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In this Issue:

OKTOBERFEST SCHEDULE INSIDE P5

BUSY BEE TO SERVE OKTOBERFEST MENU P6

Local



Family Fun Day

The annual Holly Pond Founders Day Festival drew a smaller than expected crowd than anticipated this year, however, those in attendance did not seem to mind as they were able to find great deals from local vendors. p6

Lifesaving Commendations

Tom Britton and Cullman Police Sgt. Rex Chambers receive recognition for their heroic actions. p2

Operation Christmas Child- Give a gift to a child in need p7

State

Bentley Announces $260 Million Repayment to Rainy Day Fund p3

States move on with food stamp cuts p3

Sports

Week 5 Friday Night Football Roundup p4

CELEBRATING CULLMAN'S HERITAGE



Hay!

It's Time for Oktoberfest

Hay People signal the beginning of the Oktoberfest season p12



Steve Moore adjusts an oversized hat on Phil, the gentleman Hay Person.

Alabama Farmers Federation Endorses Candidates for 2014 Elections

Contributed

MONTGOMERY — The political action committee of the Alabama Farmers Federation (FarmPAC) recently announced candidate endorsements for congressional and state offices in the 2014 primary elections.

FarmPAC Advisory Trustees, who are farmers representing every county in Alabama, met with candidates and made endorsement recommendations at the group's Sept. 24 meeting at the Federation home office in Montgomery. The Federation expects to consider additional endorsements for statewide 2014 races early next year.

"Alabama is blessed with p12

Cullman Fire Rescue earns 2012 Life Safety Achievement Award

By: Jim Narva

CULLMAN – The Cullman Fire Rescue was recently presented with a Life Safety Achievement Award for its fire prevention accomplishments in 2012 by the National Association of State Fire Marshals (NASFM) Fire Research and Education Foundation in partnership with Grinnell Mutual Reinsurance Company. The award was announced by J. William Degnan, president of the NASFM Fire Research and Education Foundation.

"When we hear the fire truck coming down the street and see its lights, we know firefighters are responding to someone in trouble. What we don't know is that these unsung heroes are doing a lot of things behind the scenes that save lives," said Alan Clark, assistant vice president of Special Investigations at Grinnell Mutual. "The Life Safety Achievement Award recognizes fire departments for their fire prevention programs that have been proven to save lives year after year."

Since 1994, the Life Safety Achievement Award has recognized local fire prevention efforts that have contributed to reducing the number of lives lost in residential fires. Cullman Fire Rescue is one of 117 fire departments across the United States to receive the award this year for recording zero fire deaths in 2012 or reducing fire deaths by at least 10 percent during the year. In addition, award recipients documented active and effective fire prevention programs as well as a clear commitment to reducing the number of house fires in the community.

Although residential fires in the U.S. account for only 20 percent of all fires, they result in 80 percent of all fire deaths. The NASFM Fire Research and Education Foundation is committed to reducing that number.

"Experience tells us that fire prevention activity and public education can significantly reduce life and property loss from residential fires," Degnan said. "Prevention and education are very cost effective compared to the traditional approach of relying on fire suppression. The Life Safety Achievement Award recognizes fire departments for their fire prevention efforts and encourages them to continually improve upon those efforts."

About NASFM Fire Research & Education Foundation

The NASFM Fire Research & Education Foundation is a public interest group whose mission is to reduce resi- p12

Sports - 4 Calendar - 8 Poll - 9 Comics - 10

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Increasing Learning Disabilities Awareness

By: Leanne West

CULLMAN – At their regular meeting on Monday, September 23, 2013, Cullman Mayor Max A. Townson and the City Council presented a resolution in support of improving education for students with learning disabilities.

An official copy of the resolution was presented by Council President Garlan E. Gudger, Jr., to State Representative Mac Buttram and Gary Lasdon, a concerned citizen who approached the City Council about this issue.

There are many children in our community, and in our school system, who have learning disabilities that make it difficult for them to learn in the same way as other children.

These learning disabilities often cause difficulties with reading, writing, listening, speaking, reasoning, and doing math.

These children have average or above average intelligence, but their brains process information differently and it is necessary to teach them in ways that help them overcome those differences. The resolution, signed by the Mayor and City Council, states that the City of Cullman believes that all students in the Cullman City School system deserve to have the best education possible, and supports all efforts to ensure that our students are properly evaluated and that their needs are sufficiently met in our school system.



Council President Garlan E. Gudger, Jr. (right) presents a resolution in support of improving education for students with learning disabilities to State Representative Mac Buttram (center) and Gary Lasdon (left), a concerned citizen

By utilizing teaching methods that have proven successful in other schools, we can not only provide the children with learning disabilities an excellent education but we can also improve our overall testing scores, which benefits our entire school system and our city.

"As we enter the month of October, which has been designated 'National Learning Disabilities Awareness Month' since 1985, we seek to bring awareness to this issue and call upon our state government and education officials to support improving education for children with learning disabilities," said Mayor Townson. "We encourage our schools, which are already among the best in the state, to adopt proven methods for helping these children learn and utilize the skills they need to become happy and productive citizens – because our children are our future!"

Lifesaving Commendations for heroic actions



Sgt. Rex Chambers (left) and Tom Britton (right) receive Lifesaving Commendations from Mayor Max A. Townson (center) for their heroic actions.

By: Leanne West

CULLMAN – Mayor Max A. Townson recently presented Lifesaving Commendations to UB Water Employee Tom Britton and Cullman Police Sgt. Rex Chambers for heroic actions taken on September 3, 2013, when they pulled a man to safety and stayed with him until medical help arrived. The City of Cullman thanks them for their selfless and heroic acts.

WSCC's Healthy Living Festival is on Oct. 1

By: Russell Moore • WSCC Contributor

HANCEVILLE – Wallace State will host a Healthy Living Street Festival on Tuesday, Oct. 1, from 9 a.m. to noon at the Student Center parking lot.

Students and employees from Wallace State's Wellness Center, nursing department, massage therapy program and occupational therapy will be among the vendors present at the festival. Demonstrations of yoga, Zumba and CrossFit are also scheduled for 9:30 a.m., 10:30 a.m. and 11:30 a.m., respectively.

If inclement weather postpones the festival, Tuesday, Oct. 8 is the makeup date.

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

Stepping Up for Foot Health – Canceled

By: Amy Linton • CRMC Contributor

CULLMAN — Due to circumstances beyond their control, Cullman Regional Medical Center's WomenFirst & SeniorChoice Programs are cancelling the "Stepping Up for Foot Health" seminar, previously scheduled for Monday, September 30, in CRMC's Col. Cullman Room in the Community Education Center in Professional Office Building 2 (1912 AL Highway 157, POB 2, Cullman, AL 35058).

We hope to reschedule this presentation for next spring. If you have any questions or concerns, please call CRMC's Marketing Department at 256-737-2600.

St. Bernard Prep Biology class takes the cake

By: Joyce Nix
St. Bernard Contributor

CULLMAN – Biology instructor, Shelly Perry, added a culinary twist to her Biology lab recently as students were placed into groups and created cell cakes. In fact, some might describe her latest teaching style as, "taking the cake!"

Perry baked a round cake for each group and provided all of the essentials—utensils, frosting, decorating items--for creating a scientific model of a cell for discussion. Students were also encouraged to bring their own decorating ingredients.

"This is a fun time for students to break away from traditional book learning; and it helps with building memory skills," Perry said.

Students received grades for their cell cakes worth 50 points. In teams, the students worked quickly, frosting their cake, some adding green dye if theirs was a plant cell. Students then chose various pieces of candy to represent all the parts of a cell—nucleus, nucleolus, lysosome, membrane, etc.—placing the different candy pieces on the cakes to create models of either plant or animal cells.

Taffy was a popular choice for depicting cell membranes, while cherry licorice was often chosen for golgi and green jelly beans were frequently used for mitochondrion. One team broke the "candy barrier" by using bacon strips for endoplasmic reticulum. Students really got creative when portraying the cell nucleus, with choices ranging from a giant Reeces cup to a large glob of cotton candy!

Students were graded based on their knowledge of each organelle, not only identifying each part, but also describing the function. Science instructors, Br. Charles Manning and Mrs. Betty Wallace assisted with the testing of each group. This is probably the only science experiment the students will ever be tempted to eat!

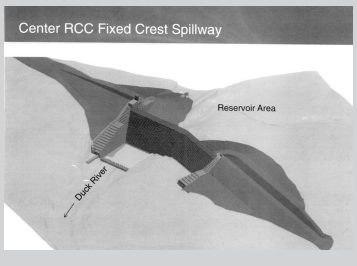


St. Bernard students Daniel Perez, Ramonah Gibson, Olivia Harrison, Andrea Leguizamon', Torey Badar, and Meg Borths create a cell cake

What's Online

Duck River Dam costs to increase: Geological conditions center of problem

21 years after selecting Duck River as the site for Cullman County's newest water reserve, the project has been mired by lawsuits, technical snags and various unforeseen geological challenges.



qrne.ws/101

The Delicate Palette: Buffalo Trace Bourbons

Bourbon is singularly American liquor with a strict set of rules that define what is and what is not Bourbon. Contrary to popular opinion, it has nothing to do with its country of origin, often thought to be Bourbon, Kentucky.

qrne.ws/102

Tips to Strengthen Your Marriage

For married couples, it may sometimes seem difficult to remember the early, exciting stages of the relationship. While bickering, stress and general ruts are certainly not uncommon, some experts say such pitfalls are mostly avoidable..

qrne.ws/103

Govs Urge Action to Thwart Cyberattacks, Computer Hacking

By: Michael Ollove • Stateline

Prominent on the website of South Carolina Gov. Nikki R. Haley is a banner and button that says: "S.C. Dept. of Revenue Cyberattack: Cyberattack Info."

South Carolina learned firsthand the havoc a hacker can have on state-owned computer systems when last October approximately 3.8 million Social Security numbers, 387,000 credit and debit card numbers, and 657,000 business tax filings were exposed in a security breach at the state Department of Revenue.

This is the type of cyberattack governors are gearing up to prevent. "Every day, states are exposed to phishing scams, malware, denial-of-service attacks, and other common tactics employed by cyberattackers," according to a call-to-action paper released recently by the National Governors Association.

Michigan Gov. Rick Snyder, a Republican, was in Washington to launch the NGA bipartisan effort, led also by Maryland Gov. Martin O'Malley, a Democrat.

"As governors, we are directly responsible for ensuring the security of a wide array of state-owned assets and personally identifiable information such as tax records, driver's licenses, and birth records," Snyder said in a statement. "We also play a critical role in ensuring that private-sector assets within our states are secure," the former president of Gateway computers said.

As Stateline has reported, Michigan has been a leader on this front, enlisting the help of everyone from the major utility companies to the state police to launch a multi-pronged pre-emptive strike. Cyberattacks on the state of Michigan's computer systems have increased to about 500,000 a day, The Detroit News reported.

In its six-page paper, NGA urges governors to look at what their peers are doing. The report highlights:

- Michigan requires security awareness training for all state employees, and launched with universities and the private sector a state-of-the-art Michigan Cyber Range research center.
- Maryland leverages the cybersecurity capabilities of the Warfare Squadron to support its cybersecurity assessments, including having state agencies participate in Internet training exercises that simulate cyberattacks.
- Minnesota's chief information security officer works closely with the governor, a Technology Advisory Committee, and other agency leaders.
- California Cybersecurity Task Force is a new state-led collaboration between state and private-sector IT officials.
- Delaware state employees conduct cybersecurity presentations for elementary school students and host video and poster contests to reinforce the importance of Internet safety practices.

A 2012 survey of state chief information security officers found that only 24 percent were "very confident" that their state assets are protected against external threats, while only 32 percent said their staff have the required cybersecurity competency. Those findings were part of a 2012 report about cybersecurity from Deloitte and the National Association of State Chief Information Officers that also estimated that government agencies had lost more than 94 million citizen records since 2009. The average cost per lost or breached record is $194.

While NGA's paper doesn't specifically mention the South Carolina case, it notes, "Several recent attacks reveal that states which fail to put in place a strong governance structure are at a distinct disadvantage."

Stateline is a nonpartisan, nonprofit news service of the Pew Charitable Trusts that provides daily reporting and analysis on trends in state policy.

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Governor Bentley Announces $260 Million Repayment to Rainy Day Fund

By: Jennifer Ardis

MONTGOMERY – Governor Robert Bentley on Friday announced the state will be able to repay $260,388,971 to the Education Trust Fund's Rainy Day Account after the close of the current fiscal year.

"We're able to make this large repayment because of conservative budgeting and an improving economy," Governor Bentley said. "More people are going back to work. Unemployment is down. Revenues are stronger than projected for the year. We are committed to building on these improvements and fully restoring the Rainy Day Account."

The state transferred $437.4 million from the Rainy Day Account to support the Education Trust Fund in the 2009 fiscal year. Last year, $14.4 million was repaid. The $260 million repayment announced by Governor Bentley on Friday represents substantial progress in the state's commitment to repaying the fund as soon as possible. Full repayment is required by September 30, 2015.

The Rainy Day Account is part of the Alabama Trust Fund. The formal FY 2013 repayment will be made in the first quarter of Fiscal Year 2014, which begins on October 1, 2013.

States Move Ahead With Food Stamp Cuts

By: Jake Grovum • Stateline

Some states are already embracing deep cuts to the food stamp program similar to those passed by House Republicans in Washington, ending the food subsidy for tens of thousands of low-income Americans regardless of what Congress does.

Spurred by the ballooning cost of the Supplemental Nutrition Assistance Program, the GOP-dominated House voted recently 217-210 to cut $39 billion in the food assistance program over 10 years. Among the changes: Ending waivers for states that during the recession allowed as many as 4 million people to collect food stamps who otherwise would not have qualified. The fate of the congressional legislation is uncertain. The Senate approved much smaller reductions, and the White House threatened to veto any large cuts to food stamps. But in six states—Delaware, Kansas, New Hampshire, Utah, Vermont, and Wyoming—similar reductions are already in place, or soon will be. Two more states will join them once their waivers expire, potentially taking away food stamps from tens of thousands of current recipients.

Republicans blame the program's ever-increasing rolls and cost on lax enrollment criteria rather than real need. Since before the recession, the price tag for food stamps has more than doubled, topping $82.5 billion in fiscal year 2013. Enrollment hit record highs, with 15 percent of Americans now collecting benefits. Many states have more than 20 percent of their population enrolled.

Costs have continued to spike as well, as Washington pays for the benefits and states administer them. A new Congressional Research Service report released this month showed fiscal year 2012 was the 12th year in a row a new historical high was reached for federal food and nutrition programs, the vast majority of which is food stamps. Since fiscal year 2000, the report said, spending on federal food assistance has more than tripled. Put in a different context, the U.S. Census Bureau said food stamps lifted 4 million Americans out of poverty last year if the benefits were counted as income.

What States Are Doing

Kansas is the latest to embrace the cuts, ending a federal waiver on Oct. 1 that allows unemployed, non-elderly, and able-bodied adults without children to remain on food stamps despite failing to meet certain work requirements. The change is expected to affect 20,000 Kansans. Wisconsin will let its waiver expire in July 2014, and Oklahoma will also let its waiver at the end of this month; 71,000 and 47,000 people, respectively, received benefits through the waiver in 2011, the latest year for which data is available. The waivers, part of the 1996 welfare reform, were designed to give states flexibility in times of high unemployment. It suspends a requirement that limits benefits to three months unless recipients work 20 hours a week or spend a certain amount of time on work-related activities, such as job training.

Until this year, 45 states took advantage of the waiver during the recession, and two that did not – Vermont and New Hampshire – weren't eligible for statewide coverage, which is based on unemployment and job market data. Delaware and Utah chose not to request a waiver, while Wyoming wasn't eligible.

Many Republican-led states are trimming safety nets as the recession wanes. In addition, food stamp benefits for all recipients are set to fall Nov. 1 when federal stimulus money ends. Some states have changed welfare enrollment criteria. Others enacted unprecedented cuts in unemployment insurance, as Stateline previously reported.

Against that backdrop, supporters of the cuts see the work requirement as a prime opportunity to trim the rolls. Those possibly affected by ending the waivers comprise less than 5 percent of Americans collecting food stamps.

Republicans see the improving economy as a sign enrollment should be dropping anyway, with cuts to benefits a good way to push some people back into the labor market. Kansas made its case clear, calling the policy "an effort to encourage employment over welfare dependency."

"Employment is the most effective way to escape poverty," Kansas Department of Children and Families Secretary Phyllis Gilmore said in a statement announcing the move.

Those who support ending the waivers also promise robust job placement and training programs to help those affected meet work requirements, which could allow them to keep their benefits. Wisconsin, for example, is spending an additional $33 million on those efforts as its waiver expires.

Are Cuts Premature?

Others say the cuts are premature in the face of a weak job market— 11 states and the District of Columbia have unemployment rates measurably higher than the national 7.3 percent jobless rate. The waivers are designed to end once employment improves. Ending them sooner could strip flexibility to deal with lingering joblessness, which is expected to remain above normal for years. "It's hard to imagine any state would want to lose the flexibility to use waivers to tailor the policy to meet local conditions," said Dottie Rosenbaum, a senior policy analyst at the Center on Budget and Policy Priorities, a left-leaning think tank. Rosenbaum added that the work-requirement policy can have "harsh effects on very poor individuals."

Underlying the debate is the question of whether policies enacted during the recession have increased enrollment levels beyond actual need. Critics cite the outsized growth of food stamps compared with other safety net programs during the recession.

Projections paint a bleak picture. The Congressional Budget Office estimates more than 43 million will collect food stamp benefits in 2017, just 4 million fewer than today. By 2022, the CBO estimates enrollment will be 9 million more than pre-recession levels and total spending will be nearly $73 billion—more than double than it was in 2007.

Top 10 States with Highest Share of Population on Food Stamps

- D.C., 24%
- Mississippi, 22.5%
- New Mexico, 21.6%
- Tennessee, 21.3%
- Oregon, 21.3%
- Kentucky, 20.2%
- Louisiana, 20.2%
- Georgia, 20.1%
- Alabama, 19.1%
- Florida, 19%

Source: June 2013 data, USDA

Stateline is a nonpartisan, nonprofit news service of the Pew Charitable Trusts that provides daily reporting and analysis on trends in state policy.

High School Football Week 5 Roundup

By: Josh McBrayer
joshmcbrayer@cullmansense.com

The fifth week of the 2013 football season has come and gone and with it some playoff hopes were bolstered while some were dashed. With that being said, here is the wrap up from across the county.

West Point 22 vs. Hanceville 45
By: Phillip Hillman

HANCEVILLE – The Bulldogs do two things really well, run the football and win. This is just what they did Friday night.

The West Point Warriors started off the night with what looked like a very promising beginning as Bryant Farley ran in for a 13 yard touchdown for the forth score of the night and gave the Warriors the early lead. However the lead was short lived as the Bulldogs answered right back with a touchdown of their own to tie the score.

West Point would come right back with another score when Farley connected with Tristan Dubberly for a 21 yard TD strike to make the score 15-6 in favor of the Warriors.

From here, it was all Bulldogs. Hanceville rattled off three unanswered to put the Dawgs up 24-16. However Bryant Farley would finish the half with a seven yard rush for the score to close the gap to just two points heading into the half.

The Bulldogs picked up right where they left off, scoring three second half TDs while not allowing the Warriors another point. Hanceville would go on to pick up their fourth win, 45-22.

Madison Academy 28 vs. Cullman 10
By: Josh McBrayer

MADISON - The Cullman Bearcats rolled into Madison Academy with a win over the #1 team in 3A on their mind. But Kerryon Johnson, Malik Miller, and the rest of the Mustangs had revenge on theirs and that is exactly what they got, handing the Bearcats their first loss of the season, 28-10.

Cullman dominated the match-up last year winning 42-21 so they were confident going into the game but they also knew that the Mustangs were no pushover either.

Cullman took the ball first to start the game, setting up shop at the 28 yard line. After a two yard run by Garrett Crider, the Bearcats started going backward.

A complete pass that lost a yard and a hold put Cullman in a 3rd and 16 hole on their own 22.

A six yard completion from Tyler Glenn to Crider was not enough to move the chains and Cullman was forced to punt, or so Madison Academy thought. A team can run a successful fake punt when their QB is also their punter and that is just what the Cats had in mind.

On 4th and 10, Crider hit a streaking Mason Jones for a 22 yard gain and a new set of downs.

With a fresh set of downs, Cullman marched the ball all the way into Mustang territory at the 23. This would be as far as the Cats would get as three straight incompletions followed by an interception by Kerryon Johnson gave Madison Academy their first possession at their own 24.

Three plays later the Mustangs would be on the board. Blake Coward connected with Cole Tomlinson over the middle then Tomlinson turned on the jets, racing 73 yards down the field putting Madison Academy up 7-0 with 6:49 left to play in the first.

The next Cullman possession ended like the first, with an interception. Fortunately for the Cats, Madison Academy fumbled the ball right back to Cullman just three plays later.

The gold and black would set up shop just inside Mustang territory at the 46. Cullman was able to drive the ball down to the Mustang 17 but the drive stalled.

The Cats would settle for a 35 yard field goal off the foot of Chayse Freeman to make the score 7-3 with a minute and some change left in the first.

Madison Academy started the second with a 1st and 5 thanks to an offsides call. Coward would go for the big play right off the bat, hitting Johnson for a 36 yard pick up, down to the Cullman 25.

The combination would hook up again five plays later, this time for a 12 yard TD strike. 14-3 Madison Academy.

Cullman would answer right back on their next shot. Glenn's arm helped propel the Cats down the field as he hit three big pass plays, 19 yards to Maison Goodwin, 29 yards to Mason Jones, and an 18 yard TD pass to Austin Neal in traffic. This would make the score 14-10 and that is where it remained for the rest of the half.

The Mustangs took the ball first in the third and Kerryon Johnson took over. He carried the ball four times in the drive for 60 yards, including the 22 yard TD sprint. 21-10 Mustangs.

Madison Academy would add a final score with 7:53 left in the game on a Malik Miller two yard scamper. The score came after Cullman had turned the ball over on downs despite the fact that there seemed to be 12 Mustangs on the field.

New Hope 55 vs. Good Hope 27
By: Jim Stenson

GOOD HOPE – After starting the season 3-0, Good Hope lost its second straight game, falling to the New Hope Indians 55-27.

The Raiders had no problems moving the ball, but three turnovers and costly penalties on promising drives in the first half quickly allowed New Hope to put the game out reach.

New Hope's Bret Clark took the first play from scrimmage 65 yards to the endzone, and also added the PAT.

The Indians would score two more time in the first quarter, once on a QB keeper by Adam Browner from a yard out and then on a 8 yard pass from Browner to Dustin Brazelton to end the first quarter with New Hope up 21-0.

The second quarter also saw the Indians score on their three possessions. Browner would account for two of them, an 8 yard TD to Trey Rogers and a 12 yard score to Zack Manley. The third score came with 1:24 left in the half when Rogers picked off a Riley Eisner pass, returning it to the Good Hope 35 yard line.

Jake Wilbourn would do the rest, carrying it in from the 20 giving New Hope a commanding 42-0 lead at the half.

Good Hope scored four times in the second half. A three yard scamper by Jared McLure, a six yard TD rush by Jonathan Burnette, and two TD passes by Riley Eisner to Justin Turner and Kainan Smith.

New Hope would find pay dirt twice in the second half as well.

After the game Good Hope head coach Chris Moss told his team that he was glad to see that they never gave up and that they played better in the second half.

Coach Moss also said that Sebastian Fendley has been cleared to start practice next week, just two weeks after breaking both bones in his left forearm.

Vinemont 6 vs. Brewer 61
By:Zeke McBrayer

BREWER – Vinemont traveled to Brewer Friday, looking to get another win streak going. However, the Patriots had other plans. Looking to secure a win of their own for homecoming, Brewer dominated both sides of the ball against the Eagles.

The Eagles started out with the ball, but Brewer's Jade Blocker shut down the run game. Brewer then blocked the punt and looked to get things going.

After a short pass from Hunter Swafford to Brendon DeBerry, Vinemont's Kurtis Brawner intercepted the Patriots QB.

Brewer again shut the Eagles offense down and forced a three-and-out. After a short punt, the Brewers were ready to go on the 34-yard line. After a penalty, the Patriots handed it off to Nathan Stewart who ran it in for a 33-yard TD. The game was all Brewer after that.

Vinemont scored one TD against the stout Brewer defense, a 75–yard touchdown by Orey Woods. Brewer would score 8 more times and by five different players. Greg Johnson (1), Blake Borden (2), T.J. Morrow (2), Drew Styles (1), and Nathan Stewart (3) would all score for Brewer.

The main factor for Vinemont in the game was injuries. Blake Melton went down at the very beginning of the game, Kurtis Brawner took a hard hit and sat out early into the third quarter, and Mason Lindsey suffered an injury early in the fourth quarter.

Brewer had six rushers in double digits. Nathan Stewart led the Patriots with 101, Drew Styles had 93, Greg Johnson tacked on 90, and T.J. Marrow put up 80 yards. Hunter Swafford went 5/6 with 27 yards and two INT. The Eagles were led by Orey Woods, who ended up with 102 yards and Vinemont's only touchdown. John Michael Dye had 46 yards and Taylor Evans added 37 yards rushing. Kurtis Brawner finished 2/8 with 18 yards before leaving the game.

Holly Pond 14 vs. Fairview 47
By: Howard Cole

FAIRVIEW – To score early and often was the game plan of the homstanding Fairview Aggies when the Broncos of Holly Pond crossed the creek to take on their football neighbors, and it paid off. In the blink of an eye Fairview found themselves up 8-0 and never looked back.

Holly Pond QB Maples slung the ball all over the field to the tune of four TD's in the first half.

With the 47-14 victory, Fairview moves to 2-3 on the season while Holly Pond falls to 0-5.

There you have it, week five in a nutshell. Visit CullmanScoreboard.com for up to the minute scores from around the county on gameday.

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WHAT'S ON DECK AT PARKS AND REC....
www.cullmanrecreation.org
256-734-9157

- **Youth Basketball Registration:** Youth Basketball Registration for boys and girls ages 5-15. Cost is $75 which includes a jersey. Games will be played at Ingle Park and the Cullman Wellness & Aquatic Center beginning in November. Call Heritage Park at 256-739-9931 for details, or call the Civic Center.
- **Archery Classes:** Fall archery classes will be beginning on September 30 for ages 8&up at the Cullman Civic Center. Call 256-734-9157 for details; classes are available for beginners, intermediate, and advanced archers.
- **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 & Ageless Grace Fitness Classes:** Includes yoga stretching, anti-aging tips, and more with instructor Ann Caretti. Nia class is held Tuesdays at 10:00am at the civic center, and Ageless Grace is held on Thursdays at 5:30pm.
- **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.
- **Dog Obedience Classes:** Classes are held on Tuesdays starting October 22 at the Civic Center with a puppy class at 6pm and adult class at 7pm. $65 per dog; session lasts through December 17. Instructor Tina Cagle Parker.
- **Advanced Dog Obedience Classes:** Held on Thursdays at the Cullman Civic Center, the class will take place from October 10-November 21 from 6:30pm-7:30pm. Must call instructor, Tina Cagle Parker, to attend class and have completed regular course. Call the Civic Center for info.
- **Ballroom Dance Classes:** Want to learn to Ballroom Dance? We've got you covered! Classes will be held 4 Thursday nights from Oct. 3-24 at the Civic Center. Cost is $10 per person for class. Call now to reserve your spot at 256-734-9157!
- **Gun Safety Class:** Learn gun safety and protocol with this class on Saturday Oct. 26 from 8am-12pm. 200 rounds of ammo are required, as well as gun with permit. Cost is $25 and the class will be put on by the Cullman City Police Dept. Call ahead for details at 256-734-9157.

– Oktoberfest Schedule –

Every Day Schedule

Saturday, October 5 through Saturday, October 12

8am-2pm **Farmers' Market at Festhalle Market Platz 256-590-2003**
209 1st Avenue NE, Cullman
(No Farmers' Market on Sunday)

9am-5pm **Cullman County Museum**
1-800-533-1258
Special hours Sunday

1:30-4:30pm **Weiss Cottage**
1-800-533-1258
Closed Sunday

Every day **Photography Contest**
Platz Registration fee $5.00
More info: 256-739-1258

Nightly **Paper Airplane Contest** NEW
Festhalle 256-297-0622

9am-5pm **Quilt Makers Quilt Show**
2nd Avenue NE, Cullman
Free Admission (Special hours Sunday, October 6th 1-5pm)
1-800-533-1258

Restaurants

Oct 5th -12th Reg. hours **Rumors Deli & Coffee House**
105 1st Avenue, NE Cullman
256-737-0911 Carry-out Available

5pm-11pm **Grumpy's Italian Grill**
Samuel Adams on tap, music and German food 256-709-2608

Oct 5th,11th &12th **Rumors Deli & Coffee House**
5pm-8pm German menu only

Oct 5th-12th **Busy Bee Oktoberfest Meals** NEW
Starting at 5pm 256-734-9958
Closed Sunday

Oct 7th -12th **Blue Moose Cafe** "Bier Fest" NEW
Starting at 12pm-11:30pm
256-338-7237 Nearen Construction & Happy Home Real Estate

Oct 5th -12th **Get Your German on at Moe's Original BBQ** 256-841-5324 NEW
Daily German Meals, Live evening Music

Oct 5th-12th **Elks Lodge German Meals**
Serving Daily at 209 1st Avenue NE

Festhalle Market Platz Entertainment

Stage Sponsor: Mitch Smith Chevrolet

Saturday 5th

9:00 East West Elementary Chorus
9:30 Cullman High School Chorus
11:00-noon Cullman High School German Band
Noon-4pm Wolfgang Moritz
5:00-8pm Round 2
9:00-midnight Big Daddy Kingfish

Sunday 6th

1:30 St Paul's Praise Team
2:30pm - 7pm Wolfgang Moritz

Monday 7th

11:30 -1:30pm Wolfgang Moritz
5:30-6:30 pm Community Band
6:30-9pm Terry Cavanagh & The Alpine Express

Tuesday 8th

11:30 -1:30pm Wolfgang Moritz
6:30-9pm Terry Cavanagh & the Alpine Express

Wednesday 9th

11:30 -1:30pm Wolfgang Moritz
6:30-9pm Terry Cavanagh & the Alpine Express

Thursday 10th

11:30 -1:30pm Kevin Adams
5:00-7pm Terry Cavanagh & the Alpine Express
7-9pm Georgia Red Clay

Friday 11th

11:30 -1:30pm Wolfgang Moritz
5:00-8pm Terry Cavanagh & the Alpine Express
9:00-till MP4

Saturday 12th

9:00 TBA
10:00 Wallace State Singers
11:00 Wallace State Jazz Band
1:00-3pm Terry Cavanagh &the Alpine Express
3:00pm-4pm Roy Crawford and the Cullman County Bluegrass
4:00-6pm Horizon
7-10 TBA
10-midnight TBA

Alabama Craft Biergarten

Location: 209 1st Ave NE,
Sat 5th & 12th 12p:-12A NEW
Mon-Fri: open at 6:00pm
Live music/ Alabama Craft beer/ Sports TV
Sponsored by Alabama Brewers Guild, Cullman Brewers Guild & Cullman Oktoberfest

Game Day TV Sponsored by Palm Beach Tan

College Football Viewing
Oct 5th & 12th Saturday Games at the biergarten
Oct 10th & 11th Thurs. and Fri. Games
NFL viewing NEW
Oct 7th Monday Night Football
7:00 pm Nightly STEIN HOISTING CONTEST
Sponsored bySAMUEL ADAMS®
No Beer on Sunday

Schedule of Events Around Town

Saturday, October 5

8am-3pm **Oktoberfest Car Show**
At Depot Park- Cruise in Format
Register on site 256-739-1258

8:30-10:30 am **Volksmarch** Self-guided tour
1615 Town Sq SW, Cullman, AL 35055
Sponsored by City Park & Rec
256-739-9931/1-256-352-8936

9:00 **East West Elementary Chorus**
9:30 **Cullman High School Chorus**
10am-11am **Zumba Party in Pink**
At Festhalle 256-255-1515
$10.00 donation for Susan B Komen cancer. www.shirley.biz

11:00 **Opening Ceremonies**
Program available online at Cullman Oktoberfest.com

12:00pm **Tapping of the Keg**
Traditional: Root beer
New Tradition: Craft Beer

12:30-1:30pm **Bratwurst Tasting**
Located Festhalle Market Platz.

12:30-2pm **Guinness World Record** NEW
Help up break a world record!
See website for details!

4:30pm-7:30pm **Stories from the Past Living History-Cemetery Tour**,
1St Ave, NE. Tour every 30 min.
Adult: $8.00, 18-6yrs: $5.00
256-734-3327 / 256-734-0383

5:00-7:00pm **St Paul's Oktoberfest Dinner** NEW
510 3rd Ave SE (school gym)
Contact: 256-734-3821 $10.00
Entertainment: Wolfgang Moritz

1:00-11:00pm **Oktoberfest Block Party**
323 3rd Ave SE 256-734-4322
Live Music, Food & Drinks
All Steak & Carlton's Restaurant

Sunday, October 6

1:30pm **St Andrews Praise Team**
Music at the Festhalle

2:00 pm **Oktoberfest Paddle Board Race**
3mile relay at Smith Lake Park
Info: 256-739-3002

2:30-4pm **Fashion Show & Miss Oktoberfest Contest**
Models wearing authentic German clothing & modern dress
Festhalle Market Platz

3:00-5:00pm **Oktoberfest Choir Concert.**
Sacred Heart Catholic Church
Free Admission & Refreshments
256-338-0432

4:30-7:30pm **Stories from the Past Living History-Cemetery Tour**,
1St Ave, NE. Bus leaves every 30 minutes Adult: $8.00, 18-6yrs: $5.00
256-734-3327 / 256-734-0383

5:30- 7:30pm **Polka Party at the Festhalle**
Live music and dance instructors available for dance lessons

Monday, October 7

5:00-7:00pm **St. John's Oktoberfest Dinner**
512 2nd Ave SE. Cost $10.00,
Entertainment For more information:
256-734-0344 / 256-734-0582

5:30-6:30pm **Cullman Community Band**
7pm **Traditional German Music**
209 1st Ave NE Cullman

7pm-8:15pm **Candlelight Walking Tour Downtown Cullman**
209 1st Ave NE Free Admission

Tuesday, October 8

5:30pm-7:30pm **German Dinner Cullman Regional Medical Center**
1912 Al Hwy 157 Cullman.
Col. Cullman Room POB II
Adults $15.00 RSVP 256-737-2600

7pm-8:15pm **Candlelight Walking Tour Downtown Cullman**
209 1st Ave NE Free Admission

Wednesday, October 9

11:00-2pm **TP Country Club Oktoberfest Lunch** 700 Pine Hill Drive, Cullman
$15.00 Per Person RSVP 256-739-0738

5pm-7:00pm **Sacred Heart German Dinner**
217 2nd Ave. SE at Family Life Center Adults $10.00 under 12 yrs $5.00 256-734-0980

Thursday, October 10

Senior Day at Festhalle Market Platz
209 1st Ave NE Cullman, Alabama

10am-11:30pm **Kevin Adams-** music & fun!
11am-11:30am **Senior's Lunch**
Festhalle Market Platz, Free Hotdog Lunch to the first 800 seniors to arrive

12:00pm-until **Senior's Bingo** at Festhalle
Free Bingo for seniors

6:30pm-9pm **Oktoberfest Charity Auction** NEW
201 1St Ave SW
Finders Keepers 256-727-5341

6:30am-9pm **All Steaks German Buffet**
323 3rd Ave SE
256-734-4322 Live Music

Friday, October 11

5pm-7pm **Christ Lutheran Oktoberfest Dinner**
424 2nd Ave. SE -256-734-7056
$10.00 Tickets available in advance.

Saturday, October 12

6am-8pm **Sacred Heart Street Sale & German Festival**
112 Second Avenue SE,
256-734-4563/ www.shscullman.net

7am-10am **Oktoberfest 5K & 10K Run & 1 Mile Fun Run**
7:00am Registration
1 mile-$10.00 $25.00-5K $30.00-10K
256-708-3971chrisv@camha.com

8am -5pm **Community Arts & Crafts Fair**
Located in Depot Park Arts, Crafts, Food Vendors, and Information
1-800-533-1258

8am-5pm **Kinder Art Park**
Free Children's Art and Craft Activities

8am –till **Oktoberfest Bed Race**
401 2nd Ave NE/ Depot Park
Info: Lion Ron Seybold- 256-531-6075

8:00am -till **Oktoberfest BBQ Challenge**
Depot Park North Lot
256-348-9590 Sponsored by the Bama Chapter

8am-5pm **Get on Board with United Way** NEW
Visit the historic Train Depot
Info: 256-739-2948

9am-4:00pm **Hundfest** - Doggy Events at Depot Park, 211 2nd Ave NE, Cullman
9am- Registration begins
10am- **Wiener Dog Race**
11 am Hund Blitz–
All dogs under 12 "except Weiner Dogs
12:00 Pet Parade –all invited!
1:00pm Fun Show
2:00pm Canine Good Citizen testing
Registration Fee $5.00 per class
256-507-1459

9am-5:00pm **Student Sidewalk Art Show**
204 2nd Ave NE, 256-739-4321
Sponsored by the Cullman Arts Council www.cullmanartscenter.com

10am-11:30am **Wallace State Show Choir**
Directed by Tiffany Richter
Wallace State Jazz Band
Directed by Ricky Burks

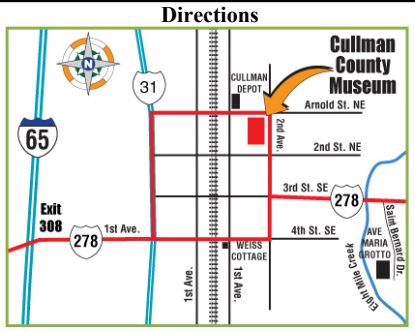
12:30 pm **Bratwurst Eating Contest**
209 1st Ave NE 256-739-1258
Sponsored by Piggly Wiggly

1:00pm & 3:00pm **Historical District Bus Tour**
209 1st Ave NE Admission $3.00.
Tickets are available at the Festhalle Market Platz. 256-734-3327

7pm-11pm **Burgermeister Ball**
Location: McGukin Civic Center
Tickets: $10.00 & RSVP $22.00

Tickets available at Cullman County Chamber of Commerce & Cullman County Museum ,256-739-1258

Directions



The Cullman County Museum and Festhalle Market Platz are located Cullman Alabama. If traveling on I-65, take Exit 308(Hwy 278 exit) and turn east. Continue east to 2nd Ave NW (Hway 31N) turn left continue to Arnold Street, turn right (East) go over the railroad tracks, Museum and Festhalle is on the right. If traveling on U.S Highway 31, turn east at Arnold St. NE, go over the railroad tracks, Museum and Festhalle is on the right.

Special Thanks To:

2013 Cullman Oktoberfest



32nd Anniversary

Saturday, October 5
Through
Saturday, October 12

Check us out on Facebook or Twitter
For complete details about events, Visit
www.cullmanoktoberfest.com
256-739-1258/1-800-533-1258

Schedule of Events

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Homes for Heroes: Big Savings for Selfless People

By: Natalie Bonner

Local veterans, active military, firefighters, police officers, EMTs, nurses, and teachers...The list could go on an on for these often unsung heroes. There is a specially designed campaign to shine some well-deserved light on these incredible individuals though – the Homes for Heroes program.

Just what is this program and how does it celebrate do-gooders of our community? As described on the Homes for Heroes website (www.homesforheroes.com), this program provides real savings for the people who work everyday to make our communities safer, cleaner, better places to live.

Homes for Heroes is a network of real estate professionals, mortgage bankers, and title companies prepared to give real savings to their communities' heroes when they buy or sell a home. This program is a way to express their gratitude.

Brandon Snider is the local affiliate lender for the Homes for Heroes program and the district manager of Consumer First Mortgage. He and many others just like him want to give back to those whom have selflessly invested their time and energy over the years to serve a greater need, and the Homes for Heroes program is the perfect platform.

"My decision to align myself with a great organization like Homes for Heroes was an easy one. My father and grandfather both served in the military and I have always had a heart for those who serve not only our country, but our local community as well," Snider said. "I look forward to working with countless clients in the future as a way of giving back to the local heroes who give of their lives everyday to serve their local community and our country."

Snider explained how this works in a hypothetical situation. If one qualifies as a local hero, then he or she receives the benefit of reduced closing costs when purchasing or refinancing a house. The realtor donates 30% of their commission back to the program; 25% of which goes back as a credit to the buyer towards their closing costs, and 5% of which goes back to the Homes for Heroes Foundation.

The Foundation is described as a non-profit charity whose mission is to provide or coordinate financial assistance and housing resources to our nation's heroes such as military personnel, police/peace officers, firefighters, and first responders who demonstrate neediness.

Snider also shared that Consumer First Mortgage, as a lender, will reduce the buyer's closing costs by an additional $500. The savings are unbelievable.

Since the program's inception in 2001, the savings amassed has reached nearly $3.3 million, with an ongoing counter located on the website that approximated a staggering amount of $3,282,199.74.

The program sounds like a dream come true, but as to be expected in this day and age, where's the catch? Snider assures that the program's intent is steadfast and humble and rooted in giving back to those who deserve it, with absolutely no catch.

"This is huge savings, and it costs the hero nothing. There are no extra forms, no red tape, no fine print, no hidden fees, and no catch!" Snider exclaimed. "Our goal is to just get the word out about the program so that it can help as many heroes as possible."

For more information on this program, please visit www.homesforheroes.com or like Alabama's branch of Homes for Heroes Facebook page at www.facebook.com/homesforheroesalabama.

Family Fun Festival

"I can usually eat several cups of Jell-O at school pretty fast, so I figured I'd be able to win." - Caleb Harville, Founders Day Jello-O eating contest winner

By: Noah Chandler
noahchandler@cullmansense.com

HOLLY POND – The annual Holly Pond Founders Day Festival drew a smaller than expected crowd than anticipated this year, however, those in attendance did not seem to mind as they were able to find great deals from local vendors.

"Well we didn't have the large crowd we'd expected but it has turned out to be a fun day," Holly Pond Mayor Herman Nail said. "This community has a lot to offer, so if you've not been out here in a while I encourage you to come visit. It's a wonderful place."

The festivities began shortly after 8:30 a.m. Saturday with the Founders Day Parade. The 10-minute parade started at the Holly Pond Middle School ending at the festival grounds where participants discovered the vendors' area.

One such vendor was Michelle Bell of The Mud Creek Candle Company. Bell, who began making candles just over a year ago, was attending her first Founders Day Festival as a vendor.

"This has been perfect weather for this event," Bell said while opening a freshly made candle.

After visiting the vendors' area many of the younger attendees made their way over to the children's activities, complete with a bounce house.

For those adventurous youth, a Jell-O eating contest was on tap, to which 11-year-old Caleb Harville claimed victory.

"Well, I really like Jell-O so it wasn't very hard," Harville said. "I can usually eat several cups of Jell-O at school pretty fast, so I figured I'd be able to win."

Harville's friend, Joel Figueroa finished in second place and Jacob Turner finished in third place.

For more photos from the annual Holly Pond Founders Day Festival, visit CullmanSense.com.







Ways to Make a Difference this Breast Cancer Awareness Month

(StatePoint) Unfortunately, too many of us know someone - a family member, friend or colleague - who is affected by breast cancer. Since there is no cure for breast cancer, much more needs to be done in the fight against this life-threatening disease. There are several easy ways you can make a difference this October, which is Breast Cancer Awareness Month, and beyond:

Get the Word Out

Awareness is crucial to early diagnosis and timely treatment. Talk to your sisters, mothers, daughters, aunts, and friends about scheduling annual checkups and diagnostic tests.

Show Your Support

Beyond spreading the word, there are easy ways you can support the fight against breast cancer – from your grocery store list to fundraisers and more.

First, look for your favorite brands that are giving back to the cause. For example, Nestlé Pure Life Purified Water is supporting The Breast Cancer Research Foundation (BCRF) through its Pink Pack program.

Another easy -- and fun -- way to show your support and raise funds year round is by participating in walks and runs.

Healthy Lifestyle

Among other things, it is important to maintain a healthy body weight through exercise and a well-balanced diet.

One weight maintenance trick is to stay hydrated and eat plenty of fiber-rich foods like almonds, beans, and apples, which make you feel full and can help you avoid overeating.

This Breast Cancer Awareness month, there are many great ways to support causes that fight this all-too-common, life-threatening disease. Find out more by visiting www.cancer.org.

Busy Bee Café' to serve 8 Nights of Oktoberfest Menu

By: Natalie Bonner

CULLMAN - Busy Bee Café waitresses will be sporting dirndl dresses while listening to polka music as this autumn season brings in one of the most renowned and beloved traditions of all – Oktoberfest.

This is the second year for Busy Bee Café to offer an authentic Oktoberfest German dinner. Busy Bee Café will offer this dinner after 5 p.m. for eight nights this year from Oct. 4-12, with the exception of Sundays, as they will be closed.

Assistant Manager Kyle Spears said, "This tradition is something fun, and I personally love German food and music. It made sense for us to offer a German dinner."

The cherished café's menu boasts an impressive selection of seven different German beers and many unique dishes and desserts.

You can start off with any one of three appetizers, a varied selection of delicious German style sausage platters, schnitzels and the like for entrees, along with enticing side choices such as honey carrots or Sauerpuffers "kraut cakes."

The desserts vary daily. The menu even offers drink-pairing suggestions, just in case you were unsure of what beer would most compliment your bratwurst.

With this fresh fall special opening up, you won't want to miss Busy Bee Café's eight nights of Oktoberfest menu, featuring the best of authentic German food.

Operation Christmas Child

Contributed by: David Ozment

Joey White left Holly Pond at the age of fifteen. His dad, Jerry White, transferred from Nicholson File to a plant in North Carolina, so Joey finished high school there. Later, he attended the University of North Carolina at Chapel Hill, where he attained a degree in Chemistry in 1988.

He went into Research and Development in the chemical field, and later attended Southwestern Seminary in Ft. Worth, Texas.

But in 2000, White took another direction, one that has not only changed his own life, but the lives of countless others the world over.

That change came about when he accepted a position with a Christian outreach organization called Samaritan's Purse. Since then, White has held various positions within the organization, and is now Assistant Director of Domestic Operations.

Samaritan's Purse has 400 staff in the United States, and is active in 120 countries, worldwide. You might also be familiar with one of the outreach programs of Samaritan's Purse, called Operation Christmas Child, locally referred to as the Shoebox Project.

"We recently celebrated our 20 year anniversary with more than 100 million shoebox gifts collected in that time frame," White said proudly. "As of right now, over 100 million children have been gifted with Operation Christmas Child shoeboxes."

White came back home to Cullman County last month to speak at Eastside Baptist Church for this year's Shoebox campaign.

"A gentleman by the name of David Cook, in the United Kingdom, actually conceived this idea in 1990," White explained. "Cook started partnering with Franklin Graham in 1993 on other projects, but in that first year alone, they sent out 28,000 shoeboxes."

Those first boxes found their way to children in third-world countries who had never received a gift from anyone in their lives.

"This year our goal is 9.6 million, internationally," said White. "It's truly amazing what the Lord has done."

One of White's responsibilities is to host volunteers, members of the media, artists like Matthew West, and other key supporters from the U.S. on trips to visit the countries where children receive these gifts.

One such organization which has been faithful in their support of this ministry is a group whose acronym is M.O.P.S. (Mothers of preschooler's). These moms know the importance of a child having such simple things as crayons, a toothbrush, or a comb. Things we all take for granted – things that can be found in even the most improvised homes in America.

During his tenure with Samaritian's Purse, White has been witness to many life-changing transformations. His heart overflows with compassion and an overwhelming joy at seeing what an impact these small gifts make in the lives of the children who receive them.

"I once met a boy, about five years old, who was in a hospital in Honduras. The boy had hydrocephalous and could barely see or hear," White recalled.

When he set the little shoebox on the boy's bed, White realized that the child had no concept of what to do with it, so he gently removed the lid and began to place each item in the boy's outstretched hand.

"It became a game between us," he smiled at the memory. "There was this little boy, almost lifeless, and after a few moments he began to giggle."

The sound of a child's laughter filled the hospital ward. People began to come from all directions to see what was going on.

"He came alive in front of me," said White in awe. "I reached down to tell him how much God loved him and he then tried to pull me closer to him. It was amazing to see the impact on his life."

Over the years, as children learned the meaning of the little Christian tracts and the passages from Bibles which made their way to them via these shoebox gifts, seeds were sewn. Now, White and other missionaries from all over the world, are witnessing the harvest.

In 2006, White found himself in Quito, Ecuador, in a small village where people lived in huts built of scraps of tin and wood. "They didn't own the land, but were just squatters, making do with anything they could find for shelter," he described. "It was one of the poorest places that I've ever seen."

He recalls the smell, and the hot sun beating down everywhere, "All of your senses are assaulted," he said.

For a whole day White and his team gave out shoeboxes to children from this village. He formed a bond with the pastor of the little congregation there. His name was Pastor Eddie." I was so moved by the heart of this man," said White. "He had a real passion for these villagers, a real desire to instill Christ's message into their lives. We connected as fellow brothers in Christ."

Five years later in 2011, White had the opportunity to return to Pastor Eddie's village. This time he was part of an outreach called The Greatest Journey, which is Operation Christmas Child's discipleship program.

There were, of course, a new group of little children there who had received their shoeboxes the previous week. As he stood watching them working and playing, he turned to Pastor Eddie and asked what impact the boxes from five years ago had made.

Pastor Eddie pointed across the compound. "Do you see those two teenagers?" he asked. The youth to which he was referring were working with the younger children, teaching them the story of Jesus Christ. "Those were in the group that received those boxes five years ago," he said. "They became disciples because of those boxes."

White made his way over to the girls. One of them, Tanya, told him that she recalled getting her shoebox as if it were just the day before. "These simple gifts make a lasting impact on these villagers," he said.

One of the scriptures that stands out most in White's mind comes from the book of Luke. It tells of angels who came to the shepards with good news of great joy. "That's what Operation Christmas Child is all about," he said softly. "By simply packing a box you become a missionary for Christ," he pointed out.

This ministry goes on 365 days a year, all over the world. "It is a Herculean task. We could not do it alone," he admitted. "Nationally, we collect shoebox gifts for one week in November," he explained. "This year that week is November 18-25th."

When the boxes leave local churches, they are taken to one of eight processing centers around the U.S. to be prepared for international shipment. Then these little boxes which have such impact on the lives of innocent children will make their way to 100 countries this year. When they reach the designated port, they will be distributed to local pastors for delivery to thousands of children.

This ministry has changed his life in many ways. "God has really shown me that it's not the big, grandiose things that we do, but the simple things, that have the most impact," he said, speaking from his heart.

"I can't imagine investing my life into anything else that would have made the impact that this does."

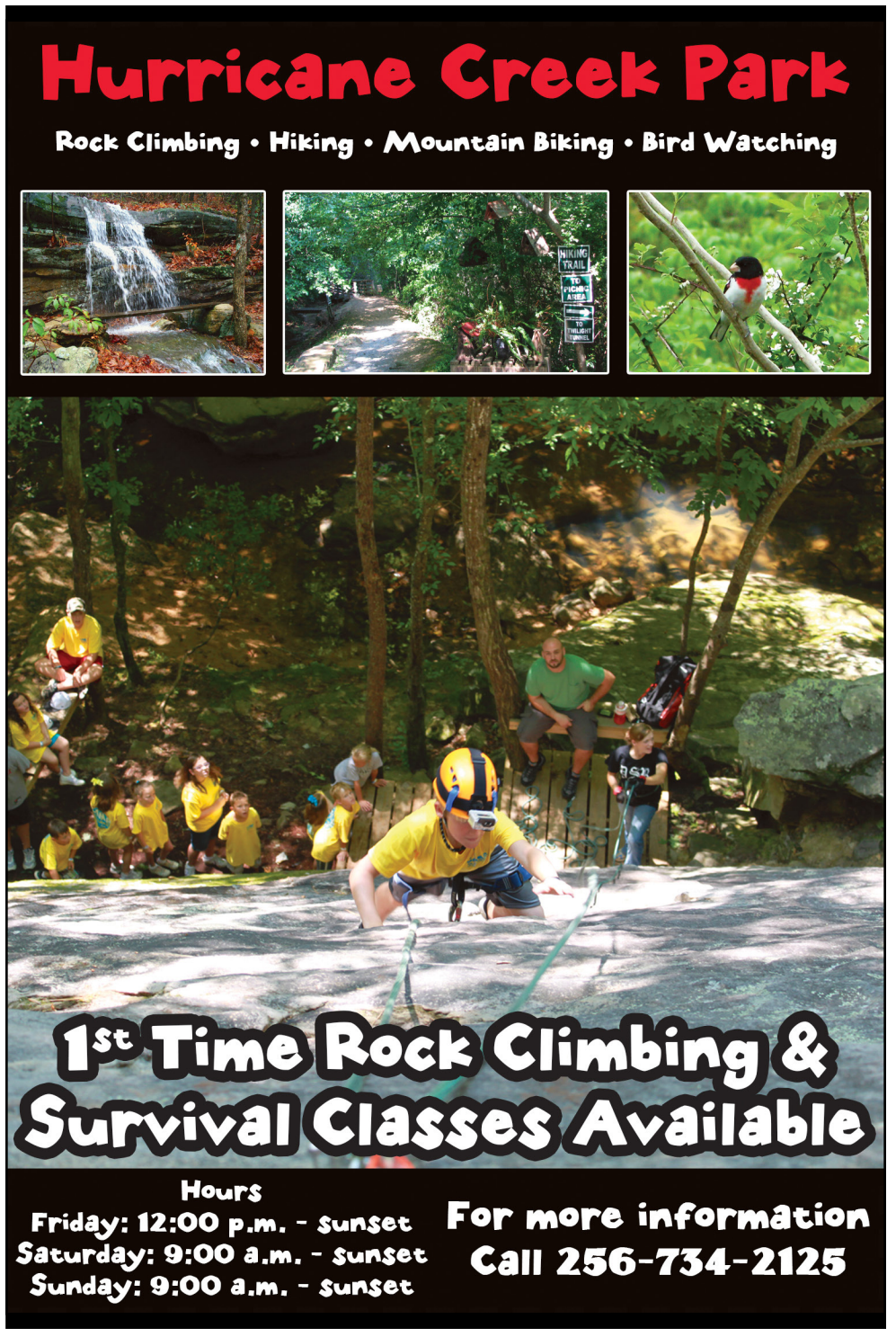


A shoebox distribution at a small church in an Embera Indian community in Panama. Photo by Joey White/Samaritan's Purse

The two most important things that White suggests putting in a shoebox bound for a faraway land are your prayers for the little child who will receive it, along with a letter and a picture of yourself.

You should always include your return address because sometimes, when a child has access to someone who can write for them, they want to send their thanks to the donor of the box," he explained.

If Joey White's story has touched your heart you can find out more about how to be a part of this ministry by contacting Judy Taylor at Christ Covenant Presbyterian Church for OCC information 256-739-0505 or visit www.samaritanspurse.org/OCC.



– 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.

Flu Shot Clinic at Wallace State
Flu shots will be administered by the Cullman County Health Department from 8 a.m. until 2 p.m. They is cost $5.00 per shot. Those on Medicare getting their shots for free but they must bring their Medicare card to show the nurses. These shots will be administered at the Wallace State Community College's Wellness Center. These shots are available to all. Be prepared for the upcoming flu season.

Domestic Violence Survivor Support Group
Victim Services of Cullman sponsors a Domestic Violence Survivor Support Group meeting every Monday evening from 5 p.m. until 7 p.m. in the old County Board of Education Building with childcare available. For additional information please call 256-775-2600. CRISIS HOTLINE - 256-734-6100.

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.

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.

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.

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.

Latter Day Saints Genealogy Library
The Genealogy Library at the Latter Day Saints (L.D.S.) Church is open to the public each Wednesday night from 7 p.m. until 8:30 p.m. Don Jones is available to open the Library at other times, if needed, so please contact him at 256-784-5098.

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.

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.

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.

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

4th Making A Difference Conference
"Impacting the Lives of Individuals With Autism Spectrum Disorders" will be held on Friday, October 4th from 7:45 a.m. until 4 p.m. at the Cullman Civic Center, 510 5th St., SW, Cullman. Information will be given from Resource Fair Vendors and there will be workshops targeting caregivers, professionals, community, and faith based organizations working with all ages of developmental delays and disabilities related to Autism. The cost is $10 and includes speaker handouts, catered lunch, and snacks. You may pre-register online through Tuesday, October 1st and also register on-site. The event is sponsored by Autism Society of Alabama, Cullman Area Autism Networking Group, and Cullman City & County Special Education. The event is hosted by Cullman City Parks & Recreation Therapeutic Program. Call or Register Online at 1-877-4AUTISM (428-8476), cullman.eventbrite.com, and autism-alabama.org. The local coordinator is Rhonda Davis, available at 256-962-2208 and pdrd@hotmail.com

'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.

Making A Difference Seminar
The 4th Making A Difference seminar geared around 'Impacting the Lives of Individuals with Autism Spectrum Disorders' will take place at Cullman's McGukin Civic Center from 7:45 a.m. until 4 p.m. The day will include workshops with information and handouts as well as vendors with items available to assist in everyday tasks. The $10.00 fee covers a catered lunch, snacks and the speakers' handouts. **Please pre-register** by calling Rhonda Davis at 256-962-2208 or email at pdrd@hotmail.com. You may also call 877-428-8476; also http//cullman.eventbrite.com/; or www.autismalabama.org.

Ladies Celebrating Christ: Women of Dignity, Women of Strength
Join us for fellowship and fun as we gather together to celebrate Christ, the author of Dignity and Strength. We will meet Friday, Sept. 27th from 6 p.m. until 9 p.m. and again on, Saturday, Sept. 28th from 9 a.m. until 12 p.m. There is no charge for this event. For more info, call (256) 338-6021 at New Life Church. All are welcome to take part.

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.

Painting for a Purpose
An exciting day at Southern Accents awaits for those interested in joining in the fun. Artist Mellissa Meeks from Huntsville, Alabama, will join us for a Community Art Project titled Painting For A Purpose. Mellissa will be painting two large works of art that will be auctioned off to the highest bidder. Proceeds from the sale of this artwork will go towards a charity that Southern Accents has started to help needy children in our community. Everyone is invited to come help paint the two, large scale works of art. We will also be accepting silent bids on each piece during the event. Please visit Southern Accents Facebook page and click on the events tab for details. www.facebook.com/saaa1969

Ladies Day Out
Ladies, make your plans to take part in the "Ladies Day Out' activities going on at Cullman's McGukin Civic Center. There will be vendors such as Avon, Mary Kay, Oragami Owl, Jordan Essentials, Tupperware, Thirty-One, Be Blessed Jewelry, VK Originals, Handmade jewelry, It Works Body Wraps, and tons more!! FREE admission, door prizes, free facials and demonstrations, all just waiting for you to come thru the doors!! Bring your friends and plan a girl's day away. For further information, email cindysroi@gmail.com.

Good Hope Farmers Market
Local Good Hope farmers and growers will be on hand to sell their produce each Saturday from 8 a.m. until 6 p.m. at Hathcock Park in Good Hope.

Rock Climbing at Hurricane Creek Park
If you are interested in rock climbing then check-in with Hurricane Creek Park for their Saturday morning rock climbing session, starting at 10 a.m. Reservations are required. For more information, call 256-734-2125. Hurricane Creek Park is located on Highway 31 North.

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.

Domestic Violence Survivor Support Group
Victim Services of Cullman sponsors a Domestic Violence Survivor Support Group meeting every Monday evening from 5 p.m. until 7 p.m. in the old County Board of Education Building with childcare available. For additional information please call 256-775-2600. CRISIS HOTLINE - 256-734-6100.

Overeaters Anonymous Gather at Grace Episcopal
Members of Overeaters Anonymous meet every Monday, at 9:30 a.m. at Grace Episcopal Church in the Carriage House located on Church premises. Further information is available at 256-747-6218 or 256-352-1143. Everyone is invited to attend these gatherings.

GED Classes at Desperation Church
GED learning classes are held each Monday night from 5:30 p.m. to 8:30 p.m. at Desperation Church. For additional information please contact Ed Oaks at 256-737-9564 or 256-735-6811. These classes are open to the public and everyone who wants to obtain their GED is welcome to participate.

Cornerstone Revival Ladies Prayer Meeting
A Ladies Prayer meeting is conducted each Monday night at 7 p.m. at Cornerstone Revival Center. For additional information call 256-796-2899. All interested women are invited to attend.

Aqua Zumba Classes at CWAC
Everyone is invited to take part in the Aqua Zumba classes that are offered each Monday at Cullman Wellness & Aquatic Center beginning at 7 p.m. in the center's indoor pool. Please call 256-775-7946 for additional information!

Looking Ahead

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

Benefit Dinner for St. Bernard – Dyron's Lowcountry, Mountain Brok, AL
Dyron's Lowcountry will host a dinner Monday, October 14, 2013 benefitting St. Bernard Preparatory School beginning at 6:30 p.m. Cost per person is $75. Reservations may be made by contacting the school at 256-739-6682.

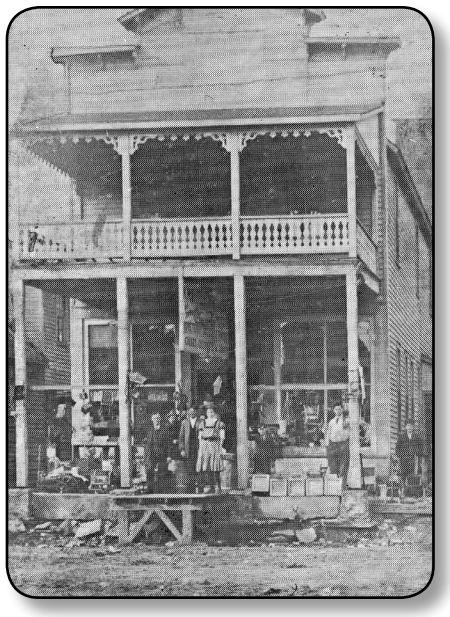
Cullman First United Methodist Church Annual Holiday Bazaar
Cullman First United Methodist Church's Annual Holiday Bazaar is Thursday, November 7, 2014 from 7 am- 4 pm. Event includes baked goods, homemade candies, crafts, sewing, needlework, country store with homemade jellies and fresh produce, silent auction, quilt giveaway and more! Breakfast served 7 a.m.- 9 a.m., and lunch served 11 a.m.- 1 p.m. Proceeds donated to local non-profit agencies. Plenty of parking in lot behind the church, 320 3rd Street, SE.

Oktoberfest 5K Trail Run
On Saturday, October 19, 2013 7:15 a.m. St Bernard Prep will host a Oktoberfest 5k Trail Run.
Entry Fee - Only $15.00 – Pre-registration is highly encouraged. On-site registration will be $20.00 on race day. www.raceit.com/search/event.aspx?id=23068. Awards – Top 15 runners in the race will receive T-Shirts. Overall male and female winners, masters male and female winners will receive awards provided by "First Place Athletics" The top three male and female finishers will receive medals. The event will precede the Oktoberfest High School Cross Country Meet that begins at 8:45.

Sunday, November 10, 2013 – Open House - St. Bernard Prep
St. Bernard Prep will host Open House on Sunday, November 10, 2013 at 2 p.m. Families will have an opportunity to visit the school and talk with teachers, students and monks about the educational opportunities at St. Bernard Prep. St. Bernard Prep offers a college preparatory curriculum for students in grades 7-12. For more information visit www.stbernardprep.com or call 256-739-6682.

Reflections of History

Share your historic photos with us!
E-mail history@cullmansense.com



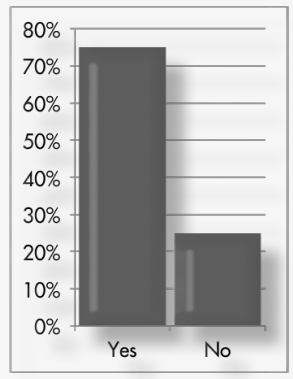
Kreitlein & Son at 115 4th St. SE



Contrib. by Cullman County Museum

Poll

Are you afraid to fly?



This Week's Poll

Do you know someone that has been diagnosed with breast cancer?

Vote Today at CullmanSense.com/Poll

CULLMANSENSE
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This Week in History

September 30th
- 1777 – Congress, flees to York Pa, as British forces advance
- 1941 – 3,721 Jews are buried alive at Babi Yar Ravine (near Kiev) Ukraine

October 1st
- 1851 - First Hawaiian stamps issued
- 1896 – Yosemite becomes a National Park

October 2nd
- 1656 – U.S. colony Connecticut passes law against Quakers
- 1919 – President Woodrow Wilson has a stroke, leaving him partially paralyzed

October 3rd
- 1932 – Iraq gains full independence from Britain; joins League of Nations

October 4th
- 1854 – Abraham Lincoln made his first political speech at Illinois State Fair
- 1931 – Dick Tracy comic strip by Chester Gould debuts

October 5th
- 1916 – Soldier Adolf Hitler is injured
- 1965 – Chuck Linster performs 6,006 consecutive push-ups

October 6th
- 1783 – Benjamin Hanks patents self-winding clock

Travel to China with Wallace State

By: Gail Crutchfield • WSCC Contributor

HANCEVILLE — Since 2006, Wallace State Community College has offered area residents the opportunity to travel abroad to learn about other cultures, visit famous landmarks, and see sites that many only see in picture books.

In 2014, the program will embark on a 9-day educational tour to China, exploring the Summer Palace in Beijing, the Great Wall of China, biking along an ancient city wall, seeing the Terracotta Warriors, attending a Chinese acrobatics show, visiting the Jade Buddha Temple, and many more adventures. An informational meeting for the China trip will be held at 6 p.m. on Tuesday, Oct. 8, 2013, in the Recital Hall of the Burrow Center for the Fine and Performing Arts. The trip is planned through Education First (EF) College Study Tours and is scheduled to depart on or about May 14, 2014.

The cost of the trip starts at $3,971, including insurance. Installment plans and fundraising opportunities are available through EF Tours. The trip includes round-trip international and internal flights, land transportation, hotels with private bathrooms, light breakfast daily and six local dinners, a full-time tour director, sightseeing tours led by expert local guides, and admission to the planned tours and events.

Optional excursions include the Legend of Kung Fu show and a Tang Dynasty Show and dinner.

The trip is a total of nine days. Day 1 is an overnight flight from Birmingham to China, with arrival in Beijing on Day 2.

Day 3 includes a guided tour of Beijing, a visit to the Summer Palace, participation in a Taiji lesson, visits to the Forbidden City and Tiananmen Square, a visit to a local school if available, and a Peking Duck dinner.

On Day 4, the group will travel to Badaling to visit the Great Wall of China, before returning to Beijing to enjoy a tea ceremony, take rickshaw rides to tour hutongs (neighborhoods characterized by their narrow streets and alleys) and have dinner with a local family. An optional trip is the Legend of Kung Fu show.

Day 5 begins with a visit to the Temple of Heaven Park in Beijing before the group jets off to Xi'an where they will take a bike ride along the ancient City Wall.

Day 6 is day two in Xi'an and begins with a guided tour of the eternal city and visits to the Shaanxi Provincial Historical Museum and Terracotta Warriors. The schedule allows for travelers to enjoy time on their own in Xi'an and there is an optional trip for the Tang Dynasty show and dinner.

Day 7 finds the group flying from Xi'an to Shanghai where they will visit the Shanghai World Financial Center and attend a Chinese acrobatics show.

Day 8 includes a guided tour of Shanghai and visits to the Jade Buddha Temple and Yu Yuan Garden, plus free time on the Bund, a waterfront area in central Shanghai. The group will depart for home on Day 9, their heads and cameras filled with memories of a fantastic trip to the Far East. For more information, call Kristen Holmes at 256-352-8064 or visit www.wallacestate.edu/abroad to view the detailed itinerary and pricing information.

Victim Services of Cullman

Domestic Violence Training



Victim Services of Cullman is offering a free training open to DHR employees, law enforcement, justice system personnel, advocates, service providers and other community stakeholders. We will look at the effects of domestic violence on children, the use of technology and social media in domestic violence relationships and how you can become an engaged bystander.

Grace Episcopal Church Fellowship Hall

Thursday, October 17, 2013

8:00 am—Noon

Registration: 8:00-8:30

The Use of Technology in DV Relationships	***Presenter: Bridgette Wilder, Verizon Wireless***
The Effects of DV on Children	***Presenter: Emily Kelly, ACADV***
Becoming an Engaged Bystander	***Presenter: Traci Bynum, Crisis Services of North Alabama***

Register below and return to VSOC no later than October 14,2013.

Name:_____ Email:_____

Agency:_____ Phone:_____

**Social Work CEU's in process for this training.*

Please return via email or fax to:
vsoced@vsoccullman.org
Fax: 256-775-8354

United Way

Survivor of Sixteenth Street bombing is Common Read speaker

By: Gail Crutchfield • WSCC contributor

HANCEVILLE — Less than one month after the 50th anniversary of the Sept. 15, 1963, bombing of Birmingham's Sixteenth Street Baptist Church, a woman who survived the attack that killed four young friends will visit the campus of Wallace State Community College. Carolyn Maull McKinstry will participate in the college's fifth Common Read initiative during which her book "While the World Watched" will be read, discussed and incorporated into the curricula for some of the college classes.

McKinstry will make appearances on the campus on Oct. 9, 2013. She will speak at 9:30 a.m. at the Betty Leeth Haynes Theatre, and will be on hand later in the day to sign copies of her book at 11:30 a.m.

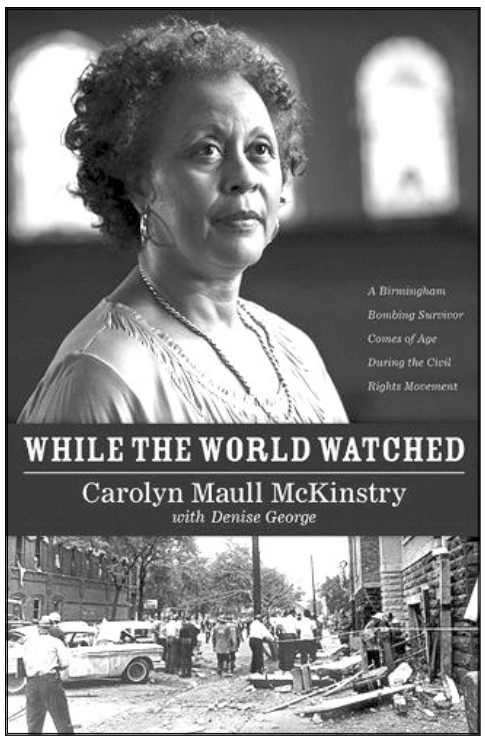
"While the World Watched" is described as a poignant and gripping eyewitness account of life in the Jim Crow South — from the bombings, riots, and assassinations to the historic marches and triumphs that characterized the Civil Rights movement.

It provides insight into how the bombing continued to affect McKinstry's for many years after.

McKinstry was in the Sixteenth Street Baptist Church the day it was attacked. "I was inspired to remind the world of what happens when we teach hatred and to remind us that America has been as these crossroads many times before," McKinstry writes on her website.

"The book is an extension of and a tool for the ongoing ministry of reconciliation."

Not only does the book detail her memories from that September day, it also provides accounts of her life growing up in Birmingham and the "lessons learned" from her experiences and involvement in the Civil Rights Movement of the 1960s.



"While the World Watched" book cover

She attended meetings and rallies and Sixteenth Baptist Church and was among thousands of students hosed by firemen during the 1963 marches. She also survived a second bomb explosion that destroyed a large portion of her home in 1964.

McKinstry is currently an associate pastor at Trinity Baptist Church. "While the World Watched" was published in 2011 and has been featured on C-SPAN 2. She uses the book as a tool for her work in the Ministry of Reconciliation and Forgiveness.

For more information about Wallace State's Common Read program, visit www.wallacestate.edu/commonread.

Danica Patrick Joins the Talladega Experience

By: Price Mason

TALLADEGA – The driver lineup in the Talladega Experience for the Camping World RV Sales 500 on Sunday, Oct. 20, at Talladega Superspeedway keeps getting better and better.

NASCAR's Most Competitive Track has announced that NASCAR Sprint Cup Series Rookie of the Year candidate Danica Patrick will join Dale Earnhardt Jr. and Denny Hamlin for separate question/answer sessions with fans who purchase the popular Talladega Experience package, NASCAR's premier hospitality venue.

Located just outside Talladega's historical frontstretch where countless races have been won and lost at the 2.66-mile facility, the Talladega Experience is just one of the many ticket upgrades available to Talladega Superspeedway ticket holders.

It is designed for the FAN, with the ultimate goal of providing each guest with a world-class experience and memories that last a lifetime.

Those memories come from putting fans as close to the competitors as possible just hours before the drop of the green flag. Patrick, the Dayton 500 pole sitter, ran consistently in the top half of the field in her Talladega Sprint Cup debut in May before being involved in a late-race accident.

In addition to the up-close and personal access during hospitality visits by Hamlin, Earnhardt, and Patrick, the Talladega Experience offers other "can't miss" opportunities, which include unlimited catering and beverages, pre-race pit road tours inside the track, access to the start-finish line during driver introductions, VIP parking, event souvenirs, and more. The package, which must be accompanied by a Frontstretch Grandstand or Tower ticket, is $145 and can be purchased by calling 877-Go2-DEGA or visiting www.talladegasuperspeedway.com.

"We are excited to announce Danica Patrick's involvement with the Talladega Experience," said Talladega Superspeedway Chairman Grant Lynch.

"She loves racing here at Talladega and loves the fans. As a result, she has become a fan favorite here, and giving our guests this unique access into her day leading up to the green flag will be a huge opportunity. True Danica fans and true race fans will not want to miss this!"

Other ticket upgrades available during the Camping World RV Sales 500 weekend include Pre-Race Pit Passes, Fan Suites, the Paddock Club, and the Acceleration Package.

For additional information, fans are encouraged to call 877-Go2-DEGA or visit www.talladegasuperspeedway.com

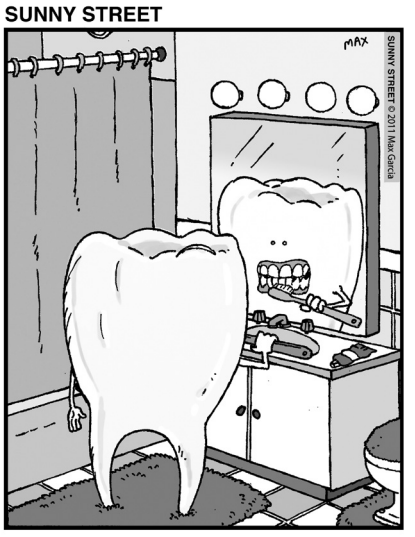
The most competitive racing in NASCAR combined with a mix of southern hospitality returns to Talladega Superspeedway October 18-20, 2013 for the Camping World RV Sales 500 Weekend, which also features the Fred's 250 Powered by Coca-Cola NASCAR Camping World Truck Series race.

For tickets and information visit www.talladegasuperspeedway.com or call 1-877-Go2-DEGA. This is more than a race...This is Talladega!

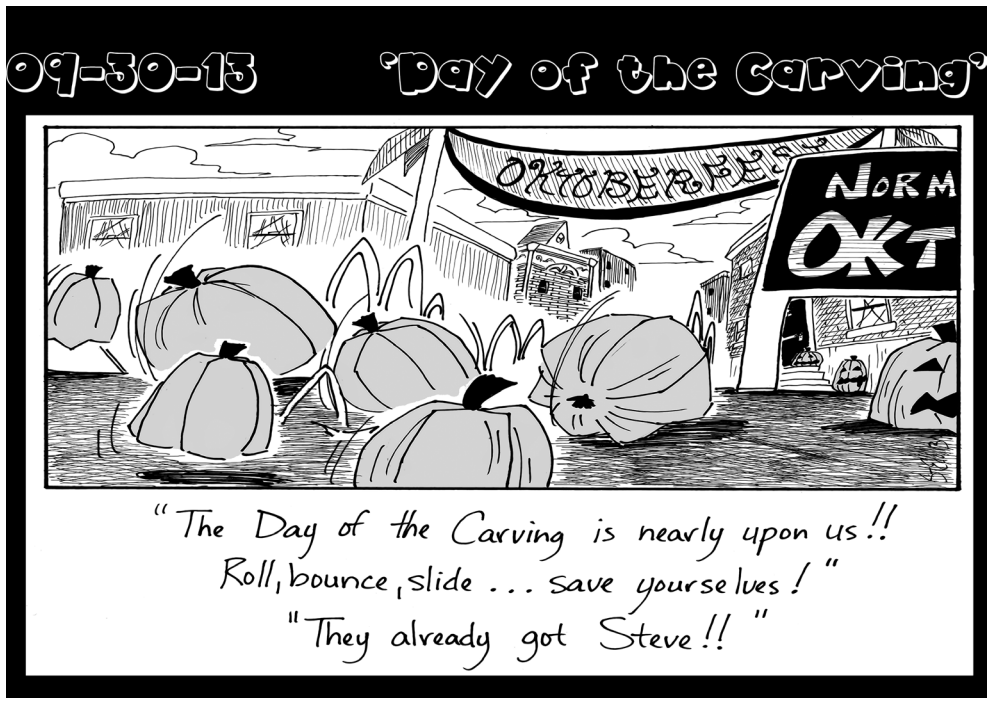
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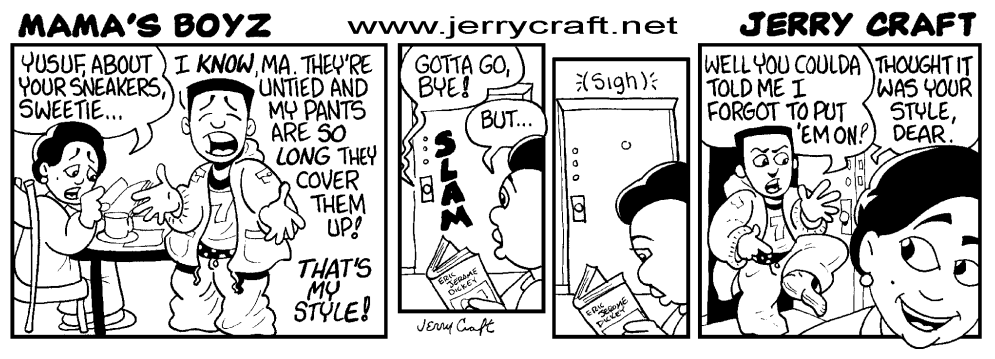
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Five Tips for Haunting Your House this Halloween

(StatePoint) Americans spent close to $8 billion on Halloween last year, according to the National Retail Federation. With scary celebrations getting bigger every year, becoming the best-decorated house on the block may seem difficult -- but it's easy if you have insider tips and tricks.

"Giving your home a spooky look for Halloween can make or break your trick-or-treaters' night," says Larry Kirchner, publisher of Hauntworld.com and owner and operator of the world's number-one rated haunted house, "The Darkness".

Kirchner, who has been building and operating Halloween amusement attractions for 25 years, has some tips for turning your home into a spooky haunted house:

• Create a cemetery: "Haunting" your yard sets the tone for your whole haunted house. One of the easiest, most fun, yet eeriest things you can do is turn the space into a graveyard. Let your grass grow long, add a gothic fence and a zombie or two popping up through the ground and make your own tombstone or coffin to complete the look.

• Spin cobwebs: Achieve that old, abandoned, dusty look inside, or create creepiness outside, by spinning your own cobwebs. Most haunted house supply websites sell cobweb glue guns that use air to spray thin strands of glue. You can create any size cobweb over fake birds, china cabinets, or even trees.

• Creepify your windows: Add a red light to the bottom of the windows, and hang torn black curtains to make the windows look creepy when they`re lit. Hang boards across the outside to give the house an abandoned look.

• Add eerie effects: Play spooky sounds on a stereo outside or through open windows. You can find great Halloween soundtracks online. For a dramatic effect, use a fog machine to make the house look otherworldly.

• Break out some black birds: Dollar stores often sell black birds, which you can make frightening by gluing scraps of gray fabric to their feathers and buttons over their eyes. Hang them in the yard or throughout the house with black gauze or spider webs from the party store. This Halloween, get spookily creative. Go beyond a simple Jack-O-Lantern and haunt your whole house. For more Halloween inspiration visit www.HauntWorld.com.

Improving Constitution is an important step to building a better Alabama

By: Lt. Governor Kay Ivey



BRIEF BIO

Kay Ivey successfully sought the office of Lieutenant Governor in the 2010 election. In doing so, she became the second woman and the first Republican woman in Alabama history, to be elected to the post of Lieutenant Governor.

As an elected official, I am committed to seeing that our state government works as efficiently and effectively as possible. The hard-working taxpayers of Alabama expect nothing less. One of the ways that we can do that is to streamline and modernize our laws. The Alabama Constitution of 1901, our most fundamental law, is the longest state constitution still in use and has hundreds of amendments. In many ways, it needs updating.

In April 2011, Senator Del Marsh, our Senate President Pro Tempore, sponsored legislation to create the Alabama Constitutional Revision Commission. The Commission was tasked with updating several constitutional articles that are antiquated, unnecessary, or duplicative. Commission members deliberated topics such as home rule, removing racist language, and the powers and duties of the Executive Branch.

Once formed, the group chose as its chairman former Governor Albert Brewer, who also served as Alabama's Lt. Governor and Speaker of the House during his career in public service. Rep. Paul DeMarco (R-Homewood) served as the Commission's vice-chairman, and sixteen other distinguished members appointed by Governor Robert Bentley, Speaker Mike Hubbard, and Senator Marsh provided their expertise and counsel. The Alabama Law Institute, a legislative agency which serves to clarify and simplify Alabama law, provided its highly respected research and writing services to the Commission as well.

After formulating its recommendations, the Commission sends them to the Legislature, where they are debated as constitutional amendments. Once the Legislature approves an amendment, it goes to the people for a vote. Some of the Commission's recommendations have already become law, while others are awaiting debate in the next legislative session.

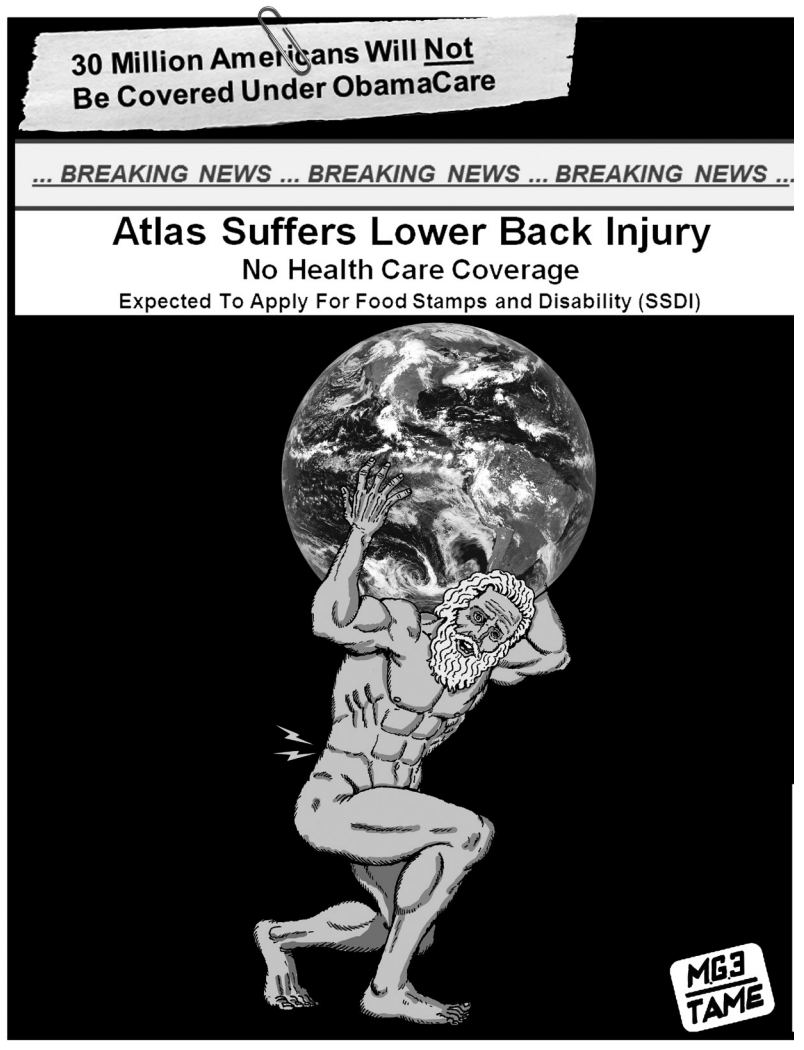
The Commission met diligently over the last two years, reviewing our constitution with a fine-tooth comb and careful eye. Commission members completed that task at their last scheduled meeting on September 25th. My office was fully engaged in the process.

The Commission represented a pragmatic approach to reform. While some have asked for a constitutional convention to rewrite the entire document at once, I believe that approach puts too many eggs in one basket. Even if a convention were able to agree to a single document that addressed all the issues, that document would then have to meet the approval of voters in an up-or-down vote. Any single issue in that proposed constitution, no matter how big or small, could cause voters to vote down the whole body of work.

An article-by-article approach, however, allows us to isolate issues so that no single provision can dominate the proceedings. The simpler, more straightforward updates can be taken care of in a timely manner, and more complex or controversial issues can be dealt with individually. If the voters ultimately decide that they do not want a particular section of the Constitution changed, they can make that determination without sacrificing all the other proposed updates.

Constitutional reform has often been discussed in vague, generalized terms, but the Constitutional Revision Commission gave us the opportunity to talk about specific proposals. Meeting every few weeks, the Commission pored over the state's constitution and debated even the smallest changes, down to the placement of individual words. It was sometimes tedious work, but much needed. I was encouraged to see all sides of the issues at the table, involved in the discussions, and working toward a solution.

Improving our constitution is an important step to building a better Alabama. I applaud the Commissioners, the Alabama Law Institute, and the members of the public who assisted them in this ambitious task, and I look forward to presiding over the Senate's deliberation on their remaining proposals.



The Syrian Miracle

By: Peter G. Cohen

Considering the recent poor relations between Russia and the U.S., their cooperation on Syria seems miraculous and is worthy of the support and encouragement of our people. The fact that both parties have need of a nonviolent solution to the issue of chemical weapons in Syria does not lessen the positive nature of their cooperation. In fact, the Syrian solution may demonstrate the benefits of cooperation for both nations.

For the moment, cries of our war hawks, eager to get us involved in military action to reduce the power of Syria, in order to please Israel and others, have been bypassed. If the proposed action to remove the chemical weapons from Syria and follow international law is successful, it could be a beginning of a new era of cooperation with the U.N. This is long overdue. The United States nurtured the founding of the U.N. in response to the terrible slaughter of World War II. Its peaceful principles remain the hope of mankind.

By embracing the neocon theory of our right to rule the world, the U.S. has neglected the UN and its principles. After all, great empires must not be hampered by the petty rules of treaties and international law. At least, so we were told by Dick Cheney and others. He said, "...9/11 changed everything..." Meaning that the UN could be ignored and military solutions were given the green light to roll over every problem. Until now, the Obama administration has often followed the same path.

Is this the dawn of a new day? It could be, but only if the American people support the rule of law at home and abroad. The huge military-security establishment has been given so much money and employs so many people that it creates its own political momentum. It feeds on fear, war, and money. The challenge is how to convert the excessive part of that complex from fighting wars and imaginary attacks to fighting the very real threat of our decaying infrastructure, education, and public safety, as well as the attack of violent climate change. We must demand that Congress support this hopeful action and start that conversion.

Two and a third centuries ago, the rule of law was the foundation of our nation. Over all, it has served us well. It is still the dream of most people, everywhere. Either we work to strengthen it as more effective than slaughtering our fellow human beings, or we contribute to an ever more violent and lawless world. As David Friedman once wrote, "The direct use of physical force is so poor a solution to the problem of limited resources that it is commonly employed only by small children and great nations." Support the miracle.

Peter G. Cohen is a veteran of W.W.II, a long time environmental activist, and the author of www.nukefreeworld.com and other internet writings for PeaceVoice.



Hay! It's Time for Oktoberfest (from Front)

By: Noah Chandler
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CULLMAN – For many Oktoberfest means beer, bratwurst, kraut, dirndls, and the all-important chicken dance.

But how does everyone know when Oktoberfest begins?

Well, Phil and Pat Clemmons solved this dilemma years ago when they instituted the now iconic Hay People displays around the city of Cullman.

"My parents began this tradition years ago and now my husband and I carry on the task of setting up the Hay People," Nancy Clemmons Moore, 2012 Burgermeister and Oktoberfest board member, said. "It's an honor to carry on the Hay People in my parents honor."

Moore is aided in the process by her husband Steve and stepdaughter Brittany, along with several others. Terry Clemmons, Moore's uncle, handles the task of making the giant sized lederhosen and dirndl for the nearly 20 foot tall structures.

"We have two sets of Hay People. One located at Depot Park and the other pair is located at the intersection of highways 31 and 278," she said.

"My parents would put them all around the community, however this year we will only be putting up the two displays."

Moore said despite losing her parents in the recent past, she is moved by the kind responses residents give to her regarding the towering structures.

She said the Hay People have now been formally named after her parents, the originators, Phil and Pat Clemmons.

"It's a wonderful feeling to know so many people enjoy the Hay People so much," she said. "It's an honor to be able to do this in memory of my parents while also giving something fun back to the community."

The Cullman Oktoberfest will begin this Saturday, October 5 and will conclude on October 12.

For more on this year's Oktoberfest, visit us at CullmanSense.com.



Steve and Brittany Moore make adjustments while Nancy Moore checks the progress

This Breast Cancer Awareness Month: What to Ask Your Doctor

(StatePoint) No one wants to think about breast cancer often, but there's definitely one person with whom you should discuss the topic annually -- your doctor. From innovative detection tests to new prevention research, your physician can be a great source of information on new ways women are protecting themselves from this life-threatening illness.

"Between family, friends, and career, a doctor's appointment may not be a top priority for women. But checkups are integral to breast cancer prevention," says Dr. Steven Quay, Chairman, CEO and President of Atossa Genetics and inventor of the ForeCYTE Breast Health Test.

"October, which is Breast Cancer Awareness month, is an excellent time to take five minutes to schedule your screening exams," Quay says.

Here are key topics to discuss with your doctor to ensure you make the most of your visit:

Risk

Breast cancer risk is multifaceted. Age is one factor -- as you get older your risk rises. Certain lifestyle factors can also increase your risk -- being overweight, taking birth control pills, alcohol consumption, and not having children.

Genetic risk, heredity, the presence of pre-malignant cells and breast density should also be considered.

Talk to your doctor about what tests you should be receiving to determine your risk, and if there are lifestyle changes you should make.

Testing

Breast cancer can strike at any age. Unfortunately, mammography, the most common test which is now controversial as to its effectiveness, isn't recommended for younger women. But now there are adjunct tests that younger women can request that can detect silent, reversible milk duct hyperplasia, a condition that can lead to breast cancer in a decade if left untreated.

The new quick and non-invasive ForeCYTE Breast Health Test, for example, collects and analyzes individual cells from a small sample of milk duct fluid collected from each breast, and can provide vital early detection of cancer or pre-cancerous conditions.

Just as the Pap smear has reduced cervical cancer rates by over 70 percent by finding and treating reversible pre-cancer before it becomes cancer, the goal of Atossa Genetics, maker of ForeCYTE and other diagnostic risk assessments, is to reduce the high rate of breast cancer through early detection of reversible precursor changes that can lead to breast cancer and to treat those early changes.

"From lifestyle changes to therapeutic interventions, knowing your lifetime risk of breast cancer can help you make important medical decisions now," notes Quay.

More information about determining your risk for breast cancer can be found at www.AtossaGenetics.com.

Lifestyle

Maintaining a healthy body weight can reduce your risk for breast cancer. Ask your physician or a registered dietician for advice on improving your diet. Your doctor can also recommend the best way to ease into a fitness routine, taking into account your overall health and current fitness level.

If you're a smoker or drinker, ask your physician to direct you toward resources that can help you curb the habit.

This Breast Cancer Awareness Month, take charge of your health by learning more about early detection, testing options, and prevention.

Elections (from Front)

incumbents in a number of state and congressional races who understand the importance of agriculture to our state and share the values of our membership," said Federation President Jimmy Parnell.

"This FarmPAC meeting gave our leaders an opportunity to make early endorsements of these incumbents and show our appreciation for the good job they've done serving Alabama."

Endorsed candidates are:

- Gov. Robert Bentley
- Lt. Gov. Kay Ivey
- Attorney General Luther Strange
- State Treasurer Young Boozer
- Commissioner of Agriculture and Industries John McMillan
- Justice Greg Shaw, Alabama Supreme Court
- Judge Scott Donaldson, Alabama Court of Civil Appeals
- Judge William Thompson, Alabama Court of Civil Appeals
- Judge Beth Kellum, Alabama Court of Criminal Appeals
- Judge Mary Windom, Alabama Court of Criminal Appeals
- U.S. Sen. Jeff Sessions, R-Ala.
- U.S. Rep. Martha Roby, District 2
- U.S. Rep. Mike Rogers, District 3
- U.S. Rep. Robert Aderholt, District 4
- U.S. Rep. Mo Brooks, District 5
- U.S. Rep. Spencer Bachus, District 6
- U.S. Rep. Terri Sewell, District 7

The 2014 primary election is June 3 with primary runoffs July 15. The general election is Nov. 4.

The Alabama Farmers Federation is the state's largest farm organization with more than 365,000 members.

Achievement (from Front)

dential fire deaths and injuries. The Foundation advocates the use of residential fire sprinklers, smoke alarms, carbon monoxide detectors, and teaching people fire-safe behavior. The Foundation assists fire departments with implementing residential sprinkler/smoke alarm programs on a local basis. The Foundation's partners include the United States Fire Administration, the National Association of State Fire Marshals, and private industry/associations with an interest in and commitment to residential fire safety.

