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CULLMAN'S MONDAY NEWSPAPER

CULLMANSENSE

COMMUNITY MATTERS

$0.50 $0.50

Local



For the Sake of the Arts

The 4th annual Mud Creek Arts & Crafts Festival saw another successful year, as many residents and vendors filled the streets of historic downtown Hanceville on Saturday. p6

Taking Back the Night

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JACKSON'S JOURNEY



Community rallies around Jackson Ray while he undergoes leukemia treatments p7

Cullman County District Court Partners with CRMC to Save Lives

By: Amy Linton
CRMC Contributor

CULLMAN – Cullman Regional Medical Center in partnership with the Cullman County District Court Offices are offering the Trauma Prevention program for teens. The program, which is usually offered only to those area teen drivers who have received a minor traffic violation, is opening up the November 9 class to community teens who want to become better educated about the significance of safe driving.

Since 2010, more than 300 participants completed the half-day training class at Cullman p12

GORGEOUS GOURDS

15th annual Gourd Show sees increase in spectators during 2-day expo p7



Wallace State Mourns the Loss of Dr. James C. Bailey



By: Kristen Holmes
WSCC Contributor

HANCEVILLE – Wallace State Community College mourns the loss of longtime former President Dr. James C. Bailey, who passed away during the early morning hours of Friday, October 18, 2013.

Dr. Bailey served as president of Wallace State for 32 years, from 1971 to 2003, retiring on April 30, 2013.

"Wallace State is deeply saddened by the loss of Dr. Bailey," said Wallace State President Dr. Vicki Hawsey Karolewics. "We extend our heartfelt sympathies to his family."

Dr. Bailey's career in education spanned 43 years. He got his start teaching at Fairview High School in 1960. When Dr. Ben Johnson was appointed the first president of Wallace State in 1965 – then called Wallace State Trade School -- Bailey joined the faculty as an instructor.

One of the first challenges Dr. Bailey faced as president was preventing Wallace State from becoming a vocational high school, because the trade school had not been an immediate success.

He oversaw the college's initial SACS accreditation. During his tenure, Wal- p12

Take back expired, unwanted prescription drugs on Oct. 26

By: Mary Johnson

MONTGOMERY – On Saturday, Oct. 26 from 10 a.m. to 2 p.m. local agencies and the Drug Enforcement Administration (DEA) will give the public its seventh opportunity in three years to prevent pill abuse and theft by ridding homes of potentially dangerous expired, unused, and unwanted prescription drugs. Bring your medications for disposal to a location near you. To find a nearby location, please visit adph.org and click on the "Got Drugs" link. The service is free and anonymous, no questions asked.

State Health Officer Dr. Don- p12

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Seniors honored at Dedication Mass



Abbot Cletus Meagher, OSB is seated with members of St. Bernard Preparatory School's Senior Class following the Dedication Mass. Front row: Oscar Perez, Rhiana Griffin-Brumbalow, Sadie Pudles, Logan Ayers, Katie Downs, Mackenzie Bockhold, Zoie Wilson, and Gabriel Pautler. Second row: Matthew Herring, Madison Pride, Katherine Gamble, Michayla Brown, Amy Wilson, Anna Caroline Keefe, and Ansel Qiu. Third row: Andrew Tu, Landon Skinner, Bryce Allen, John Gurtowski, Changye Yang, Jacob Mynatt, and Mauricio Rosas.

By: Joyce Nix • St. Bernard Contributor

CULLMAN – Twenty-seven seniors at St. Bernard Prep School were honored recently during a Dedication Mass in the Abbey Church.

The ceremony was concelebrated by Abbot Cletus Meagher, Chairman of the Board; Fr. Joel Martin, President; and Fr. Bede Marcy, School Chaplain.

Addressing the senior class, Abbot Cletus said, "Our world needs godly men and women, people whose lives are based on principle, on the discipline of love, and a wisdom that is from God. You have been blessed with many of these gifts and talents."

He further said, "Recognize those gifts, accept the responsibility that corresponds to the gift, and give thanks to God for such gifts." Following the homily, the members of the senior class were given a Benedictine-cross medal as a sign of their commission to be leaders in the student body. Students were encouraged to wear their Benedictine-cross medals with pride to remind them of the privilege and dignity that is theirs to share in Christ. Music for the mass was provided by Dr. Rebecca Whited.

CRMC Hosts Women's Health Update Seminar



By: Amy Linton CRMC Contributor

CULLMAN – Cullman Regional Medical Center recently hosted a community education seminar with Dr. John Wideman, Obstetrician and Gynecologist with Cullman Primary Care Obstetrics and Gynecology, where he discussed various topics ranging from Breast Cancer to Hormone Replacement Therapy.

For more information on Women's Services at CRMC, visit online at www.crmchospital.com.

Taking Back the Night

By: Noah Chandler
noahchandler@cullmansense.com

Victim Services of Cullman's annual domestic violence observation to be held at Depot Park with a candlelight vigil

CULLMAN – While most have been seeing pink since October 1, those working with Victim Services of Cullman have had purple on their minds, as October is Domestic Violence Awareness Month.

Beginning at 5 p.m. on Tuesday evening, VSOC volunteers, residents, and domestic violence survivors will join together at Depot Park in an effort to Take Back the Night.

Take Back the Night is a celebration in honor of victims and survivors of domestic violence," Leah Costello, VSOC Sexual Assault Program Coordinator, said. "This is not the first time we've done this, as we do it each October in observation of Domestic Violence Awareness Month." The event will be at 5 p.m. with domestic violence survivor's stories. "We will have several speakers who will tell their victim story," she said. "They will discuss how domestic violence has had an effect on them, their family, and friends."

A candlelight walk will take place shortly after the victim stories. "Following our victims stories, we will then begin our candlelight walk around the park to remember those who are still struggling with domestic violence issues," she said.

Christmas in Cullman is Coming!

By:Natalie Bonner

CULLMAN - It's that time again – the one we look forward to all year.

The winter season, the spirited decorations, hot cocoa, pumpkin pie, and that metaphorical snow. It's the season of giving and sharing and receiving. The holidays are upon us.

And with that comes an occasion that local shop owners and citizens of Cullman love to mark on their calendars far in advance – Christmas in Cullman Open House.

The second weekend in November is scheduled for the open house annual event – Saturday, Nov. 9 and Sunday, Nov. 10. There will be tons of activities scheduled all over town, with the goal being to "shop locally."

"Christmas in Cullman is a retail shopping event started 28 years ago by the Chamber of Commerce retail committee," Tourism Director for the Cullman Area Chamber of Commerce Cecelia Smith said. "Its purpose was to give our retailers a jumpstart on the Christmas season and to encourage the community to think local when making purchases for the Christmas season."

This year's Christmas in Cullman has an added special touch via a beautiful logo facelift thanks to the very talented volunteer marketing team.

The newly designed logo evokes nostalgic thoughts with delicate blue snowflakes falling softly to the ground and a sturdy, historic house painted golden yellow and amber brown.

The snow globe styled emblem is sure to bring about reminiscent memories with its snowy lawn and warm tones. You can practically imagine a family curled up fireside, sipping on apple cider and warm hot chocolate, admiring presents under the fir tree.

Smith said this is the first year that Christmas in Cullman Open House has been led by a Christmas in Cullman Board of Directors.

Although the 2013 Christmas in Cullman Open House is organized by a community volunteer board, the Chamber continues to support the event with the following activities offered on Nov. 9: free Christmas wrapping at the Chamber for any business that is a Chamber member; Buddy the Elf will be at the Chamber for pictures on this day; and the Chamber Retail Committee is sponsoring the Window Display Contest.

Cullman is panned as the best place in Alabama to raise kids. With family friendly events like Oktoberfest and Christmas in Cullman, this is proving to be a consistent truth. Christmas in Cullman will offer many activities for all ages over the open house weekend.

On Saturday, Nov. 9, Santa Claus will be at Weiss Cottage from 10 a.m. – 5 p.m. and a cookie decorating station will be in an area next to the cottage on that same day. Sleigh rides are available for $5.00 a person on Saturday and Sunday. Families are encouraged to drive around Cullman to view all of the beautiful window displays in many of the storefront windows.

1992-93 Chamber President Clark Branch, Jr. is said to have said it best back then: "Christmas in Cullman Open House shows a commitment on the part of the merchants to provide citizens with better service and products. It brings in people from the surrounding area to share in the showcase. It gives the merchants an opportunity to show a large number of people just what they have to offer. The big thing it does is keep citizens shopping in Cullman and keeps the personal touch alive."

The Christmas in Cullman Board of Directors encourages all businesses in the Cullman area to participate in the event.

There is no cost to the stores to participate, but they will want to register so they will be included on the Christmas in Cullman website and Facebook page.

The Christmas in Cullman Facebook page will advertise all events in Cullman from Nov. 9 until Christmas, so if anyone has anything they would like listed, they can e-mail christmasincullman@gmail.com or share on the Christmas in Cullman Facebook page. Merchants and shoppers should visit the Facebook page and website, www.surveymonkey.com/s/MNYFJLW to register, and to find out more about sales and events throughout the holiday season.

If you should have any questions, please call 256-887-9250 or e-mail christmasincullman@gmail.com.

What's Online

On the Set of Sleepy Hollow

Nathan Dockery may be new to acting, but he's already gotten some invaluable face time on camera in the newest TV show to hit FOX, Sleepy Hollow, the resurrected story of this ethereal little town and its infamous residents.

qrne.ws/110



Nobel Peace Prize Reflects Enduring Importance of International Agreements

The announcement that the 2013 Nobel Peace Prize was to be awarded to the Organization for the Prohibition of Chemical Weapons (OPCW) took many by surprise.

qrne.ws/111

"Brother Joseph and the Grotto" Movie Premiere

Red Clay Pictures Film presents a local documentary entitled "Brother Joseph and the Grotto". This locally filmed documentary portrays the life and times of Brother Joseph, a monk of Saint Bernard who completed the task of building the Ave Maria Grotto.

qrne.ws/112

Neediest Health Centers to Get Least ACA Funding

By: Christine Vestal • Stateline

Community health centers in states that have rejected Medicaid expansion under the Affordable Care Act will forgo more than half a billion dollars in new revenue in 2014, according to a new report from the George Washington University School of Public Health and Health Services.

The study for the first time quantifies the "spillover" effect of states' failure to expand Medicaid.

In 2014, the study estimates, community health centers in the 25 states that have chosen to expand Medicaid will gain an estimated $2 billion in Medicaid money from newly eligible patients.

By contrast, the 25 states that have opted out will miss out on an estimated $555 million.

"Health centers in opt-out states can be expected to struggle, falling further behind their expansion state counterparts in terms of service capacity, number of patients served (both insured and uninsured), and in their ability to invest in initiatives that improve the quality and efficiency of health care," the report states.

The nation's 1,128 federally-funded community health centers operate in more than 8,000 locations, and provided care to an estimated 20.2 million patients in 2011. Another 100 so-called "look alike" centers that receive state and local funding served another 1 million patients.

Nationally, 72 percent of all patients who receive care at health centers have family incomes below the federal poverty level, and 36 percent of them are uninsured.

Previous research has shown that when patients who frequent a health center become insured, the center's revenues increase.

The new money may allow the center to serve more patients, add new services such as dental and mental health care, or expand to additional locations.

Without the new money, the study concludes, health centers in the non-expansion states will continue to struggle.

"It's a huge loss for the whole community" said Sara Rosenbaum, a lead author of the study, "Not just for the patients who are uninsured. The health centers doors are open to everyone."

The mostly Southern states that have opted out of the Medicaid expansion have the nation's highest uninsured rates, lowest median incomes, and poorest overall health.

Overburdened community health centers in those states serve the highest percentage of patients with incomes at or below the federal poverty level, which is $11,490 for an individual.

"The immediate spillover is revenue loss for the community, which translates into services and jobs," Rosenbaum said. "But in the long term, in a whole swatch of the country, these are the health centers that are going to be held back in their ability to improve and expand."

Neighbors Maryland and Virginia illustrate the point: In Maryland, which is expanding Medicaid, more than 39,000 health-center patients will gain Medicaid coverage, generating an estimated $33 million in revenue in 2014.

In Virginia, which has opted not to expand Medicaid, health centers will forgo an estimated $17 million in revenues from 35,000 uninsured patients who would have qualified for expanded Medicaid.

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

Patient Poverty Levels at Community Health Centers

States where the highest percentage of community health center patients have incomes below the federal poverty level:

1. Tennessee — 82%
2. Indiana — 79%
3. So. Carolina — 78%
4. Louisiana — 76%
5. No. Carolina — 76%
6. Missouri — 75%
7. Utah — 75%
8. Texas — 74%
9. Mississippi — 73%
10. Georgia — 71%
11. Alabama — 71%
12. Florida — 70%
13. Kansas — 70%
14. Oklahoma — 70%

Source: George Washington University School of Public Health and Health Services

Infant mortality rate in Alabama increases in 2012

By: Albert Woolbright, Ph.D.

The Alabama Department of Public Health announces that the infant mortality rate of 8.9 deaths per 1,000 live births in 2012 is the highest in the past four years. This represents the deaths of 519 infants who did not reach 1 year of age. There were 58,381 live births in 2012. In 2011, Alabama recorded its lowest infant mortality rate ever, 8.1.

Dr. Donald Williamson, state health officer, said, "We must focus on what needs to be done about this challenging public health concern. While we are seeing positive trends such as the lowest rate of teenage births and less smoking among pregnant teens, we must explore and initiate additional strategies to reduce infant mortality."

The percent of births to teenagers in 2012 was the lowest ever recorded, 10.7 (6,236). Infant mortality among babies of teen mothers was higher (11.1 per thousand live births) than among adult mothers (8.6).

Low birth weight infants, defined as those weighing less than 5 pounds, 8 ounces, are more than 20 times more likely to die than infants of normal weight. Ten percent of births in 2012 were of low weight, the same as in 2011.

The lifestyle of the mother, such as smoking, has an impact upon the unborn child. The rate of teen women smoking during pregnancy declined from 10.8 percent of teen mothers in 2011 to 10.5 percent in 2012. Smoking among adult women ticked up slightly to 10.7 from 10.6 in 2011. Infants of mothers who smoke have a 51 percent higher infant mortality rate than nonsmoking mothers. The infant mortality rate of mothers who did not smoke was 8.3; for smokers the rate was 12.5.

Disparities by race persist in pregnancy outcomes. The 2012 infant mortality rate for black mothers was 14.4, an increase over the 2011 infant mortality rate of 13.0 per 1,000 live births. For white mothers, infant mortality also increased from a rate of 6.1 to 6.6.

By method of payment, women without insurance coverage experienced far higher infant mortality. The rates are as follows: private insurance, 6.8; Medicaid, 9.7; and self pay, 22.7 per thousand live births.

Additional strategies to further reduce infant mortality are being considered. Initiatives include efforts to reduce the number of preterm births and limiting elective deliveries when gestation is less than 39 weeks and there is no medical indication for delivery.

Graphs and detailed charts are available at the Alabama Department of Public Health website at adph.org.

cullman city parks & recreation

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.
- **Zumba Classes:** Held at the Civic Center Mon., Wed., and Thurs. 5:30-6:30pm. $40 for 10 classes or $6 per class with instructor Monica Kugler.
- **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.
- **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.
- **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.
- **Zumbathon at CWAC:** There will be a Zumbathon, Party in Pink event on Thursday, Oct. 24 at 6:15pm. Tickets are $10 and benefit a local breast cancer group. Door prizes will also be given away. For more details, call 256-775-SWIM.
- **Christmas Arts & Crafts Show Deadline:** The deadline to purchase a booth for the annual craft show held at the Civic Center on December 6-7 will be Oct. 31. Call 256-734-9157 to register.
- **Fall/Winter Activity Guides:** New activity guides will be available at all of our parks and facilities next week! Pick one up to stay on top of everything going on at CP&R.

National Weather Service Freeze Guide

Cullman

FREEZE STATS

Avg. First Freeze: Oct. 24
Avg. First Hard Freeze: Nov. 5
Earliest First Freeze: Oct. 1, 1924
Latest First Freeze: Nov. 25, 2004

HUNTSVILLE – Temperatures during the early fall can fluctuate significantly here in the Tennessee Valley. Daytime highs will often reach the 70s and 80s, especially early in the season, while nighttime lows can reach the 40s and occasionally the 30s.

However, as the season progresses, freezing temperatures often make an appearance by the end of the October at many locations.

By early November, most locations will usually have experienced a light freeze.

Below is a table of average first freeze dates for the locations indicated. Also, earliest average hard freeze dates are included. A hard freeze, locally, is defined by temperatures below 29°F.

Additionally, the earliest and latest first freezes on record are listed for each site.

Note: small gaps exist in the data and some years contain incomplete information. Where gaps were considerably large, the break in the period of record was noted, as in the case for Bridgeport and Guntersville.

However, freezing temperature records were included only for years that contained a complete or nearly complete dataset.

Location	Avg First Freeze	Avg First Hard Freeze	Earliest First Freeze (Year)	Latest First Freeze (Year)	Station Record
Huntsville	Nov 1st	Nov 12th	Oct 9th (2000)	Dec 5th (1978)	1907-2012
Muscle Shoals	Nov 2nd	Nov 11th	Oct 3rd (1908)	Dec 5th (1978)	1893-2012
Belle Mina	Oct 29th	Nov 8th	Oct 2nd (1984)	Nov 26th (2004)	1950-2012
Bridgeport	Oct 25th	Nov 4th	Sep 23rd (1983)	Nov 15th (2004)	'55-'72, '83-'12
Cullman	Oct 24th	Nov 5th	Oct 1st (1924)	Nov 25th (2004)	1908-2012
Fayetteville	Oct 17th	Oct 30th	Sep 29th (1967)	Nov 14th (2003)	1958-2012
Guntersville	Nov 10th	Nov 22nd	Oct 14th (1977)	Dec 21st (2001)	'10-'12, '55-'12
Moulton	Oct 26th	Nov 9th	Oct 2nd (1984)	Nov 26th (2004)	1957-2012
Russellville	Oct 25th	Nov 3rd	Sep 29th (1967)	Nov 27th (2009)	1954-2012
Scottsboro	Oct 27th	Nov 7th	Oct 3rd (1974)	Dec 1st (1918)	1894-2012
Valley Head	Oct 20th	Nov 2nd	Sep 22nd (1983)	Nov 19th (1935)	1893-2012
Winchester	Oct 25th	Nov 7th	Oct 7th (1991)	Nov 14th (2003)	1986-2012

High School Football Week 8 Roundup

By: Josh McBrayer
joshmcbrayer@cullmansense.com

Another week down, another game closer to the playoffs. Week eight saw some nail biters and blowouts with some playoffs dreams crushed and a first round home game claimed.

Cullman 16 vs. Athens 13
By:Josh McBrayer

CULLMAN - Athens won the toss and deferred to the second half, giving Cullman the ball to start the game. This turned out to be a wise move as Cullman ran just three plays before putting the ball on the turf. Athens recovered and started their first drive of the game inside Bearcat territory at the 47.

Athens got off to a fast start when QB William Matthews found WR Harper Ward for a 12 yard strike down to the Cullman 35. However after the pass, the Golden Eagles would manage just a single yard and would turn the ball over on downs.

The rest of the first quarter and the entire second was more of the same with Cullman moving the ball but falling victim to penalties and turnovers while Athens had a hard time getting anything going, gaining less than 50 yards for the half.

The Golden Eagles started the second half with the ball but, thanks to penalties, were only able to move the ball 11 yards before punting the ball to the Bearcats.

Cullman started on their own 10, from which they were able to mount the first scoring drive of the night. QB Tyler Glenn threw for 70 yards on the drive, moving the ball to the Golden Eagle 12 before Chayce Freeman booted a 32 yard field goal through the uprights to give Cullman a slim 3-0 lead with just over three minutes left in the third.

Not to be outdone, Farmer mirrored the performance of Glenn going 6 of 7 for 39 yards on the next Golden Eagle possession. The key difference was in how the drive ended, an 11 yard TD pass to Shaun Johnson. The PAT was missed and this would loom large. 6-3 Athens.

Cullman opened the fourth and final quarter facing a 2nd and 9 from their own 36. Here head coach Mark Britton dug deep into his bag of tricks and found a gem. Glenn took the snap and tossed the ball to Garrett Crider on what looked to be a simple sweep.

However, just as Crider was about to reach the edge, he stopped and hurled the ball downfield to a streaking Seth Donaldson who caught the ball in stride and cruised into the endzone for the 64 yard touchdown. 10-6 Cullman.

The score fired up the Cullman defense who forced a three and out, or so it seemed. The punt hit a Cullman player in the back as he was being blocked. The new set of downs did the Golden Eagles no good as the Bearcats forced another three and out thanks to a big sack by Justin Patterson.

Cullman could do nothing with the ball and punted back to Athens. From here Farmer put his team on his back. He threw for 63 yards on the drive, capping the drive with a 12 yard TD pass to Jonathan Cain to put Athens on top 13-10 with just 2:37 standing between the Golden Eagles and a win.

The Bearcats started their final drive on their own 31 and it looked as if Cullman was going to stall. Glenn threw three straight incompletions before, on 4th and 10, he connected with Maison Goodwin who fought for extra yardage as he was hit. The effort of Goodwin was huge as Cullman picked up the first down by a fourth of an inch. After another incomplete pass, Glenn rattled off three big completions of 19, 26, and seven. On 2nd and three, Cullman successfully went to the trickery well again. A direct snap went to wide receiver Auston Neal who, instead of running, aired out a pass to his quarterback Glenn who caught the game winner with 32 seconds left to play.

Athens tried to answer with a hail mary from their own 46 but Mason Jones intercepted the pass to preserve the 16-13 win for the Bearcats.

West Point 3 vs. Muscle Shoals 48
By: Phillip Hillman

WEST POINT – The game started out with a quick three-and-out by the Warriors. On the Trojans very first possession a rush from 32 yards drew first blood and gave the Trojans the lead, 7-0. This was a lead they would never lose. Late in the first quarter the Trojans struck again with a 6 yard TD to make to put the visitors up 14-0.

A 62 yard punt return midway through the second quarter gave Muscle Shoals a 21-0 lead heading to the half which was more than enough for the win.

Give credit to the Warriors who fought hard all night long but just could not reach the endzone against a stacked Trojans team.

Good Hope 35 vs. Cordova 7
By: Jim Stenson

GOOD HOPE – The Raiders scored twice in the first quarter, on a 10 yard run by Sebastian Fendley and on a Fendley strike to Kainan Smith for the 29 yard score.

The Raiders would also score twice in the second quarter, this time Fendley found Smith for a 45 yard catch for the touchdown, and later Fendley hit Austin Crumble for a 41 yard score.

Cordova would get on the scoreboard with just 22 seconds remaining in the half, Johnathon Shumate tossed a 4 yard pass to Skylar Thomas but Good Hope would go into the half leading 28-7.

The final score of the night would come midway in the 3rd quarter when Fendley threw his fourth touchdown pass of the night, a 24 yarder to Justin Turner.

The Raider defense picked up 2 turnovers in the game, the first one came when Cordova was threatening to score early in the third but Austin Morris had different plans as he picked off a Cordova pass at Good Hope's own three yard line. Luke Calvert also had a fumble recovery.

Vinemont 6 vs. Winfield 35
By:Zeke McBrayer

VINEMONT – Winfield started the game by receiving the ball and would start at their own 31-yard line. Winfield used 8 plays and 7 different players to drive down the field and score just 2:52 into the game. Quarterback Nathan Dean punched it in from a yard out and put Winfield up 7-0 early.

Vinemont would get the ball for the first time on their own 7. The Eagles made small advances and stalled out around their own 37-yard line.

Vinemont would catch a break after Winfield made a costly roughing the kicker penalty. Vinemont would take the second wind and finally get down to around the Pirate's 30-yard line. The Winfield defense would step up and stop Vinemont to get the ball back on downs. Winfield took over on the 29-yard line and marched down the field. After getting down to Vinemont's 36-yard line, Dean had three straight incompletions and were forced to punt.

Vinemont got the ball back at their own 6-yard line. After two short runs, John Michael Dye found a hole and took the ball 88 yards to the house. A missed extra point would put the Eagles within 1 with around nine minutes to go in the 2nd quarter.

It only took 5 plays for Winfield to answer. Two big plays by Nathan Dean, a 32-yard pass, and a 35-yard run, put the Pirates in a 1st and goal situation. Robby Boyd would punch it in from 3 yards out and put Winfield up 14-6.

The momentum would stay on the Pirate's side as they went on to score three more times. Vinemont would be unable to get anything rolling against a tough Winfield defense.

Winfield would score on a 1-yard run from Xavier McCollum and the other two from QB Nathan Dean, a 29-yard pass to Matthew Gamble and a 16-yard keeper.

The Pirates were led by Nathan Dean who went 11-for-16 and 161 yards passing and also added 95 yards on the ground.

Dean added 3 touchdowns, one passing and two rushing. Vinemont was led by John Michael Dye who had 205 yards, 88 on the long touchdown run.

Cold Springs 52 vs. RC Hatch 30
By: Matt Glover

COLD SPRINGS – It was a big night for Cold Springs at Cranford Stricklin Stadium as they looked to both avenge a loss from last season, but remain alive in this year's playoff hunt. It would not take them long to put that plan in to action.

The Eagles would score on their first drive, after receiving the ball to start the game. In less than two minutes, the Eagles took the ball over seventy yards, capped with a 15 yard TD run.

This would be a sign of things to come, as the Eagles would have no problem finding the end zone several times in the first half. R.C. Hatch were forced to go three and out, and on the punt Cold Springs would strike fast, taking it back roughly 30 yards and breaking multiple tackles en route to pay dirt; giving us a score of 16-0 Cold Springs.

R.C. Hatch would not fare much better on the following drive, again going three and out, being forced to punt.

Cold Springs would waste little time going the 25 yards needed to score again. This time through the air on a big connection for six points. This made the score 22-0 Eagles with seconds remaining in the first period of play.

The second quarter didn't do much to change the luck of R.C. Hatch. They would achieve a first down on this drive, but failed to move the chains again.

However they would fail to convert on fourth down on the 34, giving the Eagles prime field position.

It would once again be taken full advantage of. Cold Springs would score in four plays, capped by a 27 yard scamper; giving us a score of 28-0 Cold Springs.

Hatch would lose yards on three downs and choose to punt on fourth down, from their own 33.

Cold Springs would start the drive from the Eagle 34. It would again take Cold Springs little time to convert this opportunity into points, driving 66 yards on 5 plays, including a big 42 yards run, to set up the 9 yard TD run - Cold Springs 34 R.C. Hatch 0 with 6:18 remaining in the second quarter.

Hatch would turn the ball over on just the second play from scrimmage, giving the Eagles the ball on the 25.

One run later, it would be 40-0 Eagles with 5:01 left in the first half. Hatch would pick up a few first downs on the following drive, but ultimately punt it once again.

With fast scores being the order of the night, the Eagles delivered another. This time on just 3 plays covering 64 yards, ending with a 4 yard plunge.

Cold Springs lead 46-0 with under a minute remaining in the half. Hatch would return the kickoff all the way back to the Eagle 9. But with no timeouts left, they were unable to convert in to points.

The first half of the third quarter was largely uneventful, with teams swapping punts. However after a huge forty plus yard run, Hatch finally found the end zone from 5 yards out. That made the score Cold Springs 46 R.C. Hatch 8 with 6:52 to go in the third.

Neither team would find the end zone again until Hatch again converted after a long run to bring the score to 46-14 with 10:34 remaining in the game. Cold Springs would start its final drive on their own 16.

It would take 8 plays and 84 yards to cash in for the final time of the night, taking over 5 minutes off the clock. Scoring on a one yard plunge on fourth down, Cold Springs a lead 54-14. R.C. Hatch would score two quick touchdowns in mop up duty, giving us a final score of Cold Springs 52 R.C. Hatch 30.

Holly Pond 7 vs. Pisgah 43
By: Howard Cole

HOLLY POND - A mere three plays into their home game with the Pisgah Eagles, the Holly Pond Broncos found themselves trailing via a 75 TD sprint from the Eagles' Demarco, just 48 seconds into the game.

Less than a minute later, Pisgah would be in the endzone again. A score that was set up by an interception.

The Eagles would rattle off another 34 unanswered points before Holly Pond would get on the board with a TD pass from Lambert to Morton.



#24 Auburn Tigers stun #7 Texas A&M Aggies

By: Josh McBrayer
joshmcbrayer@cullmansense.com

COLLEGE STATION, TX – They say everything is bigger in Texas and that held true in the clash between Auburn and Texas A&M.

The two stellar teams combined for a staggering 1,217 yards, Auburn 379 rushing and 236 passing while A&M rushed for 133 and threw for 469.

The Aggies drew first blood on a 26 yard TD strike from Johnny Manziel to Mike Evans less than two minutes into the game.

Auburn answered just three minutes later with a 16 yard TD run from quarterback Nick Marshall.

The next quarter, from the Tigers as well as kicker Cody Parkey booted 13 the uprights from 27 yards out to make the score 10-7 in favor of the Tigers.

It would take A&M just 26 seconds to retake the lead, again on a TD pass from Manziel to Evans, this time from 64 yards out putting the Aggies up 14-10 at the end of the first quarter.

The first quarter as well as the entire second was a battle of attrition as the lead would change a total of five times in the first half with the Aggies laying claim to a 24-17 lead at half.

The second half started just lust like the first, with an Auburn touchdown.

Marshall threw a 43 yard bomb to Sammie Coats to knot the score at 24 midway through the third.

A&M answered four minutes later with a 33 TD from Manziel to Evans, making the score 31-24 in favor of the Aggies where the score would remain until the fourth.

Texas A&M added a field goal from 20 yards out to take a 10 point lead to start the final frame and looked to put the game out of reach.

However Nick Marshall had a different idea. He marched his team down the field in under three minutes, capping the drive by calling his own number and taking it in from 13 yards out.

Auburn would take the lead, albiet briefly, at the 9:06 mark when Cameron Artis-Payne punched it in from two yards out.

Manziel would answer back with a TD run three minutes later, putting the Aggies on top 41-38.

With time not on their side, Auburn took the ball for their last drive of the game. Marshall looked brilliant as he led the Tigers down the field.

The near four minute drive culminated in a Tre Mason five yard TD run, putting Auburn up 45-41 with 1:19 left in the game.

The reigning Hiesman Trophy winner Manziel was shut down on the final drive by the Auburn defense, giving the Tigers the 45-41 upset over Texas A&M.

Camping World RV Sales 500 Ends With Jamie McMurray Victory in Auburn Paint Scheme



By: Price Mason

TALLADEGA, AL – In the final laps of the Camping World RV Sales 500 at Talladega Superspeedway, Jamie McMurray was right where he wanted to be - in the lead. If anyone wanted the win in the Sprint Cup Series fall classic, they were going to have to pass him. Under beautiful, sunny skies, they didn't.

McMurray, piloting a special "Auburn University" paint scheme on his No. 1 Chevrolet, was leading down the backstretch over Dale Earnhardt. Jr. and Austin Dillon - who was subbing in for injured Tony Stewart - in what was shaping up to be a dogfight to the finish. However, when Dillon was tagged from behind, he spun into the wall, bringing out the caution and securing McMurray his second triumph at NASCAR's Palace of Speed.

"Fortunately I was able to get myself into position (to win the race)," said McMurray, who also won this race at Talladega in 2009.

"I don't know how the last lap would have played out because I could see the 88 (Earnhardt) trying to set me up and trying to figure out where he could get a run on me. Honestly, I wanted to see it end under green, but at the same time, I said if there was a caution, I would be okay with that, too."

Earnhardt, who was a runnerup for the fourth time in his career at NASCAR's Most Competitive Track, wasn't sure if he had enough - even with the help of Dillon - to get by McMurray whether the caution had come out or not.

"I don't know," said Earnhardt Jr., who led eight times for 38 laps in the 188-lap event. "I had a plan we were going to get a run down the back straightaway. We were kind of forming our run around the middle of one and two and I think we had a pretty good head of steam coming off turn two and they got together behind us and that was that. I was going to try something down the back straightaway but we never got the chance."

Stenhouse wound up third, followed by Paul Menard and Kyle Busch. Jimmie Johnson, who led the most laps (47), wound up 13th, but took the top spot away from Matt Kenseth in the Championship Chase.

Kenseth, who thought drivers in front of him in the waning laps would make moves, now trails Johnson by four points after a disappointing 20th place finish.

"I don't know why, but if you had five or six cars to try it you could get it back to two-wide, but just nobody tried it," Kenseth said.

"I did and it was dumb on my part because I can't get enough cars to do it and just fell backwards (at the end)."

The only driver in the top five to make up some ground on the points leader was Busch, who now - along with Kevin Harvick - trails by 26 points. Jeff Gordon's 14th place finish puts him 34 markers behind Johnson.

There were three cautions for 10 laps. McMurray averaged 178.795 mph in the race that saw 52 lead changes among 20 drivers.

NASCAR returns to Talladega Superspeedway in 2014 with the Aaron's Dream Weekend, which is set for May 2-4.

The NASCAR Nationwide Series will take to the track on Saturday, May 3 while NASCAR's Sprint Cup Series machines take the green flag on Sunday, May 4.

For ticket information, log onto www.talladegasuperspeedway.com.

WSCC volleyball clinches sixth straight ACCC regular season championship after victory over Faulkner State

By: Russell Moore • WSCC Contributor

HANCEVILLE – Wallace State's freshman-laden volleyball team has secured the program's sixth consecutive Alabama Community College Conference (ACCC) regular season championship. And, as they've done all season in important matches, the Lions clinched the title with a thrilling victory, edging Faulkner State 21-25, 25-21, 25-20, 15-25, 15-13 at Tom Drake Coliseum last Thursday night.

The Lions entered the season with 11 freshmen, easily making it the largest contingent of newcomers that coach Randy Daniel has had in recent years.

Many came through during pressure situations against the Sun Chiefs.

Taylor Traglia finished with 30 assists and six digs, Syretha Pride tallied 20 kills, four blocks and two digs, BreAnna Thompson added 17 kills and four digs, and libero Payton Norris collected 21 digs.

"It's been a grind at times this season, but I thought for the most part we played well (against Faulkner State). We've focused all season on playing more consistent, more aggressive, and not so timid," Daniel said.

"I've pushed them all year, and the maturity level has gotten better lately. All of our freshmen are finding their role, getting better, and finding a way to help the team win."

As regular season champ, the Lions earn the top seed and receive a bye during the conference tournament, scheduled for Nov. 2-3 at Wallace State.

They'll be seeking their fifth ACCC tournament title in a row.

Faulkner State made Wallace State earn its latest title. The Lions couldn't muster any momentum during the opening set, eventually falling by four points.

Wallace State jumped out to leads of 9-4 and 17-13 in the second set and held on for a 25-21 win to even things up.

Wallace State (23-12, 13-0 ACCC) broke a 16-16 tie in the third set, finishing with a 9-4 run to earn a 25-20 win. Faulkner State never trailed in the fourth set, finishing the game out in strong fashion.

Wallace State returned the favor in the fifth and final set. The Lions scooted out to an 8-4 advantage and extended it to 14-10 before closing out the 15-13 win.

"Faulkner State is very, very good. I told the girls that Faulkner State wasn't going to quit. Every time it seemed we had a lead, Faulkner State came right back," Daniel said.

"We fought hard to win this one in order to earn the championship. It's hard to win a regular season championship because you have to win on an opponent's home court. I'm proud of our team for fighting hard all season. We didn't want to have the conference title hanging in the balance next week at Gadsden."

For Wallace State, sophomore Kianna Delaney added 13 kills, nine digs and two blocks in the win, Montana Clark had 10 kills, Rosemary Wendel finished with eight digs, and Nicole Penny contributed 15 assists.

Delaney, Penny and Blaise Brown, the team's three sophomores, were recognized after the match.

Delaney and Penny have been part of 55 wins in less than two seasons, while Brown joined the Lions this season after transferring from Snead State.

Wallace State is hosting its own invitational over the next two days.

The Lions host Spartanburg (S.C.) College and Andrew (Ga.) College today and follow with matches Saturday against Vincennes (Ind.) University at 11 a.m. and John A. Logan (Ill.) College at 3 p.m.

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

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For the Sake of the Arts

By: Noah Chandler
noahchandler@cullmansense.com

Mud Creek Arts & Craft Festival continuing to grow with each passing season

HANCEVILLE – The 4th annual Mud Creek Arts & Crafts Festival saw another successful year, as many residents and vendors filled the streets of historic downtown Hanceville on Saturday.

"This is the fourth annual Mud Creek Arts & Crafts Festival, which benefits art departments within the Hanceville School system," Pam Reid, Volunteer Coordinator and Chairperson of Hanceville Historic Commission, said. "It is very important to reinvest in the youth, especially when it pertains to the arts."

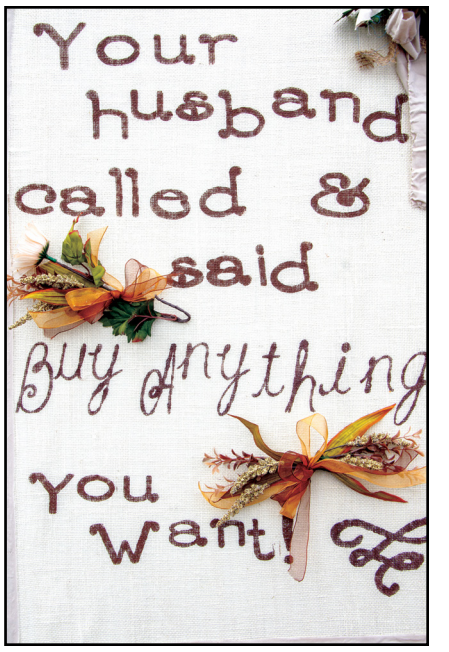
One feature which was displayed proudly were the seven works of art commissioned by area elementary students. The theme mostly centered on nature, with many fish and frog brightly colored with crayons, while a couple of the works were vibrant displays of the alphabet.

"Each year our elementary art department works with all of our younger students to produce artwork for the festival," she said. "They all did a wonderful job.

Reid said the arts and craft festival began with the state-sanctioned Small Town, Downtown initiative in 2009. Since then, Hanceville residents have made it a prerogative each year.

"We have grown each year, which comes with a lot of work and plenty of volunteers," she said. "We're just proud to display our town and the wonderful artwork and crafts that come from the area." *For more on this story visit CullmanSense.com.*









Practical Applications for Feeling Well

By: Kristie J. Williams

ABOUT KRISTIE



Kristie serves as the Board of Directors Secretary for the American Massage Therapy Association-AL Chapter and is also the Newsletter Chair for the American Massage Therapy Association AL-Chapter.

She has been a CNMT since 2011 and has been practicing in Cullman since graduation from the Birmingham School of Massage, where she received her Neuromuscular Certification.

She opened Alabama Therapeutic Massage, LLC in April 2011. She is educated in a vast array of massage modalities as well as Neuromuscular Therapy and is studying Orthopedic Massage.

Kristie Williams is approved by the National Certification Board for therapeutic massage and bodywork (NCBTMB) as a continuing education approved provider.

The purpose of this column will be to educate and enhance the knowledge on the advances of alternative health care solutions and to show that in today's "Insurance Driven" society, that there are alternative options for feeling well. We will be seeking confirmation with various topics from Physicians, Chiropractors, Pharmacists, and more.

October 20-26th is National Massage Therapy Awareness Week, and in this particular article I will be covering educational information regarding Neuromuscular Therapy and how it compares to "regular massage".

After in-depth study and many hours of hands on research I have discovered although relaxing and rejuvenating, a "regular" massage does not make the cut for the consistent relief of chronic pain patients.

For these most commonly found syndromes; Sciatica, Carpal Tunnel, Thoracic Outlet, Fibromyalgia, and TMJ Dysfunction, regular massage helps with the symptom but does not relieve the 'problem'.

Before I go any further, am I saying that "regular" massage is not beneficial? Absolutely NOT! I am simply stating that for those clients who suffer from Chronic Pain, "regular" massage does not make the cut in the effectiveness for relief.

First, let's review what a normal massage consists of (most commonly heard)

Swedish: The main purpose of Swedish massage is to increase the oxygen flow in the blood and release toxins from the muscles.

Other possible benefits include stimulation of circulation, an increase in muscle tone, and a balance of the musculo-skeletal systems.

Swedish massage shortens recovery time from muscular strain by flushing the tissues of lactic acid, uric acid, and other metabolic wastes. It increases circulation without increasing heart load.

Deep Tissue Massage: is designed to relieve severe tension in the muscle and the connective tissue or fascia. This type of massage focuses on the muscles located below the surface of the top muscles.

Important side note: The term "deep tissue" is often misused to identify a massage that is performed with sustained deep pressure. Deep tissue massage is a separate category of massage therapy, used to treat particular muscular-skeletal disorders and complaints and employs a dedicated set of techniques and strokes to achieve a measure of relief.

It should not be confused with "deep pressure" massage, which is one that is performed with sustained strong, occasionally intense pressure throughout an entire full-body session, and that is not performed to address a specific complaint.

Now let's take a glance at the difference when comparing Neuromuscular Therapy Treatments:

Each client is created differently with unique Chronic Pain Trigger placement. This is where Certified Neuromuscular Therapists are utilized. Each client receives an in-depth neuromuscular assessment, not only on paper, but hands on and with body reading techniques. CNMT's are trained to discover where your pain stemming from, what movement increases or decreases your pain and what muscle groups need to be addressed for relief.

CNMT's are trained to use your body as an assessment tool for your treatment, this is not a cookie cutter routine that is habitual for the therapist and practiced on every client.

While still using the above stated Swedish and Deep tissue modalities to warm the layers of the muscle, CNMT's then apply specific directed techniques to relieve the problem not just the "symptom".

For clarification here are some definitions of what CNMT's Practice:

Neuromuscular Therapy is a form of soft tissue manual therapy. It is distinguished from other types of massage in that a quasi-static pressure is applied to the skin with the aim of stimulating specific areas of skeletal muscle.

Often these areas of muscle are myofascial trigger points. NMT is a comprehensive program of soft tissue manipulation techniques that balance the central nervous system (brain, spinal column, and nerves) with the structure and form of the musculoskeletal system. NMT is based on neurological laws that explain how the central nervous system maintains homeostatic balance.

The application of NMT is dependent on several key factors:

The location of myofascial trigger points. Force has to be applied perpendicular to the skin surface if muscle is to be stimulated.

Trigger Point Release: Trigger points, also known as trigger sites, are described as hyperirritable spots in skeletal muscle that are associated with palpable nodules in taut bands of muscle fibers.

There is variation in the methodology for diagnosis of trigger points and a dearth of theory to explain how they arise and why they produce specific patterns of referred pain. Compression of a trigger point may elicit local tenderness, referred pain, or local twitch response.

Structural Integration: a technique of deep massage intended to help in the realignment of the body by altering the length and tone of myofascial tissues.

Using generalized definitions and brief summations of what CNMT's perform you are easily able concur that their approach is different. Every client who experiences the work of a CNMT can support this information.

The education and practical knowledge using anatomy, physiology, and kinesiology along with the specific treatment techniques sets this apart from regular sessions.

If you suffer from any type of Chronic Pain, seek out a Certified Neuromuscular Therapist as an alternative health care treatment and "feel" the difference for yourself. Costs in Cullman Alabama range from $35.00-$100.00 depending on the length of the treatment session, which is a small price to pay for pain relief! Stop suffering and use this practical application to feel well!

15th annual Gourd Show sees increase in spectators during 2-day expo

By: Noah Chandler
noahchandler@cullmansense.com

CULLMAN – Gourds of all shape, sizes, colors, and even intricate artistic designs were all on display at the 15th annual Gourd Show over the weekend.

The two-day event began when a group of Cullman gourd enthusiasts founded a local chapter of the Alabama Gourd Society.

The event began in Cullman and has been home to the AGS Gourd Show ever since.

"Cullman has always been the home to the statewide Gourd Show," Pam Montgomery, Show chair and AGS Treasurer, said.

"It began here and will most likely always stay here. It's a wonderful show every year." As with most years, vendor space was hard to come by, but that's not a worry for Montgomery.

"It seems to grow in attendance each and every year," she said. "Our vendors come from all across the country, with some traveling here from as far away as California. We have a great Gourd Show to represent the entire state."

If you have an interest in gourds, as an art form or as means of agricultural stability, visit www.alabamagourdsociety.org.











Jackson's Journey

Community rallies around Jackson Ray while he undergoes leukemia treatments

By: Noah Chandler
noahchandler@cullmansense.com

CULLMAN – Jackson Ray is a bright-eyed 11-year-old who enjoys playing with his brothers Jacob and Jordan while his parents Brannon and Michelle watch from a short distance away. The family enjoys their time together, but most importantly they have an immense amount of love for their bright-eyed son and brother, Jackson.

"Jackson is a very loving child – who can be independent at times – who has Downs Syndrome," Brannon Ray said. "Jackson was diagnosed with leukemia on June 12 of this year and had to stay at Children's Hospital for 15 days following our first visit. Since then he has been through cycles of chemotherapy."

The bright smiling Jackson came to East Elementary School Saturday to help out with the fundraising efforts of Steve Cook, EES, and Johnny's Bar-B-Q.

David Wiggins, East Elementary School Principal, said the fundraiser quickly took shape once Steve Cook approached him shortly after Jackson's diagnosis.

"There are things that you do because they are right and this is one of them," Principal Wiggins said. "It means the world to everyone who knows Jackson Ray's family; not just the family but everyone who knows Jackson personally."

Residents came out by the carload on Saturday to pick up some freshly smoked Boston Butts, compliments of Jonny's Bar-B-Q. One such eager supporter was Angie Hendrix, who came out to help lend a bit of moral support while helping ease the hard hits from the finical toll.

"I know Jackson and he is a sweet little boy," Angie Hendrix said. "I know that Brannon and his wife have had to take off of work a lot recently to take Jackson for treatments, so they need our help at this time. Everyone needs help from time to time and it's our job as the community to step up and help out when it's needed."

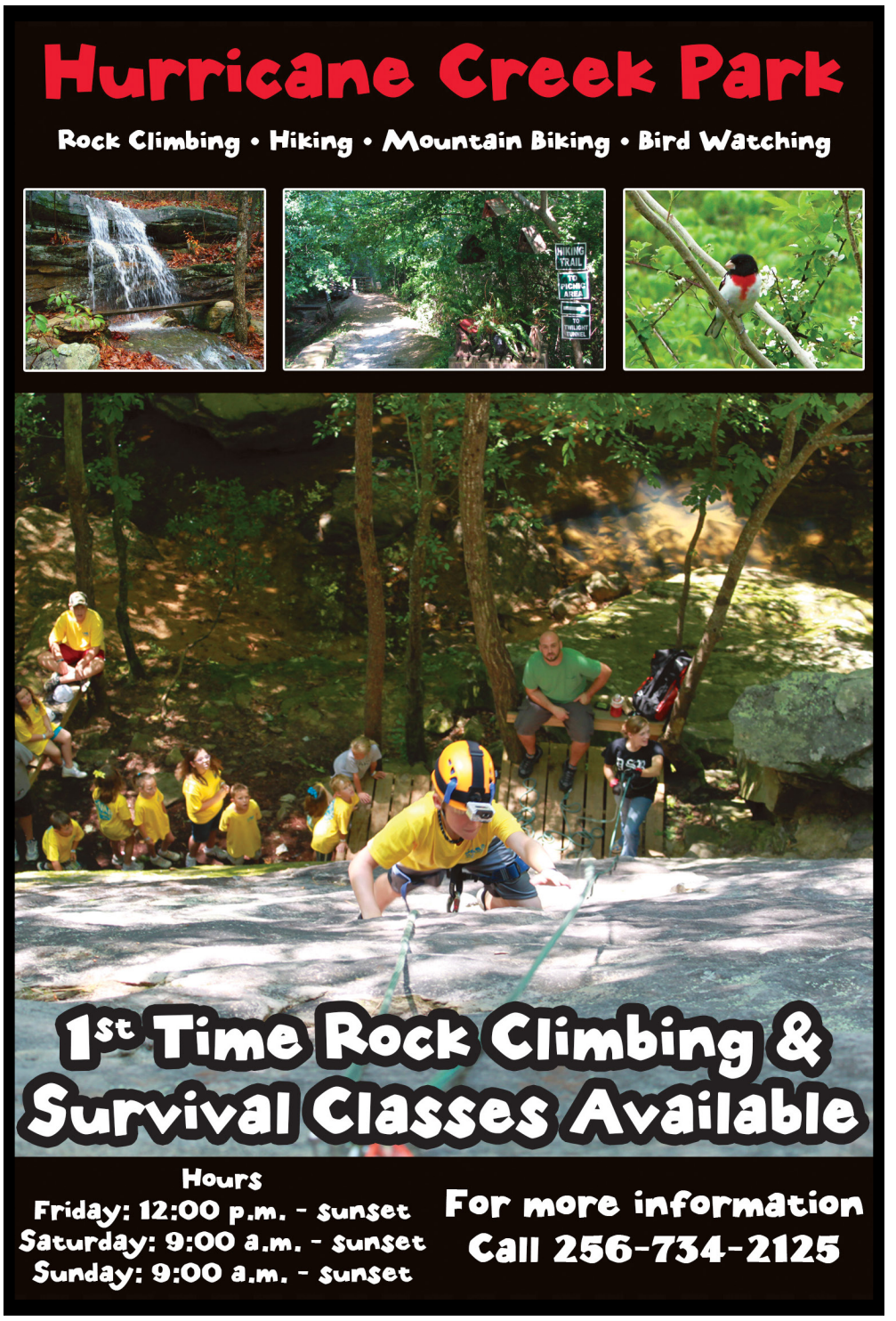
Johnny's owner, Gary Wiggins, said he knew he'd be involved with a fundraiser for Jackson after a conversation with Steve Cook, a mutual of friend of the Ray's and



Wiggins'.

"Steve Cook was aware of the situation and when he approached us to help with this fundraiser we knew we had to," said Wiggins. "It is part of giving back to the community. We recently celebrated our 50th year of being a family owned and operated business, so we are just giving back what has been given to us by this community." The outpouring of support was a moving sight for Brannon. "It's amazing how strong he is. We've been blessed by the community. Jackson is a tremendous blessing and God continues to bless our family every day," he said. "I can't describe how humbled and how much gratitude my wife and I have for all the help and love so many have offered to us. My words cannot express the thanks I have for everyone.

To follow Jackson's progress, along with information on how to make a donation, visit the family's Facebook page *Jackson's Journey*.



– 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.

Therapeutic Recreation Halloween Party
The Cullman City Parks & Recreation Departments Therapeutic Recreation program will be hosting a Halloween Party at Stonebridge Farms from 5:30 p.m. through 8 p.m. Food and candy will be served as well as numerous activities including a hayride, a haunted chapel maze, dancing, and more! Halloween costumes are also welcomed to be worn. The Halloween Party will be free to those with special needs as well as their families and friends who are encouraged to attend. For more information on the Halloween Party or the Therapeutic Recreation program at CP&R, please contact Hollie Gutierrez at 256-734-9157 or by e-mail at hgutierrez@cullmanrecreation.org.

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.

Beginner Line Dance Lessons
Beginner Line Dance Lessons for 6 weeks each Tuesday night starting October 15 at 6:30 p.m. These lessons will take place in the basement of the Col. Cullmann Museum. $5.00 per lesson per person, with Patricia Quick as instructor. Open for all.

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

'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.

Cullman Area Chamber of Commerce's 4th Friday Luncheon
Come to the Cullman Area Chamber of Commerce's 4th Friday Luncheon today starting at 11:30 a.m. when doors open to the All Steak Restaurant's Banquet Room. Speaker today will be Dennis Wightman, General Manager of Acrylic Tank Manufacturing (ATM) of Nevada who is featured on the hit show 'Tanked' on Animal Planet on television. His company has been selected as the official and exclusive aquarium manufacturer for the Bass Fishing Hall of Fame's permanent site in Cullman. This construction and installation will be featured on a future episode of 'Tanked". This event is sponsored by Cullman Regional Medical Center and the program and lunch begin at 11:50 a.m. after 20 minutes of 'networking' among attendees. Cost for chamber members is $15.00 per person, $20.00 for 'future' members. Reservations are required. Register online at www.cullmanchamber.org or call 256-734-0454. (48 hour cancellation notice or subject to billing. No payments taken at door - can be invoiced or paid online.)

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.]

Peinhardt Living History Farm Day
Step back in history and enjoy a day on the Farm learning about life on a Cullman County Farm in the 1930's. There will be hands-on exhibits for the entire family beginning at 9 a.m. and running until 3 p.m. The North Alabama Antique Tractor Club will have parades at 11 a.m. and 1 p.m.. Live music, farm animals, old-time logging and woodworking displays, quilting, and field crops. Museum open. Admission Charge 0-4 Free; 5-12 $5; 13 & up $7.Parking off of Hwy 278 at Talley Ho Street beside Cullman Bowling Alley. Additional parking with shuttle at Seventh Street Baptist Church.www.peinhardtfarm.org

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!

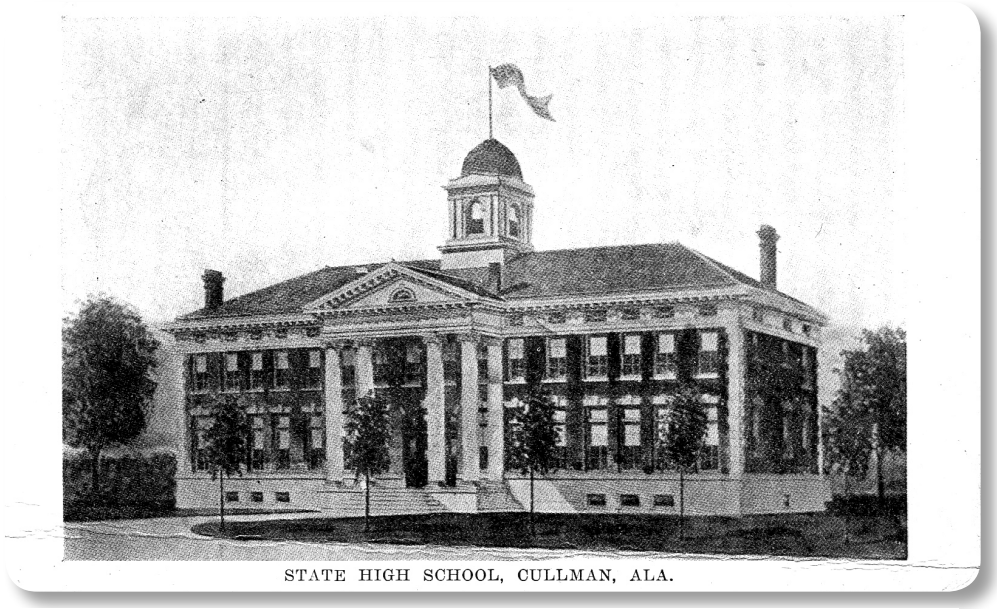
Looking Ahead

Cullman 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.

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

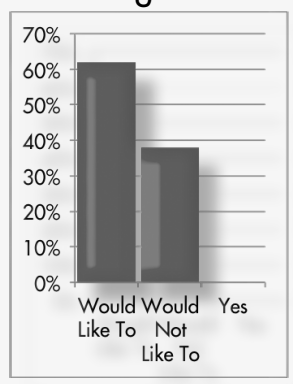
Share your historic photos with us!
E-mail history@cullmansense.com



State High School — Contrib. by Cullman County Museum

Poll

Do you have a home garden?



This Week's Poll

Have you or would you go skydiving?

Vote Today at CullmanSense.com/Poll

CULLMANSENSE
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This Week in History

October 21st
- 1858 – In Paris, the Can-Can is first performed
- 1917 – First Americans to see action on front lines of WW I

October 22nd
- 1928 – President Hoover speaks of "American system of rugged individualism"

October 23rd
- 1910 – Blanche Scott became first woman solo a public airplane flight
- 1989 – Hungary proclaims itself a republic and declares communist rule ended

October 24th
- 1861 – West Virginia seceded from Virginia

October 25th
- 1621 – Governor Bradford of U.S. colony Plymouth disallows sport on Christmas Day

October 26th
- 1900 – After 4 years of work, first section of New York subway opens

October 27th
- 1941 – Chicago Daily Tribune editorialize there will not be war with Japan
- 1973 – Alabama sets offensive record (828 yards), beats Virginia Tech 77-6

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.

Questions to Ask Your Doctor about Diabetes and Pain

(StatePoint) The numbers are staggering – 25.8 million people, representing 8.3 percent of the U.S. population, have diabetes, according to the most recent data available from the Centers for Disease Control and Prevention. That's one in every 12 people, and the numbers may have soared even higher since these statistics were gathered.

For those living with the disease, preventing and treating complications associated with diabetes is critical.

One serious complication is diabetic peripheral neuropathy (DPN), which affects 60 to 70 percent of people with diabetes. Since those with DPN don't generally experience symptoms at first, it often goes undiagnosed until the condition worsens.

"If left untreated, diabetic neuropathies can cause disabling chronic pain, increase the risk of falling in the elderly, and trigger foot ulcers that may even require amputation," warns Shai Gozani, CEO of NeuroMetrix, a medical device company that develops home use and point-of-care devices for the treatment and management of diabetic neuropathies.

The American Diabetes Association recommends getting an annual screening to detect DPN before it leads to Painful Diabetic Neuropathy (PDN). Ask your doctor about a new fast and accurate test, DPNCheck, which may aid in the early detection and confirmation of DPN.

Gozani advises those living with diabetes who are wondering if they have PDN to ask themselves if they have any of these symptoms:

- Burning, stabbing, or shooting pain in your feet or legs.
- Pain when you walk, as though you are walking barefoot on marbles or hot sand.
- A persistent achy feeling in your feet.
- Pain in your feet or legs that makes falling asleep and waking up difficult.
- Pain in your feet or legs that makes you depressed or anxious.

If you're experiencing any of these symptoms, make an appointment with your health care provider to get a proper diagnosis. Be sure to ask your health care provider about emerging chronic pain relief options, which provide non-narcotic, non-addictive complements to pain medications. These include the SENSUS Pain Management System, an electrical nerve stimulator that is lightweight, wearable under clothing, and the first of its kind to be cleared by the Food and Drug Administration to be used during sleep.

More information about early detection of DPN and safely treating PDN can be found at NeuroMetrix.com.

The Power of Silence and Indifference: A review of the film *Gravity*

By: Dillon Lee • Entertainment Editor
dillon@cullmansense.com

Mexican director Alfonso Cuarón made his first splash with the steamy Y Tu Mamá También which won the affections of critics and fans of international film, but his real impact on US movie goers came from his work in fantasy and science fiction. In 2004, Cuarón directed the third Harry Potter film, The Prisoner of Azkaban, which was the best in that series to date.

This was followed by Cuarón's adaptation of the P.D. James novel *Children of Men* which presented a bleak polluted future where humanity had become sterile. This was an indication that Cuarón had a gift for a genre called "Hard Science Fiction."

Hard Sci-fi is based in reality and actual science instead of the fantastical technology and situations found in genre mainstays like *Star Wars* or *Star Trek*. This gift, and Cuarón's boyhood dream of being an astronaut, feeds the tense, beautifully shot film *Gravity*.

Gravity is at its core about surviving a disaster in the harshest most unforgiving environments- space. Two astronauts, the veteran Commander Mike Kowalski (played by George Clooney) and the rookie, Dr. Ryan Stone (played by Sandra Bullock) are set adrift from their space shuttle.

Only tenacity, inventiveness, luck, and, as Cuarón symbolizes heavily, faith offer any hope of overcoming a situation that is at the mercy of gravity and the lack thereof.

In traditional science fiction, humanity has mastered space; in *Gravity* technology cannot overcome the dizzying void of space. Not matter how far our space programs advance, space is an insurmountable foe.

Legendary director of *2001: A Space Odyssey* Stanley Kubrick once said that the "most terrifying fact about the universe is not that it is hostile but that it is indifferent."

And so, *Gravity* becomes the best horror film in recent memory, disguised as a hard sci-fi drama. One in which the antagonist is not a killing machine, spook, or monster that can be matched or overcome. Space can only be endured.

The film would be devoid of the heights of tension without two masterful elements- cinematography and sound design. In combination, these essential components of unforgettable films recreate frighteningly real situation in *Gravity*. They make you appreciate the risk taken by each leap an astronaut makes into space.

In one early scene the camera fixates on Bullock's character Dr. Stone as she topples end of end into space.

At first the camera is fixed on a fantastically rendered Earth in the background, then, in seamlessly begins to spin with the hapless Stone; finally, the camera careens its way into Stone's helmet giving a first person view of what Stone is seeing.

The entire process makes the audience reel in weightlessness with our two protagonists. Its disorienting and terrifying, but artfully skirts the edge of sickening confusion.

Cuarón expertly shift the camera to balance the disorientation by providing something for the characters, and audience, a focal point, be it a breathtakingly recreated orbital sunrise or a tiny shining dot on the horizon that represents the distance International Space Station.

While the camera work does its magic, the sound design provides in own tension. The score is understated orchestral music, sometimes exploding into the scene but more often subtly playing in the background.

This gives room for the most striking "sound" in *Gravity*- silence. As Bullock's character spins uncontrollably in the scene described above, the audience hears her panicked, labored breathing which burns up the precious, limited oxygen in her suit.

It is punctuated with squawks and pleas into her radio as her partner, Clooney's Matt Kowalski, attempts to calm her down.

The most cringe inducing, awe-inspiring shots occur when major disasters strike. Accidental orbital debris circling the Earth at staggering speeds cause the initial disaster and continue to play a chilling factor. As this debris strikes, chaos ensues.

Shuttles, satellites, space stations- all representing the pinnacle of human exploration- are ripped apart with reckless abandon in utter silence.

The quiet makes the visuals more horrifying. Silence serves as a constant reminder of the cold and indifferent reality space. It does not scream or howl. It simply, quietly is.

Cuarón infused the film with symbolic imagery and religious ideology. While these elements are subtle, they are not overtly distracting. They play an important role to the emotional arch of the story.

Dr. Stone is dealing with her own internal strife over events that occurred in her Earth bound life. She questions her will to survive as she fights to live another tenuous 90 minutes. This element is admittedly hackneyed. It only serves to engender sympathy from the audience and allow Cuarón to insert his largely nondenominational religious imagery.

Given the visual and audible masterpiece that Cuarón has constructed, it becomes a minor complaint and serves its purpose without detracting from the experience.

Like any great director that tugs on the heartstrings of his audience, he wraps the viewer up in the moment- visually, aurally, and emotionally. Only upon critical reflection do those minor flaws become apparent.

This film marks the best use of 3D since James Cameron's *Avatar*. Like *Avatar*, *Gravity* must be experienced on the big screen.

The scope of the film will be diminished in any other format. Movie goers that instinctively avoid 3D because of the experience or the price are encouraged to ignore that instinct. It will not be regretted.

As a final note, Cuarón's "special thanks" in the credits are an interesting indicator of his trailblazers that made this film possible.

He thanks Guillermo Del Toro, a Mexican/Spanish filmmaker that first broke into the American market and since became an influence in Hollywood. Cuarón also thanks Directors James Cameron and David Fincher.

Presumably he thanks Cameron because of his pioneering work in 3D, essentially an example of how to use the medium in a see of examples of what NOT to do.

Fincher is the more interesting "thanks." Fincher notably directed *Seven*, *The Girl with the Dragon Tattoo*, *The Social Network*, and recently won an Emmy for his directorial work on Netflix's acclaimed *House of Cards*. Fincher moves the camera in unconventional ways.

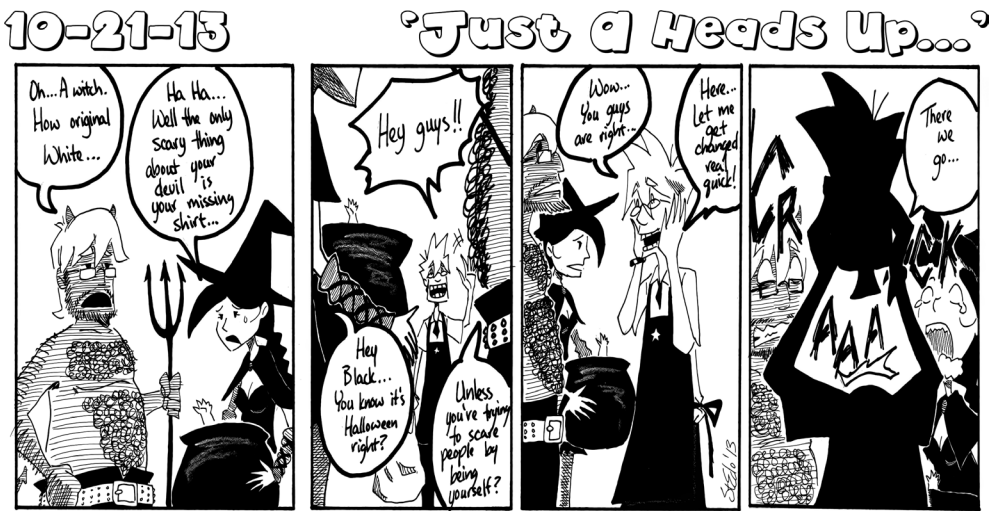
In his less regarded film *Panic Room*, he slides the camera through walls, floors, and keyholes pushing the power of seamless movement using digital effects.

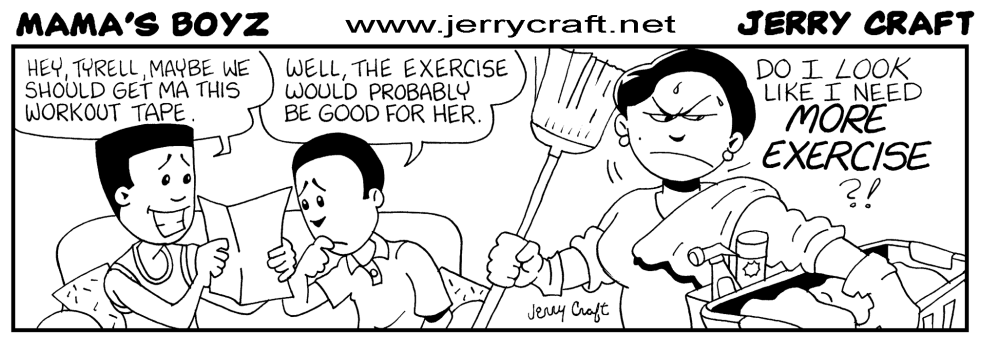
Cuarón uses this style to stunning effect as *Gravity* occasionally feels like an astronaut documentary in the most unlikely of circumstances. All told *Gravity* is a fresh, fantastic, anxiety-inspiring, tense, beautiful, terrifying thrill to experience.

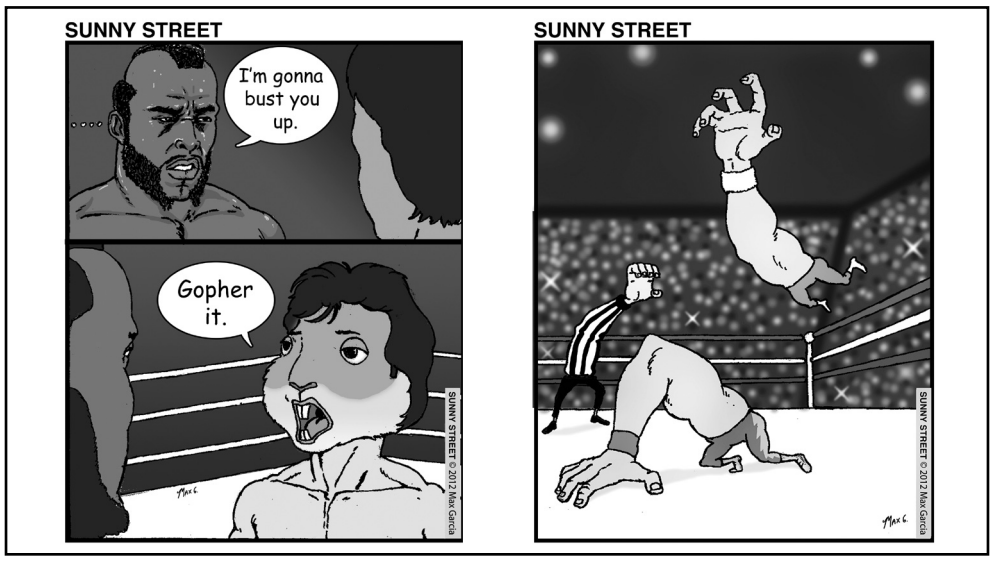
Recommended Viewing: *2001: A Space Odyssey (1968), Children of Men (2006), Panic Room(2002), Moon (2009), Solaris (2002) , Sunshine(2007).*

Comics

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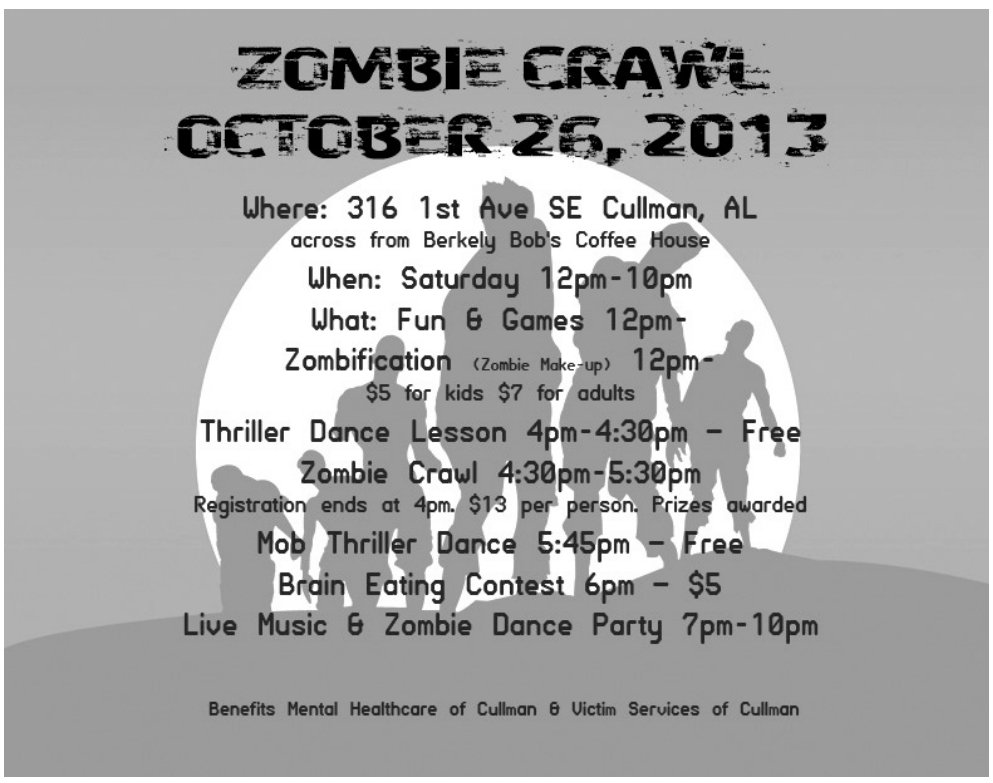






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In Solidarity with Indigenous Peoples

By: Laura Finley, Ph.D.

BRIEF BIO

Laura Finley, Ph.D., teaches in the Barry University Department of Sociology & Criminology and is syndicated by PeaceVoice.

Last I heard, contracts negotiated between two consenting and capable parties are supposed to be binding, with repercussions if one party violates what has been agreed upon and codified into a legal document. That is, of course, unless it is the state entering into such agreements with indigenous peoples. Then these legal documents are little more than lip-service, or so it seems, based on the actions of the U.S., Canadian, and other governments who have and continued to trample the rights of indigenous peoples with impunity. Instead of being held accountable to the legally binding agreements they have signed, these governments continue to deprive indigenous peoples of their land, their livelihoods, and their cultures. Worse yet, they have the gall to point the finger at indigenous peoples and their allies who resist this continued destruction of their land and resources, calling them the criminals.

The United States government has negotiated some 600 treaties with Native people, most of which it has violated. As just one example, were it to have adhered to its own agreement, the Lakota Nation would have encompassed much of the western Midwest (and some of the easternmost region of what we now call the West), with the vast resources offered by the land and water in that region.

Instead, many Lakota live on reservations (or prisoner of war camps, as they might be called) like Pine Ridge, which is annually one of the most impoverished places in the United States.

Unemployment rates run around 70 percent, and as of 2011, almost 50 percent of Pine Ridge residents live below the federal poverty line. Like a third-world country, life expectancy rates hover in the later 40s and early 50s, in stark contrast to the rest of the U.S, where the average women lives to be 81 and the average man to 76. But, when Native peoples have organized, like the American Indian Movement did in the 1960s and 1970s, they are presented as a threat, not as part of the solution.

Canada has done no better. Instead of honoring its agreements to indigenous groups, the Canadian government has stolen the land and poisoned the water, soil, and air in which many from the First Nations live. On October 15, 2013, United Nations special rapporteur on the rights of indigenous peoples James Anaya issued a scathing report, noting that 20 percent of aboriginal peoples in Canada live in homes in need of serious repairs and that the suicide rate among aboriginal youth is five times greater than that of all Canadians. Anaya called the situation a "crisis," and, among other factors, traced it back to Canadian government policies that broke up homes and destroyed indigenous cultures by sending indigenous youth to horrific boarding schools where they were forced to become as White as possible.

But, instead of critically reflecting on Anaya's report, the Canadian government elected to further oppress this already marginalized group. Just days ago, when indigenous peoples and their allies organized to protest fracking in New Brunswick (a natural gas extraction process that devastates the land and groundwater) the RCMP responded with force. Instead of listening to the voices of indigenous peoples about the Tar Sands pipelines, the Canadian government has criminalized their voices and continues to plunder on.

So, while the U.S. and Canada are two of the wealthiest nations in the world, both should bear the responsibility and pay the price for becoming so through the extraction of resources and land that did not and does not belong to them.

Indigenous people and their supporters have not and will not be silent about these issues.

Groups like Idle No More have organized, taken to the streets, and used traditional indigenous dance and culture as well as teach-ins and other nonviolent direct action to organize communities to speak out about the repressive policies.

I was fortunate to hear from representatives from Idle No More recently and to participate in one of their rallies. To call it a humbling experience is an understatement.

For readers who are not familiar with these histories, I implore you to educate yourself. There is far more to the story than I have presented here.

When you do, you too will be outraged, and hopefully called to act, to support indigenous peoples as they fight to regain that which is lawfully theirs and to ensure they can raise their children in non-toxic environments. It is the least we can do.

EDITORIAL CARTOON

Massachusetts high school Honor Roll member and athlete, Erin Cox, penalized for going to the aid of classmate who had been drinking and called Erin to come and drive. Erin stripped of team captaincy of Volleyball team and suspended for 5 games.

North Andover High School Student Rule Book (cont.)

4.) Alcohol

Note: You are a minor.

a.) *Don't* drink.

b.) *Don't* drink and drive.

c.) *Don't* call a friend if you drink and know you can't drive.

-NOTE: If the person you are calling was a *real* friend then why weren't they out drinking with you?

d.) So, if you are drinking and you know you can't drive and you can't contact your so-called friend to come and get you, then you might as well hunker down and have another drink and sleep it off, in an alley, behind a dumpster or down by the river under a bridge.

e.) If you are home and your parents are about to have a drink, leave your home immediately. Hang out somewhere with your new friends that you made while sleeping it off under the bridge until you are sure that your parents are done drinking. Call them to be sure.

5.) Drugs

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Berkeley Bob's Coffee House
Berlin Plaza Quick Stop
Brandin Iron Steakhouse
Busy Bee Cafe
Calley's Jet-Pep - Hwy. 278
Catoma Mart
Cullman Civic Center
Cullman County Courthouse
Cullman Wellness & Aquatics Center
Deb's Bookstore
Fairview Superette
Good Hope Grocery
Graves' BP 157
Hanceville Chevron
High Quality Fuels - Dodge City
Holly Pond Cafe
Holly Pond Supermarket
Jet Pep - Hwy 157
Joe's Freeway Exxon
Johnny's Bar-B-Q
Lowry's Discount Mart - Hwy. 157
Piggly Wiggly - Hwy. 157
Rumors Deli
S&S Foods
Southmart Chevron - Hwy. 278
The Hutch
Vinemont Super Saver
Wendy's / Texaco
West Point Superette

Lives (from Front)

Regional Medical Center.

The program focuses on educating teenagers on responsible driving habits while reinforcing the consequences of irresponsible driving. CRMC is thankful to the numerous volunteers who have played a critical role in the success of this new program offered to the Cullman community.

The next class will be offered on November 9 at 8 a.m. in CRMC's Colonel Cullman Room in Professional Office Building 2 Community Education Center (1912 Alabama Highway 157, Cullman, AL 35058). You may register by calling 256-737-2600 by Friday, November 8. The cost of this class is $25 per person.

For more information on programs and services available at CRMC, visit online at www.crmchospital.com.

Prescriptions (from Front)

ald Williamson said, "We are aware that many times legitimately obtained prescription drugs are no longer needed and have the potential for misuse. Everyone should be mindful of the risks they pose and use this opportunity to dispose of their medications in this safe way."

Last April, Americans turned in 371 tons (over 742,000 pounds) of prescription drugs at over 5,800 sites operated by the DEA and its thousands of state and local law enforcement partners. In its six previous Take Back events, DEA and its partners took in over 2.8 million pounds— more than 1,400 tons—of pills.

"I am encouraged and proud of Alabama's continued support of this valuable program," said Attorney General Luther Strange. "Safely removing and disposing of potentially dangerous controlled substances from our homes is an important and basic step to fighting drug abuse and drug-related crimes. The overwhelming participation in previous Prescription Drug Take-Back Days has taken potentially dangerous drugs out of people's homes, where they could be stolen by burglars or misused by children, making our state safer for the people of Alabama."

This initiative addresses a vital public safety and public health issue. Medicines that languish in home cabinets are highly susceptible to diversion, misuse and abuse.

Rates of prescription drug abuse in the U.S. are alarmingly high, as are the number of accidental poisonings and overdoses due to these drugs. Studies show that a majority of abused prescription drugs are obtained from family and friends, including from the home medicine cabinet.

In addition, Americans are now advised that their usual methods for disposing of unused medicines—flushing them down the toilet or throwing them in the trash—both pose potential safety and health hazards.

DEA is in the process of approving new regulations that implement the federal Safe and Responsible Drug Disposal Act of 2010, which amends the Controlled Substances Act to allow an "ultimate user" (that is, a patient, his or her family member or a pet owner) of controlled substance medications to dispose of them by delivering them to entities authorized by the U.S. Attorney General to accept them.

The act also allows the Attorney General to authorize long-term care facilities to dispose of their residents' controlled substances in certain instances.

Don't Ignore Your Pet's Bad Breath

(StatePoint) If you think your pet's bad breath is no big deal, you're not alone, as 28 million pet owners mistakenly think bad breath is normal for pets.

But experts are warning dog and cat lovers that bad breath isn't just unpleasant, it can be a sign of poor oral health or dental disease.

"If your pet has bad breath, a visit to the veterinarian is imperative," says Dr. Brook Niemiec, a board-certified veterinary dentist and President of the Academy of Veterinary Dentistry.

Breeds with short, flat faces like Pugs, Boston Terriers, and Bulldogs are at higher risk for oral issues, as are senior pets and small dogs and cats. But no matter the size, breed, or age of your pet, you can take steps to reduce bad breath:

- Brush your pet's teeth daily to fight buildup of plaque and tartar.
- Give your pet Veterinary Oral Health Council accepted dental treats, such as Greenies Dental Chews and Treats.
- Make regular visits to the veterinarian.
- Schedule professional dental cleanings as advised by your veterinarian.

To learn more about preventing bad pet breath and how dental chews and treats work, visit www.Greenies.com.

Bailey (from Front)

lace State became known as a leader in the field of health care education, offering more associate degree allied health programs than any other college in the state.

Dr. Bailey credited state senator Bob Wilson for helping the school get the initial funding it needed to expand from a trade school to a community college. But it was Frances Mauldin Dodd, who served as director of development before she passed away, who worked most closely with Bailey in aggressively pursuing federal funding opportunities that allowed the campus to grow into the college it would become, the crown jewel of the Alabama Community College System. To recognize her contribution, Bailey directed that the main thoroughfare running through campus be named in her honor in 2002.

In addition to the James C. Bailey Center, the recently renovated 13-story building, Dr. Bailey was most proud of Tom Drake Coliseum, a $12 million complex, which celebrated its 10th anniversary in 2003. It became a draw for bringing many large events to campus, most notably the Alabama High School Athletic Association's Northwest Regional High School Basketball Tournament, which continues to draw an annual attendance of approximately 25,000 visitors.

Having attended college on an athletic scholarship himself, Dr. Bailey believed in the role athletics played not only in a comprehensive college experience, but also in allowing talented students, who might not otherwise be able to attend college, to pursue an academic career. And so he assured that, in addition to being academically strong, the college was also athletically strong, a tradition Dr. Hawsey Karolewics has continued.

Dr. Bailey took over as athletic director in 1982 and held that role until his retirement. At his retirement, and to date, the college has won more Alabama Community College All-Sports Trophies than any other college.

By 2003, Dr. Bailey had transformed the college from a trade school that consisted of 10 programs housed in three buildings on 20 acres of land to a community college offering an array of academic transfer, health care, and technical programs in 35 plus buildings on property covering more than 200 acres.

"I have dedicated much of my life to building this college," he said upon retirement. "It's a good note to leave on."

"Wallace State will be forever indebted to Dr. Bailey for his dedication to this college, and his legacy will live on forever in the facilities and programs he established," said Dr. Hawsey Karolewics.

Dr. Bailey's family has established a scholarship in his name through the Wallace State Future Foundation. Contributions may be made online at www.wsccfuturefoundation.org.

Biographical Sketch of Dr. James C. Bailey

Dr. James C. Bailey served as the second president of Wallace State from 1971 to 2003. "Jake," as he was affectionately known by his friends and colleagues, grew up in the Fairview community.

He graduated from Fairview High School, he received his Bachelor of Arts and his Master of Arts Degrees in Education from Athens State, his AA certification from the University of Alabama in Birmingham, and his Ed.D. in Administration from Nova Southeastern University in Fort Lauderdale, Florida.

His successful teaching career and growing reputation as an innovator in education led to his appointment as President of Wallace State. At that time, Wallace State consisted of eleven instructors, ten departments, and 59 students. Under Dr. Bailey's leadership and guidance, the student body now numbers approximately 6,000 with 35 buildings on a campus of 250 acres. It is one of the fastest growing colleges in the Alabama College System. James C. Bailey's philosophy that "students come first" and that "emphasis should be placed on community involvement" enhanced the educational opportunities in our state.



James C. Bailey

He was a past two-time president of the Alabama College System Presidents' Association, a member of the Athens State University Advisory Board Chairman of the Board of Regions Bank – Cullman, past-president of the Cullman Chamber of Commerce, member of the Board of Trustees of the Alabama Business and Professional Women's Foundation, member of the Foundation Board at Cullman Regional Medical Center, served as the first Chairman of the Cullman County Industrial Development Board, member of the Outlook XXI Committee, served as a former board member of the Alabama Diabetes Trust Fund, Inc., Chairman of the Leukemia Association for Cullman County, Chairman of the Cullman County Heart Association Drive, and Chairman for the March of Dimes Drive, just to name a few.

Dr. Bailey knew education – he emphasized its value not only to the students but also to the community. He was always willing to go the extra mile for the success of a student, a project, or a program. Dr. James C. Bailey made many accomplishments and contributions to the field of education, to his church, his community, and the state of Alabama.

An avid farmer/gardener, Bailey planted a variety of vegetables for relaxation and was best known for supplying tomatoes for The All Steak's fried green tomatoes.

Dr. Bailey resided in Gilleyville, and is survived by his wife Ann, their two daughters, Gina Bailey McKell, and Beth Bailey Pappas, and five grandchildren.

Highlights of the Dr. James C. Bailey Administration

- Dr. James C. Bailey was appointed president of Wallace State on February 16, 1971.
- Wallace State received accreditation by the Southern Association of Colleges and Schools on December 6, 1971. It was granted full accreditation by the Commission on Colleges in 1978.
- The Wallace State Library was completed in 1986. The library also houses an extensive genealogy research center.
- Tom Drake Coliseum celebrated 10 years in 2003. The $12 million facility seats 5,080 and includes and indoor walking track. It hosts a number of local, state and regional events, including the Alabama High School Northwest Regional Basketball Tournament, which annually draws approximately 25,000 visitors.
- The James C. Bailey Center was completed in 1994. The 12-story building houses admissions, financial aid, administrative offices, multimedia classrooms, and conference facilities.
- The Wellness Center was completed in 1995. It is equipped with a weight room, cardiovascular equipment, racquetball courts, aerobics rooms, gymnasiums, and classrooms.
- The Heath Science Building, which houses the dental assisting and hygiene programs and computer laboratories, was competed in the fall of 2002.
- The Wallace State Aviation Flight Technology program was initiated in February 1978. A helicopter training program was added in 1992. It is one of two collegiate flight programs in the state (the other is at Auburn University).
- Wallace State ranked nationally for two-year health graduates.
- The first health care program, nursing, celebrated its 30th anniversary.
- Wallace State established 17 health care programs, the most two-year programs in the state, with clinical sites all over the southeast. The dental hygiene program is the only accredited program in Alabama.
- Wallace State has been awarded 13 All-Sports Trophies by the Alabama Junior and Community College Conference (AJCCC).
- Wallace State produced five national championship teams, one Olympic medalist, many state championships and numerous academic All-Americans.
- Women's basketball celebrated 25 years during the 2002-2003 season.