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CULLMANSENSE
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TEAM CREW CHARITY DAY MOVED DUE TO WEATHER

Chelsea Sparks
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CULLMAN – The annual Team Crew Charity Day has been moved to May 9 due to the threat of inclement weather on the event's previous date, April 25. Forecasts projected the potential for strong storms in the afternoon hours, prompting organizers to move the event.

Team Crew was founded to support a little boy named Crew and his family in their efforts to help find a cure for Cystic Fibrosis. Crew and his family have become the face of Cystic Fibrosis in the Cullman area over the past two years, and have done much to further the efforts of spreading awareness.

The big day, rescheduled for May 9, will still have the same great events on the new date according to Crew's mother, Jessica Pettus.

"For the most part the event will stay the same, there was a band that couldn't come for May 9," she said. "Possibly one of the food trucks will not make it, but still plenty of entertainment and food. There will be inflatables and face painting for the kids, food truck vendors, over 40 plus craft vendors, a chance to meet Elsa and Spider-Man, live bands and a performance from the Factory Dance. Our newest event is the car show with a $500 cash prize and door prizes! It's a great time for everyone in the family!"

The event's car show was also rescheduled for the 9th, with registration starting at 9:30 a.m. for $35, and the main events beginning at 9 a.m. Pettus said she is hopeful that this new day will have an even better turnout that the first.

"I believe there is a reason for everything, so maybe the turnout will be even better May 9 than originally planned!"

WSCC GETS NEW ART EXHIBIT

EVELYN BURROW MUSEUM HOSTS "EQUUS: FINE ART PHOTOGRAPHY BY ARDEN WARD UPTON" P8


THE EVELYN BURROW MUSEUM

The exhibition will be on display through May 16 and features dozens of large-scale, fine art photographs.

INCLEMENT WEATHER MOVES COMMUNITY WIDE YARD SALE TO MAY 2

Sharon Schuler Kreps
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CULLMAN – The Cullman County Wide Yard Sale that was initially scheduled for Saturday, April 25 at Smith Lake Park has been rescheduled for Saturday, May 2, 2015 due to previously forecasted severe weather.

"We want everyone to stay safe," said Doug Davenport, director of Cullman County Parks and Rec. "If you have already registered for this weekend, please come on out and join us next Saturday! If you have any questions or if you did not register and would like to reserve a spot for $10 for the yard sale, you can still call 256- P3

CULLMAN COUNTY PUBLIC LIBRARY HONORS LESIA COLEMAN FOR 34 YEARS OF SERVICE


SHARON SCHULER KREPS/CULLMANSENSE

CCPLS colleagues Lea Scott, Dean Green, Ron Hogue, Lesia Coleman, Dan Scott, and Jane Abt (front).

P4

> "What helped me get through all this is that I knew God was always there and I never had a fear of death."
> Kathy McLeroy

CITIZEN OF THE WEEK
KATHY MCLEROY

Sharon Schuler Kreps
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CULLMAN – Meet Kathy McLeroy. Kathy is the mother of two grown children, Zackary McLeroy and Brittany (Matthew) Howell. She has three beautiful grandchildren, 9-year-old Miles, 6-year-old Alexa, 1-year-old Ever, and sweet little Georgiabelle, who will make her P7


KATHY MCLEROY

Throughout her life McLeroy has had Hodgkin's disease, breast cancer, a heart attack, open heart surgery, and recently a heart transplant.

CRMC JOINS THE AMERICAN JOINT REPLACEMENT REGISTRY

Lindsey Dossey
CRMC Contributor

CULLMAN – In its continuing mission to provide the best patient care possible, Cullman Regional Medical Center (CRMC) is proud to announce that it has become a participant of the American Joint P6

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FORMER UNIVERSITY OF ALA. PLAYER SPEAKS AT CHAMBER LUNCH

JEREMIAH CASTILLE DELIVERS MESSAGE ABOUT CHARACTER AND LEADERSHIP

Sharon Schuler Kreps
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CULLMAN – Former University of Alabama football player, Jeremiah Castille, was the guest speaker at the Cullman Area Chamber of Commerce's Community Luncheon on Friday, April 24. He spoke to a crowded room about character and leadership. An ordained minister, Castille created the Jeremiah Castille Foundation, whose vision is to invest, influence, impact and inspire lives so they will rebuild and restore generations.

"Everybody has value, everybody matters," said Castille. "When you invest in people, you will see a return. Why is that important – investing? Investing in people opens the human heart."

Castille encouraged area business leaders to participate in the 8th Annual Character Camp. The Castille Character Camp was established in 2008 and provides a fun, safe and skill-focused experience for youth and athletes. Jeremiah Castille, assisted by former NFL and Division I athletes, will teach the fundamental skills of athletics. The camp will give participates a competitive edge in their athletic performance.

The Character Camp will offer hands-on instruction of non-contact skills. It is designed to provide a solid foundation in football fundamentals while teaching character training. Participates are taught teamwork, self discipline, consideration of others, and how to attain and maximize their true potential, relative to their age and development both on the field and in life.

"Our goal is to train, develop and prepare players to reach their full potential, athletically and personally, through skill training and character building," Castille explained. "The camp is divided into four quarters with character corner during half-time."

The Castille Character Camp will take place Friday and Saturday, June 5 and 6 at Heritage Park. To register, contact the Cullman County Board of Education located at 402 Arnold Street NE, Cullman, AL 35055. Contact T.J. Franey at 256-590-4803 or Leah Sapp at 256-734-2933. E-mail any questions to tfraney@ccboe.org or visit the Jeremiah Castille Foundation's website at CastilleFoundation.org.



SHARON SCHULER KREPS/CULLMANSENSE

Former University of Alabama football player, Jeremiah Castille, meets with guests at the Cullman Area Chamber of Commerce Community Luncheon.

"Our goal is to train, develop and prepare players to reach their full potential, athletically and personally, through skill training and character building."

Jeremiah Castille, Founder of the Jeremiah Castille Foundation

LATEST STATE FARM DATA RANKS ALABAMA 8TH NATIONALLY IN TORNADO CLAIMS

State Farm
Contributor

BIRMINGHAM – State Farm is reminding Alabama homeowners about the importance of severe weather preparedness this spring by providing perspective on losses seen by homeowners during last year's severe weather outbreaks. This includes the tornado damage seen almost one year ago in April 2014.

State Farm claims data shows Alabama ranked 8th in the nation in 2014 with 4,612 tornado and high wind claims in the state.

The state of Illinois came in with the highest number of claims reported at more than 10,000. Nationally in 2014, the company paid out more than $870 million for claims as a result of tornado and high wind claims.

Tornado and high winds are some of the most destructive forces of nature. While tornadoes are frequent in the Great Plains, South, and Midwest, there is no state in the country that isn't at risk.

"We hope reminders like this will spark more interest in taking steps like reviewing your insurance policy and taking a home inventory before the worst of the spring severe weather season arrives," says State Farm spokesman Roszell Gadson. As the nation's largest property insurer, State Farm wants to make sure your family is prepared for the destructive and potentially deadly force of a tornado.

Preparing Your Home a Tornado

• Strengthen your garage. A garage door can be especially vulnerable during high winds so a reinforced, windowless door with vertical bracing is your best option.

• Secure your windows. If you've heard you should open windows during a tornado to equalize pressure, you've heard wrong! Instead, investigate systems that clip plywood to your windows – no nailing necessary.

• Maintain trees and shrubbery in your yard. Remove weak branches and eliminate trees that could fall on your home during a storm. Falling trees and blowing debris in storms often cause fatalities and severe structural damage.

• Store important documents such as birth certificates, wills, and certificates of ownership in a fire- and water-proof safe in a secure location away from your residence. In the event your home is damaged or destroyed, you will still be able to access vital documents.

• Create and maintain a home inventory to make sure you have the right insurance protection, and in the event of a loss, simplify the claims process.

Preparing Your Family for a Tornado

• Every member from the family should be familiar with your local severe weather warning system and know what to do when a tornado "watch" or "warning" is issued

• Create and practice a plan of action for your family and choose a place for your family to meet if you get separated

• Consider installing a safe room. If you live in an area prone to tornadoes, this might be the best move you can make. It won't protect your home but will protect you and your family – and that's what's truly irreplaceable.

• If you do not have a safe room or a tornado shelter, you should identify what might be the safest area of your home or business during tornadoes. This is usually the basement or a small interior room without windows.

During a Tornado (Inside a Shelter)

• Head to the center of your home or basement, away from windows and preferably under something sturdy like a workbench or staircase or in a bathtub with a mattress over top of you.

• Get to the safest place possible, away from glass that can break and injure or kill you.

• Closing interior doors will also help to compartmentalize the structure and provide more barriers between you and the storm.

• Don't try to ride out a tornado in a manufactured home. Even manufactured homes with tie-downs overturn in these storms because they have light frames and offer winds a large surface area to push against.

During a Tornado (Outside with No Shelter)

• Never try to outrun a tornado. Instead, leave the vehicle immediately for safe shelter.

• If you can safely get lower than the level of the roadway, such as in a ditch, leave your car and lie in that area, covering your head with your hands.

• Do not get under an overpass or bridge. You are safer in a low, flat location.

Recovering from a Tornado

The period following a natural disaster can be disorienting and dangerous. Below are a few tips that may help relieve some of the uncertainty and help you stay safe, secure your property, and begin the claims process in the aftermath of a major event.

• Use your emergency water or boil tap water before drinking until you are told the water supply is safe. Food that came in contact with water may be contaminated and should be discarded.

• Visually inspect your home for structural damage and take reasonable steps to prevent further damage. For example, board up holes with plywood and cover leaks with plastic sheeting.

• Your insurer will require you to document any damage to your property and provide receipts for recovery-related expenses. Save receipts for home repairs, vehicle towing and repairs, temporary housing, food, and other expenses.



BUSY BEE CAFÉ CELEBRATES 96 YEARS WITH CRAWFISH BOIL

"AS SOON AS WE SAW THE MENU, WE KNEW WHAT WE WERE GOING TO BE DOING."

BRANDI EDDLEMAN, CRAWFISH BOIL ATTENDEE



NOAH CHANDLER/CULLMANSENSE

The items on the Busy Bee's special menu were delivered fresh from Baton Rouge, Louisiana.

Mary Standifer
Contributor

CULLMAN – Saturday, April 25, 2015 marked the 96th anniversary of Busy Bee Cafe's grand opening. To commemorate nearly a century of existence, owner-operator Kyle Spears held a Crawfish boil on the premises. Starting at 5 p.m., a new, one-night, celebration exclusive menu was introduced to patrons of the café. The menu items included Cajun staples such as chicken and sausage gumbo, boiled shrimp as well as crawfish, and even alligator. The fresh food was picked up from Baton Rouge, Louisiana and driven to Cullman in a company vehicle.

Customers began filling tables almost immediately at 5 p.m.; those who did not arrive in time to have a seat patiently waited at the door.

"I loved it, absolutely loved it," said customer Brandi Eddleman. "It was very good. I like hot, and it was Cajun and it was hot! We both had to wash our hands!"

Brandi, her husband Todd, and 7-year-old daughter Reilly decided to come to the event after seeing the menu.

"As soon as we saw the menu, we knew what we were going to be doing," said Brandi. Although Reilly decided to forgo the Cajun cuisine in favor of chicken fingers and french fries, she still had a great time watching her parents get their hands messy while breaking apart crawfish.

Just what is it that keeps a small family-owned restaurant open for almost a century? "Three things: customer service, affordable food, and the hamburgers," says Kyle Spears.

The Busy Bee story started back in 1919 with a man named Milford Ford. Milford opened the restaurant intending to name it Ford's Café, but was beaten to the punch when customers started referring to the café as Busy Bee due to a bee's nest in a nearby tree.

The well-known burger recipe has remained the same for all 96 years of the café's existence.

What makes a Busy Bee burger taste so good? Bread is added into the meat giving the burger a unique and delicious taste.

This method of preparing burgers was common in the early 1900s and remained the same at Busy Bee because the burgers were a hit with the community.

Since its opening, Busy Bee has changed hands many times. The Spears family purchased the restaurant in 1967 and has continued to operate it for three generations.

Kyle, now 29 years old, became the café's owner on January 1, 2015 after his mother, Kitty Spears, was ready to retire.

The Busy Bee has not been immune from turmoil in its time; on April 27, 2011, a tornado ripped through the heart of Cullman demolishing the café, but not the Spears family's spirit and dedication.

Even though then owner Kitty Spears suffered broken bones during the tragic event, the family worked tirelessly to reopen the café on April 27, 2012, only one year after the incident.

The crawfish boil doubled as a celebration for the café's 96th anniversary as well as the three-year anniversary of reopening after the tornados.

"We were originally trying to be open by August of the same year it went down, but there was too much red tape in the way," explained Kyle.

Kyle spends his time at the restaurant working alongside his employees to do tasks like cook food, take customers' orders, and fix drinks.

When asked what the hiatus year was like for the family and employees, he simply replied, "Boring".

The crawfish boil was a success; the café sold out of everything on the special menu well before midnight.

Kyle revealed that he would like to do another crawfish boil but is not sure when it will be held.

This is good news for customers like Brandi Eddleman who said that she would definitely attend another event like Saturday's celebration if the restaurant decided to do it.

Kyle shared that his favorite part of the night was at 7 p.m. when a live band started to play and he saw his customers enjoying food, music, and having a good time.

The event held a great atmosphere that was family friendly, community centric, and enjoyable for all ages. It was a fantastic way to pay homage to 96 years of outstanding customer service, community support, and of course, the best burgers in town.

BILL SMITH
BUICK GMC
PRESENTS

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RELIGIOUS SPOTLIGHT: MEET GRACE COMMUNITY CHURCH'S PASTOR SAMUEL TUCKER

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CULLMAN – Cullman County is located deep within the heart of the Bible Belt and as a result, it is full of wonderful churches and God loving people. This week's religious profile concentrates on Pastor Samuel Tucker of Grace Community Church. Southern born and southern bred, Samuel has a deep love for his family, he's a hard worker and enjoys spreading the word of God to the world around him.

Samuel was born and raised in Cullman. He graduated from West Point High School in 1989, and attended two years at Wallace State Community College. From there, he completed almost two years of Bible College through New Orleans Seminary. He was raised on a farm and married the lovely Jennifer Peinhardt, who also came from a farming family. He has worked in many different jobs throughout his adult life but is currently a pastor and a salesman at Mitch Smith Chevrolet.

"I surrendered to God's call to preach at the age of 17," he said. "It was in July just prior to starting my senior year in high school. I started pastoring Antioch Baptist Church near Fairview at 20 years of age. I have pastored at Antioch Baptist, FBC Shelby, FBC Addison, Valhermoso Baptist Church, and I have been the interim pastor at Grace Community Church near Holly Pond for two years now."

Samuel also has an ongoing Mission Partnership in Uganda with Pastor Nathan Sserunjogi. They host pastor and church leadership conferences. Samuel has been there five times and is currently planning another trip for September.

"About five years ago, I began a radio preaching ministry called Solid Rock Radio Ministry," Samuel continued.

"I preach on 92.1 FM at 8 a.m. every Sunday and also on 99.9 FM at 7 a.m. every Sunday. Serving the Lord has always been a strong desire of mine, regardless if it is in the pulpit, in leadership, on the radio or in the market place like at a car dealership. God's call is to serve Him faithfully wherever you might be," he smiled.

Any church pastor will tell you, the vocation can be both very satisfying and extremely difficult at times.

"The most rewarding thing in ministry and the one thing that keeps me in the work of the Lord is to see one more person become a child of God," Samuel grinned.

"There is no better feeling than to pray for someone and witness to them and then see them understand the truth and surrender to God and get saved!"

Samuel then went on to speak about some of the difficult things pastors face at some time or other.

"Through almost 27 years of ministry I find the most difficult part is keeping unity and harmony among the congregation," he said solemnly. "Our churches have become political machines and we have lost respect for the position of pastor. There are some members who will manipulate, spread rumors and lies and be deceptive, all to accomplish their own agendas."

Pastoring a church is not for everyone. People are called to do it – people such as Samuel Tucker. The love he has for his church shows as he talks about it.

"Grace is only 10 years old but God is using it to reach the unreachable," he beamed.

"We are not traditional in the form of worship, operation or goal. We are trying as best we can to model the early church from Acts and doing all we can to reach the lost. God has blessed me in the last four years to more clearly understand my calling in the Kingdom and as a result, Grace Church has been a huge part of that. GCC is in the process of becoming a part of the East Cullman Baptist Association, we are very conservative in our theology and our heart is missions."

For more information about Grace Community Church, visit them at 9350 US-278, Cullman, AL 35055. Their phone number is 256-796-7250. For more about Samuel Tucker, follow him on Facebook at Facebook.com/brobubba77 or stop by Mitch Smith Chevrolet and see him.



SAMUEL TUCKER

Samuel Tucker, Interim Pastor at Grace Community Church and his wife Jennifer.

"I surrendered to God's call to preach at the age of seventeen. I started pastoring Antioch Baptist Church near Fairview at twenty years of age."

Samuel Tucker, Interim Pastor at Grace Community Church

Coleman (from Front)

Sharon Schuler Kreps
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CULLMAN – The Cullman County Public Library Board and employees recently honored long time librarian, Lesia Coleman, for her 34 years of outstanding service. On Thursday, in appreciation for her dedication to the library, Coleman was presented with a set of Grace Livingston Hill's books to be shelved in the library.

Lesia was originally a volunteer for the library and worked in the Technical Services Department.

Later she helped with the bill paying and processing on a part-time basis. Eventually she moved up to full time employment under the direction of Mrs. Bettina Pearson Higdon in 1981 and has been there ever since.

A voracious reader, Lesia contributes her love for reading to her mother.

Mrs. Coleman enjoyed Christian fiction, especially books written by Grace Livingston Hill. Young Lesia would eagerly read each book as soon as her mother would finish.

Lesia was the head of circulation for years until she was promoted to the reader service coordinator. The past five years she has been the head of public services.

She has contributed her talents to collection development in the adult fiction. She makes selections for the assisted living and senior citizen centers. She heads the book club, "Knit One, Read Too" and often gives book reviews to various clubs and organizations.

"If you need any help in the library, see Lesia Coleman," said Dean Green, library board chairman. "Her reference desk is centrally located as you walk into the library. She will be happy to answer questions and to help you find materials," she smiled proudly.

"I don't know what we'd do without her," said Max Hand, director of the Cullman County Public Library System.

When asked about being honored, Lesia was obviously humbled, yet all smiles.

"I'm just happy. Over all the years, I've tried to help the people the best that I could. I'm very glad for the library board to recognize my years of service," she grinned.

Truly Lesia Coleman loves her job and it shows. Next time you are in the library, be sure to congratulate her for her 34 years of service.

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Sale (from Front)

739-2916."

Again, the Cullman County Wide Yard Sale will be happening Saturday, May 2 at Smith Lake Park. The admission to the park that day is free.

Spots are still available - grass spots are $10 and pavilions are $15. Set Up begins at 6 a.m. and the sale begins at 7 a.m. Reserve a spot today by calling 256-739-2916.

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THE HISTORY OF WEST POINT ELEMENTARY SCHOOL

Sharon Schuler Kreps
sharon@cullmansense.com

WEST POINT – The town of West Point is part of the many places that make Cullman County so special. West Point was officially established and named as a community in 1918. The first school in the community was built prior to the town's establishment in 1908. It was named Crooked Creek School. The school was later moved to its current location in 1918 and its name was changed to mirror the town. It was called West Point School.

In 1922, an addition was added to the back of the original four room schoolhouse in the form of a combination auditorium/gymnasium.

By 1929, the Vocational Agriculture Building was constructed, and in 1935, the brick high school was constructed. That same year, in 1935, the very first class graduated. The class consisted of eight boys and four girls.

The first lunchroom at West Point arrived in 1947. It was an old barracks that was moved from an army camp and set up on campus.

The next year, in 1948, the boy's gym and a supplemental addendum to the high school were built.

And in 1951, the old gymnasium was converted to a lunchroom. Between 1960 and 1961, the original wooden schoolhouse was torn down and replaced by the present block/brick building still in use today.

Over the years, several additions, including an elementary gym and two additional sections of classrooms, were added. This was in the '80s and '90s.

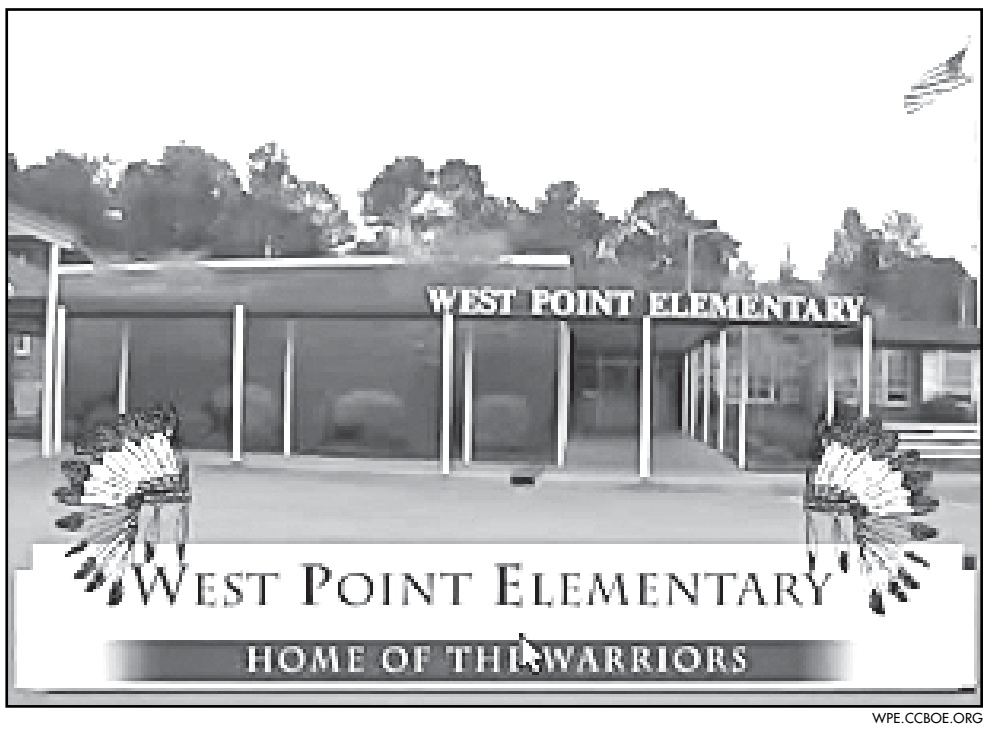
The most recent addition to the West Point Elementary campus came in 2002 with the opening of the seven newest classrooms that serve the third grade. They are located beside the elementary gym.

West Point was separated into three schools: high school, middle school and elementary school in 1997. The elementary school included grades K-5th grade, up until the intermediate school was built in 2008.

West Point Elementary now serves between 450-500 students each year. The lunchroom personnel and facilities also serve the high school students.

The bus system and employees serve West Point Elementary as well as the high school, middle school and intermediate school students.

Cullman County is an excellent place to raise a family. Our city and county schools do an incredible job in teaching our children. Crooked Creek School, later renamed West Point School, is just one example of the kind of schools we have that continue to make us proud, year after year.



WPE.CCBOE.ORG

West Point Elementary School serves between 450-500 students each year.

MIRRORING HISTORY
KLEIN'S DAIRY PRODUCTS

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CULLMAN – Born in 1894, Charles Henry Ernest Klein was 6 years old when his family moved to Cullman from Chicago. He grew up working on his father's farm. Following his service overseas in World War I, he returned to Cullman and established the Cullman Creamery in 1924. He later built the Klein's Dairy Products building in 1948 as part of his large dairy business. By 1950, the creamery was distributing 500 gallons of milk a day and had routes in Garden City, Hanceville and Warrior.

Klein's Dairy Products Building was located on 5th St SE, which was formerly the site of Kullman Hall.

Because Klein's had a soda shop and upstairs meeting rooms, it soon replaced Kullman Hall as the site of social gatherings. In time, various clubs and groups met there, and a couple churches got their start there as well. Klein had five sons and four daughters who worked at the family business.

Although the walls still stood, the old building sustained considerable damage during the tornado outbreak on April 27, 2011.



SHARON SCHULER KREPS/CULLMANSENSE

The Klein's Dairy Products Building was damaged during the tornado outbreak on April 27, 2011.



CULLMAN COUNTY MUSEUM

By 1950 Klein's Dairy Products was distributing 500 gallons of milk a day and had routes throughout the area.

Upcoming WSCC Alumni Association Events

Continuing Education Opportunities

Experiencing Nursing's Dream

April 24th 7 am—2:30 pm 6 Contact Hours $35
Includes breakfast, lunch, breaks, exhibit hall, silent auction
ABN Provider #ABNPO137
www.wsccalumni.org/nursingconnect2015

OTA and PTA Alumni Connection

May 7th 7:30 am –4:40 pm up to 8 Contact Hours
Includes breakfast, lunch, breaks, exhibit hall
www.wsccalumni.org/otapta2015

Other Activities

Antique and Bargain Hunting Trip to East Alabama

May 15th 7:30 am—4:30 pm $20
www.wsccalumni.org/antiqueeast2015

Preparing to Take the ACT Test Workshop

June 15th 12 Noon—4:30 pm
$50 workshop only $75 workshop and workbook
www.wsccalumni.orgactprepjune15

Family Fun Day at Lake Winnie Amusement and Water Park in Chattanooga, TN

July 17th 7 am—7:30 pm $75
Includes transportation, unlimited rides and water park activities, picnic lunch at the park
www.wsccalumni.org/familyfun15

Questions? Call 256-352-7808

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RELAY FOR LIFE EVENT SHAPING UP TO BE A FUN NIGHT

Gail Crutchfield
Contributor

CULLMAN — The American Cancer Society's Relay For Life of Cullman County event is shaping up to be a fun and inspirational night. The annual event will be held on Friday, May 1, 2015, at the Cullman County Fairgrounds, with the opening ceremony set to start at 6 p.m.

Before that, cancer survivors are invited to attend the annual Survivors' Dinner sponsored by Cullman Regional Medical Center and hosted by Relay For Life of Cullman County. The dinner will begin at 5 p.m., in an exhibit hall at the Cullman County Fairgrounds.

All of the money raised by teams supporting Relay For Life goes to the efforts of the American Cancer Society in research, education, patient support and advocacy. Teams and individuals can still join Relay For Life of Cullman County or donate to a team by visiting relayforlife.org/cullmanal.

"There is still time to join in the fight against cancer," said Helen Allen, a 20-year Relay veteran. "Every day thousands are diagnosed with this dreaded disease, we play a big part in the lives of those being diagnosed. We are providing money for research, but more importantly, we are giving hope."

Even if you are not on a team, you can still support Relay For Life by coming to the May 1 event, where you can enjoy entertainment, visit team booths that will be offering games, food, etc., and participate in the Relay events throughout the evening. Admission is free.

Before the 6 p.m., kickoff, entertainment will be provided by Gary Sanders' Sides Steps starting at 4:30 p.m.

The 6 p.m., opening ceremony will include guest speaker Greg Sears, a three-time cancer survivor, before survivors who wish to participate will walk across the stage and give their name and years of survivorship.

Sanders will sing "Amazing Grace" as the survivors line up to take the first lap of the night, followed by a lap for caregivers, sponsors and the teams participating in Relay For Life.

The Wallace State singers will take the stage at 8 p.m., to entertain those attending.

At the same time, team members will participate in Fun Laps.

Fun Laps are themed laps during which at least one team member from each team is encouraged to walk the track to signify the ongoing battle against cancer.

The themed laps include a Character Lap, Pajama Lap, Stick Horse Lap and Funniest Hat Lap.

At 9 p.m., all activity will cease as the luminaria service is held.



FILE PHOTO

Participants from a previous Relay for Life event prepare to take a lap at the Cullman County Fairgrounds.

Hundreds of luminaries purchased as dedications in memory or in honor of someone affected by cancer will be lit and a short service held, followed by quiet time so family and friends can pay their respects.

Luminaries can be purchased on site or in advance from any team member.

The fun and games will continue after the luminaria service with the team T-shirt contest, followed by the Spirit Stick contest, the Decorated Bra contest, Womanless Beauty Contest and a Relay Idol talent competition.

Closing ceremonies will be held starting at 11 p.m., during which prizes such as the Relay T-shirt Quilt and a trip to Dollywood will be awarded to lucky winners.

The final laps will begin at 11:30 as the event winds down. For more information about Relay For Life of Cullman County, contact Allen at 256-709-4019, helen@weltimail.com, or visit the event website at relayforlife.org/cullmanal.

Registry (from Front)

Replacement Registry (AJRR).

"Joining the AJRR will help ensure that we can continue to provide patients with the best orthopaedic care possible," said James Clements, CRMC President/CEO.

"By participating with other sites in sharing data about performance and physician and patient experiences, we can help total joint replacement procedures become safer nationwide, while optimizing our own patients' experiences here at CRMC."

The AJRR serves as a central clearinghouse for data on total joint replacement procedures performed at CRMC and other participating sites throughout the country.

The AJRR aims to carefully monitor the implanted devices throughout a recipient's lifetime and trace revision rates in a database containing information about the patient, the surgeon who performed the procedure, and the site where the procedure took place. Data collected will help more quickly identify implants that are performing poorly, and will help match patients, procedures, and devices to ensure that every patient is provided the best care possible.

CRMC is one of only two hospitals in the State of Alabama that are participating in this registry, according to Orthopedic Surgeon and CRMC Medical Staff Immediate-Past President Vince Bergquist, MD who has been leading the initiative locally.

"We are proud to be a part of an organization known for promoting the highest quality joint replacement practices," Bergquist said.

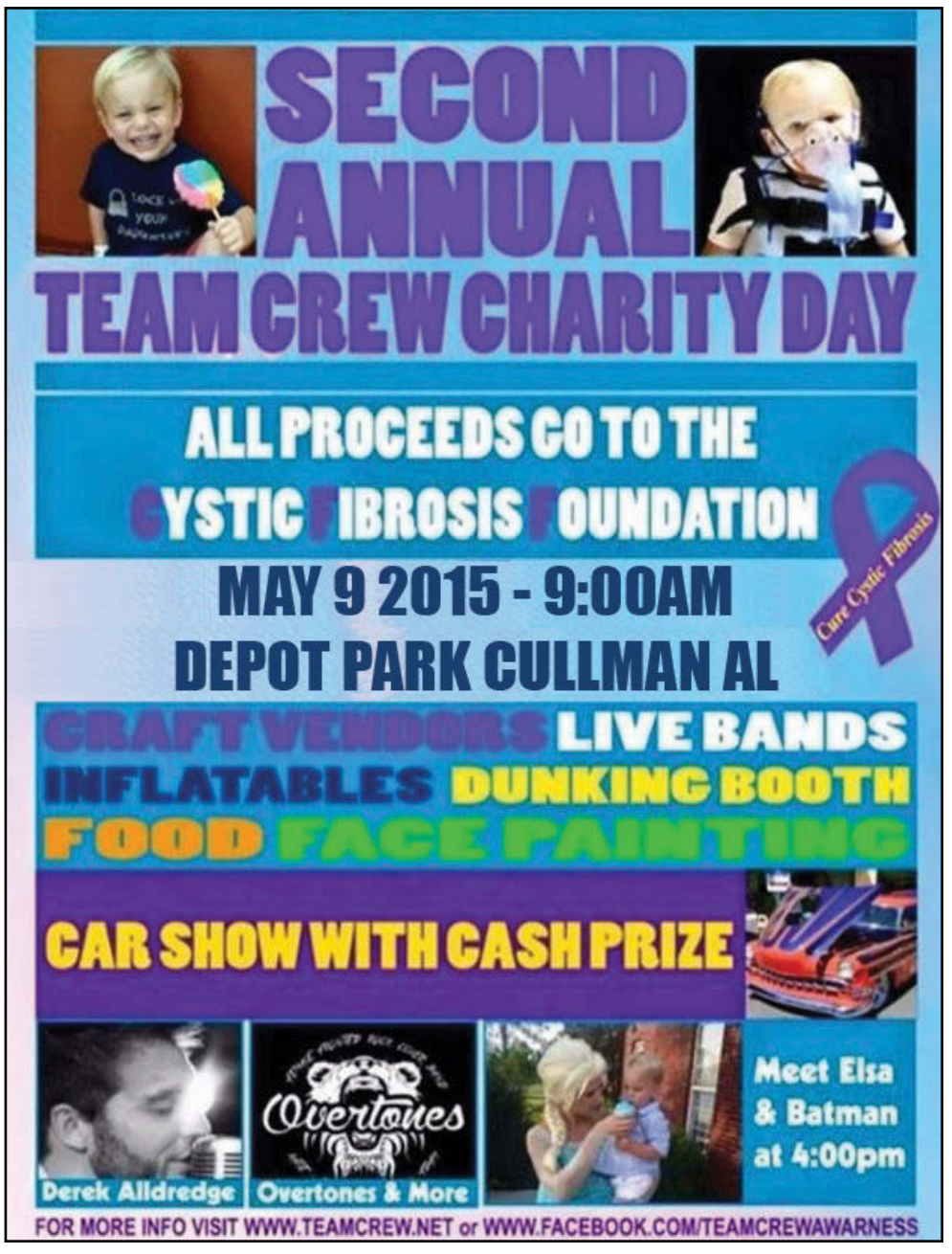
By offering a single source of data, doctors and other healthcare professionals who use the registry can easily access data from sites around the country and use that information to help them make more informed recommendations to their patients, ultimately improving patient care. Registry information about patient outcomes and experiences will help device manufacturers improve their products and identify potentially faulty devices. All data collected by the AJRR remains confidential to protect patient privacy.

"Registries for joint replacement procedures and other medical procedures and conditions have proven to be effective tools in improving patient outcomes and reducing complications that can occur both during and following surgical procedures," said Daniel J. Berry, M.D., Chair of the AJRR Board of Directors. "In fact, in countries where registries have been created and used, revision rates have decreased significantly, resulting in substantial cost savings and a better overall patient experience."

More than a million hip and knee replacements are performed each year in the U.S. That number is expected to increase as more and more men and women remain active as they get older. From 2000 to 2010, the number of total hip replacements among inpatients aged 45 and over increased from 138,700 to 310,800. A large number of procedures are successful, offering patients years of trouble-free use and helping patients resume their regular activities of daily living. However, some experience problems following surgery that require a revision procedure.

Annually, CRMC orthopedic surgeons perform on average up to 300 total joints procedures at the fully accredited, 145-bed medical center which has been named a Blue Distinction Center by BlueCross & BlueShield for Total Knee & Hip Procedures.





CANCER SURVIVORS TO BE RECOGNIZED AT ANNUAL RELAY FOR LIFE BREAKFAST

Gail Crutchfield
Contributor

CULLMAN – For the volunteers and participants of the American Cancer Society's Relay For Life of Cullman County, the cancer survivors are at the top of the list for the reasons why they give of their time, effort and money to the cause. Each year, in the week before the Relay For Life event, a special breakfast is held to honor those who have fought or are fighting the disease.

The 2015 Survivors' Breakfast will be held at 7 a.m., Wednesday, April 29, at Cullman Church of Christ, located at the intersection of Childhaven Road and Alabama Highway 157.

The event is held to honor cancer survivors, each who will receive their pin for another year of survivorship and the purple Relay For Life Survivor shirt they will wear at the May 1 event at the Cullman County Fairgrounds.

Breakfast will be provided for the survivor and one guest. Students from Holly Pond High School provide the meal for the guests.

Any cancer survivor is welcome to attend the free event.

Cancer survivors will also be recognized the night of Relay For Life, with a special dinner at 5 p.m., at the Cullman County Fairground, prior to the 6 p.m., opening ceremonies for the annual fundraiser. Survivors will take the first lap of the evening around 7 p.m., and will be honored along with those who've lost the battle at the 9 p.m., luminaria ceremony.

Luminaries will be available for purchase at the Wednesday morning breakfast, on the night of Relay For Life and in advance from any Relay For Life team member.

For more information about Relay For Life, contact Helen Allen at 256-709-4019 or visit relayforlife.org/cullmanal.

McLeroy (from Front)

appearance in May. She was the marketing and advertising director for The Cullman Times from 1980 until January 2013 when she had to retire due to health issues. She has been involved in the community and has done volunteer work with Relay For Life and the American Red Cross for many years.

Even though Kathy's a little bitty thing, she has accomplished great feats of bravery over the years. Serious health issues have left her with an appreciation of the simple things in life. She is an inspiration to everyone she meets and offers hope to those who are suffering with their own health.

"I had Hodgkin's disease when I was 21, breast cancer at 41, a massive heart attack and open heart surgery at 45," Kathy began. "When I was 52 my heart began to fail at a rapid speed. There was no alternative but to try to get placed on the heart transplant list. I had previously been told it would not be possible because of my history of cancer."

"I was sent to Dr. Rayburn at Trinity Hospital; it was my final option, there was nothing else that could be done," she continued.

"I met with Doctor Rayburn and he immediately felt my medical history looked bad but he said I had the right attitude for such a procedure and if I wanted the transplant he would get me the appointment to start the process," she giggled.

"Because he had previously been over UAB's Heart Transplant Unit, he was able to get an appointment for me quickly. In February 2013 I went through lots of tests and was eventually approved for a transplant on February 28, 2013," she smiled.

"Then on May 14, 2014 at 5 a.m., I received the call I had been waiting on. Later that same day, I received my new heart."

"I would encourage everyone to take responsibility for his or her health," she said emphatically. "Communicate, ask questions and make your health a priority."

Many take good health for granted, but once that good health goes away, tend to panic and become afraid. Not Kathy; she has bravely fought her battles and come out a winner – all three times. But just how did she do it?

"What helped me get through all this is that I knew God was always there and I never had a fear of death," she explained.

"Everything happens for a reason and I have always chosen to believe something good comes out of every situation - if you look for it. My life is a testimonial to that, through all these challenges I have gained knowledge, started new friendships and understand the word courage!"

What doesn't kill us makes us stronger. In Kathy's case, she is unstoppable. With a healthy heart she is gearing up to continue where she left off - playing with her grandchildren and helping others.

"I look forward to volunteering in the community again," she smiled warmly.

"I am now able to be back on the Red Cross Board after several years and I am excited to do some volunteer work with Kelly Townsend at Cullman County Commission on Aging. Before my heart transplant, my grandkids would run around me and now I can run around them! I am truly blessed."

Kathy McLeroy is a living example of strength and perseverance. Her love of life and trust in God goes above and beyond the norm. We wish her the best in life and many more years with us as an example of what a good heart and great attitude can accomplish.

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Monday

President's Prayer Breakfast
Please join The Cullman Area Chamber of Commerce and its members for the first annual President's Prayer Breakfast. It will be a time of remembering and sharing as we reflect on the past and pray for the future of our community. Doors open at 7:30 am at Loft 212, April 27 and program begins at 8 a.m. Our guest speaker, Gary West, President & CEO of GA West Contracting in Mobile, Alabama, will share his testimony and Almost Brothers will provide special music. Registration is required. Call 256-734-0454.

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

United Way of Cullman County Campaign Celebration Luncheon
This celebration is happening at Loft 212 at 12 p.m. to celebrate all that United Way of Cullman County has done to raise the funds needed to benefit their agencies. Loft 212 is located at 212 4th Street SW Cullman, AL 35055. Please call 256-739-2948 for more information and tickets.

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

Chamber Seminar - Powerful, Professional Communication
This helpful seminar will be held on April 29, 2015 from 9 a.m. to 10:30 a.m. Participants will learn how to make a positive first impression, create a commanding presence, develop an attention-getting voice, rid themselves of stage fright, and improve their overall public speaking and communication skills. This workshop will assist those who suffer from severe stage fright to those who merely wish to improve their voice and diction and presentation styles. Participants will leave this workshop more confident, articulate, and poised community leaders. Call 256-734-0454 for more information. Free to Chamber members; $25 for future members.

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

The American Cancer Society's Relay For Life of Cullman County
This event is shaping up to be a fun and inspirational night. The annual event will be held on Friday, May 1, 2015, at the Cullman County Fairgrounds, with the opening ceremony set to start at 6 p.m. For more information about Relay For Life of Cullman County, contact Allen at 256-709-4019, helen@weltimail.com or visit the event website at www.relayforlife.org/cullmanal.

'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

County Wide Yard Sale at Smith Lake Park
FREE admission to the general public. Vendor spots: $10 for grass sites, $15 for pavilions. Set up begins at 6 a.m. and sale starts at 7 a.m. To reserve a spot, contact Smith Lake Park at 256-739-2916. Rain or shine.

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

Next Monday

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.

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

LOCAL ENTERTAINMENT
Sponsored by Busy Bee Café

MONDAY
- President's Prayer Breakfast at Loft 212 at 8 a.m.
- 79 cent wings at Rodney G's Hickory Grill, 6-9 p.m.

TUESDAY
- United Way of Cullman County Campaign Celebration Luncheon at Loft 212 at 12 p.m.
- 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
- Chamber Seminar - Powerful, Professional Communication at the Cullman Chamber from 9 a.m. to 10:30 a.m
- 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
- The American Cancer Society's Relay For Life of Cullman County will be at the Cullman County Fairgrounds at 6 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
- County Wide Yard Sale at Smith Lake Park at 7 a.m.
- Live Music at Brothers
- Live Music at Moe's
- Happy Hour at Moe's from 3-6 p.m.
- Live Music at Cadillac Ron's from 8 p.m. to close

NEXT MONDAY
- 79 cent wings at Rodney G's Hickory Grill, 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.

Exhibit (from Front)

Sharon Schuler Kreps
sharon@cullmansense.com

HANCEVILLE – The Evelyn Burrow Museum at Wallace State Community College hosted a reception for its newest exhibition, "Equus: Fine Art Photography by Arden Ward Upton," on Thursday. Upton was at the reception and spoke to everyone about the photographs she's chosen for the exhibit.

The exhibition is on display through May 16 and features dozens of large-scale, fine art photographs made by Upton over the years.

Upton's passion for horses and wildlife is echoed in her work.

"The images have been years in the making," Upton said, "and they were in my heart even before I captured them. Seeing them come to fruition is such an exciting time," she smiled.

The beautiful photographs in the Equus collection were shot from as far away as Italy and as nearby as Upton's backyard at Windwood Equestrian, a world-class training and stabling facility just outside of Birmingham where she lives with her husband, William Upton.

Upton's Equus photographs can be seen in galleries from Hanceville to Vail and even to New York.

Her work has been featured in local, national and international magazines as well as a variety of books, blogs and feature stories.

Upton is the recent star of "Jersey Belle" on the Bravo television network.

She has also been a contributing writer for lifestyle and fashion websites and magazines. She provides style expertise, coaching and consulting as well.

Because Evelyn Burrow was also a lover of horses, the Equus exhibition at The Evelyn Burrow Museum is a perfect complement to the museum's collection of horse sculptures and porcelain figures that had once belonged to the museum's namesake.

The exhibit is free and open to the public. The Evelyn Burrow Museum is open Tuesday-Friday from 9 a.m. to 5 p.m., and on Saturday from 10 a.m. to 2 p.m.

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

KNAPSACKS FOR KIDS FEEDS CHILDREN

AREA CHURCHES AND RESIDENTS 'STUFF THE BUS' TO HELP END LOCAL CHILDHOOD HUNGER

Sharon Schuler Kreps
sharon@cullmansense.com

CULLMAN – On Monday, the week long Knapsacks for Kids Food Drive began. Local citizens and area churches have come together to work towards putting a stop to childhood hunger in Cullman County. A colorful school bus decorated with bright flashing lights sat in the Save-A-Lot parking lot, awaiting residents to 'Stuff the Bus' with either food or money. All donations will go to feed school children while not in school and over the weekends.

This is the first year the Knapsacks for Kids ministry has done such a large food drive.

Each night during the week, between 6-8 p.m. there was entertainment, fellowship and loads of fun. Skip Bondur with Stuffthe-Bus.org camped outside, on top of the bus, the whole week as part of the food drive.

"I'm the guinea pig – the guy that gets to live in the cage," Skip said with a grin. "So sometime tonight I will go up on the roof of the bus and will stay up there until the bus is full of food. I'll be there rain or shine and 24 hours a day!"

There was plenty of work to be done each night. The biggest chore was sorting and boxing up the food as it was being dropped off. It took a lot of people to keep everything running smoothly.

"We are volunteers from Northbrook Baptist Church," said Holly Dodd.

"We [Dodd, Sashari Caretti and Meg Morrow] are in Josh Caretti's Sunday school class and we just came out here to give our time by taking up money, food donations or whatever we can do to make sure these kids get the food that they need. We are sorting food while our kids are outside the door at Save-A-Lot asking people for donations and waving flyers. There will be different churches volunteering each night and will be doing what we are doing."

'Stuff the Bus' is a well-loved ministry here in Cullman. To low income parents it is a Godsend, and to many it's a way of helping others in need.



MELISSA BETTS

Five-year-old Brooklyn is excited to help feed hungry children.

"We met a special little girl named Brooklyn who is a 5-year-old kindergarten student at the Primary School. She has noticed food insecurity in her classroom," said Melissa Betts, director of children's ministries at First United Methodist Church.

"She came home this week and talked to her mom about a child in her class who had talked about not having enough food at home. Her parents have been talking to her about how they could help, not necessarily just that child, but how could they help her help in a big way. So her mom started talking to her about this opportunity, and that we worked with school children, and so she has taken our food list and has just dropped off two buggies full of food!"

Hunger is a horrible thing. Unfortunately, there are many children that have no other choice but to go to bed hungry right here in Cullman County. The Knapsacks for Kids ministry needs as much help from the community as they can get.

To make a donation of food, contact Melissa Betts at the First United Methodist Church office at 256-734-6690 or e-mail mbetts@cullmanfumc.com.

This is a great opportunity for thrifty shoppers, couponers, or anyone that likes to keep an eye out for deals, and also enjoys giving back to their community.

UNDER THE MICROSCOPE

SCHIZOPHRENIA DISCOVERED TO BE EIGHT DISORDERS

Chelsea Sparks
chelsea@cullmansense.com

A breakthrough in mental health will lead to better patient care for thousands. A recent study from the Washington University School of Medicine in St. Louis found that the mental health disorder known as schizophrenia is actually eight separate genetic disorders.

The study was led by C. Robert Cloninger and the results were published in The American Journal of Psychiatry. The study consisted of analyzing the genomes of 4,200 patients diagnosed with schizophrenia, and 3,800 controls. The patients were categorized by the type of symptoms experienced and the severity level. After combing through the patients' genomes, researchers discovered that it was no small amount of genes causing the symptoms, but 42 genetic clusters.

Even more amazing was that these clusters weren't responsible for one, but eight different genetic disorders. In a press release, Cloninger explained the intricacies of genese and how they work together to cause this type of disorder.

"Genes don't operate by themselves. They function in concert much like an orchestra, and to understand how they're working, you have to know not just who the members of the orchestra are but how they interact," Cloninger said.

"What we've done here, after a decade of frustration in the field of psychiatric genetics, is identify the way genes interact with each other, how the 'orchestra' is either harmonious and leads to health, or disorganized in ways that lead to distinct classes of schizophrenia."

This new discovery comes after long years of failed research. While some studies showed some correlation between genes and schizophrenia, scientists were never able to accurately pinpoint the genes consistently. This comes as no surprise in light of recent developments.

By analyzing the single nucleotide polymorphisms, the part of the genome where it is common for variation in one base pair, the team was able to detect the genes responsible for hallucinations with 95 percent accuracy.

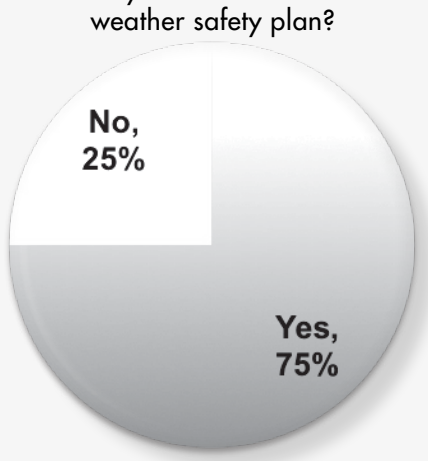
They were also able to estimate speech anomalies that are common with the disorder with 100 percent accuracy.

According the Cloninger, this breakthrough will lead to more accurate diagnosing and treatment for people suffering with this illness, and will quite possibly lead the way to better treatment for other disorders.

"People have been looking at genes to get a better handle on heart disease, hypertension and diabetes, and it's been a real disappointment," Clonginger said. "Most of the variability in the severity of disease has not been explained, but we were able to find that different sets of genetic variations were leading to distinct clinical syndromes. So I think this really could change the way people approach understanding the causes of complex diseases."

Poll

Do you have a severe weather safety plan?



This Week's Poll

Will you plant a garden this year?

Vote Today at CullmanSense.com/Poll

cullman city parks & recreation

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

www.cullmanrecreation.org
256-734-9157

- **Youth Outdoor Adventure** will begin Saturday, April 4 and continue for 6 weeks meeting Saturday each week at 9am. Adventures will include hiking, rock climbing, paddling, rappelling, and more! Program is open to ages 7-14; registration is open now at the Cullman Civic Center for $75. Parents are encouraged to attend with their children and will not be charged. Call 256-734-9157 for info.
- **Art in the Park** will take place Saturday, April 11 at Heritage Park featuring craft vendors, an art show, sidewalk chalk contests, and FREE crafts for your child. Information to enter the art show is online at www.cullmanrecreation.org. Winners receive cash prizes, so be sure to display your art!
- **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!
- **Youth Tennis League Spring Session** starts April 20, 2015 at the Cullman High School Tennis Courts. Athletes ages 5-14 can register and will be sorted by skill levels into different groups and practice times. Cost is $80 for the 4 week session will include matches and practices. Registration is now open at the Cullman Civic Center.
- **Strawberry Festival—May 1 & 2** will be held at the Festhalle Farmer's Market and Depot Park Friday, May 1 from 4-10pm and Saturday, May 2 from 7am-4pm. Come check out dozens of craft vendors, live music, free kids games and rides, and strawberry-themed everything! Farmers will also be on site with the freshest strawberries in the area. Call 256-734-9157 for more information.
- **Camp Cullman Registration Now Open** at the Cullman Civic Center. Camp sessions will be held from June 1-June 26 and July 6-August 7. Camp will be held 5 days a week from 7:45am-5:15pm based at the Cullman Wellness & Aquatic Center with field trips weekly, swimming, arts and crafts, fun and games, activities, and much more. Spaces are limited, so signup now at the Civic Center.

What's Online

A DAY IN THE LIFE OF A CULLMAN CITY FIREFIGHTER

Firefighters have a rewarding, but undeniably tough job. Risking their own safety to rush to the aid of others is a sacrifice that should not be understated. Children across the country watch their large, shiny trucks in awe as they race down the street to save the day, but what is the...

qrne.ws/348



SACRED HEART ALTAR SOCIETY HOLDS BUNCO TOURNAMENT

The rattling of dice and squeals of delight filled the Family Life Center at Sacred Heart of Jesus Church. The glasses were filled, and the dies were cast in an evening of delight for all. The goal was twofold, have fun with friends and raise money for the Altar Society.

qrne.ws/349

ANNUAL 'DINNER WITH THE DRUM LINE' SUPPORTS CHS PERCUSSION PROGRAM

The Cullman High School Bearcat Band's Drum Line held its annual fundraiser at the high school lunchroom on Thursday night, April 16. All proceeds from the event will go to benefit the Cullman High School's Percussion Program.

qrne.ws/350

PILOT CLUB OF CULLMAN HOSTS LUNCHEON AND FASHION SHOW



SHARON SCHULER KREPS/CULLMANSENSE

Administrative professionals from throughout Cullman County enjoy lunch and a fashion show hosted by The Pilot Club of Cullman, Inc.

Sharon Schuler Kreps
sharon@cullmansense.com

CULLMAN – The Pilot Club of Cullman, Inc. hosted "Walking on Sunshine", which was a lovely luncheon and fashion show in honor of Administrative Professional's Day. The event was held on Wednesday at the McGukin Civic Center. Once the doors opened at 11 a.m., people shopped some great deals from area businesses that had booths set up around the dining area; each loaded with the newest, trendiest merchandise available. Boxed lunches were provided by Sweet Peppers Deli and everyone enjoyed seeing the latest fashions as they ate their lunch. Door prizes were awarded throughout the show.

"Today we are sponsoring a fashion show and luncheon, which is a fundraiser to support our charities," said Peggy Harris, president of the Cullman Pilot Club.

"We've done the fashion show for 23 years and have had great cooperation from local merchants to put models in the show and other merchants to have vendor booths to have interaction with the people that attend. In addition to the Pilots here, we have 400 or so guests, which is about the average for our fashion show. Everybody usually has a good time and really enjoys it."

"We've done the fashion show for 23 years and have had great cooperation from local merchants to put models in the show and other merchants to have vendor booths to have interaction with the people that attend."
Peggy Harris, Pilot Club of Cullman President

In Cullman, the Pilot Club focuses their energy toward community awareness and prevention of brain related disorders and supporting those living with those disorders, as well as their caregivers.

The ladies work together as a team to make the world around them a much better place. The bond they share in helping their communities also works to create long lasting friendships and happy days.

The Pilot Club of Cullman supports the Pilot Light Home, the Margaret Jean Jones Center, the Field of Miracles, Special Olympics, Alzheimer's Support Groups, Brain Minders and Project Lifesaver. The Pilots meet on the second Tuesday of each month at the All Steak Banquet Room at 6 p.m.

For information about the Pilot Club of Cullman, Inc., visit their website at PilotClubofCullman.com or follow them on Facebook at Facebook.com/pages/Pilot-Club-of-Cullman/128898157151457.



COMICS

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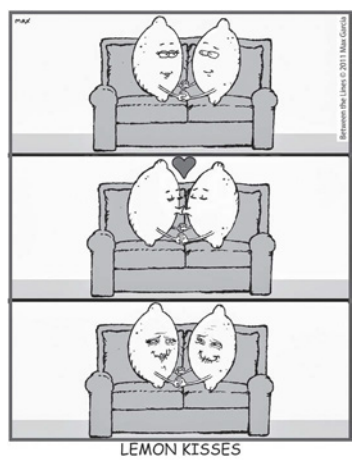


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PETS OF THE WEEK

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Hello my name is Truman and I am about 6 months old. I am a Corgi mix and I currently weigh 12 lbs. I am a stray and if not claimed will go up for adoption on 4/23/15 at 10:30 a.m. I'm still hanging on to hope that my forever home is out there. 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!



ZOE

Hello my name is Zoe and I am about 6 months old. I am believed to be a Flat Coat Retriever mix and I currently weigh 32 lbs. I have been at the Shelter since 02/09/15 but I am still hoping that someone is going to come adopt me. 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!

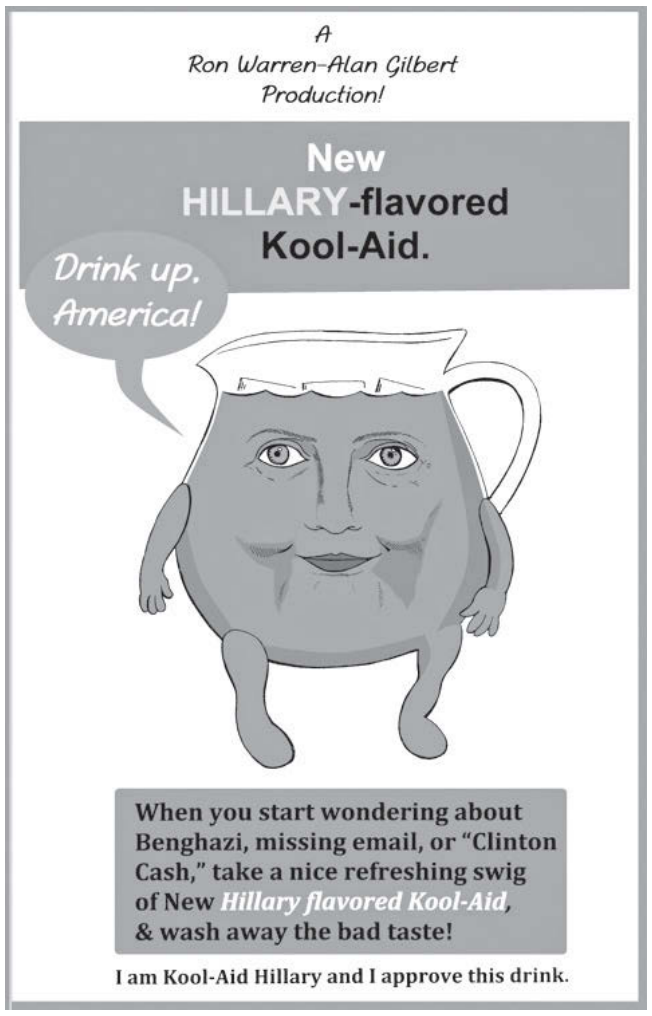


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Both of these dogs have an adoption fee of $90 that will include their general exam at the Vet, vaccines, wormer, rabies shot, microchip, spay/neuter, and free 45 days of pet health insurance. Pet Depot will give you a bag of food (you pay taxes) as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





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OPINION

INDIA'S SHAME, AND THE WORLD'S

Mel Gurtov
PeaceVoice

A democracy is supposed to have the advantage of affording people of any social class, gender, or religious or ethnic group the opportunity to advance. In contrast with authoritarian political orders, democracies should be superior in their openness to change, to everyone's participation in politics, and to equality before the law. In a word, democracies are based on the politics of hope and the virtues of transparency. Or so the theory goes.

India defies these expectations. Though it has democratic institutions and vigorous political competition, at least among elites, when it comes to human development and human security, India falls very short—embarrassingly so when compared with China. The United Nations Development Programme (UNDP), which measures human development and reports annually on conditions in nearly all countries documents the comparison. Overall, among 177 countries for which data are available, India ranks 135th (in company with Tajikistan, Bhutan, and Cambodia), whereas China ranks 91st (along with Thailand, Armenia, and Fiji). In fact, there are very few categories of human development in which India does better on average than China, which surely explains why developing countries (and many Indian specialists!) looking for economic models are far more likely to choose China than India.

Statistically, among the most telling indicators of human development are those affecting children and women. Infant mortality is exceptionally high in India (44 percent, compared with China's 12 percent), and life expectancy for children is lower than in the poorest African country. Poor nutrition and sanitation, and limited access to health care, are the observable reasons. Child labor in India, at 12 percent for ages 5 to 14, is also uncommonly high.

Equally shameful is the low status of India's women, a fact recently brought home in two very different ways. One is the film (produced in Britain), India's Daughter, which explores the culture of rape, based on the well publicized incident last December in which a young woman was gang-raped on a public bus in New Delhi. The woman died of her injuries, the rapists were not the least bit repentant, and the government has banned the film on the specious argument that it will encourage more such assaults. The low status of Indian women is also the key factor in their limited access to prenatal and other health care. As a result, they are, as the article puts it, dangerously underweight.

In short, India is one of the worst places in the world to be a woman. Never mind Sonia Gandhi and other successful Indian women. For the overwhelming majority of Indian women, degrading treatment, sexual violence, and last-in-line access to the means of well being are the norm. (China is hardly a model here, but the status of women is higher in China than in India.)

India's shame is also the world's. The latest UN report on the status of women presents the first "Platform for Action" since the landmark 1995 international conference in Beijing. The report finds that although women have advanced globally by some measures, such as political office holding and education, violence against women is pervasive everywhere. In the words of the report: "Recent global estimates show that 35 per cent of women worldwide have experienced either physical and/or sexual intimate partner violence or non-partner sexual violence in their lifetime. While there is some variation across regions, all regions have unacceptably high rates of violence against women." In India, according to the UNDP, more women than men (54 percent to 51 percent) believe wife beating is justified. Though few countries can match the depth of violence against women that characterizes Indian society, global and regional averages suggest that violence, and acceptance by men and many women of its legitimacy, cut across income levels.

When it comes to preventing violence against women and girls, the UN ECOSOC report repeats all the well-known reforms that are needed—in law, education, community awareness, and police enforcement—but accepts that cultural norms run deep. Thus the report notes that "although States are increasingly recognizing the importance of prevention, very few have introduced long-term, coordinated and cross-cutting prevention strategies, with the vast majority reporting on short-term piecemeal activities." This is bad news for women and girls everywhere, especially in India.

Mel Gurtov, syndicated by PeaceVoice, is Professor Emeritus of Political Science at Portland State University, Editor-in-Chief of Asian Perspective, an international affairs quarterly and blogs at In the Human Interest.

OPINION

DISASTER PREP: TO GENERATE OR NOT TO GENERATE

Dave Robinson
Contributor

For most folks, an emergency generator can be the single most expensive item in their preparations. A decent one, with enough power to run all the things you deem critical, will run in the neighborhood of $500 and up, depending on the features and power output you choose. First you need to decide whether or not you actually need one. For example if you have just purchased a half a beef and it is comfortably stored in your freezer you may want one just for the peace of mind in the event of a prolonged power outage.

Some of us live out in the country and depend on a well for our water supply. Electricity is usually needed to pump water out of the ground. An emergency generator can save the day, but I need to caution you, there is a downside. They require fuel. Some run on gasoline, some on propane, some are diesel powered and even some of the stationary versions are fueled by natural gas. Most are dependent upon gasoline which means you must have a substantial amount of gas on hand.

Not only is it expensive, but storing large amounts of gasoline has been made more difficult with the advent of ethanol. Regular gasoline now contains varying percentages of ethyl alcohol. One of the many downsides to ethanol is that alcohol attracts water which severely degrades the performance of gasoline. Unless a stabilizing agent like StaBil is used, gasoline can go bad in a very short time. One trick I learned recently is to avoid storing fuel cans on bare ground. Moisture can still seep up through the soil and somehow contaminate stored gasoline. Most people simply rotate their stored gasoline through the lawn mower, the ATV or the chainsaw, thus minimizing the chances their gasoline will deteriorate.

Several websites offer a generator buying guide. Northern Tool, Home Depot, and Amazon.com to name a few. These sites can help you make a decision regarding the purchase of a generator. They have posted lots of great information on the topic of buying a generator. For instance, a transfer switch is highly recommended. Transfer switches are prewired to your breaker panel, usually by an electrician. They prioritize which electrical circuits will be energized when the generator is in use. Deciding on whether or not to install a power transfer switch should be one of your first priorities. Otherwise you are relegated to running extension cords from your generator to the appliances you wish to power up.

Among the things I have learned from experience are: My generator isn't big enough to power up my entire house. Choose which items you want to run, and run extension cords to them. And of critical importance: Don't try to put a male plug on both ends of a cord and run power into your electrical system "backwards!" This not only causes a fire hazard by overheating your wiring, but can injure workers miles away who think they're working on "dead" lines. Your transformer boosts the power to 24,000 volts and a lineman can be injured or killed. Lastly, make sure your generator is completely outside. Gasoline engines emit carbon monoxide and can kill you and your family if you've decided to keep it in the attached garage.

Many mid-priced generators now are equipped with electric starters, a nice option to consider if tugging on a starter rope isn't exactly your thing. Also, a must-have item is a wheel kit. Otherwise you will lift , carry, lug or otherwise muscle it to where it needs to be. Wheel kits make the job so much easier. Moving it into place is as simple as using a wheelbarrow.

As always, send your questions and comments to disasterprep.dave@gmail.com. Previous columns can be found on my blog at disasterprepdave.blogspot.com.

POSITION AVAILABLE

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