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CULLMAN'S MONDAY NEWSPAPER
CULLMANSENSE
COMMUNITY MATTERS
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Local



Nerd Nation United

Robotics teams converge at Wallace State Community College for a day of robotic challenges. p2

Silhouettes are silent witnesses to domestic violence

Silhouetted figures placed around WSCC and in local communities over the last month each have statistics on them in regards to domestic violence or sexual assault. p2

State/National

Coalition receives grant to help domestic violence victims p3

Study Finds Aging Inmates Pushing Up Prison Health Care Costs p3

Sports

Week 10 Friday Night Football Roundup p4

LOCAL



Knapsacks for Kids

First United Methodist Church helps children with food insecurity p7

Stars & Stripes Wheels Show

Car show salutes the military and veterans; benefits West Point band p6



Celebrating Our Veterans



Event to be held Nov. 9 at 9 a.m. at Sportsman Lake Park. p6

Gun permit numbers released from CCSO

By: Noah Chandler
noahchandler@cullmansense.com

CULLMAN – On Friday, Cullman County Sheriff Mike Rainey dispensed gun permit issuance numbers in accordance with Alabama's redefined gun law.

What was known as the Alabama Gun Control Act of 2013, is now touted simply as Act 2013-283, and it went into effect on August 1, 2013. Alabama Gov. Robert Bentley signed the bill into law on May 22, 2013.

The language in Act 2013-283 dictates that sheriffs within the state must issue the total number of applicants for gun permits, along with the number permits issued and denied each year.

A combined total of $42,630 was collected during the months of August and September 2013, with 1,661 permits issued over the two-month span in Cullman County.

"If you'll notice that $10,000 of that money is for 5-year permits. It'll be five years before this office sees that revenue again," Sheriff Rainey said. "Under the auditors, examiners and the attorney general's opinion, the money in the pistol permit fund can be used for anything pertaining to p7

With Little Choice, Alabama Backs Down on Immigration Law

By: Daniel C. Vock • Stateline

After a string of legal defeats, Alabama officials who backed an ambitious law to deter illegal immigration now have agreed to scrap its most controversial aspects.

Luther Strange, Alabama's Republican attorney general, signed off on a settlement proposal that bars the state from enforcing many key provisions of the law; pays $350,000 in attorney fees to immigrant rights groups that challenged it; and restricts when local police can check the immigration status of suspects in custody.

"The attorney general's office has vigorously defended our state's immigration law in both the federal trial and appellate courts. The courts have upheld most of the act but have also made clear that some provisions are invalid. We have a duty to follow the law as set forth by the courts," Strange said in a statement.

Many of the pieces of the law, known as House Bill 56, had already been blocked by federal courts. Several were similar to parts of an Arizona law, known as Senate Bill 1070, that were struck down by the U.S. Supreme Court last year.

Courts have also blocked parts of Arizo- p6

WIC resumes three-month issuance of benefits

By: Amanda Martin

Effective Nov. 1, 2013, the Alabama Women, Infants, and Children (WIC) Program will resume issuance of three months of food benefits. Based on the recent shut down of the federal government, the program had gone to one-month issuance. Amanda Martin, Alabama WIC Program director, said, "We appreciate the support and patience of our participants and WIC vendors during this period of budget uncertainty."

The program has an average monthly caseload of 139,000 women, infants, and children who receive nutrition education, breastfeeding support, and vouchers for healthy and nutritious foods. Martin said, "The program is committed to serving our current and future participants."

Off to the Playoffs

4 Local teams on road to Birmingham

By: Josh McBrayer
joshmcbrayer@cullmansense.com

On Friday, the high school football season finished up for the West Point Warriors, Cold Springs Eagles, Holly Pond Broncos, and the Vinemont Eagles. But for the Fairview Aggies, Good Hope Raiders, Hanceville Bulldogs, and Cullman Bearcats, Friday was a chance to fine tune their game plan for next week's true test, the first round of the Alabama State Playoffs.

Hanceville Bulldogs

For the third year in a row the Hanceville Bulldogs find themselves hosting a first round p5

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

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Silhouettes are silent witnesses to domestic violence

By: Gail Crutchfield • WSCC Contributor

HANCEVILLE — You may have noticed the silhouetted figures placed around Wallace State Community College and in local communities over the last month. The single and grouped displays each have statistics on them in regards to domestic violence or sexual assault, and each could just as easily represent the person sitting next to you in class or standing in line at the grocery store.

These silent witnesses are on campus and in other locations in the county as part of Domestic Violence Awareness Month, and were placed by Victim Services of Cullman County.

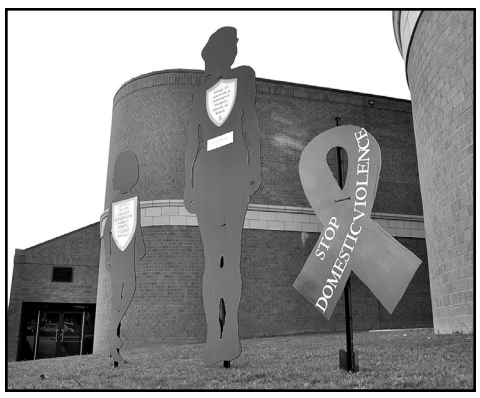
"October is National Domestic Violence Awareness Month and we wanted something that would grab people's attention," Donna Jacobs, director of the local program that aids victims of domestic violence, said of the annual display.

"Each has a story or a statistic and they stand there silently, telling people about domestic violence," Jacobs said of the silhouettes.

Jacobs classifies domestic violence as terrorism. "If you don't want to go home and are afraid of what will happen when you do, I call that terrorism," she said.

While many people may like to think domestic violence isn't prevalent in our community, Jacobs said it is all around us.

"We like to wear blinders," she said. "We're blessed to live in a community as wonderful as ours and we like to think we don't have horrible, terrorist-type things going on, but we do."



A grouping of "silent witnesses" stand in front of the Bailey Building at Wallace State Community College as part of Domestic Violence Awareness Month.

And we are all victims of it in some way, Jacobs added.

"What happens to my next door neighbor affects me," she said. "Those children who stay up all night because their mother — because normally it's their mother who is being terrorized — are sitting next to your children in school."

Jacobs hopes the silent witnesses around the community will make people realize how prevalent domestic violence is, and that they will provide inspiration in helping to prevent abuse and to help victims.

"Stop and think for a moment about what's going on in our own county," she said. "Domestic violence knows no boundaries."

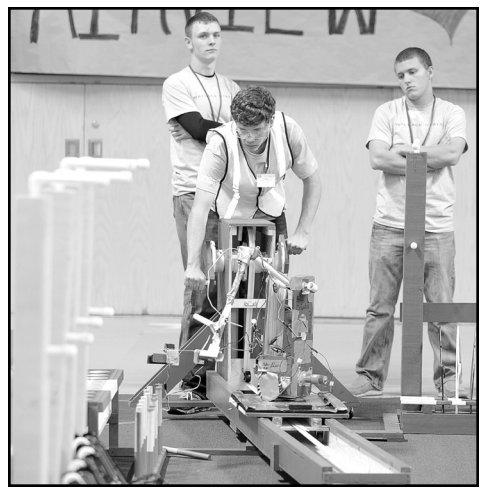
Nerd Nation United

By: Howard Cole

HANCEVILLE – The robotics teams (nerds) converged on Wallace State Community College recently for a glorious day of robotic challenges. The schools which competed were Holly Pond, Fairview, Good Hope, Cullman High, Cullman Middle, Good Hope Middle, Cullman Area Career Center, and Hartselle Junior High.

The teams not only competed with the robots that they built, but a complete marketing strategy that consisted of a table display, oral presentation, T-shirt design, spirit, most robust machine, and several other categories.

After 15 rounds of competition the Holly Pond Broncos emerged victorious with Hartselle Middle school finishing second with their robot. Holly Pond also won the coveted "B.E.S.T." award, best exhibit, Team of Distinction, and the Founders Award. Holly Pond, along with Hartselle Middle School will travel to Auburn University Dec. 7 - 8. to compete in the South's Best competition, along with approximately 50 other schools (the best of the B.E.S.T.) from the surrounding states. The event should be streamed live over the internet for those who are unable to attend. Check back with CullmanSense.com for more details and results from the Dec. 7-8 competition.



Family Life Center Gym Transformed into Halloween 'Monster Mash' Cave

By: Barbara Ragsdale

CULLMAN – The 'ROCK' group of youth at Sacred Heart of Jesus Catholic Church in Cullman transformed the Family Life Center Gymnasium into a veritable Halloween trick-or-treater's delight for their annual 'Monster Mash' celebrating the autumnal festivities!

Numerous games, slights of hand (finding the elusive spider!!), a fishing pond, creepy/crawly eyes, brains, and other unsavory slippery, slimy objects, all were in evidence as youngsters of every age took part in the Halloween event.

Prizes of either candy or other items were won by all and by the end of the evening everyone's trick-or-treat bucket was filled to the brim!

Costumes ranged from ancient days such as Cleopatra and her hero, Marc Anthony, to mummies, a sailor, and an Air Force inductee, all sorts of princesses and superheroes, not to mention the zombies, butterflies, and lady bugs who roamed through the night seeking their fame and fortune.

Hot dogs and drinks were served and everyone stayed until the 'witching' hours ended! A good time was had by all - and no one was lost in all the 'scary' activities of the Halloween celebration.



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Did you know that traditionally the most important deadline for 12th grade college funding is Dec. 1 nationally for them to receive priority, merit-based funding consideration for all (4) years of undergraduate work?

Did you know that seniors who want to transfer from a 2-year program to a 4-year need to go ahead and prepare for transfer scholaship eligibility now?

While there are many variables that affect a student being selected for a merit-based award over another similarly academically qualified student, typically, the student's gpa & test score are the standards by which the student is entered into his/her highest "eligibility selection window":

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- Seniors with no/low scores, let us show you what you still can do to get as much funding as possible!
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What's Online

Wallace State volleyball wins 5th consecutive ACCC tournament championship

Wallace State's volleyball program has won its fifth consecutive Alabama Community College Conference (ACCC) tournament championship, and this one may be the sweetest of all.



qrne.ws/116

How the ACA Will Affect People With HIV and AIDS

The Affordable Care Act will broaden health care coverage for many of the 1.1 million Americans infected with HIV, especially those who live in the 25 states and the District of Columbia that have opted to expand Medicaid.

qrne.ws/117

Bass Fishing Hall of Fame Dinner Puts Cullman on the Map

Recently, 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...

qrne.ws/118

Study Finds Aging Inmates Pushing Up Prison Health Care Costs

By: Christine Vestal • Stateline

State spending on prisoner health care increased in 42 states between 2001 and 2008, with a median growth of 52 percent, according to a new report from The Pew Charitable Trusts. The primary driver of the cost spike is bigger and older prison populations.

"Health care is consuming a growing share of state budgets, and corrections departments are not immune to this trend," said Maria Schiff, director of the State Health Care Spending Project, an initiative of Pew and the John D. and Catherine T. MacArthur Foundation.

Pew analyzed inflation-adjusted correctional health care expenditures collected by the U.S. Department of Justice from 44 states that participated. Overall, these states spent $6.5 billion on inmate health care in 2008, up from $4.2 billion in 2001.

Average per-inmate spending also grew in 35 of the states during the same period at a median rate of 32 percent.

Of the states in the study, prisoner health care costs in Illinois and Texas decreased. Those not included in the study are Georgia, Kansas, Kentucky, New Mexico, Vermont, Wyoming, and Washington, D.C.

Although sentencing changes have resulted in a recent decline in the prison population, the number of people held in state prisons ballooned over the last 30 years. During the study period, it grew by about 200,000, a 15 percent increase.

During the same period, the number of state and federal inmates age 55 and older grew from 40,200 to 77,800, a 94 percent increase. Since 2008, the number of elderly inmates has continued to grow to 121,800 in 2011.

The aging of the prison population is the result of a large number of inmates living out longer sentences and an uptick in the number of older people who are sent to prison.

Like the population on the outside, elderly prisoners are more likely to have chronic medical and mental conditions that require expensive treatments. The health care costs for inmates age 55 and older with a chronic illness is on average two to three times that of the cost for other inmates, according to the study.

Cutting Costs

States have developed a number of strategies to mitigate the rising cost of caring for prisoners, including increased use of telemedicine and the outsourcing of medical services to state universities and other providers, according to the report.

In addition, a small number of states have made limited use of Medicaid to help finance rising prison health care costs.

The potential benefits of Medicaid financing will increase substantially in 2014 when the Affordable Care Act takes effect, but only in states that expand their programs.

Currently, most state Medicaid programs cover very few childless adults, who make up the bulk of the prison population. In most cases, only pregnant women and disabled inmates are eligible for Medicaid.

By expanding Medicaid to all adults with incomes up to 138 percent of the federal poverty line ($11,490 for an individual), virtually everyone who is incarcerated will qualify for the federal-state program. The federal government will pay 100 percent of costs for newly eligible adults from 2014 through 2016 and gradually decrease its share to 90 percent by 2020.

For inmates, Medicaid pays only for health care services provided outside of prison walls. But those charges – for inmates admitted for 24 hours or more to a hospital, nursing home, or psychiatric center – are often substantial.

In Ohio, where Republican Gov. John Kasich recently circumvented the GOP-led legislature to approve the expansion, the state estimates it will save $273 million in prison health care costs in the first eight years. Michigan expects to save about $250 million on inmate health expenses in the first 10 years, and California expects to save nearly $70 million each year.

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



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Coalition receives Bentley grant to help domestic violence victims

By: Mike Presley

MONTGOMERY— Gov. Robert Bentley has awarded a $34,059 grant to help a north Alabama nonprofit agency assist domestic violence victims and educate the public about domestic violence.

The Marshall County Coalition Against Domestic Violence provides a 24-hour shelter and crisis hotline, safety planning, case management, and court advocacy for victims in Marshall, Cherokee, and DeKalb counties.

The coalition also educates the community about domestic violence by making presentations to civic and church organizations and by providing dating violence prevention curriculum materials to schools.

The Alabama Department of Economic and Community Affairs is administering the grant from funds made available by the U.S. Department of Justice. ADECA administers a wide range of programs that support law enforcement, economic development, infrastructure upgrades, recreation, energy conservation, water resource management, job training, and career development.

Bentley notified Annette Clayton, coalition chairman, that the grant had been approved. Matching funds of $8,514 are supplementing the grant.

Lands Unsuitable for Mining Petition Denied in Flawed Decision

By: Eva Dillard

MONTGOMERY – Recently the Alabama Surface Mining Commission (ASMC) refused to declare 40,300 acres of land adjacent to the Mulberry Fork of the Black Warrior River as off limits to coal mining, missing an historic opportunity to protect the drinking water source for 200,000 residents in the greater Birmingham area.

Staff Attorney Eva Dillard commented, "It is a shame that state regulatory agencies are not doing more to ensure that the citizens of Birmingham have a safe, dependable, and affordable supply of drinking water, both now and for the future."

Riverkeeper Nelson Brooke believes: "This stretch of river deserves full protection as a vital source of water, and as a recreation resource for the general public. The state should not be allowing companies to discharge water pollution from coal mines into the daily source of water for 200,000 greater Birmingham-area drinking water consumers."

Black Warrior Riverkeeper filed a petition with the ASMC on September 10, 2012 to designate this area as unsuitable for coal mining under a provision of Alabama's Surface Mining Control and Reclamation Act which was specifically enacted to preserve public resources like drinking water.

The designation is required when surface mining could potentially result in a substantial loss or reduction in the long range productivity of the water supply.

Riverkeeper submitted extensive public comments and evidence to support their petition, including an analysis of Birmingham Water Works Board water quality data, as well as preliminary data recently compiled by the Alabama Department of Environmental Management demonstrating that even after reclamation occurs, surface coal mining has negative effects on downstream water quality.

Citing concerns about potential treatment cost hikes or even an inability to treat the water under certain circumstances, the Birmingham Water Works Board intervened in the petition process to represent their concerns about the impacts of surface coal mining on source water quality.

John Kinney, Enforcement Coordinator for Black Warrior Riverkeeper notes that "After initial review, it appears the ASMC severely misinterpreted the available data as well as the standard of review for the petition."

Despite the fact that ASMC made a flawed decision, Riverkeeper will continue to oppose current and potential threats to the largest water source for Alabama's largest city.

Meanwhile, in a separate effort, Riverkeeper and a growing coalition remain steadfast in their opposition to the proposed Shepherd Bend Mine.

The ASMC has granted the Shepherd Bend Mine a permit – still contested – to mine across from the same Birmingham Water Works Board intake that Riverkeeper sought to protect with its Lands Unsuitable for Coal Mining Petition. The Shepherd Bend Mine Opposition Coalition urges the University of Alabama System, the major owner of land and mineral rights at Shepherd Bend, to oppose this threat to a major drinking water source.

High School Football Week 10 Roundup

By: Josh McBrayer
joshmcbrayer@cullmansense.com

It has seemed like just last week that we were bringing you the week one wrap up and now we are at the season's end. All teams were in action, this being the final game for all but four. So without further ado, here we go.

Hanceville vs. West Morgan
By: Matt Glover

It was a total team effort Friday night at Ray Talley Stadium, as the Hanceville Bulldogs defeated West Morgan Rebels(WM) 40-21. The Bulldogs scored six touchdowns, all by different players.

The scoring started early and occurred often. On the Bulldogs opening drive, they would take the ball 54 yards on 5 plays capped off by a 29 yard Torre Green TD run.

Hanceville would then recover the kickoff, after a high arching kick than landed between the West Morgan players. One play and only nine seconds after they last scored, the Bulldogs were in the end-zone once more, this time on a wide open connection between Caleb Hurst and Kody Smith putting Hanceville on top 14-0.

West Morgan would face fourth and one, they elected to go for it and could not convert on their own 36. Hanceville took over in prime real estate, leading by 14. They would however fail to cash in on points, failing to convert a fourth down at the 16. West Morgan would fail to achieve a first down. Forced to punt, luck was on their side, the ball bounced off a Bulldog and was recovered by WM. The Rebels would move the ball all the way down to the Hanceville 7 before failing to convert on fourth down. Hanceville would give them the ball right back via a fumble on the first play.

Both teams would swap drives ending turnovers on downs. This would come to an end on the second Hanceville drive of the quarter. They would march 50 yards on 5 plays, with the end coming on 13 yard Brontae Harris TD run. Another three and out gives Hanceville the ball at the Rebel 39. On the first play Hurst finds a wide open Dante Reese for a 61 yard TD. This would give us a half time score of 28-0 Hanceville.

The third stanza would begin with another West Morgan three and out. Hanceville would fail to convert on fourth down on the Rebel 33, turning it over on downs. West Morgan would gain a couple on first down, before fumbling after a nice carry, giving the ball back to the home team once more, on the Rebel 42 yard line. Torrey Green would get them all but five of the yards needed on a 37 yard run on first down. Playing fullback, junior offensive lineman Blake Purifoy, would punch it from 5 yards out. In what was the loudest cheer from the home crowd all night. Hanceville lead 34-0 again both teams offenses were bogged down, leading to the end of the third quarter.

West Morgan would continue a drive started in the last seconds of the third, taking the ball 77 yards on 10 plays, including a fourth down conversion, to score the first Rebel points of the evening. Hanceville was not finished, leading 34-6, they would score one more time during the night. Rolling 59 yards in just five plays, talented freshman BJ Smalls sprinted 35 yards for the final Bulldog score. West Morgan would not give up. The following drive they would hold serve, scoring on 7 yard run. They took just 6 plays to move 65 yards to pay dirt. The Bulldogs would go three and out on the next drive. This lead to the final score of the night, when the Rebels punched it in a 33 yard run. The final score would be Hanceville 40 West Morgan 21. Hanceville carries momentum into the class 3A playoffs, winners of 8 straight game. They will host Glencoe(7-3) Friday in the first round.

Good Hope vs. West End
By Jim and Joan Stinson

Good Hope started the scoring on a 42 yard pass from Sebastian Fendley to Austin Crumbley, but the PAT was no good, 6-0 Good Hope.

On the ensuing kickoff West End's Howard Blanton took it 72 yards to the Good Hope 8 yard line to set up a 3 yard run by Christopher Lister, the PAT failed, and the 1st quarter came to an end knotted at 6.

Midway in the second, Caegan Epperson would find Blanton for a 5 yard toss, the PAT failed, and West End would take a 12-6 lead at halftime.

In the 3rd quarter Fendley called his own number and took it in from 9 yards out, Jared McClure would run it in for the 2 point conversion, The Raiders held a 14- 12 lead heading into the 4th. The Patriots would regain the lead when Blanton scampered 24 yards for the TD but another missed PAT would make the score 18-14. Jared McClure would then take the kickoff 67 yards to find pay dirt, the successful PAT made the score 21-18.

The final score of the night came on a 42 yard screen pass from Fendley to McClure, the pat was good. Final Good Hope 28 - West End 18.

The Raider's will travel to Saks next week for the first round of the playoffs.

West Point vs. Fairview
By Philip Hillman

Sometimes a team just has your number and that seems to be the case whenever West Point and Fairview lock horns.

West Point was the first to light up the scoreboard when Bryant Farley took an Aggie punt 70 yards to the house to give the Warriors a 6-0 lead in the second quarter. The Aggies were quick to tie the game up 6-6, but the Warriors wasted no time to get back to work. West Point took the ball deep into Aggie territory but costly fumble gave the Aggies the ball back on their own 11. On the ensuing possession West Point's Ryder Jones intercepted the Aggie pass and took the ball down to the Aggie 5 yard line, a 4 yard run by Kobe Smith, and a 1-yard QB sneak by Bryant Farley put the warriors up 13-6 at the half.

On the first series of the second half, Bryant Farley connected with Will Wren for 28 yards to set up a 10 yard run by Kobe Smith that put the Warriors up 20-6. From there, West Point would not look back. Bryant Farley legged out a 9 yard TD and a 46 yard TD to put the game out of reach.

Fairview struck late in the 4th by a 1 yard TD run by #12 to make the score 34-14. On the Aggie onside kick the Warrior's Trent Campbell snagged the ball and ran it 50 yards to paydirt to seal it for the Warriors by a final score of 41-14. The season came to close for the West Point Warriors but the Fairview Aggies will head to Haleyville to take on the Lions in the first round of the state playoffs.

Vinemont vs. Randolph
By Zeke McBrayer

Vinemont received the opening kickoff and looked to strike early. After a short run, Garrett Boland went to the air downfield and was intercepted by Nicholas Madeloff. Randolph gained huge chunks on the ground, not seeing third down until they were within the 10-yard line. Madeloff would get to capitalize on his own interception when he took it in from 11 yards out. The Raider's took an early 6-0 lead just under four minutes into the game.

Vinemont would get the ball back and eat up the clock by gaining short yardage. On a 4th and 6, Garrett Boland had a huge 8-yard run to keep the drive alive. Vinemont would take up the rest of the first quarter and finally punch it in on the first play of the 2nd quarter on a QB keep by Boland. After a failed 2-point conversion, the game would be tied at 6-6.

Randolph would answer, and answer quickly. On just a 5 play drive, QB John Oliver would go 2/2 with 84 yards and a 54-yard TD to Hall Bryant.

On the ensuing kickoff, Vinemont would drop the ball and Randolph would recover. Four plays later, Oliver would again go to the air, connecting with Madeloff for a 33-yard touchdown. Randolph was quickly up 19-6. The Raiders would score two more times before the half. After a bad Vinemont handoff, Randolph would capitalize on another Oliver to Madeloff touchdown pass, this one 20 yards. Late in the second quarter, William Jennings ran the ball in from 3 yards out to put the Raiders up 33-6.

Vinemont just couldn't get things rolling, coming up short on a fourth down and getting sacked to end the half. They would look to turn things around in the second half. Randolph would receive the second half kickoff and take it back to Vinemont's 26-yard line. They needed just one play to score, a third pass from Oliver to Madeloff. Going up 40-6, the game looked to be out of hand. But the Eagles wouldn't go down without a fight.

Vinemont would answer the Raider touchdown by driving it down and punching it in from 1-yard out with Austin Blair. Blair would go out on defense pumped up from the touchdown and get two straight tackles for loss on the Raider's William Alison. After an incompletion by Randolph, the Eagles would get the ball back. Vinemont's Orey Woods would find a hole on a rush and take it 74 yards to the 5-yard line. Two plays later, John Michael Dye would score on a 1-yard run.

Despite the offensive surge, the Raiders defense was able to slow the Eagles down. Both team would score again, and Randolph would hold on for the 40-20 win.

Cullman vs. Centerpoint
By Josh McBrayer

Turnovers and injuries plagued the Cullman Bearcats in their 27-7 loss to the Centerpoint Eagles Friday night. The loss was not just on the scoreboard. Standout receiver Mason Jones and defensive star Alex Martin were both injured in the game and did not return. CullmanSense will not speculate on their injuries.

Cullman started the game strong when they recovered the opening kickoff that drilled a Centerpoint player that was on the front line. Cullman was able to take the ball from their own 47 to the Eagle 33 but a sack for a 10-yard loss on forth and eight ended the Cullman threat. This would set the tone for the night as the Bearcats were hard pressed to get anything going on offense.

Centerpoint would score the first points of the night on a pass from Keilan Knight to Freshman Leeman Lewis for the 12 yard touchdown. The PAT was no good but the Eagles held 6-0 lead over the Bearcats.

Neither team would find paydirt again until 8:19 left in the second. Will Crenshaw busted through the Eagle line for the six yard TD. The PAT was good and Cullman took a 7-6 lead, their first and only lead of the game. The action went back and forth but neither team could get their offense rolling and the score stood at 7-6 deep into the fourth. That is when Centerpoint took over. Knight found Oliver Jones for a 15 yard touchdown and it was all downhill from there.

Leading 12-7, the Eagles forced a turnover on downs from Cullman. It took just one play for them to find the endzone once more. Virgil Studdard took the handoff yup the middle then down the sideline for a 51 yard TD run. Centerpoint led 20-7 after the successful two point conversion. Antonio Johnson would score the final touchdown of the night when he stepped in front of a Crider pass and took it all the way to the house for a 57 yard pick six.

Although the loss was a tough one for the Bearcats, their focus now turns to the well being of their seniors and their first round match up against the Moody Blue Devils.

OTHER SCORES

Holly Pond 20 vs Appalachian 22 (OT)
Cold Springs 60 vs Carbon Hill 7





Off to the Playoffs (from Front)

playoff game, this time as 3A Region 7 Champions. The Bulldogs will play host to the Glencoe Yellowjackets who finished fourth in 3A Region 5.

Cullman Bearcats
The Cullman Bearcats finished second in 5A Region 8 and earned the right to host a first round playoff game at Oliver Woodard Stadium. They will start their quest for a 5A state title against the Moody Blue Devils who finished third in 5A Region 6

Fairview Aggies
Fairview finished the regular season with a 4-3 record in 4A Region 6.earning themselves a playoff spot. They will hit the road on November 8th (next Friday) as they will take their unique blend of offense to Haleyville to take on the Lions who finished 6-1 in Region 8, losing the tiebreaker to region champs Central Florence.

Good Hope Raiders
The Good Hope Raiders, coming off of a dismal 3-7 2012 season find themselves in the playoffs as the number four team out of Region 7 with a 5-2 region record. The Raiders have a tough hill to climb as they have to travel to Saks and take on the undefeated Wildcats.

The four squads have fought tooth and nail, battling week in and week out for the opportunity to earn a playoff spot. Reward their dedication and sacrifice by coming out and supporting your favorite team as they fight their way to a state title.

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Return of Jestin Lewis, Marcus Johnson in Wallace State men's basketball backcourt raises expectations for 2013-14 season

By: Russell Moore
WSCC Contributor

HANCEVILLE – Wallace State men's basketball coach John Meeks has the utmost confidence in his sophomore guard duo of Jestin Lewis and Marcus Johnson.

"I think they have the chance to be one of the best returning backcourts not only in our league, but in the country. No one we play is going to be able to stack up against those two," said Meeks, 30. "They are two of the best in the league and especially want to make sure they leave their mark on the program this year."

As one of the most experienced teams in the conference, a cloud of optimism surrounds Wallace State's men's basketball team entering the 2013-14 season, which begins Friday at Columbia (Tenn.) State. If Lewis, Johnson, and the Lions take another expected step, Wallace State should be in strong contention in March for its second state title in three years.

It's no secret Lewis was Wallace State's go-to man last season, when the Lions went 17-14 and advanced to the ACCC quarterfinal round. He finished second in the conference by scoring 17.1 points per game, earning him a second-team All-Region honor and a first-team All-ACCC North Division selection. He also dished out 85 assists, good for second on the team, and was second on the team with 68 steals. Lewis shot a team-best 42 percent (56-for-135) from 3-point territory and 77 percent from the free-throw line.

When Wallace State needed a clutch basket, Lewis' number was called. More often than not, the Virginia native delivered.

"Jestin has really matured as a person and player since he got here. He kept us in a lot of games late in the season and ended up being our go-to-guy down the stretch. Jestin has come back with a renewed focus and wants to win this league more than anyone else," said Meeks, who's entering his fourth season with the Lions. "He has already signed with Mercer. One of his goals was to get that out of the way so he can take this team where it needs to be. Jestin is one of the best players in the conference and has a chance to be the all-time leading scorer in Wallace State history." Johnson, a 5-foot-11 point guard from Raleigh, N.C., will be just as valuable as Lewis in the backcourt. He quietly averaged 9.9 points last season while dishing out a team-high 88 assists in 30 starts.

"Marcus is not a flashy guy, but he has the ability to score. He has really elevated his game and worked hard to become a much better shooter and combo guard to give us solid minutes at a couple of different positions," Meeks said. "Marcus has made major, major strides on and off the court with what he needs to do."

Wallace State's returning experience doesn't end there. Sean Anthony, a 5-foot-10 sophomore guard from Charlotte, N.C., is back in the fold along with 6-foot-8 forward Quinterian McConico, a Woodlawn grad. Anthony was Wallace State's top option off the bench last season, compiling 63 assists and 21 steals. Meanwhile, McConico averaged 4.3 points and 2.3 rebounds in nearly 10 minutes per game.

"Sean Anthony brings an intensity, fire, and level of competition that is unmatched. Sean has accepted his role on this team and understands what he needs to do to help us win. He has settled into his role very well," Meeks said. "I have been very encouraged by Quinterian this preseason. He has dedicated himself to getting in much better shape and has made it a goal to be a starter on this team. Quinterian is going to be an impact guy."

After sitting last season out because of a season-ending knee injury, Cody Farley is healthy and ready to contribute in the paint for Wallace State. Farley is a Pinson Valley graduate.

"Even though he didn't play last year, Cody was here the entire season and understands the expectations on and off the court. He has been great and is excited to be on the court. Cody has a chance to be one of the better big men in this league," Meeks said. "Cody presents a unique matchup in that he can do a lot of things from the perimeter as well. He has a very high basketball IQ and will complement our perimeter guys well."

Meeks has added a handful of sophomore transfers to create depth across the board. Marcus Burwell joins the team after playing at Hill College in Texas last season. Transfers joining the team also include X-keem Jones (Sheridan College in Wyoming), Dominique Taylor (Walters State in Tennessee), and Quayshad Williams (Flagler College in Florida).

Wallace State's fortunes may also hinge on the maturation of a pair of freshmen from Georgia, both expected to start. Lee Moore, a 6-foot-3, 175-pound guard from Kennesaw, Ga., led his North Cobb (Ga.) High School team to the Class AAAAAA semis as a senior, earning a first-team All-State selection. Darius Joell averaged 13.2 points as a senior at Collins Hill High in Suwanee, Ga.

"Lee Moore wants to be as good as he possibly can be. He brings everything to the table. He's a high-level defender, a high-character kid, and can really score. Lee has been very well-coached along the way and takes things very seriously," Meeks said. "Darius is an unbelievable shooter who can really score the basketball. He has the unique ability to score in a variety of ways. He needs to continue to get more mature and stronger in order to adapt to the physicality of the college game. Both guys have shown why they were very successful high school players."

Freshmen Kriston Beasley, Josh Farmer, Marcus Hayes, and Marcus Lewis, a Thompson High grad, make up the remainder of the Wallace State roster.

Meeks once again has his team scheduled to play in a couple of highly competitive holiday tournaments. The Lions will travel to Panama City, Fla., for the Gulf Coast Thanksgiving Classic in late November and venture to Supply, N.C. for the Brunswick CC Holiday Classic in December.

Wallace State's conference opener is Jan. 13 vs. Marion Military. Meeks expects the North Division to be as challenging as it was last season.

"Night in and night out it's going to be very tough. Over the last 10 or 15 years, there's a reason only one North Division team has advanced to the national tournament. We beat up on each other and are ready to go once the state tournament arrives," Meeks said. "We're looking forward to seeing how we measure up. We're excited to be one of the most experienced teams in the conference."

Wallace State's men will also field its first ever junior varsity team this season. The team is primarily made up of area players and will play a limited eight-game schedule. The JV team will be led by first-year Wallace State assistant and veteran coach Tommy Suitts, who previously coached at Marion Military among many college and high school stops in his long career.

"We have multiple goals with our junior varsity team. We wanted to give a lot of local kids an opportunity to represent the college and their local high schools, and we also wanted to give an assistant coach his own team. It should help our recruiting and it gives us a chance to work the junior varsity guys against the varsity guys in practice," Meeks said. "We see a lot of advantages by having a junior varsity team." Meeks surpassed the 100-win plateau as a head coach last season and has a 104-60 career record entering the season.

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

cullman city parks & recreation

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, 5 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 has been extended to Wednesday Nov. 3. Call 256-734-9157 to register.
- **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.
- **Fall is the best time to visit Hurricane Creek Park!** Hurricane Creek Park has scenic hiking trails that are a great place to see the autumn leaves! Bring a picnic lunch and bring the whole family! Park is open from 12pm-sunset on Fridays and 9am-sunset on Saturday and Sunday.
- **Fall/Winter Activity Guides:** New Activity Guides featuring all of our Fall & Winter programming are now available at all of our parks & facilities! Get your FREE guide today to keep up with everything going on at Park & Rec!

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Veterans (from Front)

"Welcome home, brother" – three little words with a meaning so great.

By: Natalie Bonner

For those of whom have fought overseas and for our great country, there is no greater phrase than per se, "Welcome home, sister."

Our community is having a homecoming of sorts to be held on Veterans Day Saturday, Nov. 9 at 9 a.m. first and foremost honoring our heroic veterans and those who have served and are serving in the armed forces. The Veterans Day Celebration will take place at Sportsman Lake Park.


Vietnam Era Truck

There is a myriad of activities scheduled throughout the day. To name a few, attendees may tour the Vietnam equipment and weapons display tent, the military vehicle displays, and visit with Cullman JROTC Cadets and Vietnam Veterans association tents. There will be a Skydive Alabama demonstration jump.

The guest speaker is Vietnam Veteran and USAF Fighter Pilot Colonel John Casper who was shot down and rescued twice.

There will also be a memorial program held on this day at 2 p.m. at the Vietnam Wall to honor the Cullman men whose lives were lost in Vietnam.

"While this event is family friendly and there are things going on that all family members will enjoy like air shows and skydiving, it is of a more serious nature than most community events," Vietnam Veteran and Retired Colonel USAF Ken Brown said.

"It is an opportunity for Americans, across the nation, to express their appreciation for the sacrifices and service rendered by those who have served in the military. It is an opportunity for kids and grandkids to learn about what their grandfathers did to serve and to learn to say thank you."

The Cullman City Council, the Cullman County Commission, and the Cullman business community sponsor this event. Mr. John Riley, CEO of Cullman Savings Bank, leads the fundraising. The Veterans Day Celebration has particularly grown in the last three years as the Veterans Park has developed. This year, a new pavilion has been constructed to enhance the park.

"This day is important to veterans because they can share it with other veterans who understand what they experienced and they can pay their respects to those who did not make it back. However, it is also important to veterans to know that their fellow Americans recognize and appreciate their service and will take a few minutes out of their hectic lives to come and be with them on their special day," Brown said.

"Despite the patriotism in this community, very few citizens ever come out to be with the veterans on this day and they are left mostly alone to celebrate the day themselves. Unlike Memorial Day in May, Veterans Day is designed to honor our living veterans. And anyone may purchase a brick to be displayed in the park, dedicated to a loved one who has served – living or deceased."

In addition to this day of celebration, donations are greatly appreciated to help facilitate the Wounded Warrior Project, which helps wounded warriors readjust to civilian life after leaving the military. This project enables them to grasp a new lease on life.

They are taught how to overcome physical handicaps; offered mental health assistance, marriage counsel and employment assistance; and their relatives are instructed on how to support and help them throughout these life areas. The WWP will be at the park to meet the public, explain the program, and receive donations.

"This is an excellent opportunity for a church, Sunday school class, school class, civic organization, business, or individual to make a donation for as good a cause as I know on this special day of the year," Brown stated.

Immigration (from Front)

na-style immigration laws in Georgia and South Carolina.

Among the parts of the Alabama law that would be permanently blocked are provisions that would have:

- Required schools to report how many of their students are in the country illegally or have undocumented parents
- Made it illegal for undocumented residents to engage in business transactions
- Negated contracts entered into by unauthorized immigrants
- Made it illegal for unauthorized immigrants to look for work

The agreement also severely limits the law's "stop and verify" provisions — derided by critics as a "show your papers" law — that allow local police to check the immigration status of criminal suspects. Alabama was the first state where that law went into effect, but it got off to a slow start. Under the agreement, police can not "stop, detain, arrest, or prolong the detention of any person" to run an immigration check.

Kristi Graunke, senior supervising attorney for the Southern Poverty Law Center, one of several groups that brought the underlying lawsuit, said state officials agreed to the limits after seeing the high court's Arizona decision. The court's majority let stand Arizona's immigration checks, but it did so with a warning.

"Detaining individuals solely to verify their immigration status would raise constitutional concerns. And it would disrupt the federal framework to put state officers in the position of holding aliens in custody for possible unlawful presence without federal direction and supervision," the court ruled. Even after the settlement, a few parts of Alabama's law still remain in effect. The law, for example, requires Alabama businesses to use a federal database called E-Verify to ensure new hires are in the country legally. It blocks unauthorized immigrants from attending public colleges. And even after lawmakers tweaked the law last year, it still prevents unauthorized immigrants from seeking business licenses and other documents.

But Graunke said the agreement blocked the worst parts of the law. "We really see it as this point as remnants and scraps remaining. We have really gutted the most harmful parts of the law in this litigation," she said. Other immigrant rights groups praised the deal as well. "Today's settlement should remind legislators in both Montgomery and Washington that a person's constitutional rights may not be legislated away," said Linton Joaquin, general counsel of the National Immigration Law Center, in a statement.

"Supporters of attempts to nationalize racial profiling policies such as Alabama's HB 56 should be warned: We will fight these efforts at the capitol and, if necessary, in the courtroom," Joaquin said.

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

Stars & Stripes Wheels Show

By: Noah Chandler • noahchandler@cullmansense.com

WEST POINT – Hot rods, muscle cars and even a few beaters were on display at the Stars & Stripes Wheels Show, to benefit the West Point Band, over the weekend in the parking lot of West Point High School. The objective of the Stars & Stripes Wheels Show was to salute the military and veterans. All proceeds go toward WPHS Band. For additional information or if you would like to make a donation to the band visit westpointband.org.





Knapsacks for Kids

By: Natalie Bonner

CULLMAN - While "The Hunger Games" might be a semi sci-fi novel about the dystopian future of our civilization, it takes on an all too literal meaning in reference to those young and old alike who go hungry everyday in our community.

At First United Methodist Church, they are doing something about that. Melissa Betts is the coordinator for the Knapsacks for Kids program, which serves West Elementary School.

Betts explained that last winter, several church members who are teachers from West Elementary were reporting the staggering need for additional food at their school.

Betts said, "They requested that their Sunday School classes pray about how to meet this need. Their hearts were hurting for these kiddos they loved so much."

As the members of the church brainstormed how to remedy this situation, Betts made a call to Elizabeth Shaddix, the school guidance counselor at West Elementary, explaining that she and other members had an interest in helping kids who were "food insecure." Shaddix asked for a little time to "run some numbers and talk with the teachers."

"I will never forget the day I received her call with the numbers." There were around 200 children in the school who received free lunches. At that moment, my heart hurt. I realized this needed more attention than a bag of snacks or a grocery card could fix. This was in November 2012 and I thought what could we do?" Betts said.

From that point on, Knapsacks for Kids started to take shape through a variety of funding. Namely grants, which focused on new ministries with mission projects, private donations, community groups, and food drives.

Knapsacks for Kids sent the first backpack home in February of 2013. Betts said they started by asking for the 30 children with the biggest need. By May of this very year, they were feeding 48 children.

Knapsacks for Kids has committed to feeding 70 children for the 2013-2014 school year. They have successfully raised $9,000 towards the $14,000 needed. Betts explained that it takes $200 a school year to feed a child; that averages out to only $5 a weekend.

This amount allows Knapsacks for Kids to send two breakfast, two lunch, two dinner, two snacks, and juice and fruit every week. It also enables them to do backpacks for vacation weeks such as Veterans weekend, Thanksgiving, Christmas, and Spring Break.

Betts said, "We send enough for all the days they are out so that they are healthy and happy when they return to school."

What if a child comes from a family where he or she has other siblings also in need?

Judy Self, a retired schoolteacher from West Elementary and volunteer coordinator for Knapsacks for Kids said, "If there is a brother or sister, we pack for those children, too. You can't send a bag of food home for one child when there are four in need."

Each child receives his or her own backpack upon entrance into the program. This bag is packed with food and goes home with the child. The teachers discreetly pack the bags at opportune times so that none of the children are identified, as they prefer to keep anonymous.

Knapsacks for Kids is always looking for new volunteers. If you are interested in volunteering, check out FUMC's website at www.cullmanfumc.com and look for the Knapsack link. Volunteers meet weekly at the church on Thursday, pack bags from noon to 1 p.m., and then load and deliver the food to West Elementary. For more information on how you can serve, contact Melissa Betts at 256-734-6690.





Permits (from Front)

law enforcement, to promote law enforcement in Cullman County."

The monies collected from the issuance of pistol permits is deposited in an account designated to purchase law enforcement equipment, along with educational literature.

One uncharted territory was for a sheriff's department to purchase tangible assets, such as property and buildings.

"Anything to do with equipment or training, as long as it is for law enforcement," Sheriff Rainey said. "When I asked the auditor and examiner about purchasing real property from that account they said absolutely. If it's going to be used for this department there is no problem whatsoever. They did say they did not know of any other sheriff who had done that, but they said there was nothing wrong with it; so I got their approval."

The property located on Old Hanceville Highway is located just south of the CCSO.

It measures 5 ½ acres of land, and has two buildings on the property; one enclosed building measuring 40'x50' with two rolling doors, and an open shed that measures 40'x120'.

Rainey said the total cost of the property purchased in October 2012 was roughly $284,000.

"It was purchased from the Sheriff's Office pistol permit fund, not using tax dollars," he said.

"It was paid for in cash so it is free and clear. I had to give the Cullman County Commission the money and they are the ones who purchased the building."

Numbers for pistol permits as provided by the Cullman County Sheriff's Office.

Pistol Permit Applications
August 1, 2013 – August 31, 2013
Total Revoked Permits - 1
Total Suspended Permits - 0
Total Denied Permits - 9
Total Permit Applications - 970

Pistol Permits Issued
1-Year Pistol Permit - 675 - $10,125.00
2-Year Pistol Permit - 111 - $3,330.00
3-Year Pistol Permit - 42 - $1,890.00
4-Year Pistol Permit - 7 - $420.00
5-Year Pistol Permit - 126 - $9,450.00
Denied Pistol Permit - 9 - $0.00
Total Fees Collected - $25,215.00

Pistol Permit Applications
September 1, 2013 – September 30, 2013
Total Revoked Permits - 1
Total Suspended Permits - 0
Total Denied Permits - 3
Total Permit Applications - 703

Pistol Permits Issued
1-Year Pistol Permit - 513 - $7,695.00
2-Year Pistol Permit - 85 - $2,550.00
3-Year Pistol Permit - 15 - $675.00
4-Year Pistol Permit - 2 - $120.00
5-Year Pistol Permit - 85 - $6,375.00
Denied Pistol Permit - 3 - $0.00
Total Fees Collected - $17,415.00



– 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.

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.

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.

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.

A Salute to Veterans
The Wallace State Community College Department of Fine Arts will present "A Salute to Veterans" featuring the WSCC Symphonic Band under the direction of Terry S. Ownby. The free concert will honor the men and women who are currently serving and who have served to defend the United States of America. The concert will be held at 3 p.m. in the Recital Hall of the Burrow Center for the Fine and Performing Arts.

Cullman City Schools Substitute Teacher Training
Those who have signed up for substitute teacher positions in the Cullman City Schools will have a training seminar starting at 5 p.m. at the BOE Central Office. Please be sure to attend if you intend to be a substitute teacher.

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.

28th Annual 'Christmas in Cullman' Open House Weekend
The annual 'Christmas in Cullman' Open House weekend begins now. Lots of activities going on in our local shopping areas, special music, food, door prizes, etc. Come shop locally and get ready for the upcoming holiday season by shopping 'at home. Weiss Cottage open from 10 a.m. until 5 p.m. both Saturday and Sunday. Children can decorate Christmas cookies each day at the Cottage.

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!

Veterans' Celebration at Sportsman Lake Park Veterans Memorial
Cullman military veterans will be honored with a 'Welcome Home' event especially for Vietnam Veterans during a five hour gathering at the Veterans' Memorial Park located at Sportsman Lake. This event runs from 10 a.m. with the Opening Ceremony, and concludes at 3 p.m. This patriotic gathering will feature interviews with Vietnam Veterans and bluegrass music at 11 a.m., videos on the war, Huey Helicopter display, a Vietnam era military vehicle display, skydiving demonstration at 1:30 p.m., two airshows, a bluegrass concert, a country music concert, a pre-1975 car, truck, and motorcycle cruise-in, plenty of 60's music, and much more. Veterans and their spouses will be treated to a free lunch cooked by the Cullman Elks Lodge. At 2 p.m. there will be a special ceremony at the Vietnam Veterans Memorial Wall. The final event of the day will be a free hamburger and hot dog dinner at the VFW Post 2214 at 5 p.m. for veterans and their spouses, followed by the weekly dance starting at 7 p.m. This event will be held rain or shine.

Sunday

Open House at 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.

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 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.

Reflections of History

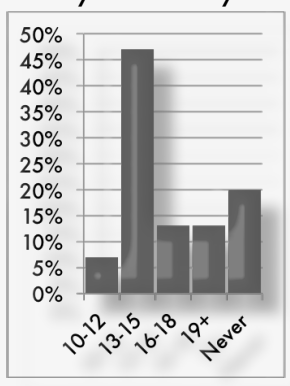
Share your historic photos with us!
E-mail history@cullmansense.com



North East Corner - 5th Ave. & Austin Contrib. by Cullman County Museum

Poll

Do you have a Veteran in your family?



This Week's Poll

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

Vote Today at CullmanSense.com/Poll

CULLMANSENSE
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Practical Applications for Feeling Well

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

TMJ Dysfunction

Not many people would consider the assistance from a Massage Therapist for the relief of their TMJ Dysfunction. My goal is to educate others on how CNMT's can not only relieve the Chronic Pain of TMJ Dysfunction, but also how beneficial it is in relieving tension headaches for those who grind, grit or clench during the night, or out of subconscious habits.

What are the Symptoms of TMJ Dysfunction?

- Headaches
- Neck pain
- Facial pain
- Tooth pain
- Ear congestion
- Tinitis (ear inflammation)
- Earaches
- Sore throat
- Sinusitis
- Limited ROM (head/neck)
- Inability to open wide
- Forward head posture
- Over or under bite
- Gum problems(gingivitis)
- Grinding teeth(clentching, buxism)
- Disintegration of teeth
- Crooked teeth
- Teeth tilted inward
- Limited or distorted vision
- Low energy, fatigue
- Loss of mental clarity
- Anxiety
- Nervous tension
- Irritability
- Poor posture
- Chronic pain, cause unknown

Possible Causes of TMJ Dysfunction

- Genetic factors (ex, small jaw, big teeth)
- Injuries to the head or jaw
- Improper dental or orthodontic care
- Distorted posture patterns
- Mental/emotional stress
- Suppressed self-expression
- Whiplash
- Injury with emotional trauma

A brief review of an article published in the *International Journal of Therapeutic Massage & Bodywork.*

Sandra K. Anderson, BA LMT ABT and Jolie Haun, PhD LMT

A case report is a detailed description of a practitioner's work with a client who has a condition which is addressed by a specific therapy or intervention. It also includes a review of published literature about research on issues similar to the client's. Both the practitioner's work with the client and the research literature can form the foundation for further scientific investigation.

Most massage therapists have likely had clients with temporomandibular joint (TMJ) dysfunction as 65% to 85% of Americans experience symptoms during their lives. Symptoms include pain and muscle spasms in the head, mandible, neck and shoulder muscles; headaches; earaches; clicking noises or deviations when the mandible moves; limited ability to open the mouth; and dizziness. Causes of TMJ dysfunction include whiplash, bruxism, malocclusion, anxiety, stress, trigger points and postural dysfunction.

Treatments for TMJ disorder include splint therapy, analgesics, surgery, stress management, acupuncture, trigger point therapy, hydrotherapy and massage therapy. Data from focus groups and surveys of people with TMJ disorder suggest people experience frustration with conventional treatment, but are often satisfied with complementary and alternative medicine (CAM) treatments, especially massage therapy. However, literature regarding the effectiveness of massage therapy on TMJ disorder is limited and shows varying degrees of success, warranting more research on the topic. Pierson's case report is important because it shows the benefit of a treatment plan with detailed measurements of the outcomes associated with TMJ disorder.

Pierson's client was a 26 year-old female student who had TMJ disorder seven to ten years prior to the massage treatment series. There was no reported known cause of TMJ for this client. Her symptoms were pain, decreased range of motion, clicking and crepitus. She was a busy, stressed student who had sought treatment from a dentist and a TMJ specialist. Eating soft foods, stretching and following guidance on reducing stress decreased the majority of her symptoms, but when her stress levels increased, her symptoms returned. The client's goals from massage therapy were decreases in pain, muscle tension, stress and restrictions in the neck and facial muscles.

The treatment plan consisted of an initial assessment followed by ten treatments, with re-assessments midway through the series and afterward. Each assessment included a postural assessment using a plumb line and range of motion (ROM) and orthopedic assessments of the neck and TMJ. Pierson also conducted pre-treatment interviews which included questions about location of discomfort, duration, frequency, intensity and quality of pain, and aggravating and relieving factors.

The sessions lasted 45 to 50 minutes, and included intra-oral massage (with gloved hands) consisting of compression on the medial and lateral pterygoids to release trigger points and muscle tension and gentle stripping. Myofascial release was then performed on the neck muscles and pectoralis major to correct the client's rounded shoulder posture and release pressure on her jaw followed by stretching. The sternocleidomastoid was picked up and twisted to release trigger points and tension. Kneading, stripping and trigger point release through ischemic compression were also used on neck muscles.

These techniques were done to relieve pain, increase blood flow to the muscles and elevate endorphin levels to further reduce the client's pain and stress. Shiatsu was performed on the client's scalp to restore and maintain the body's energy balance, prevent the buildup of stress and decrease pain.

Because studies have shown that 60% to 90% of patients with TMJ disorder have an improvement in symptoms after using only self-management techniques, self-care was essential to the client's treatment plan. The client performed daily exercises involving retraction to decrease forward head posture. To keep the jaw muscles from clenching, the client compressed and stretched masseter and temporalis musces, and performed self myofascial massage over pectoralis major. She also applied heat and ice alternately to painful areas. Starting three weeks prior to the treatment series, the client kept a daily journal recording her stress, pain and muscle tension levels; the amount and quality of her sleep; self-performed home care, daily activities and diet.

Overall, the treatment series was successful, yielding an increase in the client's ability to open her mouth maximally and range of motion in her neck and a decrease in muscle hypertonicity, pain and stress.

Pierson states these results could be due to several factors - the client's compliance with home care, using evidence-based techniques and frequent sessions with no long breaks in between.

For greater accuracy in measurements, Pierson acknowledged that other tools could have been used. For example, a goniometer could have been used to measure the range of motion of the mandible. Instead of relying on the client's comments, valid and reliable measures could have been used to assess the client's mood, stress, concentration and patience. Also, during postural observation and resisted ROM assessment, more quantifiable measurements could have been used instead of the terms "mild, moderate, or severe."

The Massage Therapy Foundation has annual student and practitioner case report contests that are intended to enhance professional development and research skills of practitioners and students. For information about how you can submit a case report, please visit massagetherapyfoundation.org/grants-contests/case-report-contests. Who knows.

This Week in History

November 4th

- 1845 – First nationally observed uniform Election Day in U.S.
- 1939 – U.S. allows "cash and carry" arms sales during WW II

November 5th

- 1895 – King Edward VII says "We are all Socialists nowadays"
- 1925 – Mussolini disbands Italian socialist parties

November 6th

- 1942 – Nazis execute 12,000 Minsk ghetto Jews

November 7th

- 1909 – Knights and Ladies of St. Peter Claver organizes in Mobile, Alabama
- 2010 – Queen Elizabeth II launches a page on Facebook; no one is allowed to 'poke' or 'befriend' her

November 8th

- 1731 – In Philadelphia, Benjamin Franklin opens first U.S. library
- 1942 – Hitler proclaims fall of Stalingrad from Munich beer hall

November 9th

- 1853 – Origin of Carrington rotation numbers for rotation of Sun
- 1906 – T. Roosevelt is first President to visit other countries (Puerto Rico and Panama)

Chips and Ships Ahoy: Reviews of *Cloudy with a Chance of Meatballs 2* and *Captain Phillips*

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

Aside from the presence of boats, there are really no other similarities between the true-life thriller *Captain Phillips* and the zany kids flick *Cloudy with a Chance of Meatballs 2*. Both films have merit and are obviously meant for vastly different crowds.

Here is a brief glimpse at the two films for those curious about the juxtaposed movie-going experiences.

In 2009 the movie going public largely ignored the critically successful *Cloudy with a Chance of Meatballs*.

Even the most undemanding audience, children, were not enticed by the fanciful premise of a clumsy, bumbling, but well-meaning, scientist, Flint Lockwood, and his machine that turns storms into food.

Based on a popular children's book of the same name, the film did not receive much attention until it hit home video and streaming.

The first film is wonderfully odd and irreverent. It achieves that magical status of being entertaining to both children and adults, without resorting to cheaply disguised double entendres or base toilet humor.

Cloudy was smart, witty and referential with a stellar voice cast. It was a visual spectacle filled with childlike nonsense and silliness.

Cloudy with a Chance of Meatballs 2 secured most of the same wonderful voice cast with a few great additions.

Flint Lockwood, voiced by Saturday Night Live favorite and gifted comedic actor Bill Hader, leads the cast which includes Anna Farris, James Caan, and Neil Patrick Harris, as the monosyllabic monkey, Steve. This time another SNL alum, Will Forte, lends his voice to the Flint's childhood hero and the films antagonist, Chester V.

He is paired with Kristen Schaal, an odd comedian making a name for herself with smaller roles in TV shows and movies.

The repartee between Forte and Hader and their mutually admiring, yet adversarial relationship constitutes the most humorous and interesting parts of the movie.

Unfortunately the reunited cast of Lockwood's friends and his well-meaning, often clueless father (voiced by James Caan), seem like little more than extra baggage.

Once the cast has new characters heaped upon all the old, it seems too crowded.

This is unfortunate, because the character moments between Lockwood and Anna Farris' character Sam, as well as the interaction of side characters like Steve the monkey, made the first film uproariously funny at times.

While some of the new personalities are inventive and likable, the movie feels too cluttered. Its story drives the narrative, but lacks the constantly rising and absurd stakes of the original.

The story is not bad and revolves around the infamous weather-to-food machine introduces in the first *Cloudy*.

It has its awkward and hilarious moments that made its predecessor so memorable and quotable, but they are fewer and further in between.

Obviously the creative team struggled with the striking the right balance as well.

Eight writers are credited and unfortunately, the directorial team from the first film only serves in a production and advisory capacity.

It is clear that directing team of Phil Lord and Chris Miller, who also wrote *Cloudy 1*, infused their own personality and humor into that film.

Unfortunately, in *Cloudy with a Chance of Meatballs 2*, lightning, or the food based equivalent thereof, did not strike twice.

Captain Phillips is an entirely different beast. Directed by Paul Greengrass, best known for *The Bourne Supremacy* and *The Bourne Ultimatum*, Tom Hanks stars in this tight, well-paced thriller.

The story retells the real life, harrowing experiences of the actual Captain Phillips, who was kidnapped by Somali pirates from the shipping vessel Maersk Alabama.

Hanks carries the film, along with especially convincing performances from the unknown actors Barkhad Abdi, Barkhad Abdirahman, Faysal Ahmed, and Mahat M. Ali.

These four African actors, especially Abdi, who served as a chauffeur with no experience or aspirations before being cast in *Captain Phillips*, bring a startling authenticity as the Somali pirates.

Their portrayal is complex, as it is both fearsome and sympathetic.

It is the accuracy, or the appearance of a painstaking accuracy, that make this film so well made.

To hear the story of a US shipping captain kidnapped by Somali pirates conjures a situation that is far more fanciful than the reality.

The lifeboat on which the kidnappers took the real Captain Phillips is much more substantial that the rubber raft or dingy that comes to mind when the word "lifeboat" is uttered.

As a stark contrast, the Somali pirates are not the fearsome sea rats of legend and history.

They board ships in small skiffs, not a huge trawlers or anything resembling the pirate vessels of those same legends. They work in small semi-independent bands and answer to savage warlords.

Failure for these men means death. In fact, the pirates are almost all forcibly conscripted into service as impoverished youth on the coast of one of Africa's poorest and most volatile nations.

Hank's portrayal makes Phillips seem a realistic noble hero.

He is not indestructible or fearless. He is a man in exceptional circumstances. He has a commitment to his duty.

These emotions and feelings are expressed as fact. They are not overly aggrandized.

The audience is given no shot of Phillips' family huddled around the TV crying over his fate in order to tug on the heart strings.

These are the elements of a tight, sharp narrative. Greengrass does not deal in bombast or overhyped villainy or patriotism.

The story and characters speak for themselves. Hanks expresses his character's inner strength with subtly, so too do the Navy officers and SEALs tasked with his survival and rescue.

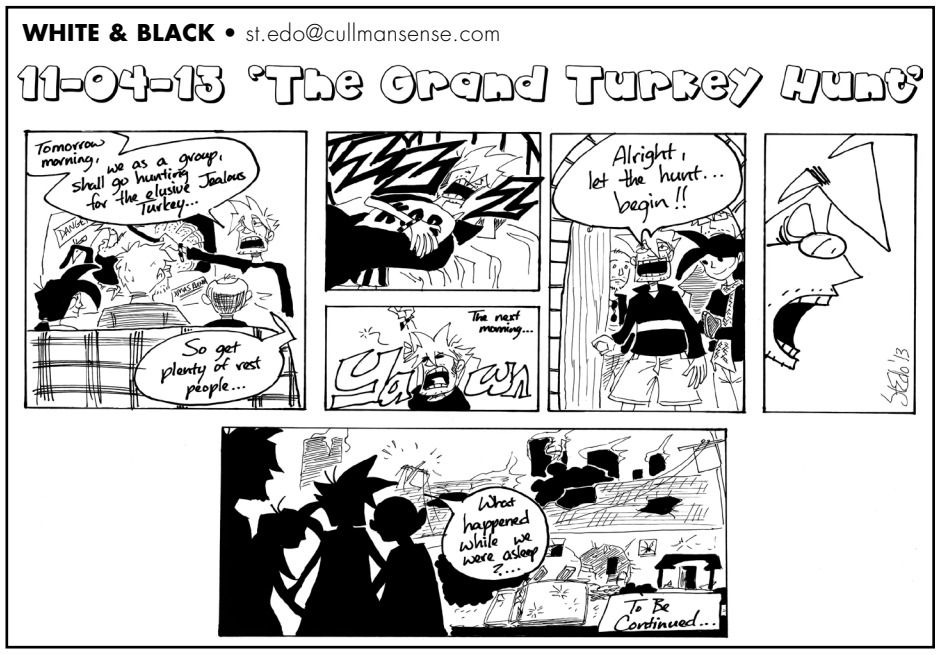
The audience is treated to the tension of the US Navy and it is difficult not to be moved by the military's commitment to one man's survival.

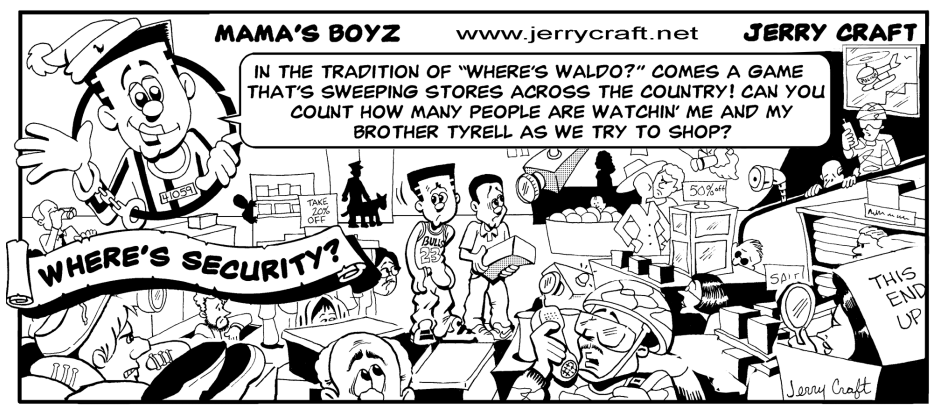
Combine these performances and story subtly with expert cinematography and clockwork military operations and Greengrass weaves a captivating thriller.

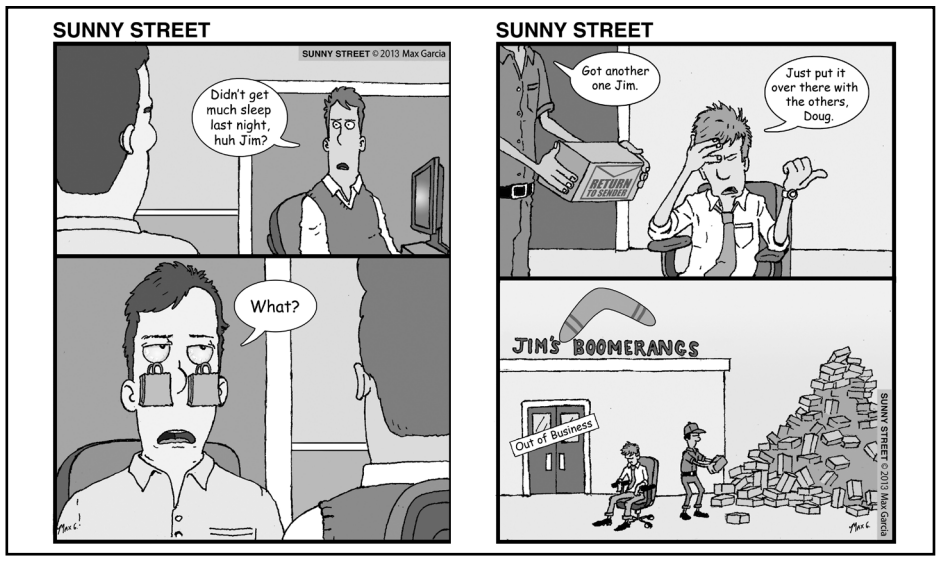
It allows for a swelling of patriotism, pride, and emotion without hyperbole or overwrought clichés.

It may not be for every viewer, but those impressed by smart filmmaking and writing, will not regret the ticket price.

Comics







Little Big Town set to perform at 2014 Rock the South Music Festival

By: Noah Chandler
noahchandler@cullmansense.com



CULLMAN – With the holiday season approaching, the folks from the Rock the South Music Festival have begun releasing the names of artists, scheduling, and ticket prices for Rock the South 2014 just in time for Christmas stocking stuffers.

To get the buzz going for RTS 2014, event promoter Shane Quick announced earlier this morning that country sensation Little Big Town will be taking to the stage on Friday, June 20.

"We are excited to announce that Little Big Town will be taking the stage that Friday night," Quick said.

"We are excited to have Little Big Town because they have been one of the most requested bands since we've been hosting Rock the South. It's an added bonus that they are Alabama based, born, and bred."

The Alabama connection with artists is one Quick hopes to strengthen as the two-day music festival looks to grow over the coming years.

The Rock the South Music Festival will be held on Friday and Saturday June 20-21, 2014 at Cullman's Heritage Park.

Tickets will go on sale December 13.

For more information visit RTS at www.rockthesouth.com or on Facebook at www.facebook.com/rockthesouth.

Of course you can stay up-to-date with all artist announcements at CullmanSense.com, Cullman's fastest growing locally owned community news outlet.

Military recruitment is (still) not a STEM education

By: Erin Niemela

BRIEF BIO
Erin Niemela is a Portland resident and parent, Master's Candidate of the Conflict Resolution Program at Portland State University, and syndicated journalist of PeaceVoice, a program of the Oregon Peace Institute.

I am a parent of a an elementary school student in Portland, Ore., and early this week I discovered our school is participating in the STARBASE program. STARBASE is a Department of Defense initiative offering science, technology, engineering, and mathematics (STEM) training to at-risk public school students.

According to the 2012 STARBASE Annual Report, there are 76 STARBASE locations in 40 states, the District of Columbia, and "4 outreach programs to Native Americans," serving 68,270 students in 2012 alone. 21 Portland area schools are participating this year.

While some parents applaud STARBASE for bringing STEM subjects to students in an engaging, exciting way, others – myself included – are concerned about the intentions of the program.

The STARBASE concept was devised in 1989 by Barbara Koscak, a Michigan educator, who later found herself a comfortable full-time position with the Department of Defense. In a July 15, 2010 Portland Mercury article, Stefan Kamph interviews Koscak, during which she claims the Department of Defense is "giving back to the community [and] isn't just about bombs and bullets."

In contrast to Koscak's claim that the DoD is giving students this opportunity out of the "kindness of its heart," in the 2012 STARBASE Annual Report, Major General Donald P. Dunbar states, "The Department of Defense has vested interest in the development of this nation's future innovators..." (Emphasis mine). Even the STARBASE vision statement gives a clear-cut indicator of the purpose of the program:

"To raise the interest and improve the knowledge and skills of at-risk youth in science, technology, engineering and mathematics, which will provide for a highly educated and skilled American workforce that can meet the advanced technological requirements of the Department of Defense."

If the vision statement isn't enough evidence of STARBASE's intentions, then the content of student participant evaluations – those surveys used to determine if the program is "effective" – add another layer of impropriety. Students are evaluated prior to and after their participation in the program to determine shifts in attitude toward the military, military personnel, facilities, and careers. Students participating in STARBASE attend classes on military bases and instruction on future military careers is a mandatory portion of the program. If students leave STARBASE with more positive attitudes about the military, the program is considered a success.

According to the 2012 Annual Report, "Students entering the program with low military attitudes had lower knowledge scores ... than those entering the program with high military attitudes." Such a statement implies that a child that disapproves of war, war-making, and military functions will not get as good an education as a student with the "right" attitude, thereby placing pressure on parents to instill in children a more positive attitude toward the military.

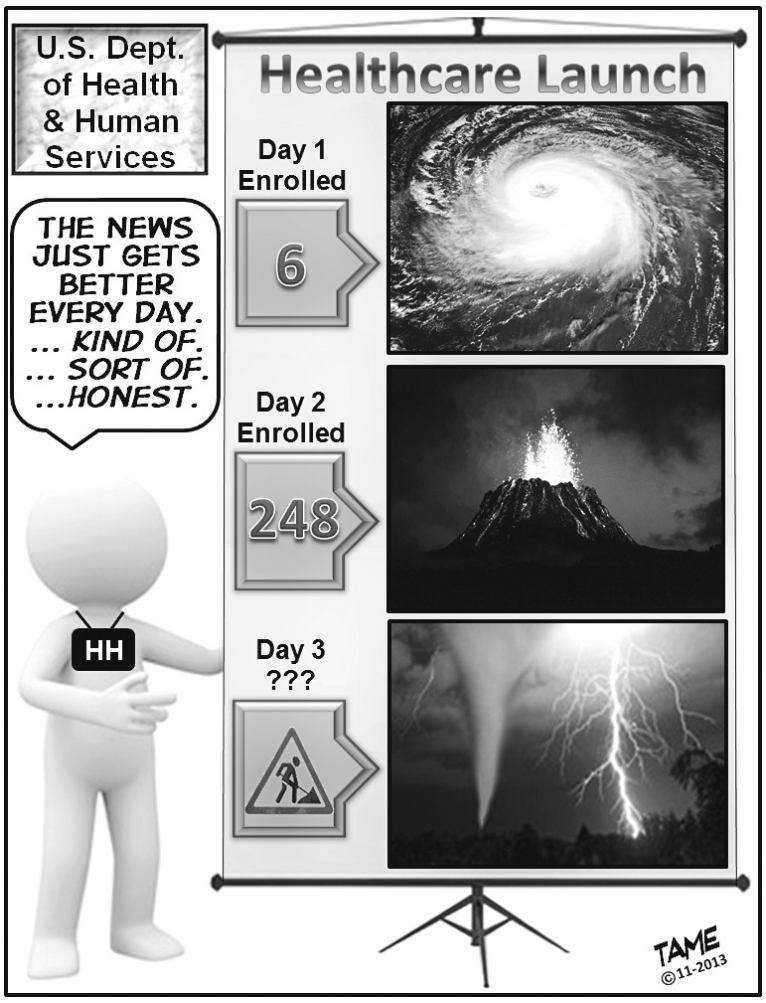
While on base, students are exposed to various light and heavy weaponry. As with many schools across the nation, this fact alone runs counter to Portland Public School weapons policy: "Weapons, facsimiles, and weapons-related activities are prohibited in the schools, on school grounds, at school activities, and school sponsored activities. No person shall have on School District property any weapon, explosive, or incendiary device." While we strive to create nonviolent, safe learning experiences for our children, our school system is simultaneously presenting them with the ultimate violent experience in a positive, sugarcoated way.

Understanding that STARBASE is a military recruitment program for children isn't rocket science, pardon the pun. None of this information is hidden or concealed, but it certainly isn't broadcast. Many parents I've spoken with have little to no information about the program, other than that their child will have to participate. While I haven't heard about alternative education opportunities for families that opt-out, the alternative at my son's school appears to be having the child sit in a room and study all day. Four times per year, students with a reasonable apprehension to participating in a DoD military recruiting program are denied their right to comprehensive education. This is shameful.

At the very least, schools must provide an alternative education opportunity for those of us who refuse to send our children to an institution soaked in violence where a stated goal is instilling positive attitudes toward military careers.

I urge all public school parents and concerned community members to call, e-mail, or write school administrators and board members and demand their school withdraw from the STARBASE program and/or provide an alternative education opportunity for students. Those of us who refuse to knowingly send our children to an institution that creates and is fueled by violence deserve and have the right to the same educational opportunities as other students. We have the right to resist military recruitment of our elementary school children, we have the duty to resist STARBASE.

EDITORIAL CARTOON





Governor Bentley Foresaw Enormous Expense of a State-Run Healthcare Exchange

By: Kay Ivey • Lt. Governor

Within hours of its launch, Healthcare.gov proved to be a train wreck. The healthcare marketplace that was promised to provide health insurance for everyone doesn't seem to be working for anyone.

The President finally acknowledged the website is faulty, but still fails to see that the Affordable Care Act is anything but.

Personal stories of the damaging effects of Obamacare on Alabamians have come to light every day since the healthcare exchange launch.

Individuals, families, and business owners are seeing their health insurance premiums increase exponentially or the healthcare plans they were assured they could keep canceled all together.

And now, it has been revealed that the Obama Administration was well aware that millions of Americans would lose their insurance plans under the new law.

I applaud the members of Alabama's Congressional delegation who have been courageous and steadfast in standing up to the federal government's overreaching and out of touch policies. We need more in Congress like you.

On a state level, your leaders are doing what they can to stand up for Alabamians against Obama's unworkable and unaffordable healthcare plan.

In his wisdom and through his experience as a physician, Governor Bentley could see the writing on the wall when he decided nearly a year ago to opt out of setting up a state-run healthcare exchange that would have put undue financial burdens on Alabamians.

The full price tag of the healthcare law has been hidden in the shadows until recently. As U.S. Rep. Nancy Pelosi explained three years ago, Congress had to pass the bill to find out what was in it.

But Governor Bentley had the insight early on to know that setting up and sustaining an exchange would cost more than Alabama can afford.

Initially, federal grants were made available to help states get the exchanges up and running.

But when that money dries up, states are left to foot the bill. In Alabama, continuous operating costs were projected to total $50 million a year.

In California, the development and operation of a state-run healthcare exchange is reaching $1 billion. Kentucky, which is smaller than Alabama by about 500,000 people, is spending $253 million on its healthcare exchange.

The problem-plagued Healthcare.gov is only part of the greater issue. Obamacare was broken at its inception and remains broken.

I am grateful for Governor Bentley's wisdom and insight to see that Alabama could not afford to take on the responsibility and cost of implementing the federal government's fragmented system.

#1

Bill Smith

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