SERIES 4 • ISSUE 34 • SEPTEMBER 1, 2014

CULLMANSENSE COMMUNITY MATTERS

CULLMAN AREA CHAMBER OF COMMERCE
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CULLMAN AREA CHAMBER OF COMMERCE'S
EYES OF PROGRESS NEWSLETTER
INSIDE P9

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U.S. POSTAGE
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Postal Customer



SHARON SCHULER KREPS/CULLMANSENSE

HOT DOG! DODGE CITY GETS A SNEAKY PETE'S!

SPECIALTY HOTDOG RESTAURANT BRINGS IN NEW FACES TO AREA P2

CULLMAN COUNTY REVENUE OFFICE GOES MOBILE: NEW APP ALLOWS USERS TO RENEW CAR TAGS FROM THEIR PHONES P2



CONTRIBUTED

CELEBRATE DIVINO NINO DAY AT THE SHRINE P2

MAKING CULLMAN'S TAIL WAG: CAN OUR COMMUNITY BE MORE PET FRIENDLY? P6

FROM HIS FARM TO YOUR PLATE

THOUGH OFTEN OVERLOOKED, LOCAL FARMERS PROVIDE LIFEBLOOD OF COMMUNITY

"YOU HAVE TO BE DEDICATED."
- GLENN CALVERT
CRANE HILL FARMER

STORY ON PAGE 19



SHARON SCHULER KREPS/CULLMANSENSE

» Born and raised on a farm, Glenn Calvert is one of the many farmers who help the county stay at the top in the state for agriculture.

BILLY AND SHIREEN COLEMAN TAKE REIGNS AT ST. PAUL'S LUTHERAN SCHOOL AS CO-ADMINISTRATORS

Noah Chandler
noah@cullmansense.com

CULLMAN - Monday morning parents were dropping off their children as normal at St. Paul's but it was a bit different as they were greeted by former Cullman County School superintendent Billy Coleman and former West Point Elementary School principal Shireen Coleman.

"Interestingly, we had our life planned out pretty much but an opportunity pre-

p5

GOING THE EXTRA MILE

VOLUNTEERS IN PUBLIC SCHOOLS & THE LINK OF CULLMAN COUNTY PARTNER TO MAKE IMPACT: MENTORING CULLMAN YOUTH A WORTHY ENDEAVOR

Chelsea Sparks
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CULLMAN - In Cullman we are lucky to have several youth outreach programs that are dedicated to helping children who may be in trouble. Whether it is a child from a broken home or just a child whose parents have to work around the clock to support them, there are many reasons a child may need help, and the volunteers in public schools program (or VIPS) is there to make a difference.

"VIPS is a program where we, as volunteers, go into the elementary schools for an hour, once a week, during the school day and work with at risk students," said Reginnia

p5

thelink
Fostering community. Transforming lives.

CONTRIBUTED

» The Link of Cullman County's VIPS program gives volunteers the opportunity to give encouragement and other assistance to at risk students.

Robotics Classes and Team Starting at Vinemont Middle School

Will Hogue
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VINEMONT - When Dr. Vicky Spear took the reigns as Vinemont Middle School Principal this summer, she had some serious goals in mind and really wanted to push the school to the next level in all facets.

Thanks to funds earmarked for the school through the half-cent sales tax increase, which occurred four years ago, she was

p3



WILL HOGUE/CULLMANSENSE

» Mathematics teacher Eric Runge spearheaded the robotics program at Vinemont Middle School with hope to teach students problem solving skills.

SOUTHERNNESS FULLY DEFINED

CULLMAN'S OWN BEN SOUTH TO RELEASE NEW BOOK

Sharon Schuler Kreps
sharon@cullmansense.com



CONTRIBUTED

» Ben South's new book "Being Southern: Fully Defined" is a compilation of drawings and aphorisms from 20 years of his daybooks.

CULLMAN - Local artist and author Ben South is serious about preserving the culture of the American South and has a lot of good ole Southern fun while he's at it. With a brilliant bow tie at the base of his neck, this Southern Gent will have you laughing at your own

p4

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HOT DOG! DODGE CITY HAS A SNEAKY PETE'S!: SPECIALTY HOTDOG RESTAURANT BRINGS IN NEW FACES TO AREA

Sharon Schuler Kreps
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DODGE CITY - Dodge City is home to the newest hot dog restaurant in the area. Sneaky Pete's, famous for their outstanding hot dogs, along with the High Quality Fuel Station, offer a wide variety of merchandise to their customers in the convenience of one stop shopping.

Sneaky Pete's is primarily known for their delicious hot dogs, but they also serve burgers, fries, sandwiches, and chicken. They also have a breakfast menu that is out of this world! Folks can order their eggs any way they want and most are thrilled to know that real eggs are used instead of the powdered or the pourable kind, which are often used in the fast food industry.

There are 11 variations of hot dogs on the menu and each provides its own twist.

"The Junk Yard Dog and the Chili Cheese Dogs are our biggest sellers," said Jennifer Hughes, manager. "The Junk Yard Dog has a little bit of everything on it. It's got mustard, onion, chili, cheese, sauerkraut, relish, coleslaw, and Sneaky Pete's Sauce," she grinned.

"Our Sneaky Pete's Sauce is kind of like a barbeque sauce. It's tomato based and not too spicy. It is available for purchase by the bottle for $2.99. A lot of people pick it up and put it on their chicken or pork chops. It's really good."

The idea of a specialty hot dog restaurant was conceived by Mr. Peter T. Graphos back in 1966.

Later that same year, the very first Sneaky Pete's was built at 2005 8th Ave. South in Birmingham, Ala. Over time, many more Sneaky Pete's restaurants have come along, and as of April 2014, there are 35 Sneaky Pete's franchised restaurants scattered throughout Alabama. Twenty-six of those restaurants are located in the Birmingham Metro. To date, Alabama is the only place where people can enjoy a good ole Sneaky Pete's dog.

According to Hughes, a deciding reason Dodge City was chosen as one of Sneaky Pete's newest locations was because of the friendly folks who live in the area. Another reason was that Dodge City is close to the interstate.

"We've been open now for seven weeks," said Hughes. "We've seen a lot of new faces come through here. There's been a lot of excitement from people who haven't had Sneaky Pete's in over 20 years. I have a couple from Decatur who would travel down to Gardendale just to eat at Sneaky Pete's because that was the closest one around. They were so excited to find out there was one here in Dodge City so they don't have to drive as far," she giggled.



SHARON SCHULER KREPS/CULLMANSENSE

» An Alabama only company, Sneaky Pete's serves up 11 variations of its famous hot dogs.

"We even have some customers who come in the store two and three times a week!"

For excellent service and a delicious meal, make the drive to Dodge City and try one of Sneaky Pete's famous hot dogs. They also welcome phone orders and promise to have your meal hot and ready to go once you arrive. Sneaky Pete's is located at 281 AL Hwy 69 S, Hanceville, AL 25077, and their phone number is 256-287-0977.

CULLMAN COUNTY REVENUE OFFICE GOES MOBILE: NEW APP ALLOWS USERS TO RENEW CAR TAGS FROM THEIR PHONES

Kate Mullaney
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CULLMAN - The Cullman County Revenue Commission Office released an app for iPhones and androids a month ago, which allows you to renew your vehicle tags from your smartphone. For users, this means no more standing in line at the Cullman County Courthouse.

Revenue Commissioner Barry Willingham stated this app is free in the play store or app store.

"Search for Cullman County and you'll find the app," said Willingham. The app is quite user friendly.

After you have downloaded the app, search by your last name or driver's license number to find your registered vehicles.

The app will show you any outstanding tags you need to renew.

"If you can't verify your insurance, you can take a picture of your ID and insurance cards with your phone and upload it in the app," Willingham stated.

"That information is verified by clerks at the county tag office."

Your fee is then determined and you can pay your fee through the app.

If you don't have a tag that needs to be renewed now, this app also offers a friendly reminder.

"You can set the app to remind you when you will need to renew your tag," Willingham stated. "You have an option of being texted or e-mailed."

The app is free to download, but costs $1 for each registration, as well as a 2.9 percent credit card processing fee and an additional 30 cents.

With this app, taking off work and waiting in line at the courthouse is a thing of the past.

"It's not that we want you to quit coming to the courthouse, but it's another option," Willingham said.

"We're just offering another way for the tax payers to renew their tag. Almost everyone has a smartphone now; we're just taking advantage of the technology."

This hot new app has a bright future ahead, too. Willingham is planning to add to the app a new feature that will call any user who hasn't renewed their tag.

"Now, you'll never be late," Willingham stated.

"We're also looking to eventually be able to pay your property taxes this same way. Everything's going mobile."

This mobile app is user friendly, convenient and timely.

To download the app, search "Cullman County" in the Apple App Store or Google Play Store.

CELEBRATE DIVINO NINO DAY AT THE SHRINE

Chelsea Sparks
chelsea@cullmansense.com

HANCEVILLE - The Shrine of the Most Blessed Sacrament invites everyone to come celebrate Divino Nino Day. On September 6, the Shrine will host a day dedicated to celebrating the child Jesus. Many activities are planned for the day to offer the public a chance to worship and pray.

Among the activities listed is a history of the Shrine talk, holy mass, lunch and rosary, and candlelight procession. Tours of the Shrine that will be given in English and Spanish will run every half hour. A mariachi band will also be in attendance to offer musical entertainment.

While everyone is welcome, there are some rules that the nuns of the monastery are asking to be observed. Everyone in the main church and lower church are asked to observe silence. No photography or video recording devices are allowed on the premises. In addition, participants are asked to not wear shorts, sleeveless shirts, skirts or capri pants above the knee.

The gift shop at the Shrine will open at 8 a.m. with history talks beginning at 9:30 a.m. The Shrine will close at 9 p.m. that night.

The day promises to be one of fellowship for everyone in attendance and also offer insight into the history of one of Cullman County's most beautiful churches.



CONTRIBUTED

» The Shrine of the Most Blessed Sacrament's celebration of Divino Nino Day will include a multilingual tour of the Shrine for all.



CRMC JUNIOR VOLUNTEER PROGRAM WRAPS-UP ANOTHER SUCCESSFUL SUMMER PROGRAM

Amy Linton
CRMC Contributor

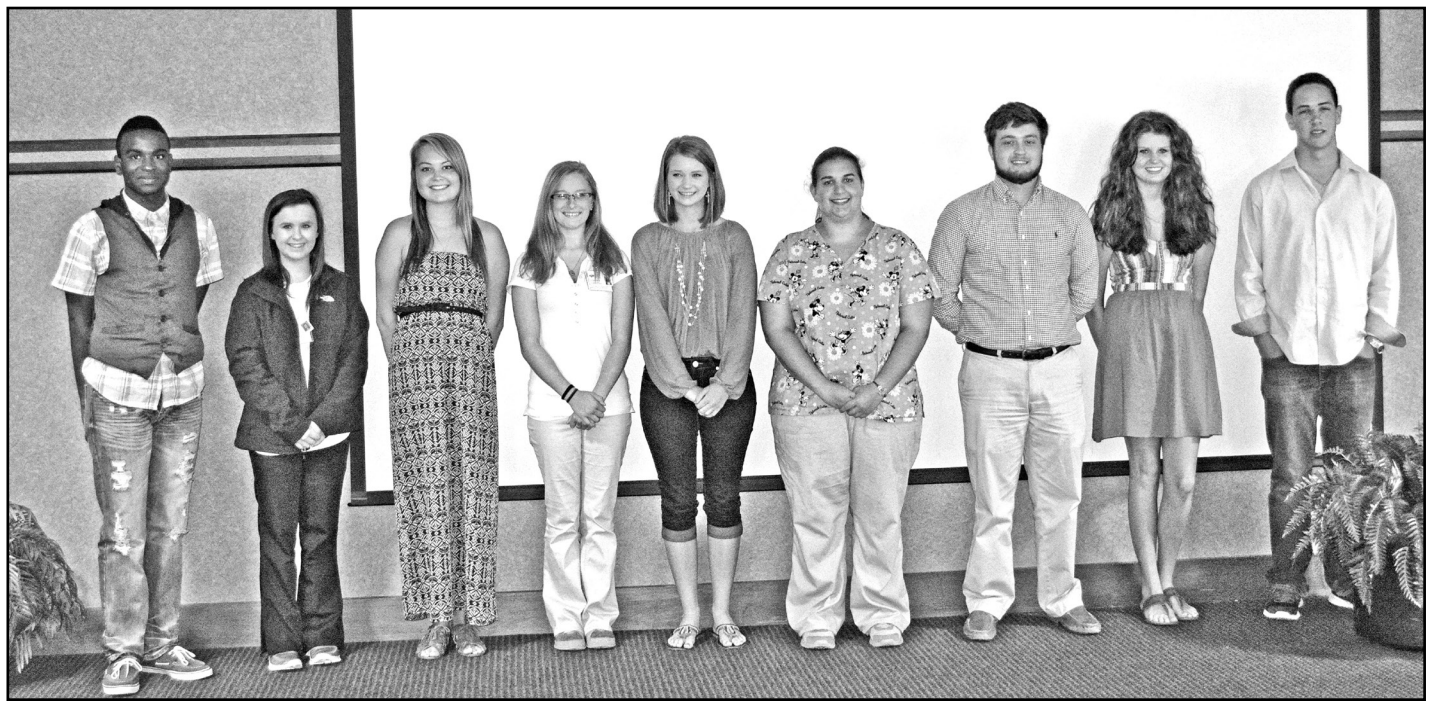
CULLMAN - Twenty-six students from the surrounding areas were recognized recently at an appreciation luncheon for their participation in Cullman Regional Medical Center's Junior Volunteer Summer Program for 2014.

The Junior Volunteer Program is held each summer from June to August.

The eight-week program was developed as a means to promote healthcare careers to high school students. Students from Cullman County and surrounding areas are encouraged to participate in the program to gain knowledge and information about different aspects of the healthcare environment.

For more information about volunteer opportunities at CRMC, visit www.crmchospital.com/volunteer or contact 256-737-2600.

Junior Volunteers not pictured: Kaitlyn Abbott, Cullman High School; Kelsey Black, Cullman High School; Samantha Burden, Fairview High School; Nicole Christie, Holly Pond High School; Lori Gessini, Fairview High School; Andy Glasscock, Holly Pond High School; Alex Harris, Hartselle High School; Cris Hernandez, Holly Pond High School; Alyssa Hill, Fairview High School; Bryson Holland, Cullman High School; Madelyn Hudson, Cullman High School; Jamie Moody, Cullman High School; Taylor Payne, Cold Springs High School; Alexzandria Shaw, West Point High School; Anna Claire Tucker, Cullman High School; Shelby Tucker, Cullman High School.



CRMC

» Junior Volunteers: Juwan Saxton, Hanceville High School; Savana Pannell, Holly Pond High School; Hannah Bates, Cullman High School; Victoria Smith, Cullman High School; Emily Mullins, Cullman High School; SaraBeth Harbison, Cullman High School; Collin Day, Cold Springs High School; Meagan Minor, Cold Springs High School; Sean Dunn, Cold Springs High School.

PANCAKE BREAKFAST BENEFITS COLD SPRINGS JV CHEERLEADERS

Chelsea Sparks
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DODGE CITY - The JV Cheerleading squad of Cold Springs would be pleased to serve you breakfast on September 6, 2014. If you happen to be in the Dodge City area that morning, then stop in and eat a delicious breakfast for a more than reasonable price. Satisfy your hunger and help a group of local girls go perform for thousands of people.

Fresh pancakes and drinks will be served to the community at large on Saturday, Sept. 6 at the Dodge City Town Hall. Kim Burleson, coach of the squad at Cold Springs, said that the breakfast is only $5, and it will go toward helping the girls get to a rather large event.

"The proceeds will go to helping the cheerleaders get to Orlando and perform at the Capital One Bowl," Burleson said. "The girls will participate in the pre-game show. They got the invitation to go from winning Camp Champs at cheer camp and received an invitation to go."

The breakfast will run from 6-10:30 a.m. and everyone in the community is encouraged to come out and support this group of talented young ladies.

"The girls have worked so hard," Burleson said. "And we as a community need to invest in our children because they are the best investment that we can make."

Robotics (from Front)

able to step into a situation and a school with the funds to hit the ground running with multiple different programs.

One of those programs is a first at Vinemont Middle School – robotics.

That's where first year mathematics teacher, Eric Runge, comes in. With a background in engineering, Runge is a great fit to start the robotics program at Vinemont Middle School.

"I hope to teach the students problem solving skills," Runge said.

There will be a Robotics Enrichment class for the students, which will include up to 50 kids. There will also be the robotics team, consisting of, according to Runge, 8-10 kids that will compete in the BEST competition, which will be held at Wallace State Community College.

As Runge learns more about the competition and robotics gets more integrated with the students at Vinemont, the interest in science and math will hopefully be improved from the interest in the robotics program.

Students like Ethan Boyd and Austin Millwood cannot wait to start working on the robots.

"I've never done anything like this," Millwood explained. "But my brother did, and he showed me pictures."

Ethan Boyd, who, along with about seven other kids in his class, wants to be an engineer, is excited about the critical thinking that will be involved with the robotics. They're doing something right at Vinemont Middle School.

Most of the students excited about robotics at Vinemont are, understandably, either very interested in math or science, and in a couple of cases, both.

Because Dr. Spear introduced the possibility of doing robotics at the school only this summer, and they're implementing it so early in the year, the kids who were placed in the Robotics Enrichment class were done so at a somewhat random selection.

Now kids are requesting information on how they may swap their schedules around and get into the class with the LEGO robots.

Because of the robotics being made by LEGO and being so fun to play with, the robots are deceptively educational.

Dr. Spear is raising technology's priority at the school, and trying to reach younger and younger grades as they, themselves, begin to utilize technology at younger and younger ages each year.

Because of Runge's mathematical and civil engineering background, he will be able to positively reinforce the robotics classes and team.

But make no mistake, the robotics team is a student led group, and Runge will only serve to supervise and ensure safety.

Other than that, the students will virtually be on their own, solving problems, programming the robot for competition, and even designing what they want the robot to look like.

The BEST robotics competition at Wallace State Community College will feature 12 different schools, mostly high schools, and this year will be the first year for Vinemont to be represented at the competition.

After getting the basics of robotics under their belts during the Robotics Enrichment classes, the students participating in the robotics competition at Wallace will get a crash course in more advanced robot building. The competition will test teamwork, ingenuity, and critical thinking.

While the Vinemont Middle School students may not be very experienced in the field of robotics yet, they are all highly enthusiastic about the program, which bodes well for its future in Vinemont.

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POOL FUN IS ALMOST DONE: MAINTAINING YOUR POOL THROUGH THE COOLER WEATHER TO COME

Chelsea Sparks
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CULLMAN - The season of summer is quickly winding down, and fall is just around the corner. That also means that it is time to hang up the swim trunks and bikinis to make way for our jackets. For a lot of residents, it's time to shut down the pool and do end of the year maintenance.

Having a pool is a wonderful luxury, but it comes with a lot of hard work to keep it pristine and sparkling.

Keeping up with the proper maintenance on your pool will extend the life of your pool for years, but for those that are new to pools, it can be a little overwhelming

One of the first things you need to think about when maintaining your pool in any season is the chemical balance.

The general rule is to check your pool's chemistry twice per week during the summer, and once a week during the winter.

The pool's pH levels are very important because they determine exactly how active your chlorine is and how clean your pool stays.

Blue Dolphin Pools in Cullman offer a host of services to handle any and all needs you may have for your pool. Whether you are looking to build your first pool, or you want to buy the necessary equipment for maintenance, they have you covered.

One tip Jason Newman, operations manager for Blue Dolphin Pools, tells his client is to make sure you winterize your equipment.

"Number one thing would be to adjust the chemical levels," Newman said.

"You also need to winterize everything. You have your pump and filter or any vessel that holds water, and you need to remove the drain plugs or cap and remove any water. If those things contain any water they will freeze and bust."

Newman has been working with pools for 13 years, and the company he manages has been in the business for 43 years. The decades of experience is what sets this company apart from the competition, according to Newman.

"Most of our people on staff have been with this company longer than I have," Newman said.

"We do things right. We are not necessarily the cheapest around, but we do things right the first time."

A commitment to quality is what this business boasts, and their reputation often speaks for itself.

Most people who have had pools for a while will tell you that cheaper is not always better and can often lead to more money spent in the long run.

So make sure to keep the maintenance on your pool year round, and you will be greeted next summer with sparkling water instead of another project.

For more information on Blue Dolphin Pools, please call 256-734-5442.



CONTRIBUTED

» Keeping check of chemical levels is key to maintaining a pool over winter.

Book (from Front)

Southerness, while scratching your head and thinking, 'Hmmmmm...'

"Serious ain't solemn. Or lighten up, darlin'," is something South is likely to say as he smiles and tips his cocktail glass your way from across the veranda.

If you look closely, you're sure to notice a pad of paper in one hand and a pen in the other. Doodling cartoons or jotting down notes for one of his books, he likes to be left alone to "do his thing".

"I like to keep my daily life ordinary in order to possibly create something that isn't," South says in his smooth Southern drawl.

"I had to live 50 years before I realized what I most value, which is to make stuff and mostly be let alone to do that. I'm not totally hermetic. I do regularly meet friends for meals, cocktails, and laughs."

"The Seven Signs of Being Southern" is a book South wrote more than 15 years ago.

With more than $2.3 million in research to support it, folks will agree that this book still holds true to this day - The Seven Signs of Being Southern are: Tradition, Family, Heritage, Hospitality, Nature, Passion, and Pleasure.

Within days, South's newest book, "BEING SOUTHERN: FULLY DEFINED" will be released. It is a compilation of 100+ drawings and 200+ aphorisms from 20 years of his daybooks. Soon he will launch a book tour to spread his charm and charisma while he visits several Southern states.

The artwork in South's books is incredible. Simple and classy, his illustrations match his thoughts perfectly. Brilliant and colorful, South's art has a style all his own.

"My art is about sharing joy," South said just before sipping his drink. "I learned to 'simplify the image' from intensely studying Henri Matisse. I've studied and taken art classes in France and literally walked in his footprints," he smiled and took another sip from his glass.

"My art is a melding of the sophistication of French Post-Impressionism (Matisse) with the simplicity of folk art from my beloved, American South (Mose T.). One of my collectors calls my painting style 'Mose-tisse.'"

Growing up in Cullman, South saw many of the same scenes the rest of us saw as children, yet these scenes meant something totally different to him. Curious and observant, young South absorbed his surroundings like a sponge then packed everything away inside his mind to pluck and use at a later date.

"The first adult artist I ever knew was Brother Joseph, the creator of Ave Maria Grotto," South explained happily.

"My three favorite Cullman characters are: Brother Joseph, Big Jim Folsom, and Julius, the talented bartender at the All Steak," he shifted in his chair.

"My father taught at St. Bernard and my mama, Miz Ruby, took me to picnic lunches and taught me my colors as she pointed to Brother Joseph's passionate and amazingly beautiful creations. Thanks to Brother Joseph and Miz Ruby, I not only learned the color green, but many iterations; chartreuse, emerald, malachite, tourmaline, sage, Kelly, celadon, billiard table, John Deere, and so on. My love of art and Cullman has a long, joyful history."

Ben South is just one of Cullman's many talented citizens. With his love for Southern culture and zest for creativity, he definitely stands out in a crowd. After moving back to Cullman two years ago, South is here to stay!

"I've found Cullman a wonderful place for creativity and innovation," he tells as he straightens his flaming red bow tie.

"This is a town with a great appreciation for education, libraries, and learning. Also, it is not so big that one has to be diverted by the tedium of bumper-to-bumper traffic or the hassle of urban sprawl."

To find out more about Ben South and his amazing masterpieces, please feel free to visit his website at www.southernness.com.



CONTRIBUTED

» Ben South's painting style has been called "Mose-tisse" because of its blend of French and American South influences.

CRMC WELCOMES MARTHA A. READ, MD TO THE COMMUNITY



Cullman Regional Medical Center is pleased to welcome Family Practitioner Martha A. Read, MD, PharmD, MLIS, to the community. Read graduated Cum Laude with a Doctor of Medicine degree from The University of Alabama School of Medicine in Birmingham. Prior to that, she obtained a Doctor of Pharmacy degree from Samford University McWhorter School of Pharmacy in Birmingham, Ala. She also completed a Bachelor of Science degree in Molecular Biology, Summa Cum Laude, at Vanderbilt University in Nashville, Tenn., and a Master of Library and Information Studies from The University of Alabama School of Library and Information Studies in Tuscaloosa, Ala.

Read completed her Family Medicine residency at Montgomery Family Medicine in July 2014, and previously trained as a Pediatric Intern at the Children's Hospital of Philadelphia in Pennsylvania and as a Pathology Resident at UAB Medical Center. She was formerly Director of Medical Informatics at The University of Alabama School of Medicine, College of Community Health Sciences in Tuscaloosa. Read has also worked as a clinical information librarian, pharmacist and an assistant professor at Samford University and at The University of Alabama.

Read enjoys reading, swimming, trail walking (especially in the mountains) and spending time with her family. She is married to Bill Read and has one daughter, Chelsey, who recently graduated from The University of Alabama with Honors.

"I'm very excited about coming to Cullman and becoming a part of the community. For me, Cullman offers the ideal balance between city amenities and natural beauty. I very much look forward to meeting the people of Cullman and the opportunity to contribute to improving their quality of life in any way that I can. I see myself staying here a long time."

Dr. Read is currently scheduling appointments for new patients.
To schedule an appointment, call (256) 736-2273 (CARE).

Martha A. Read, MD
Family Practice
Cullman Primary Care, PC
408 Clark Street
Cullman, AL 35055
(256) 736-2273 (CARE)

CULLMAN REGIONAL MEDICAL CENTER
www.crmchospital.com

Co-Administrators (from Front)

sented itself where we could help a great group of people, some wonderful students, and great teachers at a wonderful church," Billy Coleman said Monday morning.

"I don't care where you are, it's all about relationships. We have made some great new relationships and we are just here to help in any way we can and we are honored to be able to do so."

Billy Coleman recently served as superintendent of Cullman County Schools from 2011 until early 2014, following his resignation from the system.

Shireen Coleman served as principal at West Elementary from 2004 until 2014. The move to St. Paul's was an easy one for the couple.

"We actually have worked together most of our married life. We work really close together and we saw this as an opportunity to work closely together again," Shireen said.

St. Paul's Lutheran Church Pastor, Reverend John M. Bussman, sent a late evening e-mail Sunday informing the teachers and current staff of the changes.

The quick turnaround came following the resignation of St. Paul's administrator Laurie Ninke, who began in 2012 and resigned Friday evening.

"After many hours spent on the phone this weekend, we have two individuals who are willing to fill our vacant principal position. Many of you probably know them or know of them. Billy Coleman and his wife Shireen have agreed to serve our school," said Rev. Bussman.

"I am very grateful for their willingness to serve as I could not have been as faithful to this position as St. Paul's deserves. Thank you for your prayers," he continued.

The Coleman's will serve as co-administrators during their time at St. Paul's, serving a student body of 61, ranging in ages from Pre-K 3 through 6th grade.

"I think each dynamic brings its own set of blessings. It was fantastic going out to all the schools in the Cullman County System and getting to know the students and faculty; it was great," said Billy Coleman.

"Philosophically, education has always been a ministry for us to serve Christ in; we've been pretty outspoken about it. To come to a place where it's expected, it's actually part of the particular, is fascinating and it's a real blessing to be a part of it."

Last year Billy Coleman faced criticism leading up to the annual Prayer Caravan. When asked if it is refreshing for him to step into a school where the faith-based aspect is part of the school system, Billy Coleman replied simply, "I want to mention that Cullman County in general, all the school systems, whether it's Cullman County or City, they are faith based. There is a deep root of Christian faith in this county, but the difference I think is the expectation and it is part of the curriculum opposed to the other where you have to work hard to make it part of the curriculum."



CONTRIBUTED

» Billy and Shireen Coleman, right, speak with Rev. John Bussman and faculty member, left, Monday morning just hours after the couple took over as co-administrators at St. Paul's Lutheran School.

Youth (from Front)

Roat, literacy coordinator at The Link of Cullman County.

Recently experienced mentors met with new recruits to help them understand their new roles as mentors.

"The mentor becomes their biggest encourager," Roat said. "They meet with them each week, and sometimes the teacher sends things with them to work on. So sometimes they work on school work, and sometimes the teacher will say that they just need someone to talk to."

The mentors for these students are really anything the child needs them to be at that particular time.

They range from a study buddy, to a cheerleader, and even helping with behavioral issues that may need attention.

"Whatever that student struggles with, that person just puts in that hour a week to encourage them, and help them to succeed in the classroom and in life," Roat said.

While the orientation is done for those that signed up early, there is still time to volunteer and help a child this school year.

"We had our orientation, but it is usually three or four weeks before we get our volunteers matched with a child," said Roat.

"So there is still time for those who are interested in the program to get everything done."

The process for applying is not complicated. A simple form to fill out and a thorough background check, at no cost to the volunteer, is all that's required.

It is a small amount of time to donate, which can make a huge difference to a child who needs it. According to Roat, it is far and away one of the best feelings in the world.

"This will be my 13th year," Roat said. "I went from one hour at Fairview to the whole day. I spend my whole day on Thursday doing this at Fairview. But to see a child that didn't have a belief that they could succeed in whatever it might be, and then be able to give them a little bit of extra help and see that light bulb go on. That realization that they can do it, and they just needed that little bit of extra encouragement."

If you would like to volunteer an hour of your time, at the school of your choice this school year, then please call Reginnia Roat at The Link at 256-775-0028.

POSITION AVAILABLE

Program Facilitator needed for local domestic violence intervention program.

Full time, BS degree required. Send resume to: vsoced@vsoccullman.org

LEGAL ADVERTISEMENT

The City of Cullman's Alcohol Review Committee will hold a Public Hearing on Thursday, September 4th, 2014 at 5:00 pm, in the Administrative Conference Room of City Hall, located at 204 Second Avenue NE. Comments will be received on the proposed approval for the sale of alcohol in the City of Cullman by the following applicants:

Applebee's
2106 Cherokee Avenue SW
Restaurant On-Premises
Alcohol License

Loft 212
212 4th Street SW
Special Events (More than 30 days)
(Supreme Properties LLC)
On-Premises
Alcohol License

CULLMAN COUNTY SCHOOLS ANNUAL TITLE I MEETINGS

Cullman County Schools
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The following is a schedule of the required Annual Title I Parent Meetings for Cullman County Schools. All parents and interested community members are invited to attend. For more information, please contact the local school.

AUG. 25TH – MONDAY
- West Point Middle School – 3:15 p.m. in the lunchroom

AUG. 26TH – TUESDAY
- Good Hope Elementary and Middle School – 5:00 p.m. in the lunchroom

AUG. 27TH - WEDNESDAY
- Hanceville Elementary School – 4:30 p.m. in the elementary library

SEPT. 3RD – WEDNESDAY
- Holly Pond Elementary School – 3:00 p.m. in the school library
- Holly Pond Middle School - 3:30 p.m. in the Science lab

SEPT. 4TH – THURSDAY
- Harmony School – 8:00 a.m. and 4:00 p.m. in the school library

SEPT. 8TH – MONDAY
- Welti School – 6:00 p.m. in lunchroom

SEPT. 9TH – TUESDAY
- Fairview Elementary and Middle School – 3:15 p.m. in the high school auditorium
- Good Hope Primary School - 6:00 p.m. in the school library
- West Point Elementary School – 4:00 p.m. in the lunchroom

SEPT. 11TH – THURSDAY
- Parkside School – 3:15 p.m. in the lunchroom
- Vinemont Elementary School – 6:30 p.m. in the elementary library
- West Point Intermediate School – 3:30 p.m. in the middle school lunchroom

SEPT. 17TH – WEDNESDAY
- Cold Springs Elementary – 8:10 a.m. and 4:00 p.m. in the library
- Hanceville Middle School – 3:15 p.m. in the library

SEPT. 25TH – THURSDAY
- Vinemont Middle School - 3:30 p.m. in the upstairs resource room

Medical Arts Apothecary
Living Well Natural Store
124 7th Street, S.W.
256-734-4933
"Serving Cullman Families for over 50 Years!"
SUSAN SKINNER ADKISON, R.P.H.
Living Well natural store
Rx Health Mart PHARMACY

MAKING CULLMAN'S TAIL WAG: CAN OUR COMMUNITY BE MORE PET FRIENDLY?

Kate Mullaney
kate@cullmansense.com

CULLMAN - Our town is growing in a number of ways for us humans, but what about our pets? Some of the most popular cities in the U.S. are pet friendly, so why not do something for the pet lovers in our community and make downtown Cullman more suited for our furry friends?

Seeing paws and tails in Cullman's downtown area could add so much to our community. They're cute, they're fun, and they provide unconditional love.

Pets spruce up the town and elevate the moods of people around them. Several studies have shown that animals have therapeutic effects on people, so why not make downtown more pet accessible and watch the attitude shift from happy to happier?

So, what makes a community pet friendly? Pet friendly nature trails, parks, and quality veterinary care are the simplest answers, and Cullman is hitting the mark with these. Sportsman Lake Park and Hurricane Creek Park allow you and your furry friend to hike together – but don't forget to keep your pet on a leash!

We also have parks such as Depot Park and Heritage Park, which allow you to enjoy your pet outdoors. Cullman even has a dog park inside of Heritage Park. Its double sided to accommodate both small and big dogs safely. It has an obstacle course, a doggie pool, and even a water fountain for your pooch. Cullman also has a selection of veterinary care, as well as a few options for grooming and boarding.

There are ways that Cullman could improve in the pet friendliness area though. For example, you never see wagging tails walking with their owners in downtown Cullman. This is because businesses haven't made themselves pet friendly yet. This can be as simple as providing a water bowl outside.

Rumors Deli has put a large water bowl next to a water hose on their patio.

Of course, in several cities, businesses have taken it to the next step by allowing dogs and other pets inside. Let's be open minded to our polite Cullmanite pets, and who knows? Maybe some downtown businesses will open their doors to paws soon.

The biggest responsibility, though, in making our community more pet friendly lies in the hands of the citizens. It's up to us to begin bringing our pets downtown, walking them along the community gardens and, of course, picking up after them. Maybe then local businesses will begin accommodating them.



KATE MULLANEY/CULLMANSENSE

» The dog park inside Heritage Park provides provides an area for canines to socialize and play.

Pet friendly towns add character to a community, generate cheerfulness, and promote tourism. Bring your furry friend for a walk downtown this week and see how many smiles you get. You may be happily surprised.

UNITED WAY FUNDRAISING SEASON IS UNDERWAY

Chelsea Sparks
chelsea@cullmansense.com

CULLMAN - United Way of Cullman County is currently in the middle of a campaign to raise $400,000 for the upcoming year. United Way is a national organization dedicated to helping communities across the country better fund programs and non-profits that serve their communities. Our local chapter is calling on everyone in the community to come together to help reach their goals, and help the Cullman community at large.

Katelyn Sides, marketing director for United Way of Cullman County, said that the money donated and raised goes to many more places and helps many more people than most community members probably realize.

"I think people in this community are unaware of the impact United Way has here on people in need," Sides said. "I think people are unaware of the fact that we have probably helped them, a family member or friend through one of our agencies when they needed help. United Way and our agencies help thousands of people in this community every year."

United Way of Cullman County currently helps fund 15 agencies. Among those agencies are 4-H Clubs of Cullman County, American Red Cross, Cullman County Commission on Aging, Cullman Caring for Kids, Cullman County Center for the Developmentally Disabled, Daystar House, Good Samaritan Health Clinic, Hospice of Cullman County, Pilot Light House, Victim Services of Cullman and Youth Advocate Programs, Inc., and more.

Currently sitting at $130,000 out of the $400,000 goal, the United Way of Cullman County still has a good way to go to reach their goals.

Sides says that they are confident that the community will come through and help them achieve this instrumental amount.

"One way we raise money is through campaigns," Sides said. "We go into companies and give a short presentation about what United Way and our agencies do for this community. We do great things for this community. We give employees the chance to participate in payroll deduction and give back to the community. Even if it is $1 a paycheck, we are beyond grateful for that. Another way is through our fundraising events."

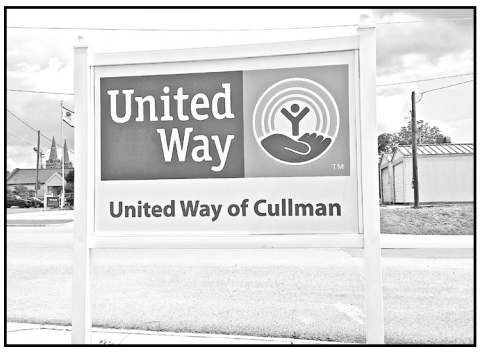
According to Sides, several fundraising events are coming up, and they are open for the public to participate in.

"Our Kick-Off Breakfast is coming up on September 9. Tickets are $10, and we would love to have the community attend and show their support. The breakfast will be held at the new Cullman County Center for the Developmentally Disabled building, right next to the Margaret Jean Jones Center. This breakfast is to get everyone motived about this campaign season for United Way."

Another annual event that has been a huge hit for the past four years is the annual Girlfriend Gala happening on October 2 at the Cullman Civic Center. The theme this year is Cowgirls for a Cause.

"We are going to have Jim 'N Nick's Bar-B-Q, the Winston Ramble Band, awesome silent auction items, line dancing, and a mechanical bull," said Sides.

"It's going to be a fun time! Tickets are $60, and if you want to decorate a table, your ticket is free. We really can't wait to see everyone's cowgirl outfit!"



CHELSEA SPARKS/CULLMANSENSE

» The United Way's goal is to raise $400,000 for the upcoming year.

When you help United Way or donate to their organization, you are donating to so much more. Fifteen agencies are benefitting from your generosity, and tons of people will be helped as a result.

"Almost 1 in 5 people here in the Cullman County area live in poverty," Sides said. "We are able to help those people, as well as try to help them get out of their current situation. We help hundreds of people every single day."

For more information on upcoming events, or to donate to United Way of Cullman County, please call 256-739-2948.

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HOW ARE WE DOING?

Tell us what we're doing right and how we can do better.

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CULLMANSENSE
Community Matters

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OPINION

JUSTIFYING THE KILL

Winslow Myers
PeaceVoice

Is it too much of a stretch to link the alleged police execution of Michael Brown in Missouri with the terrorist execution of journalist James Foley somewhere in Iraq? Setting aside obvious differences, do these tragedies have anything in common?

We humans are a potent combination of impulse and rationalization. We are inhabited by a primitive, kill-or-be-killed part of our brain that connects back millions of years to our evolutionary ancestors. And we also share what evolved later, the cortical, empathetic part of our brain. These two parts are not separate; they are in (mostly unconscious) dialogue with one another. When the primitive, irrational part of our brain overcomes us under the stress of fear and we regress into violence, the cortex can step in, ideally to restrain us, but often merely to rationalize—to justify the kill.

This interaction of dinosaur-brain and our capacity to rationalize only rachets up the endless cycle of killing. The Islamic State perpetuates this cycle by justifying the gruesome beheading Mr. Foley in retaliation for American bombing. The Ferguson police department perpetuates the cycle by rationalizing racist stereotyping and arming their ranks to the teeth. The president perpetuates the cycle by rationally justifying the assassination of terrorists by drone. And in an ultimate act of dinosaur-brained rationalization, we humans have drifted into an international security system based in deterrence by nuclear weapons that could kill us all—we justify our security with potential mass death.

We Americans, we Israelis, we of Hamas, we Salafists of the Islamic State, we Alawites, we Shias, we Sunnis, are culturally habituated to exclude and dehumanize the thousand diverse "thems" surrounding us on all sides. We assume this justifies our right to kill.

The more we understand that this is a universal human condition, not something "they" do that forces us to respond in kind, the greater chance we have of building moral, legal and cultural structures based more upon inclusivity than exclusivity, structures that de-escalate the cycle of violence.

Most British police, for example, do not carry firearms at all. In England and Wales over a 12-month period ending March 2013, there were only three incidents during which police had to discharge their guns. You would think the U.S. would be interested in what might help us move in a similar direction.

Rwanda is one of the most hopeful examples of a culture in self-aware transition from death-affirming to life-affirming structures. Within the space of a few months in 1994, members of the Hutu ethnic majority murdered at least 800,000 minority Tutsis.

Only 20 years later, Rwanda--where 85 percent of the population are farmers yet 44 percent of children are malnourished--is learning how to grow a balance of nourishing crops in small-scale agricultural projects like Gardens for Health, an international organization that "steps in where food aid stops. " Through this program Rwandans are teaching other Rwandans the principles of sustainable agriculture in a model that is easily replicable, potentially meeting gargantuan needs in many other regions of the African continent.

In tragic contrast, areas of the Middle East have become potential if not actual hotbeds of genocide. There are so many parties eager to kill one another that former enemies like the U.S. and Iran or even the U.S. and Syria absurdly find themselves in common cause, attempting to subdue people armed with the very weapons the U.S. distributed in its misguided attempts to secure oil by force.

A world at peace is possible where arms sales and war are illegal under consistently applied international law. A world is possible where verifiable treaties prohibit nuclear weapons and resources sunk into such weapons are released for projects like the Rwandan Gardens for Health. A world is possible where we no longer rationalize killing but instead, humbly acknowledging our inner dinosaur, justify what leads to life.

OPINION

THE LONE RANGER RIDES AGAIN: AMERICA'S RETURN TO IRAQ

Mel Gurtov
PeaceVoice

In an interview with Thomas Friedman of the New York Times on August 8, President Obama stressed that the US was only fighting the Islamic State (IS, or ISIS) in Iraq as a partner, not as Iraq's or the Kurds' air force. Obama claims his officials are reminding everyone, "We will be your partners, but we are not going to do it for you. We're not sending a bunch of US troops back on the ground to keep a lid on things." Now, less than three weeks later, the strategic picture has changed, and emphases on "partnerships" have faded while the US military complex advances largely on its own.

US air strikes temporarily stalled the IS advance, but its expanding territorial control (now roughly equal in area size to Jordan) and the beheading of an American reporter led Secretary of Defense Chuck Hagel to declare IS a threat "beyond anything we've seen." Washington has increased the number of US advisers sent to Iraq, and there is even talk of carrying out air strikes in Syria. Drones are already flying overhead.

We have witnessed this sudden turnaround many times before, haven't we? The pattern is all too familiar. First, the President and other top US leaders soft-pedal talk about a modest direct role in a conflict: no boots on the ground, just a few air strikes to create better odds for our side.

Then the characterization of the threat changes, from local to regional and even global, exemplified Pentagon press secretary Rear Admiral John Kirby's warning on August 26, of the "global aspirations" of ISIS.

What was once called a terrorist group is now an insurgency with grand ambitions that may carry to our doorstep. This change in scope is followed by dropped talk of partnership and political reform in our ally's capital.

Now the threat takes on highest priority. Congress follows the administration's lead by abandoning its responsibility to authorize war or otherwise challenge the commander-in-chief.

Once the stakes have risen in the minds of decision makers, the US role becomes paramount.

After all, if not us, who? The US thus becomes the victim of its unilateralist impulse. When presidents of both parties have decided to intervene abroad—in Korea, Vietnam, the Dominican Republic, Lebanon, Grenada, Panama and Iraq, for example—they always acted in the name of national security and were quite prepared to go to war without allies. When they accepted offers of help, it was only on the condition of total US control of war making.

War "by committee" was unacceptable, as Donald Rumsfeld famously said in relation to the first Gulf War. What the US wants are "coalitions of the willing"—governments willing, that is, to follow US orders.

Now the US is facing the IS largely on its own. The "we" in Obama's interview with Friedman includes no one else but us—unless, that is, you include Syria, whose dictator has already thrown down the welcome mat at the prospect of the US becoming involved in its civil war and bombing IS soldiers.

Where are US allies in this supposedly monumental battle—not just the Europeans in NATO but the Japanese, the Koreans, and the Australians?

If the IS is an "imminent" threat to "international security," as Chuck Hagel has suggested, why haven't others clamored to join the battle? Why hasn't the US brought this global threat to the United Nations?

The US is again playing sheriff without a posse and the consequences are predictable and dire. US bombs will kill a certain number of IS fighters, but how many more recruits will IS gain as a result? How much more likely will an attack on a target in the US become as Washington makes the war on IS its own? How much less likely will a political settlement of Iraq's internal struggle be?

As the US, the Lone Ranger, focuses its attention and resources on the threat du jour, political change and the development of civil society in Iraq and Syria will remain on hold. Yet those transformations are the keys to demobilizing the IS and neutralizing its grandiose ambitions. Trying to level the playing field unilaterally with bombs and advisers is a sucker's game and will only make things worse.

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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 at the All Steak. Come see what Kiwanis is all about and enjoy a great luncheon meal as well.

Bosom Buddies Support Group
The Bosom Buddies Support Group offers support to individuals affected by Breast Cancer. The group will hold its next meeting on Monday, August 18 from 6 p.m. to 8 p.m. in Cullman Regional Medical Centers Depot Room in the Community Education Center located in Professional Office Building 2 (1890 AL Highway 157, Cullman, AL 35058).

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.

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

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.

Rainwater Harvesting and Raingardens
Rainwater is a free, natural resource that can be harvested to use for irrigation. See different types of rainwater harvesting techniques at the Agriplex Heritage Center, beginning at 6 p.m., and learn the basics of rain gardens. The class is open to those aged 13 to adult.

Therapeutic Bowling for Those with Disabilities
All individuals with disabilities and their immediate family are invited to take part in the Cullman Parks & Recreation's Therapeutic Bowling program from 6 p.m. until 7:30 p.m. at the Cullman Bowling Center. Cost is $4.00 per bowler and lanes must be reserved by 4 pm on Tuesday. Please call Rhonda Davis, 256-962-2208 or Hollie Guiterrez at 256-734-9157.

Knifty Knitters Weekly Meeting
Members of the Cullman Knifty Knitters group meet each Tuesday afternoon at 3 p.m. in the Cullman County Library. Everyone is invited to come learn how to knit yarn and needles are free. This group is open to all ages, both accomplished knitters and those wishing to learn the art form. Crocheters also are invited to take part in these weekly meetings. Please call Lesia for more info 256-734-2720, ext. 23.

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.

Wednesday

St. Monica's Group
St. Monica's Group for those addicted to alcohol or drugs meets every Wednesday night at 7 p.m. in the Rectory Basement of Sacred Heart of Jesus Catholic Church. All are welcome to attend who feel the need. For further information please contact Brian, 256-595-0515 or Rita, 256-507-0358.

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

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.

'Celebrate Recovery' at Hanceville First Baptist Church
There will be a 'Celebrate Recovery' meeting tonight starting at 7 p.m. at Hanceville First Baptist Church. Childcare will be available. Additional info Church office at 256-352-9150. Open to all!

'Snap' Benefit Program Meeting
NARCOG & CCCOA representatives will be on-site to screen individuals for SNAP (food assistance) and other public benefit programs including the Medicare Savings Program that can reduce Medicare costs. Information on other programs and services available through the Area Agency on Aging also will be shared. Please bring the following to facilitate screening Medicare Card, proof of income (letter from Social Security) and proof of medical expenses (premiums, co-pays). For additional information please contact NARCOG at 256-355-4515 or Cullman County Commission on Aging, 256-734-1241. Hours are from 10:45 a.m. until 12 noon at West Point Senior Center in the Town Hall. All seniors welcome to attend one of these sessions.

Ageless Grace Fitness Class
Come join in the Ageless Grace Fitness Class held each Thursday evening starting at 5:30 p.m. at the Cullman Civic Center. Leader Ann Caretti will show attendees the latest fitness tips available. The event is sponsored by Cullman Park and Recreation Department. Call 256-734-9157 for more information.

Good Hope Farmer's Market
Good Hope Farmers' Market is now open for local farmers to sell their produce from 8 a.m. until 6 p.m. on Thursdays. This market is located in Good Hope's Hathcock Park. Everyone welcome to shop.

'Root Ministry' at Abundant Grace Church
There is a weekly meeting each Thursday night starting at 6 p.m. at Abundant Grace Church. 'Root Ministry' has the aim of radically overcoming obstacles together for anyone with any types of hurts, hang-ups, or habits in their lives. Please call 256-739-7091 for additional information. All welcome!

Thursday Afternoon Overeaters Anonymous Meeting
Those interested are invited to attend the weekly Thursday afternoon meetings of Overeaters Anonymous which begin at 4:45 p.m. at Grace Episcopal Church's Carriage House. For additional information please call 734-376-2124 or 256-352-1143.

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.

Dulcimer Classes
The Cullman City Parks & Recreation Senior Spirit Program is offering Dulcimer classes beginning July 11th. Classes will be held at the Donald E. Green Sr. Center on Fridays at 1 p.m. and taught by Craig Mann. Cost for the class is $10 for an hour. For more information or to register for the class contact Angie Jochum or Catherine Hasenbein at 256-734-4803.

Nimble Thimble Quilt Guild of Cullman
Members of the Nimble Thimble Quilt Guild of Cullman will gather at the Colonel Cullman Museum starting at 9:30 a.m. All interested quilters are invited to attend this meeting.

Saturday

Good Hope Farmer's Market
Good Hope Farmers' Market is now open for local farmers to sell their produce from 8 a.m. until 6 p.m. on Saturdays. This market is located in Good Hope's Hathcock Park. Everyone welcome to shop.

Annual Cullman County Golf Championship
All golfers are invited to participate in the annual Cullman County Golf Championship which will take place this weekend, Saturday, August 30, and Sunday, August 31 at the Cullman Golf Course. This a two-day stroke play event and it will be flighted after the first round today. There is a $105.00 per player entry fee - this includes greens fees, cart fees, a practice round, prizes and a Saturday afternoon of college football on the big screen televisions in place and a cookout. This tournament championship is open to ALL golfers from other areas as well. For additional information and to preregister please call the Cullman Golf Course, 256-739-2386.

Laughter Yoga at the Cullman Civic Center
Everyone is invited to take part in 'Laughter Yoga' classes each Saturday morning starting at 10 a.m. Donations accepted but no set fee is charged. Come start your weekend out with some great 'laughs'! Please call 256-734-9157 for additional information.

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 at the All Steak. Come see what Kiwanis is all about and enjoy a great luncheon meal as well.

Domestic Violence Survivor Support Group
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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!

This Week in Local Entertainment

Sponsored by Busy Bee Café

Monday, Sept. 1
- Happy Labor Day!
- Annual Sweet Tater Festival at Smith Lake Park from 8 a.m. - 3 p.m.
- 79 cent wings at Rodney G's Hickory Grill from 6-9 p.m.
- Monday Fundays at the Aquatics Center from 6-11 p.m.

Tuesday, Sept. 2
- Pickin' Under the Pavilion at the Senior Center at 6:30 p.m.
- Square Dancing Lessons at East Point Community Center from 6:30-8:30 p.m.
- Trivia Night at Rodney G's at 7 p.m.
- Happy Hour at Moe's from 3-7 p.m.

Wednesday, Sept. 3
- Karaoke Night at Grumpy's at 7 p.m.
- Musician Craig Edwards at Brothers at 7 p.m.
- Happy Hour at Moe's from 3-7 p.m.
- Karaoke Night at Cadillac Ron's at 7 p.m.
- Ladies' Night at Cadillac Ron's from 5-8 p.m.

Thursday, Sept. 4
- 2014 Business After Hours at Top of the Town from 5:30-7 p.m.
- Open Mic Night at Brothers from 8 p.m. to close
- Happy Hour at Moe's from 3-7 p.m.
- Karaoke Night at Cadillac Ron's at 7 p.m.

Friday, Sept. 5
- Live Music at Brothers
- Live Music at Moe's
- Happy Hour at Moe's from 3-6 p.m.
- Live Music at Cadillac Ron's from 8 p.m. to close

Saturday, Sept. 6
- Farm Kids Club at the North Alabama Agriplex from 9-10:30 a.m.
- Live Music at Brothers
- Live Music at Moe's
- Happy Hour at Moe's from 3-6 p.m.
- Live Music at Cadillac Ron's from 8 p.m. to close

Busy Bee Café
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» Shawn Murphree - Automotive/ Digital/ Social Media Specialist

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CULLMAN AREA CHAMBER OF COMMERCE & VISITOR CENTER

Official Newsletter

Eyes of PROGRESS

Volume 45 | SEPTEMBER 2014 | Issue 9

www.cullmanchamber.org

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GOOD HOPE
HANCEVILLE
HOLLY POND
SOUTH VINEMONT
WEST POINT

Get ready to mix, shake and stir at our next Business After Hours event on September 4th from 5:30-7:30 p.m. at Top of the Town. This BAH event promises lots of movin' and shakin'! Learn how to master a basic swing dance and how to make your very own mixed beverage while networking with new contacts and familiar friends. And when you're ready to show your new moves off, there will be a DJ and plenty of dancing, along with hors d'oeuvres and beverages. For those who opt to make their own mixed beverage, the following recipes will be available from which you will pick one to learn.

Spiced Caramel Apple Martini
This well-textured twist on the traditional Sour Apple Martini is perfectly fitted for the changing season.

Cafe Theatre
A dramatic coffee-based cocktail full of rich chocolate and hazelnut flavors served at the perfect temperature to warm up the early evening.

Chocolate Cake Martini
This intriguing dessert cocktail concoction will surprise you with its unique ingredients and amaze you with its flavor and balance. It's perfect for an autumn holiday or any occasion! For the spectators and particpants alike, this one of a kind event will leave you entertained and feeling accomplished.



Reservations are required as tickets are limited! The cost to attend is $15 per person and $20 for future members.Bring plenty of business cards and be ready to have lots of creative fun at this event and MIX IT UP! Contact the Chamber online, by phone at 256-734-0454 or via e-mail at info@cullmanchamber.org for more information or assistance registering. Thanks to our Entertainment Sponsor Advantage Real Estate.

From the Chamber President: Looking for Love in All the Wrong Places



Leah Bolin
President & CEO,
Cullman Area Chamber
of Commerce

As some of you may have noticed, I like to have fun! Growing up, I envisioned myself as a trapeze performer, Wonder Woman or maybe even a rock star! As the child of a working mom, I saw firsthand that business was NOT for me! SCREEEECH—wait a minute!! What the heck am I doing? Fortunately for all of us, we are not doing what we dreamed of as a child. If we were, there would be a candy store on every corner and more circus performers than there are children. But the question is, "Do you love what you do?" It seems that most adults are looking for love in all the wrong places. In a recent poll taken by LinkedIn the question was asked, "Is there one simple formula for career happiness?" The #1 answer was, "Liking and believing in what you do." On the flip side, 87% of all Americans do not feel fulfilled in their jobs. Why? A big reason we are unhappy in our work is that we have a fundamental misunderstanding about what motivates us. Let's look back at my childhood dreams. When I was a child, my passion was performing and people. As an adult, those passions are still there, they have just taken a different form. A prime motivator for me is helping others and making them feel good. Guess what? I get to do that every day! I help people find jobs, acquire new skills, develop plans, and discover solutions to their business problems. If my focus was still being the star of Barnum and Bailey Circus or flying around in my invisible plane rescuing people from danger, I would be incredibly disappointed. I am doing what motivates me—helping people! Fulfillment can be found in every kind of job if you find your motivating factor. Every person is motivated by something. What motivates you? Once you find the answer to that question, you can be happy working in a factory, sitting at a desk, or mopping a floor. As for me, I have found love. Every day may not be a love affair, but each of you makes my job fun and rewarding. Although some days I feel like I am in a three ring circus I have to remind myself, "Wasn't that my dream?"

SMALL BUSINESS & WORKFORCE SOLUTIONS

Cullman Area Reverse Business Industry Trade Expo

The Chamber's Existing Business & Industry Committee will be hosting the 1st annual CARBITE – Cullman Area Reverse Business Industry Technology Expo on Thursday, September 4th from 1-3:30 p.m. at the Cullman Civic Center. The Reverse Business Industry Technology Expo is for plant managers, purchasing managers, project engineers and other decision makers to be exhibitors while suppliers attend the expo and receive benefits such as new contacts and face time with the exhibitors. The invitation is extended at no charge for the exhibiting manufacturers with setup beginning at 10:30 a.m. and lunch provided from 11:30 a.m.-12:30 p.m. The attendance fee for vendors is $50 for Chamber members and $75 for future members. This Expo will give you the opportunity to speak with industries and other large organizations in the area. The presenting sponsor is RJ Young, the corporate sponsor is Alabama Technology Network and the luncheon sponsor is Stone Bridge Farms. The exhibitor door prize will be provided by American Proteins, Inc. Proceeds from this event will benefit United Way of Cullman County and Wallace State Community College - Technical Scholarships. For questions, please contact Kevin Jackson at 256-775-7229 or by email at kevinj@cullmaneda.org. You may also contact the Cullman Area Chamber of Commerce

Presented by:

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ISO 9001:2008
Alabama Technology Network

Luncheon Sponsor:

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Location Sponsor:

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Exhibitor Door Prize:

AMERICAN PROTEINS, INC.
HANCEVILLE DIVISION

SMALL BUSINESS OF THE MONTH

SEPTEMBER SMALL BUSINESS OF THE MONTH

R.E. Garrison Trucking
1103 County Road 1194
Vinemont, AL 35179
256-255-5537

Sponsored by:

CULLMAN AREA COC
CHAMBER OF COMMERCE & VISITOR CENTER



Pictured above is Dr. Emily Flores from Cullman Eye Specialists, Alan Walker from Walker Brothers, LTD and Chamber Retail Chair Maria Richter Schultz from O.F. Richter & Sons, Inc.

We recently presented our Small Business of the Month award, sponsored by Cullman Eye Specialists P.C., to Walker Brothers, Ltd. This award is given monthly to a local small business that meets nomination requirements. Eligible candidates have under 100 employees, are members of the Cullman Area Chamber of Commerce and make contributions to our community, offer outstanding customer service and serve as insping success stories. Nomination forms can be downloaded at www.cullmanchamber.org. Walker Brothers, Ltd. is honored to receive this award and they are happy to offer their services to the Cullman area. "I would like to express my sincerest appreciation for Walker Brothers, Ltd., being selected as the small business of the month by the Cullman Area Chamber of Commerce. I take great pride in the fact that Walker Brothers, Ltd. has been one of the long standing family owned and operated business in Cullman County for over 50 years. I would also like to recognize the very important role the Cullman Area Chamber of Commerce plays in the overall support and assistance to the many small businesses in and around Cullman County. I look forward to our ongoing relationship with the Chamber in promoting the continuing growth of businesses in Cullman County."

The Cullman Area Chamber of Commerce announces the appointment of Derek Lane as the new Director of Small Business and Workforce Solutions. This newly developed position within our organization will lead and direct the business and workforce development efforts for all programs at the Chamber. Derek has over 25 years experience as a business owner and consultant. He has helped launch over a dozen agencies and organizations and provided organizational, resource, and capacity-building services and workshops to agencies around the country. He has garnered over $20 million in successfully-funded grants and proposals for community and faith-based agencies. Some of his clients include World Vision, Samford University, the Christian Community Development Association, and the United States Department of Agriculture. Derek is also an ordained minister and he looks forward to living and working with residents and businesses in Cullman County. His wife, Mae, is a registered nurse and they have three grown girls and one teenage son who is attending his first year of college here in Alabama. Again, please join us in welcoming Derek as the new Director of Small Business and Workforce Solutions and his efforts to support the business and workforce activities of our community.



Leadership Cullman County - Class of 2015

Leadership Cullman County is the adult version of Youth Leadership Cullman County. This program is also a nine-month series of seminars and programs designed to bring together a class of 15 to 20 community leaders to examine community issues such as education, healthcare, crime, government, economic development and quality of life. This is sponsored by Traditions Bank. The 2014-15 Leadership Cullman County class consists of: Noah Chandler, CullmanSense; Randy Earnest, Chick-fil-A; Matt Gentry, Sherriff-elect; Natalie Godwin, Wallace State Community College; Derek Gossett, REHAU Automotive, LLC; Ashley Graves, Cullman County Economic Development; Kim Hall, Cullman High School; Ben Harrison, Cullman Regional Airport – Folsom Field; Beth Kibler, Jim 'N Nick's Community Bar-B-Q; Bobby Morris, Cullman Regional Medical Center; Jeremiah Nolen, Regions Bank; Dr. Craig Ross, Cullman County Commission on Education; Jack St. John, St. John & St. John, LLC; Stefani Shadowens, State Farm Insurance – Shirley Quattlebaum; Cecelia Smith, Cullman Area Chamber of Commerce; Brandon Snider, Consumer First Mortgage; Jeffrey Taffar, Wells Fargo & Company; Rusty Turner, Cullman County Courthouse; Charles F. (Rick) White, Charles F. White; Dan Baillargeon, Saint Bernard Preparatory School; Sebastian Lehmgruebier, REHAU Automotive, LLC; and Blinda Walker, American Proteins, Inc.

Presented By: TRADITIONS BANK REACH HIGH



Our monthly Cash Mob, sponsored by O.F. Richter & Sons, Inc., will "mob" the historically beautiful Ave Maria Grotto on Tuesday, September 9, 2014 from 4-6 p.m. The Grotto is located at 1600 St. Bernard Drive in Cullman. This special event will offer a rare occasion of the monks baking bread. They traditionally prepare it for the Bloomin' Festival and sell out every year. Don't miss out on this special opportunity to see the Grotto and all its gorgeous scenery, as well as visit the gift shop and purchase the freshly baked breads. The plan is for everyone to bring $20 to spend at The Grotto. It's a great time to meet people, shop for great items and thank local businesses for investing in the Cullman community.



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Bus: 256-734-4640
mickey@mickeyparrish.com

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168 County Rd 1435 (Eva Rd.), Cullman * 256-737-0011

TOURISM GO FISH: Smith Dam Releases Rainbow Trout

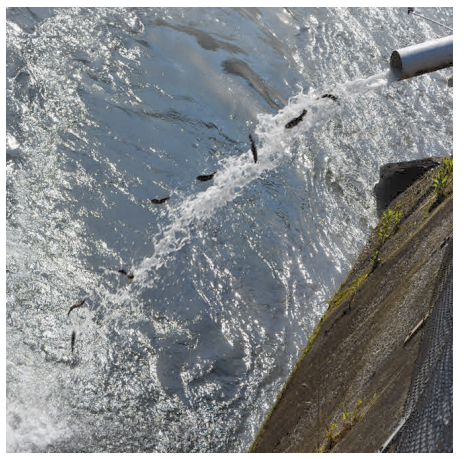


Pictured Above: Lewis Smith Dam - Alabama Power Company - Power Plant

Alabama Power showcased for the news and outdoor media on Thursday, August 21 the release of rainbow trout below Smith Dam. The 9 a.m. event provided an opportunity to learn about the one fishing spot in Alabama where trout can be caught year-round and the company's coordination with the Alabama Department of Conservation and Natural Resources (ADCNR) stocking fish in the Sipsey Fork of the Black Warrior River. The media was able to video and/or shoot photographs adjacent to the dam and from in the stream bed further down the river. Media was able to talk with Alabama Power and ADCNR officials, as well as local chamber and economic development officials about the benefits of the program to fishermen and local tourism. A brief news conference was held next to the dam parking lot around 9 a.m., immediately followed by the release of 15,000 rainbow trout equating to 18,000 lbs. Alabama Power officials explained how enhanced habitat and improved access below the dam works to improve trout fishing. "We're eager to spread the word about the uniqueness of trout fishing below the dam," said Jason Carlee, an environmental supervisor for Alabama Power. "We think it will be interesting for the public to see the habitat enhancements and access improvements we installed to improve the fishing experience." "Due to the unique habitat, the Smith Dam tailwaters provide an excellent location for stocking rainbow trout," said Chris Greene, assistant chief of fish series for ADCNR. "Through a cooperative agreement with Alabama Power, we are now pleased to offer anglers more frequently stocked and larger fish." If you decide to fish, make sure you purchase your Freshwater Fishing License from Mary Carter Store, Walmart, the Cullman County Courthouse or at www.outdooralabama.com. Since 1974, trout have been stocked below Smith Dam. The deep water intake above the dam allows water temperature leaving the hydroelectric facility to stay below 70 degrees year round – supporting this unique trout population. Trout fishing below the dam has been an economic shot in the arm for the area, said Linda Lewis, president of the Chamber of Commerce of Walker County. "The chamber has led the way for more than a decade in recruiting fishing tournaments to our area and understands the meaning of tourism dollars," Lewis said, estimating the impact between $1.5 million and $2 million for each event. "By stocking trout below the dam, it will provide additional recreational opportunities to our area and will continue to attract avid anglers and their families to our community." Just as this attractive option of fishing has benefitted Walker County for several years, so too does it benefit Cullman County, as every single access point in which to fish is located throughout the beautiful outlets of the Cullman area.



Pictured Above: One of the several Rainbow Trout released.



Pictured Above: Rainbow Trout being released into Smith Lake.

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Youth Leadership Cullman County - Class of 2015



Pictured above is from the first session of YLCC.

Youth Leadership Cullman County is a nine-month series of seminars and programs designed to educate selected youth participants from Cullman area high schools on community issues such as education, healthcare, crime, goverment, economic development and quality of life. The 2014-15 Youth Leadership Cullman County class consists of: Bailey West and Reilly Hood, Cold Springs High School; Will Raney and Jessica Canaday, Cullman High School; Brett Perry and Luke Barlow, Cullman Christian School; Tiffany Crook and Jessica Patterson, Fairview High School; Heather Middleton and George Smith, Good Hope High School; Niyonna Malcom and Jeremy Davis, Hanceville High School; Javier Figueroa and Brianne Brewis, Holly Pond High School; Grace Eidson and Lacey Barrett, Home School; Thomas Bolin and Lesley O'Donnell, Saint Bernard Preparatory School; Savanna Terry and Sarah Dyer, Vinemont High School; and Ethan Barnette and Kerragan Baker, West Point High School. The first leadership session was facilitated by John Bentley of Power2Transform. The students worked with Mr. Bentley to learn about their strengths and expectations. This session is always eye opening and gives the students an opportunity to break the ice with their classmates.



The Cullman Area Chamber of Commerce announces the appointment of Jackie Moore as the new Director of Finance and Administration. This comprehensive position within our organization will manage the financial side while leading the administration department at the Cullman Area Chamber of Commerce," said Cullman Chamber President Leah Bolin. Jackie has worked in the banking business for over 10 years. With experience in a variety of accounting departments, she brings to the job a refreshing perspective and an extensive history in accounting, marketing, managing and collections. Jackie attended Valdosta Community College in South Georgia where she studied accounting and marketing. Her diverse background in corporate and independent accounting departments has allowed her the experience to appreciate the small town and startup businesses, as well as leading giants in the industry. Prior to her transition into the field of accounting, Jackie was the former Director of Business & Workforce Development at the Chamber. She has enjoyed the opportunity to meet and share marketing ideas with local business owners. In her time spent in this title, Jackie helped to implement several seminars and special events that have provided invaluable information to local businesses. With her change of title comes a shift of program work, but she is excited to remain involved with special events and the daily excitement here at the Chamber. "Again, please join me in welcoming Jackie as the new Director of Finance and Administration. Her infectious drive and innovation will continue to carry us forward in the community and at the Chamber.



CALLING ALL ARTIST!

Our final Business After Hours event to conclude this quarterly held series will be in December as we present our 3rd annual Art After Hours event to celebrate the end of a fantastic year! We are seeking local art and special pieces. The deadline to submit your artwork will be quickly approaching. Any medium is accepted and subject to approval by the Chamber. Must be 18 years or older. Please provide any display or support needed for your pieces and let us know if you will need any special accommodations (ex: outlet). Limited space available. We would like to invite our current members as well as invite future members to join us as we honor our local artists and celebrate the beautiful works of art that originate from our talented community. Please email info@cullmanchamber.org to register and request your submission form or just stop by the Chamber office.

EVERYTHING IS FREE & CONFIDENTIAL!

-Pregnancy Tests
-Limited Ultrasound
-Referrals to OB/GYN & Community Resources
-Material Aid for Parents & Children
-Adoption Support & Counseling
-Earn-While-You-Learn Parenting Classes
-Ongoing Prenatal & Parenting Support
-Father Mentoring Program
-Group Classes
-Mommy & Me Time/Daddy & Me Time Classes
-Sexual Integrity/Abstinence Classes
-One-on-one Counseling

First Source for Women

Tuesday-Friday
9:30-2:30 (256)352-5683
203 Commercial Street SE
Hanceville, AL

MEMBERSHIP

WELCOME NEW MEMBERS

Thank you for you support & investment in the Cullman Area!

Big Country 105.7 FM WQAH	(256) 773-4114
Seventh Street Baptist Church	(256) 739-8724
KenyaRelief.org	(256) 531-2535
Trinity Custom Homes	(256) 737-5055
Cullman Coca - Cola	(256) 734-0613
Airgas	(256) 353-1585
Ivory Exchange, LLC	
Jonathan Hollis Agency - American National	(256) 887-1145
Alfa Insurance - Jeremy Scott	(256) 734-1224
Kimberly Williams-Beard	(256) 297-5218
Community Consultants, Inc.	(256) 890-4240
Whitetail Properties Real Estate	(205) 368-9032
Lacy Beasley	(205) 490-2829
Rita Fromhold - Coldwell Banker Hill Real Estate	(256) 338-6956
Brother's Kitchen & Pourhouse	(256) 735-4240
Clark Branch	(256) 734-7557
Rebecca Branch	(256) 734-7557
Sassy Southern Printing	(256) 507-0510
James Fields - Cullman Electric Cooperative	(256) 737-3200
Good Hope Pharmacy	(256) 841-5958
Corey Harbison State Representative District 12	
Cullman Regional Medical Center - Cardiology Clinic	(256) 737-2095
Super 8 Motel	(256) 734-8854
The Red Door Emporium	(256) 338-3074
Advance America	(256) 739-9190



The Factory Dance Productions at Stone Bridge Farms
281 Co. Road 717
Cullman, AL 35055
256-734-9765



The Brandin' Iron Steakhouse - Fairview
430 Welcome Road
Fairview, AL 35058
256-739-1112

To schedule a Ribbon Cutting, please call the Chamber at 256-734-0454.

Ribbon Cuttings



Salinity
216A 3rd Street
Cullman, AL 35055
256-303-9306



The Reid House- Cullman Area Mental Health
70 Mitchell Rd NE
Cullman, AL 35055



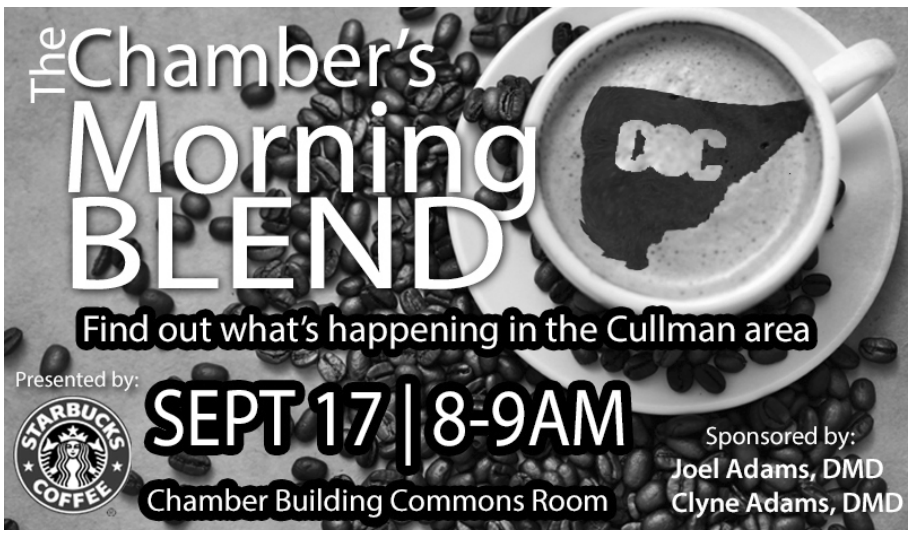
Brown Stone Centre at Stone Bridge Farms
281 Co. Road 717
Cullman, AL 35055
256-734-9765



Belle Vue Hall at Stone Bridge Farms
281 Co. Road 717
Cullman, AL 35055
256-734-9765



Premier Bank of the South
3323 AL HWY 157
Cullman, AL 35058
256-735-2001





Come to our Chamber Morning Events!

Morning Blend is a chamber event held each third Wednesday of the month in the Commons Room of the CoC. You set the topic, Starbucks provides the coffee. This is a great opportunity to network with others in the community.

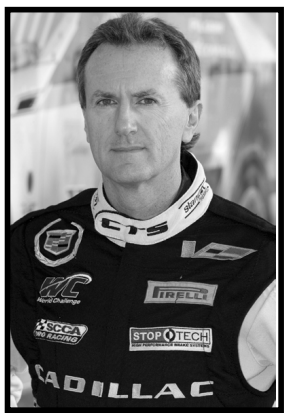
This quarter, Biscuits & Business will be held at McGriff Industries This structured event is from 8 -9 am. Plan to eat breakfast with us on November 13th for a delicious breakfast and insightful discussion.



It's almost time for Hops & Shops in September! Plan on coming to downtown Cullman on September 11 from 4-9 p.m. for a tasty hopping experience, excellent shopping deals and door prizes you don't want to miss. The shopper's prize drawing will be held at 8 p.m. at our featured store of the month, Littleville Blue, where the winner will receive Alabama football tickets and Auburn football tickets! The hopper's prize drawing will be held at 9 p.m. at our featured restaurant of the month, The Downtown Grill, where the winner will receive a $50 gift certificate to The Downtown Grill. Over 40 local restaurants and retailers will highlight the downtown area of Cullman offering extended hours, discounts and drawings. There will be a horse drawn carriage, live music, street performances and a classic cruise in car show. Wristbands for hoppers can be picked up at the Cullman Area Chamber of Commerce's Visitor Center, or at a separate location on First Avenue in front of ERA Waldrop Real Estate, starting at 4 p.m. on the day of Hops & Shops. For more information or to register, call 256-734-0454 or email info@cullmanchamber.org. You can also receive updates from our Facebook page: www.facebook.com/HopsAndShopsCullman.

Community Luncheon

The next Community Luncheon will be on the fourth Friday of the month, September 26, 2014 from 11:30 a.m. to 1 p.m. at the All Steak restaurant in the banquet room. Our guest speaker for August is Andy Pilgrim and the presentation topic will be America's Distracted Driving Epidemic: How Bad Is It and How Can We Cure It? Andy Pilgrim has been a professional race driver for 29 years and is currently a Pro Driver for GM Racing's Team Cadillac. Andy has won 5 Professional Championships and has 20 years of experience talking to students, parents and educators about traffic safety and distracted driving. In 2008, he started the Andy Pilgrim Foundation, a 501c(3). In November 2013, Andy released a new educational DVD called The Parent Driving Zone. He is a leading force in bringing attention to the critical role parents play in their children's driving education. Most parents never think about the fact that driver education starts the moment a parent turns that child safety seat around. Andy is also leading ground breaking efforts to put mobility knowledge into middle schools. For additional information, please visit www.theparentdrivingzone.com or www.andypilgrimfoundation.org.



This monthly event educates and inspires the community as a whole with special guest speakers and delicious luncheons. The Community Luncheon is presented by Mickey Parrish State Farm Insurance & Financial Services and sponsored by Cullman Regional Medical Center. You may register at www.cullmanchamber.org or by calling 256-734-0454 or by emailing info@cullmanchamber.org. There is a 48-hour cancellation policy and prices are as follows: chamber members - $15; future members - $20.

September Community Luncheon Sponsor:

CULLMAN REGIONAL MEDICAL CENTER

The 2014 Community Luncheon is presented by:

STATE FARM INSURANCE

Mickey Parrish
State Farm Insurance
& Financial Services



256-734-4640 MickeyParrish.com



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Monday - Saturday

TOURISM

STS Marketing College



Cecelia Smith receiving 1st year certificate of completionof Marketing College presented by President/CEO Bill Hardman of Southeast Tourism Society

Cecelia Smith, Tourism Director of the Cullman Area Chamber of Commerce, has completed the first portion of a three-year professional development program that will lead to certification as a Tourism Marketing Professional (TMP). While Elaine Fuller, Curator of the Cullman County Museum, has successfully completed the three-year program and is now fully certified as a TMP. Smith and Fuller were two of 266 tourism professionals enrolled at the Southeast Tourism Society Marketing College this month. The week-long program turns the facilities of the University of North Georgia in Dahlonega, Ga., into a laboratory to teach tourism marketing each summer. There is no other professional development program like STS Marketing College, and it is recognized nationally for its training of tourism leaders. 804 people have earned TMP certification. "In the tourism industry, TMP certification carries a lot of weight," said Bill Hardman, president and CEO of the Southeast Tourism Society, a 12-state organization that promotes travel and tourism in the Southeast. The STS Marketing College began in 1992 to provide continuing education for tourism professionals and feted its 23rd anniversary this year. Tourism ranks amongst the top five industries in each STS member state. Students come from convention and visitors bureaus, chambers of commerce, attractions, hotels and other segments of the tourism industry. The curriculum covers topics such as branding, social media, packaging and sports marketing. Heritage tourism and research are courses that have attracted special interest in recent years. "The fundamental concept of STS Marketing College is that the curriculum is practical. What students learn can be put to practice as soon as they get back to their workplaces," Hardman said. Twenty-five senior executives in the travel and tourism industry were the volunteer faculty. The program attracts students from throughout the Southeast and from around the country. "Southeast Tourism Society is recognized nationwide for the cohesiveness and camaraderie it fosters in the region. No other region in the U.S. has a similar organization. STS Marketing College is a major project to build skills and professionalism in the tourism industry," Hardman said. Southeast Tourism Society, created in 1983, is headquartered in Atlanta and has approximately 800 members who represent travel industry businesses, state tourism departments, chambers of commerce, convention and visitors bureaus and travel media. Its activities include cooperative marketing programs, continuing education, professional development and travel industry policy advocacy. More about STS can be found at http://southeasttourism.org. The 12 STS states are Alabama, Arkansas, Florida, Georgia, Kentucky, Louisiana, Mississippi, North Carolina, South Carolina, Tennessee, Virginia and West Virginia.

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CULLMAN AREA COC CHAMBER OF COMMERCE & VISITOR CENTER

community improvement awards

Seeking Community Improvement Nominations by September 15, 2014

Nominations are being sought for the best examples of community improvement efforts made by organization/business/company owners of properties in the Cullman area. We hope to inspire others to take action to preserve, protect and promote community improvement in Cullman. Anyone may nominate a commercial property/organization in the Cullman area. These awards will be given on a quarterly basis. Businesses/Organizations are eligible for one award per category each year and must be a Chamber member in order to be nominated. There is no fee to nominate. You must submit a nomination form for the award on a quarterly basis. If you have previously submitted a nomination in a certain category, no need to re-submit, we will keep said nomination on file for one year. A sign will be placed in the winner's location each quarter (July, October, January and April). Nomination deadlines are September 15, December 15 and March 15. Please review the following accolades and nominate accordingly.

- Business/Organization with Best Landscaping – Small (25 employees or less) Awarded for best design, maintenance, litter control and plant materials.

- Business/Organization with Best Landscaping - Large (more than 25 employees) Awarded for best design, maintenance, litter control and plant materials.

- Business/Organization with Best Curb Appeal

Awarded for substantial improvements to the outside of the property with the most attractive presentation from the street.

- Business/Organization with Best Restoration

Awarded for superlative work in the restoration, rehabilitation, reuse of property or sensitive design. A brief description of the project along with the completion date and 2-5 photographs of both before and after pictures should be submitted.

- Business/Organization with New Construction

Considered for this award will be those businesses that have undergone careful construction of a new structure completed within the past three years. A brief description of the project along with the completion date and 2-5 photographs of both before and after pictures should be submitted.

- Business/Organization "Building a Sense of Community"

Awarded to a business that strives to improve the community through additions of a park, play area, park benches or playground, etc.

Pick up a nomination form at The Chamber or please email Cecelia Smith at csmith@visitcullman.org.

DEALING WITH DEPRESSION: SUPPORT AND EDUCATION ARE KEYS TO COMBATTING ILLNESS



CONTRIBUTED

» Allan Samp, who has suffered from depression most of his adult life, advises patients to cope with their disorder and live a productive life.

Sharon Schuler Kreps
sharon@cullmansense.com

CULLMAN - According to the Mayo Clinic, depression is a mood disorder that causes a persistent feeling of sadness and loss of interest. Also called major depression, major depressive disorder or clinical depression, it affects how you feel, think and behave and can lead to a variety of emotional and physical problems. You may have trouble doing normal day-to-day activities, and depression may make you feel as if life isn't worth living.

"Depression is both a challenge and learning experience, to say the least," explained Allan Samp, who has suffered from bouts of depression most of his adult life.

"Clinical depression can affect overall function and sometimes personal hygiene becomes a chore. This is not the depression you get from making a bad grade or losing a football game."

Depression and the depressive phase of bipolar disorder should be taken seriously. These disorders strike all walks of life. They are often undetected by others, and are usually masked.

Signs and symptoms of depression:

- Feelings of helplessness and hopelessness
- Loss of interest in daily activities
- Appetite or weight changes
- Sleep changes
- Anger or irritability
- Loss of energy
- Self-loathing
- Reckless behavior
- Concentration problems
- Unexplained aches and pains

People have suicidal thoughts in extreme episodes. If you suffer from suicidal thoughts, get help immediately.

Call a family member or a friend. If you are uncomfortable talking with them, you can call a suicide hotline at 1-800-273-TALK.

Most often, the people at the hotline are trained and can talk a person through these feelings and offer guidance and encouragement.

"Choose something that helps your spirit," Samp suggested.

"I chose martial arts, but foremost I have my dogs. I can count on them every single time to be there. Even on my worst days, they are there for me. Find whatever works for you."

If you have been diagnosed with depression, keep your chin up. With the proper doctor and medication, people with depression are able to live long pleasant lives.

"Deal with it and live a productive life," Samp explained.

"Just take your prescription as told and be patient, because being treated is different than getting your arm X-rayed, it takes time," he smiled.

"Since being diagnosed I have received a college degree and have won several martial arts competitions while being on my meds. Stay in touch with your doctor and forecast."

Dealing with depression can be tough, and people who are fighting depression need all the help they can get.

Remember, depression is an illness, so if you have been diagnosed with it, don't deny there's a problem – deal with it.

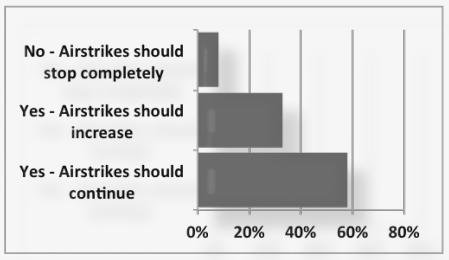
The key to managing and overcoming this illness is understanding, support, and education.

If you feel you need help with your depression, Mental Healthcare of Cullman is a great place to start. They offer a wide range of health services, including outcome based therapy, psychiatry, on-site primary care, addiction treatment, and in-home services.

You may call them at 256-734-4688 or visit their website at www.mentalhealthcareofcullman.org.

Poll

Should the United States continue air strikes against ISIS in both Iraq and Syria?



This Week's Poll

Have you done the ALS Ice Bucket Challenge?

Vote Today at CullmanSense.com/Poll

'Women's Community Prayer Group' Formed in Cullman

Nancy Spurgeon
Contributor

CULLMAN - The recent launching of the newly formed 'Women's Community Prayer Group' has been received with enthusiasm by several representatives of Cullman area Churches.

Meetings are conducted in the activity areas of various local churches with the women joining in prayers to seek God's blessings in this time of great need in our world. Members are well aware, as are most responsible citizens, of the tremendous need for God's blessings and protection throughout our nation and world.

For one short hour the women gather to raise hearts and voices in praise, thanks and petition to the Lord. The New Testament Gospel of Matthew 18:20 assures "For where two or three are gathered together in My name, there am I in the midst of them". In addition, the group offers daily prayers for specially requested intentions which become part of their 'prayer chain'.

The next scheduled meeting will be on Tuesday, September 9 from 10 a.m. until 11 a.m. in the Chapel of St. Paul's Lutheran Church.

This non-denominational group is open to women of all churches and faiths who wish to raise their joined voices in prayer for our families, our city and our nation.

Spokesperson Nancy Spurgeon urges anyone interested in attending this meeting to call 256-737-0580 for additional information.

Those who are unable to attend the gathering are welcome to become 'partners in prayer' in their homes simply by making contact through the listed phone number.

cp&r
cullman city parks & recreation

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

www.cullmanrecreation.org
256-734-9157

- **Clucknbrew 2014** will be held at Depot Park on Saturday, September 20 from 3-10pm. The event will feature a wing cook-off between local businesses that will be available for sampling, as well as a huge Kidzone, a game-day-tent playing Alabama and Auburn games, live music, games and activities, food and beverages, and more. All proceeds will benefit the Community Playground Project and the Parks and Recreation Foundation.
- **CP&R Triathlon Class**: Encore Sports will be putting on a triathlon sprint race on Sept. 20 at the Cullman Wellness & Aquatic Center, and CP&R will host a 4 week class on competing in your first triathlon. Classes will be Tuesday nights at 6:30pm with topics on running, swimming, biking, and more. Cost is $20 per class or $50 for all 4 classes. Course will start August 26. For more information call 256-775-SWIM.
- **CP&R Kayaking Class:** Will be held at CWAC on Tuesdays/Thursdays from Sept.16-Oct. 9. Kayaks and all gear will be provided, and class will teach basic paddling, whitewater kayaking, and rolling technique. Class will end with a trip to a whitewater river. Cost is $90, spaces limited. Call 256-775-SWIM for details.
- **CP&R Jr. Tennis League** starting September 8 at the Cullman High School tennis courts. Registration is now open at the Civic Center and CWAC for 8 week sessions including 3 weeks of practice and 5 weeks of matches amongst other CP&R teams. Call 256-734-9157 for details.
- **Carolina Beach Shag Dance Class** Thursdays in September from 6:30-8pm at the Donald E. Green Sr. Center. $7 per class or $20for 4 weeks.
- **A Nashville Christmas Sr. Spirit Travel** will take place Nov. 19-20, payment due October 1. $350/dbl. or $400/single. Home of stars tour, theater, shows, 3 meals included, motor coach transportation, and more. Call 256-734-4803 for more information.
- **Latin, Swing, and Ballroom Dancing Classes** at the Cullman Civic Center, Thursdays at 6:30pm for beginners and 7:30pm for advanced classes. Register at the Civic Center or call 256-734-9157 for more information.

What's Online

Cullman's Secret Wilderness

From stress relief and exercise to beauty, hiking offers a world of benefits. Cullman's own Hurricane Creek Park offers a natural way to stay in shape and soak in the beauty. As nature's workout, hiking is the best way to relieve stress, stay in shape and enjoy the great outdoors. Located in Vinemont, Hurricane Creek...



qrne.ws/246

Club Soccer Starting in Cullman

Club soccer is starting up in Cullman thanks to the introduction of two girls' squads: a U10 squad, and a U11 squad. Shawn Woods, team manager for the new club, believes this could be the beginning of a new soccer era in Cullman.

qrne.ws/247

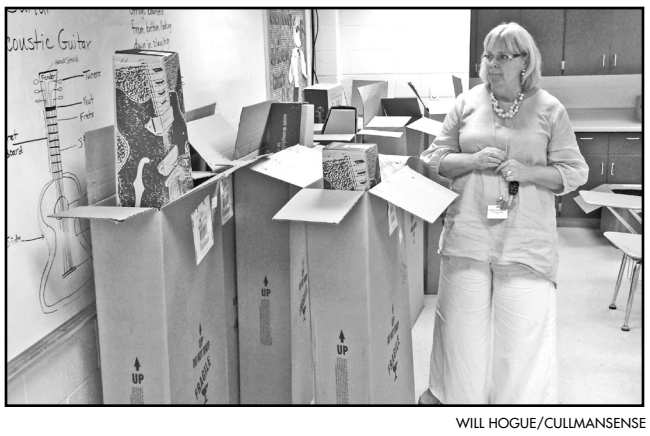
Cullman Mother and Son Face Fraud and Tax Charges in Scheme to Steal from East Alabama Health Center

Federal prosecutors today charged a Cullman mother and son in connection with a scheme to defraud federal government health agencies and a non-profit east Alabama health center of more than $100,000 for...

qrne.ws/248

MUSIC TO THE EARS: VINEMONT MIDDLE SCHOOL SET TO BENEFIT FROM INFLUX OF NEW EQUIPMENT

Will Hogue
will@cullmansense.com



WILL HOGUE/CULLMANSENSE

» Vinemont Middle School received 15 new guitars.

VINEMONT - Vinemont Middle School has acquired 15 brand new guitars for its Musical Enrichment class. Coach Webb at Vinemont Middle School has been working as the P.E. teacher for 13 years and has played the guitar for nearly his entire life, so when the school found itself with a classroom full of guitars but didn't know who to assign to teach the class, Coach Webb enthusiastically took the position.

"He said, 'Oh, can I do it? Can I do it?'" Dr. Speer, the principal of VMS, chuckled as she recalled his request for the teaching spot.

There are 20 students in the Music Enrichment class, some of whom bring their own guitars to class as well.

"Our principal has afforded us the opportunity to have this many guitars," Coach Webb thankfully said. "It's great, because normally you have three or four. But we want maximum participation where every kid in here is holding a guitar," he finished.

He says he will go around to local pawn shops and places that may have guitars in stock and ask if they would be interested in donating some to the school in order to provide for some kids who may still be lacking a six-string in hand.

The classes themselves have been ultra-basic so far.

"We're starting at ground zero, you know," Coach Webb said, when referring to how he's approaching introducing the instruments to the students.

"We're showing them how to hold the guitar, the finger positions and teaching them the strings."

Along with the guitars, Coach Webb received loads of equipment for his P.E. classes.

"We got full lacrosse gear, helmets, nets," he recounted. "We got all new soccer equipment, nets and balls. All new badminton racquets, nets and birdies or shuttlecocks."

Webb also implements NFL style agility drills, and he and the school now have the equipment to prepare the middle-school kids for their future in the professional league. He also has taught archery for five years, and the school purchased five brand new, high quality bows, as well as heavy duty targets and everything else to give the kids every opportunity to experience sports in the most authentic way.

Coach Webb has been at VMS for 13 years. Along with being the P.E. teacher, he has taught reading and intervention classes as well. And while he says he's never officially used his master's degree in School Counseling, when dealing with kids every day as he does, the children who have come through his classes have surely benefitted from such a diverse and incredible teacher.

Comics

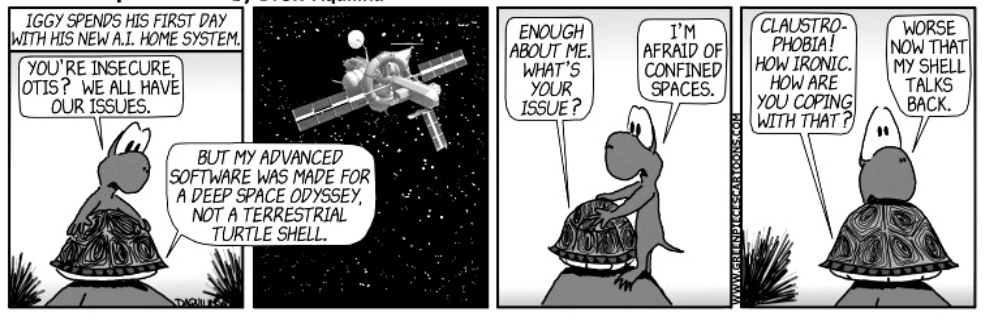
WHITE & BLACK • **"Labor Day Pains"** • st.edo@cullmansense.com



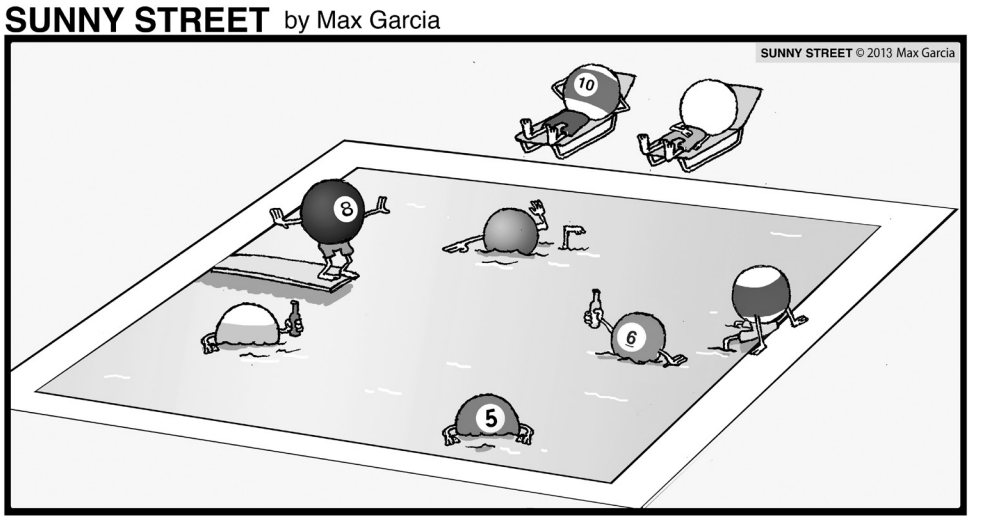
MAMA'S BOYZ www.jerrycraft.net **JERRY CRAFT**



Green Pieces by Drew Aquilina



SUNNY STREET by Max Garcia



ADMINISTRATIVE ASSISTANT
Duties include;Scheduling travel and expense reporting. Coordination of offsite meetings, i.e. booking rooms, developing agendas, send your resume and salary expectations to: sonllyn1@gmail.com

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Pets of the Week

Midas

Hello! My name is Midas, and I am about 3 years old. My previous owner passed away, and I need a new forever home. I have been at the Shelter for quite a long time, and I am starting to think they are the only ones who want me. Please come visit me today and let me capture your heart.



Brutus

Hello! My name is Brutus, and I am about 6 years old. I am a German Shepherd/Rottweiler mix, and I currently weigh 110 lbs. I am house broken, good with children and other dogs. I am full of life and I love to play. I am ready to find my new forever companion and best friend!



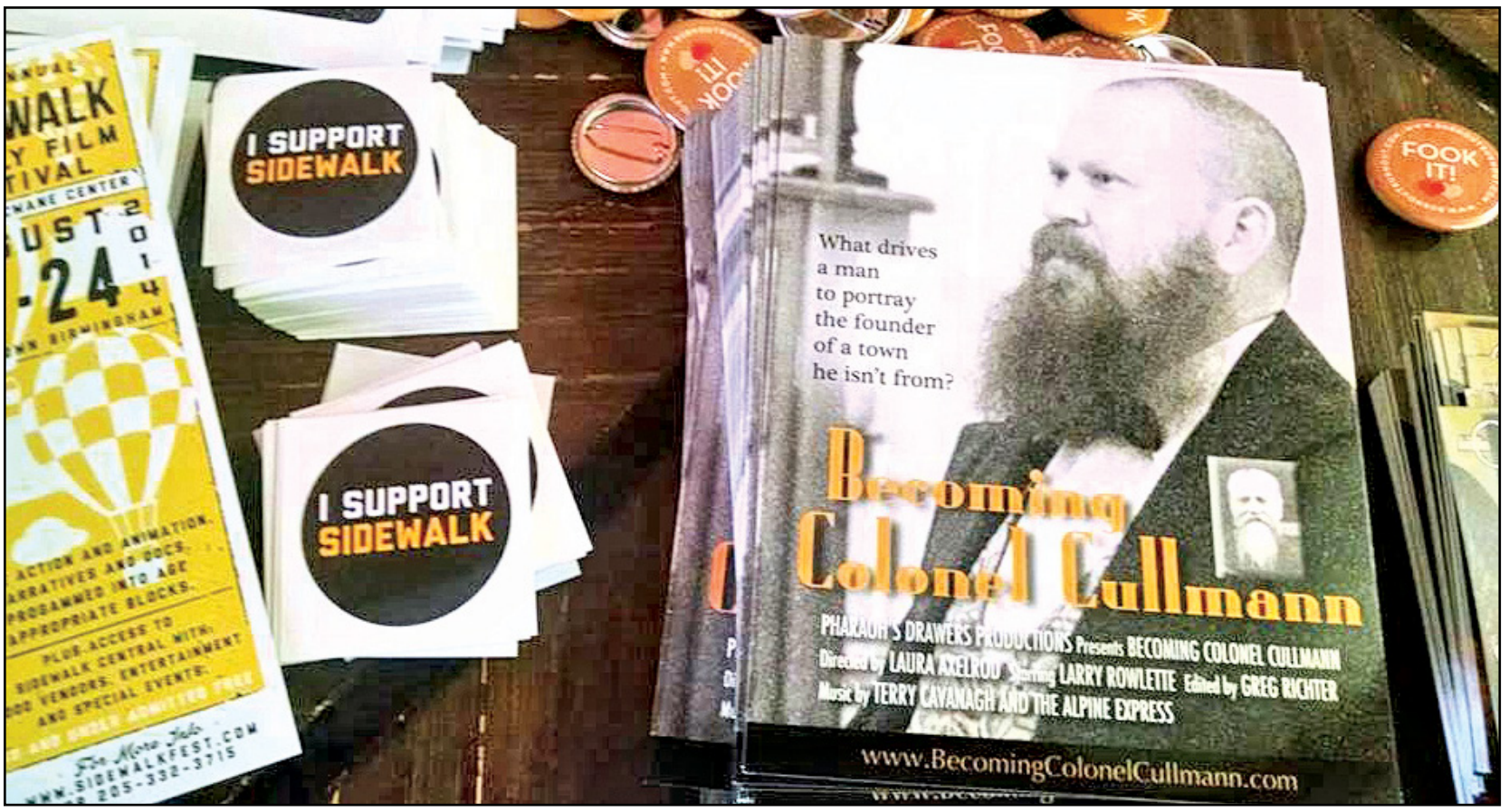
ADOPT THESE PETS TODAY

Both of these dogs have an adoption fee of $90 that will include their general exam at the Vet, vaccines, wormer, rabies shot, microchip, spay/neuter, and free 45 days of pet health insurance. Pet Depot will give you a bag of food (you pay taxes) as their way of supporting adoption.

If you know the owner of either dog or if you are interested in adopting one of the dogs, please call 256-734-5448 or come by the Animal Shelter.

CULLMAN MOVIE WELL RECEIVED AT THE BIRMINGHAM SIDEWALK FILM FESTIVAL: "BECOMING COLONEL CULLMANN" ENTERTAINED AND ENLIGHTENED MOVIEGOERS

Sharon Schuler Kreps
sharon@cullmansense.com



CONTRIBUTED

» The documentary "Becoming Colonel Cullmann" introduced viewers at the Sidewalk Film Festival in Birmingham to Larry Rowlette, portrayer of Colonel Johann G. Cullmann.

BIRMINGHAM - On Sunday, August 24, 2014, "Becoming Colonel Cullmann", a documentary by Cullman filmmakers, Laura Axelrod and Greg Richter, was shown at the Birmingham Sidewalk Film Festival. The movie introduces its viewers to Mr. Larry Rowlette, who has portrayed Cullman's founder, Colonel Johann G. Cullmann, for many years. It focuses on Rowlette as a historical re-enactor and what drives him to embody the past.

The movie was quite entertaining and derived many chuckles from the audience throughout its entirety. But not only was it humorous, it also told the story of a man who was driven from his home in Bavaria to the United States in 1866 where he eventually established a town named in his honor. In Colonel Cullmann's lifetime, it is said that he was also responsible for helping over 100,000 people enter the United States and felt personally responsible for their wellbeing. "It went really well," said Axelrod. "I had a sense of peace right before the movie was shown, although I was really nervous. The people in the audience really reacted the way I wanted them to at the funny parts. After all, it is an interesting story – very energetic," she smiled. "I was very happy with it, and I hope Colonel Cullmann was as well."

Filled with lively music, people could not help but smile. Lots of toes tapped and heads bopped to the beat of the music as Terry Cavanagh & The Alpine Express played away in the background.

"We tried to make it really lively," explained Axelrod. "Greg was the editor, so he's the one who cut the film in a way that would make sure it wasn't boring. That was our biggest concern; we didn't want to bore anybody," she said. "Colonel Cullmann's story isn't boring, so we wanted to capture the energy of Oktoberfest and the energy of Colonel Cullmann and what he brings to the city," she said with a keen confidence.

"Becoming Colonel Cullmann" is the first movie for the storytellers to make it to the Birmingham Sidewalk Film Festival and marks a huge step in both Axelrod's and Richter's filmmaking careers. They plan to enter it into many more film festivals in the months to come.

Eventually, they plan to make the movie available on DVD, including lots of deleted scenes and bloopers.

To follow the progress of "Becoming Colonel Cullman" and to remain updated on the latest news and reviews, you can go to www.becomingcolonelcullmann.com, or you can follow the movie on Facebook.

To meet Rowlette, a.k.a. Colonel Cullmann in person, start making plans to come out and joining him during the 2014 Oktoberfest Celebration held October 4-11, 2014.

Farm (from Front)

Sharon Schuler Kreps
sharon@cullmansense.com

CRANE HILL - Cullman County is full of faithful farmers who spend their lives working their farms and are the reason we stay at the top in the state for agriculture. These ladies and gentlemen are often overlooked, so I decided to visit one of our local farming experts. Mr. Glenn Calvert of Crane Hill was gracious enough to sit down and tell me about life as a farmer.

"I was born and raised on a farm," Calvert said as he thought about the good ole days.

"I'll never forget, as a young man of 14 or 15, I watched my Dad as he plowed one spring. That land smelled so good, I remember picking up a handful of dirt and thinking this was something I would like to do someday."

Calvert is a third generation poultry farmer, and he also has cattle, which is his specialty. He has raised cattle all his life.

According to Calvert, there are all kinds of things you can grow and raise here in Cullman.

"Cullman County has all kinds of opportunities because the land produces so well," he explained.

"There's diversity, you can be into cattle, poultry, hogs, and produce. The soil in Cullman County is so apt for farming because anywhere you go, whether it's Crane Hill, Hanceville, it produces. The farmers have done a good job taking care of the land."

But it takes more than just great soil to have a productive farm. It also takes people like Mr. Calvert who dedicate their lives to farming.

When asked about the life of a farmer, Calvert sat up straight in his chair and began to speak excitedly.

"You have to be dedicated," he told me. "When everyone else is at the beach or behind a boat at Smith Lake, farmers are in the fields or the barn. My son Jeremy is a farmer. He is up at 2 a.m. carrying a load of produce to Birmingham and Finley. He'll unload it and then come back and work all day. And that's just the hours you've got to put in."

It's very difficult for anyone that hasn't farmed to understand how much hard work and time is involved in growing and raising our food.

Everyone should spend a day or two as a farmhand, so they can better appreciate both their food as well as our farmers.

If you know a farmer, make sure you tell him or her thank you for all of their hard work. These individuals deserve a pat on the back from time to time.

As my conversation with Mr. Calvert came to an end, I felt compelled to ask him a burning question before I left. It's a question many of us may have pondered at one time or other: Why are store bought tomatoes so different tasting than fresh ones?

"The answer is shipping," Calvert said rather matter-of-fact like. "Just like our sign says, Local Grown, that's the key. They must have sunshine and be locally grown. Tomatoes in the grocery store have to be picked when they are still green. They don't get the time to ripen like they should because they have to ship them all over the United States. Sometimes they have to ripen on the way to or at the stores, so the taste just isn't there – they need the sunshine, they need to stay out in the field and let Mother Nature run her course."

Since 2010, Cullman County has continually ranked in the state's top spot for broiler production, cattle production, dairy, cattle, and milk production.

The hay crop has held the state's second spot in vegetable and melon production.

About 50 percent of the land in the county is considered to be "farmland". Agriculture, forestry, and related industries in Cullman County are roughly a $2.5 billion industry and results in approximately 16,000 jobs.

All of this is made possible by men and women like Mr. Calvert. A simple 'Thank You' doesn't seem sufficient for all they do, but we certainly do appreciate it.



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OCTOBER 25, 2014
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The reservations will be on a first come first serve basis, and walk-ins will be taken first!
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