in the hotel pool.
- Skip rope. Use a jump rope in the hotel's fitness room or at the edge of the parking area.
- Do jumping jacks. Try a few sets right in your room.
- March in place. Pump your arms to increase your calorie-burning power.
- Try aerobics. Follow an aerobics program on TV or online, or play an exercise video or DVD from home.
- Use resistance tubing. These stretchy tubes offer weight-like resistance when you pull on them. You can use resistance tubing in your travel workout to build strength in nearly any muscle group.
- Take advantage of your own body weight. Try push-ups, abdominal crunches, and leg squats.

Stick to your routine

If you're used to early morning, noon, or evening workouts, try to exercise at the same time when you travel.

Maintaining your normal routine may help you adjust to time changes and the stress of business travel.

If jet lag or extreme schedule changes leave you exhausted, make your travel workout shorter or lighter than usual. It's okay to take it easy once in a while, but remember the energizing effect of regular exercise — which may be just what you need to get down to business.

Sticking to a healthy diet is one of my greatest pitfalls when traveling. Meeting with friends and having a grand time typically involves scrumptious, fattening, sinful foods, and lots of it! Now I try to look at low calorie options on the menu and cut out fattening toppings such as bacon, extra cheese, or sauce, as well as choose skim milk and lower calorie drinks. It isn't always easy to not give in to peer pressure but I try to make a few cuts where I can, and believe me…the calories add up!

This time I also packed a lot of my own snacks including fruits, almonds, roasted soybeans, and other healthy, low-calorie snacks, instead of ordering something every time I get hungry (this saves a lot of calories and money).

Not only does going out to eat typically hinder my progress, but also my drive. I feel like I need to stop every time my coffee or drink runs out; coffee is a necessity for road trips, right? Anyway I'm keeping replacements for my coffee such as water and juice which saves me around 800 calories.



My reaction when my friends order deserts and the server passes the plate in front of me. Practice self-control even if you have to go into a trance.

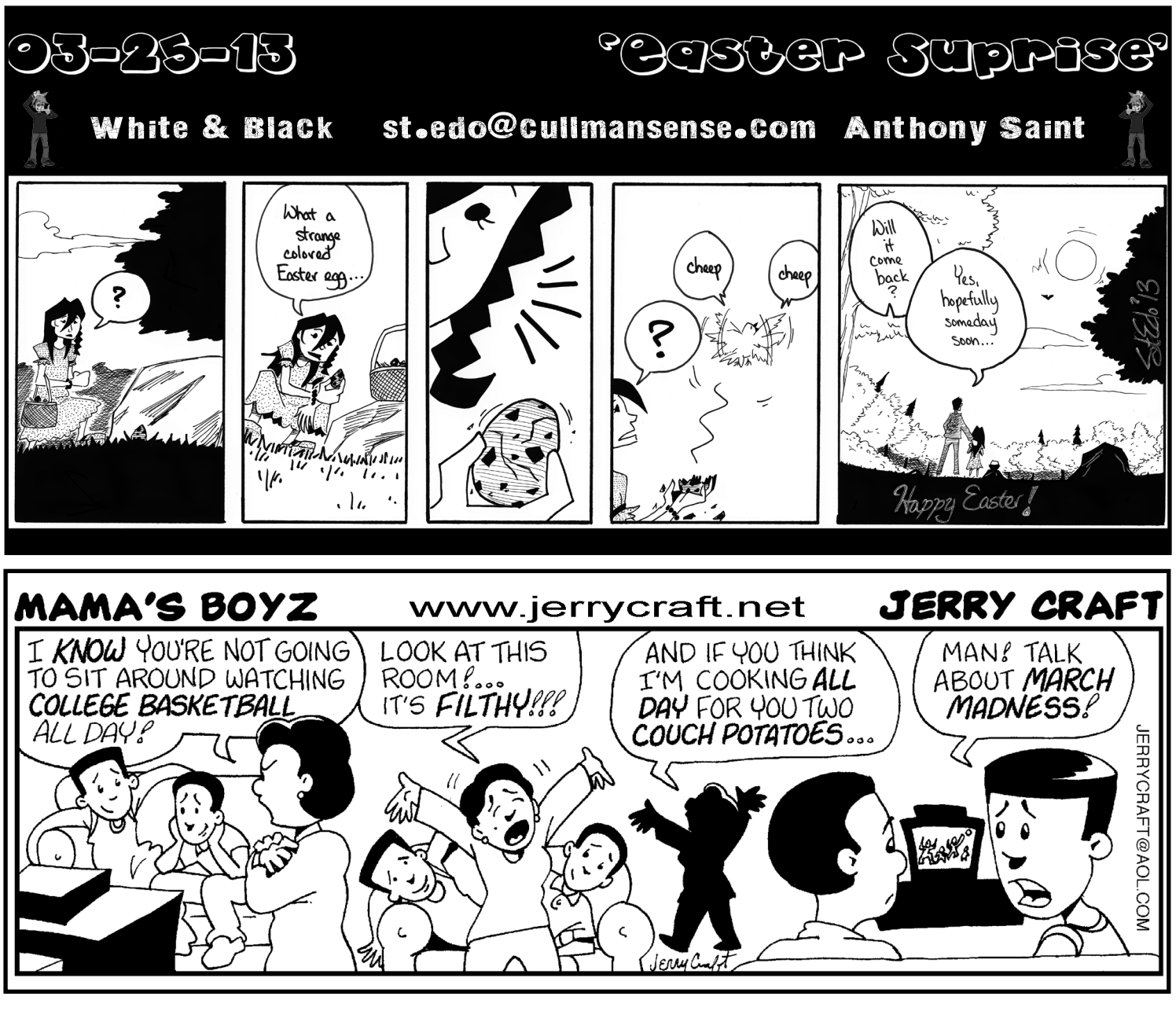
EvaBank
More Loans & Fewer Excuses
Manufactured Homes * Construction * Commercial
Conventional * USDA * FHA * VA
Apply in person, over the phone or online to get started today.
We are here to help!!
256-255-2000
256-737-1655
www.evabank.com
EQUAL HOUSING LENDER
Member FDIC
NMLS#414640

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.
- **Community Yard Sale & Craft Fair Postponed:** The Community Yard Sale & Craft Fair scheduled for Saturday, March 23 at Heritage Park will be rescheduled for Saturday, April 6 at Heritage Park.
- **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.
- **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. Cost of the class is $200 which includes CPR and all certification. Must be 15 to take the class. Call 256-775-SWIM (7946) for details.
- **Ballroom, Latin, and Swing Dance Lessons:** Classes will be held April 4-25 on Tuesday nights at the Cullman Civic Center with Instructor Mack Wilson. Call the Civic Center for details.
- **First Time Rock Climbing Classes at Hurricane Creek Park:** Classes are held on Saturday mornings at 10am, cost is $25. Group rates are available by calling 256-734-2125.



Student Section

Featuring Student Works from across Cullman County

What the Devil?

By: Ben Hancock

The gathering of our clan during any occasion is nothing short of extraordinary. Our family seems to flawlessly supply the exact same dishes with the exact same recipes, as if the grandmothers called ahead of time like middle school students who want to match clothes the next day.

The generational spread consists of a somewhat typical white southern meal of ham, green beans, blacked eyed peas, mashed potatoes, green bean casserole, pineapple casserole, lima beans, turkey, chicken, cranberry sauce, and that's not including the encouragement to go back for seconds or the equally as full helpings of dessert.

But one particular dish has always held my curiosity, the undivided deviled egg.

I am finding out that this recipe in particular holds great value to my family both on a personal level and a historic one. The Kress-Bonds family, among others, has made the egg a symbol to point back to; this recipe became our nostalgic staple.

What was the deal with the egg? I had never tried it because as a child the thought of a served-cold, slick white cocoon carrying a dollop of unidentified goop sent a snarly up my face. The entirety of my extended family devoured them, but none like my old man. He was connoisseur of sorts, munching all the while analyzing every bite like an urbanite eating sushi.

I wasn't a man till I ate the stuff my German family prized as jewels. I was fine with the green beans; they are easy to understand. You dig them up, cut off the inedible bits, and put them in a pot of hot water. But I still puzzle as to who thought, or who didn't think, and dropped their shelled egg into the boiling pot. What was the line of thought that told them to peel the shell off, cut it in half, and then gather mayonnaise, pickles, and random spices to stuff in its half shell?

Apparently the Romans thought it made sense. The concept of spicy stuffed eggs has been around since 13th century Andalusia. We know this because someone was apparently so enthralled that they wrote an entire anonymous book about The Making of Stuffed Eggs in that Roman Province (according to The Food Timeline).

From here it traveled north into the rest of Europe, each civilization naming it the same "stuffed egg", some stuffing it with cream, dill, raisins, cheese, cayenne pepper, anchovies, or anything else of pungent taste. The Tudors of England found the recipe to be especially delightful in the 16th century and by the 17th it was commonplace eating. It is telling that eventually the recipe found its way to the Black Forest region of Southwest Germany. Here they incorporated caviar into the mix, bringing in a salty tang.

In Cullman, though, we substitute caviar with the much cheaper pickle and call them "deviled", originally coined in 1786 for their unusually zesty, mustardy taste with spices surely derived from Hades itself – depending on which church event attended, the term "dressed" is preferred. Even the town where we congregate for these suppers was a haven for German immigrants from the late 1800s on, according to the History-City of Cullman.

Whether seeking better lives for their families, or, in our case, fleeing a certain government establishment, Germans came to the little town for the community it provided. The new culture no doubt imitated that of their origin, binding people together with similar traditions: religion, commerce, beer, music, beer, and the precious deviled egg.

So when Grandma Kress' family came over from the motherland, their clan no doubt had the origins of the same old spread we have now, including the eggs, to mix in with the Southern American side of the family.

When I finally succumbed to the pressure of ancient tradition and took a bite or two, I cannot say it was particularly world changing but it was all right.

Even now I get only two on my plate. It's the tradition that keeps them on my plate, no so much the taste.

A member has become truly part of the pack when the fresh yellow pastel hors d'oeuvre is seen beside the rolls. In essence, my family has used the egg for remembrance. The first generation here used the egg to remember days back home, while we enjoy the egg to remember the times of the generation before us.

I will always remember my father devouring them and pestering me about it, thus I will probably do the same with my children, and they to theirs. By sharing this common symbol, we share a common heritage. And I'll admit they even taste pretty good.

If you have a
News Tip
Question
or Comment

We Want
To Know!

Just Give us a Call

256-297-1847

Facebook Us
facebook.com/
CullmanSense
or
Tweet Us
twitter.com/
CullmanSense

PALS
PEOPLE AGAINST A LITTERED STATE

Cullman County / City Clean-up
April 20, 2013

Rain Date April 27, 2013

8:00 a.m. – 12 noon
Dumpster Locations:

West Elementary
East Elementary
Cullman Middle School
Cullman High School
Cold Springs School
Baileyton Town Hall
Colony Community Center
Crane Hill Sulphur Springs
Dodge City Fire Station
Fairview Community Park (across from Fairview Superette)
Garden City maintenance area
Good Hope Town Hall
Hanceville behind City Hall
Holly Pond - Lions Club Park
Jones Chapel School
West Point Town Hall

All dumpsters will be manned for your convenience

Items we **Can Not** take are tires, paint, and chemicals

55 gallon drums must have multiple punched holes or they are not allowed

Please contact your local Town Hall or City Hall for bags (bags furnished by State PALS).
We are asking all citizens to pick up the roads around their homes as far as possible in each direction.
Place this garbage with your weekly garbage and please be safe.

For more information contact:
Carl English, cenglish@topreamerica.com
Mike Krassick, 256-385-2454
Cherrie Haney, chaney@co.cullman.al.us, 256-775-2906



Community Matters

Twisting, Tumbling, Tucking and Rolling

By: Noah Chandler
noahchandler@cullmansense.com

Cullman Gymnastics & Cheer Academy showcase talents at annual jamboree

CULLMAN – Over the rain soaked weekend members of the Cullman Gymnastics & Cheer Academy gathered at the Cullman Civic Center to display their skills in front of family, friends, and fellow athletes during the academy's annual Spring Jamboree.

Tamika Powell knows a bit about the bonding that cheerleading can produce, as she is former cheerleader.

Powell currently has three daughters taking part in classes at the academy. She said by keeping children occupied with activities they enjoy, it will only help to make for a well-rounded child.

"I think it helps them all the way around, not only physically but I think academically because when they are involved in extracurricular activity it helps to make them well-rounded," said Powell.

She said having the opportunity to watch her daughters, Melody, Lillyann, and Mandolyn, perform on the same night alongside many other enthusiastic young cheerers was "a real treat."

"You're just so proud of your kids. It's just so neat," she said. "It's great for the kids, great for the parents to cheer and seeing how much your kids have progressed over the year."

Kristy Patterson, CGCA Director, said the two-day event is designed to showcase what each of the various age groups have learned over the past year. By displaying their newfound talents in front of their peers and family members it helps to build confidence.

"It sums up the end of our year and this is an event that rewards them for all their hard work," said Patterson.

"The annual jamboree also allows grandparents an opportunity to come in to see their grandchild perform, since most of our competitions are outside the county."

With an opportunity to see their grandchildren or children to perform, parents and grandparents alike packed the civic center from floor to balcony, a sight noticed by Patterson.

"I don't know how we fit so many people in tonight," she said. "We always have a large crowd but there were a lot of people here tonight."

John Hunt, CPR Director, estimated the crowd being in excess of over 500, including participants. Hunt said the "young women do such a great job. When you see their faces light up when they nail their stunt in front of their parents, I'm telling you that's good sight."

Also on hand were the Wallace State Cheerleading Squad. Patterson said the WSCC squad "basically comes in to close us out each year. They come in, put on a show for everyone out of the kindness of their hearts. Of course everyone enjoys it."

If your child is interested in either cheerleading, gymnastics, or both, contact the Cullman Cheerleading & Gymnastics Center. For the Gymnastics gym, call 256-739-5567. For the Cheerleading gym, call 256-739-6762.

"We will start taking registration for the summer on May 13," said Patterson. "We will have a parents meeting on May 2 for those interested in our X'treme All-Star team."







SouthSounds' Previews Lineup for Upcoming Festival (from Front)

nephew's favorite lead in - I tell you what! Those boys party hard," said Hayes. "Rumors were rampant last year about how they trashed their hotel room Motely Crue style. I'm just kidding. Or am I?"

Tuscaloosa artists Callooh! Callay! made the trip north to perform for the first time in Cullman.

Hayes, an avid lover of all bands southern, said the group helped kick off the SouthSounds festival its inaugural year and is glad to have them back in Mobile in April. Of course her first experience with the group had a sprinkling of wedding magic, so to say.

"Callooh! Callay! I don't even know where to begin with them. They've been with us since LoDa Live. In fact, during their set for LoDa Live in Cathedral Square, a wedding was letting out about 100 yards in front of the stage," elaborated Hayes. "It is called Cathedral Square for a reason, it is right in front of the Cathedral and they went in to their tune "Quentin" which has a lengthy but beautiful guitar lead in. I remember thinking, 'How awesome is that. Your wedding reception is being played by a phenomenal band all by accident.' That, my friend, is how memories are made."

The roughly three hour show gained steam as it went along, eventually filling the seats and lining the halls with past fans, along with new ones.

"What a great night of awesome music," said concert goer and general lover of music Adam Lamar. "Vintage Cowboys really know how to put on a hell of a show and they did not disappoint tonight!"

The SouthSounds Music Festival kicks off Friday night, April 12 in Cathedral Square and concludes with a massive (and free) crawfish boil at Alabama Music Box.

Ticket information and pricing listed below. For more on SouthSounds, visit www.southsoundsfest.com.

1. GENERAL: $10 ADV// $15 DOS

This will include entry into Alabama Music Box, Blind Mule, Alchemy Tavern, Haberdasher and OK Bike Shop.

2. CALLYS GOLD: $25 ADV // $35 DOS

This will include entry into all venues covered by the GENERAL ticket with additional entry at Callaghan's Irish Social Club.

The following artists will be performing at Callaghan's and will require the CALLYS GOLD wristband or door charge ($10 each):

- Friday: Tedo Stone and Lost Bayou Ramblers
- Saturday: Great Peacock and St. Paul & the Broken Bones
- Sunday: Sam Doores + Riley Downing & the Tumbleweeds and Hurray for the Riff Raff

(3) SOUTHERN MUSIC LOVER VIP PACKAGE: $100 (ENTRY FOR 2)

Includes all of the following:

- TWO VIP wristbands with entry at ALL venues including Callaghan's
- Entry to the Hayley's after party with artist meet and greet
- Hospitality* at Mobile Arts Council and Alabama Music Box
- Entry to win a Meyer Vacation Package

*All hospitality for VIP ticket holders will be provided by Back Forty Beer Co., Fairhope Beer Co., & fine local restaurants.

Please note only fifty (50) of these packages will be available for sale.

A video package will be available to view on CullmanSense later in the week

Rock the South Garners More Success at State Level

By: Noah Chandler
noahchandler@cullmansense.com

CULLMAN – With just a handful of days remaining before tickets go on sale for Cullman's own two-day country music festival, Rock the South, the festival's first year performance is still garnering attention from the Alabama Recreation and Parks Association.

The ARPA awards an annual Event of the Year at the annual meeting. At this year's ARPA State Conference, which was held in Mobile, the Cullman City Parks and Recreation applied for the award, competing against cities and municipalities of all sizes from Birmingham to Andalusia.

"In its first year and with only 6 weeks to plan, Rock the South was chosen as the ARPA Event of the Year," said CPR Marketing Director Waid Harbison.

"This honor is huge, seeing the concert in its entirety was put on by Parks and Recreation in just 6 weeks in 2012 and had a stellar first time turn out of just under 15,000 in attendance."

Though the award spotlights the event itself, Harbison said it also shows how well all parts of the city and its many departments worked together to pull off the short notice event.

"The award not only highlights the event itself as a huge success and something that will come back to Cullman for years, but also speaks of the preparedness and vision the Cullman City Parks and Recreation Department along with the city council, mayor, and community members who demand such high levels of recreation and work to see it come to fruition," he said.

"Rock the South began a new era in Cullman, and with awards like the ARPA Event of the Year, it is encouragement and proof that Cullman is not just ahead of those in its class or size, but is a forward thinking "doing" type of community that proved to provide the best event of any parks and recreation department in the state of Alabama."

