Series 3, Issue 43 Monday, October 28, 2013

Cullman's Monday Newspaper

CULLMANSENSE

Community Matters

$0.50 $0.50

Local



A Yearning for Ye' Olden Days

Thousands of residents opted to take a trek backwards in time Saturday for their opportunity to experience what life was like on a 1930s Cullman County farm during the annual Peinhardt Living History Farm Day. p6

Take Back the Night

Residents, volunteers and board members of Victim Services of Cullman, Inc. met for a candlelight vigil in Depot Park to "Take Back The Night" and make a stand for domestic violence. p2

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SNAP benefits to decrease in November

Contributed by Alabama Department of Human Resources

MONTGOMERY – Families and individuals enrolled in the Supplemental Nutrition Assistance Program (SNAP) will see a decrease in their benefits beginning in November. The decrease is a result of the expiration of the American Recovery and Reinvestment Act (ARRA) that went into effect in April of 2009.

SNAP Benefit amounts are determined by several factors such as income, household size and expenses, so the amount of the decrease will vary depending on individual circumstances. While many families and individuals do not receive the maximum benefit, a family of four receiving

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Tours of Terror

Haunted Attractions in North Central Alabama pio



Bass Fishing Hall of Fame Dinner Puts Cullman on the Map

By: Natalie Bonner

CULLMAN - This past Wednesday, Cullman's Top of the Town played host to the Bass Fishing Hall of Fame Dinner and toasted to the fact that Cullman is the designated spot where the Bass Fishing Hall of Fame and a new adjacent civic center complex will be constructed sometime next year.

Some people might simply think this physical project is only about the sport of fishing, but it means so much more for our tiny little town in terms of growth, tourism and job placement.

To put it in terms of the Hall of Fame Board Director Sammy Lee: "Cullman is on the Launchpad and the countdown has begun."

Lee expressed volumes of excitement when giving his address to the event's attendees and more so in our exclusive interview saying, "You're going to see hundreds of thousands, if not millions, of new tourists stop here and

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Atlanta Braves All Star closer headed to Cullman

By: Josh McBrayer
joshmcbrayer@cullmansense.com

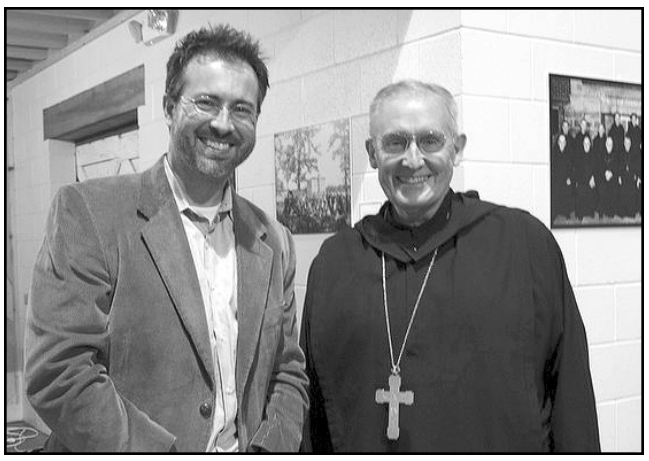
CULLMAN – The best closer in baseball, Atlanta Braves' Craig Kimbrel is getting back to his roots so to speak. The three time NL All Star and 2011 NL Rookie of the Year will once again make an appearance at the annual Christmas baseball camp hosted by ASPT and owner Steve Johnson.

This will be the second consecutive year that Kimbrel will return to ASPT to meet the campers, talk to them about the importance of hard work, and sign autographs. Stay connected to cullmansense.com for more information on how your child can attend the camp.

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PRINTED LOCALLY @ PRINTING Alabama Web Press

Br. Joseph and the Grotto Movie makes premiere at St. Bernard Abbey



Cliff Vaughn speaks with Abbot Cletus Meagher before the premiere.

By: Joyce Nix • St. Bernard Contributor

CULLMAN – It was a dress-up affair on October 17, 2013 as St. Bernard Abbey, in conjunction with the City of Cullman Economic Development and Cullman Chamber of Commerce, rolled out the red carpet in the Abby Byre for filmmakers, actors, and sponsors of the newly-created documentary, *Br. Joseph and the Grotto*, featuring the life and times of St. Bernard Abbey monk, Br. Joseph Zoettl.

The documentary about Br. Joseph is an inspiring true tale involving folk art, Alabama history, perseverance, and a life of devotion.

In 1892, a young lad - 14 years of age from Landshut, Bavaria, braved the seas to America. Br. Joseph Zoettl left his family to become part of monastic community life at St. Bernard Abbey.

Br. Joseph had an affection for religious life not found in many countries today. His talent for creating small pieces of work out of cement and cast off materials, to creating miniature shrines of churches and landmarks which are now on display in a four-acre garden park in Cullman, Alabama known as Ave Maria Grotto, has left a legacy of labor and love for many generations to come.

It was his talent that inspired siblings, Cliff Vaughn, documentary filmmaker at Red Clay Pictures in Nashville, Tennessee, and Carol Ann Vaughn Cross, a professor at Samford University in Birmingham, Alabama to join forces bringing to life a documented story celebrating Br. Joseph's life of perseverance, humility and dedication.

Vaughn grew up in Huntsville and had known about the Grotto all of his life, but it was when he heard Kate Campbell's song, "Ave Maria Grotto," that he felt this story had cinematic qualities, so he tucked it away in the back of his mind and more than ten years later decided the time was right. Vaughn said, "My sister, Carol Ann, has a PhD. in History with a concentration in the American South, and we were very interested particularly because the story takes place in Alabama creating a strong interest for the film. It has a religious and spiritual effect which speaks to people whether religious or not, and the work itself speaks of Br. Joseph's talents as a folk artist."

Vaughn and Cross spent many hours researching Br. Joseph's life combing through the archives at St. Bernard Abbey and finding all kinds of interesting things pertaining to his work, Vaughn said. "There were literally hundreds of postcards from everywhere that people had sent to Br. Joseph."

"Br. Joseph was a man of perseverance, humility, and had values that don't get celebrated," commented Vaughn.

The filming of the documentary took place at the Abbey at St. Bernard – the powerhouse and the Ave Maria Grotto—and a horse farm in Franklin, Tennessee. A couple of locations in Nashville were used as well. The cast included seven members, with the younger Brother Joseph and older Brother Joseph being played by a father and son.

"It was put together very well," Abbot Cletus said. "It was very interesting to note the changes in America when Br. Joseph came from Bavaria in 1892. Br. Joseph lived to see history in the making from the invention of electricity, the Great Depression, World War I and II to living in the same state as the famous W.C. Handy and Helen Keller." Vaughn was beside himself with the excitement shared at St. Bernard and how receptive the community was to the film. "Saint Bernard Abbey and the people of Cullman were most hospitable while we made "Brother Joseph and the Grotto," and last Thursday night's premiere at the Abbey Byre for the Arts was no exception. Everything was top-notch -- fitting for a celebration of Brother Joseph, who has given so much to our state."

A reception was held before the premiere with passed appetizers being served by students of St. Bernard Prep School. A local brewery, Straight to Ale, out of Huntsville premiered their new brew, dedicated to the memory of *Br. Joseph and the Grotto*, Brother Joseph's Belgian Dubbel. Music was provided by the Saint Bernard Prep School Jazz Band. Fr. Marcus Voss, Director of Development, opened the evening with a prayer and introduced Kate Campbell whose song inspired the idea for the movie. Students at St. Bernard were treated to a private showing the following Friday.

While the energy of the premiere will be tough to duplicate, Vaughn looks forward to sharing the film in other venues. http://brotherjosephmovie.com shows other events already being lined up (Nov. 9 at Samford, Nov. 17 in Elba, Dec. 12 at Wallace State, and more to come!)

SNAP (from Front)

the maximum benefit will see their benefit decrease from $668 to $632 per month and an individual recipient receiving the maximum benefit will see a decrease from $200 to $189 per month.

Each household will receive a notice by mail that will tell them the exact amount of their benefits after the change has been made. They may also call 1-800-382-0499, after November 1, to find out the new amount of their monthly benefit.

SNAP benefits are funded with 100% federal dollars through the United States Department of Agriculture, Food and Nutrition Service and may only be used to purchase food.

SNAP's purpose is to improve nutrition by providing monthly benefits to eligible low-income households to help them buy the food they need for good health. All states operate the SNAP program according to regulations set forth by the U.S. Department of Agriculture.

CRMC Auxiliary Hosts Fall Book Fair

By: Amy Linton • CRMC Contributor

CULLMAN — Cullman Regional Medical Center Auxiliary will host its Fall Book Fair on Monday, October 28 from 7 a.m. until 5 p.m. and Tuesday, October 29 from 7 a.m. until 4 p.m. in CRMC's Col. Cullman Room, located in the Community Education Center in Professional Office Building II (1912 Alabama Hwy 157, POB II, Cullman, AL 35058).

This sale features a HUGE selection of books and gifts – inspirational and educational items, cookbooks, special seasonal items, health & fitness, toys, and much more!vProceeds benefit the CRMC Auxiliary; cash, check, Visa, MasterCard, and Discover credit card payments are accepted.

For more information contact the CRMC Volunteer Services office at 256-737-2600. For a complete list of upcoming support groups and events at Cullman Regional Medical Center visit the online Calendar of Events at www.crmchospital.com.

Take Back the Night

By: Noah Chandler
noahchandler@cullmansense.com

CULLMAN – Residents, volunteers and board members of Victim Services of Cullman, Inc. met for a candlelight vigil in Depot Park to "Take Back The Night" and make a stand for domestic violence.

The group listened to two stories of domestic violence and abuse before making their way around the park.

For more on this story visit CullmanSense.com.



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What's Online

CRMC Educates and Provides Support for Expectant Moms

Becoming a mother, whether it is for the first, second or third time is a special experience. Cullman Regional Medical Center enhances this wonderful occasion by offering programs that are helpful to all moms before, during and after...

qrne.ws/113

A Scream a Day: The October Horror Film Retrospective- Week 1

Last year, in the spirit of the season, I embarked on a self-named Horror Quest. Ultimately I watched 35 Horror films in October, beating my goal of one a day.

qrne.ws/114

Oktoberfest Barbeque Cook-off Challenge

Myron Mixon was nowhere to be found, but the third annual Kansas City Barbeque Society (KCBS) Cullman Oktoberfest BBQ Challenge held this past Saturday brought out a slew of contenders vying to be the next best pitmaster.

qrne.ws/115

States With Big Military, Research Facilities Hurt Most by Shutdown

By: Elaine S. Povich • Stateline

States with large military installations and major research institutions will suffer the greatest economic hit from the 16-day federal shutdown – especially the Washington, D.C. area, New Mexico, and Alabama, according to new estimates from Moody's Analytics.

D.C.'s economy could take a whopping 5.59 percentage point dive in the fourth quarter.

Next hardest hit: Maryland with an expected GDP reduction of 1.11 percentage points, Virginia 0.73 percentage points and West Virginia 0.64 percentage points.

Outside of the capital region, Moody's Analytics projected New Mexico's economy could suffer an 0.63 percentage point drop in the fourth quarter and Alabama 0.55 percentage points.

The national economy will likely be back to recovery by early 2014 after Congress and the White House reached a bipartisan deal that reopened the federal government and raised the debt ceiling, according to Steven G. Cochrane, managing director of Moody's Analytics.

But the fallout will hurt states long after the federal workforce is up and running again.

States like Hawaii and New Mexico are affected in an outsize way because of the concentrations of research institutions and civilian employment attached to military bases.

The economies of Arizona, Colorado, Idaho, Utah, and Washington State are also affected more because of large concentrations of federal agencies related to natural resources and land management, Cochrane said.

The fact that civilian defense workers returned to work one week into the shutdown will help soften the blow. "But some spending on services cannot be made up, and the multiplier impacts from federal contractors shutting down will be more pernicious," Cochrane said in his latest regional forecast.

Alabama, Kentucky, Mississippi, and Georgia also will feel some impact, but again, that will be reduced by the early end of defense-related furloughs.

"The next question is how much uncertainty from the new deadlines ... lead to a broader slowdown in the economy," he said.

"Given the statements from the congressional leadership and probably the fatigue in Congress of just going through this, they will find ways to breeze through those January and February deadlines without creating any issues. I don't think anyone wants to relive the events of the past three weeks so soon again."

States could suffer further if Congress doesn't reimburse the costs for re-opening national parks.

The bill to reopen the government did not include funds to pay back states that opened national parks from Liberty Island in New York to the Grand Canyon in Arizona.

Sen. Lamar Alexander, R-Tenn., has introduced a bill that would compensate the states for the money they spent in reopening the national parks within their borders.

But there is no exact amount included in the bill and passage is not guaranteed.

Mike Saccone, press secretary for Sen. Mark Udall, D-Colo., who is co-sponsoring the bill, said it would refund the states for the funds they used to open the national parks.

In Colorado, he said, opening Rocky Mountain National Park was essential, not just for the economic benefit, but because the roads in the park circumvent U.S. 34 and U.S. 36, which were washed away in the recent severe flooding suffered by the state.

Visitors spend about $76 million a day in communities near national parks, the National Park Service estimated.

Among the states that ponied up funds to keep the parks open:

- Arizona announced it would pay $651,000 to keep the Grand Canyon open;
- New York paid $61,600 a day to re-open the Statue of Liberty;
- South Dakota shelled out $152,000 to fund Mount Rushmore for 10 days;
- Utah paid $1.7 million for eight sites that opened for 10 days starting Oct. 11;
- Colorado paid $362,700 to re-open Rocky Mountain National Park for 10 days.

The bill to open the government and lift the debt ceiling did include back pay for federally funded state workers who were kept on the job during the shutdown. Any states that used their own money to pay these workers will be reimbursed, according to an analysis by the National Association of State Budget Officers.

Stateline reporter Pamela M. Prah contributed to this report. Stateline is a nonpartisan, nonprofit news service of the Pew Charitable Trusts that provides daily reporting and analysis on trends in state policy.

Secretary of State Issues Final Voter Photo ID Rules

By: Tamara Cofield

MONTGOMERY – Secretary of State Jim Bennett Tuesday released the certified rules for Alabama's new voter photo ID program which will go into effect for the June primaries next year.

The release and website posting follows a 35-day public comment where his office received and considered 51 proposed comments in the preliminary rules filed in June.

"We gave each of them thoughtful consideration and did make some revisions," Bennett said.

"We also met with various legislators, voter groups, senior citizen organizations, disabled citizens and nursing home administrators to gather their input."

The free voter ID process should begin as soon as January after a vendor's contract is finalized and election officials are trained.

Rule revisions added provisions of the U.S. Voting Accessibility for the Elderly and Handicapped Act that provide an exemption for elderly and handicapped voters who vote absentee and cannot get to their regular voting places due to a disability.

They still must attest to the fact that they are the person who is filing for the application.

The Alabama Legislature mandated the voter photo ID requirement two years ago to replace a list of 26 previous forms of identification, which ranged from everything from a fishing license to a utility bill. That rule was adopted in 2003.

Some 34 states—including Alabama—now require a form of photo ID at the polls from a driver's license to a government-issued photo card.

Free photo ID cards will be provided by the state for any voter not having one already.

If voters have a driver's license, a government-issue photo ID, passport, student or employee photo card issued by a public or private college or university, the military card or an Indian tribal card containing a photograph, they need not apply for a voter photo ID.

They must, however, show such examples at the polls.

For those who need them, free voter photo ID cards can be obtained at the Board of Registrars or the Secretary of State's Office in Montgomery.

Additionally, they may obtain a non-driver's photo identity card from any Public Safety Department.

New voters can register the same day they apply for their photo ID cards at the office of voter registrars.

The Alabama Department of Senior Services, which has approximately 367 outlets around the state, will also provide photo ID cards to senior citizens and homebound voters needing them who are clients of the agency.

In addition, special voter photo vans will fan out across the state visiting city halls, libraries and other public places at times to be announced to provide free voter photo ID cards.

Bennett said the state will engage in an extensive voter education campaign on how to obtain free voter photo ID cards on television, radio, print media, and billboards early next year.

"We want to make this process as easy as possible on applicants while guarding against voter fraud at the same time," he added.

SELC and Black Warrior Riverkeeper Challenge Flawed Northern Beltline Permit

By: Nelson Brooke

BIRMINGHAM – The Southern Environmental Law Center recently filed a new federal lawsuit on behalf of Black Warrior Riverkeeper, challenging a permit issued by the U.S. Army Corps of Engineers for the Northern Beltline's first phase of construction.

The lawsuit addresses the Corps of Engineers' failure to follow requirements of the Clean Water Act and the National Environmental Policy Act. Although the 52-mile Beltline will have widespread impacts on rivers, streams, and wetlands throughout North and West Jefferson County, the Corps chose to evaluate impacts and issue a permit only for a small 1.86 mile segment of the project between Hwy. 75 and Hwy. 79. Due to this improper segmentation, the full extent of the project's impacts to wetlands and waterways, which supply area drinking water, is unknown.

The Corps' unlawful decision to segment this large-scale project for review and analysis could set a dangerous precedent for future Alabama transportation projects.

"The Northern Beltline will cross and permanently alter Black Warrior and Cahaba river tributaries in 67 places," said Nelson Brooke, Black Warrior Riverkeeper. "ALDOT and FHWA have not adequately studied impacts to water resources and wildlife along the entire chosen route, which is the longest and most environmentally destructive of the seven routes considered."

Along with its harmful environmental impacts, the Northern Beltline will draw limited federal transportation dollars away from dozens of worthy transportation projects necessary for safety and congestion relief in Birmingham and throughout the state.

The overall cost of the Beltline (predicted by the Federal Highway Administration to be $5.4 billion) is over $1 billion more than it would cost to address I-65, I-20/59, Highway 280, and ongoing maintenance and improvements for at least 50 other major highways and connections. To break it down, the Beltline will cost over $104 million per mile.

"Proper analysis required by law would show that this project's significant environmental impacts are not justified by its costs," said Sarah Stokes, one of the Southern Environmental Law Center attorneys on the case.

The state currently has about $160 million in funds which could be applied to Corridor X, whose construction is underway, Corridor V in Huntsville, or the Northern Beltline.

This amount may not be enough to even cover construction of the Beltline's initial 1.86-mile section.

Once those funds are exhausted, there is no longer an approved funding source for the Beltline, so the project will have to directly compete with more immediate transportation needs around the state.

Both this lawsuit and an ongoing 2011 lawsuit against ALDOT and the Federal Highway Administration highlight the ongoing failure of responsible agencies to provide necessary analysis of alternative transportation investments as required by law, and to justify the environmental impacts and tremendous economic cost of the Beltline.

That failure is critical, given the Beltline will merely reduce traffic congestion by one to three percent in downtown Birmingham and supplant other priority transportation projects that not only will create jobs in the near-term but also address safety and congestion issues on area roads.

High School Football Week 9 Roundup

By: Josh McBrayer
joshmcbrayer@cullmansense.com

Blowouts, big scores, and playoff berths were the name of the game this week as every local team hit the road. Here is a rundown of the action.

Cullman vs. Muscle Shoals
By: Josh McBrayer

Cullman opened the game on offense and quickly picked up 16 yards and a first down through the air on the first two plays of the game but as they went to the air for the third straight play, DaMarion King stepped in front of the pass of Tyler Glenn to give Muscle Shoals great field position at the Cullman 47 to start their first drive.

It took just five plays for Muscle Shoals to get on the board. Roger Jackson took the handoff from Landon Smothers and just as it looked as if he was stopped, Jackson burst out of the pile and sprinted 32 yards for the touchdown.

Following a Cullman three and out, Muscle Shoals scored their second touchdown in less than two minutes when Kavonte McDonald bobbed and weaved his way through the Cullman secondary to the tune of 58 yards and the touchdown.

The next score also belonged to the Trojans and came with 2:07 left to go in the first half when Muscle Shoals QB Smothers, hit his receiver who also happened to be his big brother, Luke Smothers, for a 38 yard TD strike. 21-0 Trojans.

Down but not out, Cullman leaned on running back Will Crenshaw who chewed up 26 yards on three carries and the arm of Glenn who found a wide open Auston Neal for a 10 yard touchdown pass with just over six seconds left to play in the first half.

Cullman had the momentum on their side for just a brief second as,on the ensuing kickoff, Martavius Mims took the kick at his own 15 and rattled off the 85 kickoff return for a touchdown just before the half and giving the Trojans a 28-7 lead.

The kickoff return for a touchdown seemed to take the wind out of the Cullman sails before half and it spilled over to the second half. Muscle Shoals sustained a four minute, nine play drive that culminated in a 29 yard TD rush from Nikyoius Fuqua to make the score 35-7 in favor of the Trojans.

Muscle Shoals would notch another touchdown, a field goal and a safety to down the #9 Cullman Bearcats 47-7.

Good Hope vs. Winfield
By: Jim Stenson

Good Hope was first to get on the board when Sebastian Fendley found Austin Crumley with a 16 yard pass for the score but things went downhill from there.

Winfield would answer with a 3 yard run by Xavier Chaney to knot it at 7.

With 2:17 left in the half Chaney took it in from 92 yards out for the score. The Raiders would also have two personal foul penalities allowing Winfield to kick off from the Raider 30 yard line.

The Pirates would opt for an onside kick which they recovered. Xavier McCollum would put an exclamation point on the drive, punching it in from the one.

An interception late in the half set up a Winfield 30 yard field goal to give the Pirates a 24-7 halftime lead.

Winfield would continue the onslaught in the second half, scoring on the opening drive to push the lead to 31-7.

The Raiders would not give up as Fendley would find McClure going up the side line for a 32 yard TD toss and cut into the Pirate lead, 31-14.

Gods Hope made a strong defensive stand and give the ball back to the offense.

Unfortunately the Raiders gave the ball back to the Pirates. Nathan Dean would then find Mason Osborn in the endzone for the score.

Following the Winfield score, Fendley found Crumley again this time for a 32 yard score.

After what appeared to be a recovered onside kick for the Raiders, the ball was awarded to Winfield, and McCollum would take 10 yards for the final score of the night.

Good Hope was penalized 16 times and had 2 coaches ejected from the game.

Vinemont vs. Winston County
By: Zeke McBrayer

Vinemont was starting Freshman Garrett Boland again, but stayed true to their run game, for the most part.

After starting off on their own 37-yard line, a false start on 4th and one would force the Eagles to punt.

The Yellow Jackets would need just four plays to score, a 14-yard run by Cody Henderson. The touchdown put Winston County up 7-0 early in the game.

The rest of the game was all Yellow Jackets. After forcing a Vinemont interception on the Eagle's next drive, the Yellow Jackets punched it in again, this time a 24-yard touchdown pass from Timber Blankeship to Cody Henderson. Vinemont just couldn't get enough momentum during their drives to reach the end zone.

The Yellow Jackets would score twice more before the half, another run by Henderson, this time an 18-yard run, and a 16-yard rushing touchdown by Josiah Adams.

The second half was much the same for both sides. Vinemont continued to stall out during their drives, through the air and on the ground. Winston County would take the ball first in the second half and score in four plays again.

Adams would take the ball in from 14 yards out to make the lead a formidable 35-0.

Vinemont wouldn't reach the end zone until around midway of the fourth quarter. After starting on their own 17-yard line, the Eagles would utilize the running back duo of John Michael Dye and Orey Woods.

The drive was capped off by a 15-yard touchdown by Orey Woods. A successful 2-point conversion by Garrett Boland would put a dent in the lead to make it 35-8.

Winston County would answer right back, and for the final time, just a little under two minutes later.

After three big plays, Sophomore Quinton Pagay would take the ball in from 33 yards to close the game at 42-8.

West Point vs. East Limestone
Zeke McBrayer

West Point traveled to East Limestone in their last region game of the season to take on the Indians. West Point looked to use their run game to control the ball game. After a first quarter field goal, the Warriors would trail 6-3 at the half.

Head Coach Don Farley attributed the slow start to penalties and a couple of mental breakdowns. The game plan was no different coming out after the game for West Point.

The Warriors came out and scored 13 points in the third quarter and allowed only 6 to gain a lead of 16-12 going into the final quarter.

A relatively slow fourth quarter saw the only points come from a safety against the Warriors, but that wasn't enough for an East Limestone win.

Coach Farley's game plan didn't change during halftime, the main focus being on eliminating penalties and reduce the negative plays on offense.

He also praised the defense, who had two fourth down stops and a goal line stand late in the fourth to preserve the lead.

Looking forward to next weeks intercounty matchup against Fairview, Farley said the preparation is no different than any other week, "We're going to get a game plan together that we feel is successful....and try to slow down their offense."

cullman city parks & recreation cp&r

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

www.cullmanrecreation.org
256-734-9157

- **Kill the Couch: Get Out and Live!** CP&R will host a "Kill the Couch" program to help you train to run your first 5K beginning on Tuesday, Nov, 2 at the Cullman Wellness & Aquatic Center. Classes will be held on Tuesday nights at 6pm in preparation to run the Cullman Savings Bank Frosty 5K in January. Cost is $85 for the course; registration will be at the Wellness & Aquatic Center. Call 256-775-SWIM for details.
- **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.
- **Branson, MO Senior Spirit Travel:** Trip will be held from December 2-6 to Branson, MO via motor coach transportation. Trip will include 7 different shows as well as free time in downtown. Final registration is due by NOVEMBER 1! Register at the Donald E. Green Senior Center.
- **Christmas in Nashville Senior Spirit Travel:** Trip will be held from November 24-26 with motor coach transportation; trip includes meals, holiday shows, tours of country music stars homes, and more. Registration due by NOVEMBER 1! Register at the Senior Center.
- **CWAC Thanksgiving Hours:** The Cullman Wellness & Aquatic Center will be closed on Thursday, November 28, 2013 for Thanksgiving. The center will be open from 7am-5pm on Friday, November 29, 2013. We hope you have a great Thanksgiving!
- **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.
- **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.

OTHER SCORES

Holly Pond 7 vs Plainview 47
Hanceville 54 vs Cordova 13
Fairview 32 vs Crossville 28
Cold Springs 38 vs Oakman 42

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West Point, Cullman volleyball seasons come to a close

By: Josh McBrayer
joshmcbrayer@cullmansense.com

HARTSELLE - In one afternoon, two area seasons came to a close with the West Point Lady Warriors and the Cullman Lady Bearcats both falling to 5A rivals in the Area 15 Tournament.

West Point vs. Hartselle

The Lady Warriors had a tough, uphill battle through the area tournament as they faced the Hartselle Lady Tigers in the first round.

The Lady Tigers showed why they are the top in the region, dropping West Point in straight games, not allowing West Point more than nine points in any of the three games.

The Warriors played as hard as a team could play but could not match the front row of Lady Tigers who were blocking and killing nearly every ball that came their way. The Lady Warriors fell 25-8, 29-9, and 25-5 to end the 2013 season.

Cullman vs. East Limestone

The Lady Bearcats season also came to a close on Tuesday but not from a lack of effort. Cullman took the Lady Indians of East Limestone to the wire all three games but were unable to get over the hump and claim victory. East Limestone earned their way into the area championship game winning 25-23, 25-22, and 25-18.

Cheyenne Readus was a huge presence at the net and serving, accounting for a majority of the Lady Indians points with kills, assists, and aces.

Olivia Kontogeorge matched Readus with kills of her own but the Lady Bearcats were unable to overcome the Lady Indian onslaught.



Good Hope 3A Area 13 runner-up

By: Jim and Joan Stinson

GOOD HOPE – Good Hope defeated Hanceville in 3 straight sets 25-5, 25-4, and 25-4, to advance to the finals in the Area tournament vs. the Danville Hawks, in which Danville came out on top in 3 straight sets 13-25, 19-25, and 4-25 to win the Area 13 tournament.

The Lady Raider volleyball team earned a trip to the North Super Regional over the weekend, at the Von Braun Civic Center in Huntsville.

On Friday, the North Regional Tournament started off well for the Lady Raiders, as they defeated Saks in 3 straight sets 25-11, 25-14, 25-13.

However, Saturday would be a different story as Good Hope would see its season come to an end, falling to Winston County in 3 sets, 19-25, 14-25, 16-25.

The Lady Raiders finished their season with a record of 40-17.

Cullman, Butler, JO Johnson, and Huntsville High Schools to compete in inaugural Wallace State Regional Tip-off Challenge on Nov. 5 and Nov. 7

By: Russell Moore
WSCC Contributor

HANCEVILLE – Since arriving at Wallace State in 2010, men's basketball coach John Meeks has always been interested in creating a tip-off tournament, featuring both high school and collegiate teams. His plan has come to fruition.

Wallace State basketball will host the inaugural Regional Tip-off Challenge on Nov. 5 and Nov. 7 at Tom Drake Coliseum.

All four high school participants will open their 2013-14 seasons at Wallace State. Butler and Huntsville High Schools will tip off the event at 6 p.m. on Nov. 5, followed by JO Johnson vs. Cullman at 7:30 p.m.

On Nov. 7, both Wallace State men's and women's basketball teams will play their 2013-14 home openers against Northeast Mississippi CC before the tip-off championship games. Wallace State's men will open the four-game slate at 3 p.m., followed by the Lady Lions at 5 p.m. The high school consolation game is planned for 6:30 p.m. and the championship game at 8 p.m.

Wallace State's basketball facility is no stranger to high-level high school competition.

The college hosts the Alabama High School Athletic Association (AHSAA) Northwest Regional each February, along with the Cullman County basketball tournament and other athletic events.

"We're excited to have a chance to host the inaugural Wallace State Regional Tip-off Challenge. My ultimate goal is to have this carry as much excitement as the AHSAA Northwest Regional generates in February. I feel mimicking that excitement in November will allow high school teams to really start out with a bang," said Meeks, who's entering his fourth season with the Lions.

"This year's tournament is obviously starting out on a small scale, but we hope to continue to build it over the next few years. I'm excited about this year's field though. It's important to have Cullman in it along with three regional-caliber teams from outside the city limits. All four teams bring a lot to the table."

Admission is $5 for both tournament days.

"This should be a couple of great days of basketball. The families and friends of these high school teams can get an early glimpse at what each team offers," Meeks said.

Both Wallace State basketball teams open the season Nov. 1 at Columbia (Tenn.) State.

Wallace State's men finished 17-14 last season, ending its season in the ACCC/Region 22 quarterfinal round.

The Wallace State women were state runner-up for the second consecutive season, finishing 23-10.

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

Raiders make this season a Repeat

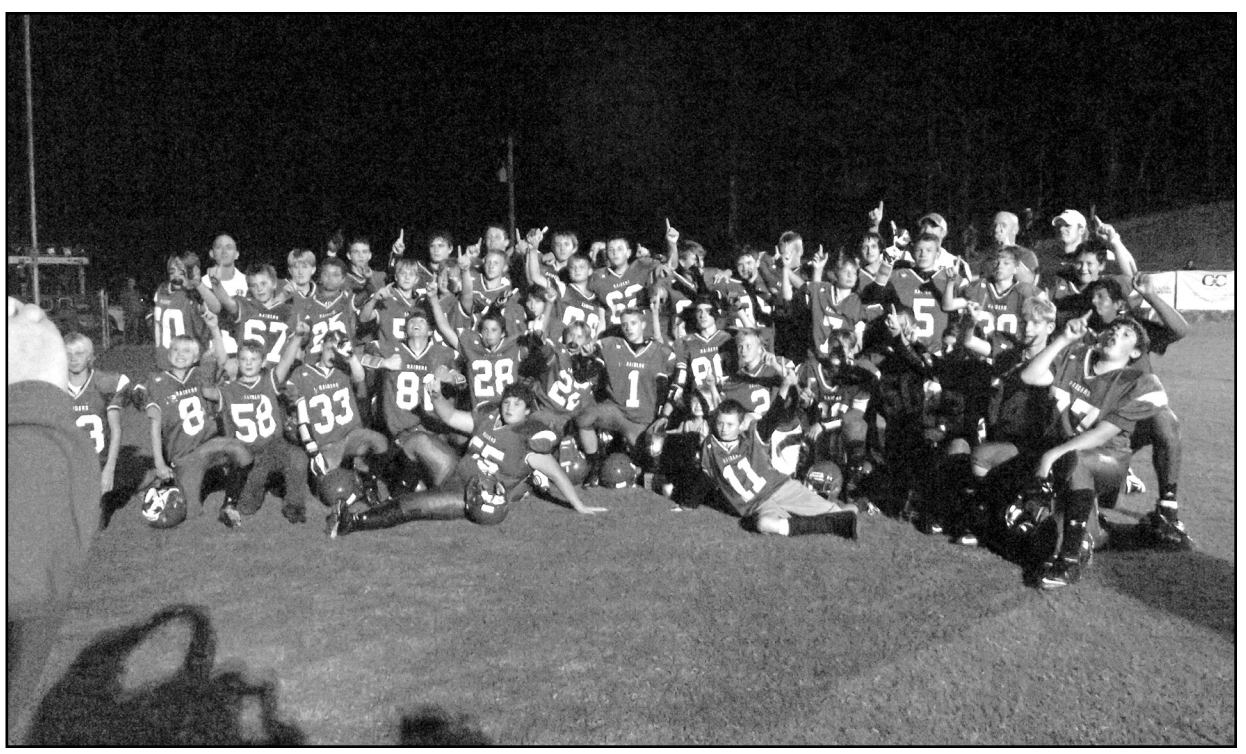
By: Jim and Joan Stinson

GOOD HOPE – Good Hope received back to back county titles by defeating West Point 20-0, marking the second straight undefeated season for the Raiders.

Reece Harbison got the scoring started for Good Hope when he called his own number for the 1 yard score. The 2-point conversion failed giving the Raiders a 6-0 lead in the 1st quarter.

On West Point's next possession Harbison intercepted the Warrior pass and took it 80 yards for the score. The 2 point conversion failed and Good Hope led 12-0 at the end of the 1st quarter.

After a scoreless 2nd quarter and midway in the 3rd, the Raider defense stood tall and intercepted another West Point pass, this time it was Blake Lyle. Lyle took it 70 yards for the pick 6 and Harbison ran in the 2 point conversion giving Good Hope the lead 20- 0. That's where the scoring would end, giving Good Hope the title. Coach McDonald said his Raider defense was dominant all night. The Raiders are 14-0 over the past two seasons.



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Terror (from Front)

Therapeutic Recreation Halloween Party a smashing success

By: Noah Chandler
noahchandler@cullmansense.com

CULLMAN – The grounds of Stone Bridge Farm were littered with zombies which had to be navigated by Spiderman, the Incredible Hulk, Iron Man, multiple soldiers - conventional and futuristic -, fairies, and an assortment of ghostly characters during the Therapeutic Recreation Halloween Party.

"This has been a spectacular event," Waid Harbison, Cullman City Parks & Recreation Marketing Director, said. "Hollie (Gutierrez), our Therapeutic Recreation Program Director, has done an amazing job with this year's Halloween party. Everyone is having a great time, so that's what we want."

The Chapel was converted to a Haunted House...for those brave enough to enter. For those wanting something a bit more thrilling than foot snatching zombies boarded the hayride for terrifying trip around the farm.

For more on this story visit CullmanSense.com.









Hall of Fame (from Front)

make this the destination location in their travels and vacations."

Along with an increase in tourism, Lee expects our town will see a growth spurt in both the economic impact that it brings and the millions of dollars in new tax revenue, in the construction that it creates, and in the permanent jobs that new businesses will create when they come here.

With the construction of the Hall of Fame and the civic center complex, not only will the sport of fishing and its hall-of-famers have a home in which to commemorate and thrive, but the arena itself can also doubly function as the hosting ground for any number of conventions, boat shows, exhibits, fishing tournament weigh-ins and any number of other special events.

Additionally, a research center will be installed and Auburn University will utilize this resource to their advantage, with the notion of continuing to further AU's innovative findings in their respective program studies.

Lee said, "Between the Hall of Fame and the Civic Center, you've got almost 100,000 square feet. You will start seeing a new interest in this community because of everything that will be offered thanks to these facilities."

The Hall of Fame and the civic center complex will be located on County Road 222, with a future interchange being constructed at the edge of Co. Rd. 222 and I-65.

Good Hope Mayor Corey Harbison voiced his affirmation and appreciation for the project saying, "Once the interchange is completed, anyone that gets off to go to the Hall of Fame will have to come through Good Hope. So we hope to see some development inside our city. We're hoping some nice hotels, different options for food and more retail stores will come here. It's just going to be a boom for the whole county."

It seems our tiny town has much to gain from this incredibly large investment. What exactly attracted the HOF's board of directors to choose Cullman, AL out of any other location?

"I have to tell you, I have personally looked at potential sites in 11 states and probably 50 different communities over the last dozen years and nothing came close to Cullman. Not only for the location adjacent to I-65, but more importantly, the people," Lee passionately stated. "What a wonderful community. Not only progressive in their forward thinking ways with the educational system and the parks and recreations, but what a clean, neat town. This is a wonderful place to raise your family. If you're looking for a great all-American city – and we were – Cullman, AL is it."





Proposed Bass Fishing Hall of Fame drawing



The Candy Booth

By: Natalie Bonner

CULLMAN - For over 40 years, the tight-knit community of women at First United Methodist Church in Cullman has been making and selling homemade candy at their annual Holiday Bazaar to raise funds for several local agencies in need.

United Methodist Women President Sally Brown said, "Our UMW group enjoys having the opportunity to serve the community by donating our time, talents, and bazaar proceeds. It is United Methodist Women's mission to help people in need."

Anna Moore is in charge of the candy booth and the yearly candy workshop. Moore has been doing this job for two decades and clearly loves her job and the women fellowship that goes along with it.

Moore said, "We have a great time when we make the candy. These are just volunteers who come in and help. Praise Circle donates the supplies and things we need to make the candies."



The ladies get together on candy workshop day and spend all day long preparing the decadent candies. The sweet goodies include a mouth-watering array of tasty treats such as peanut butter bonbons, coconut balls, turtles, pralines, rocky road, fudge, chocolate covered marshmallows with nuts, and chocolate covered cherries.

Beth Montgomery is a member of UMW at First United Methodist Church and has enjoyed spending her time volunteering to help out with the candy making.

Montgomery said, "We use Anna's standard recipes because they are tried and true. She's done this many years and she's got it down to perfection."

The ladies keep the candies cooled on trays until the day of the bazaar. They sell their delicious concoctions at their own booth called The Candy Booth.

The Church has two major fundraising activities – the Rummage Sale in the spring and the Holiday Bazaar in the fall. Brown said that she and the other ladies come together as a unit to efficiently coordinate these activities and essentially raise funds.

Brown said, "It's a great fellowship experience and just a good time to be together."

The bazaar started back in 1972 as an event to raise funds for a family whose woman's husband died unexpectedly leaving his wife and three small children behind. This man was Minister David Higginbotham and his wife was Colene.

Ever since that tragic time, the Colene circle was started, and the event itself has continued every year becoming a mission event to raise funds for several local organizations.

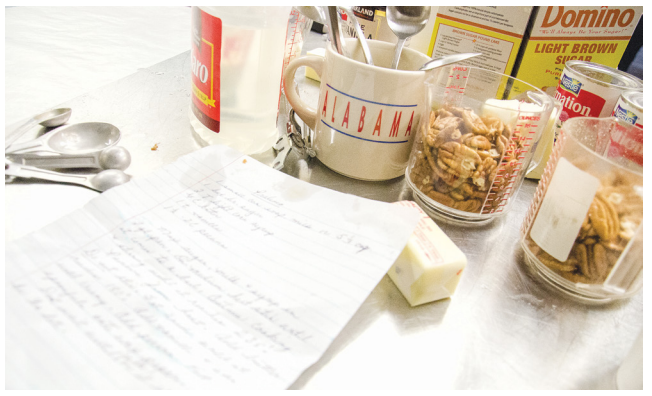
The Holiday Bazaar has been held on the first Thursday in November since its inception.

Orpha McDonald, also a member of the UMW at FUMC said, "Traditionally, the bazaar has always been held on this day and it has grown tremendously – much more than we ever imagined when we thought we might could get a couple of hundred dollars raised at the first one."

Proceeds from the Holiday Bazaar go to benefit local organizations such as Cullman Caring for Kids, Harbor Haus, Margaret Jean Jones Center, Good Samaritan Clinic, Hospice of Cullman County, Committee on Church Cooperation, Cullman Mental Health, Foundry Farm, and others.

The Holiday Bazaar will be held on Thursday, November 7 in the Church's Hearin Hall at the corner of 3rd Street and Highway 278 from 7 a.m. – 4:00 p.m. Breakfast and lunch will be sold.

There will be several booths featuring assorted baked goods, homemade candies, home canned food, fresh fall produce, and hand knitted and hand sewn items.







A Yearning for Ye' Olden Days

By: Noah Chandler
noahchandler@cullmansense.com

Peinhardt Living History Farm Day draws in large crowds during annual event

CULLMAN – Thousands of residents opted to take a trek backwards in time Saturday for their opportunity to experience what life was like on a 1930s Cullman County farm during the annual Peinhardt Living History Farm Day.

"This is the one day Peindhardt Living History Farm opens to the public. It is activities spread out over 40 acres, which include wood working, a saw mill, and a host of farm activities," Rachel Dawsey, family volunteer, said. The farm is opened to the public once each year, but does play host for many area students during the week leading up to the large scale experience.

Those in attendance on Saturday had the opportunity to plow the fields, pick cotton and corn, and watch soap making demonstrations before heading over to the blacksmithing area to snag a handcrafted nail. Dorothy and Mike Stroud have attended the event each of the past six years with their granddaughter Kilea Tanner.

"We've been coming since she was a year old," Dorothy said. "It's a great day and a great way to spend time with our granddaughter while reliving the old days."

Kilea said she enjoyed the day at the farm but enjoyed one particular hands on feature the most. "I like the hammer," she said while pointing out the nails and split wood.

For more information on Peinhardt Farm visit www.peinhardtfarm.org.











– 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.

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.

U.S. Disaster Relief Command Meeting
Everyone is invited to attend the USDRC meeting tonight at Good Hope Town Hall starting at 6 p.m. This group meets the last Monday of each month and is open to all volunteers who are interested in being prepared in case of area disasters. J. W. Phillips has additional information at 256-615-5644.

Cullman County School Systems Meeting
Billy Coleman, Cullman County School Superintendent, has announced the following schedule for meetings in each of the Cullman County School Systems areas to discuss the direction of technology plans, new changes in grading that are ahead in regards to the statewide College and Career Readiness Standards, new engineering programs and the upcoming process for selecting the new appointed superintendent. Meeting dates and times are as listed below; be sure and check with your local school prior to the meeting to insure accuracy.

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.

All Hallow's Evening Bake Sale
There will be a 'All Hallow's Evening' Bake Sale today sponsored by the Joanne P. LaGanke MS Support Group to raise funds for their organization. Hours are from 8 a.m. until 2 p.m. in the main elevator lobby of CRMC. Additional info Randy Bennett, 256-531-7841 or jpl.ms.al.randy@gmail.com.

'Fall Festival' at St. Paul's Lutheran School
St. Paul's Lutheran School will host a free 'Fall Festival' from 5 p.m. until 8 p.m. at the school. For further information check their website at www.StPaulsCullman.com. Everyone welcome!

'Trunk or Treat' at First United Methodist Church
Everyone is invited to the 'Trunk or Treat' event at First United Methodist Church tonight from 5:30 p.m. until 7:30 p.m. Come fill your Halloween buckets in a safe environment and have a great time.

'Harvest Festival' at Mt. Hermon Baptist Church
All are welcome to attend the 'Harvest Festival' from 6 p.m. until 9 p.m. at Mt. Hermon Baptist Church in Joppa. This free event will feature a train ride for kids, a 'glow-in-the-dark' section of games, laser light show and music from 'Skillet', a popular Christian rock group. Please check out www.mthermonchurchjoppa.org.

Abundant Grace Church's 'Fall Festival'
Everyone is invited to attend the 'Fall Festival' at Abundant Grace Church tonight from 6 p.m. until 8 p.m. at Abundant Grace Church. The event will include free games, food, candy, a cake walk and fun for all. Please call the Church office for additional information 256-739-7091.

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.

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.

Stars & Stripes Wheels Show
Sponsored by the West Point Band, there will be a 'Stars & Stripes Wheels Show' today as a salute to our military and veterans. Registration is from 10 a.m. until 12 noon, and there will be no judging and no trophies. Entry fee is $20 for first car, with $10 for each additional car, $15 for military and veterans and $17 for students and faculty of West Point School. No charge for tractors! Door prizes, dash plaques, family activities and a 50/50 drawing will be part of the day. This event is open to anything with wheels. All proceeds go toward WPHS Band. Please check website for additional info www.westpointband.org. Y'all come and enjoy the day.

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, e-mail 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
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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

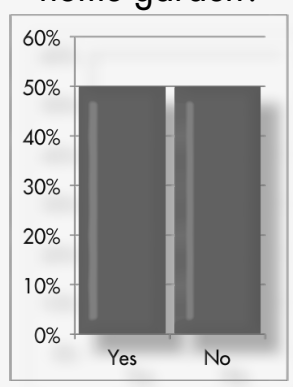


Wertz Store

Contrib. by Cullman County Museum

Poll

Do you have a home garden?



This Week's Poll

When is someone too old to go Trick-or-Treating?

Vote Today at CullmanSense.com/Poll

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Practical Applications for Feeling Well

Kristie J. Williams • LMT # 3237
State Board Certified Instructor #I-281
NCBTMB Approved Provider #298

Stress is the leading cause for Chronic Pain- **Jeanne Aland**

Jeanne's Theory on the Stress-tension-pain Cycle is very interesting and relatable to everyday life. Below is a diagram and description of how she explains it in her studies, along with the practical application that we use in the clinic to help clients feel well.

The Stress-tension-pain Cycle is a "downward spiral to misery".

Stress can come in many different forms but always elicits the same response from the body. When muscles tighten, vessels constrict.

Circulation diminishes reducing the available oxygen supply and increasing toxic waste accumulation. Lack of oxygen, also called ischemia, and waste accumulation both add to the hypersensitivity of nerve receptors.

We interpret these incoming signals as pain. When we feel pain, we automatically tense up. Pain signals also alert the brain that an injury has occurred (even if it hasn't) and surrounding tissues harden to "splint" the injury. The increase in muscle tension further reduces circulation and the result is more pain. An increase in the level of pain raises anxiety as well as increase muscle tension.

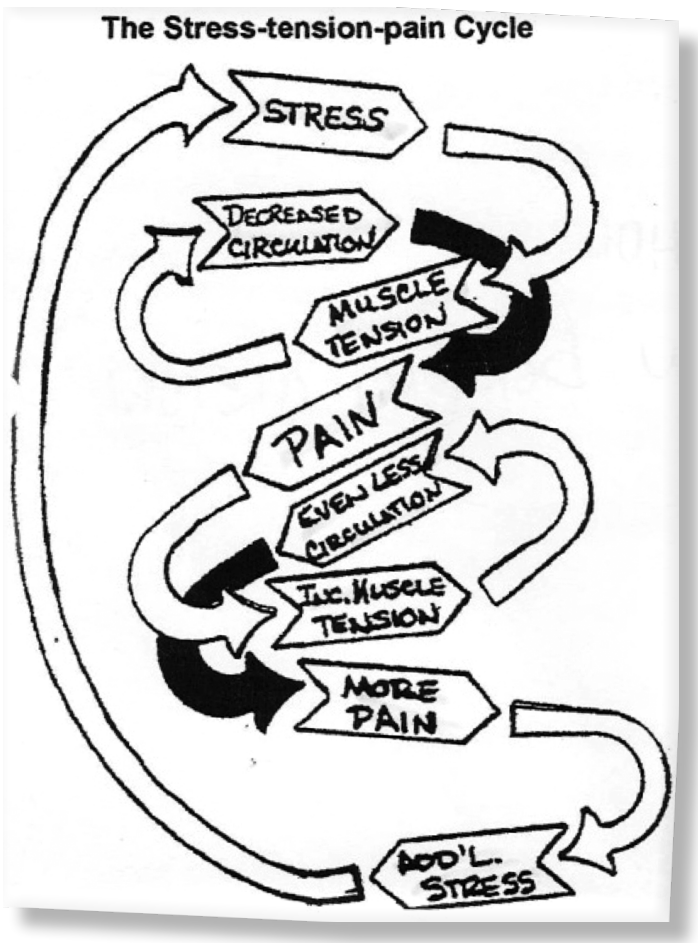
After viewing the chart and analyzing the description in relation to our chronic Pain Problems, it is easy to relate our Chronic Pain problems to the "Stress-tension-pain Cycle".

Now....What do we do about it?

It is the position of the American Massage Therapy Association (AMTA) that massage therapy can be effective for stress relief.

Background Information

Stress is a prevalent component in today's fast paced world which can negatively impact on an individual's health and well-being. Massage therapy has been shown to be a means by which stress can be reduced significantly on physical and psychological levels.



While massage therapists know from experience that massage reduces stress, there is considerable research that validates our experience. In a study on the effect of trigger point therapy, there was a significant decrease in heart rate, systolic blood pressure, and diastolic blood pressure.

Measures of oxygen consumption, blood pressure, and salivary cortisol levels were all lower after a 10 to 15 minute chair massage in controlled studies. Changes in psychological states have been measured by physiological responses, the Perceived Stress Scale, the POMS Depression Scale, and the Anxiety State Scale. In the attached studies, all subjects in the massage group showed significant changes in emotional states and stress levels.

It is the position of the American Massage Therapy Association (AMTA) that massage can aid in pain relief.

- More than one-quarter of Americans (26%) age 20 years and over - or, an estimated 76.5 million Americans - report that they have had a problem with pain of any sort that persisted for more than 24 hours in duration. [NOTE: this number does not account for acute pain].
- Adults age 45-64 years were the most likely to report pain lasting more than 24 hours (30%). Twenty-five percent (25%) of young adults age 20-44 reported pain, and adults age 65 and over were the least likely to report pain (21%).
- More women (27.1%) than men (24.4%) reported that they were in pain

Pain affects the life, quality of life, and work of the American public. In many people, pain medications can have unpleasant side effects. Considering the number of people reporting pain and its effects on quality of life, and with pain medications not necessarily being the best option, the American public has become interested in examining other methods of pain relief.

In the CDC's 2007 survey of CAM therapies the top four reasons adults used CAM therapies were to treat pain including back pain or problems, neck pain or problems, joint pain or stiffness/other joint condition, arthritis, and other musculoskeletal conditions.

The most prevalent reason for children to use CAM therapies is also due to pain, back/neck pain to be specific.

Research indicates that massage can reduce pain and pain intensity in patients with metastatic bone pain on an immediate, intermediate, and long term time frame. Massage can reduce the incidence and frequency associated with headache pain and massage relieves postoperative pain.

Massage reduced back and leg pain in pregnant women. Massage decreased pain, distress, tension, and anxiety in children and adolescents with chronic pain. Massage is recommended for children with cancer and "growing pains".

Massage relieves chronic pain, chronic pain of moderate to severe intensity and those with myalgia as well as reduces pain and improves the quality of life for adult cancer patients. Massage improves subjective perception of and function for those with Carpel Tunnel Syndrome.

Massage has a positive effect on lower back pain and reduces pain for those with distal radial trauma and those receiving needle insertions..

It is the position of the American Massage Therapy Association (AMTA) that massage therapy can assist in reducing the symptoms of anxiety.

Research indicates massage can:
- reduce anxiety:
  - in psychiatric patients
  - in those with chronic pain
  - for cancer patients
  - for patients undergoing bone marrow transplants7
  - in children with illnesses
  - in nurses
  - associated with lower back pain
  - in those with headaches
  - in patients awaiting invasive cardiovascular procedures
  - in healthy adults
  - in patients with generalized anxiety disorder
  - in patients under local anesthesia
  - in stroke patients
  - in the elderly
  - in children and adolescent psychiatric patients
  - in those at the end of life
  - in adults with hand pain
  - in patients with fibromyalgia
  - in patients withdrawing from psychoactive drugs
  - in burned adolescents
  - in patients with congestive heart failure
  - in women in labor

Broadening the education on what Massage Therapy can do for people in a "Stress-tension-pain Cycle" is a goal of mine. As a Neuromuscular Massage Therapist, I have seen these symptoms vanish in as little as an hour session. Clients respond well to treatment that is directed with the relief of the above symptoms. Why continue to suffer? Seek a Therapist today! Use this practical application to feel well!

See www.amtamassage.org for References

Kristie J. Williams LMT # 3237 State Board Certified Instructor #I-281 NCBTMB Approved Provider #298

Tours of Terror: Haunted Attractions in North Central Alabama

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

Haunted houses, or "haunted attractions" as they are now called, are a staple of the season. For the month of October numerous attractions seem to pop out of thin air hoping to turn a profit, support a charity, or just have a good time. Barns are converted into horror shows and old storage buildings become nightmarish asylums. North Central Alabama has more small local haunts and corn mazes than an entertainment staff of 50 could review in the winnowing days of the Halloween season. So, CullmanSense cannot cover them all but we made a special effort to get full access to three haunted attractions, each with something unique to offer.

The first stop on the CullmanSense "Tour of Terror" was Arx Mortis in the appropriately named town of Killen, AL. Killen is a small community between Athens and Florence. It was once home to Greystone Manor, a mansion-like exterior connected to a long closed storage facility. At the time, Greystone had two sections the Manor and Asylum, both we separate tours known for their attention to detail and fantastic mix of actors and mechanical effects.



This year the renamed and reimagined Arx Mortis might have met its ultimate goal. No longer is it a disjointed spook house, aping popular horror tropes and film fiction. Arx Mortis is almost like a movie and attendees are travelling through the story. In the woods behind Arx Mortis, there is a dilapidated small town, imagine Mayberry from a frightful fever dream. Here victims at the haunt see that something has gone wrong, an infection has wrecked the town and driven the survivors and infected to Covington Clinic.

As guests wind through the unnerving darkness of the woods, they too reach the Clinic, where more horrors await in the clinic, asylum, and the mines below. Eventually, the guests survive the mines and make their way out through a swamp and demented carnival. Apparently, an already demented circus troupe happened to be in town when the outbreak started. This journey lasts almost an hour (unless you're running in mortal fear) and each room and area assaults the senses through visual tricks, fog machines, but most notably smell, feel, and authenticity.

All in all, ticket holders at Arx Mortis are in for a long, continguous, well-plotted show as they make they way through a movie narrative. Grosso's complex plotline involves the mystical offspring of angels, demons, and mortals and the secret Arx Mortis doomsday cult that hopes these being will cause the end of the world. While those on the tour feel the direction of that story- from town, to clinic, to underground labs- the finer points of the fiction should be introduced more definitely while waiting in line. The craft of constructing this film-like experience should be set-up properly and continually if subtly communicated throughout the haunt. That is a minor critique however as the experience as a whole is unique, authentic, and of course, frightening. It is well worth the time, drive and money. More information is at www.arxmortis.com.

Next is the legendary Sloss Fright Furnace. Unlike Arx Mortis which creates and capitalizes on an original narrative in a constructed environment, Sloss furnace is a ready-made horror movie set. The industrial equipment, fallen into disuse, surrounds attendees from spiralling staircase on iron towers to slotted grates overlooking cooling and smelting machinery. Every few feet is a darkened staircase, rusted door, or black corner. Walking through the nationally recognized historical landmark is frightening on its own without actors in make-up, animatronics, and the screams of monsters and victims.

Perhaps that is why Sloss is the most disappointing of the Haunted Attractions visited by CullmanSense. In years past, video screens would tell the history of Sloss, part real part imagined. Sloss is actually a place where innocent hard-working laborers met their untimely end when safety standards scarcely existed and certainly were not enforced. The video screens created a story of a cruel supervisor, a "boss," literally worked the men to death with his cruelty and disregard for their well-being. This malicious boss is a work of fiction.

The video screen do not tell visitors that story anymore as they wait, but even when they did, the set up was never paid off. Attendees did not witness the industrial horrors of Sloss under this cruel supervisor, instead they saw and still see today a disjointed, disconnected tour through a fascinatingly unnerving skeleton of Birmingham industry. Clowns, zombies, possessed girls, and giant spiders all inhabit Sloss. But why?

Why take the perfect, singularly unique haunted house environment and fill it with the most predictable of Halloween tropes and spooks? Where is the narrative? Where are the spectre's of long dead workers lurking in those myriad dark corners? The "industrial horror" theme last for the first 8 minutes of the tours, as Tesla coils spark and madmen with grinders shower the area with sparks. Then, the typical scares fail to continue capitalizing on the seductive and creepy environment. Still Sloss is heavily attended each October. This is not surprising as the setting of the old furnaces alone is so bewitching enough and rife with potential that the price for parking and admission is an afterthought.

Sloss also has diversity featuring a twisting trail through the woods, the Furnace Tour, and a Zombie Outbreak experience. Here patrons can become zombie volunteers and chase their friends or try to survive the hordes of the undead. The Zombie Outbreak forces "survivors" to sun through walled in obstacles and tight space avoiding the touch of each zombie. If touched, a washable blacklight paint marks you as "infected" at the obstacle course's end.

These offerings and the environment make Sloss an enjoyable experience, but not one a fan of haunted attractions would want to repeat often as most of the props and scares are typical even when the surroundings are not. Visit Sloss at least once for the atmosphere, but space out those visits a few years with the hopes that they will add or improve the core experience. Tour information is at www.frightfurnace.com.

Finally, CullmanSense visited The Haunted House of Horrors in Courtland, AL near the Decatur/Moulton area. Expectations were low for this haunt set in the abandoned and dilapidated Courtland High School. It had all the indications of a low budget, "local" haunt, swarming with actors, cheap props, and revving chainsaws- the easiest of scares.

The Haunted House of Horrors was anything but what was expected. They provide an experience unlike Arx Mortis or Sloss. The House of Horrors is slowly paced, intimate haunted attraction. Ticketholders are cast into the haunt in groups of 4 to 6 and encouraged to take their time enjoying each specialized room. In each room, paid, rehearsed actors perform a specific vignette design to shock, unsettle, or outright scare. Sometimes a video or specific path forces you to linger in a room until the scare or "gag" is pulled off at just the right time.

This is not an attraction that attendees should run through. Each room is set up for a particular gag and each room is meticulously decorated like a self contained movie set. Depending on the circumstances, a room may contain a few actors and huge impressive animatronics (some of the best in the area) or the room may contain simple props and actors, timed and trained to frighten tourist on cue.

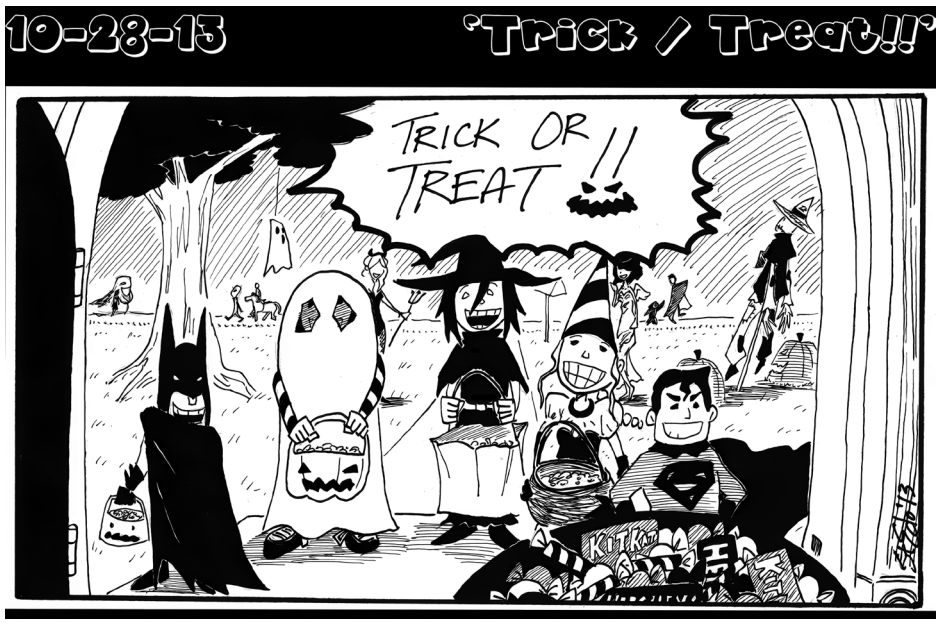
Owner Keith Jones has invested his life savings into making this haunt something special. Jones works from January to September planning the haunt, tweaking and adding rooms. Then in September, actors begin rehearsal. That is a type of professionalism and commitment to a standard rarely seen. Jones' passion is evident in his finished product, enthusiasm and his dollar investment. He spent $200,000 bringing the dilapidated school, left unattended for seven years, up to the latest and most demanding fire and safety codes. Details at facebook.com/hauntedhouseofhorror.

Skip the long lines at the Atrox Factory in Leeds, AL and save Sloss for a chilly Birmingham night some October in the future. Instead, try something new. Make the drive to Arx Mortis in Killen and tour one of the longest attractions in North Alabama while experiencing a movie-like narrative. But, if CullmanSense had to recommend one haunted attraction for readers to visit this last week of Halloween, it would be the Haunted House of Horrors. It's a short, light traffic drive to Courtland and a bit of a wait to see this intimate attraction, but for quality, scares, and, perhaps most impressively, long-term potential, the $20 ticket fee to the Haunted House of Horrors cannot be beat.

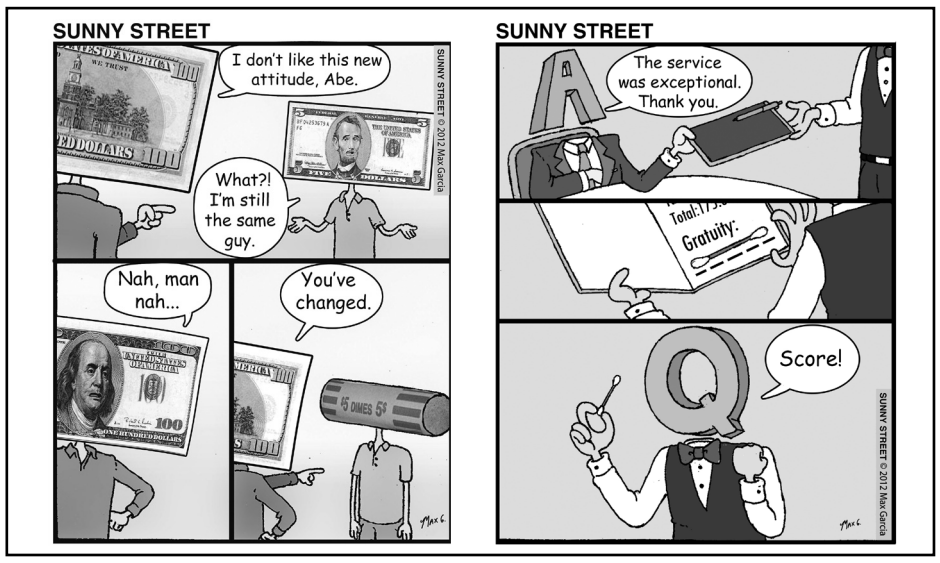
Visit CullmanSense.com for HD videos of each attraction with exclusive behind the scenes footage, interviews and tours with Entertainment Editor Dillon Lee and Entertainment Contributor Chassi Waddell.

Comics

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No Glory in War for this Veteran

By: Andrew Larkin

BRIEF BIO

Andrew Larkin (larkin@stcloudstate.edu) is Emeritus Professor of Economics, St Cloud State University and writes for PeaceVoice.

I am a veteran – of the Vietnam era, as are my friends and my brothers. My father, uncles, and an aunt were veterans of World War II. A great uncle was stationed on a battleship during World War I.

A great-grandfather fought in the Civil War, an immigrant in an Illinois regiment who suffered the rest of his life from his bullet wound.

Veterans Day on November 11 was formerly Armistice Day, celebrating the end of the Great War. But it has turned from a celebration of peace to a celebration of the false glory of war.

War damages everything associated with it, not only the sailors and soldiers but the civilians including the children, not only the body but the mind and the spirit.

Glorification of war becomes support for more war, for accepting the easy violence of war instead of the difficult peaceful resolution of human problems.

Veterans Day ceremonies teach the young and the naive that war is glorious and can bring glory to its fighters and to its nation. Such glory is a fantasy, but the damage of war is real.

Veterans Day ceremonies are part of a false promise of victory against those who would no more be defeated and mastered than would we. Victory and vanquish no longer exist – only destruction – and the option of peace.

Veterans Day ceremonies perpetuate a myth of fear that we have created for ourselves and that we have allowed our false leaders to impose upon us.

We invent myths of defense against those we fear instead of living truly free.

We perpetuate fear to maintain fantasies of victory and glory and nostalgia for the oxymoronic "good war."

We spend $trillions and kill and injure millions of people; we even sacrifice our own people and our people's needs to fantasies of glory and to perpetuation of fear.

War, if it continues, will bring down a nation built by generations of hard-working, dedicated people – a long collapse to be caused by economic and moral bankruptcy, and by the anger, envy and spite of people around the world.

Please don't tell me "thank you for your service" because that is revolting to me. Instead, thank others for their services to your true freedom: the creators, growers, healers, preservers.

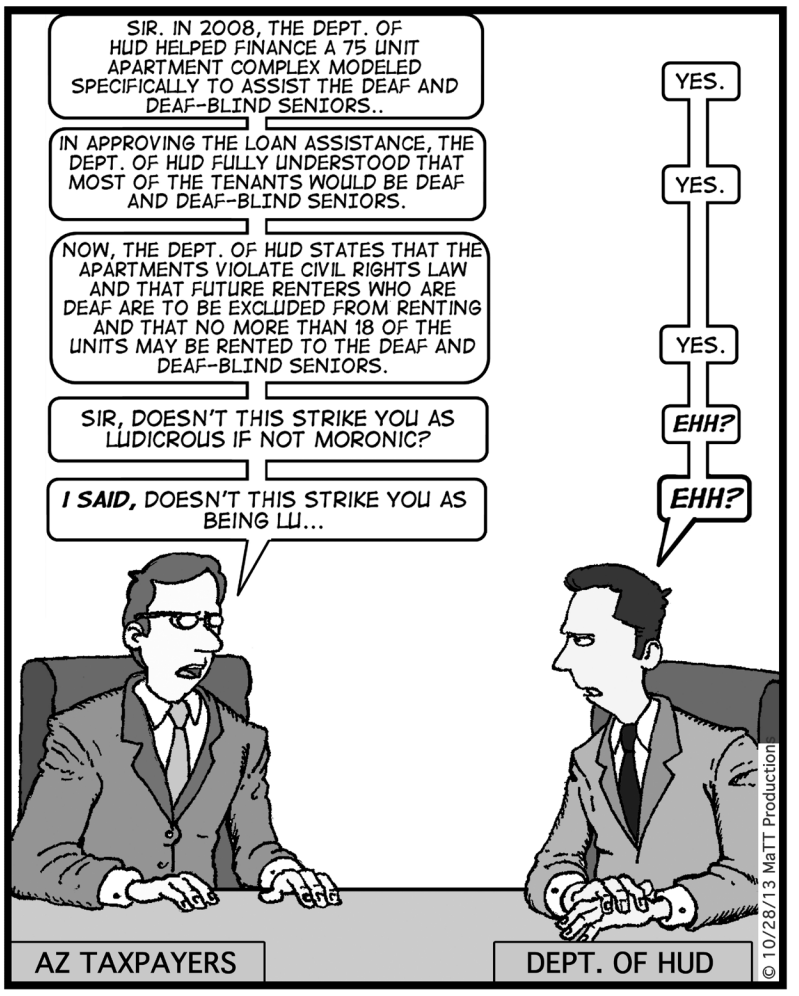
As a veteran I might participate in the ceremonies if I could display my opposition to war at those ceremonies, but I cannot because many would be angered, not enlightened, not persuaded. I would be told, without embarrassment, that "freedom isn't free."

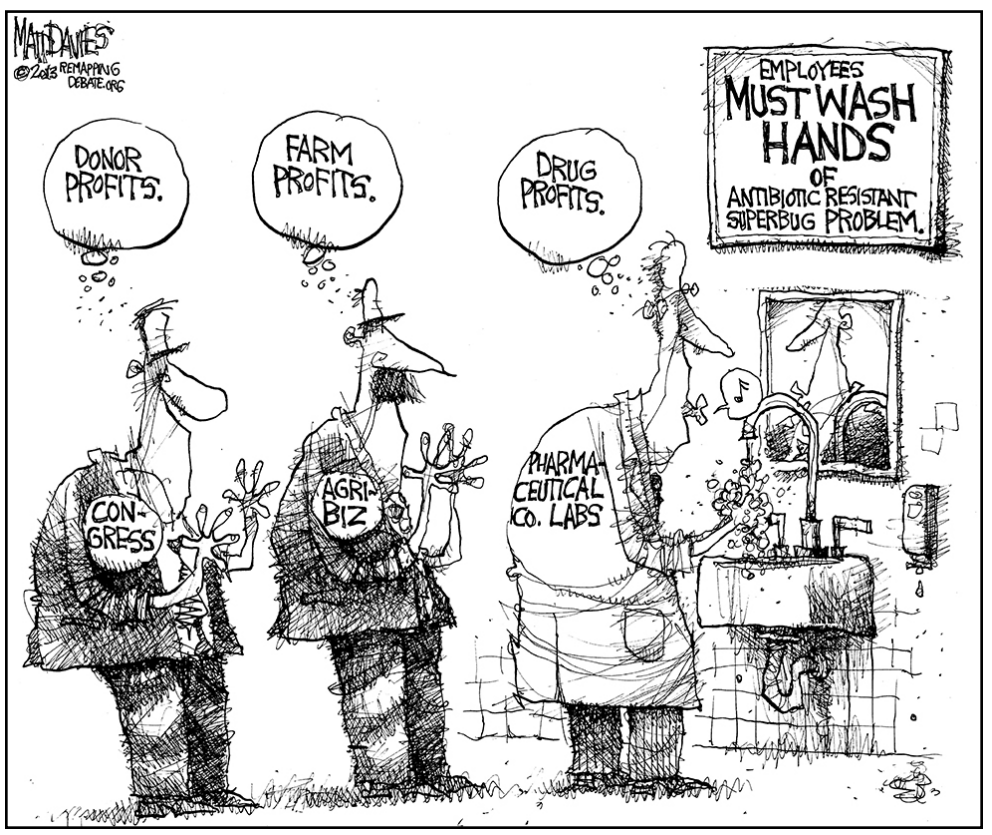
Even the words written here will permit many to indulge their anger.

Instead of ceremonies, take care of the veterans who have suffered so much in past and current wars, and take care of others who have also suffered from our wars on the poor both at home and abroad.

Study the real effects of our nation's actions instead of waving a flag in false honor and glory.

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