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CULLMAN'S MONDAY NEWSPAPER
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A Tasty Sampling in the Breezeway

The quarterly Business After Hours event, hosted by the Cullman Chamber of Commerce, was shaken up a bit this past Thursday as local restaurants and bakeries were invited to show off what's been cooking in their kitchens during the chamber's newest addition, Summer Samplers in the Breezeway. p7

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Wallace State Ranked No. 2 in the South for Workforce Training

By: Gail Crutchfield

WSCC Contributor

HANCEVILLE – Wallace State Community College has been recognized as a leader in workforce training.

Southern Business & Development Magazine ranked the college second in a listing of the "Ten Outstanding Southern Community Colleges for Workforce Training" in its latest issue.

"Wallace State's Training for Existing Business and Industry department provides business consulting services, customized employee training, industry certification, and employee skills assessments with the goal of delivering the training needed to make economic engines more efficient, productive and competitive," the article stated.

The article went on to commend the college's specialized technical assistance and training offered throughout the state through its ATN center and the launch of Zero RPM by its business incubator program.

"As a founding member of the Cullman Area Workforce Solutions (CAWS), Wallace State positions itself as a partner in the conversations about current and future workforce needs, and as a solution for the demand for a highly skilled workforce," the article continued.

"The college's 17 technical programs are nationally accredited, and provide training using the latest technology, industry-recognized credentialing, and a direct pathway to employment."



"It is exciting to see a respected publication like *Southern Business & Development Magazine* acknowledge the training role Wallace State Community College plays in preparing people to be successful in today's workforce," said Peggy Smith, Director of the Cullman Economic Development Agency.

"WSCC has been an integral part of Cullman ranking as one of the top counties in Alabama and among the most successful in the Southeast for the recruitment of new industry and expansion of existing industry. The partnership with the college and the economic development office works because Dr. (Vicki) Hawsey affords her team the flexibility to make immediate changes to match job availability with educational offerings."

Smith said the recognition is validation of what, "Cullman area business, industry and community leaders already know. Wallace State consults with local companies to provide that training. Cullman has a competitive economic development advantage because we have a community college p12

Governor Bentley Signs Medicaid Reform Bill & New Executive Order Aimed at Further Increasing Savings

By: Jennifer Ardis

MONTGOMERY – Governor Robert Bentley recently held a ceremonial bill signing for Senate Bill 340, a measure that will help increase efficiency in Alabama Medicaid while also helping improve patient care.

"We're providing a way to improve care for people on Medicaid and make smarter use of the tax dollars that support the program," Governor Bentley said. "This bill will benefit people enrolled in Medicaid by helping them have access to well-managed care. This bill will benefit taxpayers by controlling costs to the state.



Governor Robert Bentley ceremonially signs Senate Bill 340 during a news conference in Montgomery on Wednesday. Also pictured, from left to right, are Representative Jim McClendon; Mike Horsley, President of the Alabama Hospital Association; Dr. Don Williamson, State Health Officer; Senator Greg Reed and Stephanie Azar, Acting Medicaid Commissioner. Photo credit: Jamie Martin, Governor's Office.

This represents an important milestone in our efforts to make Alabama Medicaid a more efficient and more affordable program."

Also Thursday, Governor Bentley signed Executive Order 40 establishing the Alabama Medicaid Pharmacy Study Commission. Commission members will review the Alabama Medicaid pharmacy delivery and reimbursement system.

The commission will compare Alabama's program to programs in other states. The commission also will study options to reduce pharmacy costs while maintaining a quality program. Commission members will present their findings to Governor Bentley by December 1, 2013.

Reforming Medicaid by increasing efficiency and improving care has been a long-term goal for Governor Bentley. The Governor established the Alabama Medicaid Advisory Commission in October of 2012 to evaluate the financial stability of Alabama Medicaid and the care that is provided to patients.

Senate Bill 340 is built on the commission's work. Currently, Alabama p12

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Wallace State hosting BioTech camp for high school students June 25-28

By: Russell Moore
WSCC Contributor

HANCEVILLE – Wallace State's Alumni Association is sponsoring a BioTech Summer Camp June 25-28.

The four-day event is open to students entering grades 10-12 who have completed high school biology.

The camp is scheduled to run from 8:30 a.m. to 4 p.m. on Tuesday, Wednesday, and Thursday of that week and from 8:30 a.m. to noon on Friday.

Students will be introduced to a variety of biological aspects including DNA extraction, genes and sequences, micro pipetting, cell exploration, and medicinal attributes.

They'll also spend time learning about the Wallace State Criminalistics Lab and the 3-D DNA image simulation lab.

A $100 stipend will be awarded to students who complete the camp. Participants are encouraged to wear comfortable clothing, closed toe shoes, and a pair of long pants for some activities.

BioTech Camp registration forms can be accessed at wsccalumni.org/biotech.

All forms need to be signed and completed by June 17 at 9 a.m. in order to participate in the camp.

For additional information, call 256-352-7808 or contact Natalie.Godwin@wallacestate.edu or Beth.Williams@wallacestate.edu.

Pottery exhibit extended through June

By: Gail Crutchfield
WSCC Contributor

HANCEVILLE – An exhibition of pre-1900s pottery on display at The Evelyn Burrow Museum on the campus of Wallace State Community College has been extended through the month of June.

"After many requests, the collectors have graciously allowed a one-month extension of the pottery exhibit," said Donny Wilson, director of the Burrow Museum. "We appreciate their willingness to give visitors to the museum a glimpse of what life was like for our ancestors through the items they used on a daily basis."

The pottery exhibit is one of the largest known exhibitions of 19th century Alabama folk pottery, and features works made in Shelby, Autauga, Elmore, Blount, Perry, Tuscaloosa, Randolph, DeKalb, and Cleburne counties.

"The pottery is all from the mid-19th through the late-19th century, from a collection of nine counties that were very important to the pottery trade of that day," Wilson said. "The high-quality clays found in those areas attracted numerous pottery-making families who moved to Alabama from South Caroline and Georgia to continue their craft."

The exhibit has a variety of pieces that show how essential the art of pottery was to the daily lives of 19th century residents of the state. There are butter churns, crocks, canning jars, jugs, bowls, mugs, and spittoons. Some vessels have no handles, some have simple lug handles and others have looped handles. There are some that have handles near the bottom that made it easier to upend the vessel to pour out its contents.

Though the pots on display are all in various shades of brown and some green, they represent numerous glazing techniques and many have designs that can only be appreciated by close inspection.

Admission to the museum is free and the facility is open from 9 a.m. to 5 p.m. Tuesday through Friday and 10 a.m. to 2 p.m. on Saturday. Tour groups are welcome. For more information or to schedule a tour, visit www.burrowmuseum.org or call Wilson at (256) 352-8458.

Youth Rally to be held at Sacred Heart of Jesus Church

By: Barbara Ragsdale

CULLMAN – Sacred Heart of Jesus Catholic Church is sponsoring a Youth Rally on Saturday, June 22. This special event is part of the Church's Centennial Celebration of the laying of the cornerstone of the present building in historic downtown Cullman.

This free rally is open to all teenagers of all faiths who are 16 and over and young adults, and it will be held in the Family Life Center beginning at 10:00 a.m. There is no charge for tickets to the rally and they are available on a first come, first serve basis.

Attendees must have a ticket in order to attend this special event; they will not be available at the door on the morning of the rally.

The pre-ordered tickets will help determine a head count so that we can have enough lunches available and for set-up for the day. Tickets need to be pre-ordered by June 15, 2013.

The nationally renowned keynote speakers will be Christopher Stefanick, who will address the youth on 'Relativism', and Jackie Francois, an event musician who will speak on chastity as well as perform her special brand of music.

Both of these individuals have appeared at World Youth Day events and are associated with the Life Teen organization which promotes rallies and gatherings for the youth of the world.

Some of the events scheduled for the day include Adoration, confessions, and Mass. Attendees of other faiths are not required (but are most welcome) to attend the Mass and may leave when they wish. To order your tickets and for further information please contact Fharis Richter at frichter@sacredheartchurchcullman.org or call her at the Church at 256-734-3730.

CRMC Hosts Yes Ma'am ... A Young Ladies Guide to Etiquette

By: Amy Linton
CRMC Contributor

CULLMAN — Cullman Regional Medical Center's WomenFirst Program is pleased to once again offer a two-day hands-on instructional etiquette class for girls ages 9, 10, and 11. Children will learn manners and etiquette through fun activities including meeting and greeting others, proper telephone manners, shaking hands, table manners, school manners, setting a table, writing "Thank You" notes, birthday party manners, and many more life skills! Children will also learn how to speak with confidence and the importance of being respectful to others. Lunch and snacks will be provided. Due to the outstanding demand for last year's class, we will be offering 3 class sessions this year:

June Classes:

- 1st June Class will be held on Thursday, June 20 through Friday, June 21, 9 a.m. – 3 p.m. both days
- 2nd June Cass will be held on Thursday, June 27 through Friday, June 28, 9 a.m. – 3 p.m. both days

July Class:

- July Class will be held on Thursday, July 11 through Friday, July 12, 9 a.m. – 3 p.m. both days

All classes will be held in CRMC's Ave Maria Room in the Community Education Center in Professional Office Building 2 (1912 AL Highway 157, POB 2, Cullman, AL 35058). Cost is $50 for children of WomenFirst members and $70 to others. Reserve your spot by registering online at crmchospital.com or 256-737-2600.

St. Bernard to host 2013 Alumni Reunion

By: Joyce Nix
St. Bernard Contributor

CULLMAN – Alumni will gather on the campus of St. Bernard the weekend of June 27-30 to celebrate this year's annual reunion. Fr. Marcus Voss, Alumni Director, and his staff have prepared an exciting schedule of events.

"We have a big weekend planned and encourage all of our alumni to attend," he said. "The Alumni reunion is a great time for everyone to return to campus, renew friendships with their classmates, and see how their support has enabled us to grow and expand our facilities."

Fred Frye of Little Rock Arkansas is heading up a golf tournament at Chesley Oaks Country Club located east of Cullman. The weekend will kick off with a reception on Thursday evening, June 27, where all golfers will receive their team assignments and invite monks to play with their team. Tee time is scheduled for 9 a.m. Friday morning.

Also on Friday morning, a ladies outing to tour the city of Cullman will be held from 11:00 a.m. until 4 p.m. This outing will include antique and specialty shopping as well as a dutch-treat lunch.

Friday evening the school will host a hoedown in the new Abbey Byre (Barn) which serves as the school theatre and assembly facility. This unique facility is the latest addition to the campus. Saturday is filled with various activities to include a 5K run/walk of the trails of St. Bernard scheduled to begin at 7 a.m.

The re-dedication and blessing of the "Abbey Byre for the Arts" will be at 10 a.m. followed by a town hall meeting at 11 a.m. Soccer and Tennis matches will round out the afternoon at 2 p.m. at the soccer field and the Robert Blevins Tennis Courts. An Alumni Vigil Mass will be held at 4:30 p.m. followed by a dinner at 6 p.m. Anyone wishing to attend can find information at www.stbernardprep.com or by contacting the school at (256)739-6682.

SafeSitters Babysitting Training Classes

By: Amy Linton
CRMC Contributor

CULLMAN — CRMC offers a two-day babysitting certification class for boys and girls ages 11 – 13. This course encourages your children to become responsible sitters and supplies each of them with a SafeSitter® Information & Supply Kit. Lunch and snacks are provided.

1. Tuesday, June 11 - Wednesday, June 12
2. Tuesday, July 9 - Wednesday, July 10
3. Tuesday, August 13 - Wednesday, August 14.

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

What's Online

Alabama Poultry and Egg Association selling Auburn Smoked Chickens at Wallace State, Place Orders by June 14

Want smoked chicken but don't want to go to the trouble of doing it yourself? Let the Alabama Poultry and Egg Association Allied Industry Committee do it for you and help...

qrne.ws/53

Good Hope Mayor Eyeing District 12 Candidacy

With exactly year until the June 3, 2014 primary for District 12 representative, Good Hope Mayor Corey Harbison has announced his intent to run for the office currently held by Representative Mac Buttram..

qrne.ws/54

How to Save Money on Lawn Care

There's no doubt that Americans spend a fortune on lawn care annually. But you can trim your costs without sacrificing your beautiful yard. And if you need more motivation than saving money, remember that many of the lawn care practices that are good for your pocketbook...

qrne.ws/55

Appropriations Committee Release Fiscal Year 2014 Agriculture Appropriations Bill

By: Anne Marie Malecha

Washington, D.C. — The House Appropriations Committee today released the fiscal year 2014 Agriculture Appropriations bill, which will be considered in subcommittee tomorrow. The proposed legislation funds important agricultural and food programs and services, including food safety, animal and plant health programs, rural development and farm services, marketplace oversight, and nutrition programs. The bill totals $19.5 billion in discretionary funding, which is $1.3 billion below the fiscal year 2013 enacted level and approximately equal to the current level caused by automatic sequestration spending cuts. This total is $516 million below the President's request for these programs.

"We rely on American farmers and ranchers to provide us with the food and products we need every day. This bill will fund critical agricultural programs to support our farmers and ranchers, ensure the safety and sustainability of our food and drug supply, and offer some needed help to families who are facing the dangers of hunger. And we do all of this while keeping a tight hold on spending and trimming unnecessary funds to make the most of every tax dollar," House Appropriations Chairman Hal Rogers said."America's farmers, ranchers, and producers are vital to our nation's economy and are the most competitive in the world. They create jobs in our communities, produce food for our tables, export products around the globe, and diversify our nation's energy supply," Subcommittee Chairman Robert Aderholt said. "The funding in this bill will help keep America's agricultural research cutting-edge, maintain vibrant rural communities, provide nutrition to those most vulnerable, and keep our markets competitive while maintaining the safest food and drug supply in the world. At the same time, this bill honors our commitment to be good stewards of taxpayers' limited dollars."

Bill Highlights:

The agencies and programs in this bill will receive a total of $139.4 billion in both discretionary and mandatory funding – $2.6 billion below the President's request and $52 million below the fiscal year 2013 enacted level.

The programs funded in this bill, including agriculture production, promotion, research, and marketing, will help build upon the estimated $139.5 billion in U.S. agricultural exports this year – the highest level on record. These exports support more than one million American jobs and are essential to the nation's continued economic growth.

Agricultural Research

The bill provides $2.5 billion for agriculture research programs, including the Agricultural Research Service and the National Institute of Food and Agriculture. This is approximately equal to the fiscal year 2013 enacted funding level. This funding will support research to help stop and mitigate devastating crop diseases and improve food safety and water quality. The bill also maintains responsible investments in the nation's land-grant colleges and universities.

Animal and Plant Health

The legislation includes $803.5 million – approximately equal to the fiscal year 2013 enacted level – for the Animal and Plant Health Inspection Service. This funding will provide support for programs to help control or eradicate plant and animal pests and diseases that can be crippling to U.S. producers and entire agricultural industries.

Conservation Programs

The bill provides $823 million – $2.3 million below the fiscal year 2013 enacted level – for the Natural Resources Conservation Service to help farmers, ranchers, and private forest landowners conserve and protect their land. This includes $12 million in conservation funding for dam rehabilitation to help small communities ensure their small watershed projects meet current safety standards.

Farm Service Agency (FSA)

The legislation provides $1.5 billion for FSA, which is equal to the fiscal year 2013 enacted level. This funding will support the various farm, conservation, loan, and emergency programs for American farmers and ranchers

Rural Development

The bill provides a total of $2.2 billion for rural development programs, which is equal to the fiscal year 2013 enacted level. These programs help create an environment for economic growth by supporting basic rural infrastructure, providing loans to increase opportunities for rural businesses and industries, and helping balance the playing field in local rural housing markets.

- **Business and Industry Loans** – The legislation includes $52 million – $3.1 million below the fiscal year 2013 enacted level – for the rural business and industry loan program. This funding will support $741 million in loans to help small businesses in rural areas, many of which face unique challenges due to local economic conditions.
- **Rural Infrastructure** – The legislation includes responsible investments in basic rural infrastructure needs. This includes $1.2 billion for rural water and waste program loans and $448 million for grants, $5.2 billion for rural electric and telephone infrastructure loans, and $24 million for Distance Learning and Telemedicine grants, which address educational and health needs in rural communities.
- **Rural Housing Loans and Rental Assistance** – The bill provides a total of $24 billion in loan authority for the Single Family Housing guaranteed loan program (equal to the fiscal year 2013 enacted level and the President's request), and $820 million in direct loans ($80 million below the fiscal year 2013 enacted level). These loans provide low-income rural families – many of whom would have few loan options for purchasing a home because of their geographical location – with home loan assistance. In addition, $1 billion – $128 million above last year's level – is provided for rental assistance to provide affordable rental housing for low-income families and the elderly in rural communities.

Food Safety and Inspection Service

The legislation includes $999 million for food safety and inspection programs – which is $31 million below the fiscal year 2013 enacted level. These mandatory inspection activities help ensure the safety and productivity of the country's $832 billion meat and poultry industry, and keep safe, healthy food on American tables. The funding provided will maintain more than 8,000 frontline inspection personnel for meat, poultry, and egg products at more than 6,200 facilities across the country.

Food and Drug Administration (FDA)

The FDA receives a total of almost $2.5 billion in discretionary funding in the bill, an increase of $24 million above the fiscal year 2013 enacted level. Total funding for the FDA, including revenue from user fees, is $4.3 billion. Within this total, food safety activities are increased by $27 million, and drug safety activities are increased by $2.5 million.

Commodity Futures Trading Commission

Included in the bill is $195 million for the CFTC, the agency's current operating level, which is a cut of $10 million below the fiscal year 2013 enacted level and $120 million below the President's budget request.

Food and Nutrition Programs

The legislation contains discretionary funding, as well as mandatory funding required by law, for food and nutrition programs within the Department of Agriculture. This includes funding for the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC), the Supplemental Nutrition Assistance Program (SNAP), and the Child Nutrition programs.

- **WIC** – The bill provides $6.7 billion in discretionary funding for WIC, which is $214 million below the fiscal year 2013 enacted level and $487 million below the President's request. This program provides supplemental nutritional foods needed by pregnant and nursing mothers, babies and young children. Language is included for oversight and monitoring requirements to ensure the proper use of taxpayer dollars, including a directive for the Secretary of Agriculture to increase oversight of vendors to help rein in food costs.
- **Child nutrition programs** – The bill provides for $20.45 billion in required mandatory funding – which is outside the discretionary funding jurisdiction of the Appropriations Committee – for child nutrition programs. This is $561 million above the fiscal year 2013 enacted level. This funding will provide for an estimated 5.6 billion free or reduced-price school lunches and snacks for 32.1 million children who qualify for the program.
- **Supplemental Nutrition Assistance Program (SNAP)** – The bill provides for $76.3 billion in required mandatory spending – which is outside the discretionary funding jurisdiction of the Appropriations Committee – for SNAP. This is $958 million below last year's level and $2 billion below the President's budget request. This program provides food assistance to more than 45 million Americans on average every month. Strong oversight language is included requiring the Secretary of Agriculture to report on actions to help weed out and eliminate waste, fraud, and abuse in the program, such as a directive to ban fraudulent vendors, and a prohibition on advertisements or outreach with foreign governments.
- **International Food Programs** – The legislation contains $1.15 billion for "Food for Peace" grants, also known as the P.L. 480 – Title II program. This is $284 million below the fiscal year 2013 enacted level. The bill does not reflect the President's budget request to move this program to the jurisdiction of the U.S. Agency for International Development (USAID).

For full text go to: appropriations.house.gov/UploadedFiles/BILLS-113HR-SC-AP-FY2014-Agriculture-SubcommitteeDraft.pdf

Conservation Stewardship Program Applications Due by June 14

Contributed by: Alabama Forestry Commission

WASHINGTON – The Natural Resources Conservation Service's Conservation Stewardship Program will provide about $175 million in funding for up to 12.6 million additional acres enrollment this year.

Although applications are accepted all year, farmers, ranchers, and forestland owners interested in CSP should submit applications by June 14 to their local NRCS office to ensure they are considered for this year's funding. The deadline was extended from May 31.

The voluntary program allows producers to go the extra mile in conserving natural resources while also maintaining or increasing the productivity of their operations.

"CSP is different than our other financial assistance programs," said NRCS Acting Chief Jason Weller. "It offers payments to producers who maintain a high level of conservation on their land and agree to adopt higher levels of stewardship. It's about conservation activities on the entire operation, focusing on multiple resource concerns."

Playing a significant part in conserving and improving our nation's resources, producers enrolled an additional 12.1 million acres in CSP last year, bringing the total number of acres to more than 50 million.

Many of the CSP enhancements improve soil quality, which helps land become more resilient to extreme weather.

Several other improvements are available for producers, including intensive rotational grazing, intercropping, and wildlife friendly fencing.

Because of the extreme weather in 2012, more interest and participation in the cover crop enhancements is expected this year, according to NRCS experts.

A CSP self-screening checklist is available to help producers determine if the program is suitable for their operation. The checklist highlights basic information about CSP eligibility requirements, stewardship threshold requirements, and payment types.

For the checklist and additional information, visit the CSP website or visit your local USDA NRCS office.

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Cullman Catches Fever

By: Josh McBrayer
joshmcbrayer@cullmansense.com

CULLMAN – On a typical Saturday afternoon, the shared parking lot of 5 Guys Burgers and Fries, Starbucks, Yogurt Mountain, and AT&T is somewhat crowded but a patron can easily find a parking spot.

This was not the case this Saturday as Cullman's newest store, Bama Fever, opened it's doors to the public.

"We have a store in Fultondale and a lot of our patrons are from Cullman," said district manager Rebecca James, when CullmanSense asked why Bama Fever chose Cullman. "Cullman is a big Bama town."

She was right about that. It is hard to walk down the street or into any establishment and not see someone wearing crimson and white.

Walking into Bama Fever, it is like paradise for an Alabama fan.

There is wall to wall Crimson Tide merchandise including novelties and artwork, but the item that dominates the store is clothing.

"We have everything from flannel and T-shi rts to nice dress shirts for men wear to work," James said of the store inventory.

The parking lot was quickly filling up when CullmanSense arrived just before 2 p.m., the time that the official ribbon cutting ceremony was to take place with Cullman City Mayor Max Townsend.

After the ceremonial ribbon cutting came the moment every fan had been waiting for, the autograph session with former Alabama players Prince Wimbley, Antonio Langham, Derrick Lassic, and Cullman's very own Wesley Britt.

"We just kind of wanted to have a big party," said James

"We just wanted to have something for the whole town of Cullman and to let people know we are here. To kind of get our name out there and get our foot in the door in Cullman."

If you are an Alabama fan, be sure to stop by the newest location of Bama Fever for all of your Crimson Tide needs.

Obstacle Course 5K Training

By: Jessica Norrell
jessicanorrell@cullmansense.com

I mentioned in an earlier article that I would be entering the Run For Your Lives 5K in September. It is a run that is riddled with obstacles...and zombies! It will be much more difficult to complete than most 5Ks...especially trying to finish as a "survivor."

My plan of action to train for the Zombie 5K is endurance and strength training as well as improving my speed to escape a hungry zombie when I need to. I will combine gym, swim and outdoor workouts to achieve this. I will be starting back at the Cullman Wellness and Aquatics Center within the week as a step forward in my survival training. A good source to train for obstacle course races is ToughMudder.com and select Boot Camp and your fitness level. I will use this as a guide as well as gym, pool, trail and hopefully even local obstacle courses as a training resource.

Properly fueling runs or workouts is important as well! Here are a few snack guidelines and when to eat them from RunnersWorld.com:

Pre-run Snack

Have a piece of fruit and pair it with cottage cheese. Other options: fig cookies; half a bagel with nut butter and jam; an energy bar; sports drink.

Post-run Snack

Save half of your turkey sandwich at lunch for later as a snack with juice. Try a fruit-and-yogurt smoothie.

Pre-dinner Snack

A cup of vegetable soup; salad with egg whites; hummus with carrots and celery; yogurt with berries and almonds

Bedtime Snack

Need a sweet? Try a portion-controlled dessert like a frozen yogurt pop. Have cereal and milk, instant oatmeal with walnuts, or low-fat cheese and crackers.

Another important aspect for improving running is stretching. I am including a basic stretch plan from active.com "5 Key Stretches for Runners":

Pre-Run

Leg swings: Hold onto a sturdy object, stand on one leg and swing the other leg forward and back. Do 20. Then swing that same leg side to side 20 times. Each swing should build until your leg is close to its full range of motion.

Walking lunges: Take a large step forward with your right leg, and bend the knee until your thigh is parallel to the floor and knee is aligned with your ankle. Push back upward, draw your left foot even with your right and step forward with the left. Try to keep your walking lunges fluid, and focus on proper form. Do 20 (10 per leg).

Post-Run

The following stretches target the major leg muscles to maintain healthy flexibility and range of motion. Hold all stretches for 30 seconds to two minutes.

Kneeling hip flexor and hamstring: From a kneeling position, plant the right foot on the ground in front of you, so the leg is bent 90 degrees, with the knee and ankle aligned. Keeping your back straight, press forward into your right hip while keeping your left knee pressed into the ground, stretching your left hip and right hamstring. To increase the stretch to the left hip flexors, squeeze and contract the glute muscles of your left hip.

Standing quad: Stand with legs together. Bend your left leg, bringing your heel toward your butt, and grasp your left foot with your left hand. Press your shoelaces into your hand, so that your leg does the stretching instead of pulling up with your hand.

Standing calf: Stand facing a wall with your hands on the wall at about chest level. Placing the ball of your right foot up against the wall, heel touching the floor, gently lean into the wall until you feel a stretch in your calf while keeping your leg straight.

I would like to say I am pushing myself solely for the sake of being fit and healthy...that too but honestly I have high, irrational hopes that the cast of The Walking Dead will be attending the race and scouting for their next character. Whatever motivates, right?

SUMMER CONCERT SERIES
Tuesdays @ 6:30PM
Recognition Garden, Heritage Park

June 4th Hope Alive
June 11th Day Gap (Leah Bolin's Band)
June 25th Desperation Band
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July16th Coal Rain
July 23rd Finale

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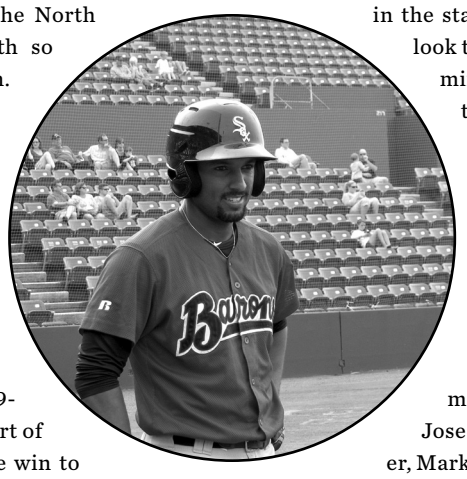
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Sports Staycation: The stars of tomorrow, today

By: Josh McBrayer
joshmcbrayer@cullmansense.com

This week's Staycation piece is a bit different from ones in the past. I have decided to combine my love of sports and my love of the outdoors into one incredible outing for you and your family. I am talking about the Huntsville Stars and Birmingham Barons minor league baseball. For your money, there is no better outing than taking in a minor league baseball game and us Cullmanites are fortunate to have a team an hour to the North and an hour to the South so there is always great action.



BIRMINGHAM BARONS

For those who don't know, the Birmingham Barons are the AA team affiliate of the Chicago White Sox. They are dominating the Southern League this year with a 39-23 record and, as of the start of play Sunday, need just one win to clinch a Southern League playoff spot for the fourth time since 2008 and the 16th time overall.

The Barons boast four of the top ten minor league prospects in the White Sox organization including the gap to gap hitting Trayce Thompson and the power pitching of Erik Nelson who has already been told he was going to "the show". The Barons play at the newly built Regions Field that seats 8,000+ and offers all of the amenities of a major league park with the intimate atmosphere fans have come to expect from an MiLB stadium.

Barons tickets range from $7 for general admission to $14 for premium seating. You cannot go wrong with any ticket choice as there are no bad seats in the park.

Friendly and helpful staff are there to make your ballpark experience a memorable family outing.

HUNTSVILLE STARS

As new as the Barons stadium is, Joe Davis,home if the Huntsville Stars, is not. Joe Davis opened in 1985 and while sitting in the stands, you can't help but look to the outfield and be reminded of the old days of the Polo Grounds.

The rustic charm is a big draw for baseball fans, not unlike me, who enjoy the history of baseball and the Stars are no stranger to history.

When someone mentions the talent of Jose Canseco, Prince Fielder, Mark McGwire, Tim Hudson, or Terry Stienbach, say a little thank you to Huntsville because they, along with countless other MLB players, had a stint with the Stars. Along with the aforementioned players, the Stars also have a young prospect in Taylor Jungmann who is the #2 overall prospect in the Brewers farm system. Tickets at Joe Davis are just $8 and all seating is general admission. Tuesday's With the Stars run a promotion where for every Mountain Dew bottle cap you bring in, you get tickets for $2.

Baseball is America's Pastime and is a great, economic way to spend a great night out with the family!

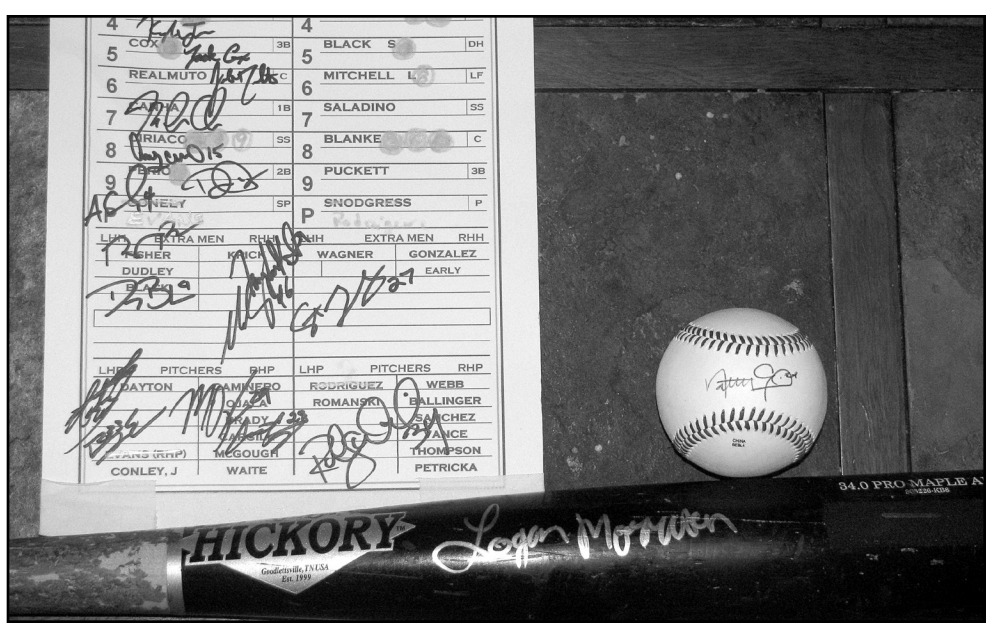












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(We apologize but we cannot accommodate coupon usage or other discounts in conjunction with our GiveBack Program.)

To make a reservation, call us at 256-734-7616 or visit us online at rubytuesday.com

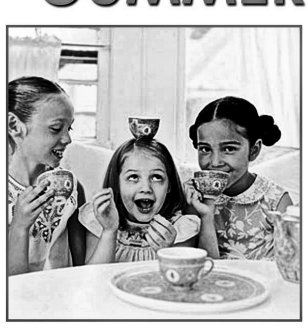
Organization's Name: AMERICAN CANCER SOCIETY
Event Name: CULLMAN COUNTY RELAY FOR LIFE
Date(s) of Visit: 6/20/2013 6/21/2013 6/22/2013

Ruby Tuesday

For directions to the restaurant or a peek at the menu, visit rubytuesday.com

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A Young Ladies Guide to Etiquette
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Historical Melodies

By: Barbara Ragsdale

Historic Musical Concert Blends Choir, Organ, and Brass Band in 100 year old Church

CULLMAN – A historic performance of combined musical talent filled the rafters of Sacred Heart of Jesus Catholic Church in Cullman recently. In celebration of the 100th anniversary of the laying of the cornerstone of the beautiful downtown edifice, members of the Sacred Heart Choir and the Huntsville Brass Band worked together to honor the musical history of the parish, which itself was founded in 1877.

Music is associated with worship of God, and according to an old well-known saying, "When you sing well, you pray twice"! If that is true, the harmonies provided by the choir and band were enhanced a thousand-fold to the delighted amazement of attendees who filled the church pews.

Many members of Sacred Heart choir have been dedicated to this organization their entire lives, practicing every Wednesday night in preparation for weekend Masses and funerals.

Barry Stoner, choir director at Sacred Heart for the past twenty years and also a member of the Huntsville Brass Band, invited the 30 member band group to help the Church celebrate its special anniversary.

In addition to this visit by the award winning group, an original composition "Spiritus Autem Vivificat" (meaning "The Spirit Gives Life") composed by Bryan Page of Huntsville, was performed with Josh Agnew singing the tenor soloist part accompanied by the choir, band, and church organ in a mix of tones and harmonies.

Both spiritual (some in Latin) and secular music highlighted the talents of the church choir individually, the brass band alone, and their combined talents accompanied by the magnificent pipe organ with chimes. The concert concluded with the roof-lifting 'Faith of our Fathers', giving all praise and glory to the Lord for the gift of Sacred Heart of Jesus Catholic Church.

The history of music at Sacred Heart started in the very first days of the Church (1877) and the School (1878), with students forming a choir for church functions. When the school began students soon learned hymns still familiar to us today. A pump organ on the main floor of the church gave support to quivery voices as the children followed the teaching Sister's direction. Children's voices still are heard at Sacred Heart, but music and harmony became more complex with the formation of an adult choir. The organ, too, needed an update, so a small Hammond organ was placed in the church.

Dr. Max Richard's name is well known in the history of the choir, as he served as director (and sometimes organist) for many years and was instrumental in locating a pipe organ that was then installed upstairs in the choir loft. The Austin organ Opus 1029 had been built in Hartford, Connecticut, in 1921, and previously saw service in two Baptist churches in Atlanta, Georgia. When the 'new' organ arrived in Cullman in the 1950s, Fr. Timothy Harrison, OSB, reconstructed the pipe organ piece by piece!

Acoustics in this European style architectural church are practically perfect and when the choir and music from the organ combine during church services, the result is truly 'heavenly'.

Sacred Heart's choir has had numerous dedicated organists accompany the musicians during the many past decades. Hilda VonHagel Imbusch played on the first small organ in the church beginning in her teenage years, having received instruction at Sacred Heart Academy. She, as well as succeeding organists, played for all Masses, weddings, funerals, and general Church functions. Never charging a penny for her services, according to her daughter Jane Imbusch, she played "for the love of God in thanks for the musical talent He had given her!"

Other organists who come to mind include Richie Apel, Sr. Mary Vincent Beckman, OSB, Mary Ann Fromhold Brannan, Donna Chaney Self Christopher, Zelda Digot, Hilda VonHagel Imbusch, Hal Kaucher, Jim Kremsner (who, according to choir member Leonard Collier, could not carry a tune but played the organ beautifully), Pat Munger, Mr. Spock, Catherine Clark Voss, Candice Wachter, Dr. Rebecca Whited, and current organist Jannie Ratliff. Hopefully we have not left any names off this list; if we have, please let us know their names!

The choir provided a reception following the concert, and as one church member was heard saying "We'll probably never have such a marvelous event like today's for another 100 years!" This concert celebrating the organist's, director's, and choir's history and dedication over the course of the past 137 years did indeed give glory and thanks to the Lord God for His precious Sacred Heart of Jesus Catholic Church in Cullman.

There are two remaining events scheduled as part of the Centennial Celebration at Sacred Heart this year. The first is a 'Youth Rally' on June 22 for all teenagers and young adults.

The final event will be a special closing Mass celebration on July 21 with Birmingham Diocesan Bishop Robert J. Baker in attendance. Everyone is invited to attend this Mass and reception.

This final gathering will close out the past year of monthly celebrations produced for the enjoyment of the church family and Cullman community by the various organizations at Sacred Heart. When the year started, Fr. Patrick Egan, OSB, Pastor, noted that he, Curt Thomas, Centennial Celebration Director, and the Parish Council hoped the celebration would provide both spiritual blessings and family spirit for the parishioners. According to the success of every event thus far, their goals have been achieved!



How to Avoid Ticks and Fleas This Season

(StatePoint) Warm weather means barbeques, baseball and trips to the park with family and pets.

But for pet owners, warm weather can also mean fleas, ticks, mosquitoes, and other disease-carrying bugs.

"Fleas alone can each bite you or your pet up to hundreds of times a day," says Dr. Rod Van Horn, a small animal, practicing veterinarian. "It's vital to get control of these pests before they have the chance to bite, hurt and potentially spread disease."

Now that the sunshine is finally here, you may be anxious to take your four-legged friends outdoors to run around.

Help your pets avoid ticks and fleas by following these easy tips:

- **Treat for Prevention**

You may not always be able to keep your pets away from infested areas, but you can stop the bugs from latching onto your pet.

Treat your pet monthly with a topical flea and tick treatment for the most effective, longest lasting way to prevent infestation.

There are now approved generic versions of topical veterinary products that use the same active ingredients as well, like Sergeant's Pronyl OTC.

It kills fleas and ticks, including those which can spread Lyme disease, and keeps your pet protected for up to 30 days.

According to experts, more than 70 percent of fleas bite a dog within the first hour of jumping aboard, so killing them within that first hour is paramount.

Try a fast-acting treatment, such as Sentry Fiproguard MAX for dogs, which starts to kill fleas and ticks in just five minutes, before they can do damage.

More information about protecting your pet and family from fleas and ticks can be found at www.fiproguard.com.

- **Check your House and Yard**

If you think you may have a flea infestation but aren't sure, start by checking your house and yard.

Walking around your home and yard in a pair of long white socks makes pests easy to spot.

Now you'll see if you have fleas hiding in your home.

Secure the infested socks in a plastic bag and throw them away or put into the washing machine for a hot wash.

- **Inspect your Pets**

After a run outdoors, thoroughly check your pet for fleas and ticks or any signs of itching or blood stains.

Be sure to look underneath the hair for visible bugs.

But be aware that the largest part of an infestation – flea eggs, larvae, and pupae – are almost impossible to see in a quick check. That's why prevention is key.

- **Be Proactive**

Treat your pets now, before it's too late. Apply treatments year-round to repel pests and prevent them from latching onto your pet's skin.

Just because you don't see fleas or ticks now, doesn't mean they aren't worth worrying about. Always plan ahead.

Do everything you can to protect your pet, and you'll never have to fret about bringing home pesky pests from the park again.

A Tasty Sampling in the Breezeway

By: Noah Chandler
noahchandler@cullmansense.com

COC hosts Taste of Cullman; showcases local restaurants

CULLMAN – The quarterly Business After Hours event, hosted by the Cullman Chamber of Commerce, was shaken up a bit this past Thursday as local restaurants and bakeries were invited to show off what's been cooking in their kitchens during the chamber's newest addition, *Summer Samplers in the Breezeway*.

"With summer here, I've noticed a lot of traffic going out of town to eat at restaurants, so I wanted us this time, to focus on our local restaurants and eating locally," said Leah Bolin, COC president. "We are getting more and more every day and we've had some great ones for years."

Eateries such as Terri Pines, Carlton's, Guthrie's, Lombardo's, The All-Steak, Rumor's Deli, Johnny's Bar-B-Q, CupCaterers, and Flavors Bakery, along with many others, were setup in the breezeway, located between the parking deck and the COC offices, offering up delicious samples of steak, chicken, and sweet rolls, along with many more savory items.

"We want people to recognize that these restaurants are changing with the times, so the menus are changing too," she said. "So this allows people just to go in and sample those things to see what these restaurants offer, along with giving us the opportunity to support our local folks." Bolin said future events are being planned to take place in the breezeway, but nothing official has been solidified. This event was sponsored by RollSeal.







Whatever Crank's Your Tractor

By: Noah Chandler
noahchandler@cullmansense.com

Antique & Tractor Show attracts sizable crowd

HANCEVILLE – The 15th Annual Antique and Tractor Show attracted many sightseers, traders, and just general lovers of all things tractor related to the campus of Wallace State Community College on Saturday.

Those in attendance took place in Slow Races, because after all tractors were being raced, along with a Skillet Throwing contest.

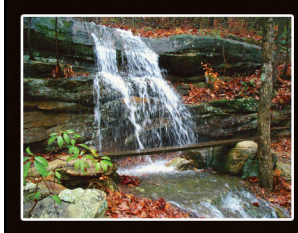






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– Calendar –

Submit your event to
calendar@cullmansense.com

Monday

Vacation Bible School at Immanuel Baptist Church
Outdoor adventure, fun backyard games, crafts, meals, and music are just outside your backdoor. God's Backyard Bible Camp Under the Stars is to soon begin so grab your friends and come on over. VBS is from June 10 - 13 from 6 p.m. until 8:30 p.m. and Friday, June 14 is Family Night beginning at 6:30 p.m. at Immanuel Baptist Church located 4 miles north of Hwy 157 on the Eva Rd. For more info please contact Kim Merritt at 256-339-1022, Tony Wood 256-739-0611, or Cindy Bates 256-339-3884.

Colossal Coaster World - Facing Fear - Trusting God
Children ages 3 years through 6th grade are invited to attend Summer Bible School at West Point Baptist Church this week, Monday through Friday, from 6 p.m. until 8:30 p.m. each night at the Church. The theme for this year is 'Colossal Coaster World - Facing Fear - Trusting God'.

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.

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

Festhalle Farmers' Market
The Festhalle Farmers' Market is once again open for business on Tuesdays through the spring and summer, from 8 a.m. until 2 p.m. Come visit your local farmers as they offer their homegrown produce for your dinner table.

Wallace State Baseball Camp
Wallace State Community College is offering a Youth Baseball Camp for ages 5 years thru 18 years. This camp will be held three days, today, June 10; Tuesday, June 11; and Wednesday, June 12, from 9 a.m. until 2 p.m. each day. There is a $110.00 walk-up fee, with a $60.00 charge for siblings. For registration or additional information please call Adam Scott, 256-352-8358. The camp takes place at the James C. Bailey Stadium and attendees are asked to bring their own lunches.

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

'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.

Elementary Garden Camp
The topic for the 'Elementary Garden Camp' sponsored by North Alabama Agriplex Center is 'Soil'. Youth ages 6 through 10 will take part in this event. Further info 256-297-1044 or email at cullmanag@gmail.com. Limited space for each camp is available. Fee is $35.00 for each child for the summer which includes classes on May 29, June 12, June 26, July 24 and August 7.

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 Farmers' Market
The Festhalle Farmers' Market is once again open for business on Tuesdays through the spring and summer, from 8 a.m. until 2 p.m. Come visit your local farmers as they offer their homegrown produce for your dinner table.

City Board of Education Meeting
Members of the Cullman City Board of Education will meet at 2 p.m. for business session, followed by work session.

Elks Lodge Buffet Lunch
Cullman Elks Lodge opens their doors to the general public on Thursdays for their buffet lunches served from 11 a.m. to 1:30 p.m. each Thursday. Meal is $8.00 for two meats, vegetables, drink! So come visit your neighbors and enjoy a great meal to boot.

First Community Bank Women's Investing Class
All women are invited to attend a FREE 'Women's Investing' Class at 12 noon at First Community Bank. This free educational lunchtime meeting is being held to help women learn more about investing for themselves. Bring your own lunch. This is NOT a sales meeting. For additional information please contact Heather Branch at 256-734-4863.

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.

ROOT Classes at Grace Episcopal Church
All are welcome to attend special ROOT (Radically Overcoming Obstacles Together) classes each Thursday night beginning at 6 p.m. at Grace Episcopal Church. Food and fellowship begin at 6 p.m. followed at 7 p.m. by the meeting. For additional information please check out Facebook (www.facebook.com/pages/TheRoot) or www.agccullman.com. Come to one class just to see if you are interested in this topic and its purpose. You might be surprised how these meetings can affect your life.

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.

City vs. Cullman County Blood Drive
City residents go up against County residents once again during the annual Blood Drive contest between these two friendly rivals, all for the sake of saving lives. Sponsored by LifeSouth Community Blood Centers and the American Red Cross, the locations for giving blood are at two different locations 'city' blood donors may go to the bus collection site which will be set up at the Festhalle Market Platz as well as at Cullman Shopping Center. 'County' blood donors will find their two 'giving' sites at the Cullman County Courthouse and at Walmart Supercenter. For information, city residents may call Carmen Parker at 256-737-7560; those from the county may call Cherrie Haney, 256-775-2906. The Cullman County Cattlemen's Association will be on hand at all locations to provide free steak sandwiches for donors, and those providing blood may also register for door prizes at each site. Come help save a life - you never know when you or a loved one will need life-saving blood.

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

Festhalle Farmers' Market
The Festhalle Farmers' Market is once again open for business on Saturdays through the spring and summer, from 8 a.m. until 2 p.m. Come visit your local farmers as they offer their homegrown produce for your dinner table.

Gun Safety Class
The 'Gun Safety Class' previously scheduled for May 18 will take place at Cullman Civic Center from 8 a.m. until 12 noon. Please contact the Park & Rec Department for further details 256-734-9157.

Teaching English to Adults Training Seminar
Sacred Heart of Jesus Church will host literacy Council of Central Alabama tutor trainer, Linda DeRocher, who will prepare those interested in teaching adults to speak English (English for Speakers of Other Languages - ESOL). DeRocher is a Pro-Literacy certified tutor trainer and holds a Masters degree in teaching English as a Second Language (ESL). This community event is open to the public and will be held today from 900 am to 300 pm at the Family Life Center located behind Sacred Heart School. The fee is $25.00 for book and materials. Lunch is brown bag (bring your own); beverages will be provided. Call 205-326-1925 or 256-736-3174 to register or for more information. You MUST have been pre-registered in order to attend.

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
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.

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Looking Ahead

PorktoberQue
Oktoberfest meets Barbecue Competition in Dothan, Alabama September 27-28, 2013. This KCBS sanctioned BBQ competition draws teams from across Alabama and features $5,000 in prize money and an entry to the American Royal for the cookoff/BBQ winner. It is also a stop on the Alabama BBQ Trail and has a points award for national barbecue team rankings. Spectators enjoy polka music, country and rock bands, an indoor Biergarten, outdoor "man cave" and loads of shopping opportunities. Barbecue and Bratwurst dominate the food menus from regional vendors, and beer is available in several areas. Sponsored by MIke Schmitz Auto group- come take a test drive for free tickets, or take a drive at PorktoberQue for great deals! FREE ADMISSION IF YOU DRESS UP IN LEDERHOSEN OR A GERMAN OUTFIT! Kids welcome, many kid's activities available. See www.porktoberque.com for details and info.

Register for Summer Youth Programs
Now registering for North Alabama Agriplex Summer Youth Programs. Summer Garden Camps for ages 3-10, starting May 29th, 9:30-11:00 a.m. Touring Farms for Kids, June 19-20, ages 7-13, and Sewing Camp July 9-12 ages 5-10. For more info call 256-297-1044 or e-mail cullmanag@gmail.com.

Movie Review: *The Ninth Gate*

By: Josh McBrayer
joshmcbrayer@cullmansense.com

I have decided to go way back in this week's movie review and screen the 1999 film, *The Ninth Gate* starring Johnny Depp and Frank Langella.

This film can be classified as an action thriller and has plenty of twists and turns to keep the viewer glued to the screen.

PLOT SYNOPSIS

The film revolves around an unscrupulous rare book dealer by the name of Dean Corso (Depp) who is hired by a client Boris Balkin (Langella), whom he as a tenuous working relationship.

The job in question is authenticating a very rare book, but it is not that simple. The book he is paid to authenticate has only three known copies, one of which belongs to Balkin.

Furthermore, the book, *The Nine Gates of the Kingdome of Shadows*, was written in the year 1666 by Aristide Torchia and the devil himself, Lucifer.

The demonic book also contains nine illustrations that form a riddle that Balkin believes will enable him to conjure the devil. Corso, on Balkin's dime, travels to Spain to speak to the Cenzia brothers who are experts on The Nine Gates.

During the examination of the three copies of the rare book, Corso discovers that in each book three of the illustrations, differ slightly and are signed LCF while the rest have the initials of the author.

The Cenzia brothers confirm that the riddle is capable of summoning the devil, but only if you have the right illustrations.

Then Corso finds that the illustrations marked LCF were drawn by Lucifer and they were put in the different books so no one had all of the pieces of the riddle.

From this juncture in the film, Corso is thrown deep into the underworld of the occult and struggles to find his sanity.

CAST

Johnny Depp as Dean Corso
Frank Langella as Boris Balkin
Emmanuel Seigner as the Mysterious Woman
This film is Rated R for language, violence, nudity, and sexual situations.

MY TAKE

I am a big fan of this film. As far as religious thrillers, it is one of the best on the market.

Northeast Alabama Entertainment Initiative to sponsor Film Week

By: Angie Finley

High School students to learn film business and technology from film pros

JACKSONVILLE – The Northeast Alabama Entertainment Initiative today announced a brand new summer event aimed at high school students and others interested in filmmaking.

High school juniors, sophomores, and graduating seniors are invited to attend the Northeast Alabama Film Business and Technology Camp to be held at Longleaf Studios in Jacksonville June 17-21.

This weeklong film "boot-camp" will feature hands-on instruction in nearly every aspect of filmmaking, from screenwriting, cinematography, and lighting to sound and editing. According to Northeast Alabama Entertainment Initiative (NEAEI) Chairman and Studio Director Pete Conroy, "JSU now has Longleaf Studios right next door so for the first time ever, regional future filmmakers can learn with top media pros and work in the new facility with Alabama's largest 'green screen.'"

Chuck Bush, a veteran filmmaker and entertainment entrepreneur who celebrates 30 years of filmmaking in 2013 will lead the class.

Bush has shared his love of film by teaching college level courses since 2003 and in 2011 he established LA Film Workshops, LLC, where he has helped launch the careers of a new generation of filmmakers. "We use a hands-on approach to learning where students handle professional equipment from day one," explains Bush. "And with the popularity of YouTube and similar social sites, young filmmakers now have access to a global market."

JSU Artist in Residence Jeffrey Nichols will join Bush.

Nichols, himself a veteran Hollywood cinematographer, currently teaches several courses at JSU that lead to a minor in Entertainment Technology.

The cost of this five-day event is $650 per student, but the NEAEI will provide $300 scholarships. Students only pay $350 to attend the film camp!

For more information on Longleaf Studios, visit www.longleafstudios.com. For more information on Chuck Bush, go to www.imdb.me/chuckbush. For more information on Jacksonville State University's minor in Film and Entertainment Technology, visit www.jsu.edu/drama/.

Reflections of History



Aerial View of King Pharr Canning Operations — Contrib. by Cullman County Museum

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

This Week in History
June 10 - June 16

June 10th
1610 – First Dutch settlers arrive, from New Jersey, to colonize Manhattan Island
1899 – Improved Benevolent and Protective Order of Elks forms in Cincinnati
1955 - First separation of virus into component parts reported
June 11th
1644 – Florentine scientist describe invention of barometer
1947 – WWII sugar rationing finally ended in U.S.; began May 28, 1942
1990 – Supreme Court says law prohibiting desecration of U.S. flag unconstitutional
June 12th
1787 – Law passes providing a senator must be at least 30 years old
1943 – Himmler orders extermination of all Polish ghettos
2010 – Chinese Buddhist monks and archaeologists reveal part of a skull believed to be Buddhism's founder, Siddhartha Gautama
June 13th
1774 – Rhode Island becomes first colony to prohibit importation of slaves
1878 – Congress of Berlin meets to divide African colonization
1922 – Longest attack of hiccups begins Charlie Osborne, 98 hiccupped over 435 million times before it stops; he dies 11 months after it stops
June 14th
1777 – Continental Congress adopts Stars and Stripes replacing Grand Union flag
1904 – Dutch troops occupies Kuti Reh, Sumatra, killing all inhabitants
1942 – Anne Frank begins her diary
June 15th
1752 – Benjamin Franklin performs his kite-flying experiment
1864 – Robert E. Lee's home area, Arlington, Virginia, becomes a military cemetery
1940 – France surrenders to Hitler, German troops occupy Paris
June 16th
1858 – Abraham Lincoln says "A house divided against itself cannot stand"
1935 – U.S. Congress accepts FDR's "New Deal"
2012 – After a classified 469-day orbital mission, the U.S. air force's robotic Boeing X-37-B spaceplane returns to Earth

Last Week's Poll

Do you own a storm shelter?

No
100%

This Week's Poll

What do you do when a Tornado Warning is issued?

Vote Today at CullmanSense.com/Poll

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Education for Yahoo!'s List of Top Five Careers Available through Wallace State

By: Gail Crutchfield
WSCC Contributor

HANCEVILLE – A recent Yahoo! Education article compiled a list of five careers that have the potential for high salaries, but don't require a lot of time in school to become qualified. Wallace State Community College in Hanceville provides education in all five of those careers.

The article used two criteria in creating the list of careers, with the first being a median annual salary above $40,144.That is the median annual salary for full-time workers in all occupations in the United States, as calculated from the median weekly earnings reported to the U.S. Department of Labor for the fourth quarter of 2012.The second criteria was that the careers chosen did not require a bachelor degree or higher for the applicants to quality.

In all cases, the Wallace State programs can normally be completed in four to six semesters and many offer the option for online and hybrid classes.

No. 1 on the list was paralegal, with a median annual salary of $46,730, with the bottom 10 percent earning $29,390 and the top 10 percent bringing home $75,400.

Wallace State's paralegal program offers an Associate in Applied Science degree, and can be earned in four semesters. For information on the paralegal program, call Department Chair June Brooks at 256-352-8224 or e-mail june.brooks@wallacestate.edu.

No. 2 on the list was registered nurse, with a median annual salary of $69,950. The bottom 10 percent earned $44,970 and the top 10 percent earned $96,630.

Wallace State's nursing program offers an Associated in Applied Science degree for registered nurses (RN), as well as a certificate for licensed practical nurses (LPN). The program offers traditional classes as well as hybrid courses that allow you to tailor your education around your schedule, and courses can usually be completed within five semesters for RNs and three semesters for LPNs.

Future nursing and health science students at Wallace State will also enjoy a new state-of-the-art building that is expected to open in the fall of 2013.

For more on the Wallace State Nursing program, contact Deborah Hoover at 256-352-8204 or e-mail deborah.hoover@wallacestate.edu.

No. 3 on the list was police officers, who earned a median annual salary of $54,230 depending on their geographic location. The bottom 10 percent earned $32,080 and the top 10 percent earned $84,980.

The Criminal Justice program at Wallace State offers an Associate in Applied Science in a number of law enforcement related careers, including forensic science and criminalistics. Graduates can find careers not only in their local police department and sheriff's office, but also with the federal government, or as game wardens, corrections officers, or probation officers. Completion of a criminal justice degree will take about five semesters.

For more information on the Criminal Justice program, contact Bob Howell at 256-352-8175 or e-mail robert.howell@wallacestate.edu.

No. 4 on the list was dental hygienists, who earned a median annual salary of $69,280, with the top 10 percent bringing home $94,850 and the bottom 10 percent earning a respectable $46,020 each year. Dental hygienists also made a Yahoo! Education list for six careers that are always hiring.

Wallace State's Dental Hygiene program offers an Associate in Applied Science degree and provides both classroom instruction and practical experience in its dental lab. Completion of the degree can be accomplished in five semesters.

The program offers information sessions for those interested in the program. Reservations to attend any upcoming sessions can be made by called 256-352-8300, or e-mail barbara.ebert@wallacestate.edu for more information.

The final career on the list was Diagnostic Medical Sonographer, with the median annual salary $65,210. Sonography, or ultrasound, is a medical procedure that uses high frequency sound waves to produce images of organs, tissue, or blood flow inside the body, rather than radiation used to produce x-rays. The lowest 10 percent of professionals on the scale made $44,950 and the highest made $90,640.

Wallace State's Diagnostic Medical Sonography program can be completed in six semesters. Call Program Director Janet Money at 256-352-8318 or e-mail janet.money@wallacestate.edu for more information.

These and many other programs at Wallace State can be used to get started on a career path upon graduation or as stepping stones toward an advanced degree at a four-year university. All offer a superior education, comparable to what you could receive at a four-year institution, but at a fraction of the costs.

Wallace State Community College has been ranked among the top 120 community colleges in the nation by the Aspen Institute, and routinely ranks among the top 50 colleges in the nation for the number of health care graduates it produces.

For information about these and other Wallace State programs, call 256-352-8000 or visit www.wallacestate.edu.

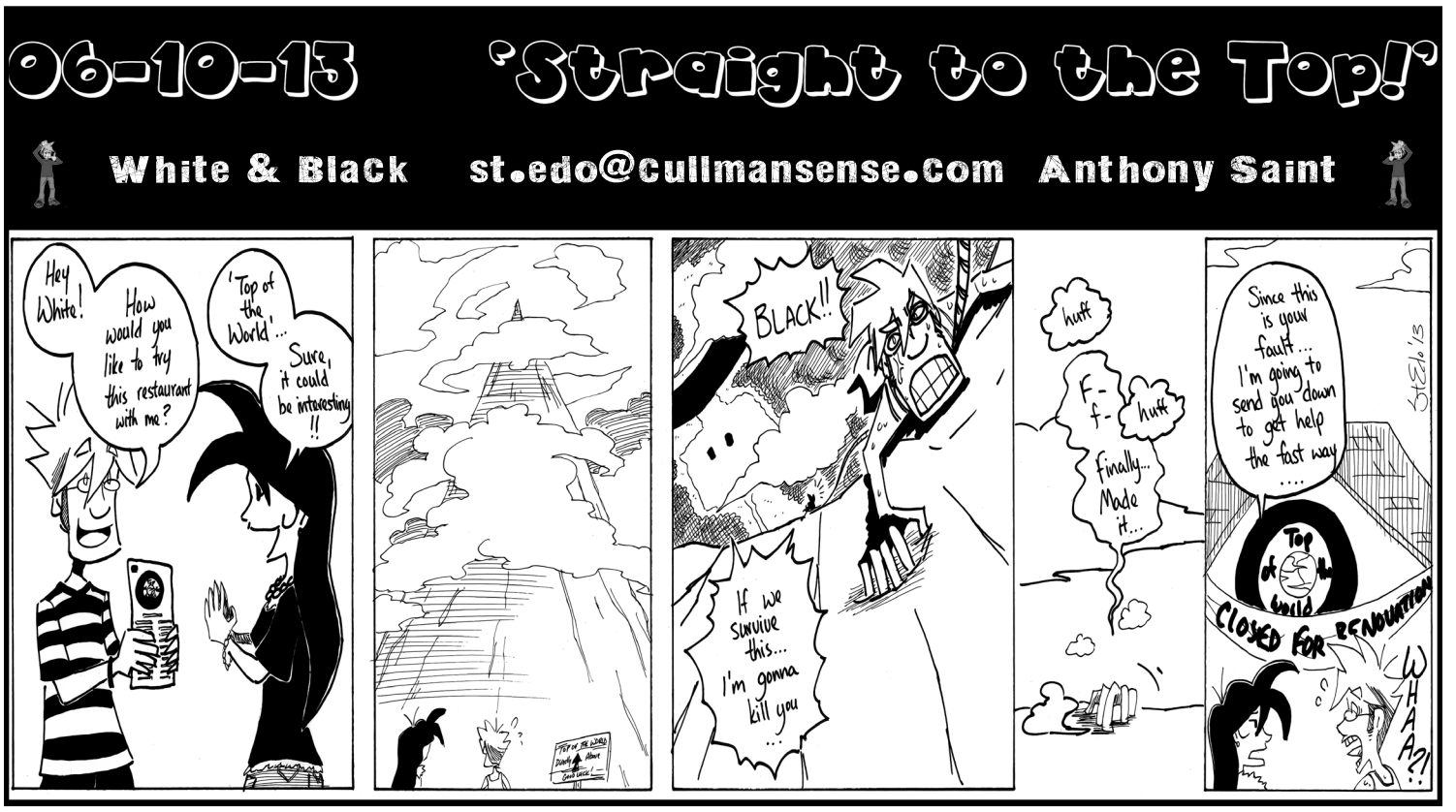
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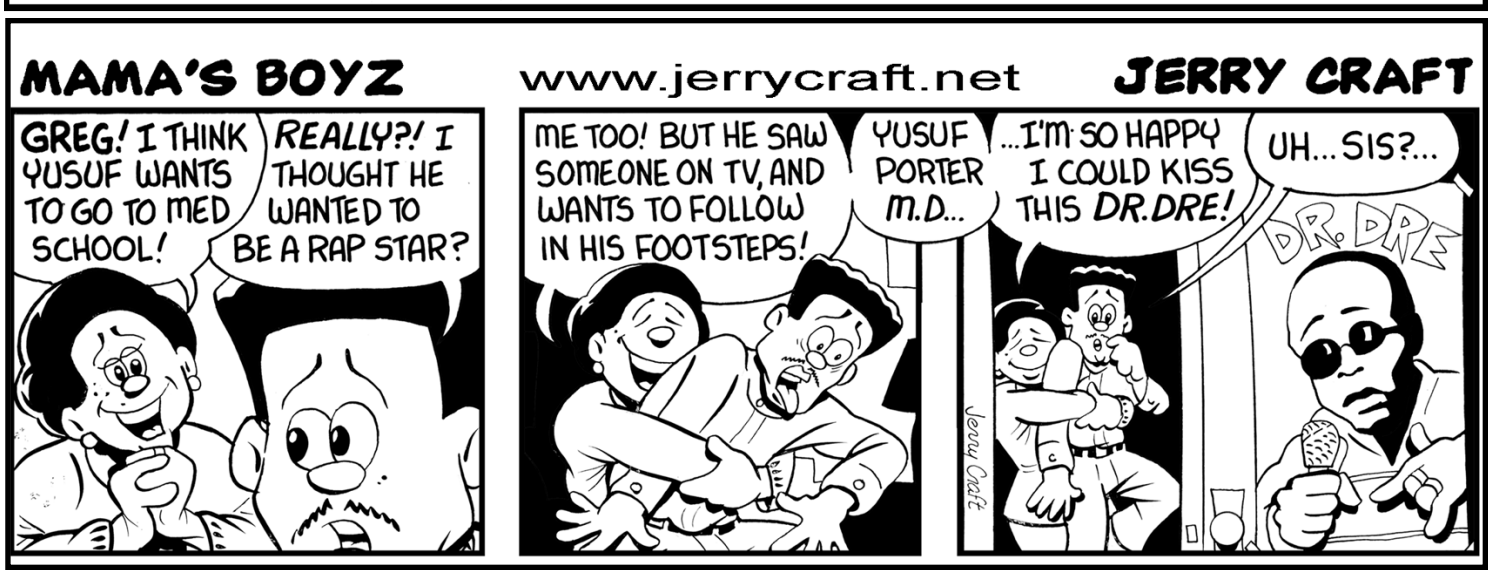
cpr cullman city parks & recreation

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.
- **Nia Dance Fitness Classes:** Includes yoga stretching, anti-aging tips, and more with instructor Ann Caretti. Class is held Tuesdays at 10:00am at the Cullman Civic Center.
- **Summer Concerts Series:** Held at Heritage Park Tuesday nights at 6:30pm in the recognition gardens beginning June 4 through July 23. Hope Alive will play on Tuesday, June 4. The concerts will be free each week.
- **Speed & Agility Camp:** A speed and agility camp will be held at Heritage Park for ages 7-12 from June 11-July 16. Registration will be $125. Camp will be led by Steve Johnson and is open to boys and girls. Register at the Civic Center.
- **Gun Safety Class:** The Gun Safety course scheduled for May 18 has been moved to June 15. The course will be held at the Cullman Civic Center, call 256-734-9157 for full details.
- **Junior Tennis Lessons:** Tennis lessons will be held this summer at the Municipal Tennis courts in three different sessions beginning on June 3. Classes offered for all skill levels. Call the Civic Center for details or to register.
- **Junior Golf Clinics:** Learn to swing like a pro this summer with golf pro Ches Harris in this course held on Tuesdays in June. Ages 8-18 may participate. Call 256-739-2386 for full details.
- **Disc Golf Tournament:** A disc golf tournament will be held Saturday, June 8 at Heritage Park. For full details or to enter, call 256-739-9931.
- **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.
- **Archery Camp:** A 3-day archery camp will be held from June25-27 at the Cullman Outdoor Archery Park for ages 7-14. Camp will run from 8am-3pm daily. Bows are provided, must bring your own lunch. Register at the Civic Center.





Political Integrity and Honesty

By: Rick Neighbors
Community Contributor; Hackleburg, AL

Our forefathers indeed did create three equal branches of government. But there is one branch that has abdicated its responsibility to govern and that is the legislative branch.

The congressional representative for the Fourth Congressional District of the Great State of Alabama would have you to believe that the reporting from news media in factual and true. He knows and you and I know, that truth is sometimes difficult to determine. Good story telling is not the same as truth. I expect journalist to tell a good story as they understand it. I do not necessarily expect journalist to know what ultimately will be determined as truth. I think someone in office as long as Mr. Aderholt would know this. The truth of the matter is that he does know this but, it is not beneath him to obliquely spin a story that he thinks would give credibility to his woeful dismal representation of the people in the Fourth Congressional District of Alabama.

I am sometimes amused but mostly saddened by politicians that have never worn a uniform, carried a weapon, or stood a post, and then pontificate on the intricacies of battle of which they cannot possibly understand. I cannot speak factually about the sequence of events in Benghazi on September 11, 2012 but I can speak experientially about the uncertainty that occurs while under fire. In 1837, a book published posthumously by Carl von Clausewitz used the expression "the fog of war". In this phrase he captured the situational uncertainly during a battle. Do I move left or go right? Do I send reinforcements or hold in reserve? Is this an attack or a protest? Are there ten or a hundred?

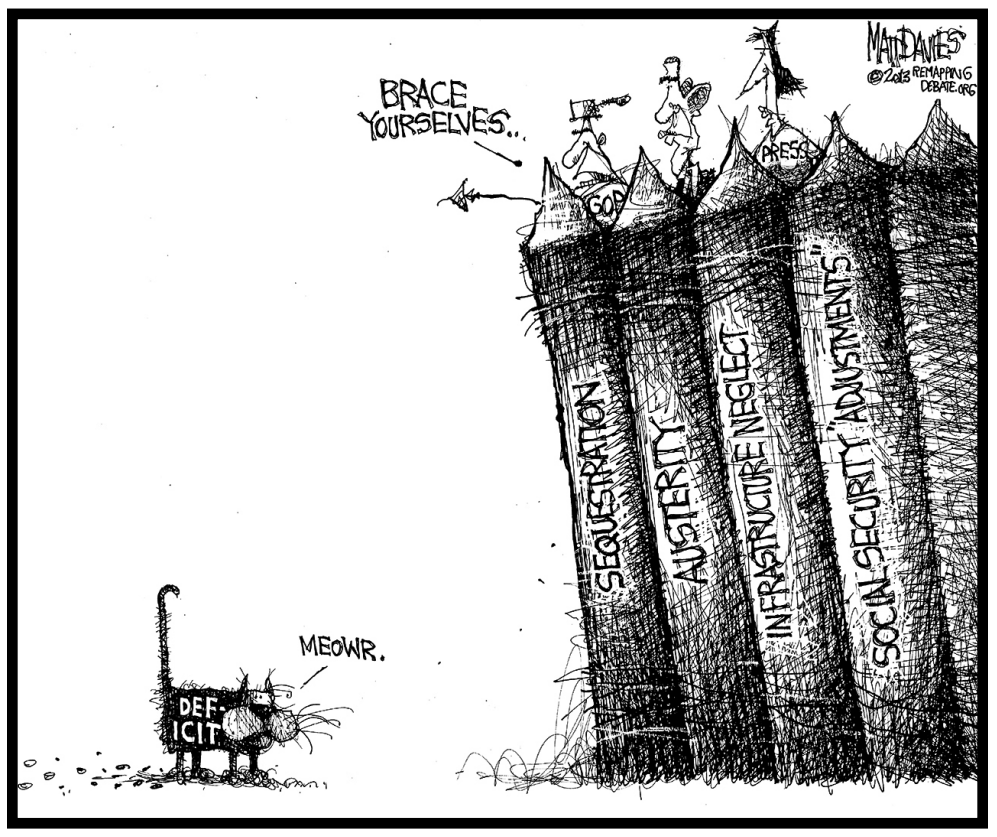
The best we can hope for in these instances is that our soldiers are well trained, well equipped, well led, and make good decisions. Once the fighting is over, the dead and wounded attended to, only then is the process begun to analyze what happened, identify strengths and weakness, learn from our mistakes, and try not to make the same ones next time.

I do not know if or what mistakes were made in Benghazi. I know four Americans died. It seems the appropriate thing for Mr. Aderholt to do is to ensure our soldiers are well trained, well equipped, have the armor they need, and are well led. I assure you those soldiers writing the letters home are motivated to make it better. We don't need insipid political finger pointing from Mr. Aderholt.

Mr. Aderholt wants us to focus on what others are or are not doing. I rather focus on what Mr. Aderholt is or is not doing. What he is doing is pointing fingers and telling us how bad the democrats are, ignoring requests to create economic growth, and not working against the Trans-Pacific Partnership agreement that will further erode jobs in Alabama and the United States. What he is doing is not working to arrest the rising rate of poverty in the fourth district, not working toward the attainment of jobs at a living wage, and certainty not working to fulfill his duty to establish justice, insure domestic tranquility, provide for the common defense, promote the general welfare, and secure the blessings of liberty to ourselves and our posterity.

Yes Mr. Aderholt, I do expect integrity and honesty. I expect our representative to know that money funded by tax payers for legislative members to travel, to know the difference between public money and private money. I expect the representative for the Fourth Congressional District to know tax money should not be spent for personal gifts and family members.

I expect the representative of the Fourth Congressional District to act in the best interest of the Fourth Congressional District and not cast the last and deciding vote that gutted over five thousand jobs in DeKalb County. I do expect.... I demand a representative that will conduct themselves with integrity and honesty. It is my wish that the people of the Fourth Congressional District will elect such a person in the next election.



Confessions of a Nerd: *GoldenEye* – The Father of the FPS

By: Josh McBrayer
joshmcbrayer@cullmansense.com

I am a self-admitted video game junkie. At various stages of my childhood all the way into my adult life, I have owned every video game system to ever hit the market. From spending countless hours playing *Pac-Man* and *Frogger* on the old school Atari to the thousands of quests I have completed in a myriad of RPGs, I have played my share of games across numerous platforms.

Alas, single player campaigns, hack 'n slash, and platformers are going the way of the dinosaur and are all but extinct. Multiplayer, first person shooters are all the rage nowadays.

Games like the *Call of Duty* series, *Gears of War* and *Halo* dominate the video game market. They owe all their success to just one game; *GoldenEye 007*.

Commonly referred to as just *GoldenEye*, it was the precursor to the modern day shooter. Exclusive to Nintendo 64, it was the third best game on the console, behind *Super Mario 64* and *The Legend of Zelda: Ocarina of Time*.

GoldenEye is based on the James Bond movie of the same name and Pierce Brosnon once again dons the guise of James Bond for the game.

The shooter has a great storyline and tons of action to keep you on the edge of your seat such as Covert Ops, where your mission is to not be seen, to outright firefights with armed guards while you are trying to avoid the hail of gunfire from the helicopter overhead that is raining down bullets.

As good as the single player story line was, this was not what hooked players. The edition of the "death match" mode was the big selling point of *GoldenEye* and it worked to perfection. Many a teenager (myself included) would pick a friend's house and have all night *GoldenEye* death match tournaments.

What was revolutionary about the now iconic game mode was the fact that you could sit down and play your friend in head-to-head, split screen action.

Each player could choose a character, from James Bond all the way to the standard soldier commonly referred to as "meat". You were then dropped into a level of the game. From here, the cat and mouse game begins. The players explore the "map" and look for the best vantage point to take out the other player.

If this scenario sounds familiar, it should. This game mode is the model used by each and every first person shooter on the market today. So the next time you set down with your friends to play capture the flag or most kills, give a nod to GoldenEye, the father of the first person shooter.

Color Me Rad 5K

By: Jessica Norrell
jessicanorrell@cullmansense.com

I recently entered my first 5K on June 1, 2013: the Color Me Rad 5k in Birmingham.

Most 5Ks donate a percentage of their proceeds to a charitable fund. In this case it went to the Ronald McDonald House.

The Color Me Rad 5K is one of several color runs where runners are splashed or splattered with a different color for their progression of distance throughout the race.

The Color Me Rad 5K is a race all ages can enjoy. I would definitely recommended bringing the friends and/or family to enjoy this type of event.

Several runners (or walkers) even came in costume...we all wore capes, which I believe gave us the edge over other runners. 5Ks are a fun group activity for family and/or friends and, besides being fun, usually carry perks along with registration fees including shirts, glasses, and being splashed with color!



RadKIDS Summer Camp

Join our RadKids summer camp this June!!!

For boys and girls ages 4-10

Place: Cullman McGukin Civic Center

Date: June 24th – 28th 2013

Time: 9:00 a.m – 11:00 a.m

CLASS IS $5.00 per child (for entire week)

(To be paid first day of camp)

Hosted by: Cullman Police Dept.

Registration begins May 1st at the Cullman Civic Center

Your child will learn:
House fire escapes
Stranger Danger
Calling 911 Dispatch
Internet Safety, protecting themselves from vicious dogs & More!

To host a Radkids camp for your kids group, school, organization or

If you have questions about this course, or need the registration forms emailed to you,

Contact: Officer Cindy Rohrscheib Email: cindyr@cullmanpd.com or (256) 736-4703

Mud Run for Clean Water

By: Noah Chandler
noahchandler@cullmansense.com

Local church raises funds by getting dirty

GOOD HOPE – Tire walks, wall climbs, pipe crawl, stair climb, mounds of mud, and an 80 foot climb followed by a quick, slippery descent were just a few of the 18 features which faced 320 participants taking part in the Daystar 2013 Mud Run.

"We're putting on this Mud Run to help provide clean water in Haiti," said Tom Watson, Director of Outreach & Tech Arts at Daystar. "So far our church has supplied 23,700 people in Haiti, so we're not stopping. There are nearly 1 billion people in the world without access to clean drinking water."

The money raised during the event, whether it was through registration fees, T-shirt sales, or general donations will go toward the Church's Mission Project of providing clean drinking water to residents of Haiti.

"We started with Haiti because it is one of the worst, most thirstiest nations on our planet," said Watson.

"It was bad before the earthquake but it has become much worse since then, so it's key to help provide clean drinking water to everyone who needs it."

Birmingham resident, 9-year-old Westin Newell, was anticipating his opportunity to run through the mud since arriving in Good Hope while visiting his grandmother, Joan Newell.

"I've run 5 miles before, and I've ran in a 5K, but I'm just ready for the mud," said Westin.

Joan said her grandson had been talking about the run for nearly a week. She said Westin was up bright and early Saturday morning eagerly awaiting the 9 a.m. start time.

"He (Westin) has been up and at it since 6:30 this morning, so I think he's ready," said Joan laughingly. "I do think this is a great event, unusual, and it just looks like a lot of fun, so I'm sure he'll have a good time."

For more on the movement to provide clean drinking water in Haiti, visit facebook.com/awaterproject.





Bentley Signs Medicaid Reform Bill & New Executive Order (from Front)

Medicaid operates under a "fee-for-service" model. However, with Senate Bill 340, the state will adopt a managed care structure. Under this structure, Alabama Medicaid will be able to control costs more efficiently.

Medicaid will enter into contracts with regional care organizations that will provide services for patients at an established cost. Quality assurances will ensure high standards of care. The result will be quality care at an established, controlled cost.

Senate Bill 340 was sponsored by Senate Health Committee Chair Greg Reed (R-Jasper) and House Health Committee Chair Jim McClendon (R-Springville). Senator Reed said lawmakers worked closely with healthcare stakeholders to develop the best solutions for reform.

"From the beginning of the development of SB 340, I was focused on three groups: patients who are receiving care, providers who are working to manage patient care, and the taxpayers of the State of Alabama who are paying the bill," Senator Reed said.

"I am confident that SB 340 addresses the needs of those three groups in that patients will receive higher-quality care, providers will offer the best management of that care, and the taxpayers will have a better product at a lower cost. It was my privilege to work alongside all those engaged in developing and passing SB 340."

House Health Committee Chair Jim McClendon (R-Springville) sponsored the legislation in the House. Representative McClendon said reforming Alabama Medicaid will benefit the state in several critical ways.

"In addition to promoting quality of care for the beneficiaries, this will help ensure more convenient access to care," Representative McClendon said.

"By controlling the escalating cost of healthcare, this will help reduce the burden on the state's General Fund, which in turn will help support funding of the many state agencies that depend on the General Fund for survival. It was my pleasure to work hand-in-hand with Governor Bentley, Senator Reed, and Dr. Williamson in crafting this unique approach of providing essential services to those who are most in need."

State Health Officer Dr. Donald Williamson served as chair of the Alabama Medicaid Advisory Commission.

"I want to thank Governor Bentley, Senator Reed, and Representative McClendon for their support of Alabama Medicaid," Dr. Williamson said.

"This new law represents an opportunity for better care for hundreds of thousands of Alabamians who depend on Medicaid. While having the bill signed is an exciting culmination of the legislative process, the heavy lifting of implementation must now begin in earnest."

Dr. Williamson will also chair the new Alabama Medicaid Pharmacy Study Commission. Acting Alabama Medicaid Commissioner Stephanie Azar will serve on the new commission as well. Azar said the Alabama Medicaid Agency is committed to long-term improvements and reform.

"The transformation that will take place over the next few years will be significant. Medicaid is ready to take on this challenge and help the state move forward to create a program that will help support the long-term sustainability of Alabama Medicaid," Azar said.

"I want to thank Governor Bentley, Senator Reed, Representative McClendon, and Dr. Williamson for their leadership on this important issue and for their commitment to the health and well-being of Medicaid recipients in this state."

The Alabama Medicaid Agency is currently working with healthcare providers on establishing the geographic regions in which regional care organizations will operate. By law, the regions must be set by October 1.

ADPH investigates TB cases

By: Pam Barrett

MONTGOMERY – Officials of the Alabama Department of Public Health (ADPH) are investigating two cases of pulmonary tuberculosis identified in southwest Alabama residents, and have been working to ensure that all people who may have been exposed to them are screened quickly.

"As with any identified cases of tuberculosis in Alabama, ADPH will implement precautionary testing, investigation, and control measures," Dr. Karen Landers, TB Advisory Council member, stated.

In late May, ADPH officials began identifying individuals who might have had close contact with the two people suspected of having TB.

According to ADPH, "close contact" is defined generally as spending an extended amount of time with the subject in a physically close environment. Persons who were in close contact with the suspect cases have been notified, will be rapidly assessed and appropriate measures taken.

Tuberculosis is a treatable and preventable disease. ADPH recommends that only those individuals who were in close contact with the two people be tested.

Wallace State Ranked No. 2 in the South for Workforce Training (from Front)

president and staff committed to provide the skills and training to match the needs of business and industry. "Congratulations for the well-deserved honor," Smith added.

Mid-South Community College in West Memphis, Ark., was the top-ranked community college. Finishing out the list after Wallace State were: Enterprise State Community College, Enterprise, Ala.; Augusta Technical College, Augusta, Ga., Victoria College, Victoria, Texas; Metropolitan Community College, Kansas City, Mo.; Broward College, Fort Lauderdale, Fla.; Sante Fe College, Gainesville, Fla.; Southeast Kentucky Community and Technical College, Cumberland, Ky.; and Gateway Community Technical College, Florence, Ky.

Photo contributed - Image: *Southern Business and Development Magazine* cover, Winter 2013. Source: (http://www.sb-d.com/; http://www.sb-d.com/Features/TopTenCommunityColleges/tabid/562/Default.aspx)