SERIES 3, ISSUE 25 MONDAY, JUNE 24, 2013
CULLMAN'S MONDAY NEWSPAPER
CULLMANSENSE
COMMUNITY MATTERS
$0.50 $0.50

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A Refreshing Staple for 100 Years; Coca-Cola Bottling Company Celebrates Centennial

By: Noah Chandler
noahchandler@cullmansense.com

CULLMAN – It's been one hundred years since the Cullman Coca-Cola Bottling Company sold its first bottle of what is now the best-selling soft drink in the world.

In addition to Coca-Cola, Cullman Coca-Cola now sells over 400 different brands and packages throughout Cullman and Blount counties and parts of Morgan and Winston counties.

Cullman Coca-Cola, founded in 1913, was originally located in downtown Cullman. Years later, the distribution center was moved to the north part of town in Cullman, and then was relocated to Good Hope. In 1975, Cullman Coca-Cola moved to their current location at 1145 County Road 437.

As of today, Cullman Coca-Cola, a division of Coca-Cola Bottling Company United, Inc., headquartered in Birmingham, Alabama, continues to distribute products under exclusive franchise agreements with The Coca-Cola Company and other beverage franchise companies.

"There are not many companies who have celebrated 100 years of business here in Cullman. All of the employees at Cullman Coca-Cola are proud of refreshing the citizens and local businesses of Cullman and the surrounding counties for over a century," said Jeff Williams, Sales Center Manager Cullman / West Alabama Coca-Cola. "We are also honored to have had a long history of supporting our communities through our sponsorships of the Cullman Park and Recreation, American Cancer Society's Relay for Life, our local schools, Cullman Fair Association and many, many more."

The official centennial celebration received a boost from the South's fastest growing country music festivals, in Rock the South. Rod Painter, Cullman Sales Manager, said Coca-Cola was looking forward to celebrating the anniversary and festival in style.

"We kicked-off our 100 year celebration at Heritage Park on June 21st and 22nd at Rock the South where some of the biggest names in country music including multi-platinum recording artist "Sara Evans" (festival owner and host), 2011 ACM New Artist of the year "The Band Perry", 2011 "American Idol Winner" and 2012 "ACM New Artist of the year" "Scotty McCreery" will performed," he said.

Brands include: Coca-Cola, Coke Zero, Diet Coke, Sprite, Fanta, Minute Maid, Mello Yello, Dasani Water, PowerAde, among many others! Currently, Coca-Cola is working to help spread awareness concerning obesity in youths and adults in America.

Look for a story regarding Obesity: The Coke Challenge in the July 1, 2013 issue of CullmanSense print edition.

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PRINTED LOCALLY @ PRINTING Alabama Web Press

Alumni Weekend Set at St. Bernard

By: Joyce Nix

St. Bernard Contributor

CULLMAN – This is the big St. Bernard Annual Alumni Reunion weekend and calls for the classemates of the 1970s to make a return 'home' to the Bernard campus have gone out to all those possible. Everyone who has a history with St. Bernard College or Prep School, or the Abbey/Monastery are welcome and cordially invited to attend this great fellowship weekend. Additional details available at www.facebook.com/stbernardprep or www.stbernardprep.com.

The events begin on Thursday, June 27, and continues through Mass and lunch on Sunday, June 30. Weekend kicks off with reception tonight and all golfers who want to take part in the tournament at Chesley Oaks Country Club will receive their team assignments and then invite the monks to play with their team. Tee time is at 9 a.m. Friday.

On Friday the women visitors will tour Cullman from 11 a.m. until 4 p.m. This outing will include antique and specialty shopping as well as a dutch-treat lunch. Get in touch with your classmates and make plans to be in Cullman once again as St. Bernard celebrates its amazing educational history.

Friday evening will see attendees take part in a hoe-down in the new Abbey Byre, the new school theatre, and assembly facility.

Saturday's events include a 5K run/walk along the trails of St. Bernard, beginning at 7 a.m.

The re-dedication and blessing of the 'Abbey Byre for the Arts' will be at 10 a.m. with a town hall meeting following at 11 a.m.

That afternoon there will be soccer and tennis matches beginning at 2 p.m.

Guests will gather at 4:30 p.m. in the Abbey Church for an Alumni Vigil Mass with dinner following at 6 p.m.

For additional information please call the school at 256-739-6682 or check www.stbernardprep.com.

Come back to the St. Bernard grounds for a weekend of reliving old memories, making new ones and a general good 'ole time for all.

Volunteer Today for a Cancer-Free Tomorrow

By: Mallory Hill

Participate in Cancer Prevention Study-3

CULLMAN – What if you could prevent even one family from hearing the words "You have cancer"?

What if you could help save lives from cancer and give people more of their most precious resource – time?

More time with family and friends, to help create a world with more memories, more celebrations and more birthdays.

This year, you can join the movement to help create a world with less cancer and more birthdays by enrolling in the American Cancer Society's research study called Cancer Prevention Study-3 (CPS-3).

Join the movement for less cancer and more birthdays. Volunteer for CPS-3.

Who can join the study?

The study is open to anyone in the United State and Puerto Rico who is willing to commit to the study long term, is between the ages of 30 and 65, and has never been diagnosed with cancer (not including basal or squamous cell skin cancer).

How can you participate?

Enrollment will take place at Cullman Regional Medical Center's Colonel Cullman Room on Tuesday, July 30 from 7 a.m. until 12:30 p.m. The enrollment process involves two steps. After you visit cps3cullman.org to schedule your appointment, you will receive a confirmation e-mail that includes a link to a detailed survey.

This survey will ask for information on lifestyle, behavioral, and other factors related to your health.

The second step takes place at your enrollment appointment, where you will be asked to read and sign an informed consent form, complete a brief written survey, and give a small blood sample (similar to a doctor's visit – 7 teaspoons total).

The blood sample will be drawn by a trained, certified phlebotomist. Periodically, you will receive a survey at home to update the information.

What else can you do?

If you are not eligible, be an advocate for CPS-3.

Encourage those close to you to take part in this potentially life-saving study in your honor. Spread the word to everyone you know.

To make an appointment or for more information, please visit cps3cullman.org or call 1-888-604-5888.

Auburn, Wallace State Partner for Program in Poultry Science

By: Kristen Holmes

WSCC Contributor

AUBURN – Alabama's most profitable agricultural industry is the focus of a new partnership between Auburn University and Wallace State Community College in Hanceville. The partnership is designed to open more career doors in a part of the state where much of the poultry industry is concentrated. Students in the program will complete their freshman and sophomore years at Wallace State and their junior and senior years at Auburn, completing a bachelor's degree in poultry science.

"This is an excellent opportunity not only for Auburn and for Wallace State but for the state of Alabama," said Dr. William Batchelor, dean of Auburn's College of Agriculture. "Poultry is our state's leading agricultural resource. It's an industry of great economic importance to us, and it's an industry offering excellent career paths for students. We're grateful to our friends at Wallace State for helping make this partnership possible."

The poultry industry in Alabama generates more than $3.1 billion each year and accounts for more than 65 percent of the state's annual farming revenues. "Wallace State values this partnership with Auburn University, which recognizes the strength of our poultry industry in Cullman County and surrounding counties, and which provides a ringing endorsement of the outstanding education Wallace State offers," said Wallace State President Dr. Vicki Hawsey. "Thanks to the work of the Auburn University poultry science program, and the graduates we are pleased to now produce together, there is growing demand from around the world for our state's expertise in this area."

Hawsey credits Fred Cespedes, recently retired vice president of American Proteins and Wallace State Future Foundation Board member, with helping to spearhead the partnership. Fred and his wife Holly have established a scholarship for Wallace State students interested in entering the field.

"As important as poultry is to our area, it has made sense to me for a long time that Wallace State should have this program and that a partnership with Auburn would be a proverbial 'match made in heaven' – a win for both institutions," Cespedes said.

He helped Dr. Hawsey round up industry support for such a program, and garnered endorsements from Randall Ennis, chief executive officer at Aviagen; Ricky Walker, complex manager of Tyson Foods Inc.'s Alabama Operations; Jason Spann, general manager of American Proteins' Hanceville Division; and Bill Ingram, president of Golden Rod/Ingram Farms, among others.

"As a former student of a similar 2+2 program, I can speak first hand on the amazing benefits a program like this allows students," said Spann, who oversees the Hanceville division of American Proteins, the largest poultry rendering complex in the world. "Not only does this program provide students with a quality education, it offers students an opportunity to live and work at home, or closer to home, gaining knowledge and experience before facing the challenges of life at a large university. The 2+2 program between Wallace State and Auburn University is a benefit to our students and our industry."

Ennis and Walker discussed the breadth of opportunities in the field, which may come as a surprise to the uninitiated, and the healthy job market available to graduates. "As poultry is the No. 1 agricultural commodity in the State of Alabama with over $3 billion in sales, the job opportunities are endless and compensation packages are very competitive," said Ennis, of Aviagen, which supplies day-old grandparent and parent stock chicks to customers in 130 countries worldwide under the Arbor Acres, Indian River, and Ross brand names.

Ennis said opportunities are not limited to the state of Alabama but can be found throughout the United State and internationally. "Countries such as Brazil, Thailand, Australia, and Europe have thriving industries and are always seeking qualified individuals trained in poultry science."

"As one of the largest poultry-producing states in the U.S., the poultry industry in Alabama provides career opportunities for a diverse population of workers. While traditional careers in poultry production and management remain important, a degree in poultry science could offer a wide variety of career fields," said Ricky Walker, Alabama Complex manager for Tyson Foods Inc. Some of those areas include sales, food science, nutrition, veterinary support, quality assurance/meat quality, feed milling, quantitative genetics, and genomics, as well as multiple aspects in poultry production.

While at Wallace State, students enrolled in the partnership program will complete their core curriculum as well as an introductory agriculture course. The agriculture course will be streamed live from the Auburn campus.

Dr. Don Conner, head of Auburn's Department of Poultry Science, said the program will also offer "early and local internship experiences. "Hanceville is right in the middle of a heavy concentration of poultry industry and a heavy job demand for students with a degree in poultry science," Conner said.

Summer internships are available with most of the poultry companies in Alabama, which offer students a look at different disciplines to help determine the area they may want to pursue upon graduation.

Conner said that Auburn's poultry science program has held a 100 percent job placement rate for several years due to its quality as well as the demand for well-trained business leaders, scientists, and producers in the industry.

Scholarships are available to poultry science students at both Auburn and Wallace State, including the Fred and Holly Cespedes Endowed Scholarship Fund, available to Wallace State students studying agriculture, horticulture production, poultry science, or a related field. Wallace State students are also eligible for the Allied Scholarship offered by the Alabama Poultry and Egg Association and other scholarships through the Wallace State Future Foundation.

For enrollment information, contact the Wallace State Office of Admissions at 256-352-8238 or lioncentral@wallacestate.edu, or the Auburn Department of Poultry Science at 334-844-2881, or plastcr@auburn.edu.

What's Online

Wallace State Students Named to President's and Dean's Lists

Wallace State Community College in Hanceville congratulates the 713 students named to the President's List and Dean's List for the Spring 2013 Semester.

qrne.ws/59

Bentley, HUD announce official award of supplemental storm recovery funds

Gov. Robert Bentley joined representatives of the U.S. Department of Housing and Urban Development recently for the formal award of $49.1 million in supplemental disaster funding.

qrne.ws/60

Warm Ocean, not Icebergs, causing most of Antarctic Ice Shelves' Mass Loss

Ocean waters melting the undersides of Antarctic ice shelves are responsible for most of the continent's ice shelf mass loss, a new study by NASA and university researchers has found.

qrne.ws/61

AFC Law Enforcement Adds Another Canine to Arson Dog Program

Contributed By: Alabama Forestry Commission

MONTGOMERY – The Alabama Forestry Commission (AFC) is doggedly determined to stop arsonists in their tracks. To assist in finding wildland arson suspects in North Alabama, a second bloodhound has recently been purchased by the Alabama Forestry Commission. This action will give the agency more complete coverage across the entire state, according to AFC Law Enforcement Chief Craig Hill.

"The decision to add another bloodhound was based on the successes of 'Blaze,' our first arson dog," said Hill. "Stationed in South Alabama, it is not practical – neither logistically nor economically – to use Blaze in North Alabama . . . it's just too far to mobilize him to a woods arson crime scene in a timely manner."

The new bloodhound puppy, a liver-and-tan colored female, has been named "Ember" by AFC employees. Chief Hill related, "We got her in March from Grant Mountain Bloodhounds located in Marshall County. At the time, she was about 8 weeks old and only weighed between 10-15 pounds."

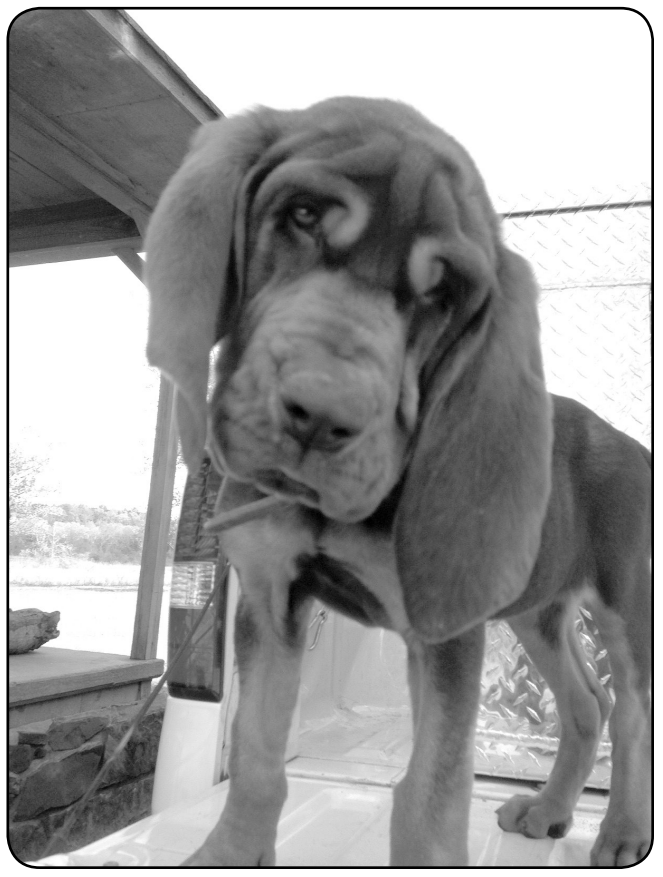
Ember and her handler, AFC Investigator Jamey Bozeman, are currently being trained to track human scent by Sleuth Hound, LLC of Madison County. The team should complete their training by December of this year, and then be nationally certified in scent discrimination by the International Bloodhound Training Institute.

In the four years prior to the implementation of Blaze, an average of over 40 percent of all wildfires in Alabama was determined to be "incendiary" in nature, not only destroying natural resources, wildlife, and property, but also endangering human life.

Since he went "on duty" in 2009, the average arson rate has dropped to approximately 31 percent.

Blaze is credited with five arrests and/or confessions. He has also been utilized in three other criminal activities occurring on AFC property, as well as assisting in finding missing persons.

State Forester Linda Casey said, "The great thing about our bloodhound program is that it has been funded totally through donations. All expenditures connected with the purchase, veterinary care, and training of these puppies are covered by contributions. We appreciate the organizations and individuals who support this program, especially Sunshine Mills, Inc. and Tractor Supply Co. for providing the food for our dogs. We initiated the arson dog program to reduce the unacceptable high number of woods arson cases in Alabama, and the statistics show that strategy is working. With the addition of this new puppy to our law enforcement team, we look forward to increasing our effectiveness even higher in deterring arsonists across our state."



Ember, a bloodhound being trained to track human scent

In its mission to protect and sustain Alabama's forest resources, the Alabama Forestry Commission is committed to reducing the number of forestry-related crimes that occur each year across the state.

These crimes generate losses of hundreds of thousands of dollars annually to landowners, the timber industry, and Alabama's economy.

The AFC provides an Arson/Forest Crimes Hotline so that citizens can call and report wildland arson, theft of timber, and vandalism or theft of harvesting equipment. The toll-free number is 1 (800) 222-2927. Any information provided is confidential and the caller remains anonymous.

Cullman County's Unemployment Rate among State's Lowest at 5.4%

Contributed by: Tara Hutchison

MONTGOMERY – Governor Robert Bentley on Friday announced that Alabama's preliminary May unemployment rate is 6.8%, down from April's rate of 6.9% and well below last year's rate of 7.5%. May's rate represents 147,788 unemployed persons, compared to 150,401 last month and 161,848 in May of 2012.

The seasonally-adjusted employment numbers continue to show growth in Alabama's labor force and the number of people employed, along with a decrease in the number of people unemployed. The number of people in the labor force in May of 2013 increased to 2,181,316, up from 2,177,714 in April, while the number of people employed in May increased to 2,033,528, up from 2,027,313 in April.

"We are continuing to move in the right direction, and we are working every day to recruit more jobs to Alabama," Governor Bentley said. "For example, I met with leaders from dozens of aerospace companies this week at the Paris Air Show, and we discussed our efforts to grow Alabama's aviation industry and create more jobs. We're also moving forward with our Accelerate Alabama plan, which focuses not only on aviation, but also on several other industries that are ready for growth here in Alabama."

Alabama Department of Labor Commissioner Tom Surtees said the past four months have shown growth in the labor force and growth in employment. Three of those months had reductions in unemployment as well.

"Our unemployment performance measures are at five-year lows: first time filers, the amount being paid in benefit payments, and the number of weeks compensated are all at their lowest points in years," Surtees said.

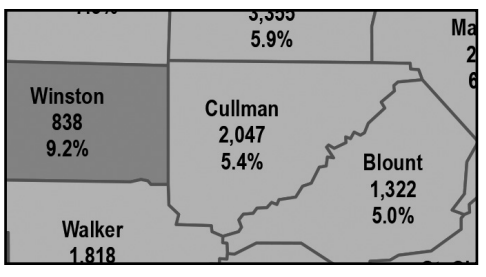
Initial claims in May of 2013 were 20,553, compared to a high of 66,249 in December of 2008. Benefit payments were $21,180,026 in May of 2013, compared to a high of $69,844,961 in June of 2009. The number of weeks compensated in May of 2013 were 103,274, compared to a high of 338,564, also in June of 2009.

Wage and Salary employment increased in May by 7,000. The largest increase was in the leisure and hospitality industry (+4,200). There were also increases in the following industries: professional and business services (+1,900); other services (+1,000); construction (+800); trade, transportation and utilities (+800); manufacturing (+400); information (+300), and financial activities (+300).

"We are also beginning to see increases in the number of retail jobs and jobs related to tourism. We expect these numbers to increase as the summer continues and seasonal employers hire more people for the busy summer season," Surtees added. "The manufacturing and construction industries are also gaining jobs, indicating healthy economic growth."

The counties with the lowest unemployment rates are: Shelby County at 4.3%, Blount and Lee Counties at 5.0%, and Autauga and Cullman Counties at 5.4%.

The counties with the highest unemployment rates are: Wilcox County at 14.7%, Perry County at 12.6%, and Dallas County at 12.5%.



Parents encouraged to pair HPV vaccine with child's required Tdap

Contributed by: Bret Stanfield

MONTGOMERY – Summer is here again and, for many Alabama families, this will be an important time for vaccinations. College students move back home and see their family physician while young boys and girls receive physicals for the upcoming athletic seasons. Also, rising sixth-graders are due for their state-required Tdap (tetanus, diphtheria, and acellular pertussis) booster shot.

The Alabama Department of Public Health (ADPH) Comprehensive Cancer Control Program recommends that these rising sixth-graders also receive the first dose of the Human Papillomavirus (HPV) vaccine series during the same office visit as their Tdap.

The HPV vaccine protects against cervical cancer, and Alabama has one of the highest cervical cancer incidence rates in the nation.

The vaccine is recommended for males and females, age 9-26, and is administered in a three dose series over the course of 8-9 months. It takes all three doses to get the best protection.

Every month, the ADPH Comprehensive Cancer Control Program mails birthday cards to parents of rising sixth-graders across the state encouraging them to pair their child's required Tdap with the HPV vaccine.

"Pairing the HPV vaccine with the Tdap vaccine is an excellent opportunity to protect your child from cancer," says Dr. Grace Thomas, Assistant State Health Officer for Family Health Services, ADPH.

The body responds better to the vaccine at an early age, so just before the sixth grade is an optimal time for children to be vaccinated. If your child has missed this window, he or she can still be vaccinated anytime up to age 26.

The cost of the HPV vaccine is covered by many health insurance providers and is also available through the ALL Kids Children's Health Insurance Program and the Vaccines for Children Program.

The vaccine is available through most physicians, clinics, pharmacies, and all county health departments in Alabama.

Parents are advised to talk with their doctor to see if the HPV vaccine is right for their child. For more information, visit www.adph.org/earlydetection/Default.asp?id=5119.

Bentley awards grants to improve public and trooper safety

Contributed by: Jim Plott

MONTGOMERY – State law enforcement officers are getting equipment to help them serve the public more effectively and protect their own safety thanks to two grants awarded by Gov. Robert Bentley.

Bentley awarded a $293,440 grant to enable the Alabama Department of Public Safety to purchase 40 mobile radios that will improve communications for state troopers.

A $9,141 grant will help the department to purchase bulletproof vests for more of its officers.

"Our state troopers never know what they will encounter when they put on the uniform or get behind the wheel of a patrol car," Bentley said. "It is important that we make every effort to supply them with the proper tools so they can better protect both the public and themselves."

The new radios, which allow for communications over expanded frequencies, will improve troopers' ability to communicate quickly and directly with other law enforcement agencies and cooperating agencies in addition to other troopers and trooper posts.

Public Safety will use the new radios to test and refine the upgraded communication system before equipping the entire trooper fleet with new radio gear.

Bentley notified Col. Hugh B. McCall, director of Public Safety, that the grants had been approved.

Funding for the grants was provided to the state through programs of the Federal Highway Administration and the U.S. Department of Justice.

The Alabama Department of Economic and Community Affairs administers the programs. ADECA manages a wide range of programs that support law enforcement, economic development, workforce development, recreation, energy conservation, and water resource management.

Khady Dieng Signs with Auburn; final member of women's basketball team's 2013 signing class

By: Matt Crouch

AUBURN – Khady Dieng became the eighth and final member of the Auburn women's basketball team's 2013 signing class Tuesday as she signed her National Letter of Intent with the Tigers, head coach Terri Williams-Flournoy announced.

She comes to Auburn from Gatewood High School in Eatonton, Ga.

"We are very excited to bring Khady on board to finish off our signing class," said Williams-Flournoy.

"She is exactly what we look for in a player. She is a hard worker, tough and extremely athletic. She was a star in soccer, track & field, and basketball at her high school and we are looking forward to putting those athletic skills to work for us."

Dieng, a 6-0 forward, will be a freshman with the Tigers beginning with the 2013-14 season. Originally from Dakar, Senegal, she traveled on her own to the United States when she was 16 to study and play basketball.

In her two years at Gatewood School, she helped the Gators tally a 57-2 record on the court and was named team MVP both seasons.

As a junior, she averaged 11.4 points, 7.0 rebounds and 5.3 assists per game while leading Gatewood to a perfect 30-0 season and a GISA 2A state championship. She was named GISA Player of the Year while also picking up All-Region and All-State honors. She was also named the Macon Telegraph All-Middle Georgia Player of the Year.

As a senior, Dieng averaged 15.8 points, 7.6 rebounds, 5.4 steals and 4.1 assists per game while leading her team to a 27-2 mark. The team made it to the state tournament semifinals, finishing the season ranked third in the state.

For the second year in a row, she was named to the All-Region and All-State teams.

During her two years in the United States, Dieng returned home just twice. One of the trips was last summer as she led the Senegal national team to a title at the U18 Africa Championship.

Also while at Gatewood, Dieng played on the soccer, volleyball and track & field teams. Despite having never thrown the equipment before, Dieng earned a trip to the state championship in the discus and shot put, helping her team to back-to-back state championships.

Dieng is the eighth and final member of Williams-Flournoy's first signing class, joining Melinda Brimfield, Keonna Farmer, Katie Frerking, Brandy Montgomery, Kiani Parker, Allina Starr, and Meagan Tucker.

Ready for the Next Level

Keegan Thompson and Cara Goodwin begin college careers

By: Josh McBrayer
joshmcbrayer@cullmansense.com

With the 2013 baseball and softball seasons completed and school out for the summer, Cullman County saw the graduation of two of the greatest stars to ever step foot on a baseball/softball diamond.

Keegan Thompson and Cara Goodwin have completed their high school careers and are now ready to embark on their college careers, Thompson at Auburn and Goodwin at UAB, and both have racked up many awards along the way.

Keegan Thompson

Thompson is one of the most prolific hitters to ever set foot on the stately diamond at Cullman. He has claimed numerous awards in his illustrious high school career. He has been named All State twice ('11 and '12) including Super State in '11. As good as Thompson was in the field and at the plate, he was better on the bump.

With a fastball in the low 90s and a wicked breaking ball that made hitters look foolish, Thompson earned pitcher of the year honors in 2012.

He also added the coveted Mr. Baseball Title in 2013. Last but not least, Thompson was named Gatorade player of the Year in 2013 making him the only player from the state of Alabama to win the award twice (he also won in 2011 as a sophomore).

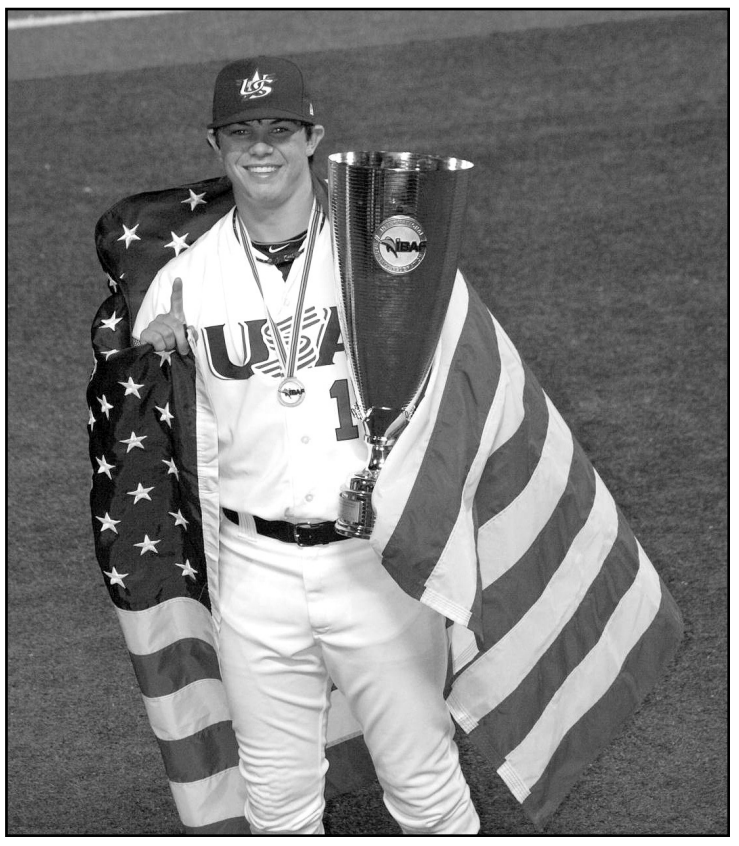
Thompson is now ready to embark on his journey as an Auburn Tiger and to reach his ultimate goal, the MLB.

Cara Goodwin

In my short career as a sports journalist, I have never seen a softball pitcher as dominate as Cara Goodwin and you would be hard pressed to find any sportswriter that did not agree with me. From 2010 to 2012, Goodwin amassed an eye popping 97-24 record with an average ERA of 0.97 over the three years. She struck out 1296 batters while walking only 171 giving her a ratio of well over seven strike outs per walk.

Oh yeah, did I mention she threw seven perfect games in 2013? On Friday Goodwin was named to the National Fastpitch Coaches Association All Region team for the second straight year. Goodwin now makes the short 60 mile trip from Good Hope to the campus of The University of Alabama at Birmingham to continue her impressive career, this time as a member of the UAB Lady Blazers squad.

Stay in touch with CullmanSense as we will follow the college careers of these two amazing athletes.



Keegan Thompson



Cara Goodwin

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Surrounded by Academic Excellence

Wallace State softball players Paige Rowland, Victoria Frith each earn NJCAA Pinnacle Award for Academic Excellence; four WSCC teams achieve All-Academic Team status

By: Russell Moore
WSCC Contributor

HANCEVILLE – Wallace State softball student-athletes Paige Rowland and Victoria Frith are National Junior College Athletic Association (NJCAA) Pinnacle Award for Academic Excellence recipients for the 2012-13 season, in the list of individual academic honorees announced Wednesday by the NJCAA.

Rowland and Frith achieved the NJCAA's highest academic recognition for a student-athlete after each finished the 2012-13 academic year with a 4.0 GPA.

Rowland and Frith both excelled on the softball field as well during the 2013 season, helping the Lady Lions capture their second NJCAA Division I softball national title and the program's sixth state championship in seven seasons.Rowland, a catcher from Eufaula, hit .389 with 11 homers, while Frith, a shortstop from Grissom High, batted .330 with 46 runs scored and 20 stolen bases.

Rowland and Frith were among eight Wallace State athletes recognized for their academic feats. Volleyball's EA Shaver (3.91) and Bekah Myers (3.9) and softball's Hali Presley (3.81) were named NJCAA Superior Academic Achievement honorees for compiling a GPA between 3.80-3.99. Exemplary Academic Achievement recipients (3.60-3.79) were softball's Libby Olinger (3.69) and Elizabeth Jordan (3.69) and volleyball's Erica Baker (3.67).

Meanwhile, Wallace State also had four programs achieve NJCAA All-Academic Team status for the 2012-13 campaign.

Wallace State's national champion softball team compiled the college's highest mark, finishing fifth in the country with a cumulative 3.48 GPA. The softball team is coached by Jayne Clem.

Randy Daniel's four-time defending state champion volleyball team had the next highest total with a 3.29 GPA.

Wallace State's golf team, coached by Dan York, finished with a 3.15 GPA, while the women's basketball team put together a cumulative 3.10 GPA.

Women's basketball is coached by Ron Burdette. Wallace State golf is only three years removed from earning the nation's top GPA and being named the NJCAA Academic Team of the Year in its sport.

The softball team accomplished the feat four years ago. A team has to achieve a 3.0 GPA to be designated as a NJCAA All-Academic Team.

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



Paige Rowland


Victoria Frith

Trayce Thompson continues to blaze a path to the majors

By: Josh McBrayer
joshmcbrayer@cullmansense.com

BIRMINGHAM – With an NBA veteran as a father and two brothers that are also professional basketball players, the 6'3" 215 lb. Traycce Thompson could have easily followed in the footsteps of his family and found prominence on the hardwood. He instead chose America's Pastime, baseball, and it is proving to be the right decision.

Thompson is dominating at the double A level in Birmingham, and the rest of the league is starting to take notice. He is hitting at a .267 clip with nine homers and 42 RBIs in the first half of the Southern League season.

His play has been so good, the White Sox #2 prospect earned Southern League Player of the Week honors. Over a stretch of six games, Thompson collected at least one hit in each game, going 10 for 23 with three home runs and nine RBIs.

His impressive week was punctuated by a career game Tuesday that saw Thompson go deep twice and plate five RBIs helping the Barons to a 9-8 come from behind victory over the Jacksonville Suns.

Birmingham dominated the first half of the Southern League season and Thompson was a big part of the reason. His defense in centerfield is second to none and his bat improves each and every time he steps into the batter's box. It is only a matter of time before you will see Thompson patrolling the outfield at US Cellular Field in Chicago.

Autographs 101: Expand your Collection Through The Mail (TTM)

By: Josh McBrayer
joshmcbrayer@cullmansense.com

This week I thought I would delve into the way I got into the crazy hobby of autograph collecting. Through the mail TTM, as it is often called, is a fantastic way to expand your collection outside of the region you live in.

Living in the South, we have teams like the Braves, Falcons, Titans, and Hawks. Luckily for me I am a huge Braves fan but the NFL team I follow is in Green Bay and the basketball team I follow is in Dallas.

This is where TTM comes in. It is a great way to obtain autographs from teams that are nowhere close to you.

TTM autographs are obtained by writing a letter to your favorite player, including an item to be signed, a pen or Sharpie for the item to be signed with, and most important of all, a self-addressed stamped envelope.

The object of TTM is to make it as easy as possible for the athlete/celebrity to sign your item. With that being said, here is a breakdown of a typical TTM letter.

1. Always be polite. You catch more flies with honey than vinegar.

Dear Mr./Mrs. (athlete/celebrity name),
I hope my letter finds you well. My name is (your name) and I am a huge fan.

2. Be sincere. Tell the person you are writing why you are a fan.

I have been a fan of yours since (a special play they made or a movie they were in).

3. Most athletes and celebrities are very busy but some do set aside time to go through mail and sign items for fans. Acknowledge the fact that they are busy.

Mr./Mrs. (athlete/celebrity name), I know that you must be extremely busy but I was hoping you could find the time to fulfill my request.

4. Point out the item you have sent to be autographed. This helps stem confusion if the individual gets tons of fan mail.

It would mean a great deal to me if you were able to autograph the (your item) I have sent to you.

5. Make sure the athlete/celebrity knows that the item is for your collection and not to be sold

It is for my own personal collection and is not for sale or profit.

6. Last but definitely not least. Thank the athlete/celebrity for taking the time tom read your letter.

Thank you so much for your time Mr./Mrs. (athlete/celebrity's name)

If you follow these simple tips, you will be collecting like a pro in no time!

RadKIDS Summer Camp

Join our RadKids summer camp this June!!!

For boys and girls ages 4-10

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

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
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

Speed & Agility
with Steve Johnson
All Sports Available
June 11 - July 12th
Tuesdays & Thursdays
9:45 - Noon at Heritage Park
$125 per six weeks
Deadline to register is May 31st
256-709-2192 Steve's Cell
256-736-2997 ASPT Office
www.cullmanrecreation.org

SOLD OUT

By: Ty Watwood

Rock the South sets benchmark for future festivals

CULLMAN – The second annual Rock the South music festival is in the history books - and historical it was. Thousands of country music fans from near and spent the weekend in Cullman - looking to fill their music fix.

"We know the future Rock the South is very bright," said RTS concert promoter Shane Quick following the two-day festival.

For Evie Calhoun, 5, there's no singer better than Scotty McCreery. The American Idol season 10 winner kicked off a jam-packed Friday evening of entertainment. "Just for Scotty, that's the only reason we're here," proclaimed Evie's mother, Ashley Calhoun of Moulton.

"It was absolutely worth the 12 hour drive," according to Tampa resident Abbi Nash. "It's a good mixture of different artists," said Nash. "We really don't have anything like it (at home)."

Country music singer and Rock the South host Sara Evans followed McCreery with a long set of current and former hits. The Band Perry closed Friday night with songs ranging from country hits to pop classics and even a touch from the hymnbook – singing Amazing Grace. A lineup of legends performed Saturday night. Hank Williams, Jr. closed out the evening. Gregg Allman and Jamey Johnson also sang.

Cullman Mayor Max Townson attended the Friday night event. The City of Cullman is banking on Rock the South to help bolster the city into the spotlight. "We want to encourage people to come to Cullman and experience the life here, and see how friendly we are," said Townson.

Incidents on day two skyrocketed when compared to Friday and last year. At least 27 arrests were made Saturday. Four people were arrested Friday and only three during the one-day 2012 event. Perhaps the most visual of issues was when an unidentified woman scaled the stage scaffolding just prior the Hank Williams, Jr. performance. Police quickly got the woman down from her 30-foot perch, and she was taken into custody.

An estimated 35,000 concertgoers converged on Heritage Park over the two-day span. While final sales figures have not been fully tallied, the festival's organizers declared it a sell-out just after 8 p.m. Saturday.

Cullman Christian School, which was destroyed in the April 27, 2011 tornado, was one of several organizations to benefit from the festival. Rev. Andrew Siegenthaler, school board president, accepted the $5,000.00 donation Friday night.

"We are grateful to the festival organizers and donors for their commitment to making Cullman a great place to live," said Siegenthaler. "Their financial support of Cullman Christian School gives parents in our community educational options, and that choice improves the quality of all schools, both private and public."

The City of Cullman has signed a five year agreement with Rock the South organizers to keep the festival in Cullman. The city has committed $150,000 in tax revenue this year and for the next two years. "What we get for what we spend is a bargain," said Townson.

Workers spent Sunday tearing down the stage and cleaning up Heritage Park. The date for next year's festival has not been set in stone, however, Quick said he believes keeping a similar date is important for the festival.

"We're looking at the exact same weekend for 2014. It has really worked well and we believe it's the perfect time," he said. "We'd like to thank all of our special sponsors as well as all the fans that came out and supported us. Stay tuned for the 2014 line-up and on sale information at www.rockthesouth.com."

For more photos and video, including aerial, visit CullmanSense.com, or check us out at facebook.com/CullmanSense.











How to Avoid Massive Student Loan Debts

(StatePoint) With college costs skyrocketing, more college students are waking to the realization that they are trapped under massive debts. It doesn't have to be this way, say experts.

The numbers are staggering, as 65 percent of student loan borrowers misunderstand or are surprised by aspects of their student loans, according to studies. And student loans account for the most common form of increasing debt among ages 18-24, with 60 percent of students graduating with an average of $24,572.45 in student loan debt. Students are not being taught enough financial responsibility, say experts at Lexington Law, a leading provider of consumer credit correction services. Only four states require a class in financial education. As such, many educators are urging greater financial education requirements.

In the meantime, there are things students can do to avoid getting buried under debt. A recent survey revealed that one in three graduates would have pursued one of the following, if they could do it all again: scholarships, financial aid, started saving earlier, sursued higher paying majors, and worked while in college.

Parents and students can access free financial education tips and services at www.lexingtonlaw.com. Remember, a little knowledge can help secure your wallet.

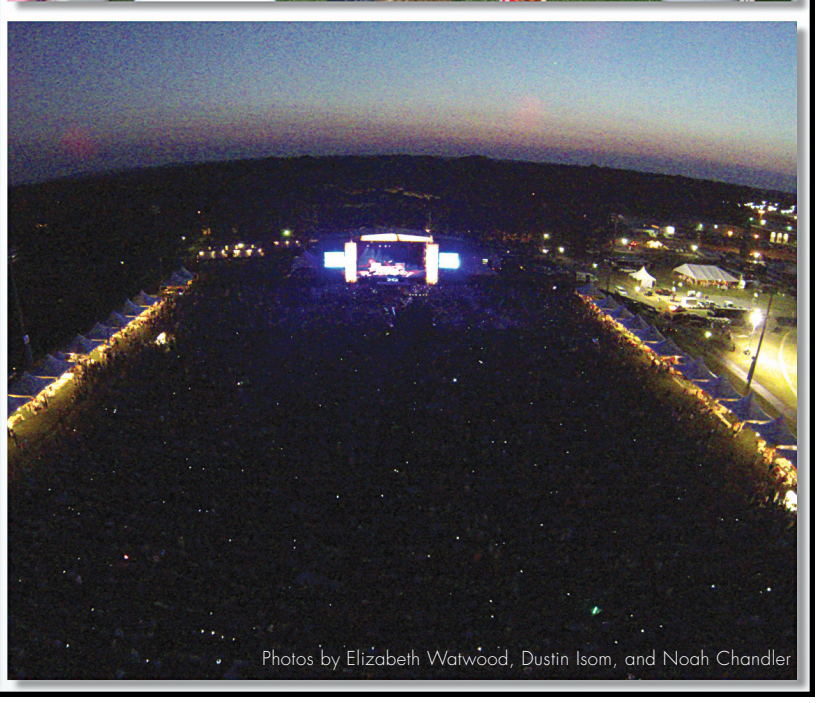
RTS - Sold Out











Photos by Elizabeth Watwood, Dustin Isom, and Noah Chandler

Tips for Parents to Prevent Summer Brain Drain

(StatePoint) Each summer, parents look for ways to combat "summer brain drain," which occurs when children lose some of the knowledge they gained during the school year because they're not regularly exercising their brains.

According to research from the Center for Summer Learning at Johns Hopkins University, students typically lose one to two months of reading and math skills during summer break.

"Children's brains develop at a remarkable pace, and don't take a break from learning just because school is out," says neuroscientist Dr. Lise Eliot, an early childhood development expert and author.

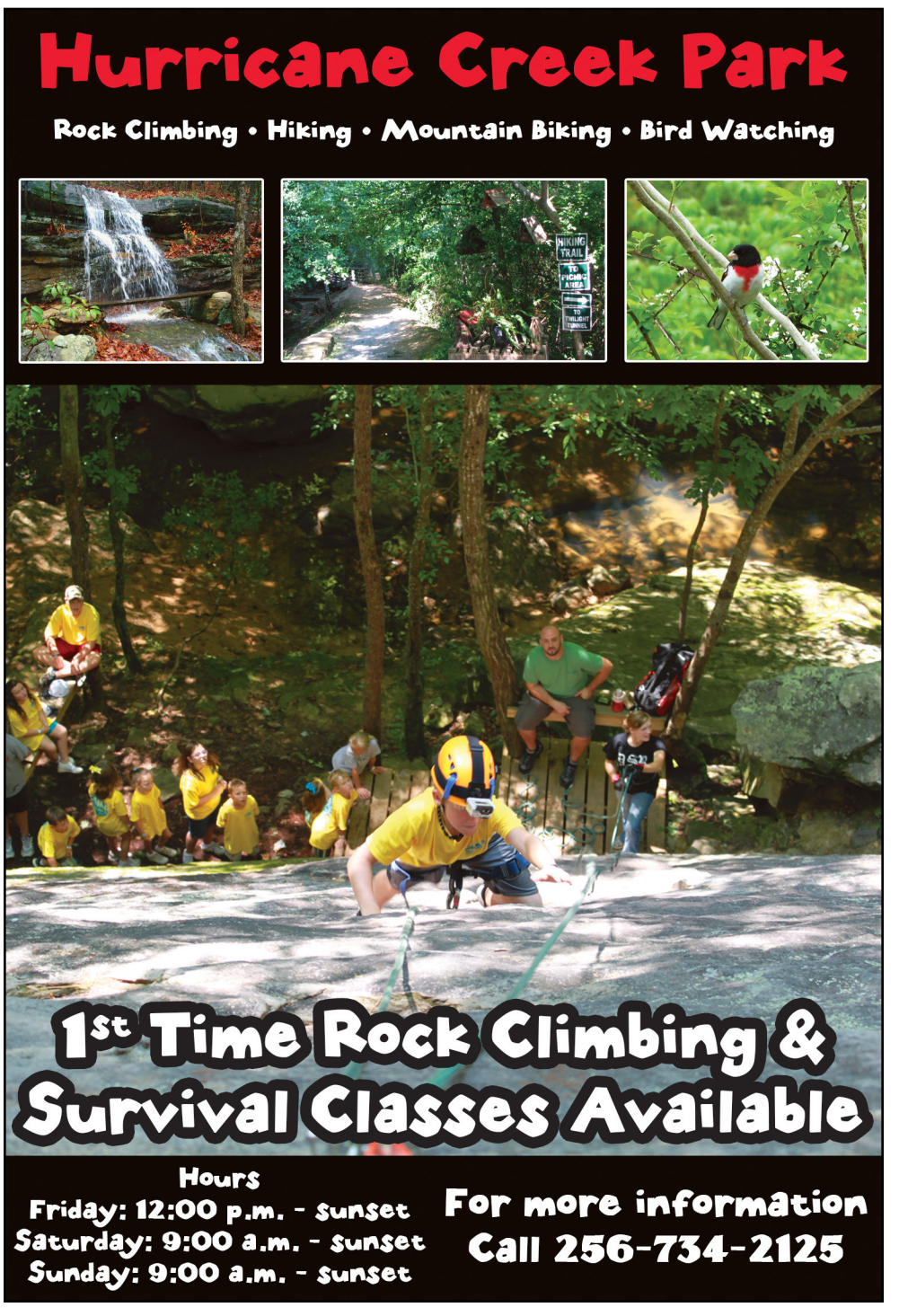
"Parents should offer children fun experiences that encourage learning and exploration, allowing them to absorb new skills and expand their knowledge."

To help parents avoid summer setbacks, VTech, a world leader in age-appropriate and developmental stage-based electronic learning products for children, is offering fun suggestions for summer learning:

- Look for teachable moments: Our daily lives are filled with opportunities to teach children. Following a recipe? Let your child read and measure the ingredients. Balancing your checkbook? Put your child's math skills to use. Going on a road trip? Let your child look for specific signs along the way and follow along on a map.
- Use learning toys: Learning toys are a great way to help children stay mentally sharp out of the classroom, while also having fun. On the go? Instead of waiting for kids to ask "Are we there yet?", look for an educational, developmental toy like InnoTab 2S Wi-Fi Learning App Tablet by VTech, which combines a camera, interactive e-books, creative activities, tilt sensor learning games, and a rich collection of applications. While in the car or during downtime, children can use their tablet to play games, create art, take notes, or use the onboard calendar. Parents can track their child's progress on learning milestones and lessons and download high-quality, educational content wirelessly at the online Learning Lodge.
- Read: The benefits of reading to children are enormous, including helping language and speech development, expanding vocabulary and building a lifelong love of reading. Children who read more also perform better academically, so visit the library often and let children choose books that interest them, or consider downloading an e-book on InnoTab 2S.
- Plan educational outings: You don't have to plan an extravagant vacation to teach children about science and culture. Visit museums, historical sites, the zoo or aquarium. Take advantage of free summer concerts to expose children to new styles of music and dance.
- Encourage savings: Saving money is a great way to put math skills to use. Let your children count coins in their piggy banks. Show them how much they'll need for something they're saving for, and teach them to create a budget to reach their goals. Clip coupons together, putting the money saved into their piggy banks. Play "store" with your child to practice math.

More great parenting tips can be found at www.VTechKids.com/parenting.

This summer, give kids the tools they'll need to retain their knowledge for the next school year.



– Calendar –

Submit your event to
calendar@cullmansense.com

Monday

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

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.

'Bio-Tech' Summer Camp
Wallace State Community College has announced it is sponsoring a 'Bio-Tech' Summer Camp for high school students entering the 10, 11 or 12th grades who have completed their high school biology studies. A $100.00 stipend will be awarded to students who complete the camp sessions. Camp days and hours are Tuesday, June 25 and Wednesday, June 26, from 8:30 a.m. until 4 p.m. and the final day will be Friday, June 28, from 8:30 a.m. to 12 noon. To register for this event please contact www.wsccalumni.org/biotech.

Free 'Sign Language' Classes Offered Weekly
Free 'sign language' classes will be offered each Tuesday and Thursday for 5 weeks (Tuesdays June 18, 25, July 2, 9, and 16) and Thursdays (June 20, 27, July 4, 11, and 18) with classes scheduled for 3 periods 8 a.m. until 10 a.m.; 10 a.m. until 12 noon; and 1 p.m. until 3 p.m. Classes will be held at the Child Development Center and to enroll please call the Center at 256-739-0486. Avail yourself of these free learning services if you are friends with or associated with anyone with hearing disabilities.

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.

'Garden Art' at Elementary Garden Camp
'Garden Art' is the theme for today's 'Elementary Garden Camp at the North Alabama Agriplex from 9:30 a.m. until 11 a.m. Youth ages 6 - 10 are eligible to take part in this program. Further info 256-297-1044 or e-mail at cullmanag@gmail.com.

Teachers Workshop on Environmental Education
This is the start of the FREE 3-day educational workshop for K through 12th grade teachers on environmental education topics and issues sponsored by the Cullman County Soil and Water Conservation District. Please contact Deborah Widner or Pat Smith if you need further info at 256-734-1431.

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.

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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

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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.

C.O.C. Fourth Friday Luncheon
Jason Fondren of the KPS Group, will be guest speaker at the monthly 'Fourth Friday' luncheon sponsored by Cullman Regional Medical Center and the Chamber's Community Improvement Committee. Lunch is $10.00 for Chamber members, with 'future' members being $20.00. Reservations are required in advance. Please call 256-734-0454 or at www.cullmanchamber.org or thru e-mail at info@cullmanchamber.org. Everyone welcome to attend these informative lunch meetings. Doors open at 11:30 a.m. for networking with lunch and program being at 11:50 a.m. in the Banquet Room of the new All Steak Restaurant in downtown Cullman.

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.

Cullman County Bosom Buddies 'Bike Ride for Cancer'
Members of the Cullman County Bosom Buddies Foundation are hosting a motorcycle ride to raise funds to care for cancer patients! This event, which will start at Ingle Park with registration beginning at 9:30 a.m., has lunch provided after the ride for all bikers. Cost is $10.00 per bike, with $5.00 extra for extra riders. There will be door prizes, a 50/50 drawing and an enjoyable morning event for all. First bike goes out at 11 a.m., last bike out at 11:30 a.m. RAIN DATE July 13, 2013. Come join the fun and help raise funds for this worthy cause. Contact person is Mary Dyer at 256-734-8729.

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.

Cullman Oktoberfest
This year's Cullman Oktoberfest will be held October 5-12, 2013 at Festhalle Market Platz, Cullman County Museum. For more information e-mail jburks@cullmancity.org and visit www.cullmanoktoberfest.com

Movie Review: *Prometheus*

By: Josh McBrayer
joshmcbrayer@cullmansense.com

Before I get started with this movie review let me say this, aside from *Star Wars*, I do not enjoy science fiction movies. *Star Trek*, *Buck Rogers*, *Battlestar Galactica*, none of it appeals to me. But as with everything, there is an exception to the rule and in this case it is *Prometheus*.

PLOT SUMMARY:

The film opens with a hulking humanoid-looking being standing atop a waterfall. It consumes a thick black liquid and immediately its body starts to break down and disintegrate. The beings remains then scatter in the wind, eventually landing in the water. The "ashes," combine with the molecules in the water and create the building blocks of life, DNA.

Now fast forward to the year 2089. A group of archeologists find a peculiar map in a cave off the shore of Scotland. Weyland Corporation then funds a mission for the ship Prometheus and the archeologists to follow the map. They were expecting an easy exploration mission, but little did they know of the wonders and horrors that awaited them in deep space.

CAST:

- Noomi Rapace as Elizabeth Shaw
- Logan Marshal Green as Charlie Holloway
- Michael Fassbaker as David
- Charlize Theron as Meridith Vickers

The film is Rated R for violence and frightening scenes

MY TAKE:

Even though I am not a big sci-fi fan, I enjoyed watching *Prometheus*. It kept me on the edge of my seat for the two plus hours of the film.



Enroll in Cancer Prevention Study-3.

By enrolling in the American Cancer Society's Cancer Prevention Study (CPS-3), you can help us understand how to prevent cancer, which will save lives and create a world with more birthdays for everyone.

Cullman Regional Medical Center's Colonel Cullman Room
Tuesday, July 30 from 7 a.m. until 12:30 p.m.
Schedule an appointment today at cps3cullman.org.

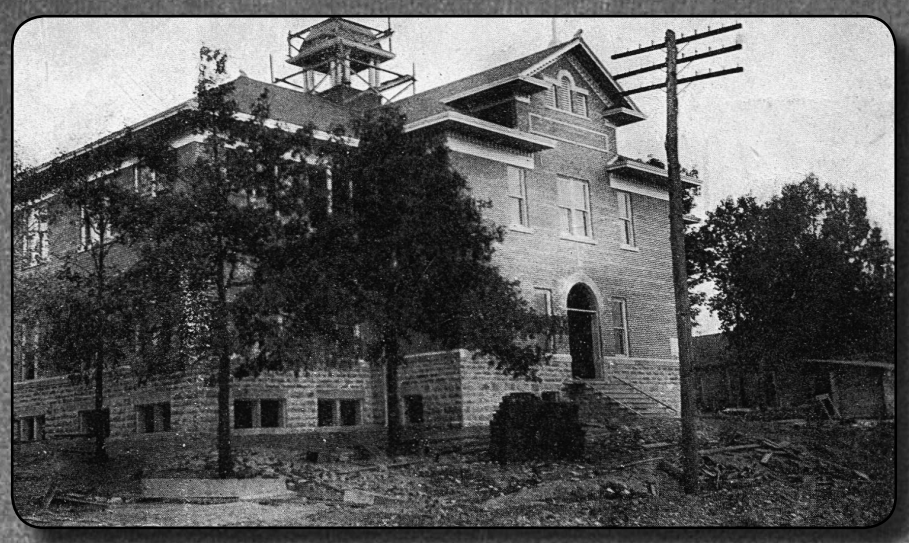
For more information about enrolling or volunteering, please visit cancer.org/cps3 or call 1-888-604-5888.

THE OFFICIAL SPONSOR OF BIRTHDAYS.®

American Cancer Society®

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Reflections of History



City School Building Under Construction — 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 24 - June 30

June 24th
- 1717 – First Freemasons' grand lodge founded in London
- 1884 – John Lynch is first black elected chairman of Republican convention
- 1963 – Levi Eshkol forms Israeli government

June 25th
- 1638 – Lunar eclipse is first astronomical event recorded in U.S.
- 1929 – President Hoover authorizes building of Boulder Dam, Hoover Dam
- 1972 – Bernice Gera becomes first female umpire in pro baseball

June 26th
- 1870 - First section of Atlantic City Boardwalk opens
- 1977 – 42 die in fire inmate causes at Maury County Jail in Columbia, Tennessee
- 2012 – In an attempt to encourage people to buy from their local bookstores, novelist and Pulitzer Prize-winner Richard Russo boycotts e-books

June 27th
- 1833 – Prudence Crandall, a white woman, arrested for conducting an academy for black females at Canterbury Conn
- 1964 – Jan and Dean release "Little Old Lady From Pasadena"
- 1984 – Supreme Court ends NCAA monopoly on college football telecasts

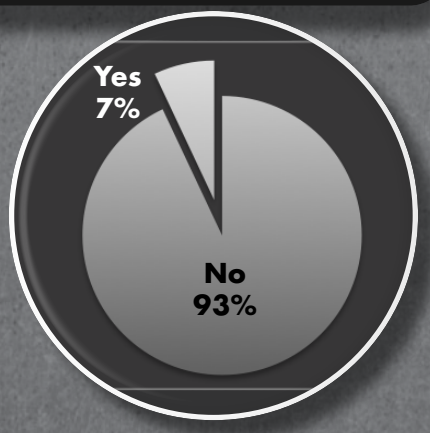
June 28th
- 1820 – Tomato is proven non-poisonous
- 1902 – U.S. buys concession to build Panama Canal from French for $40 million
- 1967 – Israel annexes East Jerusalem

June 29th
- 1613 – Shakespeare's Globe Theater burns down
- 1964 – Civil Rights Act of 1964 passed after 83-day filibuster in Senate
- 2010 – General Stanley McChrystal, leader of the U.S. war Afghanistan announces his retirement after making controversial statements in 'Rolling Stone' magazine

June 30th
- 1859 – Charles Blondin is first to cross Niagara Falls on a tightrope
- 1906 – Pure Food & Drug Act and Meat Inspection Act adopted
- 1942 – U.S. Mint in New Orleans ceases operation

Last Week's Poll

Are you surprised the NSA has been conducting warrantless wiretapping?



This Week's Poll

Are you a morning, afternoon, or evening person?

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Cooking With Kids

By: Kathy Tucker
Teacher and Mom

School is out and parents may have already heard those dreaded words from their children - "I'm bored!" There are many things to do to entertain your children, but when the days grow long and hot, some inside activity may be welcomed. One such activity is cooking with your child.

Not only can cooking with your child be fun, it can also be a special time for sharing an interest and enjoying your time together. The joy in seeing a finished project can create a memory that will last forever.

Cooking with your child can also be educational. Whether your child is a preschooler or a teenager, mixing and measuring will require the use of math, reading, and reasoning skills. These are good skills to practice and your child won't even realize that they are learning anything new.

Here are some ideas for cooking up some fun with your child and making some special memories. The following recipes and ideas can be used for many different occasions and activities. Suggestions are made for different settings, but use your own ideas and adapt it to suit you and your child's needs and interests.

Microwave "Cup" Cakes

This recipe makes eight cup cakes, so you will want to adjust the recipe for the number of servings you want to prepare.

It is very versatile too, as you can make this for a dessert for your family meal, as a gift for others (it would be great for Grandparent's Day) or as an activity and favor for a birthday party or other gathering.

Ingredients:
- One regular size box of cake mix (any flavor you like)
- One egg yolk
- One tablespoon of vegetable oil
- One and one-half tablespoons of water
- One 12 ounce ceramic mug for each cake you plan to make

Generously spray the inside of the mug with cooking spray. Place one half cup of cake mix in cup and then add other ingredients. Mix well for approximately 1 minute. Microwave for 2 minutes on high or until fully cooked. An adult should use a pot holder to remove the cake from the microwave and allow it to cool. Top with any icing you like, ice cream or whipped cream and serve.

Hot Dog Roll-ups

These treats are quick and easy and add a new flair to an old favorite. This recipe is great for older children too that may be home alone for the first time and have limited cooking experience. The roll-ups can even be prepared the night before, be sure to spray the cookie sheet with cooking spray so the rolls won't stick though. Add some fruit, chips and a drink and you have a meal.

Ingredients:
- Hot dogs
- Shredded cheese (if desired)
- Refrigerator Crescent rolls

Separate crescent rolls, sprinkle with cheese. Place hot dog in center of roll and wrap according to package directions. Place on a cookie sheet and bake in oven on 350 until brown, about 10 minutes. Serve with any condiment desired.

Trail Mix

This is a healthy snack that the whole family will enjoy. The basic recipe is as follows, but any ingredient you like may be added.

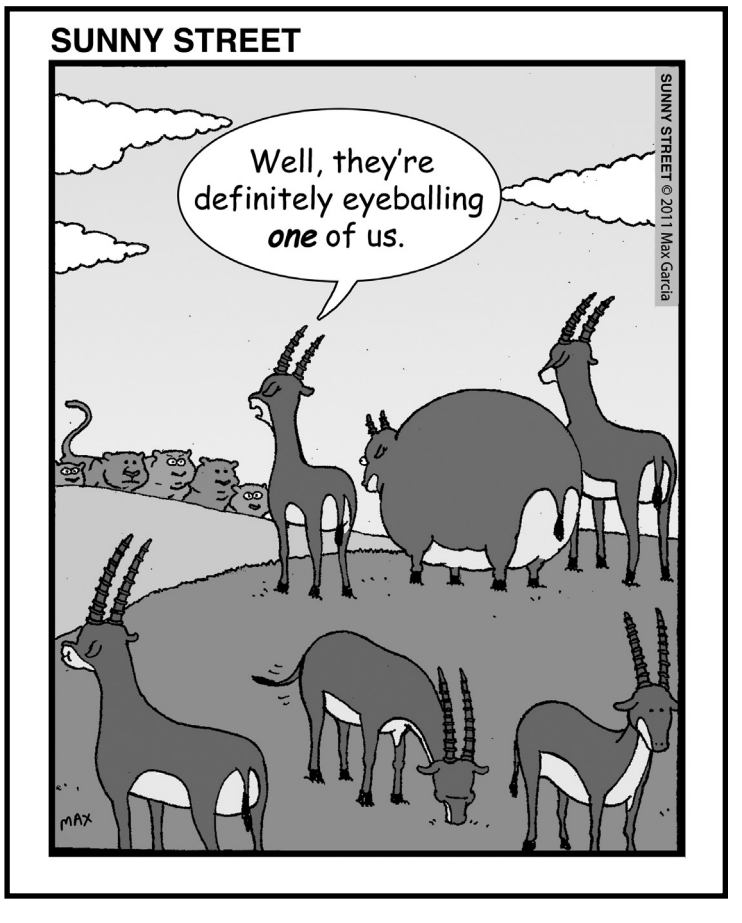
Even the smallest child will enjoy mixing up this salty and sweet snack.

Ingredients:
- One large container of salted peanuts
- One large box of raisins
- One large bag of plain M & M candy

Empty all ingredients in a large bowl, stir and enjoy!

Other ingredients you might add:
- small pretzels
- miniature marshmallows
- mixed nuts

You may think of other ideas that you and your child can share in the kitchen --that's great! The recipe is not as important as the time spent together and the memories you make. So take some time to cook up some fun; you and your child will be glad you did.

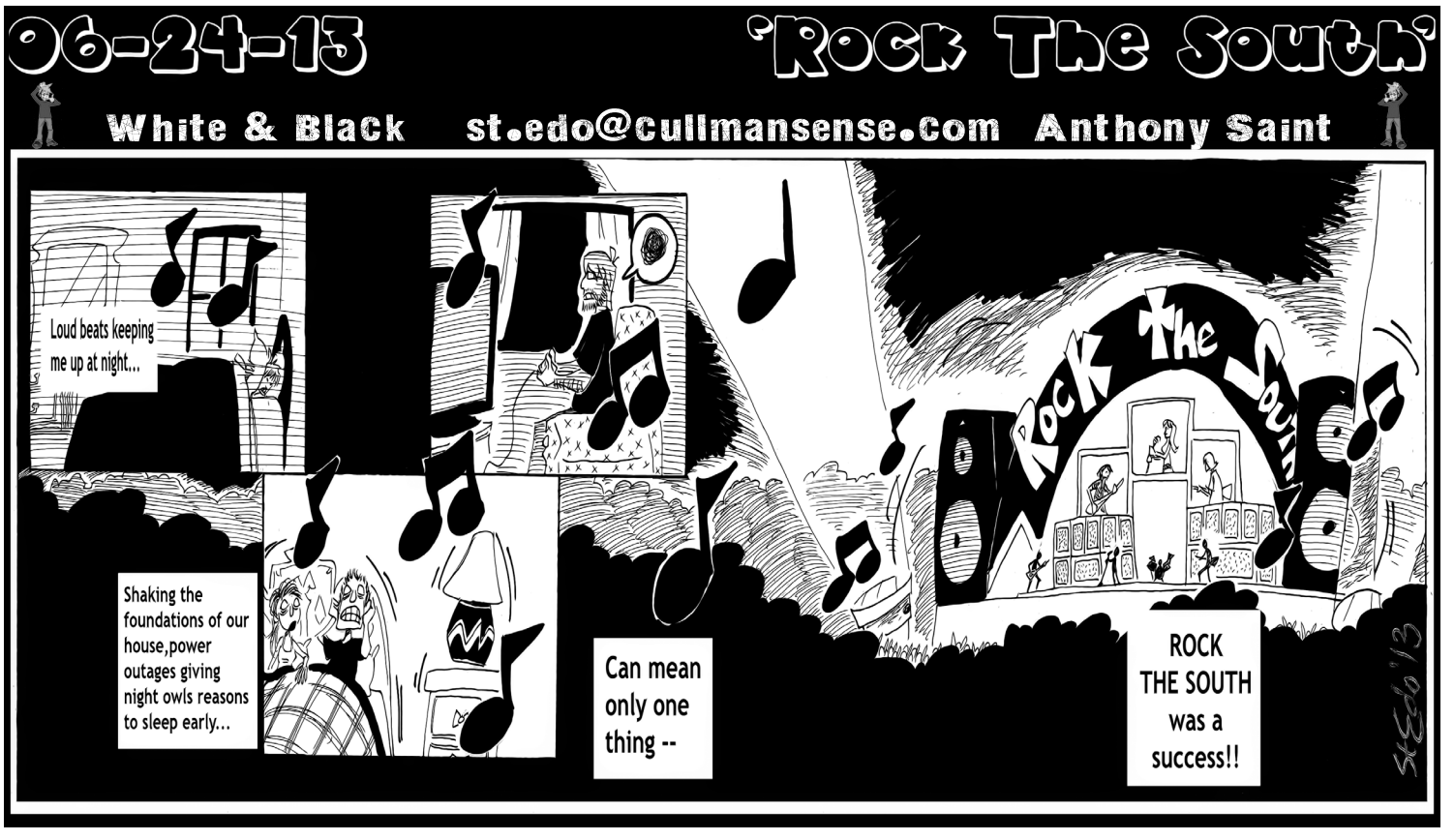


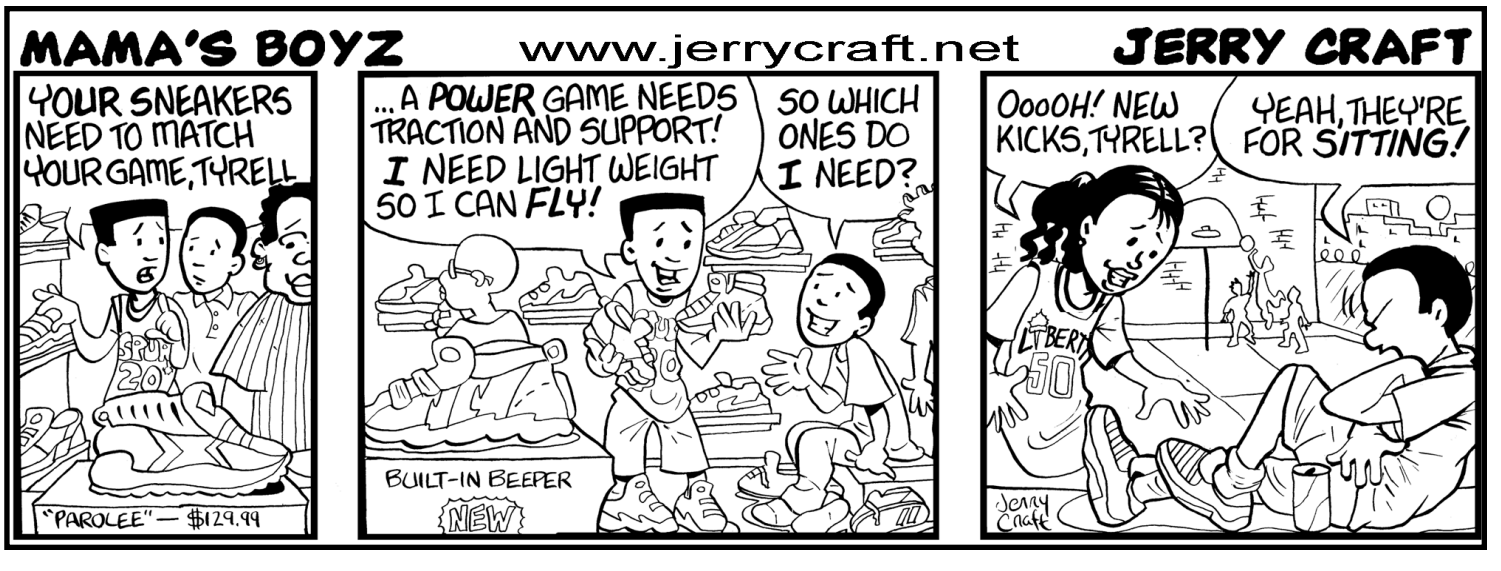
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WHAT'S ON DECK AT PARKS AND REC....

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. Desperation Church Band will play tonight, Tuesday June 25th. This event is free!
- **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.
- **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.
- **Dive-In at the Wellness & Aquatic Center:** The Cullman Wellness and Aquatic Center will hold a FREE Dive-in movie by the poolside at 9:00pm on Thursday, June 27. Admission to the pool will be free, and viewers can swim while watching the movie. The Pirates,: Band of Misfits will play Call 256-775-7946 for details.
- **Drive In at Nesmith Park:** A free Drive-in movie will be held in front of Nesmith Pool on Friday, June 28 playing Madagascar 3. The movie will begin at approximately 8:30. Bring a car load and enjoy this free event! 256-775-7946 for details.





Power In The Word: The Gospel that Works! - Understanding that Salvation Comes Only through Jesus Christ

By: Dr. Henry W. Roberts, II

Jesus said, "I am the light of the world." (John 8:12) Many times people are asked the question, "Are you saved?" "Have you been born again?" "Have you received salvation?"

Each and every individual in the world today needs to understand that God has a plan for his or her life.

In modern day society, we often hear the expression "higher power." Men and women everywhere need to know that this "higher power" has a name. The Bible states in Acts 4:12 that "Neither is there salvation in any other: for there is none other name under heaven given among men, whereby we must be saved." The Bible is nothing more than God revealing Himself to man. From the very beginning, God began not only to reveal Himself to man, but He also began to reveal His plan for man's total welfare.

Many people in the world (as well as in churches) have no idea what salvation is. The Bible is our clear source of reference of this point. Understand that salvation is a Biblical issue.

Many times you may have found yourself in a church, tent meeting, or maybe someone has come to your door to talk to you about Jesus, the Bible, eternal life, or the after life. Well, if they do not give you a strict Biblical plan, example or answer, then you (just as many others) have probably been misled.

Here is a list of things that salvation is not: We cannot obtain or inherit salvation by joining a church or some religious organization. Often we may have heard this expression, "The doors of the church are open."

Beloved, we cannot inherit salvation by joining the church and shaking some minister's hand. Nor can we inherit salvation by being a candidate for baptism.

We cannot obtain or inherit salvation by our parents belonging to a certain church or religious organization and therefore having us baptized when we were babies.

We cannot obtain salvation this way because human bloodline or church affiliation does not allow us to inherit salvation. We cannot obtain or inherit salvation by accepting the "way of holiness."

Holiness is a way of life for an individual who has already received salvation. We cannot obtain or inherit salvation by being a "good person." Sorry but there will be a lot of "good people" in hell.

We cannot obtain or inherit salvation by becoming a member of some religious sect or cult such as Jehovah's Witnesses, Muslim, Buddhist, etc. We may very well learn some great principles for living, and we may expand our spirituality, but there is no salvation in it for us.

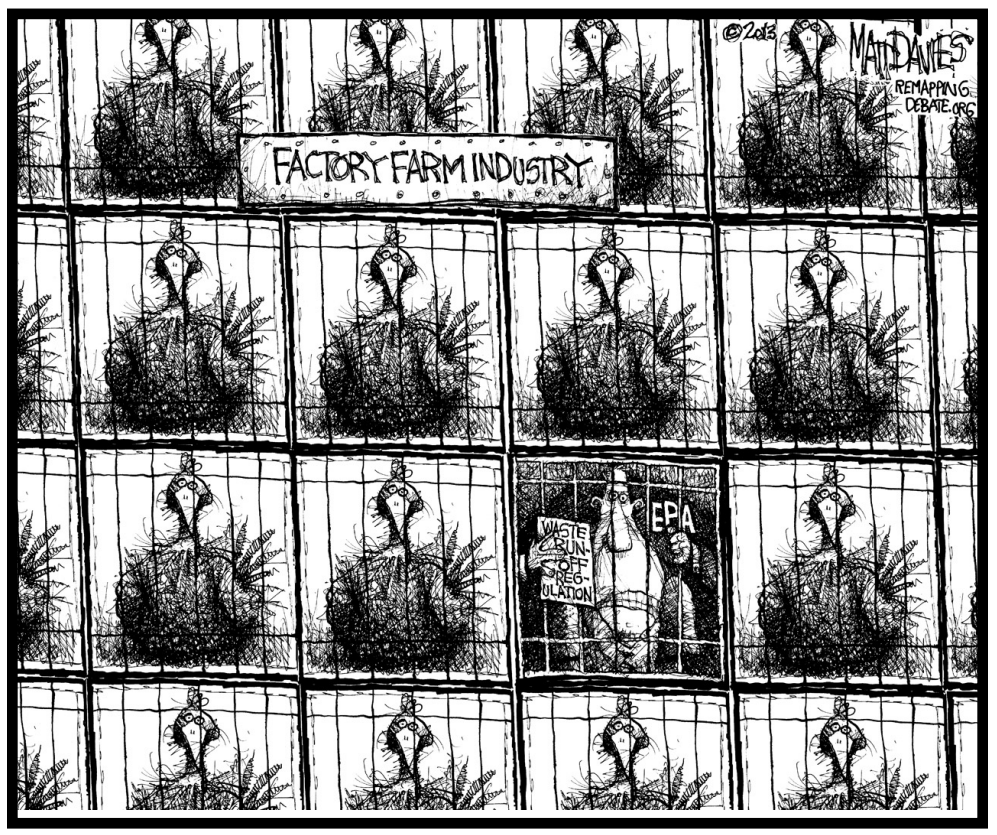
It is sad to say, but no Scripture can be found to substantiate these methods in which many churchgoers have been led to believe can cause us to be saved.

For an enlightened view on what salvation is, let's examine some terminology that we may or may not have heard: born again, eternal life, saved, salvation.

All of these terms mean the same thing. When an individual receives salvation, he or she is born again. St. John 3:3 says, "Jesus answered and said to him, 'Verily, verily, I say unto thee, Except a man be born again, he cannot see the kingdom of God." Jesus tells Nicodemus that except a man be born again he cannot enter the Kingdom of Heaven. In I Corinthians 5:17 it says, "Therefore, if any man be in Christ, he is a new creature: old things are passed away; behold all things are become new."

We understand that when we get saved, we become new creatures in Christ. Life is eternal. Where you will spend eternity depends on whether or not you are saved or have received salvation. (For a free book by Dr. Roberts, entitled, "What Is Salvation," write 351 S. Craft Highway, Chickasaw, AL 36611.)

Dr. Henry W. Roberts, II is the Pastor/ Founder of Word of Life Community Church of Mobile, AL and President/Founder of the International Fellowship of Independent Interdenominational Christian Churches and Ministries. For teaching materials, call 251-456-2652.



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June 11th	Day Gap (Leah Bolin's Band)
June 25th	Desperation Band
July 9th	Vintage Cowboy
July16th	Coal Rain
July 23rd	Finale

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"When All Else Fails, Ham Radio Works"

By: Noah Chandler
noahchandler@cullmansense.com

CULLMAN – Over the weekend the public was offered an opportunity to meet with some of Cullman's ham radio operators so they could see for themselves what the Amateur Radio Service is all about. Hams from across the country conducted public demonstrations of emergency communications abilities during the Field Day portion of the Amateur Radio Week, which climaxed Saturday and in to Sunday morning.

"It's basically to test emergency conditions under adverse communications," Cullman Amateur Radio Club member Bert MacKentepe said.

Fellow Cullman Amateur Radio Club members Joe Walker, Tim Kerber, and Michael Tucker were setup under a pavilion, located on the property of East Point Cumberland Presbyterian Church, to connect with others during the countrywide exercise.

The men worked their stations beginning on Saturday morning and did not leave their posts until the exercise was completed Sunday afternoon. All together the men spent roughly 32 hours simulating emergency communications.



The challenge with the Field Day portion is that ham operators were permitted to only use emergency power supplies, which an operator would use to construct emergency stations in parks, shopping malls, schools, and backyards around the country.

Despite advancements in technology, including broader online capabilities, smartphones, and e-mail correspondence, MacKentepe said each year whole regions find themselves in the dark, due to some sort of natural occurrence.

Whether the disruption in services is caused by natural events such as tornadoes, severe thunderstorms, or ice buildups to the occasional human error, such as fires or someone accidentally cutting fiber optic cables, the result is the same. It leaves people without the means to communicate accurately and quickly.

"When weather comes through, such as tornados or hurricanes – such as Katrina – all the cell towers, that's the first thing to go down," MacKentepe said.

Every year there are around 20,000 amateur radio operators partaking in the Field Day exercise.

This year's final Field Day results for the Cullman Amateur Radio Club were 172 contacts, 61 sections, 41 states (including Hawaii), 4 Canadian provinces and Puerto Rico.

This annual event is sponsored by the ARRL, the National Association for Amateur Radio.

To find out more about the Cullman Amateur Radio Club, visit www.cullmanarc.webs.com.

Aderholt Supports Legislation to Prevent Late Abortions

From the desk of Congressman Robert Aderholt

WASHINGTON, D.C. — Congressman Robert Aderholt (AL-04) issued the following statement in support of H.R. 1797, the Pain-Capable Unborn Child Protection Act that passed today in the United States House of Representatives.

"Protecting unborn life is a universal issue that has become one of the most unifying causes over the past several decades," said Aderholt.

"This legislation today would prohibit late abortions of unborn children after twenty weeks, as children at this stage of development can feel pain."

"Every year over 15,000 babies who are just days or weeks away from having a good chance of surviving on their own and can feel pain are legally aborted under current law. When the Titanic sank, 1,523 people died. The number of babies that are killed at this point in their growth where they can feel pain each and every year because of late abortions is equivalent to 10 Titanic's sinking. This is not something we can ignore," continued Aderholt"

"Further, in light of the recent conviction of abortionist Kermit Gosnell and reports of other potentially similar gruesome late abortion providers around the country, this prohibition is more important than ever. It is also important to note that this bill prioritizes the health of mothers, providing an exception to this law in cases where a mother's life is at risk," concluded Aderholt.

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

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

NASA Announces Asteroid Grand Challenge

By: Sarah Ramsey
Contributor

WASHINGTON – NASA announced Tuesday a Grand Challenge focused on finding all asteroid threats to human populations and knowing what to do about them.

The challenge, which was announced at an asteroid initiative industry and partner day at NASA Headquarters in Washington, is a large-scale effort that will use multi-disciplinary collaborations and a variety of partnerships with other government agencies, international partners, industry, academia, and citizen scientists.

It complements NASA's recently announced mission to redirect an asteroid and send humans to study it.

"NASA already is working to find asteroids that might be a threat to our planet, and while we have found 95 percent of the large asteroids near the Earth's orbit, we need to find all those that might be a threat to Earth," said NASA Deputy Administrator Lori Garver.

"This Grand Challenge is focused on detecting and characterizing asteroids and learning how to deal with potential threats. We will also harness public engagement, open innovation, and citizen science to help solve this global problem."

Grand Challenges are ambitious goals on a national or global scale that capture the imagination and demand advances in innovation and breakthroughs in science and technology.

They are an important element of President Obama's Strategy for American Innovation.

"I applaud NASA for issuing this Grand Challenge because finding asteroid threats, and having a plan for dealing with them, needs to be an all-hands-on-deck effort," said Tom Kalil, deputy director for technology and innovation at the White House Office of Science and Technology Policy.

"The efforts of private-sector partners and our citizen scientists will augment the work NASA already is doing to improve near-Earth object detection capabilities." NASA also released a request for information (RFI) that invites industry and potential partners to offer ideas on accomplishing NASA's goal to locate, redirect, and explore an asteroid, as well as find and plan for asteroid threats.

The RFI is open for 30 days, and responses will be used to help develop public engagement opportunities and a September industry workshop.



