SERIES 5 • ISSUE 26 • JUNE 29, 2015
CULLMANSENSE
COMMUNITY MATTERS


SUSAN ELLER

AREA CAREER AND SUCCESS COACHES TOUR LOCAL INDUSTRY P9


MALORY MARIE O'BRIEN

CULLMAN CELEBRATES INDEPENDENCE DAY

Mary Standifer
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CULLMAN – This year's July 4th will see many celebrations throughout the Cullman area. With low ticket prices to free events, there is sure to be a celebration to fit almost any budget's needs.

Desperation Church will hold a firework celebration July 4th at Heritage Park with the gates opening at 4:00 p.m. Admission is free; the festival includes games, music, and food for purchase, with fireworks starting after dark.

Cullman County Parks and Recreation will once again host its Smith Lake Park Fireworks and Music Festival starting July 3rd at 5:00 p.m. Admission to the park is $5.00; arts, crafts, food vendors, and camp sites are available to attendees. Along with many musical acts including American Idol contestant, Jessica Meuse, the festival will hold a Splash N Dash 5k, Golf Cart Parade, Ice Cream Eating Contest, and Watermelon Eating Contest. Admission to the swimming pool, putt-putt golf, and Kayak/Canoe rentals are available at an additional cost. The festival will end with a major Fireworks display starting at 9:00 p.m.

Cullman County Parks and Recreation will also be hosting an after event for July 4th celebrations. Dirt Therapy Day will be held at Stoney Lonesome OHV Park, July 11th. In keeping with the park's theme, many mud-filled activities will be available to attendees. The festivities will include activities for people with vehicles designed for mud trails, and those without. Tug-O-War, a Muddiest Award contest, P3

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CPD CHIEF ON RTS ARRESTS: 'THIS YEAR IS ACTUALLY LOWER THAN SOME OF THE OTHER ROCK THE SOUTHS' P2

LOCAL ARTIST SHAINA CRUZ: AIRBRUSH EXTRAORDINAIRE



SHAINA CRUZ/CULLMANSENSE

Cruz has sold some of her T-shirt designs to major retail stores such as Hot Topic, Spencers, and Old Navy. P9

CITIZEN OF THE WEEK

CULLMAN HIGH SCHOOL'S BRYAN PATRICK


BRYAN PATRICK

Cullman High School's Bryan Patrick loves teaching and helping his students grow into successful adults. P4


JERRY LAWSON

RELIGIOUS SPOTLIGHT

RELIGIOUS SPOTLIGHT: PASTOR JERRY LAWSON OF DAYSTAR CHURCH P4

TAKE ADDITIONAL PRECAUTIONS TO HELP AVOID HEAT ILLNESSES P6

CULLMAN COUNTY FARMERS MARKET STILL KEEPS IT FRESH AFTER 30 YEARS

Hannah Ward
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CULLMAN – The Cullman County Farmers Market has remained a local tradition for 30 years. This year, farmers have again populated their stands with fresh fruits and vegetables.

From the end of May until October, area farmers paint the open field with a variety of fresh produce such as tomatoes, beans, watermelon, cucumbers, corn, squash, okra, and cantaloupe.

Farmer Larry Clark P12


HANNAH WARD/CULLMANSENSE

The Cullman County Farmers Market features a variety of local produce.

CHILDREN LEARN TO RESIST AGGRESSION DEFENSIVELY


MARY STANDIFER/CULLMANSENSE

Officer Rohrscheib spends time teaching each child how to properly defend themselves. P6

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MULTIPLE ARRESTS MADE IN CONNECTION TO THE ATTACK OF MORRIS MAN

Sheriff Matt Gentry
Contributor

CULLMAN – The Cullman County Sheriff's Office (CCSO) has arrested three individuals in connection to the beating and robbery of Steven Lee Mosley, of Morris, that occurred earlier this month.

Vaughn McClain, 48 years old of Foley, was charged with Robbery 1st degree.

Zachary Madison, 20 years old of Locust Fort, was charged with Robbery 1st degree.

Angela Richardson, 46 years old of Gardendale, was charged with Robbery 1st degree.

CCSO believes that Ms. Richardson, the ex wife of Mr. Mosley, hired the other two individuals, Mr. McClain and Mr. Madison, to rob and beat Mr. Mosley with the pretense of going on a test drive with Mr. Mosley to buy his Chevrolet Tahoe.

"I would like to thank the investigators for their tireless work on this case. The citizens of Cullman County do not want crime being imported into our community. I am proud we are sending a message we will aggressively pursue offenders who commit crimes in Cullman County regardless of their location", said Sheriff Matt Gentry.

Mr. McClain and Mr. Madison are currently being held in the Cullman County Detention Center while Ms. Richardson has made bond.

Other arrest and charges may be pending.



CCSO

Vaughn McClain, Angela Richardson, and Zachary Madison.

CPD CHIEF ON ROCK THE SOUTH ARRESTS: 'THIS YEAR IS ACTUALLY LOWER THAN SOME OF THE OTHER ROCK THE SOUTHS'

Hannah Ward
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CULLMAN – The Cullman Police Department, assisted by the Cullman County Sheriff's Department, had 16 total arrests surrounding the Rock the South music festival.

According to Cullman City Police Chief Kenny Culpepper, "We had 12 arrests on Friday night, seven on the inside, and five on the outside. Saturday night we had four arrests. Primarily they were disorderly conduct. In other words, they were fighting with somebody else. We charged them with a public intoxication and a disorderly conduct. Normally you'll have a harder night and an easier night. Generally one night is more family oriented, and one has more of a hard edge. This year is actually lower than some of the other Rock the Souths. Our highest arrests total one year was 33. All in all, we felt like it was a very successful concert. A couple of the outside arrests were people who were DUI."

Cullman Fire Rescue, Cullman EMS, and the North Alabama Medical Reserve Corp worked the First Aid Tent for the event.

They had a total of 80 patients during the two-day festival; officials transported 20 to the hospital.

Medical Events Inside the First Aid Tent:

- 28 Heat-Related Illnesses
- 8 General Sicknesses
- 5 Traumas
- 7 ETOHs - Alcohol Related Illness
- 7 Transports to the Hospital

Medical Events Outside the First Aid Tent:

- 32 Basic Life Support/Advanced Life Support
- 13 Transports to the Hospital
- Numerous first aid incidents such as bandaging and body cooling that did not require a higher level of care

> "All in all we felt like it was a very successful concert."
>
> Kenny Culpepper, Cullman City Police Chief

Culpepper stated, "We would like to thank everybody. We asked and received assistance from the State Troopers, Cullman County Sheriff's Department and the State Fire Marshall, all of them contributed law enforcement to help us. Cullman County Sheriff's Department was there the whole time. Then the Fire Department had EMS and the Health Department helping them. It was something that we would not be able to do just as a city entity; police and fire. We would just be overwhelmed or stretched pretty thin. We were stretched pretty thin anyway, but getting that assistance from the other agencies really makes it to where it flows pretty smooth, and you don't burn all your guys out."

All organizations performed their duties in ensuring a safe festival and will now be preparing for next year's event.

GRANT SUPPORTS LAUNCHPAD PROGRAM FOR ALABAMA ENTREPRENEURS

Larry Childers
Contributor

MONTGOMERY – A program that helps Alabama entrepreneurs turn business concepts into reality is getting a boost from a $650,000 grant awarded by Gov. Robert Bentley.

The grant to the Economic Development Partnership of Alabama Foundation is helping fund the Alabama Launchpad program.

The program provides opportunities for individuals with a business idea to receive expert guidance and establish working relationships in the business, academic and banking communities.

"Alabamians benefit when entrepreneurs can turn ideas into a viable businesses that create jobs," Bentley said. "I am pleased to support this program that helps innovators take the steps necessary to develop a successful business."

Alabama Launchpad is conducting three rounds of business-plan competitions in 2015 with winners receiving a share of up to $250,000 to develop their businesses.

An Innovation Awards luncheon will be held to honor entrepreneurial achievement Sept. 2 in Birmingham.

Past Alabama Launchpad participants have created more than 305 jobs and raised more than $20 million in additional funding for their businesses. The Alabama Department of Economic and Community Affairs is administering the grant from the Alabama Research Alliance Trust Fund, established by the state in 1981. Interest earned by the trust fund is used to support projects that promote innovation and new technology. ADECA administers an array of programs supporting law enforcement and traffic safety, economic development, energy conservation, workforce development, water resource management and recreation development.

Bentley notified Angela Wier, vice president of EDPA, that he approved the grant.

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SENIOR CENTER HOSTS JAMMIN' IN THE GYM CONCERT SERIES

Sharon Schuler Kreps
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CULLMAN – The Jammin' In The Gym Concert Series will have its final concert of the season on Tuesday, June 30th from 6:00 to 8:00 p.m. The southern gospel band, River Jordan will entertain the crowd that night. The concert is free to attend and will be happening at the Donald E. Green Senior Center located at 1625 Cleveland Ave SW, Cullman, Ala.

For more, contact Catherine Hasenbein or Angie Jochum at 256-734-4803.





CULLMAN FIRE RESCUE OFFERS COURSE FOR HEALTHCARE PROVIDERS

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CULLMAN – On Tuesday, June 30 the Cullman Fire Rescue Department will be offering an American Heart Association CPR/AED Healthcare Providers course. The class will start at 8 a.m. and go until 4 p.m.

The class will be held at Station 1 which is located at 204 2nd Ave NE Cullman, AL 35055.

The course is designed for Healthcare Providers, but is open to anyone who wants to attend. Participants must preregister to attend. Call 256-775-7186 to register.

The Basic Life Support (BLS) for Healthcare Providers Classroom Course is designed to provide a wide variety of healthcare professionals the ability to recognize several life-threatening emergencies. This course meets prerequisites for students going into a variety of healthcare fields and helps healthcare workers maintain their current certification.

The CPR/AED class covers Adult, Children and Infant Cardio Pulmonary Resuscitation, Automated External Defibrillator and Obstructive Airway procedures.

Division Chief, Brian Bradberry, stated, "Learning CPR/AED is so important to our families and community. Many people feel like they would never have the confidence to perform CPR on someone. This class will help to gain the confidence you need to save a life."

According to Bradberry the American Heart Association statistics show 70% of out-of-hospital cardiac arrest happen in a residential setting. This means that 70% of the time it could be friends and family that need CPR.

Bradberry explained, "Cullman Fire Rescue Firefighter/ EMTs and EMTs throughout Cullman County respond as quickly as possible, but the window of opportunity for someone to act is approximately 4-6 minutes before it may be too late. Fewer than one-third of cardiac arrest victims get CPR from someone nearby. Cullman Fire Rescue encourages everyone to find a CPR/AED course and make time to attend it, or if that is not possible check out the American Heart Association website and educate yourself to what to do in the case of cardiac arrest."



CONTRIBUTED

The CPR/AED class covers Adult, Children and Infant Cardio Pulmonary Resuscitation, Automated External Defibrillator and Obstructive Airway procedures.

Firefighter Advanced EMT Nick Marion will be the Lead Instructor, but there will be other Firefighter EMTs lending a hand.

When requested, they also do their best to instruct classes for churches and other large groups. Cullman Fire Rescue conducts CPR/AED classes throughout the year. Visit Cullman Fire Rescue Facebook page and the City of Cullman Municipal Government page to stay updated on course dates.

RESIDENTS REMINDED OF CITY FIREWORK ORDINANCE

Hannah Ward
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CULLMAN – As Independence Day fast approaches, it is only fitting, for many, to run out and buy fireworks to celebrate the great American holiday. The only problem is fireworks can be a safety hazard when set off inside city limits.

Cullman Police Chief, Kenny Culpepper, stated, "We have had people get hurt, a firework blow up in their hand. I'm sure we have had incidents of a grass fire."

At all times while handling firecrackers be aware of their potential danger to everyone in the vicinity.

Chief Culpepper explained, "Rarely do we give a citation. We do try to enforce it, but we understand that there are limits, especially on big holidays. If we do catch someone with fireworks, especially if it's a repeat offender, we can give the citation and confiscate the fireworks."

According to the city ordinance, residents can only handle fireworks if they receive a permit from the city.

The permit application must be submitted 30 days before the planned display.

"It's against ordinance. It's not that big of an issue day-to-day because if someone claims, we'll go take care of it," Culpepper said.

"Where it becomes an issue is the holidays, like Fourth of July and New Year's."

This year keep Cullman City safe by keeping firework fun outside of Cullman City.

Day (from Front)

music, and Night Riding will all be available. The Gate Fee is $3.00 per person ages 13 and up. A day pass, (8:00 a.m. - 6:00 p.m.), is $10.00 for an adult, and $5.00 per child. A Night pass, (6:00 p.m. - 11:00 p. m.), is $15.00 for an adult, and $10.00 per child. For a full day and night pass, (8:00 a.m. - 11:00 p.m.), the price is $20.00 per adult, and $15.00 per child. Children five and under are granted admission at no charge.

The Lonesome Dove Cowboy Church will hold its' fifth annual 4th of July Ranch Rodeo June 26-27. Admission to the event is free, however the price for a team to participate in the rodeo is $400. Activities will include ranch rodeo favorites like mugging, trailer loading, branding, and wild cow milking. There will be a chicken chase for children 12 and under. There will be mechanical bull rides, mechanical calf roping, face painting, and a photo booth. There will also be a raffle for a shotgun. Gates will open at 6:00 p.m. at the Cullman County Agricultural Trade Center. Events will begin at 7:00 p.m.

From fireworks to rodeos, the Cullman area has plenty of festivities to offer. Don't miss out on these great opportunities to celebrate Independence Day with the rest of the community.

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RELIGIOUS SPOTLIGHT: PASTOR JERRY LAWSON OF DAYSTAR CHURCH

Sharon Schuler Kreps
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CULLMAN – Jerry Lawson is a familiar face at Daystar Church and with good reason – he is their beloved pastor. Lawson loves his congregation dearly and strives to show, by example, Christ's love for them and everyone he meets.

Lawson grew up in Eufaula, Alabama and graduated high school with honors. He met his beautiful bride, Leslie (Whitehead) in a small church and they later married while they were both in college.

College life began at Troy University where he studied for degrees in both Music and Engineering; however, before long his plans changed forever.

Lawson's change of heart took him to a private Bible college, Lee University, where he graduated with honors and a double major in Music and Pastoral Ministries.

He then went to Seminary at Southwest Christian University in Oklahoma City.

"Although I developed a deep relationship with God as a teenager, I never wanted to be a preacher," he chuckled. "In fact, when people told me I would be a preacher some day, I just laughed inside, while politely declining their words outside. I was going to be an engineer, build big things, make lots of money and be insanely generous to the work of Christ. But in my freshman year at Troy I really came to know the meaning of King David's words in Psalm 139:5 'You hem me in behind and before, and you lay your hand upon me'. It was like I couldn't get away from God until I surrendered my plan for His," he shook his head and smiled.

"And when I finally did, this amazing burden lifted off of my shoulders and I just knew that this would be my life's calling, and I have never looked back."

Lawson was a youth pastor for about ten years before he moved to Cullman and started Daystar Church. He started with less than a hundred people in a converted grocery store in Dodge City in January of 2002.

Today Daystar has more than three-thousand members spread across three campuses, Good Hope, Hartselle, and Madison.

"There are so many challenges that I am really forced to always rely on God because I know that I could never do this task with my own abilities," he explained. "But I guess one of the greatest challenges would be just staying true to the central theme of the Bible. When you get down to the basics of it, Christ's words are all about love. There are so many temptations to be pulled into political and religious debates over scripture, but I try to stay on the message of love. God loves everyone, and He loved them before they could ever do anything love-worthy. He chose to love us knowing how sinful, unfit and ashamed we would all be, and that doesn't change one thing about His love for us. Knowing this, I strive every day to just love His children with that same radical love," he humbly smiled.

Pastor Lawson could talk for days about the wonderful people throughout the congregation. Positively he has found his calling in performing the Lord's work in all aspects of life.

"Daystar Church exists for community transformation through the love and power of Jesus," he explained.

"This is our mission. Love and power are the one-two punch that transforms lives and the community. We believe that Christ has enough power to forgive and cleanse anyone, but the only way a person will experience the power is if we invite them in through the love," he grinned.

"Love is the doorway to the power of God. So we are committed to just radically loving everyone we can so that some of them will step into a relationship with God that will powerfully redefine their lives and their future. Your life may have been a living hell, and you think there's no hope for you, but we say, 'Come to Daystar – we'll love the Hell out of you!'"

For more information, visit the church at 200 Daystar Dr, Cullman, AL 35057, call 256-737-0800, e-mail info@daystarchurch.tv, visit daystarchurch.tv, and follow Daystar Church on Facebook at facebook.com/daystarchurch.



JERRY LAWSON

Pastor Jerry Lawson of Daystar Church.

"Although I developed a deep relationship with God as a teenager, I never wanted to be a preacher."

Pastor Jerry Lawson, Daystar Church

Patrick (from Front)

Sharon Schuler Kreps
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CULLMAN – Some people truly enjoy their job, they wake up every morning and just can't wait to begin their work day. Cullman High School's Bryan Patrick is one of those people.

Patrick currently coaches soccer and golf and regularly substitutes in the classroom at CHS on a daily basis. He loves what he does and the students he teaches.

Patrick is a Cullman native and graduated from Cullman High School in 1989. He earned a B.S. degree in Secondary Social Science Education from Auburn in 1993. His parents, Bill and Sarah Patrick, are lifelong Cullman residents and are well known to many across town. Patrick has one sister, Amanda Patrick Booher, who was a Cullman High School track star before she graduated in 1994.

For some, teaching comes natural and for others it takes a lot of hard work. Most become teachers as a result of an inspirational person that has taught them at some point in their formative years. Patrick had two such people, Jim Miller and Dr. Joseph Kicklighter.

"I had great teachers throughout my career as a public school student in Cullman City, and my professors in college," he began. "I could name several, but two especially come to mind. One is Jim Miller. I had him for US History 11th grade at CHS. He also coached the Scholars' Bowl team, which I was on for my junior and senior year. I loved his history class. I loved how he related so well to the students in his classes and on his teams. I said to myself, 'I can do that - I would love to do that!'" he chuckled.

"Then, at Auburn, I had Dr. Joseph Kicklighter for medieval history," he continued. "I was kind of dreading the class because I thought it would be boring - Dark Ages was not an interest of mine. But that man made it come alive! His lectures were tremendous, he was just so engaging and interesting - he made it truly come alive, and again I said to myself, 'I want to do that. I can do that.' Both he and Jim Miller clearly enjoyed and loved what they did and were so happy doing it. I knew I would enjoy and be happy with it too, and I love it even more than I ever imagined. God has really blessed me with work I truly love and am successful at."

Being a teacher and a coach is more than just a job for Patrick; it is his way of helping the next generation grow into responsible adults. For example, his students learn to take situations on the soccer field and apply them to their daily lives.

"In my coaching, I want our soccer guys to learn about life as well as soccer," he explained. "I want them to see the life lessons soccer provides; things they can't/don't always learn in a classroom. I want them to learn the importance of character, integrity and teamwork. I want them to be diligent in the small things, day after day, week after week, month after month, and see how that leads to success in the big things," he smiled.

"I want them to love what they do and to see that there are more important aspects of their work than just making money; it's making a difference for the best in the lives of others by being a positive influence and role model with the people in their lives. I want them to enjoy their work and take great satisfaction in it. And yes, bringing the love and example of Christ to them and with them day after day and praying they see Him in me as we interact."

Patrick's love of teaching and respect for his students goes above and beyond the call of duty. Thanks to people like Jim Miller and Dr. Joseph Kicklighter, Patrick continues the tradition of sparking young lives and inspiring them to grow in knowledge and into wonderful, responsible adults.

POSITION AVAILABLE

Program Facilitator needed for local domestic violence intervention program.

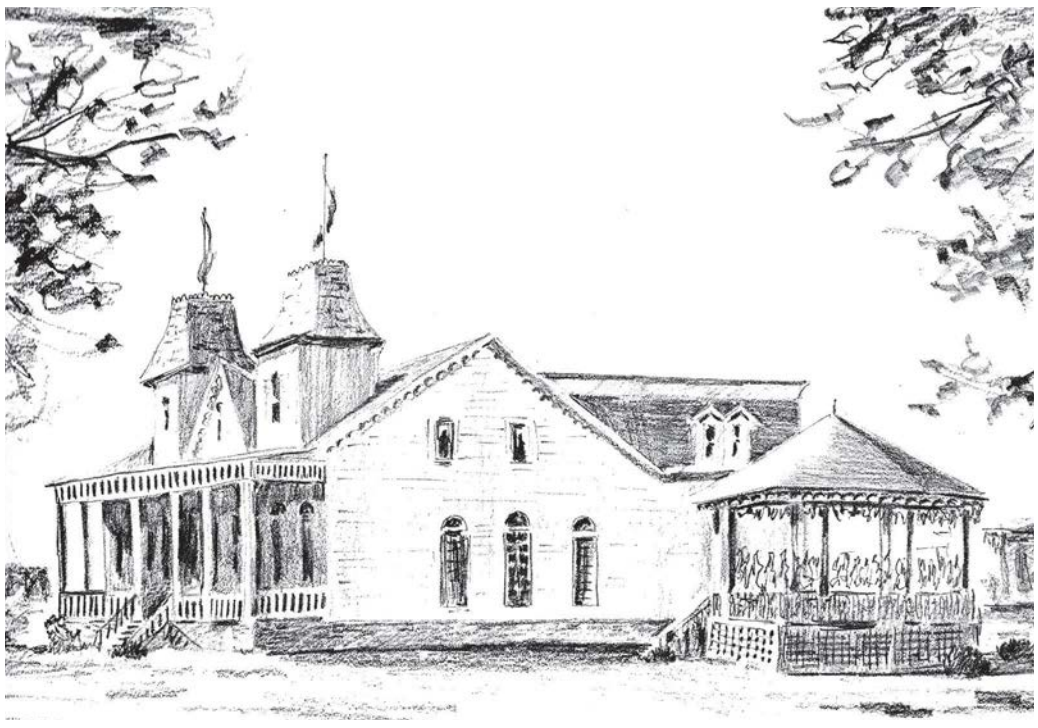
Full time, BS degree required. Send resume to: vsoced@vsoccullman.org

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LOCAL HISTORICAL ARTIST DOT GRAF DREW WHAT SHE HEARD IN "IF WALLS COULD TALK"





"IF WALLS COULD TALK"

Graf's drawings of Cullman's old buildings was turned into a book,'If Walls Could Talk; Whispers of Cullman, Alabama'.

Sharon Schuler Kreps
sharon@cullmansense.com

CULLMAN – There are all sorts of talented artists in Cullman, and although one such artist is gone, she will never be forgotten. Dorothy Jane Padgett Graf, better known as Dot Graf has left her mark on our community. From doctor's offices to local restaurants to area businesses, her famous artwork continues to adorn walls everywhere. She was an inspiration to other artists and used her wonderful talent to bring Cullman's history to life with her drawings.

Graf was born on August 9, 1930 in Oklahoma City, OK to Vernon H. and Louise (Harris) Padgett. Because drawing and painting was her passion, she began her art studies in 1945 at the Louise Cone Studio in Birmingham, Ala. and then studied at the Ringling Art School in Florida in 1948. She continued her education at Mary Washington College in Virginia from 1949-50 and later graduated from Art Instruction, Inc. in 1953.

She married Cullman's Louis Graf, Jr. in 1951 and together they had three children. Because Louis was the son of a German pioneer family of Cullman, she became interested in the town's German history. She collected lots of memorabilia of the early Cullman settlers.

Over the years, she continued her art studies, even taking a ceramic sculpture class from Fr. Tim Harrison of St. Bernard College.

Not only was Graf an amazing artist, but she was an excellent art teacher. She was well known for her "Arty Yard Party" where she'd run a clothesline art show in her back yard.

Attached to the clothesline hung the many different works of art from her students at the end of classes each spring. It was always a happy time and a very memorable event for the students.

As a lover of history, the thoughts of not being able to see the old buildings that were scattered throughout town saddened her.

She wanted to do something about it, and boy did she! Graf went on a quest to visually save the old historic landmarks by drawing them. Her drawings of Cullman's old buildings and home places were a hit and the project was turned into a book, 'If Walls Could Talk; Whispers of Cullman, Ala' in 1977. In the beginning of the book, she explains herself beautifully.

"One day a friend said to me, 'Dot, you are an old house', and I knew what she meant. I have been fascinated with houses all my life and they have always been a favorite subject to draw and paint. I sit in front of a house, sketching a hand-carved detail of gingerbread, or a beautiful stained-glass window, or a sagging roof. I notice at the front steps a patch of lovely Narcissus and wonder what mother dug up that hard ground to plant something beautiful for her family. How many evenings have been spent in the front of an old stone fireplace, listening to grandfather tell tales of days gone by. Yet it is not really the architectural feathers that I am most interested in, but the character of the house formed by the families who have lived there. It is wonderful that so many of our older houses are being restored, lived in and loved today as before. Oh, what stories we could hear... if walls could talk!"

The combinations of history and art are a great thing, especially when used to preserve the memories here in Cullman. Dot Graf passed away on January 1, 1985 and is buried in the Cullman City Cemetery. She was a member of St. Paul's Lutheran Church, the Birmingham Art Association, the Watercolor Society of Alabama and the Alabama Art League.

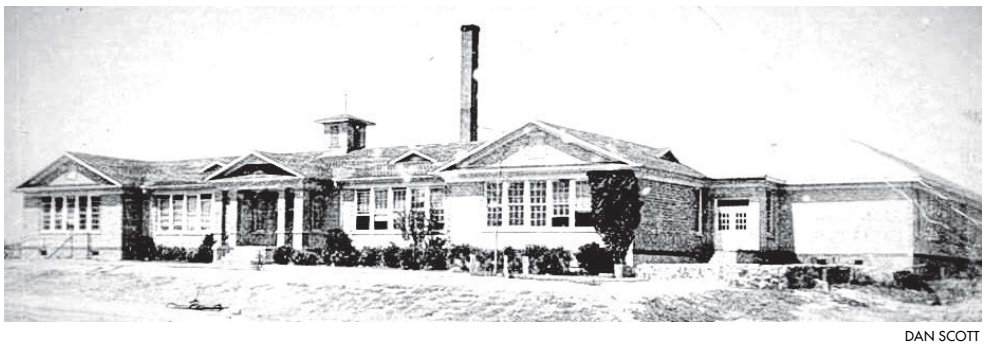
She is listed in Outstanding Women of America in 1965. Although she's no longer with us physically, she will always be a big part of Cullman and continues to live on in her drawings.

MIRRORING HISTORY: HOLLY POND HIGH SCHOOL

Sharon Schuler Kreps
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HOLLY POND – Holly Pond High School, Home of the Broncos, has come a long way over the years. Construction on the first high school in Holly Pond began in 1927. The first class to graduate was the class of 1929. The building served many students in the community until it was destroyed by fire in 1952.

After the fire, a concrete, block, & brick building was constructed in 1952-53 and replaced the building that had burned. It now serves as the elementary school. Construction of Holly Pond High School as known today began around the year 2000.



DAN SCOTT

Holly Pond High School as it appeared in 1939.



DAN SCOTT

Today's Holly Pond High School was constructed around 2000.

cullman city parks & recreation

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

www.cullmanrecreation.org
256-734-9157

- **Friday Nights at Festhalle** will take place on Friday, June 5th from 4pm-9pm. The event will feature live bands, free kids games and activities, and fresh produce at the Farmer's Market. Event is FREE to attend!
- **Women's Self Defense Class** starts June 9 and will take place for 4 weeks at 6pm on Tuesday nights through June 30. Cost is $45 which includes a manual; register through June 8 at the Cullman Civic Center.
- **Just Play!** This FREE program for children 5-12 years old will start Friday, June 12 at Culpepper Park. Organized games such as capture the flag, relay games, and more will be held from 1pm-3pm. The program will take place every Friday in June and July . See our website for a full lineup.
- **CP&R Arts Classes** will be offered for home-schoolers and pre-school age students in our Mommy & Me Class starting in June. Call 256-734-9157 for more information.
- **FREE Exercise in the Park** will take place every 1st and 3rd Sunday of the month at 2pm. This Sunday, May 7 will feature a FREE Pilates Class at Heritage Park. Meet at the recognition gardens!
- **Archery Camp** will be held June 29-July 1 at the Cullman Archery Park. Registration is now open at the Cullman Civic Center; call 256-734-9157 for more information.
- **Speed & Agility Camp** will be held this summer for ages 6-14. Starts June 9; two week sessions are available for $60 or 6 weeks for $135. Camp will be taught by Steve Johnson. Call 256-734-9157 or come by the Cullman Civic Center to register.
- **Jr. Golf Clinics** are registering now at the Cullman Golf Course. Clinics will be held every Tuesday in June starting June 2. Cost is $60 for the 5 weeks and includes instruction from PGA Golf Pro Ches Harris. Call 256-739-2386 for details.
- **Cullman Gymnastics and Cheer** is registering now for summer classes in cheer, tumble, and gymnastics. Classes are filling up FAST, so stop by the gym to signup today. Summer classes start June 8. Call 256-739-5567 for more info.

TAKE ADDITIONAL PRECAUTIONS TO HELP AVOID HEAT ILLNESSES

Jim McVay, Dr.P.A.,
Contributor

MONTGOMERY – The Alabama Department of Public Health advises the public to be alert to the warning signs of heat illnesses. National Weather Service offices have issued heat advisories for large portions of the state because of high temperatures and high heat indices.

Heat-related illnesses occur when the body's temperature control system is overloaded.

The Alabama Department of Public Health cautions everyone to be alert to the warnings that may signal help is needed.

Heat stroke, sometimes called sunstroke, is the most serious heat-related illness. It occurs when the body becomes unable to control its temperature.

The body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. Body temperature may rise to 106 degrees F or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided.

People should drink plenty of water, stay in an air-conditioned room, and keep out of the sun.

The public should also check on the elderly and ensure pets have plenty of water to drink and shade to cool off.

Warning signs of heat stroke vary, but include the following:

- An extremely high body temperature (above 103 degrees F)
- Red, hot and dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea
- Confusion
- Unconsciousness

First aid recommendations are to get the person to a shady area, cool rapidly in a tub of cool water, place in a cool shower, spray with cool water from a garden hose, splash with cool water, or, if the humidity is low, place in a cool, wet sheet and fan vigorously.

Monitor body temperature and continue cooling efforts until the person's body temperature drops to 101 to 102 degrees F.

If emergency medical personnel are delayed, call a hospital emergency room for further instructions.

"Heat stroke is a life-threatening emergency," said Dr. Jim McVay, director of the Bureau of Health Promotion and Chronic Disease.

"A person with heat stroke is likely to be unconscious or unresponsive, so he or she cannot safely consume any liquids.

Under no circumstances should you give any alcohol to a person with heat stroke or any heat illness."

Follow these preventive measures to avoid heat illnesses:

- Drink more fluids, and avoid beverages containing alcohol or caffeine.
- When temperatures are extreme, stay indoors, ideally in an air-conditioned place.
- Take a cool shower or bath, and reduce or eliminate strenuous activities during the hottest times of the day.
- Protect yourself from the sun with a wide-brimmed hat, light-colored, loose-fitting clothing and use of a sunscreen of SPF 15 or higher.
- Never leave pets or people in a parked vehicle.

Individuals with heart problems, poor circulation, diabetes, a previous stroke or obesity are at greater risk of becoming sick in hot weather. The risk of heat-related illness may increase among people using medications for high blood pressure, nervousness or depression.

HERITAGE PARK RECOVERS FROM ROCK THE SOUTH MUSIC FESTIVAL

Will Hogue
will@cullmansense.com

CULLMAN – During Rock the South last week, first year Executive Director of Cullman Parks and Recreation, Nathan Anderson, said that the toughest part of the event for the parks department was managing the crowds.

A week after that and looking back on the event, Anderson said that the only real issue he faced was getting crowds out efficiently at the end of the night.

"We learned things even on Friday that helped us on Wednesday," Anderson said.

On a very positive note, the place where Rock the South is held each year, Heritage Park, is recovering quite nicely from the thousands of people who visited it last weekend.

"Heritage Park is in great shape," Anderson said. Anderson also praised his staff, explaining how their experience helped him during his first year managing the logistics of crowds at Rock the South.

Heritage Park's condition is an important issue in regarding Rock the South's partnership with Cullman. While this year the park is relatively in good shape, last year it was not. During last year's music festival rain softened the ground and grass which was then trounced by large trucks and larger crowds.

As far as he future of Rock the South in Cullman goes, Anderson hopes the partnership continues.

"We would love to continue this partnership, and we'd love to continue it at Heritage Park," Anderson said.

"We know [Rock the South] continues to grow their event, and we'd love to keep the event growing within the park."

Resist (from Front)

Mary Standifer
mary@cullmansense.com

CULLMAN – Officer Cindy Rohrscheib led a program for children at the Cullman Civic Center last week designed to teach kids about basic safety and how to defend themselves against attackers. RAD, which stands for Resisting Aggression Defensively, not only tells kids what to do in hostile situations, but allows them to practice in a safe environment.

"I just really try to drive home about their personal space. It is their space, they are worth protecting, and no matter who you know, (like stranger, non stranger or family,) you have to protect your space and you do have a right to do that. That's the thing I mainly try to drive home," said Officer Rohrscheib.

Kids were instructed in a number of safety topics. Officer Rohrscheib spent time teaching the children how to identify a police officer and encouraged them not be afraid to approach an officer for help.

She discussed the dangers of opening the door for a stranger, leaving with a stranger, and how to establish a safe distance from a stranger's unwanted advances.

Children were taught about gun safety with a fake, non functional, training hand gun designed specifically for defense courses.

Officer Rohrscheib demonstrated how approaching a stranger who is in a car can be dangerous, especially if the stranger pulls a gun. She showed the children how to quickly run towards the back of the vehicle to a hidden place with cover to limit the person's ability to effectively aim at them.

Officer Rohrscheib taught the children sensitive areas to aim for when fighting to get away from an attacker.

Children were able to line up and practice their skills on a training dummy. The kids were also taught how to effectively break away from someone who has grabbed their wrist or arm.

Sophia, 12, who is a volunteer assistant for the RAD Kids program went through the program last year.

"I really liked it. [We] learned how to do things ourselves instead of waiting for somebody to help us," said Sophia. This year, Sophia was too old to join the program but still wanted to be involved, so she decided to volunteer.

Participants Emma and Ilana came to the program together.

Both girls enjoyed their time working with the officer and agreed that they had learned a lot.

Emma's favorite part was kicking the training dummy who has been named "Bad Boy Bob".

The program's ability to allow kids to try defensive maneuvers for themselves is what sets RAD Kids apart from other programs. The skills learned in these classes could save someone's life.



NEW NURSING STUDENTS ATTEND ORIENTATION SESSION AT WSCC

Gail Crutchfield
WSCC Contributor

HANCEVILLE – About 200 new nursing students attended orientation last Tuesday at Wallace State Community College. During the day-long event, the students were given information about when to expect certain classes to be taught, their uniform scrubs, text books and equipment they will need, financial aid and more.

The incoming students were provided time to meet with current nursing students to get their perspective and any advice they can offer about the program. Wallace State's Nursing program is among the best in the state, consistently graduating classes that rank near the top of the list for successfully completing the same licensure exams administered to graduates of four-year institutions.

The Nursing program's state-of-the-art facility is one of the features that drew Jake Martin to the Wallace State program.

The Pelham man said a friend recommended he come to Wallace State because of the school's impressive Simulation Center, which is designed to model a hospital ward.

Martin, who will be the third generation of his family to become a nurse, said he likes the one-on-one interaction nurses have with patients while helping to care for them.

Gabrielle Harris, a 2013 graduate of Good Hope High School, said she's wanted to be a nurse for a long time.

She said she cares about people and wants to be a part of improving people's lives. In the future, she hopes to work in dermatology or a similar field. Having issues with her skin, she said she wanted to "take something that hurt me and benefit others."

Keri Philbrook of Cullman saw how nurses help others when her late husband was hospitalized multiple times during his fight with cancer. After her husband's death, she changed her course of study from education to nursing.

"I never thought I would be a nurse," Philbrook admitted. But after seeing how nurses impacted her and her husband's lives during his treatment, she went in a new direction.

"I've seen the good nurses and the bad nurses," she said. "I want to be a good nurse. I want to be able to help people with the same situation that I had."



WSCC

New Wallace State Nursing students look at equipment for sale during a break at Tuesday's orientation session. About 200 new students will be entering the Nursing program in the fall.

Wallace State's Nursing program accepts new students each fall, with applications accepted April through June 1 of each year.

Those interested in the nursing program should view the course catalog to learn about prerequisite courses that can be taken before admission into the program, call the Wallace State Nursing program at 256-352-8199 or visit the Nursing program's page on the Wallace State website at wallacestate.edu.

The Health Science division is hosting a Second Opportunity for Health Science programs meeting at 10 a.m., Thursday, June 25 on the 12th floor of the James C. Bailey Center. Anyone interested in learning more about health programs at Wallace State that still have openings for Fall 2015 is welcome to attend. Wallace State Community College is located at 801 Main Street NW, Hanceville, AL 35077.



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*** This information is subject to change

Prices
Gate Fee- $3.00 per person (Ages 13 and up)
Day (only) 8a-6p - $10.00 adult, $5.00 child
Night (only) 6p-11p - $15.00 adult, $ 10.00 child
Day and Night - 8a-11p - $20.00 adult, $15.00 child
**Children 5 and under are free

Monday

Cullman Kiwanis Club
The Cullman Kiwanis Club invites all local men and women who are interested in taking part in community service along with great fellowship, fun, networking, and learning to attend their weekly luncheon meeting at 12 noon each Monday at the All Steak. Come see what Kiwanis is all about and enjoy a great luncheon meal as well.

Domestic Violence Survivor Support Group
Victim Services of Cullman sponsors a Domestic Violence Survivor Support Group meeting every Monday evening from 5 p.m. until 7 p.m. in the old County Board of Education Building with childcare available. For additional information please call 256-775-2600. CRISIS HOTLINE - 256-734-6100.

Overeaters Anonymous Gather at Grace Episcopal
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
The Swamp John's Dinner will be held at Corinth FCM Church from 4:00 p.m. - 7:00 p.m. The church is located at 5130 Co Rd 1101, Vinemont AL 35179 (5 miles west of Battleground).

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. Nonperishable 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

'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

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
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LOCAL ENTERTAINMENT
Sponsored by Busy Bee Café

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

TUESDAY
- Pickin' Under the Pavilion at the Senior Center at 6:30 p.m.
- 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
- Live Music at Brothers
- Live Music at Moe's
- Happy Hour at Moe's from 3-6 p.m.
- Live Music at Cadillac Ron's from 8 p.m. to close

SATURDAY
- Live Music at Brothers
- Live Music at Moe's
- Happy Hour at Moe's from 3-6 p.m.
- Live Music at Cadillac Ron's from 8 p.m. to close Sunday, June 14

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

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

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Living Well natural store
Rx Health Mart PHARMACY



SUSAN ELLER

Area Career and Success Coaches visited businesses such as Yutaka Technologies and Webb Wheel.

AREA CAREER AND SUCCESS COACHES TOUR LOCAL INDUSTRY

Sharon Schuler Kreps
sharon@cullmansense.com

CULLMAN – On Tuesday and Wednesday, June 23rd & 24th, Career Coaches from Wallace State, Calhoun Community College and Gadsden State toured local industries in Cullman. The tour was hosted by the City of Cullman's Economic Development Agency in hopes to help bridge the gap between high school, or college students and competent, long term employees.

"Our office felt that by extending the invitation for the tour to colleges outside Cullman, we could grow our workforce for the industries and business community," said Susan Eller of the Economic Development Agency.

"We wanted to show them the opportunities that exist in Cullman so that when they meet with potential students and are directing them down a Career Path, they will know what options are in our community."

The group was able to tour Cullman Regional Medical Center and five additional industries, Yutaka Technologies, Royal Technologies, Webb Wheel / Tech Center, Walmart Distribution Center and Topre America Corporation.

"The tour was great," said Kelli Morris, Graduation Job Placement Specialist at Calhoun Community College.

"We always look forward to any exposure we can get and contacts we can make directly at that plant or business level so that we can then go back and fill their needs with the kind of employees they may need. I feel like I'm better equipped to share not only what's out there, but also the working environment. It's always good to hear from them (industries) because we are supplying them with employees. As a community college our mission is to meet the needs of the community. So knowing what that is makes our jobs a little better," she smiled.

Career Coaches are individuals from the community colleges that go into local high schools and meet with the students.

They talk to them and give them a skills inventory assessment as well as an interest assessment. The Career Coaches take the student's assessments and try to match each student with a job that fits their interests.

Wallace State has both Career Coaches and Success Coaches on its campus. Instead of visiting high schools, Success Coaches help students at Wallace decide what jobs would be best for them according to their interests and skills.

"I think the Cullman Economic Development Agency is doing a great job bridging the gap between education and industry in our community and for us to be a part of that was inspiring and a lot of fun," said Christine Wiggins, PAVE Project Coordinator at Wallace State Community College.

"It was also fun to meet other career coaches in the surrounding areas," Wiggins continued, "We don't get to do that very much. I lot of people may see them as competition, but we didn't feel that at all; we saw each other as 'all for one and one for all'. We shared resources and we shared stories, so it was a lot of fun to be around other people who do the same jobs as we do every day."

Cullman has a lot to offer in the industry world and the tours allowed the Career Coaches to see it.

The interactions during the tours were beneficial to both the work force and its future employees. Contacts were made and information was shared which will prove to be especially helpful to today's youth.

Airbrush (from Front)

Mary Standifer
mary@cullmansense.com

CULLMAN – Cullman is full of hidden gems of artistic ability; one of these gems is Shaina Cruz's airbrushing service. With an impressive portfolio and years of hands-on experience, Cruz can give a number items a personal artistic touch.

Cruz has been airbrushing for virtually her entire life; her father, Rick Smith, has been an airbrush artist for almost 30 years and passed along the trade to her when she was very young. "I would play around with his airbrushes, and learned how to paint with them at an early age. However, I didn't really start airbrushing professionally until 2006, when I took a year off from college and moved to Gatlinburg with my dad," explains Cruz, "While living there, I would assist my dad at his shop, and eventually got a spot in another store on my own. It was hard work, as airbrushed souvenir shirts in Gatlinburg are pretty popular, and I was always busy, but I enjoyed it and learned a lot."

Cruz's father was a well known airbrush artist in Cullman before he moved to Gatlinburg. When Cruz returned to Cullman, many of her father's former customers began contacting her to get her father to design items. With her father's blessing, Cruz began where he left off by painting items for his former customers.

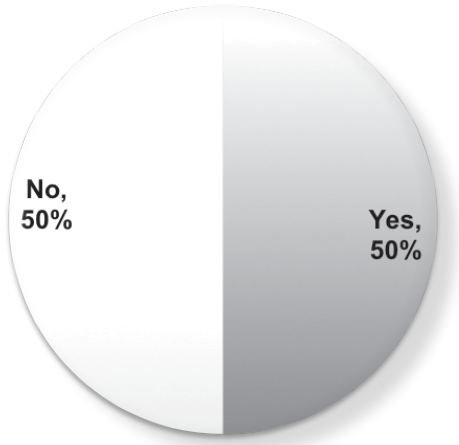
While Cruz's main focus is airbrushing, she also enjoys drawing, painting, and graphic and web design. With a Bachelor's degree from the University of Alabama in Art & Digital Media, she has had the opportunity to take classes in a wide array of visual arts. Some of her graphic designs for T-shirts have been sold in major retail stores such as Hot Topic, Spencers, and Old Navy. "I actually went to Old Navy and bought a shirt with my art on it, which was a really surreal and exciting experience," says Cruz. Many of her designs have also been featured on the popular online store, Zulily.com.

One of Cruz's favorite projects is a mural in a child's bedroom in Orlando Florida. "I painted three of the walls with a jungle scene. It was way more work than I anticipated, and I spent a week hanging out in a bedroom with too many paint fumes, but the end result was worth it. It really brightened up the room and the family loved it," explains Cruz.

"I always want my customers to be happy with their work, and there's no better feeling than seeing them smile when I show them the finished product. I strive to do the best I can on each and every item, because I want everyone to be completely happy with my work," says Cruz. To contact Cruz visit facebook.com/airbrushing13. View her portfolio at shainacruz13.wix.com/portfolio.

Poll

Do you wear a helmet when riding a bike?



This Week's Poll

Do you agree with the Supreme Court's decision on same sex marriage?

Vote Today at CullmanSense.com/Poll

WHAT'S ONLINE



NANCY MOORE

CITIZEN OF THE WEEK: NANCY MOORE, A REFLECTION OF SOBRIETY

Nancy Moore is like a breath of fresh air. Her bubbly personality is infectious, and her willingness to help others is extraordinary. However, there's something many may not know about her: on July 12, 2015, she will celebrate one year of sobriety. **QRNE.WS/369**



DAVID WARREN PHOTOGRAPHY

A BRIEF HISTORY OF SACRED HEART CHURCH AND SCHOOL

Sacred Heart Church is one of the oldest churches in Cullman. Its two large, cross-topped steeples can be seen from all over town. Area Catholics fill the massive church for its services. The iconic church is also used as a reference point when giving directions. In 1877, shortly after Colonel Cullmann... **QRNE.WS/370**

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MALORY MARIE O'BRIEN

Gary Sanders's Side Steps released in March and is now available for purchase in select local stores.

GARY SANDERS' DEBUTS NEW ALBUM, SIDE STEPS

Mary Standifer
mary@cullmansense.com

CULLMAN – Gary Sanders's new Side Steps album was in the works since 2013. Today, Gary's work can be purchased at Berkeley Bobs, Tony's School of Music and Guitars and More.

Side Steps is a very different sound from what Sanders has played in the past. His Standing Damage project generally played Melodic Metal Hard Rock. Side Steps is a rock album with several different style influences. While Sanders shared that some influences came from Led Zeppelin, Creedence Clearwater Revival, The Doors and Black Sabbath, listeners may find that they can hear similarities to other bands and types of music. "His album has a base of ZZ-top, the Decembrists, Neutral Milk Hotel, with a little bit of David Bowie sprinkled on top," says one anonymous listener.

Sanders's inspiration for Side Steps came from real life experiences. Some were negative experiences such as medical problems, the death of his grandmother and father, and a divorce.

Others were positive experiences such as being reunited with the love of his life, and, what Sanders refers to as his "midlife crisis", finishing college. "It's message...[is] Love! It's good; it's bad. Love those you are close to because they may be gone tomorrow. Cherish every moment with them even if you have to be the first to say I'm sorry and be humble and forgive or apologize first," Sanders explains about the project, "Side Steps is for my Dad, Nana, my children Zena and Zan Sanders, my wife-to-be Christy, my friends through the years that I still love as family...and mostly me. It's my crutch; it's my medicine and my happy place, even in a sad song."

Sanders has a unique ability to be able to write music without necessarily having to have an instrument present. "My best comes to me at the worst times, like times when I am nowhere near an instrument or pen and paper," explains Sanders, "When I am driving [on] long trips is when it happens the most. I am fortunate that when I hear something in my mind I automatically know how to play it. Some say it's a gift, I call it a curse. I never listen to radio and rarely listen to music except my awesome vinyl collection." It is this same ability that allowed Sanders to recall a song his father wrote and use it for his album. "I guess Hero is my favorite because the guitar part in that song was written by my dad when I was very young. I remember it exactly as he played it. I didn't even play guitar back then but music has etched its self in my mind like that for as long as I can remember. I can only remember a few lines of the lyrics, so I wrote different words and the song is about my children," says Sanders.

> **"Side Steps is...my crutch; it's my medicine and my happy place, even in a sad song."**
>
> Gary Sanders, Musician

Sanders will be playing a concert at Berkeley Bob's Coffee Shop, August 1 at 7:00 p.m. To learn more about Gary Sanders's music, like his Facebook page at facebook.com/garysandersmusic, or check out some of his music available for streaming at reverbnation.com/garysanders.

COMICS

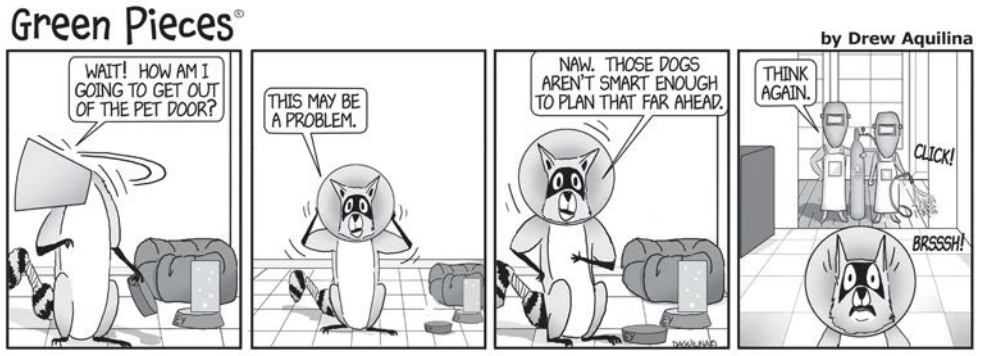
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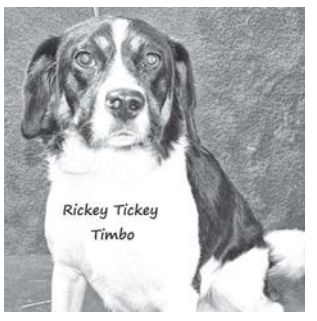
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PETS OF THE WEEK

RICKEY TICKEY TIMBO



Hello my name is Rickey Tickey Timbo and I am about 3 year old. I am a Spaniel mix. I am full of life and I love to play. My adoption fee is $90 and that covers my first set of vaccines and wormer at the Shelter. It also covers my general exam at the Vet, rabies vaccine, spay, microchip, free 45 day health insurance policy and our local Pet Depot will give you a free bag of food (you pay the taxes) in support of you adopting a Shelter animal. That is an incredible deal. Consider meeting me today!

WAFFLES



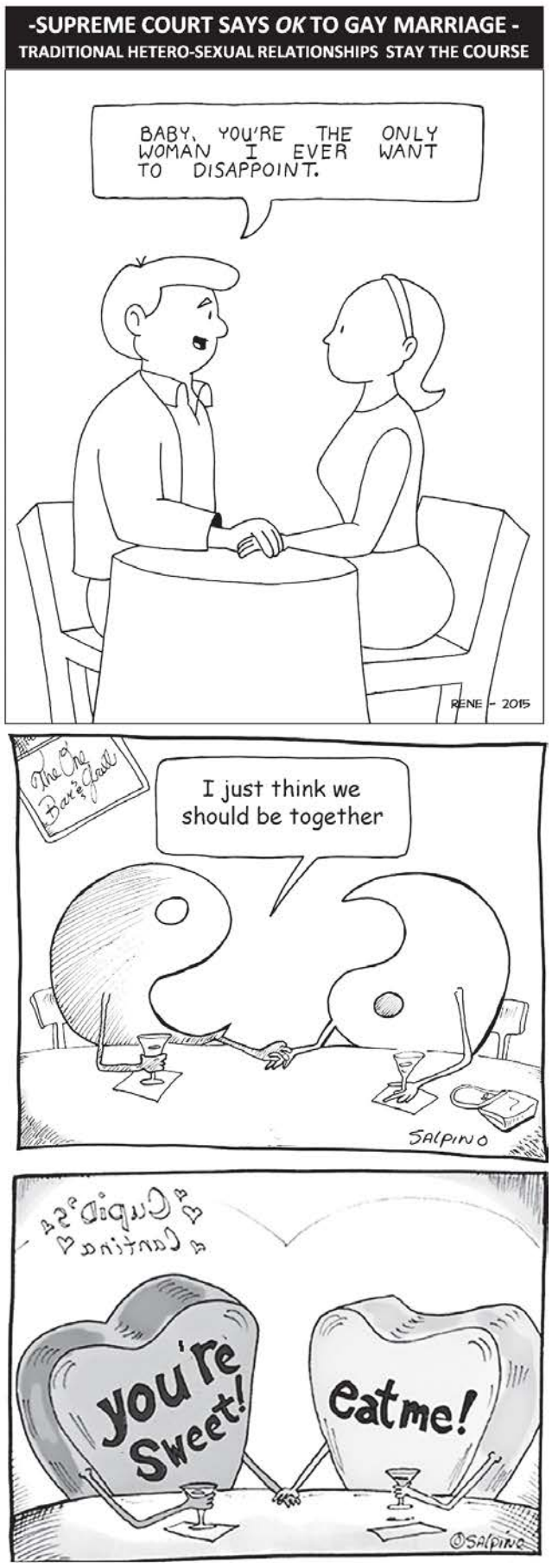
Hello my name is Waffles and I am about 1 years old. I am a Chihuahua/Dachshund mix and I currently weigh 11 lbs. I am now up for adoption. My adoption fee is $90 and that includes my spay/neuter, vaccines, wormer, and also covers my general exam at the Vet, rabies vaccine, microchip, free 45 day health insurance policy and our local Pet Depot will give you a free bag of food (you pay the taxes) in support of you adopting me.

ADOPT THESE PETS TODAY

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

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

EDITORIAL CARTOONS



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Community Matters

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OPINION

OBSTACLE TO PEACE: THE RACE BORDER

Ellen Lindeen
PeaceVoice

The Summer Institute that I am attending is called "Conflict Transformation across Borders." Although a University of Massachusetts Boston graduate course, it is offered in Ecuador, South America, because much of the classwork is about border issues between Ecuador and Colombia, including the status of the estimated 200,000 Colombians who have fled their country's long-standing civil war in search of refuge in Ecuador. It seems that the world is witnessing a crisis in terms of borders.

The U.S. is building a wall along its southern border to keep Mexican people from coming into the country. Israel has almost completed a 26-foot high concrete wall to keep Palestinians out, although the wall violates the border recognized by the UN.

Fleeing migrants in the Mediterranean and the Bay of Bengal have also captured the attention of the world. Africans from many countries, Syrians, Bangladeshis, and Rohingyas from Myanmar are escaping persecution and human rights abuses in their home countries.

However, the issue of reaching a different country safely and being granted refugee status is a complicated one. These asylum-seekers simply know they must flee to survive. Tragically, at least 1,800 people in flight have already drowned in 2015. Many of these boats are not even allowed to reach shore because if they do, the United Nations 1951 Convention on the Status of Refugees and 1967 Protocol will apply.

These documents clarify the receiving countries' responsibility to protect those who are threatened by persecution and need refuge. Some countries use their borders to keep citizens in while others use their borders to keep people out.

Human beings live in a world largely defined by boundaries. Geographic borders determine where people live, to what nationality they belong, and what human rights they are able to realize. Despite daunting circumstances, many people choose (or are forced) to leave their homes in hopes of being accepted in another place.

However, at times the most significant borders people must negotiate are not physical at all. All of us face boundaries within our own countries, whether they are of race, gender, economic status, faith tradition, ethnicity, status of citizenship, sexual orientation, age, or ability. Any of these distinctions may challenge or obstruct a person's ability to form healthy relationships with others—and may impact careers and even access to health care, etc. Globally, some these divisions have been used, and sadly continue to be used, to separate people, incite fear and hatred, or even start wars.

Specifically, the issue of race is getting as much attention in 2015 as it did in 2008 when Barack Obama was historically elected the first U.S. president of color. The painful legacy of racism in the U.S. seems ever-present.

Recent controversies over the legality of deaths of black males by white policemen have brought this topic renewed worldwide attention. Racial tension continues over deaths in Ferguson, MO, New York, Cleveland, Baltimore, North Charleston, SC, and other places. Black teenagers at an integrated pool party in Texas ended up being pushed to the ground and had guns aimed at them by police while white teenagers were untouched. Recently, a 21-year-old white male in South Carolina walked into Emanuel African Methodist Episcopal Church, the oldest African-American congregation in the southern US, and killed nine people at a Bible study. These incidents speak to the racial borders that many Americans still see, although they may seem invisible.

Possibly the most egregious example of racial discrimination that separates Americans is the rate at which African-Americans are incarcerated. Although African Americans make up only 13 percent of the general population, they comprise 42 percent of the prison population. Five times as many whites are using drugs as African-Americans, yet African-Americans are sent to prison at 10 times the rate of whites. In fact, African-Americans serve basically the same amount of prison time for a drug charge (58 months), as whites do for a violent offense (61 months). Undeniably, 60 years after the U.S. Civil Rights Movement, racism remains a forceful boundary in the country. As William Faulkner said, "The past is never dead. It's not even past." Maybe the time has come to eliminate the borders between blacks and whites. What border do we need to cross? What border can we remove? Let's abolish the border of race and join the human race.

Ellen Lindeen, is an Associate Professor of English at Waubonsee Community College where she teaches Peace Studies & Conflict Resolution and Human Rights & Social Justice. She is syndicated by PeaceVoice.

OPINION

VETERANS URGE DRONE OPERATORS TO REFUSE ORDERS TO FLY: LETTER REINFORCES CALL MADE IN TV AD

David Swanson
PeaceVoice

An increasing number of United States military veterans are counseling United States military drone operators to refuse to fly drone surveillance/attack missions – the veterans are even helping sponsor prime time television commercials urging drone operators to "refuse to fly."

In a letter released recently by KnowDrones.com, 44 former members of the US Air Force, Army, Navy and Marines whose ranks range from private to colonel and whose military service spans 60 years, "urge United States drone pilots, sensor operators and support teams to refuse to play any role in drone surveillance/assassination missions. These missions profoundly violate domestic and international laws intended to protect individuals' rights to life, privacy and due process."

Among those signing the letter are retired U.S. Army Colonel Ann Wright, who resigned from her State Department post in 2003 over the U.S. invasion of Iraq, and former Marine Captain Matthew Hoh, who, in spite of pleadings by Obama Administration officials, resigned his State Department post in Afghanistan in 2009 in protest over U.S. strategic goals and policy there. Also signing are former U.S. Army Captain and CIA official Ray McGovern; former U.S. Navy Lt. Barry Ladendorf, president of Veterans for Peace; and former U.S. Army Sgts. Aaron Hughes and Maggie Martin, co-directors of Iraq Veterans Against the War.

Speaking to the issue of disobeying military orders, the letter says: "Those involved in United States drone operations who refuse to participate in drone missions will be acting in accordance with Principle IV of the Principles of International Law Recognized in the Charter of the Nuremberg Tribunal and the Judgment of the Tribunal, The United Nations 1950," that states: "The fact that a person acted pursuant to order of his Government or of a superior does not relieve him of responsibility under international law, provided a moral choice was in fact possible."

"The people signing this letter know that they are asking drone operators to take a heavy step," said Nick Mottern, coordinator of KnowDrones.com, "but we feel it is perfectly legitimate to advise military people to stop taking part in illegal activity that has killed thousands without due process, is terrorizing thousands more and is wracking their own ranks with moral injury and PTSD."

To advance the "Refuse to Fly" initiative, KnowDrones.com has been airing 15-second television commercials on CNN, FoxNews, MNBC and other networks in areas near drone intelligence and control centers in the U.S. The paid spots, the cost of which has been partially covered by members of Veterans for Peace, show the human toll of drone attacks and urge drone operators to refuse to fly.

The ads have appeared in Las Vegas near Creech AFB and in northern California near Beale AFB. They are currently airing in upstate New York near Hancock Air National Guard base outside Syracuse and the Air Guard base near Niagara Falls; more showings will be scheduled soon elsewhere in the U.S.

David Swanson writes for PeaceVoice and campaign coordinator for RootsAction.org.

IF THIS CAUGHT YOUR EYE, WHY AREN'T YOU ADVERTISING HERE?

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CHAMBER OF COMMERCE'S COMMUNITY LUNCHEON GETS FISHY

Sharon Schuler Kreps
sharon@cullmansense.com

CULLMAN – The Chamber of Commerce's June Community Luncheon was held at the All Steak on Friday, June 26, 2015. Dr. Rusty Wright, Extension Specialist, School of Fisheries, Aquaculture & Aquatic Sciences at Auburn University was the guest speaker. He spoke about Fisheries in Alabama: The challenges of managing a tremendous resource. Auburn's major research project going on right now in Smith Lake focuses on the introduction of a potentially invasive fish called the blueback herring.

"The blueback herring is an anadromous from the east coast of North America, which means they swim upstream to spawn," Wright explained.

"They have cooler temperature preference than our native fish so they are going to live in deeper water. They were first observed in Smith Lake around 2010. I am not really sure how they got there but we know the State didn't put them there, so its likely anglers probably introduced them either intentionally or unintentionally."

It is uncertain what the overall effect of the blueback herring will be on our native species of fish.

Wright is pretty sure there could be both positive and negative affects though.

He and his staff have been studying the blueback herring for quite some time and they still have lots to learn.

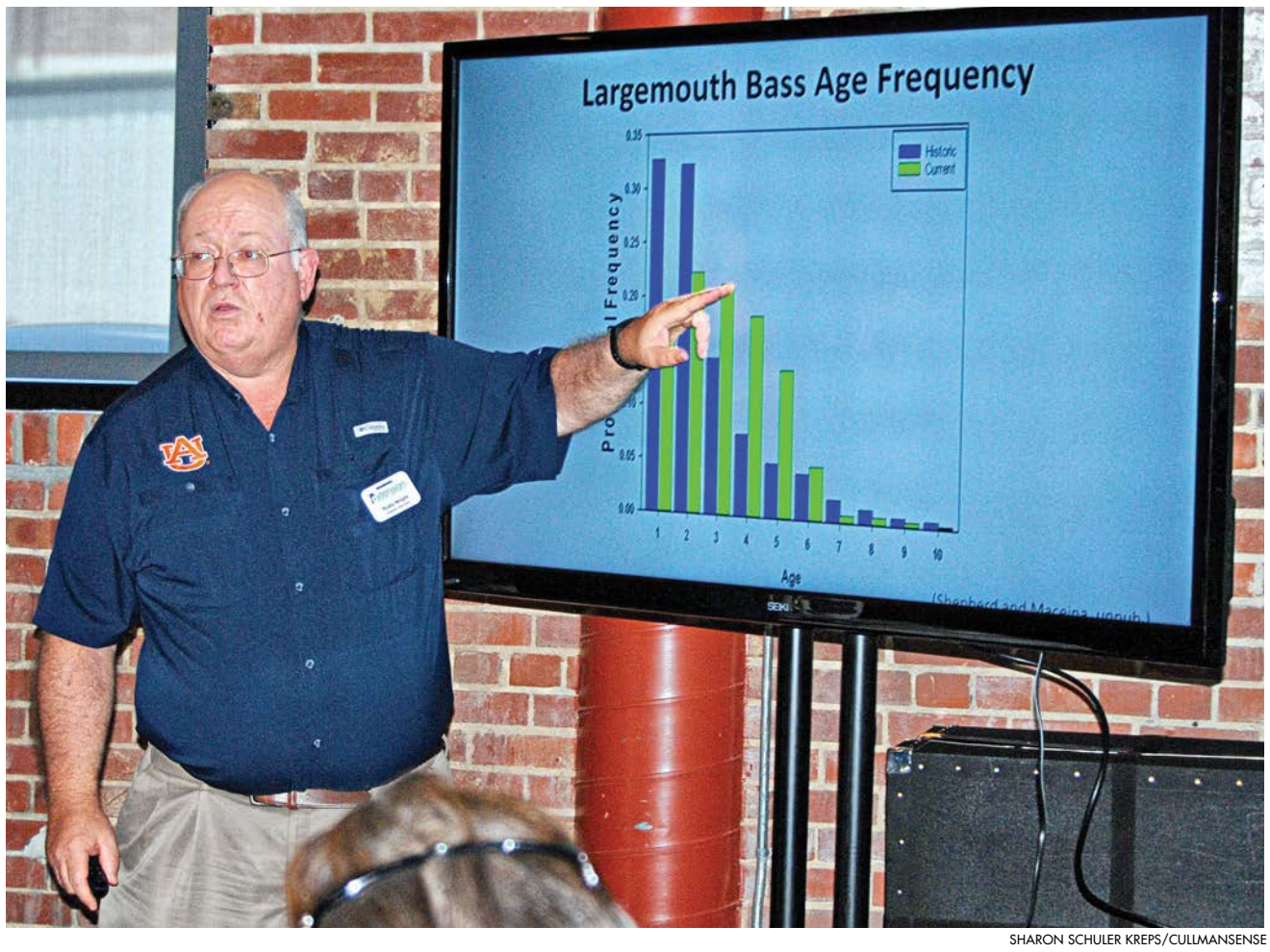
Other than the blueback herring, Dr. Wright is a busy man. He is involved in research that extends throughout the world.

"My research focuses on the basic understanding and application of ecological principles and mechanisms that shape aquatic communities and ecosystems," he said.

"I work primarily with fishes and fisheries in small impoundments, larger reservoirs, and estuaries. I currently have projects in the Mobile Tensaw Delta, State Fishing Lakes, and privately owned ponds throughout the state."

Dr. Wright held a captive audience and lots of questions were answered at the end of the program.

Next month's Community Luncheon will feature Michael German, the State's Field Office Director for the Department of Housing and Urban Development.



SHARON SCHULER KREPS/CULLMANSENSE

Dr. Rusty Wright speaks about the blueback herring at the Chamber of Commerce's June Community Luncheon.

Market (from Front)

from Simcoe, Ala., stated, "I've been raising stuff for the public for eight years. I plant the usual; corn, peas, potatoes, squash, okra, what everybody likes. It normally lasts through August. Everybody come out to visit, we have some fresh stuff. Everything is grown local. We'd like for you to come participate. Monday, Wednesday, and Friday are my normal days, but sometimes things come in quicker than you think, and you need to bring it."

Jan Harbison, another local farmer, has been bringing her vegetables to the Farmers Market for over 20 years. Harbison also oversees the Market and makes sure the grounds are kept clean.

The Market's ever-changing selection of fresh produce encourages Cullman County residents to visit regularly while also directly supporting local growers. The Market charges each farmer $10 per day, paid on site, which helps fund the area's upkeep.

The Cullman County Farmers Market is open Monday through Saturday from 6:30 a.m. - 1 p.m. and located at 541 2nd Ave NE, Cullman, Alabama 35055.

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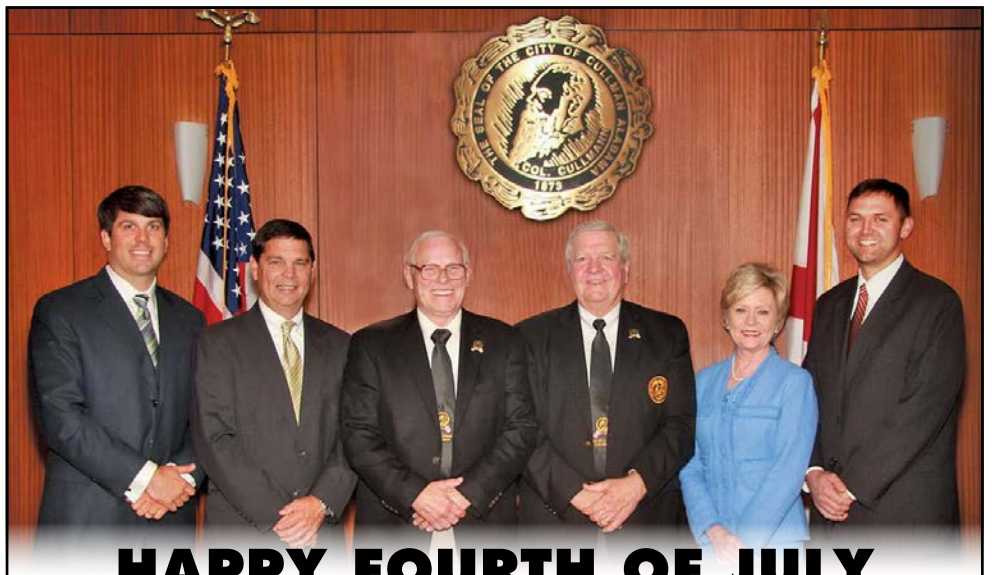
FRIDAY JULY 3RD
5PM BAMA COUNTRY
8PM THAD AND COMPANY

SATURDAY JULY 4TH
10AM SPLASH N DASH 5K
10AM JOLLY ROGER
12PM GOLF CART PARADE
ICE CREAM EATING CONTEST
WATERMELON EATING CONTEST
1PM GIANTS AND TOYS
3PM THE OVERTONES
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HAPPY FOURTH OF JULY

"We would like to say a special thanks to all the men and women who've made the ultimate sacrifice for our freedoms."

- Cullman City Council and Mayor Max A. Townson