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CULLMANSENSE
COMMUNITY MATTERS



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KATIE DANSBY/CULLMANSENSE

Breast cancer awareness is especially important at the Cullman Post Office because two of their co-workers, Nancy Schnur and Joni Erb, are breast cancer survivors.

BEST ROBOTICS COMPETITION MAKES SCIENCE FUN

Sharon Schuler Kreps
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HANCEVILLE - Students of schools from all over North Alabama gathered at Wallace State's coliseum on Friday to compete for the title of BEST Robotics Team. BEST, Boosting Engineering. Science, and Technology, is designed to excite students about science, technology, and engineering through a hands-on, sports-like competition. BEST is less about building robots and more about teaching students how to analyze and solve problems.

The schools that participated in Friday's event are Hartselle Jr. High School, Cullman Middle School, Arab High School, Holly Pond High School, Cullman High School, Good Hope High School, Meek High School, Good Hope Middle School, Fairview High School and Cullman Area Career Center. Excitement was thick as students met in groups and talked about their projects

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SHARON SCHULER KREPS/CULLMANSENSE

BEST Robotics teams learn to work together and problem solve when building their robots.

LEGO EDUCATION PROGRAM TO TEACH ROBOTICS TO COUNTY 5TH GRADERS

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CULLMAN - Last Monday, a special announcement was made regarding 5th grade students in the Cullman County school system. Lego toys will become part of the classroom curriculum and soon children will be able to learn as they play. Lego Education enables children to work as young scientists, designers, and engineers. It provides them with settings, tools, and tasks that promote design technology, science, and mathematics.

"The program

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SHARON SCHULER KREPS/CULLMANSENSE

The LEGO Program was partially paid for with a grant from the Appalachian Regional Commission.

WHAT DOES IT TAKE TO BE A POLL WORKER?

Sharon Schuler Kreps
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CULLMAN - Election Day is right around the corner and as we prepare to go out and cast our votes, there are others who are gearing up to take their proper places at designated polling locations throughout the area. Who are these poll workers and just exactly what do they do?

Poll workers are just like everyone else, they may be family members, friends or neighbors. Each worker is appointed and then trained thoroughly. The appointment of a person is done by a specific process and all are evaluated and considered for open positions.

"The heads of each party can turn in a list of names, this starts back in the

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TIPS FOR A SAFE AND FUN HALLOWEEN

Katie Dansby
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CULLMAN - To keep your Halloween safe and fun, the Cullman County Sheriff's Office and the Cullman City Police Department have provided several tips to consider while out and about during your family festivities.

Major Scott Clay at the Cullman County Sheriff's Office provided several tips for drivers since many folks will be trick or treating from door-to-door. He suggested that drivers should slow down and be especially alert in residential neighborhoods and while entering and exiting driveways. Clay said, "Drive slowly, especially around walking traffic and curves." He noted that children move in unpredictable ways as a result of being excited during their trick or treating. He said to turn on the headlights of your vehicle early in

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GROUNDBREAKING BRINGS GOVERNOR TO CULLMAN:

NEW INTERCHANGE TO OFFER EASY ACCESS TO SMITH LAKE

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GOOD HOPE - Governor Robert Bentley, Lieutenant Governor Kay Ivey, and other government officials were on hand last Thursday for the groundbreaking ceremony of the future 222 interchange. The interchange will allow travelers to exit from Interstate 65 onto County Road 222, which will lead straight to Smith Lake and give easy access to other local attractions.

"We are opening a new gateway to one of Cullman County's greatest assets, Smith Lake," said Leah Bolin, Cullman Area Chamber of Commerce President.

"We're fulfilling a 10 year promise to our industry partners, and we are providing a new opportunity with our friends at the Bass Hall of Fame."

The new interchange has been made possible by the Alabama Transportation Rehabilitation and Improvement Program (ATRIP). ATRIP is the largest road and bridge improvement program in Alabama's history. ATRIP has provided the most comprehensive and significant improvements to highway infrastructure in our state to date.

There is a TRIP Advisory Committee, which is involved in reviewing eligible projects submitted by cities and counties across the state. The committee, in conjunction with Governor Bentley, makes funding decisions about improving Alabama's road and bridges.

"Any good transportation project that you have takes studies, it takes preparation, it takes interaction with the community and, quite honestly, it takes compliance with a lot of governmental regulations," explained Congressman Robert Aderholt. "This one is no exception. This is truly a real partnership between not only the local, but the state and federal government, where federal dollars were used for the state, made sure the funds will be used in the right direction. And of course the local government is what really got this all going."

"Cullman County is a great part of the state," said Governor Robert Bentley. "It's a very desirable place. We have a great workforce here. It's an area of the state that industry should want to locate. Once we get infrastructure into place, it really will encourage them to do that."

The city of Cullman is expected to expand and grow very quickly once the new interchange is in place. The project is expected to be completed within a few short months. The 222 interchange will make the fifth interchange for Cullman County and the fourth for the city of Cullman.

NEW MAYOR OF GOOD HOPE EXCITED FOR CHANGE AND GROWTH

Chelsea Sparks
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GOOD HOPE - When the former mayor of Good Hope, Corey Harbison, stepped down from the position of mayor to focus on his upcoming term in the House of Representatives, the position went to Jerry Bartlett. Bartlett, 65, who has been a longtime citizen and active member of the Good Hope community, was honored and excited to help the town as they transition to a new era.

A lot of changes are coming for the town of Good Hope, in addition to a new mayor, the town has several infrastructure projects in the works.

"It's been great so far," Bartlett said of his new position.

"We have a lot of projects going. We are in the process of hiring a new part-time building inspector, ongoing sewer projects, and we have a bridge going in on Beech Grove Road and of course the new ramp on 222."

Bartlett said that the most exciting growth for the small town will come from the new interchange on County Road 222.

"Industry and businesses want to be on an exit," said Bartlett. "And this is prime property and it will also be a gateway to Smith Lake. Everybody in Cullman County is going to be affected by this, because it is going to create super growth in the area. It is just a win, win for the whole county."

With new industry and business on the horizon, Bartlett said that his main focus is to welcome these new businesses with open arms.

"We expect a tremendous amount of growth in the area in the next few years," said Bartlett.

"We want to be progressive and welcome these new businesses to Good Hope, and let them know that we would love to have them in our community. We're going to be accommodating, and let everyone know that Good Hope is a great place to do business."

Being a teacher at Good Hope High School for years, and also a resident, what Bartlett cares for most is the people who make up this town.

"You have to listen to the people in your city," Bartlett said.

"You know something may not seem like a big problem to us on the council, might be a big problem for the person voicing that concern. You want to show concern and compassion, and genuinely want to help with whatever problem they have."

It would seem that the new mayor for Good Hope has a great passion for the people in his town, and a vision to push the town forward in the future.

"I want to be a mayor for the people, and do everything I can for the people of this town. It's an exciting time to be on the council and to live in Good Hope, and we are looking forward to any challenges."

Welcome, Mayor Bartlett.



GOODHOPEAL.COM

Jerry Bartlett, Mayor of Good Hope

Cancer (from Front)

Katie Dansby
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CULLMAN - On Friday, October 4, the Cullman Post Office kicked off their Annual Breast Cancer Awareness Event with the office and its employees all dressed in pink. During the month of October, every Friday is "Pink Out Friday" where all of the employees have the opportunity to wear their pink attire.

There are refreshments in the lobby for customers to enjoy each Friday.

Breast cancer awareness is important to the employees at the Cullman Post Office because two of their co-workers, Nancy Schnur and Joni Erb, are breast cancer survivors.

As of October 21, Cullman has sold $14,652.00 in breast cancer stamps and is currently in first place in the state of Alabama.

The stamp proceeds go directly to fund Breast Cancer research at the National Institutes of Health and the Medical Research Program of the Department of Defense.

The United States Postal Service released its first semi-postal stamp in 1998, dedicated to raising money and awareness for breast cancer research.

Since then, the stamp has raised $80,306,547.00 for breast cancer research.

Caressa Doss is the Postmaster at the Cullman Post Office. She and her employees decorate the office each year to support and bring awareness and education to breast cancer.

"It's fun to do," Doss said. She continued, "We keep adding and adding, and I like it to look a little elegant."

Ever since she started working at the Cullman Post Office two and a half years ago, Doss has paid for the decorations out of her personal funds.

The Alabama District gave Cullman a plaque last year for having the highest breast cancer stamp sales in Alabama. The state of Alabama came in third last year in the nation and is currently in third place this year.

City Carrier Johnny Roy joined in by wearing a pink uniform shirt with matching socks and shoelaces. All decked out in pink, he walks around town delivering mail by foot. Doss said that everyone asks him about his pink mail carrier uniform and wants to take a picture with him. He is having fun for a great cause and spreading the word of breast cancer awareness all at the same time.

Doss calls the clerks in the office the "pink princesses." One of the clerks, Regina Hood, said, "The community is very excited and is always asking questions." The staff at the Cullman Post Office all agreed that the community plays a vital role in the success of the money raised. Supervisor Robert Strong has had to cope with his mother while she recovered from breast cancer. "She's doing well," he said. Robert added, "Here at the post office, if we do something, we go big."

Doss said, "We're motivated because the stamp proceeds go to support breast cancer which has affected several of our employees in the past."

Employee Nancy Schnur was diagnosed with breast cancer 10 and a half years ago.

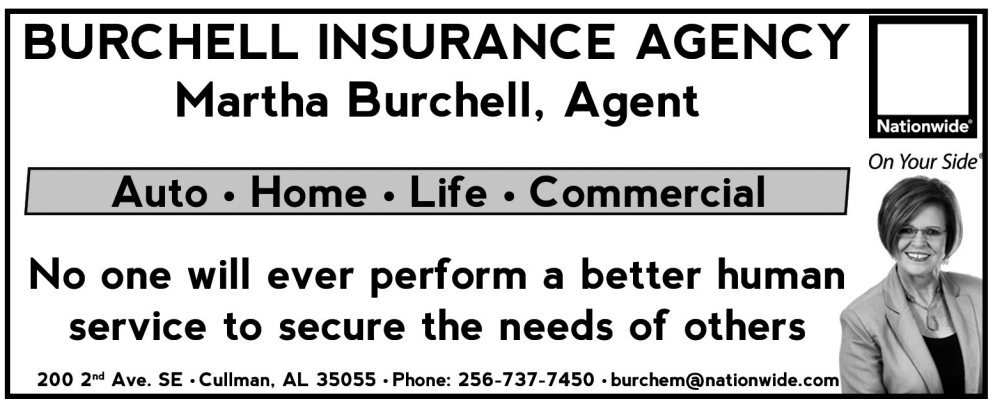
"I had never had a mammogram and I'm not one to go to the doctor unless I'm actually hurting," she said.

Nancy had to undergo a mastectomy, chemotherapy, and radiation treatment. She lost her hair, but said, "You just sort of embrace it." For Halloween that year her mother made her a brown robe and she dressed as Uncle Fester from the Addams Family.

Nancy is thankful to be cancer free. She said, "Every time I go to the doctor, everything is fine. I have my mammograms every year and I actually went to the doctor two days ago and everything was good." Nancy said that while working for the post office, everyone at work was awesome. She had a great support system through her family and co-workers.

Nancy really likes the pink decorations in the office. "I love the decorations. Cullman really celebrates breast cancer awareness month more than any place I've ever been to," she said. Some may be wondering why Cullman participates so heavily and what it is about the citizens that motivate them to help out. Nancy said, "I just think that people are good. They are helpful and have kind spirits." Nancy has learned a lot about cancer and wanted to make sure that readers were aware that men can also get breast cancer. It is rare, but real.

Doss concluded by saying, "It's just a pure joy to be out in the lobby with the customers having snacks and coffee. Everybody shares a story with us."





FAMILY NOMINATIONS SOUGHT FOR FARM-CITY AWARDS

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CULLMAN - The 2014 Farm-City Celebration kicked off in August and has continued throughout the year with its involvement in festivals, parades, and fairs with events still to come such as tours, geocaching, a sweet potato cook-off, and a finale banquet.

Farm-City Executive Committee Chair, Lesia Van Gundy, is looking forward to the Farm-City Awards Banquet on November 20 at the Cullman Civic Center. The doors open at 6 p.m. and dinner will be served at 6:30 p.m. She said this is when the farm and city folks come together.

"We come together to celebrate the harvest," she said, "and it's right at Thanksgiving time!" She is also looking forward to the entertainment this year provided by a young and modern bluegrass group, Flatt Lonesome. There will also be several awards given out for the following categories: posters, a video contest, outstanding FCCLA and FFA, and a sponsorship sign contest. She is glad to be getting the sponsors more involved. "We couldn't do it without them and they believe in farming," she said.

Directors from about 15 farm related businesses, farmers themselves, and advisers, make up the Farm-City board. Van Gundy came on the board about six years ago as someone related to the farm side and really liked it. "Everyone that came on the board was dedicated and didn't mind working," she said. As chair this year, Van Gundy has worked hard to incorporate as many people as possible with the events. "I really want for more of the communities to be involved. That's been my goal as chair this year," she said.

Congressman Aderholt attended the Proclamation Breakfast and believes that agriculture is very important. He said that many people do not have a direct connection with the farms like they used to 50 years ago. He stated that having a chance to make the connection between what farmers do on a daily basis to preparing food for the table is crucial. He said, "Everyone may not necessarily be in the harvesting of it, but they're in the consumption of it. Everybody likes to eat, so agriculture directly affects everyone."

Congressman Aderholt went on to say, "I don't know of any other area in North Alabama that really has the focus on farm to city activities like Cullman does. It's really fitting because you all are so active in agriculture. I would encourage other places to do what you all are doing because it really does bring the focus to what many people take for granted."

At the Awards Banquet this year, a city family will be awarded and all the nominees will be recognized. Each year, the winning family alternates between a city family and a farm family.

The city family is awarded to a family that does not make their living off of farming. They can live anywhere in Cullman County and do not have to live in the city to be nominated.

Applications to nominate a city family are online at cullmanfarmcity.org. If you would like to nominate a family, print an application and complete it by November 5, and be sure not to let the family know they have been nominated.

On the application, list the family's community involvement, the names of every member of the family, and two references. Van Gundy is hoping for 50 nominations this year.

There will be a grand prize awarded at the banquet for anyone who is in attendance. The winner will receive a gift certificate for a 5-night and 6-day stay in a two bedroom unit at the High Chalet Condominiums in Gatlinburg, TN. Other prizes include dozens of eggs, sweet potatoes, collards, and gift certificates.

If you would like more information on how to get involved with the remaining Farm City events, visit their website at www.cullmanfarmcity.org, as well as their social media sites, twitter.com/cullmanfarmcity and facebook.com/cullmanfarmcity.

MINI RELAY FOR LIFE AT WALLACE STATE GIVES TASTE OF MAIN EVENT

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HANCEVILLE - Relay for Life in Cullman has always drawn big crowds and raised big money for the American Cancer Society. This year, a miniature version was held to help teams raise money, and allow newcomers get a sense of what Relay for Life is all about.

Teams hoping to raise money showed up to sell items and spread awareness. Exercise classes, music and a chance to win some prizes were a few of the activities on the agenda for the day.

Gail Crutchfield, sponsor for the Wallace State Relay for Life team and Cullman County committee member, explains the purpose behind the event.

"Mini Relay for Life is the condensed version of the main Relay for Life event," said Crutchfield.

"It gives people who do not want to spend as much time on the main event a chance to participate. It's also a good way for someone new to try it out and see what it is about on a smaller scale."

This was the first year trying out this event, and while the turn-out was smaller than they had hoped for, there was big fun to be had.

"This is first time we have had this here at Wallace," said Crutchfield.

"Some other places have had this before, like Cold Springs. We had an exercise class this morning, we are having cake walks, line dancing, and the Wallace pep band will be playing for us."

The cake walk was a particular favorite for participants. Beautiful and scrumptious cakes of every flavor and variety as well as some other baked goods like sourdough bread were up for grabs.

All of the proceeds from the event benefitted the American Cancer Society.

While some prefer to donate to places that keep all of their money here in Cullman, Crutchfield said that the money that goes to research does come back in one form or another.

"The majority of the money raised by the American Cancer Society goes to research," she said.

"Another place the money from the society goes to is the Hope Lodge. And what that does is it provides a place for someone to stay if they need to travel to their treatments, and they can't afford to go back and forth. We went to one in Birmingham, and met a woman from Cullman who was staying there. So it all does come back to us."

Indeed any money donated to cancer research benefits all of us.

It is research that gives us life saving preventative care like mammograms, prostate screenings, and many more advancements that we all may take for granted.

Thanks to the efforts of people like Gail and her team, more advancements in research can be made, and more aide can be given to patients. The fight is a hard one, but with warriors like this, we can hope to overcome the battle.



CHELSEA SPARKS/CULLMANSENSE

The Mini Relay for Life provided an opportunity for those new to Relay for Life to grasp the main event's concept.

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AUTISM CONFERENCE HELPS PARENTS AND PROFESSIONALS ACHIEVE BRIGHTER TOMORROWS

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CULLMAN - Professionals and parents from seven counties gathered at the Cullman Civic Center to learn new techniques and skills to help those with autism at the Making A Difference conference. It was the fifth year for the conference, and lots of new speakers, vendors, and resources were available to everyone.

The conference started when a group of moms with children on the spectrum desired to have more resources closer to home.

"We had several families with families similar to mine with older kids who we had been traveling with," said Rhonda Davis, leader of the Autism Networking Group of Cullman. "We would travel to Birmingham, Huntsville, and even out of state and spend lots of money. So we just decided that we would start one here for us."

Since its inception, the conference has had consistent attendance of 150 people or more. The unique aspect of this conference is the focus on parents as well as professionals. The two groups each have their own schedule and classes that are individualized for their specific needs and goals.

"The professionals are focusing on how to deal with behavior in the classroom," said Davis. "How to help the entire classroom and how to do classroom rewards rather than single out that individual with a disability. They also teach them how to do some applied behavioral analysis and how to implement that in the classroom."

She went on talk about the parents' classes and the invaluable information that they too are receiving.

"The parents are learning how to handle things in the home and dispute resolutions with teachers," she said. "Another big focus is transitions, because even at a young age parents have to start thinking about transitioning out of one school and into the next one. All these transitions lead to adulthood, so it is important to start thinking about it now."

Dozens of tables were set up in the main room of the civic center. Teachers, healthcare professionals, and therapists were on hand ready to learn and eagerly soak up the information. One professional in attendance who works as an instructional assistant, or para professional, was impressed by the new ideas.

"It's well organized and has given us some new insights, and things we never thought about doing," said Vickie Rogus of Cullman city. "It's wonderful that they have classes for the parents also, because so many parents are lost and need the help."

Lorraine Barnes, who was a speaker for the parents, talked about the importance of these conferences, and what her goal is every year she comes.

"I think this is a wonderful conference," said Barnes. "I look forward to doing it every year, and one of my cohorts did it last year. I look forward to providing parents with the information they need in order to better navigate the IEP process. I have the opportunity as a parent advocate to be able to provide that information out there."

Lunch was served to participants. As delicious soups were being served, one parent told why this conference has been beneficial to her in the social aspect.



CHELSEA SPARKS/CULLMANSENSE

The Making A Difference conference began when a group of moms with autistic children decided to bring more resources closer to home.

"Talking and connecting with other parents," said parent Mary Thorton. "They all have mutual concerns and problems. It's comforting to know that there are people who are walking the same path that you are walking."

This conference is vital to a world where we are aware of autism, and the immense strain it can have on so many.

These incredible individuals deserve to have understanding, not only from their families, but from their educators and healthcare professionals as well. This conference gives all of these groups a chance to come together to educate themselves, and each other, so that a brighter tomorrow is made for all those living with autism.

Halloween (from Front)

order to spot these children. A final and vital tip for drivers that Clay wanted to impart was to eliminate distractions. "Put down electronic devices to be aware of your surroundings," he said.

For the trick or treaters on foot, Clay advised, "Children under 13 should not be alone at night without supervision, and if they are old enough, they should stick to familiar areas and travel with groups." He said to cross streets, highways and corners where it is safe, to look left and right while crossing and to make eye contact with drivers before you cross to ensure they know you are there.

Also be sure to watch the cars turning and backing up. "I don't recall that we had any injuries or accidents last year during Halloween," Clay stated. The biggest thing Clay stressed is for drivers to put their cell phones down while they are operating the vehicle.

Police Chief Kenny Culpepper suggested many of these same tips, but added that he likes to recommend church sponsored events for safety reasons. "They are monitored, in one location and have no traffic issues," he said. Culpepper suggested for groups to have a rally point or a meeting place. This will prevent children from getting separated from their parents or their group.

In addition, he said to exchange phone numbers among your group members so that there is always a line of communication in case someone gets separated.

He added that the biggest problem with going door to door is contaminated candy, but that we have never had an incident like that in Cullman that he is aware of. "Parents should still check to ensure that the candy has not been tampered with," he said.

On foot, he recommended taking a flashlight and wearing reflective apparel to make yourself as visible as possible to drivers.

This is especially important if the weather conditions are foggy or rainy. "We haven't had very many incidents on Halloween," Culpepper said. Thanks to tips like these, everyone can enjoy their night out.

Remember: Candy is yummy and costumes are fun, but you want to be careful when you walk and when you run. Look both ways, stay with friends, that way you'll be safe, when the night comes to an end.

10 SAFETY TIPS TO MAKE SURE YOUR HALLOWEEN IS A TREAT!

1. Drivers should slow down and stay alert for children trick or treating
2. Drivers should turn on their headlights early to spot children
3. Don't drive distracted
4. Children under 13 should be supervised
5. If traveling with a group, stick to familiar areas
6. If traveling on foot, pay attention to the cars around you and cross streets safely
7. Have a meeting place if you are at a large event
8. Parents should check their children's candy before allowing them to eat it
9. If trick or treating, take a flashlight and wear reflective apparel
10. Have fun!

Workers (from Front)

primaries," said Tammy Brown, Cullman County Judge of Probate.

"Then the appointing board, which consists of the probate judge, the sheriff, and the circuit clerk meet and from that list, we appoint the workers. Four workers are required per poll. Sometimes we give them more, especially because there are write-in votes in the general election, some of the precincts have asked for an extra election worker just for that; and that's fine. We try to accommodate them with everything."

Poll workers are responsible for getting the voting machines up and running, and to ensure there are no issues with the equipment.

They also check voter identification and provide the needed voting materials. They help with write-in votes, general assistance and maintain order within the polls. To make sure all the current poll workers were up to date on the latest information, laws, and processes, the members of the Cullman County Probate Office hosted an educational seminar last Monday at City Hall.

"When you go to vote and you see those election workers there, remember that the law states that they must attend a school of instruction," Brown explained.

"So that is what we are doing today, having the required school of instruction, so they can work."

Election workers must be at least 18 years of age. The youngest worker at this time is Miss Brittany Branch. Brittany is 19 years old and is preparing for her second year of poll work.

"I mark people that come in off the list and check their identification," Branch said. "It's mandatory we check IDs, even if you know the people in your precinct. We make sure we have their name written down and that they provide their signature and we check their ID again. I can do that stuff all day, and I plan to remain an election worker for a long time," she giggled.

If you or someone you know would like more information about the election process or would like to know more about becoming an election worker, visit the Cullman County Probate Office online at www.cullmancourts.org/probatecourt.html or give them a call at 256-775-4665.

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LOCAL VETS GIVE ADVICE ON TREATING YOUR PET'S ALLERGIES

Katie Dansby
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CULLMAN - Various dog allergies can be a bother to you and your furry friend. Dr. Christi Chesnut at Holly Pond Animal Clinic and Dr. Susie Dickerson at Northside Veterinary Hospital have tips and suggestions about how to keep your dog treated for their allergy issues.

Dr. Dickerson and Dr. Chesnut agree that just like humans, dogs can be allergic to anything. Inside and outside dogs are all vulnerable to allergies. Allergies can include dust mites, weeds, flowers, fleas, and even cats.

Dr. Dickerson said that sometimes dogs can be allergic to their food which can be tested by doing a food trial. She said that the most common things that dogs are allergic to in their food are beef, chicken, and wheat. With a food trial, the dog will strictly get one source of protein for 12 weeks such as rabbit or duck. She added that in the case of having an allergy to fleas, the dog may continue itching even after the flea is gone because the allergy can stay in the dog's system for several weeks. Dr. Dickerson advised owners to watch their dog and its itching habits for the sake of its comfort and to prevent the dog from losing its hair.

Dr. Dickerson said, "A really common sign of allergies in your dog is a reverse sneeze that indicates an upper respiratory issue."

Other signs are redness around the eyes and redness of the skin. Dr. Chesnut said that if your dog is itching or licking their feet, these could be indications that they may have an allergy.

She added, "We get 4-5 new dogs every day with allergies." She said that allergies cannot be prevented, but can be limited by wiping your dog's feet and stomach when you let them in from being outside. This gets the pollen and plant residue off of them that could cause allergies. Dr. Dickerson agreed, "There's really no way to prevent it. It's just the immune system of the dog."

"If your dog is itching, you are going to want to help them. It's not a quality of life for them to scratch all the time," Dr. Chesnut said. It bothers us and it definitely bothers them. Dr. Chesnut has seen cases where the dog has not been promptly treated and has lost all its hair.

"The worst case scenario is the dog can become practically bald because it has scratched so much," she said.

Each dog with an allergy is treated on a case by case basis. Dr. Chesnut said, "The treatment for dog allergies can include pills, shots, and shampoos. It all depends on how severe the case is. Check with your vet before you give your dog anything over the counter."

She added that dogs can experience side effects just like humans, so you will want to make sure that the medication they are given is safe. Dr. Dickerson advised, "Do not give your dog your allergy medicine. The medicine given to dogs needs to be given at veterinary levels."

Each of these veterinarian offices offers allergy testing at their facility.

At Northside, the allergy test consists of taking a blood sample from your dog and sending it to a lab in California. There they will test it to see what your dog is allergic to. Dr. Dickerson said that the results are various and can include grasses, molds, dander, and even people. She said that in one instance, the patient was allergic to wool so the owner had to move all the wool rugs out of her home in order for the dog to live comfortably.

"If the allergy is something year round, sometimes there are shots that the owner can give their dog once a week," Dr. Dickerson said. She is very excited about a new drug for itching in dogs. It is in high demand and has no side effects as opposed to steroids. "The few allergy cases put on that medicine do really well with it," she said.

If you think your dog has an allergy, visit a veterinarian to get it seen about. Keep your dogs happy and healthy!

Competition (from Front)

while demonstrating their unique robots. Each robotics team acts as a company trying to sell their product or robot.

"Our company is called RaiderStorm and we are composed of sixth, seventh, and eighth graders," said Makala Cone, Good Hope eighth grader.

"Our CEO is Luke Self, the Head of Engineering is Trey Middleton, and Micah Beard is the Head of Publicity. We advertised our company by going into the elementary school and recruiting fifth graders for next year. We want to thank all our sponsors because that's why we're here. Everything here is by sponsorship."

This year the schools were asked to design a moving robot that is able to maneuver and transport structures of great length and weight to an assembly line without affecting America's transportation system in a negative way.

There were logistics challenges to conquer prior to assembly and transportation of wind turbines.

The students learned to work together as a team and problem-solve which is a win for everyone.

MIRRORING HISTORY: KENTUCKY FRIED CHICKEN BECOMES GLOVER'S PRODUCE

Sharon Schuler Kreps
sharon@cullmansense.com

CULLMAN - Up until the late 1970s, people could stop by what is now Glover's Produce and purchase Colonel Sander's famous fried chicken. Located at 302 North Main Street, Cullmanites could quickly drive by and pick up a bucket of chicken and take it with them to their family reunion, birthday party, or kitchen tables.

After Kentucky Fried Chicken closed its doors, the area behind the building became a used car lot for a short time.

Then in August 1993, John and Bernice Glover purchased the building and turned it into a produce market that continues to deliver fresh produce to the people of Cullman to this day.

The next generation, Mike and Pam Glover, currently own the store and it has become a mainstay in town.



SHARON SCHULER KREPS/CULLMANSENSE

Glover's Produce has been in operation since 1993.



SHARON SCHULER KREPS/CULLMANSENSE

The Kentucky Fried Chicken on North Main Street shut its doors in the 1970s.

FREE DIABETES EDUCATION PROGRAM

FEATURING


TAMMY CORNELIUS, CRNP


ROBSON ARAUJO, DPM


LEOLA COLLINS

SCHEDULE OF EVENTS

NOVEMBER, 20, 2014

9-10	Health Fair
10-11	A1C Champion Leola Collins
11-11:30	Lunch
11:30 -12:30	Robson Araujo, DPM
12:30-1:30	Tammy Cornelius, CRNP on the Complications of Diabetes

ONLY 50 SEATS AVAILABLE
REGISTER BY NOVEMBER 10TH • RSVP TO 256-736-CARE

CULLMAN REGIONAL MEDICAL CENTER
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VINEMONT HIGH SCHOOL'S INSPIRESS STUDENTS GO TO THE MOON

Katie Dansby
katie@cullmansense.com

CULLMAN - The InSPIRESS program is in full swing at Vinemont High School. The program takes groups of high school students, gives them a scientific mission, and tasks them with designing and marketing a payload to go on that mission.

This year, Vinemont had enough students to create two teams. The teams are currently in week 10 of the 17-week long program and at the end of week 17, they will present their final presentation to a panel of NASA judges at the University of Alabama in Huntsville. InSPIRESS stands for (Innovative System Project for the Increased Recruitment of Emerging STEM Students). It is a program sponsored by NASA through UAH.

Vinemont Seniors, Jacob Baker on Team CHAOSS and Destiny Lansford on Team FROZEN, are each the project manager for their individual team. They are in charge of making sure deadlines are met and projects are completed.

When the teams were established, they had to immediately begin coming up with a team identity. This includes a team name, logo, and slogan.

Destiny said that each team member has their own mini projects every week and that at the end of the program, they will piece them all together for their final review to NASA.

Jacob joined the team to hopefully help continue Vinemont's winning streak its created over the past few years. "I felt I could help my team exceed the expectations and goals set by last year's students."

Team CHAOSS is made up of nine seniors: Project Manager – Jacob Baker, Chief Engineer – Hunter Cupp, Community Engagement Activity Leader – Tyler Byars, Design Lead – Matthew Topping, Community Events Coordinator – Adam Millwood, Liaison – Ashley Chambers, Marketer – Taylor Randall, Technical Writer – Abby Hand, and Engineer – Kane Burgess.

Their team mission is to analyze seismic activity on Jupiter's moon Europa and to successfully map its internal structure.

They have conducted experiments with various kindergarten classes at Vinemont Elementary School and described to them what their team is doing.

Jacob explained, "Our mission destination is a moon of Jupiter's called Europa. Europa has these weird geysers on it that scientists don't really understand. To talk about our destination and how strange it is, we did Coke and Mentos geysers with them." He went on to say, "I would describe it as a group of students working with scientists to design a mission to space." He added that it is tons of fun getting to explain science to elementary kids and them treat you like rock stars.

Jacob said that the best part of his physics class is that through the InSPIRESS program there are no longer students sitting around staring at textbooks. "We are doing tasks that are giving us real world experience and skills. Whether it be presenting to UAH professors, going out to local businesses to request sponsorships, or coordinating and executing different community engagement events, we are constantly being tested and challenged in this new learning environment."

Destiny said, "For me it strengthens my skills as a leader, is making me work on my patience with other people, and it builds my communication skills."

Team FROZEN is made up of seven seniors: Project Manager - Destiny Lansford, Chief Engineer - Hunter Rusk, Community Engagement Activity Leader - Kimberlyn Compton, Design Lead and Writer – Brian Reynolds, Community Events Coordinator – Kaitlyn Graham, Liason – Patric Burks, and Marketer - Renea Strickland. To explain a difficult concept, such as their mission entails, Team FROZEN made ice cream with kindergarteners to help them understand that Europa is very cold.

They explained that there mission is to find elements that support life on Europa. They also explained that Europa has structures called plumes that are similar to an ice volcano. Their plan is to shoot their payload down the plume and test for life.

Destiny said, "I like being a part of something bigger than myself, exciting, hard, and impressive. Why do something that has minimal impact on you, the others around you, and the world when you can do something amazing?"

Each team has a lot of responsibilities. They have to fund the whole project themselves and reach at least 500 people with their community engagement events.

Team CHAOSS has raised $3,500 in funds and has handed out roughly 550 visitor surveys from their community events. The Community Engagement Activity group works to actively raise funds, plan and coordinate events, and purchase all the supplies the group may need.

The team's advisor, Mrs. Debbie Garrison, said the InSPIRESS program has been at Vinemont for 3-4 years. Not only is she a support system for the students, but she also teaches advanced biology, chemistry, pre-calculus, and physics. Jacob said that she has heavily incorporated the InSPIRESS program into her physics class.

"It's the greatest thing I've ever seen to get students involved," she said. She can see the confidence boost and the self-assuredness grow over the course of the semester in each of the students as they participate in the program. She said that the students engage in public speaking and experience many avenues that are helping them choose their future career one day. They are required to create, present, write, market, develop, and build.

"The students enjoy getting to be in control of something from start to finish," she said. They work on the project every day in class, including some weekends and nights. "When the students are not presenting, they are interacting, going out into the community, and getting constructive criticism and feedback." She said that every two weeks, two UAH professors come to monitor and check up on the teams.

On December 12, the students will present in front of 7-10 NASA scientists and engineers for 20 minutes. They then have to answer questions for 10-15 minutes. She said that for the students to be able to answer questions and stand in front of NASA engineers and scientists is astounding.

NASA will take the winning team on a trip to Washington, D.C. to visit a department of science.



KATIE DANSBY/CULLMANSENSE

The InSPIRESS teams were tasked with explaining their mission to elementary students.

Lego (from Front)

was partially funded by a grant from the Appalachian Regional Commission," explained T.J. Franey, special projects coordinator.

"It's based on the fact that Cullman County is in a transitional area – the Appalachian Region, which qualifies us for the grant. With the medical and manufacturing industries heavily relying on robotics, it's very important we start learning it in elementary schools and work our way up to the middle school and high schools."

It will be hard to tell who is more excited about the new program, the students or the teachers.

Teachers will love the problem-solving and teamwork skills that the Legos have the ability to expand and develop while the students will have fun as they learn critical thinking skills, which will give them the extra help they need for successful careers.

"It has the capacity to do so many things that's hands-on and that's what we are looking for," said Tiffany Mitchell, special education coordinator for Cullman County Schools.

"We will be getting these programs out to the schools at the end of the week or early next week. We are just so excited," she smiled happily.

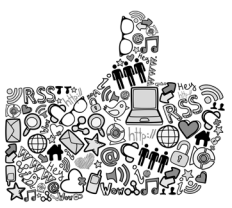
"One of the greatest lessons I've ever learned about being a successful leader is to surround yourself with great people," said Superintendent Dr. Craig Ross of Cullman County Schools.

"Projects like this are exactly where that comes in. I had very little do to with this initiative, however, Mrs. Mitchell, Dr. Franey, and Mrs. Shuman have all worked diligently on making sure our students have this opportunity, and as she said, it's not just for the elementary students, but there's also the middle and high school students who will be getting a dose of robotics. As we continue our mantra towards more opportunity for all of our students of Cullman County, this fits right into the plan. I'm very proud of the team!"

The Cullman County school system is lucky to have such dedicated teachers and administrative personnel. The love they show for their students radiates throughout each classroom.

As a result, the children of Cullman County gain the skills and the desire to be the best they can be.

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PEINHARDT LIVING HISTORY FARM GIVES A GLIMPSE INTO THE PAST

Sharon Schuler Kreps
sharon@cullmansense.com

CULLMAN - The annual Peinhardt Farm Day was held this Saturday at the Peinhardt Living History Farm. Between 9 a.m. and 3 p.m., the public was able to visit the farm and browse all the different activities scattered out over the 40 acres of farmland.

According to their website, "The Peinhardt Living History Farm is the result of the Peinhardt family's immigration from Germany to Cullman in the late 1870s. Karl Peinhardt settled in the community of Bethsada and his son Otto Peinhardt began the farm on the present site in about 1900. Carl Peinhardt, Otto's son, attended Auburn University (Alabama Polytechnical Institute) from 1930 to 1932. He then began his own diversified farming operation with row crops, hogs, and dairy cattle. He was a skilled carpenter and built his own buildings, as well as doing some building work for the public. He developed a registered Guernsey dairy and was a leader in soil conservation as well as the dairy industry in Alabama. At the time of his death in 1992, Carl's four surviving children began the preservation and development of the farm as an educational living history farm."

"My husband is on the mule team with the covered wagon," said Alice McBrayer. "He's been doing it for about seven years now. He really enjoys it, and he also works with kids through the whole month of October. He does the mule class and talks to the kids about how it was in the olden days and teaches them all there is to know about the horses and stuff. He really loves it. You'd really be surprised at the kids that really don't know anything about horses right now," she said as she shook her head a little.

"They don't know what a bridle is or a saddle or anything like that. He also explains how people used to grow their own food with a mule and plow."

Volunteers from all over Cullman County came out to help the Peinhardt family run the farm and demonstrate various things such as old time woodworking - hewing, splitting, cross cut sawing, and old tools.

There were mules, horses and wagon rides, along with an antique tractor show. The farm had multiple museums with a multitude of old farm equipment and tools inside.

Field crops were explained and various animals were available for petting. Folks were on hand teaching the old fashioned way of making sorghum syrup.

There was a working gristmill, sawmill, and blacksmith shop, complete with horse shoeing.

Various vendors and clubs were on hand helping with the farm and telling people about the things they do. One such group was the Nifty Knitters.

"We came here today to show people what we do at the Cullman County Library," said Glenda Cummings. "We are the Nifty Knitters from the library. This is some of the work we do – all of these little hats we give to the hospital who then give them to the newborns."

"We teach people how to knit and crochet - whatever they want to do," said Patty Norton. "As they learn, they stick around and teach other people what they know. We meet at the library every Tuesday from 2:30 to 4:30 p.m. We teach them and it's free. We even provide the first needle and thread. Oh, and we're all patient," she smiled sweetly.

There were people of all ages at the farm Saturday. Whole families gathered together and watched the blacksmith hammer the red molten metal. Kids lined up and waited patiently for the wood burner to brand their wooden birdhouses with the Peinhardt Farm logo.

"We are loving it," smiled Katie Braddock of Hartselle. "This is our second year to come and we've been looking forward to it all year. My husband really likes the tractors. My girls really love the animals. But we really just love all of it."

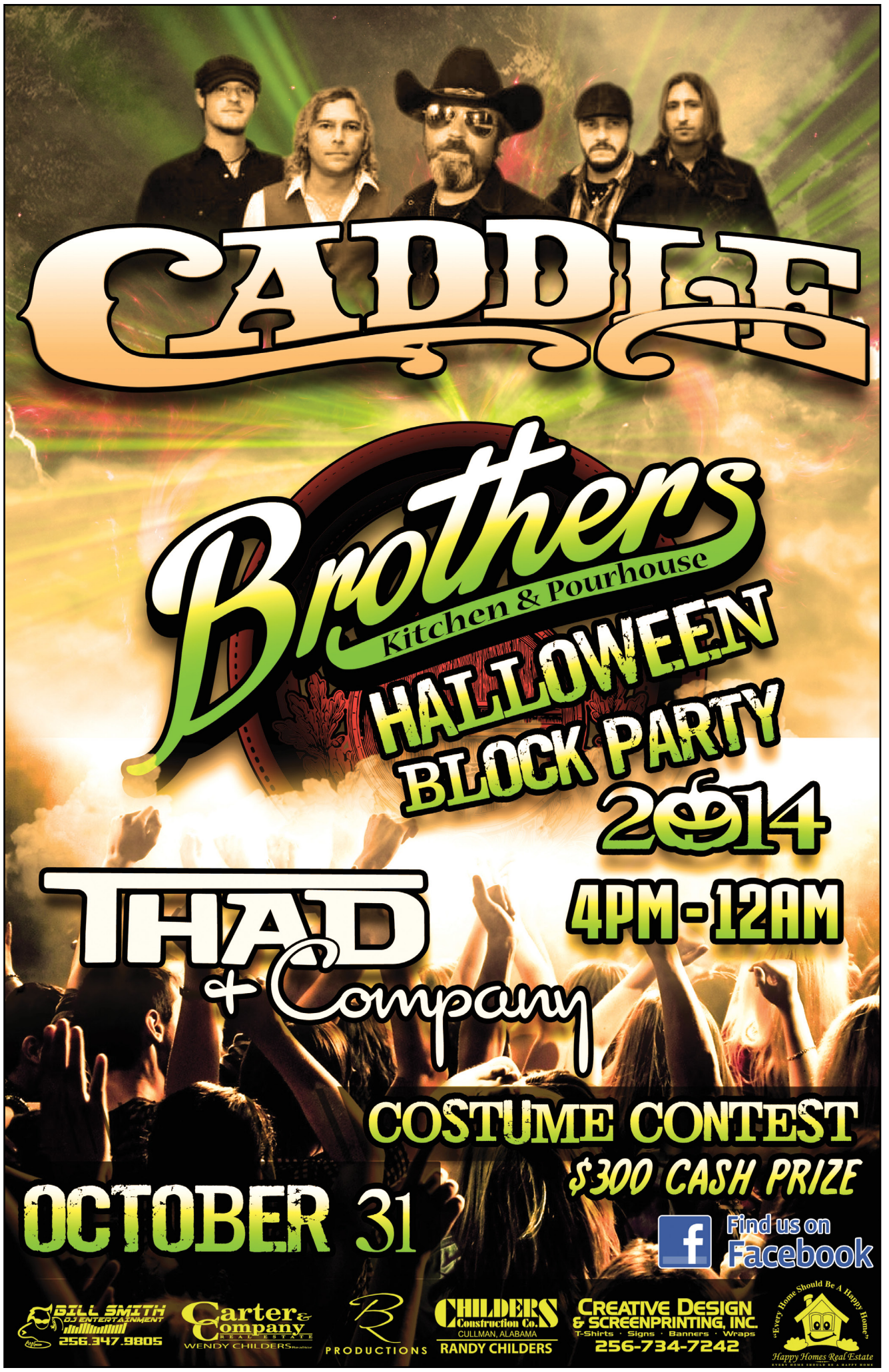
If you weren't able to go out to the Peinhardt Farm Saturday, you missed a treat! The multiple generations of Peinhardts gathered together and provided a wonderful historical experience for the community.

Cullman is lucky to be home to such a great place and knowledgeable people. If you would like to know more about the Peinhardt Living History Farm, you can visit their webpage at www.peinhardtfarm.com.

Families gathered to observe a blacksmith work with metal the old fashioned way.



SHARON SCHULER KREPS/CULLMANSENSE



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
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.

U.S. Disaster Relief Command Meeting
All interested are invited and urged to attend the monthly meeting of the U.S. Disaster Relief Command meeting starting at 6:30 p.m. This event takes place at Good Hope Town Hall and volunteers and workers are needed to help formulate plans for any future disasters which might strike locally. For further info please contact Lt. Col. Dan Raley at 256-347-4732. All welcome.

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.

Cullman Breast Feeding Support Group
Cullman Breast Feeding Support Group will hold its fourth Tuesday of the month meeting from 10:30 a.m. until 12 noon. This event will take place at 202 First Avenue SE, Suite M. This is a free support group and is open to all who wish to come. Visit website www.Birthbabyandbeyondcullman.com or call 205-275-9758 for additional information.

'Women's Community Prayer' Group Meeting
All interested women of all faiths and churches are invited to attend the newly formed 'Womens' Community Prayer' Group meeting which meets at 10 a.m. at St. Paul's Lutheran Church in their Chapel. This prayer ministry is open to women of all churches and faiths who wish to pray for our families, our city and our country. For additional information please contact Nancy Spurgeon, 256-737-0580. This prayer group also is open to those who would like to participate but cannot attend. They are welcome to join as 'Partners in Prayer'. Please call and get connected.

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!

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.

'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.

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.

'Fall Festival' at Refuge Church
There will be a 'Fall Festival' at Refuge Church, located at 1115 Highway 278 East, Cullman, Alabama – 35058, from 6 p.m. until 8 p.m., with games, food, inflatables and trunk-o-treating. Everyone invited!

Saturday

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.

'Bonfire and Storytime' at Farm Kids Club
The North Alabama Agriplex will be sponsoring 'Bonfire and Storytime' at Farm Kids Club program for children ages 5 and up. Children must be accompanied by a parent and cost is $5.00 per child or $10.00 per family. Adults are free. These programs take place at the Agriplex unless otherwise stated and will be from 9 a.m. until 10 a.m. Please be sure to pre-register!

Hanceville High School Quarterback Club annual 'Turkey Shoots'
Grab your guns and get ready to win your turkey dinner as the Hanceville High School Quarterback Club sponsors their annual 'Turkey Shoots' each Saturday up to Thanksgiving. Hours of the weekly shoots are from 8 a.m. until 12 noon with meat and money prizes offered to winners. The event will take place on the vacant lot at Johnsons Crossing on Highway 31 S in Hanceville. Club members also are having a $500.00 cash drawing which will be given away on Thanksgiving Day (do not have to be present to win) and the tickets are $1.00 each. Additional information Leann Waldrep, 256-338-0927 or Lanita Long, 256-347-2425.

West Point $10,000 Draw Down, Dinner, and Bingo
Members of the West Point Quarterback Club are holding a $10,000 draw down, dinner and bingo at the school. The $100.00 donation purchases one ticket for the drawdown, dinner for two and bingo! Additional information can be obtained by calling Greg Wrenn at 256-339-7898 or Tim Martin, 256-303-2037. This is the main fundraiser for the West Point Quarterback Club.

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

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

Looking Ahead

Fiesta Dinner and Silent Auction
St. Bernard Preparatory School's Parents League and Senior Class is hosting a Fiesta Dinner and Silent Auction on Saturday, November 15 at 6 p.m. Tickets to the event are $25. For information visit the website at www.stbernardprep.com or call 256-739-6682.

LOCAL ENTERTAINMENT
Sponsored by Busy Bee Café

MONDAY
• 79 cent wings at Rodney G's Hickory Grill from 6-9 p.m.

Tuesday
• 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.

• Kayaking lessons at the Cullman Wellness and Aquatics Center at 6 p.m. and 7:15 p.m.

• Trivia Night at Rodney G's at 7 p.m.

• Happy Hour at Moe's from 3-7 p.m.

WEDNESDAY
• Karaoke Night at Grumpy's 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
• Kayaking lessons at the Cullman Wellness and Aquatics Center at 6 p.m. and 7:15 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
• 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
• 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 HAPPY HOUR SPECIALS
Wine Wednesdays • Thirsty Thursdays
Fill'er Up Fridays • Sudsy Saturdays

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BRITTANY HOWELL
CULLMANSENSE MARKETING SPECIALIST
BRITTANY@CULLMANSENSE.COM

"I am excited to be able to help local business in our community. Keeping people shopping and buying locally is important to our community and the businesses here. By working with businesses and keeping their names and products in the eyes of their customers is how we make that happen. I look forward to working with local businesses on print ads, websites, social media, and magazines."

PILOT CLUB RUMMAGE SALE EXCEEDS GOALS

Katie Dansby
katie@cullmansense.com

CULLMAN - The third weekend in October means that it is time for the 3rd Annual Rummage Sale for the Pilot Club of Cullman at the Cullman County Fairgrounds. The Pilot Club accepted donated items throughout the year to sell and raise funds to benefit the Pilot Light Home for abused children and brain related projects such as Project Lifesaver, Field of Miracles, Special Olympics, the Margaret Jean Jones Center Cookout, Brain Minders, and the Alzheimer's Support Group.

Items for sale were donated from over 40 households. Everything from vintage to modern day furniture, electronics, clothing for children and adults, and decorative home pieces were included. Pilot Club member Rebecca Branch said, "We take donations throughout the year and we'll make arrangements to pick up donations. We have a huge and great selection by the time we come around to this each year."

She added, "Last year we made $5,700 with the Rummage Sale and we've already met our goal this year. Everything we make today will be above our goal so we're excited." Branch said that they raise more and more money each year with the Rummage Sale. She is thankful for the Pilot Club members who are so giving of their time to help make the Rummage Sale a success. "We have 46 wonderful Pilot Club members that come and donate their time to price and set up items," she said.

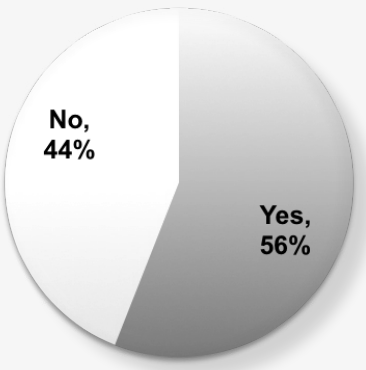
Branch also mentioned how helpful Mr. Henderson is for volunteering himself and his truck to move all the donated items from the storage bins to the fairgrounds. "On Wednesday and Thursday we sort, set up and price and Friday morning we open the doors. We collect all year and then we have a two day sale," Branch said. Her favorite part about the Rummage Sale is the people they get to see and the money they raise for the Pilot Home for abused children. She concluded with an invitation, "If you would like to be a Pilot Club member and join us, we have applications."

Pilot Club member Valerie Dotson emphasized that each member of the Pilot Club plays a part by collecting and picking up donations from people and drop off places throughout the whole year. "We have work days to sort through the donations, clean some of it up, price it, move it and then sell it," she said. She really enjoys meeting the people that come in to shop at the Rummage Sale.

Dotson said that the proceeds all go into the general fund of the Pilot Club. "The Pilot Light Home is the Pilot Club's main project and we do most of our funding for that, but we also work with the Cullman County Sheriff's Department with Project Lifesaver." Other fundraisers by the Pilot Club include the Professional Fashion Show every spring, the Belk Charity Days Sale, a raffle for Alabama vs. Auburn football tickets through the 14th of November and the Pecan Sale later this year. They start ordering pecans on October 1 and sell them through the holidays. They should be getting the pecans within the next couple of weeks. "We have people calling wanting to know when the pecans are going to be here and if we will be selling them this year," Dotson said. She assured, "We always sell pecans." The Pilot Club would like to give a special thanks to Jayne Norman of Consign and Design and Sonya Nix of Better than Before for donating items for their sale. Please call 256-734-7557 if you would like to donate items for next year's Rummage Sale. For more information, visit pilotclubofcullman.com.

Poll

Would you get an Ebola vaccine if it becomes available?



This Week's Poll

Are you worried about Ebola?

Vote Today at CullmanSense.com/Poll

FALL FLAVORS: HALLOWEEN EDITION

Chelsea Sparks
chelsea@cullmansense.com

SPOOKY EYEBALLS

If you are in need of a last minute Halloween recipe for your party, or for your child's class, then try out this simple recipe! These delicious and simple peanut butter balls are easily made into spooky bloodshot eyes.

Ingredients:

- 2 cups - confectioners sugar, divided
- 1/2 cup - creamy peanut butter
- 3 tablespoons - softened butter
- 1/2 pound - white candy coating, coarsely chopped
- 24 Reese's Pieces or chocolate M&Ms
- 1 tablespoon - water
- 1/4 to 1/2 teaspoon - red food coloring

Instructions:

- In a small bowl, combine 1-cup confectioners sugar, peanut butter and butter. Shape into 1-inch balls; place on a waxed paper-lined pan. Chill for 30 minutes or until firm.
- In a microwave, melt white candy coating; stir until smooth. Dip balls in coating; allow excess to drip off. Place on waxed paper.
- Immediately press a Reese's candy onto the top of each eyeball for pupil. Let stand for 30 minutes or until set.
- In a small bowl, combine the water, food coloring and remaining confectioners' sugar.
- Transfer to a heavy-duty resealable plastic bag; cut a small hole in a corner of bag.
- Pipe wavy lines downward from pupil, creating the look of bloodshot eyes. Store in an airtight container.

BLOODY DIP

If you are looking for zest in your dip with a gory twist for Halloween, then perhaps Bloody Dip is what you are looking for. Your friends will be grossed out and then delighted by this sweet and tangy dip. Goes great with pretzel sticks, or bones, if it a spooky party!

Ingredients:

- 2 cups - fresh or frozen cranberries, chopped
- 1 cup - packed brown sugar
- 1/2 cup - honey
- 1/4 cup - water
- 1 cup - Dijon mustard

Instructions:

- In a small saucepan, combine the cranberries, brown sugar, honey and water; bring to a boil.
- Cook and stir for 5 minutes or until thickened. Remove from the heat; cool slightly.
- Stir in mustard. Refrigerate until serving.

FIESTA DINNER AND AUCTION PLANNED AT ST. BERNARD PREP

Joyce Nix
St. Bernard Contributor

CULLMAN - The Parents' League at St. Bernard Prep along with the Senior Class is spearheading a fun night of festive dinner and auction on Saturday, November 15 at 6 p.m. in the Abbey Byre. The Byre will be transformed into an auction house with high hopes of raising enough funds to complete technology enhancements in the school.

St. Bernard Prep is currently adding technology equipment such as smartboards, laptops, and upgrades in the computer lab. The total projected cost for the project is $40,000.

Parents' League President, Danielle O'Donnell said people can assist in a number of ways:

- Buy a ticket! This is a fun night out you don't want to miss!
- Invite family, friends, and co-workers.
- Come prepared to bid on items!

Senior class co-sponsor, Mary Mayo said this is a silent and a live auction, with an auctioneer. "Teachers will have a select choice auction item in the preview open for bids until the close of the silent auction. At the end of the silent auction, the selected items such as a trip to the beach, a trip to the mountains, and dinner for eight - cooked and prepared by our new headmaster, Bistro Baillargeon, will go on the bidding block at the starting price of whatever it ended in the silent auction!"

"With everyone's participation, this is not just a way to raise funds for important endeavors at St. Bernard, but also to enjoy a fun, memorable night that brings our school community even closer together," O'Donnell continued.

Tickets are $25 each and may be purchased in the school office.

cullman city parks & recreation

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

www.cullmanrecreation.org
256-734-9157

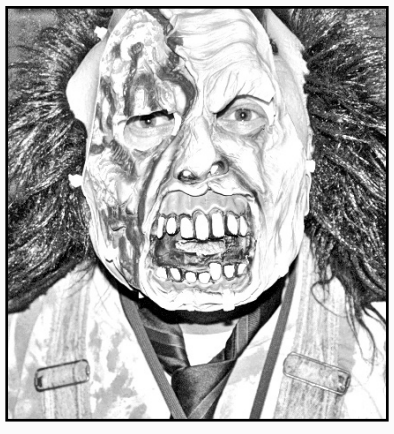
- **Youth Basketball Registration:** October 1-25 at the Cullman Civic Center. Boys and girls ages 4-14. Cost is $90 which includes season, jersey, and end of year trophy. Call 256-734-9157 for more information.
- **Youth Basketball Cheerleading Registration:** Registration will be open Oct. 1-25 at the Cullman Civic Center. Cost is $90 which includes season, uniform, and end of the year trophy. Call 256-739-9931 for more information.
- **Pumpkin Carving Contest:** CP&R will sponsor a pumpkin carving contest via our Facebook page. Participants can submit photos of their pumpkins to our Facebook wall at facebook.com/CullmanParksRec. Pictures can be submitted between October 27-October 31. Winner will receive a FREE 6 month membership to CWAC.
- **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.
- **Rock Climb at Hurricane Creek Park!** Come join the 1st Time Rock Climbing program, Saturday mornings at Hurricane Creek Park. Group rates are available, and no experience is required! Call ahead to reserve your spot at 256-734-2125.
- **Yoga Classes** are offered at the Cullman Wellness & Aquatic Center 7 days a week with classes including Buti-Yoga, Stand-up Paddle Board Yoga, and more. Check the front desk or call 256-775-SWIM for class schedule and times.
- **Take Our Survey!** Go online to our website at www.cullmanrecreation.org and click on the survey tab on the home page to let us know what you would like to see at CP&R! We appreciate your feedback.

What's Online

Hanceville's Haunted House Scares the Community!...and Benefits a Great Cause

Deep in the heart of Hanceville something very strange, utterly bizarre and downright creepy is going on. Down on Commercial Street, behind the old Armory, spooky things are going on inside that will make your hair stand on end. Ear piercing screams can...

qrne.ws/270



Preliminary renovations cost to Dafford Smith Stadium estimated at $2.7 million

In a press releases issued by Cullman County Schools superintendent Dr. Craig A. Ross, the structural assessment of the Dafford Smith Stadium, conducted by Advance Structural Design Inc., has returned a with an estimated renovation cost...

qrne.ws/271

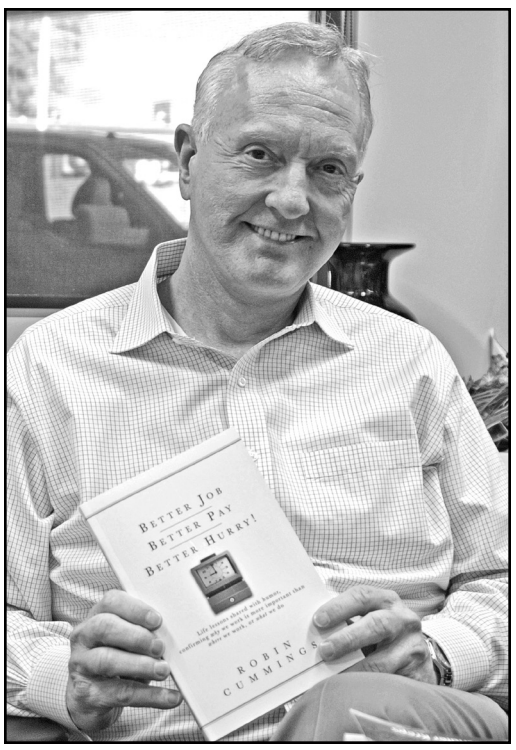
Bosom Buddies Pink 5K Raises Spirits

It was the perfect fall day, cool and sunny. It was a great day for being outside, and taking a short stretch of legs by running 5 kilometers. The Cullman County Bosom Buddies Foundation and supporters could not have asked for a better day to come together to raise money and awareness.

qrne.ws/272

BETTER JOB, BETTER PAY, BETTER HURRY!

CULLMAN AUTHOR ROBIN CUMMINGS SHARES HIS INSIGHTS ON OBTAINING A FULFILLING CAREER IN NEW BOOK



SHARON SCHULER KREPS/CULLMANSENSE

Cummings' shares his life experiences in a humorous and informative way.

Sharon Schuler Kreps
sharon@cullmansense.com

CULLMAN - Robin Cummings, long time banker and esteemed member of the Cullman community, has recently written a book about important life lessons. His book, "Better Job, Better Pay, Better Hurry!", was written with an abundance of humor, relatable stories, and hopes that people will understand that the reasons they work are more important than where they work or what they do. Genuine and kind, Cummings shares the valuable knowledge he has learned from over the years in a light hearted and charming way.

"This is my first book and I wrote it to encourage routine employees seeking better jobs, happiness, and more fulfilling careers," Cummings smiled. "Many of these employees come from the same background as mine; one without the benefit of a silver spoon or college diploma. Today, these employees are forced to compete for the best jobs against a better educated and technology savvy workforce. Millions of employees capable of better jobs and promotions work in non-managerial jobs across America. Their only want is encouragement; their only need is fairness; and their only desire is opportunity."

Cummings is a self-published author. At first he was reluctant to actually publish his writings but after a few revisions, he did it and now feels a great sense of satisfaction in what he has accomplished.

"My only qualification for writing this book is the experience I've gained over my long career as President and CEO of the Peoples Bank of Alabama; a large community bank with 28 branches in North and North Central Alabama," he mused. "I've served the bank and supervised its employees for the past 30 years and know better than most how to encourage and motivate employees with less than a college education to pursue their dreams of better jobs with better pay."

It is Cummings' dream that the book helps people who are looking to better themselves financially.

He also hopes to help his children, grandchildren, and great grandchildren better themselves through his efforts in writing the book.

"For years to come, these same employees will need timely advice as they face job stresses and family budget issues caused by new technologies in the workplace and the worst recession since the Great Depression," Cummings explained.

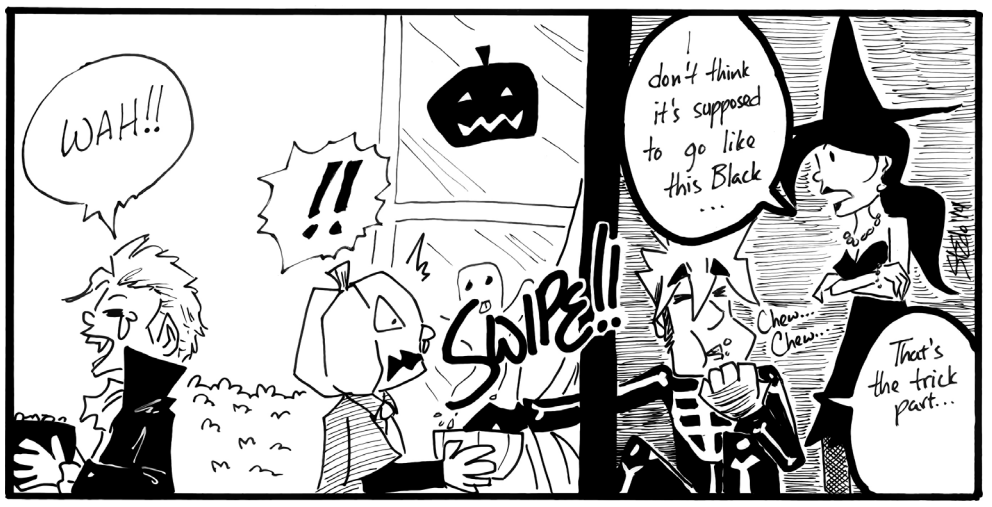
"This is a book about lessons learned from my life experiences and shared through stories that are not only intended to be funny, but insightful and useful for employees trying to connect the dots between regular jobs and rewarding careers."

If you or someone you know would like to read a copy of Cummings' book, "Better Job, Better Pay, Better Hurry!", you can find it online at Amazon.com.

The book is available in both paperback and Kindle format and is guaranteed to make you chuckle as well as learn a few lessons along the way. If you would like more information about Peoples Bank of Alabama, you can visit a location near you. Their website is located at www.peoplesbankal.com.

COMICS

WHITE & BLACK • "The Trick for the Treat" • st.edo@cullmansense.com



MAMA'S BOYZ www.jerrycraft.net JERRY CRAFT



Green Pieces by Drew Aquilina



SUNNY STREET



SUNNY STREET

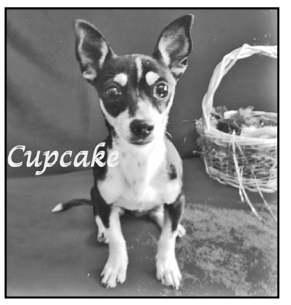


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PETS OF THE WEEK

Cupcake



Hello! My name is Cupcake and I am about 8 months old. I am believed to be a Min Pin mix and I currently weigh 7 lbs. I am spirited and enjoy company. I am ready to find my new forever family and home. I can't wait to meet you!

Daffy



Hello! My name is Daffy and I am about 2 years old. I am a Terrier mix and I currently weigh 21 lbs. I am a stray but if no one claims me, I am up for adoption as of 10/24/14. I am full of life and I love to play. Please visit me today!

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.

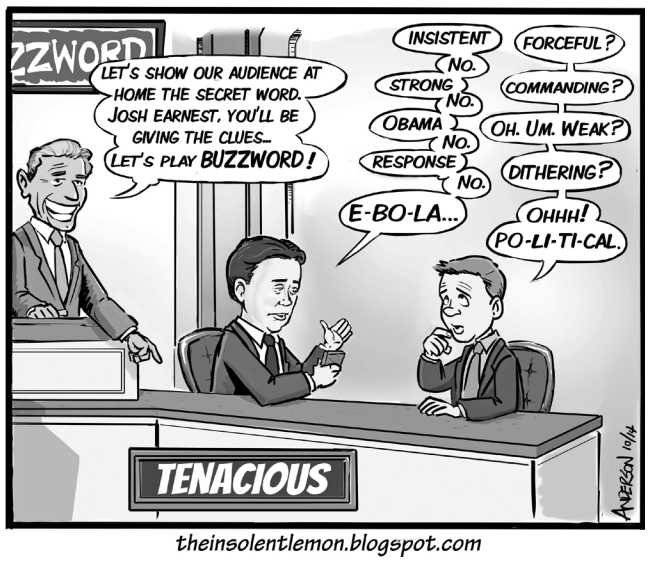
If you know the owner of either dog or if you are interested in adopting one of the dogs, please call 256-734-5448 or come by the Animal Shelter.

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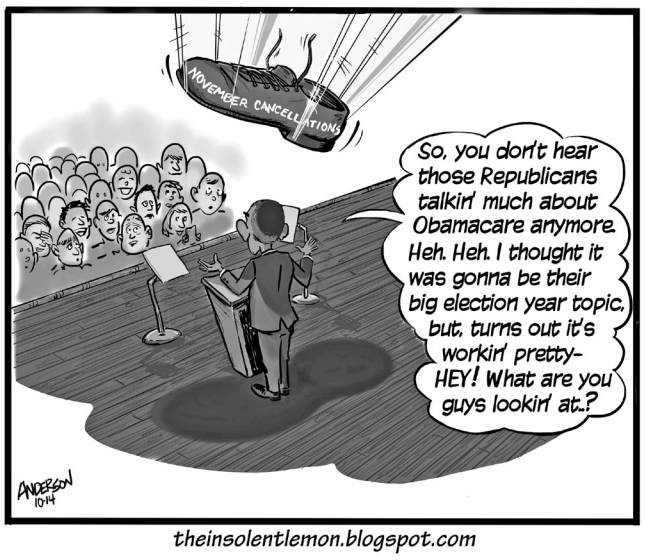
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Cartoonist Anthony Saint

OPINION

WHAT DO THE 400 RICHEST AMERICANS DO WITH THEIR MONEY?

Lawrence S. Wittner
PeaceVoice

According to Forbes, a leading business magazine, the combined wealth of the 400 richest Americans has now reached the staggering total of $2.3 trillion. This gives them an average net worth of $5.7 billion--an increase of 14 percent over the previous year.

With fortunes far beyond the dreams of past kings and potentates, these superwealthy individuals enjoy extraordinary lifestyles. Larry Ellison, the third wealthiest man in the United States (with $50 billion, an increase of 22 percent) reportedly has "15 or so homes scattered all around the world." Among his yachts are two exceptionally big ones, each over half as long as a football field. In fact, they're large enough for him to play basketball while on board. If a ball bounces over the rail, Ellison has a powerboat following along to retrieve it.

Other Americans aren't doing nearly as well. According to the Census Bureau, more than 45 million Americans are living in poverty, which it defines as under $11,490 a year for an individual and under $23,550 for a family of four. Many of them endure lives of hunger, misery, and despair, helped along by a Congress that has slashed billions from government food stamp programs, ended extended unemployment benefits, and refused to raise the minimum wage.

America's middle class, plagued by stagnant income and declining wealth, has also suffered. According to the Federal Reserve, between 2010 and 2013 median income in the United States fell by five percent. Indeed, since 1989, the median net worth of the statistical middle class--the middle 20 percent of Americans--has dropped by nearly 18 percent.

Not surprisingly, economic inequality is growing in the United States. From 1978 to 2013, CEO compensation, inflation-adjusted, grew by 937 percent, while the typical worker's compensation over that same period grew by only 10 percent. Thus, although the CEO-to-worker compensation ratio was 20-to-1 in 1965, it stood at 296-to-1 in 2013. The same pattern prevails when it comes to wealth. From 1989 to 2013, the wealthiest three percent of Americans increased their share of the wealth from 44.8 percent to 54.4 percent, while the bottom 90 percent found their share of the wealth dropping from 33.2 percent to 24.7 percent. Today, the United States has the fourth most uneven income distribution among economically developed nations.

Against this backdrop, Americans might consider whether the richest among them really deserve their privileged status. After all, many of them have simply inherited great wealth and sat back as it grew still greater. Others, such as owners of multinational corporations, have acquired vast wealth through government favors, including financial subsidies, tax breaks, and expensive weapons procurement programs. Still others have "earned" their wealth through employment of dubious value. According to Forbes, the top "industry" among the 400 richest Americans is "Investments." Are these stock market and hedge fund speculators really the most valuable members of American society?

Also, many of the wealthiest Americans have grown richer at the expense of others. In 2005, Larry Ellison (#three, of the giant yachts) bought out PeopleSoft, an 11,000-employee competitor, and then eliminated the jobs of 5,000 of them. Or consider the four members of the Walton family--owners of Wal-Mart, the country's biggest private employer--who rank among the top 10 richest Americans, with a combined net worth of $143.7 billion. Most of their full-time workers are paid less than $25,000 a year. Wal-Mart's cashiers, for example, average $8.48 an hour, and thousands of Wal-Mart workers receive no more than the minimum wage ($7.25 an hour). These low wages keep many of the company's workers mired in poverty and dependent upon government assistance. Indeed, it is estimated that Wal-Mart's low-wage workers cost American taxpayers $6.2 billion a year in public assistance, including food stamps, Medicaid, and subsidized housing.

Furthermore, the richest Americans often use their wealth to campaign against the public good. Pre-eminent among them are Charles and David Koch, the sons of a wealthy founder of the John Birch Society, as well as the fourth and fifth richest Americans (with $84 billion). Over the years, the Koch brothers have used their vast wealth to champion the abolition of public schools, the postal system, minimum wage laws, Social Security, Medicare, Medicaid, the Food and Drug Administration, and the Environmental Protection Agency. Bankrolling a broad variety of rightwing groups and foundations, they have zealously opposed legislation providing for environmental protection, health care reform, and limits on campaign contributions. As massive financers of rightwing election campaigns--including more than $400 million to candidates in 2011-2012 alone--they have been very effective in pulling the Republican Party and American politics rightward.

Even Americans who place some of their enormous wealth in tax exempt foundations often use them for questionable purposes. Since 2008, the Gates Foundation--funded by Bill Gates (the nation's wealthiest individual, with $81 billion)--has spent at least $2 billion to undermine public schools by promoting charter schools, high-stakes standardized testing, and other corporate educational initiatives. The Gates Foundation has also played a key role in creating organizations opposing teacher unions and teacher tenure. Meanwhile, the Walton Foundation contributed more than $750 million to these efforts. In Milwaukee, the Walton Foundation funded the organizations that developed and pushed through that city's school voucher program. In addition, both the Gates and Walton Foundations have funded the work of ALEC, the rightwing operation that has successfully promoted the passage of state laws that restrict voting rights, weaken unions, privatize education, harass immigrants, encourage "Stand Your Ground" behavior, and, of course, provide big tax cuts for the rich.

Americans talk fondly of equality, but, to paraphrase a statement in George Orwell's satire about another allegedly classless society, in this country some people are more equal than others.

OPINION

RURAL IN THE DIGITAL AGE

Lu Nelsen
Center for Rural Affairs

The internet is such a powerful tool in modern life, it's hard for a lot of people to imagine going through their daily routine without using it in some capacity. But for some people in rural communities, accessing the internet isn't as easy as just connecting to the wifi network.

I recently had the chance to fly to Washington DC along with other rural advocates to talk about net neutrality and broadband access in rural areas.

We shared stories that we heard from rural folks across the country with representatives and regulators, and discussed how we could improve service to rural communities.

Most of us already deal with less than desirable service, and the possibility of losing an open and neutral internet would present even more challenges to rural communities.

Without net neutrality, internet service providers could make broadband service faster for those that can pay a premium, while others could be pushed into a 'slow lane'. Right now, it's up to regulators and legislators to insure that we all have the same access to internet.

It's important that our representatives keep hearing stories from people who live in rural areas and want better access to broadband internet.

Rural small business owners, healthcare workers, schools, farmers, ranchers and other rural residents benefit from internet service that is fast and reliable. We need net neutrality to keep rural America out of the slow lane, and better broadband access to open the road to new opportunities for rural people across the country.

POSITION AVAILABLE

Program Facilitator needed for local domestic violence intervention program.

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

Bill Smith

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