SERIES 5 • ISSUE 12 • MARCH 23, 2015
CULLMANSENSE
COMMUNITY MATTERS



FACEBOOK.COM/CULLMANICECREAMTRUCK

CULLMAN ICE CREAM TRUCK READY TO ROLL P6


ROB WERNER

MEET MAZZIE
THE FURRY FACE OF WERNER'S TRADING COMPANY P9

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"THE STARFISH THROWERS" FILM JOINS WSCC'S SOUTHERN CIRCUIT TOUR P10

TURNING TRAGEDY INTO HOPE

5K RUN HONORS GRANT BROWN WITH MEMORIAL FUND

Chelsea Sparks
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HANCEVILLE – It was a brisk spring morning at Wallace State on Saturday as 17 participants ran the 5K course through the campus. The group gathered to have fun, but also to remember a beloved member of the community who was lost too soon. Those participating in the event wore lime green shirts with trendy sunglasses on the front in memory of Grant Brown. One of the organizers and a friend of the family, Holly Pirkle, spoke about what the scholarship fund represents to those that knew Grant. P2


CHELSEA SPARKS/CULLMANSENSE

Friends in the 50+ division hug and congratulate one another on finishing the race.


CHELSEA SPARKS/CULLMANSENSE

JK Davis is the first to cross the finish line of the Grant Brown Memorial 5K.

NEW UNITED WAY BOARD OFFERS EXCITING OPPORTUNITY FOR YOUTH TO HELP COMMUNITY

Chelsea Sparks
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CULLMAN – The United Way of Cullman County is reaching out to young professionals of the area to participate in their new program, the Young Professionals Board. Through this board, United Way hopes to utilize the creative talents and skill of younger P2

GIVING A HAND UP IN LIFE

CHILDHAVEN HELPS PRETEENS, TEENS AND YOUNG ADULTS BUILD A BETTER FUTURE P4



CHELSEA SPARKS/CULLMANSENSE

The building that has housed Childhaven for over 60 years is turning 105 this Mother's Day.

STATE CON BOARD UNANIMOUSLY APPROVES 30-BEDS FOR CRMC

Lindsey Dossey
CRMC Contributor

CULLMAN — Cullman Regional Medical Center (CRMC) officials are pleased to announce that the State of Alabama Certificate of Need (CON) Review Board unanimously approved a 30-bed Certificate of Need on Wednesday, March 18 for its acute care hospital. P6

CLARKSON COVERED BRIDGE RE-OPENS AFTER RENOVATION

Sharon Schuler Kreps
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BETHEL – The construction crew is finally finished and all their equipment has been removed from the area. Clarkson Covered Bridge is once again open to the public. The park will re-open the landmark on Monday, March 23. The bridge has been restored and its historic sign has received much-deserved attention.

Visitors to the park will notice new signs located throughout the area. There are 15 small signs in the park. They are scattered around at different points and have QR codes on them. The QR codes can be scanned with a cell phone and will retrieve information about things such as the history of the bridge and the various plants on site.

Another new addition to the park is a cabin. It is the same building where the water wheel is attached. The park will be renting it out with a two night minimum stay, hopefully starting by the middle of April or the first of May. It will be perfect for romantic weekend getaways, family reunions, girl's night outs and more.

"The house used to be a caretaker's place and we have turned it into a cottage now," said Doug Davenport, director of Cullman County Parks & Recreation. "It has three bedrooms with queen size beds in all of them. It has a bathroom and a full sized kitchen P3


FACEBOOK.COM/CLARKSONCOVERED.BRIDGE

Historic Clarkson Covered Bridge and Park have undergone numerous upgrades.

CP&R BRANCHES OUT TO THE ARTS

Chelsea Sparks
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CULLMAN – When you think of Cullman Parks & Recreation, you probably think of soccer, baseball, and playing disc golf at Heritage Park. This April, however, CP&R will be P3

PRINTED LOCALLY @ PRINTING Alabama Web Press

CITY OF CULLMAN DESIGNATED 'TREE CITY' FOR 27TH STRAIGHT YEAR

Will Hogue
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CULLMAN – On Wednesday morning, March 18, in front of City Hall, Mayor Max A. Townson led students and citizens of Cullman in celebration of Arbor Day and the city of Cullman's 27th consecutive year as being designated a "Tree City."

The Tree City award is given by the Tree City USA program, which is sponsored by the Arbor Day Foundation in cooperation with the National Association of State Foresters and the USDA Forestry Service.

There are four standards that must be met in order for a community to qualify as a Tree City, which include having an Arbor Day observance and proclamation, along with having a tree board or department. The mayor, along with observing Arbor Day and proclaiming this week as "Arbor Week," presented awards to winners of the annual Arbor Day Poster Contest.

Among the first place winners was Will Fowler from St. Paul's Lutheran School. Fowler declared that he would spend his prize money on Legos.

Mayor Townson and Darrell Johns, the arborist of Cullman, have been diligent in keeping trees a prominent part of landscaping throughout Cullman as industrial growth has occurred.

The winners of the poster contest, all of who are students from schools around the community, assembled for a photo with the mayor. Townson explained to them the importance of trees.

National Arbor Day is April 24.

THE LINK OF CULLMAN COUNTY CONTINUES TOWARDS $20,100 GOAL, CREATES VIRTUAL GIVING TREE

Sharon Schuler Kreps
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CULLMAN – The Link of Cullman County is a faith-based, non-profit organization that supports the needs of our neighbors through goal setting, career advising and financial counseling. Their mission is to foster community in Cullman County to maximize resources and transform lives through the love of Jesus Christ. But they need help in order to accomplish this mission.

Last week, The Link held their annual fundraising event, "Flourish", in an attempt to reach a goal of $20,100. "Flourish" didn't quite reach their goal, so the organization is continuing their quest for the rest of the funds.

"As for the fundraiser, this is essentially from our event," explained Dawn Owens, executive director of The Link of Cullman County. "We had a giving tree there and we ended up raising about $3,500 from it. Our goal was $20,100 so we have created a Virtual Giving tree. The funds from this campaign will directly support our ongoing programs and services, as well as helping us launch the Renew U program that we announced at the event. We already have three students enrolled to begin classes towards an associates 'life' degree."

The Virtual Giving Tree works by participants going to LinkingCullman.webconnex.com/givingtree and then selecting a number with an amount of money that they would like to donate. That number represents one leaf on the giving tree. Once the leaf is paid for no one else can purchase it. The purchased leaf will be added to the Tree of Life on the wall at The Link Center. Leaves may contain the participant's name or 'Anonymous'.

The Link meets new neighbors that represent lives that can be changed every day, but they need support to help them offer life change to those neighbors.

For more information about The Link of Cullman County, go to LinkingCullman.org and follow them on Facebook at Facebook.com/TheLinkofCullmanCounty.

For information about giving money to The Virtual Giving Tree, go to LinkingCullman.webconnex.com/givingtree.

5K (from Front)

"Grant graduated from Hanceville and one week later tragically died." "He had dreams that he was going to travel and go to Europe and go to college out in Colorado. He never got the chance to realize those dreams, and this is our way to remember Grant, and for students from Hanceville to have the opportunity to meet their dreams where Grant didn't have that opportunity."

The scholarship fund began last year and has already awarded their first recipient.

They are now raising money for another student to receive a year's paid tuition to Wallace State Community College. Amy Cornelius, co-organizer for the event, was pleased with their first year and thankful for the help they received.

"We had a lot of help with this event," Cornelius said. "We couldn't have done it without them, and we hope to make this an annual event that will grow more and more each year."

Event Winners

Overall Winners

• Male - JK Davis with a time of 20.59

• Female - Jordan Quick with a time of 27.04

Ages 16-19

JK Davis

Ages 20-29

Female - Jordan Quick
Savannah Lewis
Male - Jacob Quick
Nickolas Johnson

Ages 30-39

Female - Dana Lisle
Lauren Bentley
Male - Brent Barnett
Chad Whaley

Ages 40-49

Justina Radcliff

Ages 50+

Female - Teresa Fincher
Male - Eddie Lewis

For more information on donations e-mail acornelius@ccboe.org or apirkle@ccboe.org.

Checks can be made to the Grant Brown Memorial Fund and can also be taken to the account opened at Merchants Bank.

A second fundraiser for this year is coming up on March 24 from 4-7 p.m. at Moody Center at Hanceville Park.

A price of $11 includes a choice of chicken, shrimp or fish, fries, slaw, hush puppies, dessert, and a drink. Proceeds go to the Grant Brown Memorial Scholarship Fund at Wallace State.

Youth (from Front)

professionals working in the area.

"The goals of the Young Professionals Board are multi-faceted," said Stephanie Wood, marketing and communications coordinator. "Through the committees, it our hope that this board will provide our agencies with more assistance through their time and creative ideas, that they will assist us in educating the public on the mission of United Way, and that they would lend their assistance in creating and planning events and fundraisers. As a staff member of United Way, to me, this board is an opportunity to develop invested leaders for United Way that will continue to volunteer, donate or serve in the years to come."

According to Wood, the board members will be assigned to subcommittees including special events, community relations and education.

The special events committee will work directly with the marketing & communications coordinator to assist with the planning and execution of all fundraisers or special events.

The agency relations committee would work to develop a volunteer base that could be used and contacted by our agencies.

This group will also set up monthly service days with participating agencies for board members and/or volunteers to attend. And finally, the education committee would have the task of brainstorming ways to disseminate information to the public about United Way and its mission.

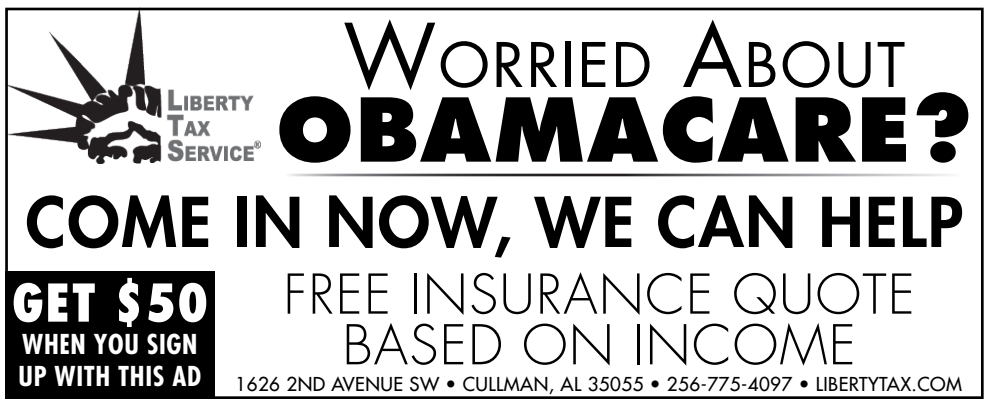
The idea has been one on Wood's mind for some time as a way to involve the younger age group in the community.

"This idea is something that came to me in my first week at United Way," Wood said.

"I was brainstorming ways to get a younger generation involved in the work we do here and the idea of this board just came to be. After that, we researched several non-profits that use a Junior Board. The outline of this board is most similar to a non-profit in Chicago, but overall, this is a mix of personal ideas and items we found in our research."

United Way is now accepting applications for young professionals ages 22 to 35 years. Those that wish to apply may do so online at UWayCC.org/young-professionals-board-application or e-mail swood@uwaycc.org for a manual application.

"The Young Professionals Board has so much potential to impact Cullman County as a whole," said Wood. "For United Way, we have the opportunity to invest time in up to 20 future leaders and educate them on the importance of our mission. For Cullman, this is huge, because each year there will be 20 more people that understand Cullman better. They will know the areas we can improve, the areas we are already making a difference in, and they will be able to take that information and use it when they enter leadership roles in the community."





COUPONING CLASSES OFFERED TO THE MASSES

FANCHER TUTORING SERVICE HELPS MAKE SAVING MONEY EASY

Sharon Schuler Kreps
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CULLMAN – Everybody loves to save money, especially on the things they use every day. Most people have used at least one coupon from time to time, and then there are those who use handfuls of them every time they go to the store. But the majority of people don't realize the serious amounts of money they can save if they knew how to plan ahead and how to use coupons properly. Cherrelle Fancher of Fancher Tutoring Service understands this and now offers beginner's couponing classes to the community.

Disciplined and highly organized, Fancher has a way of explaining the dos and don'ts of couponing and budgeting so that people will both learn and have fun at the same time.

"Couponing can be intimidating," said Fancher with a smile. "With a different policy for every retailer, apps that stack three different kinds of coupons, 15 sale papers for stores all over the county being delivered to your door two days a week – it's no wonder that many busy adults think they just don't have time to coupon. With a little bit of planning and the materials I provide in my class, I aim to prove to you that it is just not true."

In order to teach the proper way to use coupons, store rewards and apps, Fancher designed a beginner's starter kit. The kit is designed to help her students shave serious cash off their grocery budget each month.

"I've spent more than 30 hours collecting all you need to know to begin your coupon journey in a convenient kit that will not only teach you how to coupon, but will keep you organized so that you can continue to save money month after month."

The kit includes a Menu and Shopping List Planning, Grocery Store Math, Shelf Life for Bulk Buying, Favorite Items Price List, Couponing Lingo, Insert Schedule for 2015, Rewards/Loyalty Card Breakdown, Which Store Apps/Cash Back Apps Pay to Have, Ins and Outs of a Coupon, Organizational Tips, Detailed Shopping Guides for CVS, Rite-Aid, Walgreens, and Kmart and physical copies of up to 20 different stores' coupon and price matching policies.

The kit also includes sheet protectors for sorting by date, pocket sheets for sorting by coupon, scissors and a pen. They all come in a 3-ring pouch for on-the-go couponing.

The entire kit is contained in a sturdy 1.5 inch zippered binder (Beginner's) or a 2 inch Case-It Open Tab Binder (Extreme), which features built in expandable file pockets and has a Velcro closure.



SHARON SCHULER KREPS/CULLMANSENSE

Fancher provides students either a "Beginner" or an "Extreme" couponing kit as part of her couponing classes.

To learn more about Fancher's couponing classes call 256-706-7180 or e-mail tutor@fanchertutoring.com. Visit her website at FancherTutoring.com and follow her on Facebook at Facebook.com/FancherTutoringService.

Arts (from Front)

turning their focus on an area they feel needs more mass attention – the arts. Art in the Park will be at Heritage Park on Saturday, April 11 at 9 a.m.

Waid Harbison, marketing and programs director for Cullman City Parks & Rec, says that this is an important next step for the CP&R community.

"CP&R is trying to expand into the arts," Harbison said.

"One of the main focuses of our department is to offer something that would interest everyone. We have done a great job with athletics, sports, cheerleading, and even adult and senior programs and classes, but art is one of the areas we realized we needed to step up in. We are hosting this event to promote the arts in the community and get it on the forefront of people's minds. There is a lot to do in Cullman, and so we want that to include a wide array of art programs."

According to Harbison, this event will kick-off a new CP&R Community Arts program that will have classes for preschoolers, home school students, adults and more that will focus on painting, specialty crafts, antiques, outdoor arts, family art nights, and more.

"All ages are invited to participate and there will be something for everyone to do," said Harbison.

"We will be offering an art contest with categories for paintings, drawings and mixed media for all ages. Entry forms can be picked up at the Cullman Civic Center and artwork must be dropped off at Shop Around the Corner, who will be sponsoring and judging the event. We will also be offering free craft stations for kids to come in and do craft items, as well as other kid's games and inflatables, all free to use."

A sidewalk chalk contest will also be held and anyone can show up and register to draw their best piece in one hour with a box of sidewalk chalk. In addition, a large arts and crafts show will be featured throughout the day at Heritage Park.

All of the proceeds for this event will be put into the new arts program in order to offer as many programs, classes and events centered around the arts. Harbison said these programs will have a large impact on the youth in the community, offering something they might not have otherwise been exposed to, as well as offering something new for our adult and senior citizens.

"Cullman is a very progressive community that is very ahead of the curve in almost every area. We have the best recreation facilities, the best schools, the best athletics, and it is time for us to step up our games in offering and promoting arts in the community. Arts are one of the major places we are missing people in Cullman, and so many people in the community do not have access to an adequate arts program. We encourage the entire community to come out and attend; even if you are not a participant, there are hundreds of local artists who put lots of time and work into their art, and we want to showcase them for all of their efforts."

Visit CullmanRecreation.org/programs-events/events/ for more information.

Bridge (from Front)

in it. It is just like a regular residential home."

In the past, the water wheel was a favorite with the park's visitors. Unfortunately, it hasn't worked in years.

"We're in the process of trying to find someone or a company that can rebuild the old water wheel," Davenport said.

"We'd like to have either another wooden one, but it may be metal. I've gotten a price on one of each, but I'm still shopping the market on it. That's been one of my goals since I took this job – to get the water wheel going."

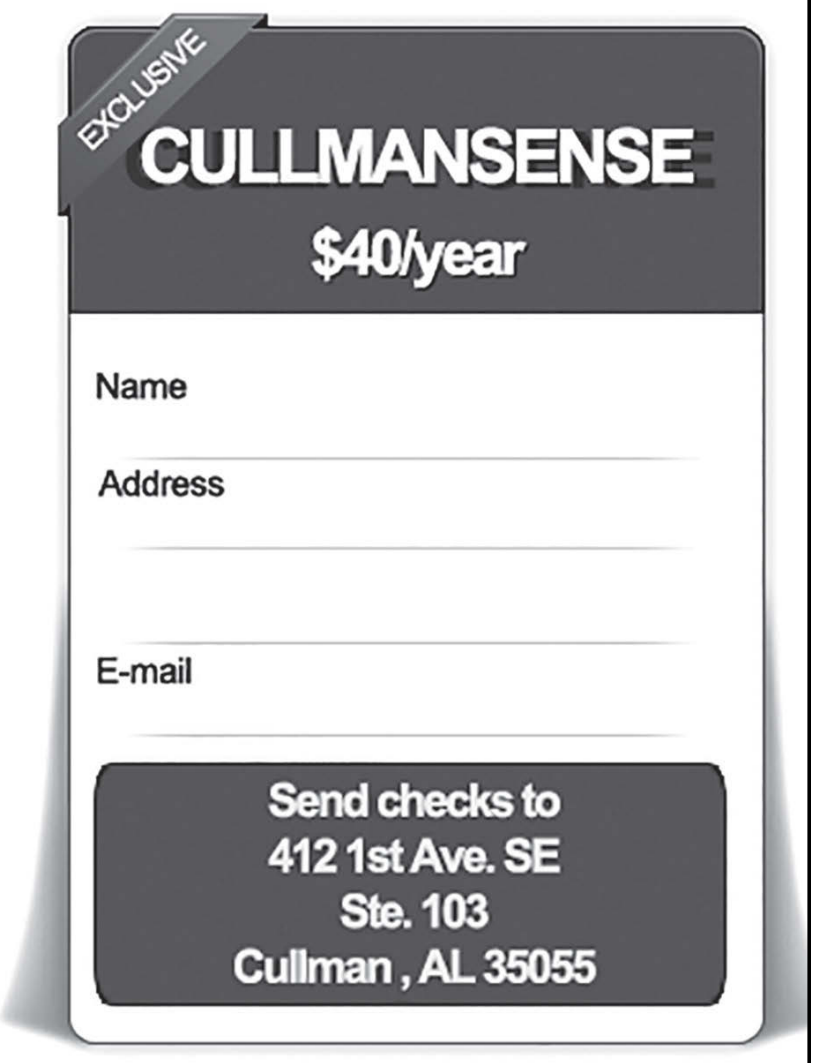
Cullman County is beautiful and Clarkson Covered Bridge is right in the middle of it.

The bridge is one of Cullman's many hidden treasures and those that have been will likely agree.

Clarkson Covered Bridge is located at 1240 County Road 1043, Cullman, AL, 35057.

For more information about the bridge, visit CullmanCountyParks.com/Clarkson. Follow them on Facebook at Facebook.com/ClarksonCovered.Bridge.

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SNEEZING AND SNIFFLES

CULLMAN INTERNAL MEDICINE'S DR. ADAM HARRISON DISCUSSES COMMON ALLERGIES AT CRMC EVENT

Sharon Schuler Kreps
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CULLMAN – On Thursday, March 19, Dr. Adam Harrison of Cullman Internal Medicine spoke at Cullman Regional Medical Center's Spring Fever Lunch and Learn event. Dr. Harrison spoke about seasonal allergies and how to deal with them. The place was full of people who listened attentively to all the advice the good doctor had to say.

"Allergic Rhinitis affects about 30 percent of the population in the United States," said Dr. Harrison.

"So just like you did in elementary school, look to your left. Look to your right. One out of three of you guys will have the allergies this season. So it's pretty common when we look at how many people will be affected by allergies every year."

Dr. Harrison gave an outstanding overview of the pesky allergies while informing everyone about the epidemiology, or the causes and effects of allergies.

He identified triggers of allergies and helped the audience to understand how they need to react to them.

He also reviewed many of the over-the-counter and prescription medications commonly used for the effects of seasonal allergies.

During the presentation, Dr. Harrison identified several different plants that produce the most common allergens here in Cullman. They are orchard grass, the chestnut oak tree, Bermuda grass, water chestnut trees, the ox-eye daisy, smooth amaranth, black walnut trees and the dandelion. These can all cause itchy, watery eyes, runny noses, sneezing and fatigue.

> **"Allergic Rhinitis affects about 30 percent of the population in the United States."**
> Dr. Adam Harrison, Cullman Internal Medicine

"So my recommendation on the medications is to first check with your doctor, to make sure you won't have any interactions with your current medicines," said Harrison.

"Start with an easy over-the-counter remedy to begin with. If you start having allergy symptoms, use Flonase first and then you can try Zyrtec, Allegra or Claritin. You can also take Benadryl at bedtime to get you a good night's rest. Then, if those don't work for you, go and see your doctor."

At the conclusion, Dr. Harrison fielded several interesting questions that he answered happily. In the end, everyone enjoyed a delicious lunch and an informative talk.



SHARON SCHULER KREPS/CULLMANSENSE

Dr. Adam Harrison of Cullman Internal Medicine talks about allergies to a captive audience.

Childhaven (from Front)

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CULLMAN – Childhaven has been a name known in the Cullman community for decades. The long history of its facilities dates back to over 100 years ago when it was The Alabama Odd Fellows Home. A lot has changed over the century, and the programs that are in place today are vitally important to the community and Alabama as a whole.

Currently Childhaven helps preteens, teens and young adults across North Alabama to get the help and support they need to thrive in society. They have programs such as residential care, foster care, independent living, the Genesis Project and more. Executive Director Jim Wright spoke about some of these programs and the children that are helped.

"We are a children's home," Wright said. "We have nine group homes on our campus here with house parents who care for up to eight kids in a home. We operate three different programs currently. One is just for teenagers and preteens, so the youngest we would have on campus would be 13 or 14 years old with the exception of our moms and babies."

According to Wright, another large part of the work done at Childhaven is with teen moms and their babies.

"We have the Genesis program for our young moms and babies," said Wright.

"They also live here on campus and their cottages will have four mothers each. We help these moms through the time of their pregnancy and birth, and then help them to learn how to be good moms and make good decisions for their children. They stay here, of course, after the birth also so that they get the continued support they need."

The young preteens and teens that have been coming to Childhaven have typically been sent to them from the foster care system of the state.

Wright is enthusiastic about developing changes in a new way of working with children and their families.

"We are really excited about a new initiative that really goes back to our roots," Wright said.

"Secondly, we are opening a privately placed care, where parents who have issues, or children who have issues can be privately placed in our care. We would be asking parents to work with us, and put the child in our care for a minimum of one year."

There are a lot of factors that could lead up to a situation that called for privately placed care, according to Wright, who has spoken with judges, counselors, youth ministers and social workers about the issue.

"There are so many scenarios that could lead to this need," said Wright.

"You could have a divorce where the dad leaves with the money, and the mom and children are in poverty. We also have been told by juvenile probation officers that a lot of parents call them asking for help with their troubled child who is getting in trouble at school or acting out at home. So there are a lot of different reasons why someone might need to use this program."

Wright went on to say that the goal of this service would be to help those with these issues get parents and youths in a better situation to be able to thrive in society.

These services are of vital importance to not only Cullman, but society as a whole.

For Wright and those that work with him, the goal is to simply give people the tools to be upstanding and contributing members of society.

"We want every child that comes through Childhaven to leave knowing that they have support here and family here," said Wright.

"It is amazing what giving just some encouragement and support can do for the parents, a young pregnant mom, troubled child or a child without a family."

Donations can be taken directly to Childhaven, located at 1816 Childhaven Rd NE, Cullman, AL 35055 or by visiting their website at Childhaven.com.

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DO YOU KNOW THESE HISTORIC FACTS ABOUT CULLMAN?

Sharon Schuler Kreps
sharon@cullmansense.com

CULLMAN – Did you know that our town's founder Colonel Johann Gottfried Cullmann's original home was located where Just for Looks and Berkley Bob's Coffee House are now? Also, according to Cullman city maps that go back as far as 1888, Colonel Cullmann had a greenhouse. It even had a glass roof on it. The old colonel had a small gazebo behind his home, too. Unfortunately, his beautiful home burned down in 1912 and was later replaced with a Motion Picture Theater. Many years later, a replica of the colonel's home was built and now houses the Cullman County Museum.

Did you know that across the street from Colonel Cullmann's house was where the original Cullman Train Depot used to be? The depot consisted of three different sections: the passenger depot, which was located on the north side; the freight depot, in the middle; and the platform on the south side. The platform was long and stretched all the way to the end of the block. There was also a large water tower for the trains at the depot, too.

Did you know that in 1913 the old depot had to be moved? It had to be moved to a different location when the L&N Railroad began lowering the train tracks to below grade level. For whatever reason, Colonel Cullmann had left money in his will to help pay for the project. Viaducts, or bridges, were built across the newly lowered tracks, and the area where the original tracks used to be was turned into parks and parking lots.

Did you know that Colonel Cullmann laid the town out in one-acre blocks? Later on, the blocks were divided into fourths. Today there are only five blocks left in Cullman that still have their original one-fourth acre lots intact. All the others are subdivided or altered.

Did you know that the Busy Bee Café is the city's oldest restaurant still in operation? The original location was on the corner of 3rd St and 3rd Ave SE where Hagan Real Estate's office is located now. That particular strip of buildings was constructed in the mid-1960s and was later destroyed on April 27, 2011 by the tornado outbreak.

History is fun, especially when it is broken down into bite-sized bits. These tidbits give food for thought; something to make you scratch your head and think. Cullman is filled with interesting facts and tales, and it's up to us to keep them alive and remembered. We do this by passing them down to our children and grandchildren. We can only move forward and grow when we understand our past and where we come from – and Cullman sure has come a long way.

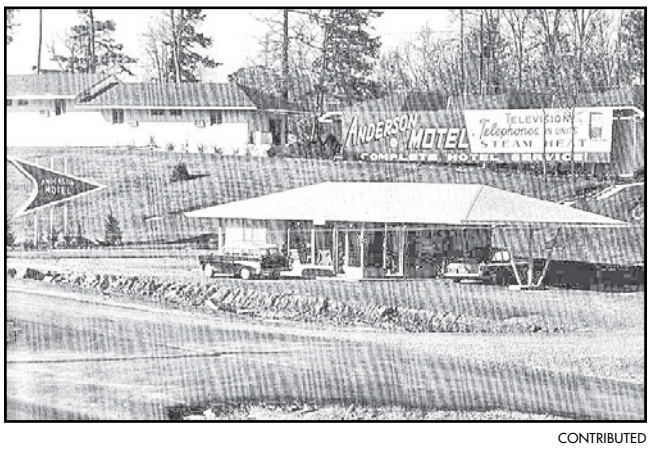
MIRRORING HISTORY: ANDERSON MOTEL

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CULLMAN – Located on Highway 31, the Anderson Hotel was the weary traveler's home away from home. The memorable site continues to be as popular today as it was in years past.

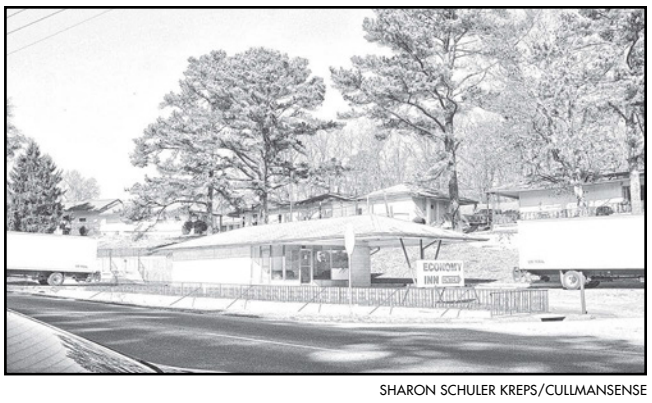
In its heyday, it offered 47 air-conditioned units with a TV, telephone and steam heat. At the time, it had what most people considered to be Cullman's very best motel swimming pool around.

This was one of the first hotels that actually helped bring people into town and build Cullman's reputation.



CONTRIBUTED

At a time the Anderson Motel was known for its swimming pool.



SHARON SCHULER KREPS/CULLMANSENSE

The motel is now operating as Economy Inn.

flourish
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for your generous support.



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APRIL 4 | YOUTH OUTDOOR ADVENTURE
APRIL 6 | KAYAKING CLASSES
APRIL 17 | MOTHER/DAUGHTER PJ PARTY & FATHER/SON NIGHT OUT
VISIT OUR NEW WEBSITE TO GET PLUGGED IN
WWW.CULLMANRECREATION.ORG

HOT DAYS AND COOL TREATS

SELF-EMPLOYED CULLMAN ICE CREAM TRUCK DRIVER CHRIS EADY IS READY TO DELIVER

Sharon Schuler Kreps
sharon@cullmansense.com

CULLMAN – Spring is just around the corner and before we know it the dog days of summer will be upon us. Outdoor activities and the hot weather can leave us craving something cold and sweet – ice cream. Thankfully, there's a brand new ice cream truck in town. Cullman Ice Cream Truck will be hitting the streets in the very near future and children of all ages are excited!

"I've actually been an ice cream truck driver in this town since about 1991," said Chris Eady, owner of Cullman Ice Cream Truck. "I took a year off last year and decided to buy my own truck and work for myself this year."

"I've been in several different trucks; I've worked for the same company for years. I decided I wanted to work for myself, so I bought my own truck. I just finished getting it road ready. I took it out this past Saturday and Sunday to make sure I got all the 'bugs' worked out of it."

"Yay! I love the ice cream truck," said April Martin, ice cream lover. "So glad it was here at the shop the past few days getting road ready - I've enjoyed all the delicious ice cream!"

Chris plans to keep standard routes, which mean long days and happy customers. For example, during the weekdays he plans to drive around the area businesses, offering them a chance to purchase an ice cream bar during their lunch breaks.

"We love the Cullman Ice Cream Truck! Very friendly people with a great selection," said Beth Kibler, a happy customer.

> **"I've been in several different trucks; I've worked for the same company for years. I decided I wanted to work for myself, so I bought my own truck in March of this year."**
> Chris Eady, Cullman Ice Cream Truck Owner

When schools dismiss in the afternoons, the ice cream truck will be slowly strolling the neighborhoods around East and West Elementary, as well as other places throughout town, so children can munch on an icy afternoon snack.

In the evenings, the truck will be found still out and about offering a wide selection of cartoon character shaped goodies for the whole family to enjoy after eating dinner. Children will be able to hear the truck coming from a mile away and can run home yelling, "Ice cream truck!" just like their parents and grandparents did before them.

"They are very nice people and it took me back to my childhood days," smiled Michael Coggins, a customer of the beloved ice cream.



FACEBOOK.COM/CULLMANICECREAMTRUCK

The Cullman Ice Cream Truck will be cruising the streets soon, selling sweet treats to children and adults.

For more information about the Cullman Ice Cream Truck, follow them on Facebook at Facebook.com/CullmanIceCreamTruck or call them at 256-736-4451.

COOKING TO LOVE

AUGUSTA'S SPORTS GRILL OPENS ITS DOORS TO THE CULLMAN FAMILY

Chelsea Sparks
chelsea@cullmansense.com

CULLMAN – A new restaurant has opened its doors in Cullman on March 5, and the response has been tremendous in that short time. Augusta's Sports Grill is a family owned and operated business on Graham Street SW where Debbie Veres, her husband and son have taken their love and experience in the food industry and turned it into something unique in the Cullman area.

Veres has been in the restaurant business for 30 years now and has passed that love on to her son as well. The love of food and family seems to be a tradition passed down in their family as Veres' grandmother, for whom the restaurant is named, is what inspired this family to open the business.

"It is named after my grandmother who was a Lessman and grew up right behind us [the restaurant]," Veres said. "When I was growing up I spent a lot of time with her, and there was always people coming by, and she was always cooking for them. So when I was little I asked her 'Grandma, why do you do this?' and she would just smile and say 'I'm just glad I can do it'. She was an inspiration to all of our family."

> **"Some people say they love to cook, but I think my grandmother cooked to love, and we're carrying on that legacy."**
> Debbie Veres, Co-owner of Augusta's Sports Grill

It was around 20 years later that Veres found herself having a stressful day in the restaurant she worked at and was asking herself the same questions, and found that she too was happy to serve like her grandma.

"It hit me in that moment," she said. "The reason she did it, and the reason I do it is for the joy that you see and get when you see others have a good time and enjoy the food. It was really a revelation for me. She was glad she could do it, but it also made her happy. Some people say they love to cook, but I think my grandmother cooked to love, and we're carrying on that legacy."

The new restaurant's kitchen is headed up by Veres' son Josh, who has brought his own experience from the restaurant business and has put it on the menu.

"Josh cooks and is in the kitchen all the time," Veres said. "He actually worked for Logan's Roadhouse for a long time. He would help open up new restaurants for them and would train the management, and set up the kitchen and bar. Most of the items on the menu come from mine and his experience together, and we just have a lot of great popular items that we know everyone loves."

A key to their already growing success, according to Veres, is the freshness of their food.

"Everything is fresh here," she said. "Everything is hand breaded, nothing pre-frozen. We grind our own meat and cut our own steaks. It makes a big difference in the flavor of the food I think, and we take a lot of pride in that. We try to do some things differently, like our prime rib that is available six days a week instead of just on the weekends."



CHELSEA SPARKS/CULLMANSENSE

Debbie Veres invites everyone to enjoy a drink and good food at the bar while they watch their favorite sports teams.

Of course their fully stocked bar and experienced bar staff are able to make almost any drink you can think of and offer a wide assortment of beers on tap. The past two weeks have been very good to the Veres' and their family, and she says they are happy to serve every customer that comes.

"Business has been very good," said Veres. "The support of the community has just been unbelievable. We know a lot of people around here because we all grew up here, and everyone has been so supportive and we are so thankful."

Augusta's is located at 609 Graham Street SW, Cullman, Alabama 35055. It is open Monday through Thursday 10 a.m. to 11 p.m., and Friday and Saturday 11 a.m. to 12 a.m.

Beds (from Front)

In 2009, CRMC acquired 30 beds following the Healthcare Authority of Cullman County's purchase of Woodland Medical Center.

CRMC was granted a three year waiver by the Alabama Department of Public Health (ADPH) with respect to these beds which were added to CRMC's licensed capacity through January of 2015 without a construction project.

CRMC needed to obtain a new CON to put these beds back into service after the expiration of the waiver.

"We appreciate the support of our medical staff, patients, local leaders and legislative delegation for submitting letters of support with our request in December and being so supportive of our efforts," Healthcare Authority of Cullman County Board Chairman Todd McLeroy said.

"We are also especially grateful for the leadership of former state representative and CON Board Chairman and Cullman resident Neal Morrison at the CON Review Board Meeting."

Cullman Regional Medical Center is a fully accredited 145-bed medical center that covers a five-county service area of 175,000 residents and has been a part of the community since 1939.

CRMC is dedicated to promoting wellness by providing excellent healthcare services in the most efficient manner and exceeding the expectations of those we serve.

For more information on the services provided by CRMC, visit www.crmchospital.com.

H.O.P.E. ENJOYS NEW HOME

EQUINE THERAPY ORGANIZATION BEGINS LESSONS AT NEW FACILITIES ON CONVENT ROAD

Chelsea Sparks
chelsea@cullmansense.com

CULLMAN – David Poynor had a vision in 2007 of a therapeutic program that would help individuals with disabilities have access to a unique form of therapy. Upon assembling a board of directors, Horses Offering People Encouragement (H.O.P.E) was approved as a 501(c)3 nonprofit organization. The Benedictine Sisters of Cullman opened the gates for a permanent home to be built for H.O.P.E. in 2011. Fundraising and site preparations began for a new barn in 2012, and the program has been operating since that time at the farm of Jon and Dr. Glori Short until construction was finished.

The time finally came this year for the organization to move into their new forever home on Convent Road in February. Executive Director Rhonda Riley could barely contain her excitement for everyone involved.

"We have been so blessed with this facility," Riley said. "From the incredible barn to the covered arena. It really is just an incredible place for us and this program."

The new facilities have everything their four legged therapists need and more, including spacious stables, large pastures and arenas, and all the love in the world from the children who visit them weekly.

"The covered arena allows us to now have lessons when it is raining and even when it is dark since it does have lights installed," Riley said. "We also now have an area behind the arena with windows that allows family to sit and watch the sessions and, of course, the stables are top notch for our horses."

Another feature of the new facility are the sensory stations that were built by the Cullman Civitan Club.

"The Cullman Civitan Club sponsored and built these stations," Riley said.

"They built five sensory stations to integrate the five senses into the session which is so important. They can do them from horseback or from the ground and leading the horse. They were so incredibly creative when they made them. They used organic materials like cedar logs, and my favorite are the chimes. These stations are a huge part of the inpendence building part of the program."

The center for H.O.P.E. houses four program horses, or horses that have went through special training, namely Sam, Wiser, Loula and CanCan. All of these horses have come from different trots of life but all have went through extensive training to bring joy to these individuals' lives. And Riley states that the real heroes of the program are their staff and volunteers.

"Keli Anders is our program director and PATH certified instructor," said Riley. "She is simply incredible with these horses and the kids. She has helped us to be the only PATH center in Northeast Alabama. Brandi Entrekin is our assistant program director and barn supervisor, and Terre Sutherland is our volunteer coordinator and they are absolutely wonderful as well."

Riley also mentioned board member Missy Blaylock who uses her background in recreational therapy to help participants achieve their goals. It takes a village, according to Riley.

"It really is a team effort," she said. "The staff, the board of directors, the volunteers and groups like Cullman Civitan and Benedictine Sisters all made this possible. We are so grateful to Jon and Glori Short for all of their help and letting us use their beautiful barn and arena. We are just glad though to be in our forever home to keep helping all of these individuals learn and grow."

More information about the H.O.P.E. program can be found on their website at HopeHorses.org.



CHELSEA SPARKS/CULLMANSENSE

PATH certified instructor Keli Anders and volunteers begin a therapy session with one four-year-old participant.

JOB FAIR
MARCH 24TH • 9 A.M. - 1 P.M.
Cullman Area Chamber of Commerce
304 2nd Ave SW • Cullman, AL 35055
PRESENTED BY
PAYROLL SERVICES, LLC
PROFESSIONAL STAFFING COMPANY
256-739-1701
INTERVIEWS WILL BE DONE ON SITE!
MUST HAVE VALID ID AND SS CARD



Stone Bridge Farms & pepsi present an
Easter CELEBRATION
& Dinner Theatre
Monday, March 30, 2015
Dinner 6 p.m.
Program 7 p.m.
ADVANCE TICKETS $20
Make reservations for tickets at 256-734-9765.
Tickets must be picked up at Stone Bridge Farms unless other arrangements are made.
Featuring
"The Greatest Friend of All"
PRESENTED by the SIMCOE WORSHIP CENTER
At the Beautiful Brown Stone Centre at Stone Bridge
281 COUNTY ROAD 717 • CULLMAN, ALABAMA
Stone Bridge Farms SOUTHERN EVENT VENUE
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Monday

Jim 'N Nick's Bar-B-Q Day of Giving
Jim 'N Nick's Bar-B-Q proudly celebrates their 30th birthday with a Day of Giving. Join them on Monday, March 23, 2015 for their pig on a bun special. Every dollar donated beyond their special $2.99 price from 1985 will go to No Kid Hungry. It's their way of saying thank you for a great 30 years.

Bosom Buddies Support Group
The Bosom Buddies Support Group offers support to individuals affected by breast cancer. The group will hold its next meeting on Monday, March 16th from 6 p.m. to 8 p.m. in Cullman Regional Medical Center's Ave Maria Room in the Community Education Center located in Professional Office Building 2 (1890 AL Highway 157, Cullman, AL 35058).

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

Swamp John's Dinner
Swamp John's Dinner at Hanceville Park from 4-7 p.m. today. $11 includes choice of chicken or fish, fries, slaw, hush puppies, dessert, and a drink. Proceeds go to the Grant Brown Memorial Scholarship Fund.

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.

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 at 256-595-0515 or Rita at 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.

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

James Spann to Speak at Chamber Community Luncheon
Join us for our March Community Luncheon from 11:30-1 p.m. at the All Steak. The speaker will be our locally renowned and well respected weatherman, Meteorologist James Spann of ABC 33/40. Spann is a well-known meteorologist in Alabama who hails from Tuscaloosa, where he began his career in 1973. His alma mater is Mississippi State University, and his first employer was WTBC-AM radio. He became one of the youngest chief weathermen in the United States. At age 23, he set the precedence for a meteorologist. James Spann is the founder of The Weather Factory. His company provides weather forecasts for various radio stations. He will be speaking about weather preparedness. $15 – members; $20 – future members.

'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.

Saturday

Stony Lonesome OHV Night Ride
Get outside and have some fun! Call 256-287-1133 for more information on times and pricing.

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.

Cullman Rodeo at the Agricultural Trade Center
For more information, call the Agricultural Trade Center at 256-739-4959.

Next Monday

Bosom Buddies Support Group
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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.
- Jim 'N Nick's Bar-B-Q "Day of Giving" all day long

TUESDAY
- Pickin' Under the Pavilion at the Senior Center at 6:30 p.m.
- Swamp John's Dinner at Hanceville Park from 4-7 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
- 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
- Chamber Community Luncheon from 11:30 a.m. to 1 p.m. at All Steak
- 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
- Stony Lonesome OHV Night Ride
- 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

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

BUSY BEE CAFÉ HAPPY HOUR SPECIALS
Wine Wednesdays • Thirsty Thursdays
Fill'er Up Fridays • Sudsy Saturdays
LIVE TRIVIA EACH THURSDAY 6-8 P.M.

FROM THE DESK OF
JOLAINE WELLS
CULLMANSENSE'S NEW DIRECTOR OF MARKETING



I am so excited to be a part of CullmanSense! It makes me so happy to be affiliated with a newspaper that's all about Cullman, my hometown, and its wonderful citizens! I am looking forward to seeing a lot of old friends and making new ones as I will be contacting all of the businesses of Cullman to help you grow your business at affordable rates. I encourage all of the citizens of Cullman to patronize the advertisers of CullmanSense. Let's all work together to keep Cullman special and support a local paper that's keeping us informed about our great city, county and its citizens.

CONTACT ME AT 256-595-3620
OR JWELLS@CULLMANSENSE.COM

OUTSTANDING CITIZEN OF THE WEEK

MEET MAZZIE: THE FURRY FACE OF WERNER'S TRADING COMPANY

Sharon Schuler Kreps
sharon@cullmansense.com

CULLMAN – Cullman is full of really outstanding citizens. Some volunteer with various charities, others help their local churches. Some of them aren't people at all! Take Mazzie, for example. Mazzie is the 60-pound furry Labradoodle that stays at Werner's Trading Company. Gentle and wise, Mazzie greets customers and entertains children that are out shopping with their parents. But the best part of all; she has become a part of Werner's, a social media icon and a beloved member of our community.

Labradoodles are a crossbred dog that is created by crossing the Labrador Retriever and the Standard Poodle. The dogs were not popularized until 1988, when the mix began to be used as an allergen-free guide dog. Not all Labradoodles are hypoallergenic, but it is a quality that many look for and appreciate in this breed of dog. Since there is no real hypoallergenic dog, the term is often used loosely. The dogs are not considered a breed by any major breeder organization.

"My daughter named her because she's the color of corn or maize," said Rob Werner, Mazzie's Daddy and storeowner. "She's 11 years old, we declare her birthday in November," he grinned as he rubbed the gentle dog's belly.

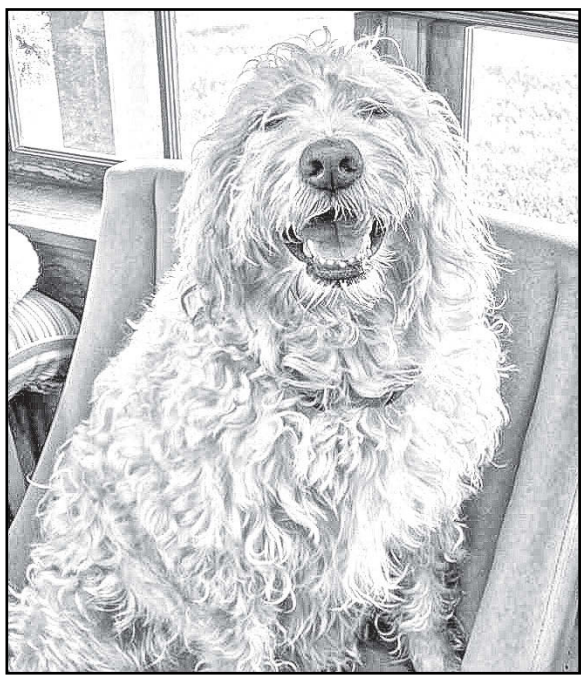
Mazzie has been a perfect fit for the store, and for the Werner family. How in the world did they manage to get such a good dog?

"Well, some folks in Scottsboro were raising Labradoodles as a way to put their kids through college," Werner began.

"We didn't know what a Labradoodle was; we were just looking for a dog for the store. I had a poodle when I was a kid, and I loved it. They are very smart dogs. Labs have a gentle spirit, they are both smart," he mused.

"So we came across an ad for a Labradoodle, and I thought, 'What in the world is that?' So we went over and looked at them, said a little prayer and picked Mazzie out. Mary Ellen wanted a runt; she didn't want a big one and little Mazzie ran up. She was real small. We went back six weeks later and picked her up," he smiled.

Mazzie loves being around all the people, and enjoys checking out all the children that come shopping with their parent's at Werner's. She never meets a stranger and brightens everyone's day.



ROB WERNER

Mazzie the Labradoodle greets and entertains shoppers at Werner's Trading Company.

"She rings the bell at the door when she wants to go outside and has her own hut, or hiding place, under the counter at the front of the store for when she wants some time alone," said Werner.

"People really love her. We have folks who drive from the interstate, just to come in the store and see her," he laughed. "She has people who bring their dogs in just to see her, too."

Outstanding citizens come in all different shapes, sizes and species. Mazzie is loved by most everyone who meets her at Werner's. She is a coworker, a mascot and a buddy to those around her. If you haven't had a chance to meet her, be sure to stop by Werner's and say hello.

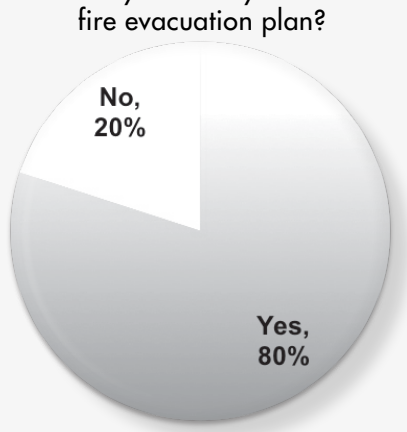
Werner's is located at 1115 4th St. SW, Cullman, AL 35055. Call them at 256-734-5673 and visit their website at WernersTradingCo.com and follow Mazzie on Facebook at Facebook.com/WernersTrading.

"She rings the bell at the door when she wants to go outside and has her own hut, or hiding place, under the counter at the front of the store for when she wants some time alone."

Rob Werner, Mazzie's Owner and Owner of Werner's Trading Co.

Poll

Does your family have a fire evacuation plan?



This Week's Poll

Do you prefer to watch movies at the theater or stream them at home?

Vote Today at CullmanSense.com/Poll

"Everyone has someone in their life who has been affected by cancer." - Larry Cox, Executive Director of the Lighthouse of Cullman

CYCLISTS TEAM UP TO SUPPORT RELAY FOR LIFE

Will Hogue
will@cullmansense.com

CULLMAN – On Saturday, April 11, cyclists will gather at Hardee's in the Cullman Shopping Center to raise money for a local Relay for Life team. The riders will organize at 8 a.m. for breakfast at Hardee's. Anyone can participate but must arrive early for registration. Along with arriving early, a $25 donation is suggested, but "no rider or donation amount will be turned away."

Larry Cox, Executive Director of the Lighthouse of Cullman and a fellow cyclist, explains he and his fellow riders' motives behind the ride: "We've always wanted to do something for Relay," Cox said.

"Everyone has someone in their life who has been affected by cancer. My father is in the hospital with throat cancer right now."

Cox's story rings familiar with many people around the world, and that is why he and his fellow cyclists' ride will be very impactful.

"We're trying to make this an annual event," Cox said. "We had a ride back in November but it was a bit too cool, too cold, you know."

Cox hopes that the springtime date of April 11 will be a lasting time to annually hold the riding event.

All donations given to the cyclists' ride will go directly to the "C-Team," which is an American Cancer Society's Relay for Life team in memory of Colton Evans.

The cyclists are scheduled to depart from Hardee's at 9 a.m. on April 11, and begin the over 80-mile journey to the Wichahpi Commemorative Stone Wall in Florence, Alabama.

cullman city parks & recreation

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

www.cullmanrecreation.org
256-734-9157

- **CP&R Lacrosse:** A FREE Lacrosse clinic will be held at Heritage Park on Saturday, March 21, at 10am. All equipment will be available for use for free, and the clinic will take any interested individuals through the basics of playing the game. The clinic will also feature games to be played. Call 256-739-9931 to register for FREE!
- **CP&R Adult Archery Classes** will begin in March 2015. Classes will be offered on Tuesday nights at 6:30pm; cost is $40 per month. Instructor is professional archer Robin Green. Register now at the Civic Center or call 256-734-9157 for info.
- **Community Garden Coming in March.** CP&R's Community Garden will open in March at Nesmith Park. The garden will feature plots to rent and use throughout the year with community supplies, provided water, and other perks.
- **Gardening Classes** will start March 31 at the NEW Community Garden at Nesmith Park. Classes will be held on Tuesday nights from 6pm-7:15pm and are limited to the first 15 who register. A work session will also be offered on Saturdays from 9am-12pm for the duration of the 8 week class. Cost is $75 which includes all supplies, a plot in the Community Garden for the entire year, and all seeds for start up. Registration is now open at the Civic Center.
- **Men's Spring League Softball Registration** is now open through March 15 at Heritage Park. Cost is $425 per team with a 12 game season and a single elimination tournament . Games will be played at Heritage Park; call 256-739-9931.
- **Miracle League Baseball Registration** is open now through March 15 at the Cullman Civic Center. Cost is $50 which includes a jersey and trophy at the end of the season. Call 256-739-9931 for more information .
- **Father/Son Night Out** will take place on Friday, April 17 from 7-10:30pm at Heritage Park. This event will feature great bonding time for sons ages 5-12 and their fathers with games including team events, capture the flag and more. Registration is $30 for a father/son pair at the Civic Center.
- **Mother/Daughter PJ Party** will also take place April 17 from 7-10:30pm at the Wellness & Aquatic Center. Register at the Civic Center for games, makeovers, and great bonding time!

What's Online

VICTIM SERVICES OF CULLMAN REACHES OUT TO HOMELESS COMMUNITY AND DOMESTIC VIOLENCE VICTIMS

When you think of Victim Services of Cullman (VSOC), you probably know that their prime objective is to help rehabilitate and protect those that are victims of domestic violence.

qrne.ws/333



COLON CANCER AWARENESS: A FEW HOURS OF YOUR LIFE MIGHT JUST SAVE IT

There are many different kinds of cancer that medicine has no way to catch early with tests, but the second leading cause of cancer-related death does. March is Colon Cancer Awareness Month, and one of Cullman's own residents, Windell Turner, has...

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LOCAL ELEMENTARY TEACHER AND MUSICIAN INSPIRES CHILDREN FOR DECADES WITH 'THE FROG SONG'

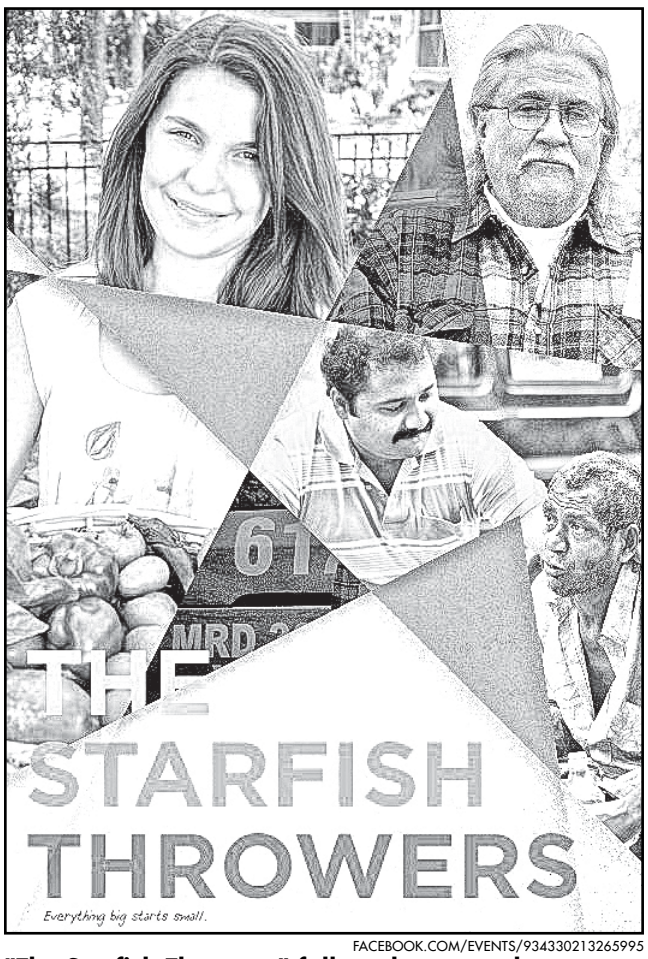
Tim Clemmons is the music teacher for both East and West Elementary schools. Back in the '80s he created a song that has followed him around ever since. The melody in question is called "The Frog Song" and every...

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"THE STARFISH THROWERS"

DOCUMENTARY PART OF WSCC'S SOUTHERN CIRCUIT TOUR OF INDEPENDENT FILMMAKERS

Sharon Schuler Kreps
sharon@cullmansense.com



FACEBOOK.COM/EVENTS/934330213265995

"The Starfish Throwers" follow three people that feed the hungry in their communities.

HANCEVILLE – "The Starfish Throwers" has been called "the most heartwarming film of 2014" by The Huffington Post, and was shown last Thursday at Wallace State Community College's Burrow Center for the Fine and Performing Arts. The film is part of the Southern Circuit Tour of Independent Filmmakers, and was sponsored by South Arts and presented by The Evelyn Burrow Museum.

Filmmaker Jesse Roesler follows a five-star chef, Narayanan Krishnan, in India who quits his job to deliver fresh meals to hundreds of homeless people every day of the year. He also follows a sixth-grader named Katie Stagliano who started a movement to provide fresh vegetables to food banks and others in need; and a retired middle school teacher, Allan Law, from Minneapolis who sacrifices so much to deliver thousands of sandwiches each night to those in need.

The movie is a documentary about three very different people working toward the same goal – feeding the hungry in their communities. "The Starfish Throwers" highlights the common effort of these individuals to feed the hungry around the world.

"The intimate access they granted me allowed me to witness their intense struggles and beautiful triumphs."
Jesse Roesler, Filmmaker

"The experience has been both humbling and unforgettable," Roesler wrote on the film's website.

"Seeing them reject cynicism and transcend mass apathy with every act of kindness they committed reminded me of the lost idealism of youth. While many of us have put aside some of those innocent dreams of changing the world and making a difference, I believe sharing these stories will help us all to rediscover our own potential to affect positive change."

The film has earned many awards, including Best Overall Film and Best Documentary at the 2014 Myrtle Beach Film Festival; the Jury and Audience awards for Best Documentary at the Minneapolis St. Paul International Film Festival; the Human Spirit Award at the Nashville Film Festival; and the Audience Award in the Global Health Competition at the Cleveland International Film Festival.

For more information about the film and the Southern Circuit Tour of Independent Films, visit WallaceState.edu/artscalendar, www.SouthArts.org or TheStarfishThrowers.com.

For more information about The Evelyn Burrow Museum, visit BurrowMuseum.org or call 256-352-8457.

POSITION AVAILABLE

Program Facilitator needed for local domestic violence intervention program.
Full time, BS degree required. Send resume to: vsoced@vsoccullman.org

COMICS

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SUNNY STREET



"Jeez! Not again!"

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PETS OF THE WEEK

MARSHALL



Hello my name is Marshall and I am about 9 months old. I am believed to be a Dalmatian mix and I currently weigh 32 lbs. I am full of life, love to play and ready to meet my forever family! Please come by and visit with me. You may find out I'm an extremely lovable companion!

EGAN



Hello my name is Egan and I am about 2 years old. I am a Shepard mix and I currently weigh 46 lbs. I am a stray but no one claims me, I will go up for adoption on 03/19/15 at 11 am. I am full of life and I love to play, so please come and visit with me! You may find out I'm a lovable companion!

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.

SPRING RECIPES

ZUCCHINI CHIPS

Chelsea Sparks
chelsea@cullmansense.com

Zucchini Chips are the perfect springtime snack. Light, flavorful and scrumptious will all pop in your head as you enjoy a beautiful spring day with this snack. Double this recipe for a wonderful party food!

Ingredients:

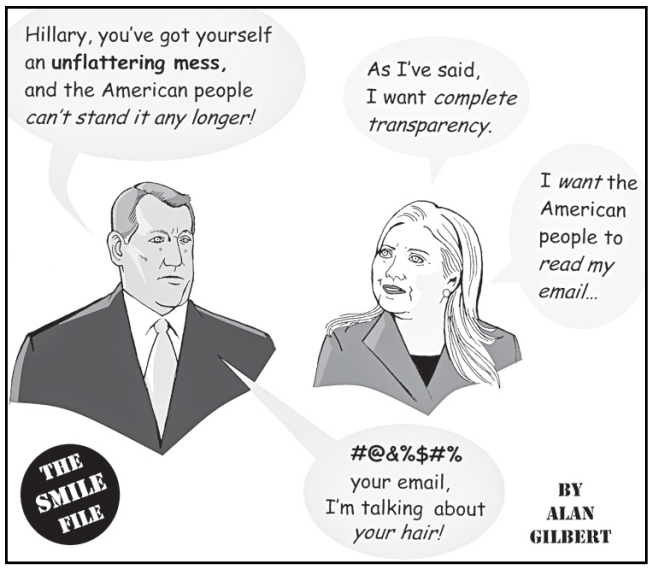
- 1 lb (about 4 cups) - thin sliced zucchini
- 1/8 teaspoon - salt
- 1 ounce - finely grated parmesan cheese
- 1 garlic clove finely grated or 1/8 tsp garlic powder
- 1 teaspoon - apple cider vinegar

Instructions:

- Thinly slice zucchini. Put zucchini in a mixing bowl and add salt, parmesan cheese, garlic and vinegar
- Toss to coat.
- Arrange slices on dehydrator trays or cookie sheet if you do not own a dehydrator.
- Dehydrate at 135 degrees for 5-10 hours or until crispy.

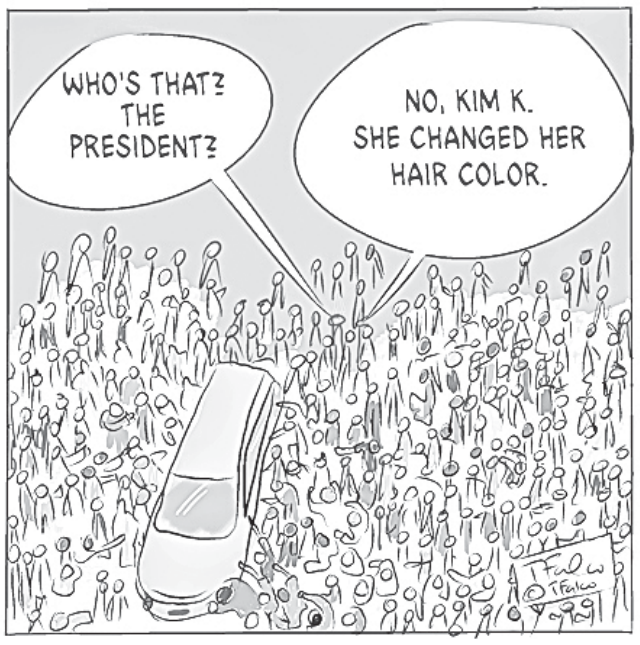
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Contributors Will Hogue

OPINION

ON "REAL WOMEN"

Laura Finley
PeaceVoice

I am an unreal woman, evidently. A fake, a fraud, an alien-woman of sorts. At least that's what I keep hearing and reading. Because evidently, real women have "curves," "back fat," "bass," and "booty." Real women struggle to lose weight after childbirth. They have droopy bits and wrinkles, so I am told.

I am 42 years old. I am 5'10 and weigh 110 pounds. I do not have an eating disorder, I am just naturally tall and thin, I eat generally healthy foods, and I am a lifelong runner who paid for most of my college by competing in Division 1 track and cross country. I lost all the weight I gained with my healthy (7.1 pounds, 20 inch) baby within one week of delivery. According to popular culture, this makes me not "real" at best, and, if you listen to popular music, it might make me a "silicone Barbie doll" or a "skinny bitch."

This focus on so-called "real women" may sound nice, but in actuality is as divisive as the excessive emphasis on being model thin.

When former super model Cindy Crawford released an untouched photograph showing her beauty but also her flaws, people went crazy, claiming that this made them love her even more because she is now more "real." Dove has lead the "real" women movement with its "Campaign for Real Beauty," featuring several supposedly "real" women in their bras and panties. While these women definitely don't have typical celebrity or model bodies, it was revealed in 2008 that these photos were also photoshopped, hence not actually real at all.

People magazine recently featured the photography of Jade Beall, who captured "real" women after pregnancy. The focus, of course, is on those who struggled to lose their baby weight. Because that's what "real" women do. When pregnant model Sarah Stage released pictures of her small and still muscular stomach, she suffered from skinny-shaming, with many asserting that somehow she was delinquent because she didn't gain enough weight. Yet Stage's baby is by all measures so far completely healthy. Maria Kang, now known as "fit mom" ignited an online war when she photographed her very fit body asking women "What's your excuse?" Kang is the mother of three children under the age of three, and has argued that many women use children, work or other obligations as an excuse not to take care of their personal fitness and health. Women accused her of fat-shaming, of bullying, and demanded that she apologize.

Don't get me wrong—I appreciate any chance to open up a conversation about women's many body types and the strange and oppressive pressures placed on us (and that we place on ourselves) to meet these socially constructed standards. I fail to see, however, how skinny-shaming is any better than fat-shaming. It is unclear to me how poking fun of women who are thin and fit serves to challenge the excessive focus on women's bodies.

Film star Maggie Gyllenhaal offered a more nuanced understanding of the complexities of women in her commentary about the roles for which females were being considered for Oscars. She noted that "these women who are sometimes powerful and sometimes not. Sometimes sexy, sometimes not. Sometimes honorable, sometimes not." In sum, not "real" or "unreal" by some visual criteria but instead different from one another in many ways, physical and otherwise.

Laura Finley, Ph.D., teaches in the Barry University Department of Sociology & Criminology and is syndicated by PeaceVoice.

OPINION

GOVERNING BY CRISIS ISN'T GOVERNING AT ALL

Lee H. Hamilton
Contributor

After Congress came a hair's breadth from shutting down the Department of Homeland Security a few weeks ago, members of the leadership tried to reassure the American people. "We're certainly not going to shut down the government or default on the national debt," Senate Majority Leader Mitch McConnell declared on CBS's "Face the Nation." Congress, he said, would not lurch from crisis to crisis.

I wish I could be so confident. Because if you look at the year ahead, the congressional calendar is littered with opportunities to do just that.

Next month, unless Congress acts, doctors will see a steep cut in Medicare reimbursements. In May, the Highway Trust Fund runs out of money, meaning that infrastructure projects all across the country could grind to a halt. The following month, the federal Export-Import Bank's charter runs out. By the end of summer, Congress will need to raise the debt ceiling. Then it will have to find a way of funding the government for next year, deal with across-the-board spending cuts that are scheduled to take hold, and make it possible for the Treasury to continue to borrow money.

I don't know about you, but my bet is not on smooth sailing.

This is a huge problem. Great democracies do not veer from one doomsday moment to the next, nor do they fund government on a week-to-week basis. World superpowers do not risk their creditworthiness or threaten to strangle their own agencies or force them to plan repeatedly for shutdowns. Yet that is precisely the habit Congress has developed. It's embarrassing.

Why? Look at what happened with Homeland Security. The issue, essentially, was that members, unhappy with President Obama's plan to shield undocumented immigrants from deportation, tried to use the DHS funding measure to force him to back down. In other words, they tied two unrelated issues together. The solution ultimately lay in separating them, allowing a vote on each.

But during the weeks Congress spent arriving at this commonsense approach, DHS had to get ready for roughly 30,000 employees to be furloughed, arrange to wind down administrative support functions, prepare law enforcement across the country for the loss of training funds, and ask crucial employees to be willing to work without pay — we're talking the border patrol, Coast Guard, screeners at airports, cargo inspectors...the people on the front lines.

The impasse threatened ongoing research and planning on making the country safer and grants to local communities to pay salaries for emergency personnel. At the very point when terrorism overseas was consuming the attention of our national security agencies, the department charged with protecting the nation at home had to be consumed with shuttering its operations.

Small wonder that much of the world thinks the United States is incapable of governing itself.

I know that the politics of Capitol Hill are difficult right now. But they've been troublesome for years, and legislating is about getting things done in a difficult environment. Congress is designed to be an institution where the dilemmas of the moment can be overcome by skillful legislators. We need a Congress that can address its problems before a crisis comes up.

What will it take to do so? Part of the answer lies in dedication to Congress's job. Its members need to work at legislating every day — not just the three days in the middle of the week. Its leaders need to make clear their determination to move legislation through in an orderly fashion.

And perhaps most important, the tactic of tying two unrelated issues together in order to force an opponent's hand needs to be rejected. The parade of make-or-break issues that Congress faces this year presents myriad opportunities for legislative mischief. If all we see before us is one government-shutdown threat after another, the remaining faith Americans hold in our chief lawmaking body could disappear altogether. And deservedly so.

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