SERIES 5 • ISSUE 3 • JANUARY 19, 2015
CULLMANSENSE
COMMUNITY MATTERS



2015 STATE OF THE COMMUNITY P6



EMILY DURDEN

SHERIFF MATT GENTRY SWORN IN P2

SCALE BACK ALABAMA WEIGH-INS BEGIN MONDAY P5

WSCC MUSEUM TO HOST SMITHSONIAN EXHIBIT P5

CRMC'S HYPERBARIC OXYGEN CHAMBERS BREATHE RELIEF INTO HARD TO HEAL WOUNDS P9

LIFE REPURPOSED
TRAGEDY INSPIRES LOCAL ARTIST TO PURSUE HER TRUE PASSION P10

WEBSITE RANKS CULLMAN CITY SCHOOLS 9 OUT OF THE TOP 100 IN ALABAMA P2

CRMC HOSTS ACLS CLASS FOR HEALTHCARE PROFESSIONALS P2

RELAY FOR LIFE HOLDS KICKOFF EVENT P7

2ND ANNUAL TEAM CREW CYSTIC FIBROSIS CHARITY EVENT TO BE "BIGGER AND BETTER"

"The first year went surprisingly smooth and our community really came together for my little Crew and it touched my heart deeply." - Jessica Pettus, Crew's Mother

Chelsea Sparks
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CULLMAN - Cystic Fibrosis affects approximately 30,000 people in the United States alone. It is a life threatening condition that is the result of a defective gene that causes large amounts of mucus to accumulate in the lungs, pancreas and other organs. One of those affected is a little boy named Crew who lives here in Cullman.

Since his diagnosis, Crew's family and friends have decided to take a stand against the disease by holding an annual fundraiser to benefit the Cystic Fibrosis Foundation and their efforts to find a cure. This year's event will be at Depot Park on April 25. Jessica Pettus, Crew's mother and coordinator of the event, spoke on the new events that will be at this year's fundraiser.

"You can expect some awesome new stuff this year," said Pettus. "We are preparing to make things bigger and better, like the car show with a cash prize, meet and greet with Elsa and Batman, a new variety of food vendors, more inflatables for the kids, a dunking booth, and double the amount of craft vendors! There is really something for the entire family!"

Bands like Overtones and p3



TEAM CREW

The fundraiser will benefit the Cystic Fibrosis Foundation and their efforts to find a cure.

A SCHOOLHOUSE WITH ITS OWN HISTORY LESSON INSIDE

CAREFULLY RELOCATED FROM MARSHALL COUNTY, RED HILL SCHOOL GIVES COMMUNITY A GLIMPSE INTO THE PAST P5



SHARON SCHULER KREPS/CULLMANSENSE

The students of Red Hill School had to purchase their own books and their classes started at 8:30 a.m.

NEW AMBER ALERTS TO INCLUDE FACEBOOK

ALEA
Contributor

MONTGOMERY - On Tuesday, January 13, the National Center for Missing & Exploited Children announced a partnership with Facebook to send AMBER Alerts to the social network's community to help find missing children. p4

WEST POINT HIGH SCHOOL SCHOLAR'S BOWL TEAM LOOKS TO DOMINATE NATIONALLY, AGAIN P4



CONTRIBUTED

All members from last year's Scholar's Bowl team remain with the group.

PAIRINGS ANNOUNCED FOR COUNTY BASKETBALL TOURNAMENT

Johnny Thornton
Sports Correspondent

HANCEVILLE - Defending champion Cold Springs and the Holly Pond Lady Broncos enter the 2015 Cullman County High School Basketball Tour- p3

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SHERIFF MATT GENTRY SWORN IN

Noah Chandler
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"I am excited about serving as Sheriff of Cullman County and look forward to us moving in a new positive direction for the citizens."
- Sheriff Matt Gentry



EMILY DURDEN

Cullman County Circuit Court Judge Martha Williams swears in Cullman County Sheriff Matt Gentry on Saturday, January 17 at Loft 212.

CULLMAN - Following a long campaign, a close primary, and a July run-off election decided by a margin of 608 votes, Matt Gentry was relieved Saturday evening as he officially took office as the 30th elected Cullman County Sheriff.

Sheriff Gentry elected to answer some questions just a few days before taking the reigns from former Sheriff Mike Rainey.

CS - How does it feel to be the Sheriff of Cullman County?
SMG - I feel that it is an honor and privilege to have the faith and confidence of the citizens to serve them as their Sheriff. I am also excited about the opportunity to enhance the quality of life for our community.

CS - What is something you'd like the residents to know about yourself, Matt Gentry, which they may not already know?
SMG - I feel honored at the opportunity the citizens have given me. Looking back at the past several years, I see God's hand at work shaping my life to this point. I don't take this opportunity lightly and will strive daily to make our community one we can continue to be proud of.

CS - What types of changes can the public expect immediately, within the first 6 months to a year?
SMG - The first priority will be more accountability for sex offenders within Cullman County. From the onset of my campaign, I felt like sex offenders were not being held accountable. Also the deputies will have a new service oriented mindset. It's my goal to become a Sheriff's Office for the people.

CS - What is it you'd like the residents of Cullman County to know about your upcoming 4 years as Sheriff?
SMG - That I will be held accountable by the citizens of Cullman County. Any decision I make is to enhance the safety and quality of life for Cullman County. It will be about protection, not politics.

CS - How will your internal staff be comprised? (i.e. Chief Deputy and other important roles) If changes are to be made, when will they be done and who have you selected for those positions?
SMG - I believe that having a strong command staff is important for not only me, but the citizens of Cullman County. I have chosen Brett Holmes to be the Chief Deputy for the Cullman County Sheriff's Office. Upon evaluation of the current leadership in place, changes will only be made when we need to enhance the quality of service we provide for the citizens of Cullman County.

CS - Will your office operate and cooperate with the public in an open and transparent nature, at least as much as what can be revealed without compromising investigations? If yes or no, please elaborate.
SMG - Yes, as employees of the citizens, our work product should always be transparent unless the information is protected by the integrity of the case.

WEBSITE RANKS CULLMAN CITY SCHOOLS 9 OUT OF THE TOP 100 IN ALABAMA

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CULLMAN - Recently Niche.com, a website that ranks more than 100,000 public and private schools and districts based on dozens of statistics and 27 million opinions from 300,000 students and parents, released its rankings for 2015.

Cullman City Schools were ranked 9 out of the top 100 in the state of Alabama. Superintendent Dr. Doreen Griffeth isn't surprised by how high Cullman is ranked.

"This community has high expectations for its schools," said Griffeth who has been the superintendent since August 2013. Griffeth said that she isn't surprised by how highly Cullman is ranked because the people who make up the system hold themselves to such a high standard.

She also said that one of the biggest reasons Cullman wasn't ranked higher on the list was because of the construction.

"The lowest score was the facilities score, and that's because of all the construction going on," Griffeth explained. "So, we're excited about how highly we'll be ranked when all of the construction is finished."

Griffeth also said that she is happy about how much she has implemented a highly student focused mindset among the city schools. "We really want to make decisions based on what's good for the kids at all costs," she said.

She also wants to continue to make sure the schools are giving students the greatest opportunity to excel, and most importantly, find out what they want to do and help them prepare to be the best they can be at whatever they chose to be.

Cullman City Schools received an 'A' ranking in Academics, which was the highest grade for Cullman City Schools. The city schools have a 93 percent graduation rate, which is higher than the national average, which is 81 percent.

The lowest grade was a 'B-' in Student Culture and Diversity. The male-female ratio is fairly balanced at 52 percent male and 48 percent female.

However, 90.2 percent of the Cullman City Schools are made up of white students. This is almost 40 percent higher than the national average, which is 41.6 percent white. The next closest ethnicity is Hispanic at 6.5 percent. This, too, is quite different than the national average, which is 24.5 percent Hispanic.

For more information on the Cullman City Schools ranking visit k12.niche.com/d/cullman-city-schools-al/

CRMC HOSTS ACLS CLASS FOR HEALTHCARE PROFESSIONALS

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CULLMAN - Cullman Regional Medical Center will be hosting a class on Advanced Cardiac Life Support (ACLS) on January 21 at 8:30 a.m. This instructor-led course will prepare health professionals to learn the importance of team dynamics and communication, systems of care and immediate post-cardiac-arrest care.

Perrie Elrod, RRT, NPS-Education Coordinator for CRMC, will be heading up the class.

"The ACLS class is for students pursuing a clinical degree," Elrod said. "It is designed to advance their knowledge of life saving skills and improve their critical thinking skills while taking care of a patient that is in respiratory or cardiac arrest. The course consists of an educational video, hands-on clinical simulation, hands-on practice and a written exam."

It also covers airway management and related pharmacology. ACLS is designed for healthcare professionals who either direct or participate in the management of cardiopulmonary arrest and other cardiovascular emergencies. It is the standard of care for patients who are in cardiac or respiratory arrest.

Elrod says that she loves teaching others and has taught several different types of classes for the American Heart Association. Her expertise ensures newly certified caregivers leave with the right knowledge and skills.

"I love teaching in general. I teach all four courses of American Heart Association such as CPR classes, Pediatric Advanced Life Support, Healthcare Provider, HeartSaver/automated external defibrillator alongside the rest of our Education Team, which consists of Adriann Basch, RN, BSN Surgery Educator, and Tonya Dunn, RN, BSN Emergency Services Educator."

Cost to attend this class is $150 per student. Each student will also need an ACLS Support Book, which is not included in the cost of the class, but is required to complete the course. Books may be purchased for $35.50 through the CRMC Education Instructor, but must be ordered and paid for in advance. For more information or to enroll in the class, call 256-737-2635.

POSITION AVAILABLE

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ST. PAUL'S DEFEATS FAIRVIEW IN 5TH GRADE COUNTY CHAMPIONSHIP

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WEST POINT - Just a few minutes past midnight Sunday morning, the 5th grade boys County Championship finished up with St. Paul's edging out Fairview in the waning moments of the final quarter, 27-24, to claim the school's first championship in its inaugural season.

"The Cullman County Youth Basketball Program and their President Bill Caldwell gave us an opportunity to play in the league and our kids and parents loved it," said head coach Jason Grimmett.

"We sincerely appreciate the County League for giving St. Paul's the opportunity to play. It was a wonderful experience for all our kids."

On Saturday teams from around the county faced off to find out who would stand as the best team in the county. St. Paul's defeated Hanceville and Good Hope on their way to meeting up with Fairview in the finals.

The team finished with a record of 19-1 and the County Championship.

"The team's only loss was in the third game of the season and was to Fairview. St. Paul's avenged that loss in the Cullman county tourney Championship with the help of some last second free throws by a score of 27-24," said head coach Jason Grimmett.

Being the first year for organized basketball, Grimmett said the parents and student athletes gave it their all each week without any complaints about times or travel locations.

"The kids and parents did great every week. They practiced twice a week every week since late October and they never missed practices and were always ready for the games," he said.

"With St. Paul's being a small program we would have games all over the county on Saturdays. We might be playing at Parkside in the morning and at Cold Springs that afternoon. The kids and parents never complained."

Grimmett said that he has seen a transformation in the student athletes since practice first began.

The team camaraderie was almost immediate, so much so that even musical numbers were known to break out after practice.

"All the kids grew so much over the last few months. They supported one another in everything and the families would go out and eat together after games," he said.

"To give you an idea of how close they are, after the end of one of the practices one of our kids that had learned to play the banjo, had brought it to practice and gave us a little concert."

St. Paul's currently supports 4th, 5th, and 6th grade basketball teams.

St. Paul's 5th Grade Basketball County Championship team members are; Roy Grimmett, Jake Dueland, Lucas Rakestraw, Kenli Myers, Tyler Stewart, Elijah Brand, Cameron Gay, Sawyer Swann, along with Head Coach Jason Grimmett and Assistant Coach Jamie Speakman.



CONTRIBUTED

The first year basketball team finished the season with only one loss.

Crew (from Front)

Derek Alldredge are already scheduled to perform at the event, but more are being lined up.

"Right now we are getting all of our bands and entertainment lined up," said Pettus. "We already have some great music. We will also have dancers from The Factory performing. Closer to the event we will release the full entertainment schedule."

While last year's event was a success, Pettus stated that to make this year even better they had to have their eye on the prize early this year.

"This year we really started planning early, can't procrastinate for an event this big anymore," Pettus said. "I believe this year will be even more fun and successful."

She also touched on Crew's progress this year, noting that this flu season has so far went very smoothly.

"Crew is doing really well right now," she said. "Winter is always the hardest season on him, trying to keep him from getting sick. Kids with cystic fibrosis are at a higher risk for lung infections and a lot of them get hospitalized this time of year and luckily Crew hasn't this season. We are really blessed."

All proceeds go directly to the Cystic Fibrosis Foundation.

For more information on the event or Crew's story, visit their Facebook page at facebook.com/teamcrewawareness or their website at teamcrew.net. Vendors can also register and rent their booths on the website.

Pairings (from Front)

nament as the No. 1 seed.

The varsity division will be held the week of January 26-31 at Wallace State's Tom Drake Coliseum, the 23rd consecutive year the event will take place on the WSCC campus.

Varsity Division Pairings:

GIRLS

• Jan. 26 - # 2 Cold Springs vs. # 7 Vinemont 6:15 p.m.
• Jan. 27 - # 3 Fairview vs. # 6 Hanceville 6:15 p.m.
• Jan. 28 - # 4 Good Hope vs. # 5 West Point 6:15 p.m.
• Jan. 29 - # 1 Holly Pond vs. GH/WP winner 6:15 p.m.
• Jan. 29 - CS/VM winner vs. FV/HV winner 7:30 p.m.
• Jan. 31 - Championship game 5:30 p.m.

BOYS

• Jan. 26 - # 4 Vinemont vs. # 5 Fairview 7:30 p.m.
• Jan. 27 - # 3 West Point vs. # 6 Hanceville 7:30 p.m.
• Jan. 28 - # 2 Holly Pond vs. # 7 Good Hope 7:30 p.m.
• Jan. 30 - # 1 Cold Springs vs. VM/FV winner 7:30 p.m.
• Jan. 30 - HP/GH winner vs. WP/HV winner 7:30 p.m.
• Jan. 31 - Championship game 7:00 p.m.

The Bill Shelton Award and Charlotte Cummings Scholarship Award will be presented at the conclusion of the girls' division. At the conclusion of the boys' championship, the winners of the Joe Shults Award and the Eli Thomas Memorial Scholarship Award will be announced.

All-County teams will be announced as well as All-Tournament during the post championship celebration.

TP COUNTRY CLUB WILL GET YOU IN SHAPE

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CULLMAN - TP Country Club is getting in shape in 2015. They have added two new exercise programs to their agenda and look forward to getting started. Walking and yoga are just part of the fun at TP.

"Beginning in February, we invite everyone in the community to come out on Mondays, Wednesdays, & Fridays at 8:15 a.m. to 'Walk the Pines', where we meet at the Pro Shop then go out and walk the golf course," said John Hunt, Director of Golf. "It is free of charge and open to people of all ages," he continued. "We want everybody to come out and see how beautiful our golf course is."

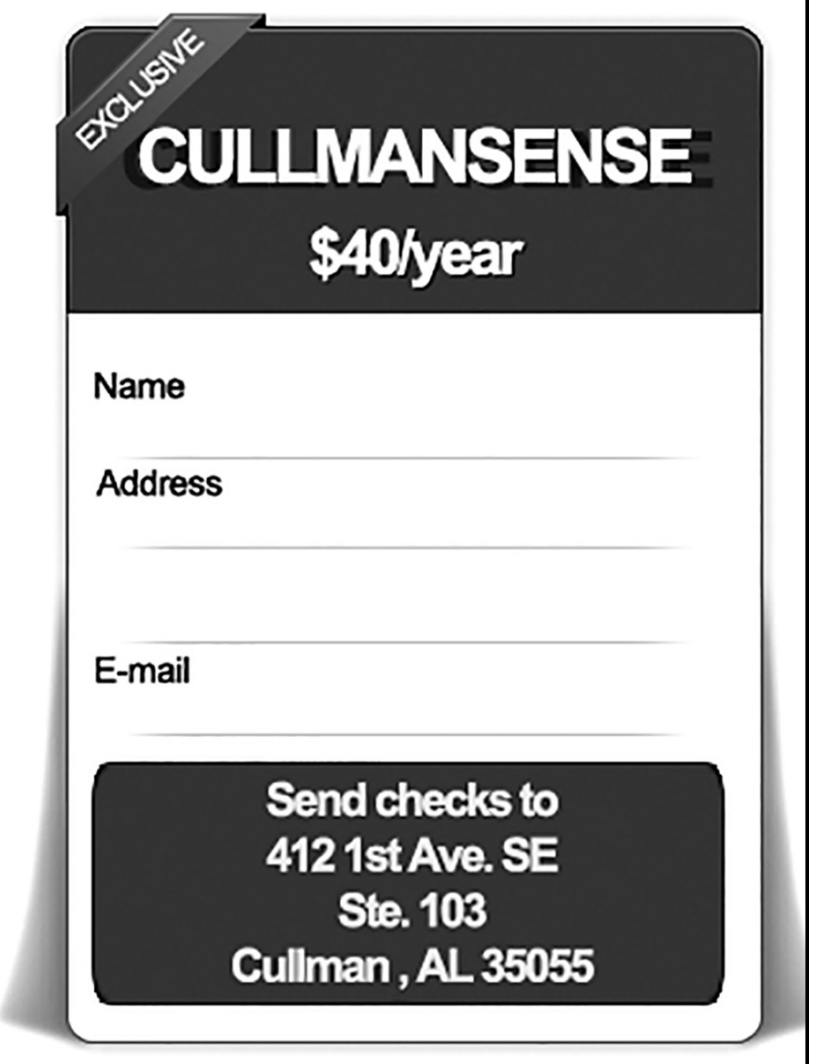
New classes bring new instructors to the Country Club. Yoga is one such class being offered there now. "We have also started yoga classes here at TP," Hunt added. "The classes take place on Tuesday and Thursday nights from 5:30-6:30 p.m. with instructor Kelli Neal, who is a certified yoga instructor. There is a $5 charge for non-members."

Neal is excited about the class and hopes to see lots of new faces join the group.

"The classes started this week but it's an ongoing class so people can come in at anytime," Neal explained. "It's an all levels class and you need to bring a standard yoga mat," she continued. "If you have any questions about the class, you can visit my Facebook page - Kelli Neal Yoga Instructor – or e-mail me at kellinealyoga@yahoo.com."

TP Country Club is located at 700 Pine Hill Drive, Cullman, AL 35057 and can be reached by phone at 256-739-0738. Visit them online at tpcountryclub.com and on Facebook at facebook.com/pages/Terri-Pines-Country-Club/156108567118.

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ALABAMA GAME WARDENS: UNSUNG CONSERVATION HEROS

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CULLMAN - Alabama Game Wardens aren't just those people that mess up a good morning of hunting by walking to your hot stand in the middle of a hunt, or the guy who makes you inconveniently stop fishing for a bit to dig your fishing license out of your wallet. These folks do more for Alabama's game and wildlife than many are aware of.

Our state has 667,000 acres of public land stretching over 17 counties. In this public land, there are five large wildlife management areas and countless lakes and waterways. Game Wardens watch over the whole land, including private hunting escapes and larger public hunting clubs and outfitter ranches many of us enjoy.

They ensure that hunters are following state guidelines, and they are also keeping poachers out of your favorite hunting spot.

They also take a huge part in tracking the state's fish and game populations, assisting rural residents with wild animal issues, and being the first line of defense against unsafe outdoor practices. In short, Game Wardens strive to protect Alabama's natural resources for future generations.

However, Wardens are still officers of the state and will write you a ticket or even arrest you if the state's laws are broken.

So the next time you climb into your stand or take a fishing trip on Smith Lake with the guys, be sure to pack your proper licenses and permits and leave the beer back at camp.

Every day Alabama Game Wardens risk their lives protecting the side of Alabama that can't protect itself. Often we hear stories of a Game Warden that was shot by a careless hunter. Wardens face being attacked by wild animals, as well as dangers from intoxicated outdoor enthusiasts and the trigger-happy hunter. Although vital, many forget how valuable these unsung heroes of Alabama's wildlife, waterways, and forest conservation are.

AMBER (from Front)

"Because of the time sensitive and critical nature of the AMBER Alerts, the Alabama Law Enforcement Agency (ALEA) values the partnership with the Alabama Broadcasters Association (ABA) and media outlets throughout the state for the distribution of notifications and the re-broadcast of AMBER Alerts to the public," said Secretary of Law Enforcement Spencer Collier.

"With the new expansion of the AMBER Alert program to Facebook, the message of a missing child can reach more people faster."

"We are excited to see the AMBER Alert program growing with this addition of Facebook. Radio and TV stations across Alabama and the rest of the country have been using their own Facebook 'accounts' to distribute AMBER Alert information for some time. Now, with alerts being geo targeted from Facebook – even more people will see them and increase the likelihood of the safe recoveries of children," said Sharon M. Tinsley, President of the Alabama Broadcasters Association.

People have already been using Facebook to help find missing children. Last year, an 11-year-old girl was safely recovered after a South Carolina motel employee recognized a photo of the girl in an AMBER alert she saw on Facebook.

The woman called the police, and the child was found unharmed.

"For most people, these alerts will be rare because they will only go to people who are in a position to help – those specifically within the designated search area. If you get an alert on Facebook it means there is an active search for an abducted child going on in your area. The alert will provide the critical information you need to potentially help reunite a child with his or her family," said Emily Vacher, who leads this initiative for the Facebook Trust and Safety team.

Facebook's distribution system will send AMBER Alerts to people's News Feeds to quickly disseminate detailed information about the child to the people who are in the best position to help – those in the designated search area.

Here's how Facebook will complement existing AMBER Alert distribution systems:

1. Reach – Facebook's distribution system will get the AMBER Alert to everyone who is logged into Facebook (on both mobile and desktop) during the alert if they are within the designated search area as specified by law enforcement.

2. Comprehensive Information – the alert will include important details about the child such as a photo, description, location of the abduction, and any other available information that can be provided to the public to aid in the search for the missing child.

3. Community Involvement – the Facebook system enables people to share the alert with friends and link to the National Center for Missing & Exploited Children for the most up-to-date information about the case.

AMBER Alerts are a child abduction alert system that started in the United States in 1996. AMBER stands for America's Missing: Broadcast Emergency Response and was named for Amber Hagerman, a 9-year-old abducted and murdered in Arlington, Texas.

The decision to declare an AMBER Alert is made by each police organization (in many cases, the state police or highway patrol) investigating the abduction.

Public information in an AMBER Alert usually includes the name and description of the abductee, a description of the suspected abductor, and a description and license plate number of the abductor's vehicle.

The AMBER Alert system issues media alerts when a law enforcement agency determines that a child was abducted and is in imminent danger.

Scholar's (from Front)

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WEST POINT - The West Point High School Scholar's Bowl team is quickly establishing itself as a force to be reckoned with, not just in Cullman County or in the state of Alabama, but throughout the nation.

The WPHS Scholar's Bowl team competes in tournaments from Chicago, Illinois all the way to Hoover, Alabama.

The location of the competition may change, but the results don't: the WPHS Scholar's Bowl team dominates schools from around the nation, and thrives against larger schools that expect to crush West Point.

Last year the 5A West Point team went 6-1 against 7A competition, including wins against Hoover and last year's overall state champion, Gadsden City.

Led by coach Lee Henry, in his third year with West Point High School, and seniors Nick Roman and Thallie Schaffer, the Scholar's Bowl team finished last year ranked 7th in the nation among other small schools.

"And 'small schools,'" explained Coach Lee Henry, "is defined as any school with 500 students or less in grades 10-12. So, although we're not a small school in Alabama, on the national stage we are considered a small school."

Here's the scary thing for anyone in the state hoping to dethrone the mighty Warriors: they're returning every player from last year's team. The starters, or the 'A-Team' as Coach Henry calls them, include seniors Schaffer and Roman, along with juniors Zakkary Waddell and Ross Wallace.

Coach Lee Henry is no newcomer to the world of the Scholar's Bowl. He has been coaching teams for 17 years, including a stint in Huntsville City before he arrived at West Point. He also coached his school's middle school Scholar's Bowl team when he was in high school.

"I've been doing this long enough," Henry said, "I know what they're going to ask."

Senior Nick Roman is also on the West Point cross country and track team, and he related the physical sport of running and endurance with the mental sport of Scholar's Bowl with the amount of work and training that goes into both of them.

For Roman, training for cross country and track means being at the school four days a week at 5:30 a.m.

Training for Scholar's Bowl for him means after school practice with the team, drilling himself on facts located in the notes that the team meticulously studies.

When asked what the most challenging part of training for the Scholar's Bowl is, the team unanimously decided it was learning the notes. "There are 400 notes for this year," Roman said.

"Sometimes," Coach Henry chimed in, "I'll bust out notes from the previous years. I always keep track of the one's they miss and quiz them on those the next day."

Some might think that training for a Scholar's Bowl might be just like another class just with more extreme and embarrassing consequences for not doing well.

The team vehemently disagrees with that notion. When asked if they thought being on the Scholar's Bowl team was like being in just another class, one of the students spoke up.

"No," said Anna Watson, as she sat at the far end of the table, "It's like a competition, you have to train for it."

A few year's ago, ESPN aired a mini-series that followed Hoover High School's football team called Two-A-Days. I can't help but think these mental athletes deserve a show of their own.

I watched as they fired up the buzzers, which they use to alert to the judge, in this case Coach Henry, that they have the answer and can answer the question.

The A-Team was going to face off against what I'm assuming was the B-Team or JV. Either way, Coach Henry began reciting the questions from a piece of paper, prefacing the round of trivia by telling the team members "Y'all haven't had these questions before."

I watched as the A-Team reeled off answer after answer, ranging from Fredrick the Great, to 5/9. "I push them hard," Coach Henry said, "But they do a good job and they work hard. I don't tell them that enough. They could always be better, though."

As Coach Henry and I followed the students out of the classroom and into the hall for a photo, he told me that that definitely wasn't their best.

"They must've been nervous," Henry said. The A-Team won 480-20.

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WSCC MUSEUM TO HOST SMITHSONIAN EXHIBIT

Gail Crutchfield
WSCC Contributor

HANCEVILLE - The Smithsonian Institution's traveling exhibition "The Way We Worked" will make its next stop in Cullman County, settling in at The Evelyn Burrow Museum on the campus of Wallace State Community College in Hanceville from Feb. 10 to March 20.

Expressly chosen by the Alabama Humanities Foundation to host "The Way We Worked" as part of the Museum on Main Street project, the Cullman area is one of only six communities in the state selected for the honor. The exhibit is currently on view in Valley, making previous stops in Athens and Pell City. From Cullman, it will travel to Demopolis and Dothan.

The project — a national, state, and local partnership — brings exhibitions and programs to rural cultural organizations as a way to explore the professions and the people that sustain the American society.

"The Way We Worked," adapted from an original exhibition developed by the National Archives and Records Administration, explores how work has become a central element in American culture. It traces the many changes that have affected the workforce and work environments over the past 150 years, including the growth of manufacturing and increasing use of technology. The exhibition draws from the Archives' rich collections, including historical photographs, archival accounts of workers, film, audio and interactives, to tell the compelling story of how work impacts our individual lives and the historical and cultural fabric of our communities.

Since 1997, the foundation has partnered with the Smithsonian to bring the Museum on Main Street program to small cities and rural communities across Alabama. "Allowing all of our state's residents to have access to the cultural resources of our nation's premiere museum is a priority of the Alabama Humanities Foundation," said Executive Director Armand DeKeyser.

"The Way We Worked" is part of Museum on Main Street, a unique collaboration between the Smithsonian Institution Traveling Exhibition Service (SITES), state humanities councils across the nation and local host institutions. To learn more about "The Way We Worked" and other Museum on Main Street exhibitions, visit www.museumonmainstreet.org.

Support for Museum on Main Street is provided by the United States Congress, Alabama Power Foundation and Norfolk Southern Foundation. Cullman's exhibition is a joint project of the City of Cullman, Cullman Area Chamber of Commerce, Cullman County Museum, Cullman Economic Development Agency, and Wallace State Community College.

SCALE BACK ALABAMA WEIGH-INS BEGIN MONDAY

Rosemary Blackmon
Contributor

MONTGOMERY - Today, thousands across the state will be searching for a weigh-in site where they can take the first step toward a year of healthy habits. Scale Back Alabama, a free, statewide weight-loss program for individuals 18 years of age and older, is run by local weigh-in site coordinators who conduct beginning and ending weigh-ins of participants and officially enter them into the contest.

Those interested in participating in the 2015 program should visit www.scalebackalabama.com and click the link to register as a team of two.

Once the registration is submitted, team members print the registration confirmation page and take it with them to a local weigh-in site to collect their initial weights.

On-site registration will also be available for those who do not pre-register. Each week during the 10-week program, participants will receive health tips on eating less and moving more, along with information on great outdoor activities taking place across the state.

Since its beginning the program has resulted in 1.1 million pounds lost in a state that ranks eighth in the nation in terms of adult obesity. Scale Back Alabama is sponsored by the Alabama Hospital Association, the Alabama Department of Public Health, and Blue Cross Blue Shield of Alabama.

For more information, visit www.scalebackalabama.com.

MIRRORING HISTORY: CULLMAN GUANO WORKS - RUMORS DELI

Sharon Schuler Kreps
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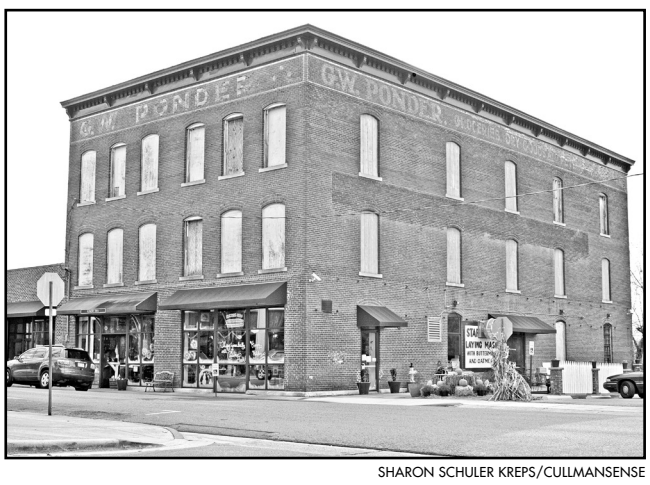
CULLMAN - Around 1900, Cullman Guano Works, a two story wooden framed building, was built at today's address of 105 1st Avenue Northeast #100, Cullman, AL 35055. It was the first business to locate on this block. (Guano is a word used to describe animal excrement to be used as fertilizer.)

In the late 1900s the wooden framed building was torn down and a three-story brick building was built in its place. The new building was called the C. Arnold and Son Storage Warehouse.

In the late 1920s this same building became known as the Peinhardt Building.

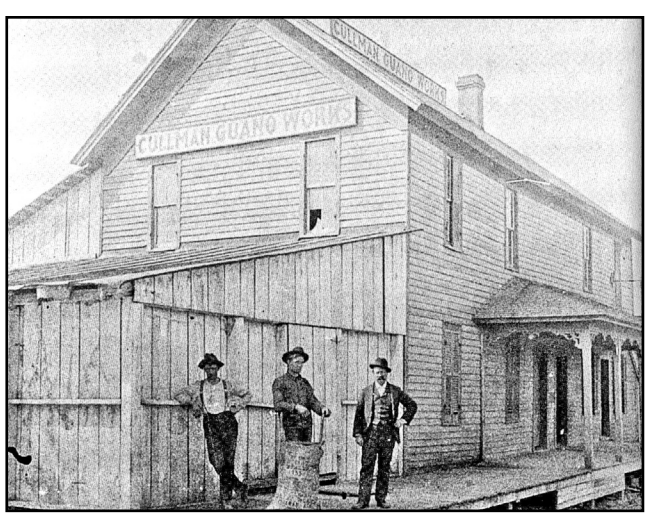
Strawberries were brought in here by the farmers in the late afternoon and sold.

The warehouse was also called the G.W. Ponder building before becoming what we now know as Rumors Deli.



SHARON SCHULER KREPS/CULLMANSENSE

The site of Cullman Guano Works now houses Rumors Deli in the Warehouse District.



WILLIAM EUGENE SIMPSON VIA "IMAGES OF CULLMAN" BY MELANIE K. PATTERSON

Built around 1900, Cullman Guano Works was the first building on its block.

School (from Front)

Sharon Schuler Kreps
sharon@cullmansense.com

CULLMAN - Next door to the North Alabama Agriplex is an old wooden schoolhouse. Hanging on the wall for all to see is a small white sign that reads: Red School House Property of Peinhardt Living History Farm Fo. 2008. The aged walls that line the building have seen more than their fair share of memories over the years. Its memories go back several generations, but it also continues to see fresh, new memories to this day.

Red Hill School was once located in Brown's Valley, which is between Arab and Guntersville in Marshall County. The land on which the school originally stood had belonged to Mr. Hollis Robert Whitman, who had been one of the school's first principals.

The school goes back to at least 1890 where it was once mentioned in "The Guntersville Adviser". In the article, Mr. McCormick was mentioned as a teacher and the children had to purchase their own books. Students arrived at school at 8:30 a.m. and their teachers were paid $30 a month and up. While these youngsters learned a lot of the same things children are learning today, there were several different subjects that were also taught.

Some of those subjects were cooking, board sewing, crocheting, deep breathing, bird calls, scientific eating, patriotism, plain and fancy bathing, forestry, and other sciences too numerous to mention. Unfortunately, the school burned to the ground in 1926, which meant the children had to attend school at the Red Hill Methodist Church for a few years. In 1930, the school was rebuilt with the help of the community, near the church and it was for children in grades 1-6.

In 1946, Red Hill School was consolidated with Warrenton Elementary School. Much later, in 2008, Mr. Don Smith of Grant, Alabama, donated the frail old schoolhouse to the Peinhardt Living History Farm. With tender loving care, it was moved to its present location near the Agriplex and restored by Eddie Peinhardt, Ed Richmond, Bill Peinhardt, Bill Hendrix, and many others.

Today the school building is used during the Peinhardt Farm Day to educate the people in the community about the history of each school in Cullman County. During this time, volunteers from all over the county come dressed in old-fashioned clothing and set up booths with information about each of the schools. Guests are welcome to come and ask questions as they look around at all the period desks and other educational tools that were used in the schools back in the early 1900s.

If you haven't had a chance to visit the Peinhardt Living History Farm and the Red Hill School House, contact Peinhardt Farm by phone at 256-734-0850 or via e-mail at info@peinhardtfarm.org or visit peinhardtfarm.org. Also, follow them on Facebook at facebook.com/pages/Peinhardt-Living-History-Farm/143889342328949.

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2015 STATE OF THE COMMUNITY

OFFICIALS REVEAL PLANS FOR THE NEW YEAR

On Thursday evening local officials joined together to discuss the current state of their respective community. Mayors from each of the municipalities came together to voice their thoughts and opinions on where they'll be directing their particular community. CS reporters were able to contact most all elected officials before the State of the Community address.

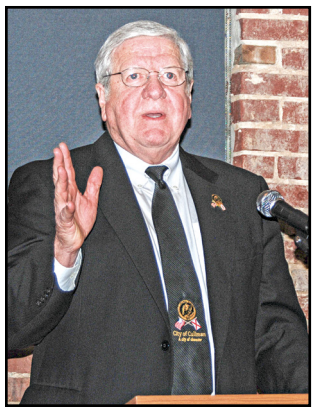
BAILEYTON - MAYOR JOHNNY DYAR

2014 was the year of safety for Baileyton as they opened a new storm shelter. Town officials have further plans to keep their community looking nice and safe for its citizens in the new year to come. Baileyton Mayor Johnny Dyar was not at the dinner Thursday evening, but had the following to say when our staff contacted his office.

"We have opened our storm shelter in the past year and will be working toward opening another," he said. "We are planning on repairing the roads that have been damaged from the diverted traffic from the Alabama Highway 67 closure last year. We are also working towards installing a driver's license machine in Baileyton and acquiring a small bus for our senior center."

Baileyton is a beautiful place and we look forward to all the improvements in the coming year.

CITY OF CULLMAN - MAYOR MAX A. TOWNSON



Last year at the State of the Community meeting, Mayor Townson said the biggest thing on his agenda was the Duck River Dam project and how it was progressing.

"You know back in 2007, we came within weeks of completely running out of water during the worst drought in 100 years," Townson explained, "So the Duck River Dam will allow us an alternative water source."

Mayor Townson said that the project will cost "around $100 million," most of which will be covered by bonds through the sell of water. The other main goal on the agenda of the mayor at last year's event was to oversee and continue the expansion of industry in Cullman.

"We wanted to clean up the area around the Cullman Shopping Center, and then in the fall, Publix and Dick's Sporting Goods announced they'd be moving in there."

The mayor explained that the renovation of the Cullman Shopping Center came after working with developers. As well as the Cullman Shopping Center getting a makeover, there looks to be another shopping area in the works altogether on Highway 157, as the construction of a new Walmart has begun.

Mayor Townson is excited about the possibilities for new businesses that a Walmart brings, saying, "Whenever a Walmart is built, other new tenants tend to flock around it."

As for this year's event, the Mayor's main goal is to have the 8-mile creek sewage system project started and completed within the year.

The 8-mile creek sewage line, which is a main trunk in the system of pipes throughout the City of Cullman, was damaged in the storms of April 2011. Mayor Townson explained that the city has received a grant of $5.7 million and plans to use that money to help fund the reparation of the sewage line.

FAIRVIEW - MAYOR DALE SEALS



Fairview is growing by leaps and bounds. Last year, two new businesses opened and the park enjoyed an exciting new addition. This year, the town plans to continue to expand, as well as offer something for the older people in the community.

"We were able to build our newest road, Randall Shed Lane, and resurfaced County Road 1669," said Fairview Mayor Dale Seals. "The Brandin' Iron restaurant opened, along with Fairview Feed and Seed. We also added the new 18 Hole Disc Golf Course to our park," he smiled.

Lots of fun and plenty of room to grow, Fairview will see more great things in the near future.

"This year we are working on a getting a full time senior center for which we received a grant," Seals explained. "We are also going to be working to try and expand our boarders by getting people to annex into the town."

There's been a lot of hard work going on in Fairview and officials and the community alike are looking forward to watching the town expand and thrive.

GARDEN CITY - MAYOR TIM ESKEW



Mayor Tim Eskew has made plans to improve upon parks in the upcoming year by trying to acquire new grant money for improvements.

"We are planning to add a pavilion at the walking trail park this year near town hall," said Garden City Mayor Tim Eskew. "We are going to go for a grant to do that."

Eskew went on to state that it is his hope to fulfill the plans of a new community center in the area to meet more of the needs of residents.

"I am also hoping, at this point, to go back to the proposed community center," Eskew continued. "We are going to try to get a community center. It is something we have had on the plans for a while, but we've never really been able to get it off the ground yet, but it's one of the things we plan to do."

Mayor Eskew concluded that these projects will help residents enjoy their small community even more.

GOOD HOPE - MAYOR JERRY BARTLETT

Good Hope has had tremendous changes in 2014. The first major one was when Mayor Jerry Bartlett took office on October 20, 2014 replacing Corey Harbison,



who was elected to represent District 12 in the House of Representatives. Admittedly, Harbison, Bartlett and the Council share the progress that has been made.

There were several ribbon cuttings in the town of Good Hope last year. They were for the following places: Good Hope Pharmacy, the Wilco Hess Travel Center - Dunkin Donuts, Stuckey's, Wendy's, James R. Smith Trucking, Inc and Dream Home Outlet, LLC.

"Our goal for 2015 is to recruit new businesses to the Good Hope area," said Mayor Bartlett.

The Ground Breaking Ceremony for future Exit 305 along County Road 222 brought Governor Robert Bentley and many other state officials to the area. The new exit will provide easy access to Good Hope, as well as Smith Lake from I-65, which should bring many people through the area.

Several improvements were made throughout the community in 2014 and some will continue into the new year. Day Gap Road from Beech Grove Road to I-65 has been paved successfully. The Good Hope Community Center was completely remodeled and opened. The bathrooms at the municipal park were also remodeled. The Sewer Extension of Lindsey Road was completed. This affected approximately 50 homes. The 222 Sewer Extension is also near completion.

Several traffic issues have been looked into this last year. For example, there has been a lot of work done with ALDOT for a traffic signal in front of the Wilco Hess rest stop on Hwy 69. There has also been a traffic survey for Exit 305 in the Highway 222 area.

Good Hope has been very successful in growth and expansion. They continue to look to the future and plan to make 2015 an even bigger and better year for the town.

"With the opening of Exit 305 later this year, we feel there will be a lot of interest in the Good Hope area," said the Mayor. "The Council and I look forward to an exciting future."

HANCEVILLE - MAYOR KENNETH NAIL



Mayor Kenneth Nail of Hanceville was excited for the progress made in 2014 and is looking forward to building on that in this new year.

"As a whole, 2014 was a great year," Nail said. "Typically, this time of year the city does not have a lot of income but in the last six years since becoming Mayor, this has been the best financially secure year that Hanceville has had. The city annexed nearly 300 acres, bringing the entire Wallace State Community College into our city limits."

Wallace State is an enormous asset to the City of Hanceville. In 2014, the school cut the ribbon on a new, high tech nursing and health science building.

"We are very pleased to announce that Wallace State recently opened their new $55,000,000 Nursing building," said Nail. "This is a new state of the art facility equipped with a complete mock emergency facility."

According to Mayor Nail, the area has also seen growth in new business over the past year.

"Hanceville is pleased to welcome several new businesses into our city this year, including O'Reilly Auto Parts, AT&T Phone Center, Sosa's Upholstery, Soulmates Sweets & Cake Design, Freedom Motors, MD Healthcare and Dr David L. Case."

Nail went on to discuss other improvements made to the infrastructure and parks in the city.

"Some of the accomplishments made in 2014 were some major road improvements such as Highway 31 was widened, including a new turn lane all the way to Johnson's Crossing," said Nail. "As well as a new pedestrian crossing at Hwy 31 and College Drive. We also have a new pavilion at CW Day Park, and all five ball fields upgraded with brick dust, which allows for year around tournaments."

Nail concluded that he was happy to represent the city of Hanceville and noted some projects in the works for the 2015 year.

"A few of the things we are working for in 2015 are to begin the $280,000 grant for sidewalks," he said. "And repaving Section Line Road from Highway 31 to city limits. We have applied for a Drainage Grant for Highway 31 north across from Wallace State. We are also revitalizing Hamby Park with new trees and shrubs."

HOLLY POND – MAYOR HERMAN NAIL



Mayor Herman Nail of Holly Pond says that there are some big projects coming to his town this year.

"We have a lot of things going on in Holly Pond right now," said Nail. "We are halfway through redoing our waste water treatment plant. That was a major obstacle that we are halfway through right now. The Alabama Department of Environmental Management gave us $315,000 that was no payback, which was a great asset to our community."

Nail said that the next big thing to come to his community is something that he was announcing for the first time.

"I am proud to announce

Continued on next page...

RELAY FOR LIFE HOLDS KICKOFF EVENT

Shannon Embree
shannon@cullmansense.com

CULLMAN - The American Cancer Society's Relay for Life of Cullman County held their kickoff event for the 2015 season last Thursday evening. The event took place in the fellowship hall of First Baptist Church of Cullman.

Tables were set up and decorated representing the different types of cancers people fight to cure. Hanging on the wall was the annual quilt for raffle, made by Shirley Wise. The quilt was a beautiful representation of last year's RFL teams.

Relay For Life committee member and representative for the Wallace State Community College RFL team, Gail Crutchfield, said, "Being involved with Relay For Life is a tradition, I started it a long time ago with another employer, and I had family members stretching back a couple generations that I know of that had cancer and how it affected our family, so I wanted to fight for something that would hopefully one day find a cure."

"When you hear stories like Gary Cornelius' and when you go to Relay," Crutchfield paused to collect herself, "it's emotional and it is what gives me my drive to be a part of the Relay For Life events."

Crutchfield's empathy and compassion are evident and she was chosen as the recipient of the American Cancer Society's Award for "Helping Seek a Cure" later that evening.

Many people unconcern themselves with cancer until it directly affects a part of their own life. There wasn't a dry eye in the room when Head of the Cullman Relay For Life chapter Gary Cornelius told his miraculous story.

In his speech Cornelius asked, "How many of you Relay because you're a survivor, a caregiver for a loved one, or simply because it is the right thing to do?" The right thing to do, that's the attitude Relay For Life strives to influence.

Cornelius said, "We are already 10 percent on our way to the goal. We will meet our $150,000 goal!" This was the same goal last year, which was exceeded by $5,000.

To register a team or become a member of a pre-existing RFL team, call Helen Allen at 256-709-4019 or e-mail her at Helen@weltimail.com.

The next Relay For Life meeting is February 5 at noon and 5:30 p.m. at First Baptist Church of Cullman. Information sheets are available at First Baptist Church of Cullman at relayforlife.org/cullmanal.

This year's Relay For Life will be held on May 1 at the Cullman County Fairgrounds from 6 p.m. to midnight.



SHANNON EMBREE/CULLMANSENSE

The quilt's patches are a representation of last year's Relay for Life teams.

Community (from previous)

for the first time that we will be getting a Carpenter's Cabinets," Nail stated. "The Carpenter's Cabinet is located in Falkville, and they will be opening a new location here in Holly Pond come this spring. This non-profit organization is for the elderly, handicapped or those in need of assistance for food."

This is an asset that he claims will not only benefit his town, but others as well across the county.

"This is something that will benefit our part of the county," said Nail. "Not only in Holly Pond, but in surrounding areas as well. They will be located in an office next to Jack's restaurant here in town. We are going to have to work on some renovations to make it more suitable to what they're doing. When it is done, it will be a wonderful thing in our town that I am very proud to have."

Nail closed with a statement about the people of his township and their continued dedication to help in their own community.

"Here in Holly Pond we have a diversified people that can do most anything," Nail said. "We have great people and workers. Everyone that lives here wants to take an interest and works to make it better."

VINEMONT - MAYOR MELBA PATTON

The people of Vinemont have had a great time this past year as they spend time outdoors getting in shape and playing baseball at their new Sports Complex. Mayor Melba Patton has enjoyed being a part of such a wonderful addition to the community.

"We're doing real good," she beamed when asked about the state of her community.

"Last year we were busy winding up our Sports Complex," she continued. "We completed our first full summer at the complex. It has 5 baseball fields, 350 parking spaces and a nice track. It has been really good for the community."

Having the new Sports Complex has been a huge deal for Vinemont. This incredible place has taken a lot of time and effort to establish. Even though it is fully completed, there are still many areas with it in which the town will continue to expand. "Last year we learned a lot about using the complex, this year we will continue to learn how to best use it," Patton explained. "We will be developing it with help from all the dads that are volunteering to coach. The little ones are using it and we have had practice teams come here and have tournaments."

If you haven't had a chance to visit the new Sports Complex in Vinemont, the following address will get you close to the new complex: 18293 U S Highway 31, Cullman, AL 35058.

WEST POINT - MAYOR KENNETH KILGO



West Point has been busy this year. With new industry, improvements to roads and at the city park, not to mention the added safety of storm shelters and fire departments, West Point is up and coming like never before.

"Last year we resurfaced County Road 1242, which is the main entrance by Jack's into the school," explained Mayor Kenneth Kilgo. "The asphalt surface has highly improved it. We also spent about $40,000 to improve the ballparks. We built a new maintenance building, which took over $30,000 to do."

In the coming year, at least 25 new jobs will be available from new industry in the works.

"We're hoping that the Magnet Paints and Shellac Company, Inc. will open up soon," he continued. "It is a paint mixing facility they've been working on for over a year now. They will soon be transferring their New York operations down here."

Safety is a huge concern for everyone, and West Point is taking that concern and doing something about it by adding new storm shelters and fire stations."We just finished installing our first community storm shelter. We will be putting in the second one this year, in conjunction with the new volunteer fire department that is going to be built on Hwy 157," Kilgo said with a smile. "They will begin working on the new station after the weather breaks in February or March. The volunteer fire department's second station will cost about $600.000."

As for 2015, Kilgo plans to keep up the hard work, and the people of West Point couldn't be prouder!

"Our plans for this year will be to finish the second fire station," Kilgo explained. "We've got some more upgrades to do with the roads – paving and such. We are also going to keep supporting our seniors and the homebound program."

If you haven't made the drive out to West Point lately, you really should. The town is ever changing and the people show their pride in all that they do. One thing to be especially proud of this day and age is what Mayor Kilgo said with a grin at the end of the conversation, "We're in good financial shape and we don't have any debt!"



COMMISSIONER GARRY MARCHMAN

In his first year with the Cullman County Commission, Commissioner Garry Marchman looks to turn to practicality to improve Cullman County. Commissioner Marchman started off the evening by explaining the budget for the County Commission this year.

"The entire budget will be $48.6 million," the commissioner explained, "but about 52 percent of that comes off the top and goes to the Sheriff's Department."

The budget also includes "$17 million in the general fund, $7.8 million for the planned road repairs and maintenance, $8.5 million for water, and $4.8 million for sanitation," Commissioner Marchman said.

Along with the ATRIP projects, which are partially state-funded projects, the commissioner said that he hopes to incorporate "good operational efficiency" into everything the County Commission handles this year.

Commissioner Marchman explained that he hopes "to pave at least 5 miles of roads in all four districts" this year. This paving endeavor falls under the ATRIP project category.

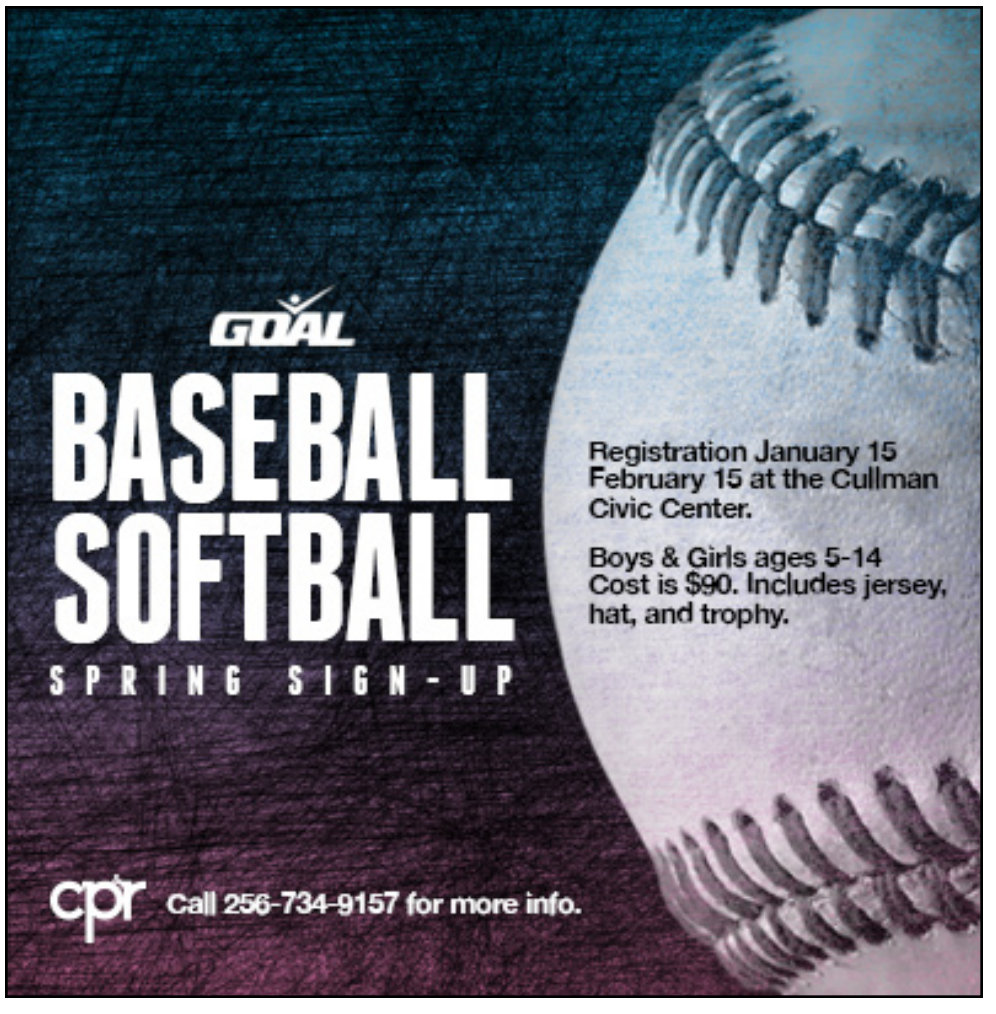
In addition to all the road improvements Commissioner Marchman is setting his sights on, the Commissioner wants to add a traffic light to the intersection of Highway 69 and Goldridge Road.

"We are also trying to secure state funding for a county-wide bridge inspection," Commissioner Marchman said.

As far as specific roads the Commissioner is setting out to improve, some of the roads that are already funded and commissioned are County Roads 565, 1435, 1223, and 1101, according to Commissioner Marchman.

Unfortunately, a few elected officials were not able to attend due to illness. CullmanSense will follow up with them this week to get their take on the current state of their communities and an idea of what direction they plan on taking them in 2015.

CS Reporters Chelsea Sparks, Sharon Schuler Kreps and Will Hogue contributed to this article.



MONDAY

Missoula Children's Theatre Auditions for Aladdin
Auditions for the show will be open to ages 5-18 and will take place at 3:30 p.m. today at the Cullman Civic Center. Practices will take place at 3:30 p.m. each afternoon leading up to the show, which will take place at 2 p.m. and 6 p.m. on Saturday, January 24. Call 256-734-9157 for information.

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
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.

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.

'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

Morning Blend
The Cullman Area Chamber of Commerce hosts an early morning meeting open to members and the community from 8-9 a.m. in the commons room at the Chamber. Complimentary coffee and free to attend, this meeting is a great opportunity to network and meet others in the community. Call 256-734-0454 for more information.

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.

Church Group Wednesday Nights at CWAC
Youth groups, Sunday School Classes and other Church groups are invited to take part in 'Church Group Nights at Cullman Wellness and Aquatic Center every Wednesday night from 6 p.m. until 11 p.m. Please call 256-775-SWIM (7946).

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.

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

Community Luncheon
The Cullman Area Chamber of Commerce's monthly Community Luncheons resume today. The event will take place from 11:30 a.m. to 1 p.m. in the All Steak Banquet Room. This month's guest speakers are the state legislation. $15 – Chamber members; $20 – future members. Call 256-734-0454 for more information.

'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.

SATURDAY

Missoula Children's Theater Presents Aladdin
The show will happen at the Cullman Civic Center and there will be two showtimes: 2 p.m. and 6 p.m. Call 256-734-9157 for more information.

NEXT MONDAY

Cullman Kiwanis Club
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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.
- Trivia Night at Rodney G's at 7 p.m.
- Happy Hour at Moe's from 3-7 p.m.

WEDNESDAY
- Morning Blend from 8-9 a.m. at the Cullman Chamber
- 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
- 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
- Community Luncheon at All Steak from 11:30 a.m. to 1 p.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

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

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CRMC'S HYPERBARIC OXYGEN CHAMBERS BREATHE RELIEF INTO HARD TO HEAL WOUNDS

Chelsea Sparks
chelsea@cullmansense.com



CRMC

Patient Kevin McEntire settles into watching television during his HBO Treatment Session.

CULLMAN - Cullman Regional Medical Center may not be as large as UAB, but they are making great strides in investing in new technologies that improve patient care. One such investment was made two years ago in the form of Hyperbaric Oxygen Chambers (HBO). Before this purchase, patients in the area had to drive over 100 miles to use one.

This highly sought treatment has proven to be one of the most amazing advancements in wound healing and is saving lives every day. Jill Keeton, RN at the CRMC Wound Healing Center and Clinical Coordinator, explained what this equipment can do.

"A Hyperbaric Oxygen (HBO) chamber is a type of specialized equipment used at the CRMC Center for Wound Healing to treat chronic, difficult to heal wounds," said Keeton. "Treatment consists of a patient lying on a bed and being placed into an atmosphere of 100 percent oxygen. The patient breathes in the pure oxygen, which is then carried throughout the patient's bloodstream allowing the wounds or damaged areas of the patient's body to receive large doses of oxygen."

She went on to say that the HBO Chamber is pressurized, allowing not only the red blood cells to become saturated with oxygen, but also the plasma part of the patient's blood as well.

The combination of 100 percent oxygen and the pressurized chamber allows for better absorption of antibiotics and also aids in the formation of new blood cells, or angiogenesis, to the area of concern.

CRMC first opened the Wound Healing Center in May of 2012 when a partnership was made with the nation's largest and most successful wound healing company, Healogics. The hospital chose to work with Healogics due to their sterling reputation and being the leaders of the industry.

"Healogics manages over 600 wound care centers nationwide, and recently began opening centers in the United Kingdom," Keeton said. "Hyperbaric Oxygen Therapy has been around for several years and is a proven modality to treat wounds. Our community is certainly lucky to have such advanced treatment options available."

Keeton and her team have seen many different types of patients benefit from the chambers. The most common types of wounds seen are those stemming from diabetes, radiation, and osteomyelitis, or infection of the bone.

"People are most surprised by the benefit of HBO on radiation injuries," stated Keeton.

"These are patients who have had radiation during a course of cancer treatment. Many times during radiation, the tissue or bone that the radiation passes through to get to the cancer may become damaged. Hyperbaric Oxygen helps to heal these areas by promoting new blood vessel growth and eventual healing of the damaged area."

Those working in the CRMC Wound Clinic have gone through rigorous specialized training at the Healogics facility in Jacksonville, Florida.

There they learn not only the principals behind the treatment, but also have extensive knowledge on how to maintain a safe workspace.

"Because the chamber uses 100 percent oxygen, our main concern is fire prevention," said Keeton. "We only allow patients to go into the HBO chamber with approved items, including a gown and a bottle of water for hydration. They are not allowed to wear any petroleum based products such as lotion, deodorants, makeup, etc. Nor are they allowed to wear their street clothes into the chamber."

> **"One example of this was when we had a gentleman that got to dance with his daughter at her wedding because we were able to help him save his foot."**
> Jill Keeton, RN at CRMC Wound Healing Center

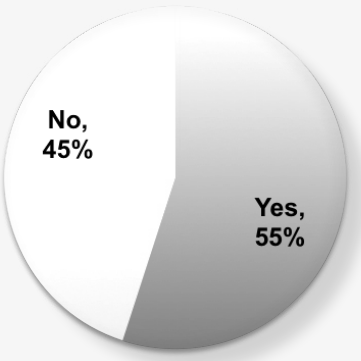
The healing rate of the chamber is 98 percent.

"We are very proud of that. I have personally seen some amazing things happen in this center. I have had the pleasure of hearing such great success stories from our patients. One example of this was when we had a gentleman that got to dance with his daughter at her wedding because we were able to help him save his foot. We also recently had a patient who had radiation to his neck and as a result, he had a pretty significant hole in his jaw. His pain was so bad that he could only eat through a feeding tube. By the end of his treatment, he was able to enjoy Thanksgiving dinner again! We are so fortunate to have had a small part of these people's healing."

The Wound Healing Center is located on the back corner of Professional Office Building I on the CRMC Campus. The Center is Open Monday through Friday, 8 a.m. - 5 p.m. For more information or to set-up an assessment by a Wound Healing Physician, call 256-737-2980.

Poll

Have you had a cold or the flu this season?



This Week's Poll
Have you been in a car accident this winter?
Vote Today at CullmanSense.com/Poll

cullman city parks & recreation

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

www.cullmanrecreation.org
256-734-9157

- **Missoula Children's Theater Presents Aladdin** at the Cullman Civic Center on Saturday, January 24 at 2pm and 6pm. Come and support local theater and the arts in the community with the 50 plus children performing in the show. Tickets are $5 each; children 12 & under are free.
- **Baseball & Softball Registration** for boys and girls ages 4-14 will take place Jan. 15-Feb. 15 at the Cullman Civic Center. Cost is $90 which includes jersey, hat, and trophy. Games will be played through the week at Heritage Park and the Field of Miracles; practices start first of March. For more information, call 256-734-9157.
- **Miracle League Basketball Registration** is open through January 31 at the Cullman Civic Center. Cost is $30 which includes a jersey. Games will be played in February at Ingle Park.
- **Adult Flag Football Registration** is open Jan. 15-February 15 at Heritage Park. Cost per team is $500 which includes the season and single elimination tournament. For more information, call 256-739-9931
- **Ten Years Younger classes-** held at the Cullman Civic Center every Tuesday at 10am with Ann Caretti. Classes are $45 for 6 weeks. Call 256-734-9157 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 at 256-734-2125.
- **Yoga Classes** are offered at the Cullman Wellness & Aquatic Center as well as a host of other fitness classes including Pilates, Zumba, spin, class, aerobics, water aerobics and more. Classes are offered 7 days a week. Check the front desk or call 256-775-SWIM for class schedule and times.
- **CP&R Archery Classes** are ongoing and take place each Monday, Tuesday, and Thursday afternoon for beginner, intermediate, and advanced archers. Cost is $40 for the month. Call 734-9157 for more information.

What's Online

NEW FLAGS ARE IN HIGH DEMAND

Members of the Veterans of Foreign Wars Post 2214 need you. They are asking for help in obtaining additional American flags to display along Highway 31, and along a portion of Highway 157. As you may know, these flags are placed on display during the year on special holidays. They honor both the...



qrne.ws/306

BROOKS' PLACE HELPS THOSE WHO CANNOT HELP THEMSELVES

There is a two-story house in Cullman just by the middle school that does incredible work. The small and unassuming house has been filled with immense amounts of pain, but also works everyday to turn that pain into healing. Brooks' Place is a non-profit child advocacy center that works...

qrne.ws/307

CLARKSON COVERED BRIDGE: A BRIEF RUNDOWN OF LEGG BRIDGE

The Clarkson Covered Bridge, or sometimes called Legg Bridge, was built over Crooked Creek back in 1904. The property it was on was owned by a local mail carrier by the name of James W. Legg. The total cost of the bridge at the time was...

qrne.ws/308

LIFE REPURPOSED

TRAGEDY INSPIRES LOCAL ARTIST TO PURSUE HER TRUE PASSION



LEANDRA HILL

Focused only on doing what makes her happy, Hill lends her innate skills to individuals and businesses alike.

Shannon Embree
shannon@cullmansense.com

CULLMAN - Transforming a plain piece of furniture or an outdated fixture into an improved design or an updated work of art is not a new discovery, however, it has trended quickly and become more and more popular through social media apps such as Pinterest and Instagram.

Leandra Hill of Cullman recently experienced a sudden tragedy in her life. The loss of a loved one is extremely difficult for anyone to bear. It was this event that inspired Hill to turn her weekend hobby into her main career path.

"When my future fiancé passed away, all my future plans were changed. That's why I decided to completely drop everything, abandon my current job as a bookkeeper, and go after my true passion. Why stop there, ya know? I want to focus only on what makes me happy now because life is too short to do anything else," she said.

Hill specializes in refining pieces in homes and businesses alike from cabinets and light fixtures to upholstery, furniture, and walls.

Whether ordinary, outdated, damaged, or simply desiring a change, she uses her creative approach, years of experience, naturally gifted eye, and extensive knowledge of her craft to create custom work that mirrors one's specific taste.

Leandra Hill will redefine, design, redesign, assemble, reassemble, and refine pretty much anything.

"It's what I love to do. It's what I'm good at and I've been doing it for as long as I can remember. Everyone has always told me, I have a calling for this, I can make money from this. I really believe, deep down that they're right. I just love the looks on people faces when they see their things transformed," Hill said with a small smile.

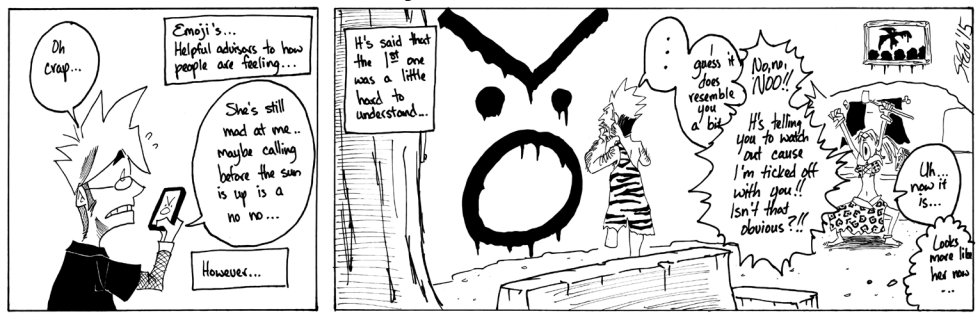
Unlike noticeably "do-it-yourself" pieces, Hill's work beams class and perfection. Her list of multiple, quality produced talents is astonishing. She can personally refine in your home or pickup your pieces and give them the design you desire.

"I am available by appointment, we can discuss over the phone or in person if you prefer, what it is you need done. Free of charge," Hill said with a confident grin, "I will then quote you a price for my work. This venture is in its beginning stages. I'm just so proud, I'm not too proud to put myself out here. Doing what I love and meeting a lot of wonderful people in the process is such a blessing and so much fun!"

Additional photos and more information can be found on Hill's website arefineddesign.com, which is currently in the stages of being updated. You may also contact Leandra Hill at 256-503-0873.

COMICS

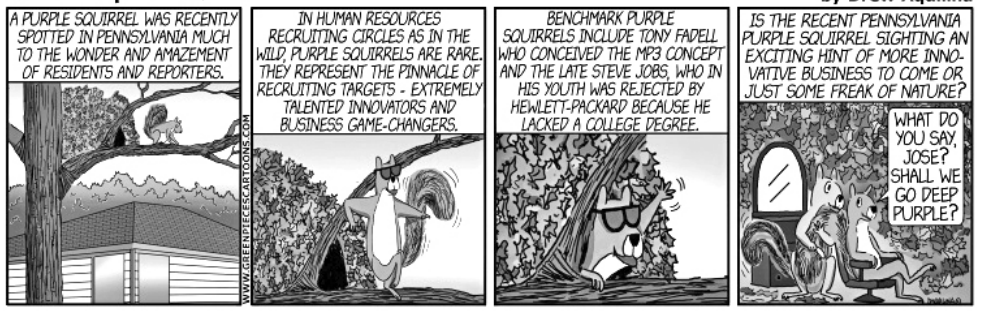
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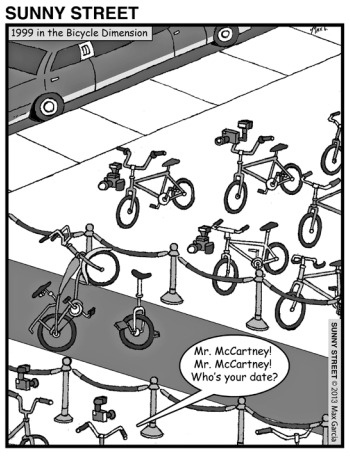


MAMA'S BOYZ www.jerrycraft.net JERRY CRAFT



Green Pieces by Drew Aquilina







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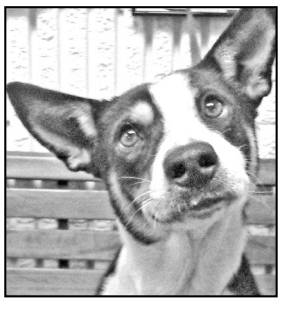
PETS OF THE WEEK

Alex



Hello my name is Alex and I am about 7 + years old. I am believed to be a Terrier mix and I currently weigh 15 lbs. I am full of life and I love to play. Please come by and visit with me. You may find out I'm an extremely lovable companion!

Paddy



Hello my name is Paddy and I am about 2 years old. I am a small Shepherd mix and I currently weigh 28 lbs. I am currently in foster care awaiting my new forever home. I am full of life and I love to play. Please consider coming to meet me today!

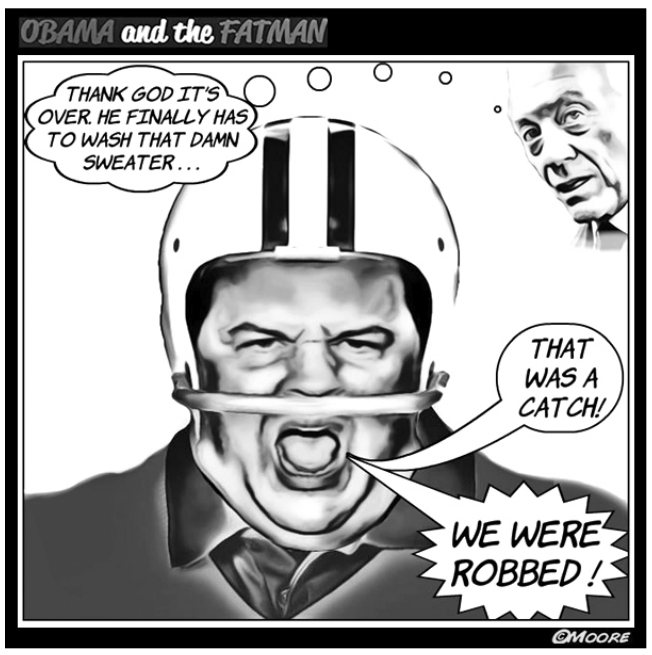
ADOPT THESE PETS TODAY

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.

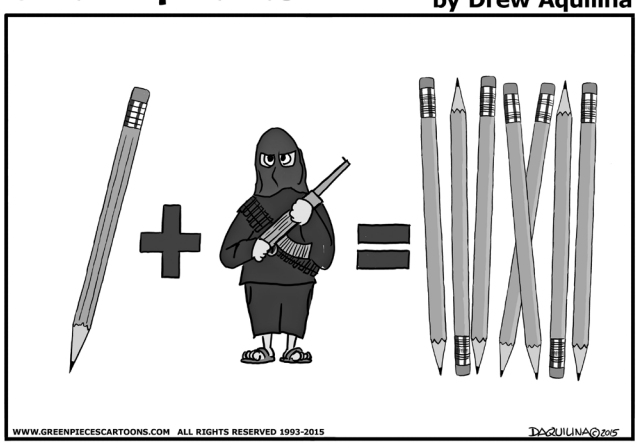
If you know the owner of either dog or if you are interested in adopting one of the dogs, please call 256-734-5448 or come by the Animal Shelter.

EDITORIAL CARTOONS





Green Pieces®
by Drew Aquilina



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Cartoonist Anthony Saint

OPINION

AMERICANS AND OUR DISGRACEFUL FREEDOMS

Thomas A. Esposito
Contributor

Actor Liam Neeson thinks that we are a disgrace. All of us. Here is his recent quote. "There's too many [expletive] guns out there," stated Neeson. "Especially in America. I think the population is like, 320 million? There's over 300 million guns. Privately owned, in America. I think it's a [expletive] disgrace."

At surface level, his comments could be easily dismissed as standard hyperbole from another Hollywood hypocrite.

However, if you look below the surface, you will find more.Neeson is obviously disgusted by the pro-gun Americans for, well, legally owning guns. However, I believe that he is also inferring that the anti-gun Americans are disgraceful for allowing this freedom to own guns to occur. One-step further, the American Constitution is disgraceful for providing the types of freedom that permits private gun ownership of any kind.

Mr. Neeson is free to express his opinions on these matters. Hopefully, he has given a small degree of thought to the fact that he is free to do so because of...wait for it, Mr. Neeson, because of the Americans with guns who prevented his country from becoming a suburb of Hitler's Berlin.

This is an example of good guys with guns stopping bad guys with guns from exerting their murderous agendas. Of course, he can toss off this type of logic by stating that armies need weaponry, private citizens do not.

At this moment, there are likely a large number of concerned French folks who might disagree with him on that point.

Mr. Neeson may or may not have a solution on how the citizenry of any country can protect themselves from both random and planned acts of terror and violence.

Perhaps we should use harsh language and vigorous hand gestures to dissuade those whose intent is to harm us.

Alternatively, maybe we can all begin carrying Scottish Claymore swords, walk around challenging the bad guys to duels and then cleaving them asunder from stem to stern as the character, Rob Roy did in the movie of the same name that starred Mr. Neeson as he provided steel justice to Tim Roth.

Ironically, or maybe not so ironically, Mr. Neeson's comment on how disgraceful Americans are, remember, I am talking about both pro and anti-gun Americans, coincides with the release of his latest movie, Taken 3. -Yes, it is the third episode, as apparently you just cannot get taken enough.

The promotional ads and posters for this movie, feature Mr. Neeson, in full display of his grim, flint-eyed and granite visage, glaring menacingly at the off-poster evil-doers who are obviously about to receive their well-deserved, violent ends as dispensed from the barrel of the hefty pistol clutched in the actor's hand.

This is not the first movie that Mr. Neeson has used firearms to dispose of his fantasy antagonists. There are the two previous Taken movies and then a long list of others, including, but not limited to... A Walk Among the Tombstones, A Million Ways to Die in the West, Non-Stop, Unknown, The Lego Movie, -wait, how did that get in there, and then, with a title that is almost too good to be believed, Gun Shy. There are more.

You would think that the man who played the lead role in the great movie, Schindler's List would have a good idea of just what can happen when only the bad guys have the guns.

In the movie, a depraved Nazi officer passes the time of day by plinking the starved and enslaved occupants of a concentration camp from his balcony with a rifle.

But then, no one says that Mr. Neeson was obligated to look deeper into these types of issues as he was pre-occupied with his acting.

No obligation at all since he was busy with the script and just following the director's orders on how to perform his duties.

Recently, a Philadelphia woman was alerted by her two dogs that there was an intruder on the balcony of her second story apartment.

When she went to the sliding glass door, she discovered 21-year-old, 110 lb., 5' 1" professional jockey, Angel Suarez Medero who motioned to her to silence the dogs. He then allegedly proceeded to lie down, lower his pants and perform an obscene act.

With the dogs still barking frantically, the resident rushed to call 9-1-1 and at this point, Mr. Medero threw himself against the plate glass door and crashed into the apartment.

The dogs attacked him as he began to trash the residence. With one of the dogs in pursuit, the crazed intruder ran back onto the balcony and dove off.

He was not done. He then slammed through the door of a first floor apartment and began assaulting the two residents.

In all of the chaos, one of the residents was able to acquire his .45 caliber handgun and fired two shots, center mass into Mr. Medero. Now, somewhat subdued, it still took three law officers to restrain Mr. Medero while waiting for an ambulance. Think about that. Two .45 slugs at virtual, point blank range in the chest and stomach, and the assailant was still putting up a fight.

Mr. Medero is still alive. Sadly, one of the brave dogs is still missing. We will never know just how tragic this story may have ended if one good person with a gun was not able to stop one bad, or evil, or drug influenced, or maniacal (take your pick) bad person. There are a lot of bad people in the world. They are not scripted in.

But stories cut both ways when it comes to guns. Recently, in Idaho, a young mother in a Walmart left her purse in the cart with her two-year-old child.

She turned away for "just a moment." The child pulled the gun out of the purse, pulled the trigger and the mother died instantly.

Freedom to own weapons in America is certainly a double-edged sword, similar to the Claymore. But they are our freedoms.

We are free to argue, to dissent, to vote for politicians who share our views and to protest laws that we feel are wrong or unjust.

I may have strong, pro-gun beliefs and my neighbor may feel equally as strong about his or her anti-gun position. We are free to do so.

We inform ourselves, take a stance and act accordingly. Right, wrong or indifferent, there are only strong sets of beliefs involved. Regardless of those beliefs, there is rarely, if ever, any double standard at play.

Perhaps Mr. Neeson should consider some of these matters the next time that he, not of American descent, decides to opine on just how disgusting and disgraceful Americans are.

Perhaps, as he unholsters his play gun and begins blasting away at the make believe villains in his next shoot-'em-up, epic film, he may want to consider an applicable quote from one of his fellow actors, Val Kilmer, who plays a reflective Doc Holiday in the western, Tombstone.

In one classic scene, the good doctor quips, "It appears my hypocrisy know no bounds."

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Amhony Hood

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2006 Chevrolet 1500
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2007 Chevrolet 1500
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2011 Chevrolet 1500
was $20,900 NOW $16,902



2013 Chevrolet 1500
was $32,900 NOW $29,386



2013 Chevrolet 1500
was $34,900 NOW $31,386



2013 Chevrolet 1500
was $38,900 NOW $35,777



2014 Chevrolet 1500
was $46,900 NOW $39,990



2013 Chevrolet Camaro
was $28,900 NOW $24,784



2013 Chevrolet Captiva 2013
was $24,900 NOW $20,888



2014 Chevrolet Cruze
was $19,900 NOW $16,842



2013 Chevrolet Equinox
was $25,900 NOW $23,872



2013 Chevrolet Equinox
was $29,900 NOW $27,362



2014 Chevrolet Impala
was $21,900 NOW $18,888



2014 Chevrolet Impala
was $27,900 NOW $22,870



2014 Chevrolet Impala
was $27,900 NOW $22,872



2014 Chevrolet Impala
was $27,900 NOW $24,772



2011 Chevrolet Malibu
was $18,900 NOW $15,984



2013 Chevrolet Malibu
was $19,900 NOW $16,777



2014 Chevrolet Malibu
was $20,900 NOW $16,642



2010 Chevrolet Malibu LTZ
was $14,900 NOW $11,980



2010 Chevrolet Tahoe
was $27,900 NOW $23,286



2005 Chevrolet Trailblazer
was $9,995 NOW $7,805



2009 Chevrolet Traverse
was $17,900 NOW $14,705



2009 Dodge Grand Caravan
was $13,900 NOW $9,486



2013 Dodge Grand Caravan
was $29,900 NOW $25,438



2008 Ford Edge
was $18,900 NOW $15,386



2011 Ford Expedition
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2003 Ford Explorer
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2010 Ford F-150 4x4 Raptor
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2008 Ford F-150
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2010 GMC 1500 4x4
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2014 GMC 4x4 2014
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2012 GMC 1500
was $39,900 NOW $35,886

2013 GMC 1500
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was $38,900 NOW $35,408

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was $8,995 NOW $5,986

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2006 Lexus 400H RX
was $16,900 NOW $14,286

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was $34,900 NOW $29,286

2007 Nissan Maxima
was $16,900 NOW $12,486

20006 Pontiac G-6
was $10,900 NOW $7,862

2009 Pontiac Vibe
was $14,900 NOW $11,887

2012 Toyota Camry
was $22,900 NOW $18,460

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